

QUICK FACTS

SCHOOL INFORMATION

Location:..... Detroit, Mich.
Founded:..... 1877
Enrollment:..... 5,700
Nickname:..... Titans
Colors:..... Red, White and Blue
Home Facility:..... Titan Field
Affiliation:..... NCAA Division I
Conference:..... Horizon League
President:..... Fr. Gerard L. Stockhausen, S.J

ATHLETIC DEPARTMENT INFORMATION

Athletic Director:..... Keri Gaither
Senior Associate AD:..... Daron Montgomery
Assistant AD/Business/SWA:..... Teri Kromrei
Assistant AD for Facilities:..... Glenn Knott
Assistant AD for NCAA Compliance:..... Steve Corder
Dir. of Marketing & Promotions:..... Brandon Longmeier
Director of Ticket Operations/Sales:..... Greg Haapala
Director of Sports Medicine:..... Mike Miller
Director of Strength & Conditioning:..... Joe Tofferi
Faculty Athletic Representative:..... Mark Ottenbreit
Office Phone:..... 313-993-1700
Fax:..... 313.993.2449
Mailing Address:..... 4001 W. McNichols Rd.
..... Detroit, MI 48221

SPORTS INFORMATION

Assistant AD for Sports Information:..... Mark Engel
Asst. SID (Men's Track & Field Contact):..... P.J. Gradowski
Email:..... gradowpj@udmercy.edu
Assistant SID:..... Maggie Walsh
Sports Information Assistant:..... Mekye Phelps
Sports Info. Office Phone:..... 313-993-1745
Sports Info. Office Fax:..... 313-993-1765
Website:..... www.DetroitTitans.com

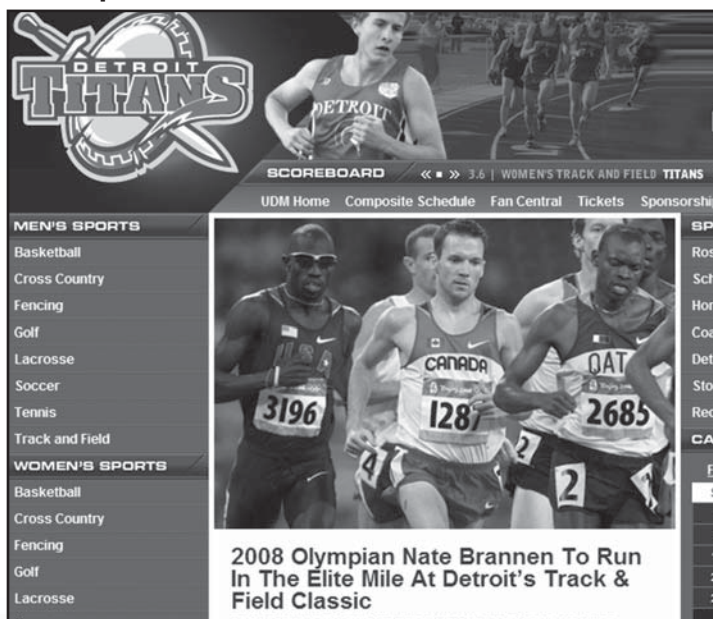
TITAN TRACK & FIELD/CROSS COUNTRY STAFF

Director of Track & Field/Cross Country:.....
..... Guy Murray (Detroit '89)
Years at UDM:..... 16th Season
Email:..... guy.murray@udmercy.edu
Office Phone:..... 313-993-1724
Assistant Coach:..... Richard Alexander (Bucknell '03)
Years at UDM:..... Second Season
Email:..... richard.alexander@udmercy.edu
Office Phone:..... 313-993-1736
Assistant Coach (TF & CC):..... Emili Jackson
..... (Central Michigan '03)
Years at UDM:..... Second Season
Email:..... emili.jackson@udmercy.edu
Office Phone:..... 313-993-0396
Assistant Coach:..... Scott Corrado
Years at UDM:..... Second Season

Email:..... corradsp@udmercy.edu
Office Phone:..... 313-993-1724
Volunteer Assistant Coach:..... Andrew Hayner (Detroit '08)
Volunteer Assistant Coach:..... Brian Richotte (Oregon '06)

TABLE OF CONTENTS

Head Coach Guy Murray:	2
Assistant Coaches:	3
2009 Men's and Women's Track and Field Roster:	4
Men's Season Preview:	5
Meet The Titans:	6
2008 Season In Review:	15
Men's Records:	16
Women's Season Preview:	19
Meet The Titans:	20
2008 Season In Review:	29
Women's Records:	30
UDM Track History:	33
Welcome To Detroit:	34
The Horizon League:	46
Titan Sponsors:	48



The new DetroitTitans.com

Media Guide Credits

(On the cover - Top L-R Jennifer DeFauw, Eric Christy, Tiffany James - Bottom - Adam Mayhew, Chanteenel McClendon, John LaRocca)

The 2009 Detroit Track and Field Media Guide is a production of the UDM Sports Information Office. The guide was written, designed and edited by Assistant SID P.J. Gradowski. Editorial assistance provided by UDM Sports Information and head coach Guy Murray. Photos by Runmichigan.com, Murray and the UDM sports information. Covers design by Gradowski. Printing done by the ArborOakland Group - Royal Oak, Michigan.

HEAD COACH GUY MURRAY

As he begins his 16th season at the helm of the University of Detroit Mercy cross country and track and field programs, **Guy Murray** already has nine conference championships in the Titan trophy case.

A four year letter winner on the Titan's cross country and track teams from 1985-89, Murray graduated Magna Cum Laude from Detroit with a bachelor of science degree in computer science in May of 1989. Following graduation he joined the coaching staff of Earl Clark and Kevin Donner as an assistant. In the fall of 1993, Murray received the promotion to his current title as UDM's Director of Track and Field/Cross Country.

In his 17 total years in the program, Murray has recruited some of the most talented and competitive teams in school history. As an assistant coach, he was responsible for coaching five Midwestern Collegiate Conference (MCC) individual track and field event champions as well as two MCC track and field Most Outstanding Performers.

While an assistant at UDM, Murray completed his master's degree in sports administration at nearby Wayne State University.

Murray's teams have accrued many honors and championships during his years as coach. The men's and women's teams swept the 1996 indoor MCC titles. The women's indoor squad won back to back crowns in 1998 and '99, and took home the outdoor titles in 1999 and 2000. The men's team took home a share of the indoor title in 2000, with the women bringing home another indoor crown in 2002 and the men's success in 2003 winning the outdoor title. In 2005, the Titan women were Horizon League runners-up

Teams that have been coached by Murray also excel in the classroom as the men's squad was honored in 2004 by the USTFCCA as it brought home the highest combined grade point average in the country. The trend continued in 2008 as the men were honored for the seventh straight year after ending the season with a 3.44 GPA, a mark that was the highest of all four Horizon League teams on the academic team. The Titans also had the highest GPA of any Division I team in the state of Michigan that was honored as well as the 12th highest GPA in the country.

The women received the distinction in 2008 after recording a 3.155 GPA. It was the first time since 2004 that the women have earned the accolade. UDM was also one of four conference teams as well as programs from the state of Michigan to have the necessary grade and performance requirements.

Individually, eight different Titans have been selected Academic All-America by the USTFCCA: Kim Hemstreet (2002), Kim Jess (1995), Andrea Karpala (2003, 2004, 2005), Ryan Byrne (2005, 2008), Krista Switzer (2006) and Sinisa Simic (2007) and Amanda Smith (2008).

The cross country team has also been outstanding in the classroom as both the men's and women's teams were

honored for the fourth straight year, 2003, 2004, 2005 and 2006, by the USTFCCA's on its All-Academic team award with distinction. The distinction award is given to teams with a combined average of 3.25 or better. Detroit's GPA is at 3.33.

Two Murray-coached athletes have qualified for the NCAA National Championships in Hemstreet (2002, cross country) and Paul Caraballo (1997, Track and Field). Caraballo was named an NCAA All-America in 1997 after he placed seventh in the high jump. In all, four athletes have provisionally qualified for NCAA championship. Since its inception in 2003, the Titans have had a qualifier for the outdoor regional championship each year.

In addition to his team's successes, Murray has been named league Coach of the Year for women's outdoor track twice (1999, 2000), men's outdoor once (2003) and seven times for his indoor success (women's in 1994, '96, '98, '99 and 2002 and men's in '96 and 2000).

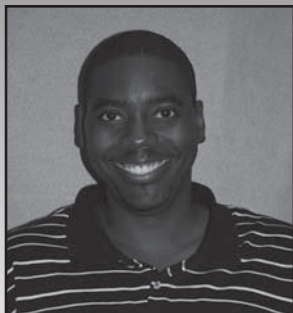
Murray is an accomplished runner. While competing for Detroit, he won the Dominick Taddonio Cross Country MVP award in 1988 and the University of Detroit's President's Award, the athletic department's highest honor, for top senior student-athlete in 1989. He was named to the All-MCC Cross Country Team in 1986 and the All-MCC Track and Field Team in 1989.

He continued to run after college. He was an Olympic Trial Qualifier in the marathon in 1999 after he finished 19th at the Grandma's Marathon with a personal best time of 2:21.18. At the Olympic Trials in 2000, Murray placed 57th, with a mark of 2:35.16.

Murray and his wife Patricia live in Redford with their six-year-old daughter Kaitlin Renee and one year son Colin.



ASSISTANT COACHES



Richard Alexander is in his second year as an assistant coach, where he oversees the Titan sprinters, hurdlers and jumpers, while also serving as the team's recruiting coordinator.

His work can already be seen with the Titans' sophomore sprinting class, which features 2008 Horizon League Indoor and

Outdoor Newcomer of the Year Earnest Cleary.

Alexander came to UDM from Fairleigh Dickinson University where he was an assistant coach from 2005-07. During his time at FDU, he mentored a pair of NCAA Regional qualifiers, as well as two conference champions.

He started his coaching career at Wagner College (2003-05) as a graduate assistant, where he coached the 2003 NEC champion in both indoor and outdoor high jump, a 2004 and 2005 IC4A qualifier in the indoor and outdoor high jump, four All-NEC performers and nine school record holders.

He graduated from Bucknell in 2003 after earning four varsity letters in track and field. A two-year team captain, he earned All-Patriot League honors and was runner-up in the 110 high hurdles in 2002. He also is the school record-holder in the 60 high hurdles and is in the top 10 all-time in 55 high hurdles, 110 high hurdles and 400 intermediate hurdles.

Alexander and his wife Monique live in Farmington Hills.



Scott Corrado enters his second year on the Detroit coaching staff after returning to the University in 2007, where he was an assistant for six years (1995-01). Under his guidance, the Titan throwers won 29 conference championships and six Midwestern Collegiate Conference and Horizon League Field Newcomer of the Year awards.

Corrado was instrumental in the development of UDM standout Titan Matt Groh who went on to be named the inaugural Horizon League Track Athlete of the Year in 2003. Under his tutelage, Groh won 11 outdoor Horizon League titles, out of a possible 12 events, and all eight indoor titles during his time as a Titan.

Corrado then went on to Radford University where he spent the next four seasons (2002-06) as an assistant coach. There he helped build the Highlander throwers into national contenders, culminating with two athletes garnering three All-American honors, Brian Richotte in the 2005 hammer and 2006 weight throw as well as Tiffany Evans in the 2006 weight.

No stranger to the Detroit community, before entering the collegiate ranks, he served as a coach at Fraser, Bishop Foley and University of Detroit Jesuit High Schools.



Emili Jackson is in her second year as an assistant coach for track and field and cross country at Detroit. At UDM, Jackson works primarily with the women's distance runners as well as both the men's and women's cross country squads.

In her two year's with the Titan cross country program, Jackson has helped the women's team tremendously, as the Titans capped off the 2008 season with five runners in the Great Lakes Regional 6k race, the first full scoring squad on the women's side since 2004.

She began her coaching career in strength and conditioning at Wayne State in 2004. She then added two years (2005-07) of track and field/cross country coaching experience at Salesian High School in Richmond, CA. There, she coached two state meet qualifiers, including one state champion.

In July of 2007, she was certified as a USA Track & Field Level Two coach.

Jackson graduated from Central Michigan in 2003 after running both cross country and track for the Chippewas. Jackson and her husband Matthew live in Clawson.



Brian Richotte is in his first year as a volunteer assistant working with the Titan throwers.

Richotte attended Radford University from 2003-06 earning All-American accolades in the hammer in 2005 and weight in 2006. He claimed four Big South titles with two in the hammer and weight as well as setting the school and conference records in

both events. He was also named to the Big South Presidents Honor Roll, Dean's List, and the National Honors Society.

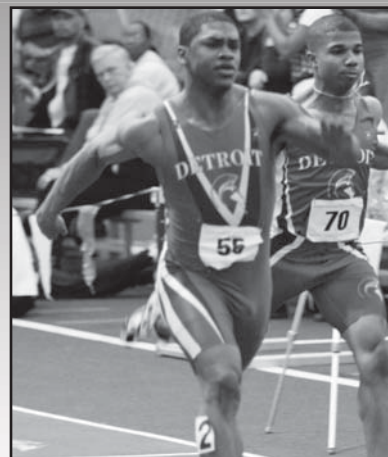
After graduating from Radford with a degree in sociology, he attended Oregon, where he set the school record in the weight throw with a mark of 20.86m. He won the Mountain Pacific Sports Federation in the weight finishing 11th at the NCAA meet and was the PAC 10 hammer champion at 67.98m, while finishing 13th at the NCAA meet. He left the school ranked fifth on the all-time records list and was named to the NCAA All-Academic team in 2007. He also earned his masters in Educational Leadership.

After his collegiate career ended, Richotte compete for TeamXO, a club team, where he topped his personal record in the hammer to 68.94m qualifying for the 2008 U.S. Olympic Team Trials. He went on to finish 16th overall at the meet with a throw of 66.96m.

2009 TITANS

2009 UDM Men's Track & Field Roster

Name	Year	Hometown/High School	Events
Marcus Acuna	So.	Indianapolis, IN/Perry Meridian	Distance
Ryan Ayala	So.	Coopersville, MI/Coopersville	Distance
Aviram Campbell	Fr.	Yale, MI/Yale	Hurdles
Eric Christy	Sr.	St. Clair, MI/St. Clair	Hurdles
Earnest Cleary	So.	Detroit, MI/Ferndale	Sprints
Alex Gould	Jr.	Comstock Park, MI/Comstock Park	Mid-Distance
Brian Greenhoe	So.	Sand Lake, MI/Grant	Mid-Distance
Lesley Hanna	So.	Exuma, Bahamas/Coakley	Sprints
Jon Hans	Sr.	Dearborn Heights, MI/Crestwood	Distance
Alex Harris	So.	Huntington Woods, MI/Shrine	Distance
Derek Hoerman	Fr.	Canton, MI/Canton	Distance
Nate Jenkins	So.	Malone, WI/New Holstein	Distance
Samuel Jones	Jr.	Detroit, MI/U-D Jesuit	Sprints
Vushaun Landrum	Fr.	Windsor, ON/Sandwich Secondary	Sprints
Joe LaRocca	Fr.	Eastpointe, MI/De LaSalle Collegiate	Sprints
John LaRocca	Sr.	Eastpointe, MI/De LaSalle Collegiate	Sprints
Mike Leonard	So.	Bay City, MI/Western	Mid-Distance
Patrick Liederbach	So.	Petoskey, MI/Petoskey	Mid-Distance
Matt Mahler	So.	Thorold, ON/Denis Morris Catholic	Mid-Distance
Adam Mayhew	Sr.	Richland, MI/Gull Lake	Throws
Deonte Osayande	Jr.	Detroit, MI/Winans Academy	Sprints
Rob Radlich	Fr.	Cheektowaga, NY/Cleveland Hills	Mid-Distance
Gregg Saldutti	Fr.	Waterford, MI/Our Lady of the Lakes	Mid-Distance
Kevin Smalley	So.	Gladwin, MI/Gladwin	Steeplechase
Alex Vanias	Fr.	Leroy, MI/Pine River	Distance
Erik Westbrook	Fr.	Fremont, MI/Fremont	Distance
Kevin Wozniak	Jr.	Dearborn, MI/Edsel Ford	Mid-Distance



**Sophomore
Earnest Cleary**



**Sophomore
Sequoyia Calhoun**



**Junior
Chantel Henry**

2009 UDM Women's Track & Field Roster

Name	Year	Hometown/High School (Last School)	Events
Kristina Arko	Fr.	Euclid, OH/Euclid	Distance
Monica Betker	Fr.	Mecosta, MI/Chippewa Hills	Pole Vault/Multi
Crissy Bieling	Sr.	Dryden, MI/Dryden	Mid-Distance
Alena Bower	So.	North Branch, MI/North Branch	Jumps
Sequoyia Calhoun	So.	Belleville, MI/Belleville	Sprints
Amanda Campbell	Fr.	Lockport, NY/Lockport	Multi
Jennifer DeFauw	Sr.	Harper Woods, MI/GPNorth (Calvin)	Mid-Distance
Kristie Ferrans	So.	Carleton, MI/Monroe	Distance
Beata Gorzynska	Sr.	Ilawa, Poland/Mazurski of Olsztynie	Distance
Rachel Hall	Fr.	Hesperia, MI/Hesperia	Distance
Chantel Henry	Jr.	Tecumseh, ON/St. Anne's	Multi
Brittany Horne	Sr.	Okemos, MI/Okemos	Throws
Tiffany James	Sr.	Westland, MI/Wayne Memorial	Sprints
Susan Kalkstein	Fr.	New Kensington, PA/Burrell	Triple Jump/Sprints
Jessica Lee	Fr.	Ann Arbor, MI/Pioneer	Sprints
Chanteenel McClendon	Sr.	Maple Heights, OH/Maple Heights	Mid-Distance
Megan Miller	Jr.	Zanesville, OH/Zanesville	Mid-Distance
Kirstin Mooney	So.	Stirling, ON/St. Theresa Catholic	Mid-Distance/Hurdles
Danielle Poulin	Sr.	Sterling Heights, MI/Warren Cousino	Throws
Stephanie Rossman	Fr.	Caledonia, MI/Caledonia	Distance
Ashley Schinske	Sr.	Paw Paw, MI/Paw Paw	Multi
Kiana Sledge	Fr.	Dearborn, MI/Robichaud	Sprints
Katie Taylor	Jr.	Emmett, MI/Yale	Hurdles
Terricita Thomas	Sr.	Maple Heights, OH/Maple Heights	Mid-Distance
Kayleigh Toombs	So.	Byron Center, MI/Byron Center	Distance
Shaunte Waller	Fr.	Oxford, MI/Oxford	Throws

MEN'S SEASON PREVIEW

With a number of key returners on the roster and the development of a talented sophomore class, Detroit will definitely look to improve on last year's Horizon League championship standings, both indoor and outdoor.

"We have improved the overall talent on the team, but we still need to work on some of the weaknesses that we had a year ago," said head coach Guy Murray. "We also need to avoid the sophomore slump. Our sophomore class is both quality and quantity on this team and if they don't perform, we could be in trouble."

SPRINTS

The Titan sprinters are one of the best and deepest units in the conference, led by two sophomores. One of those sophomores is Earnest Cleary who made an immediate impact as a rookie and was named the Horizon League Newcomer of the Year for both the indoor and outdoor seasons. He became the first Titan to break 11 seconds in the 100m running a 10.89 in the HL preliminaries, taking second in the finals. He also anchored the injury-depleted 4x100m to a fourth-place finish and took fifth in the 200m.

"He had a great season as a freshman, but now he has to manage that and build on it to get to the next level," noted Murray.

Senior John LaRocca, juniors Sam Jones and Deonte Osayande and sophomores Lesley Hanna and Joe Terlesky all return to give the Titans one of the deepest sprint units in the conference. That is not even mentioning the freshman class of Joe LaRocca, John's younger brother, and Vushaun Landrum.

Hanna was named Team MVP during the indoor season after taking third in the 400m and fifth in the 200 at the conference championships. He was also part of the Titans 4x400 team that took second at the conference meet and spent time this summer with the Bahamian Junior National Team at the 12th Annual IAAF World Junior National Championships.

DISTANCE

The distance runners are coming off a very successful cross country campaign that saw the Titans finish fifth in the Horizon League and 19th at the Great Lakes Regional.

Pat Liederbach, an All-Horizon League performer in cross country for the second straight season, will look to build on last year's outdoor season, where he shared team Rookie of the Years honors. He opened his Titan track career with a UDM rookie record in the 5000m running a 15:02.9. He took the 1500m rookie record the next week in 3:58.72 for sixth and then lowered it during the year to 3:56.17. He went on to score fourth in the 5000m and sixth in the 1500m at the conference meet.

Senior Jon Hans, juniors Alex Gould and Kevin Wozniak, along with sophomores Marcus Acuna, Ryan Ayala, Brian Greenhoe, Alex Harris, Nate Jenkins, Mike Leonard, Matt Mahler and Kevin Smalley and the addition of freshmen Derek Hoerman, Rob Radlich, Gregg Saldutti, Alex Vanias and Erik Westbrook, will have the Titans challenging for every point in the distance events.

"The group has a lot of potential if they can just put it all

together," said Murray. "Jon scored for us last year in the 10k and if both he and Matt can stay healthy, that could be big for us. Kevin improved significantly in cross country and if that continues he could score for us in the steeple in the outdoor, while Alex Gould is healthy and primed for a big year."

THROWS

Throws will once again be manned by Adam Mayhew.

The senior is coming off an impressive outdoor campaign where he earned three top five finishes with a second-place effort in the discus, third in the hammer and fifth in the shot put at the league championships.

"Adam was our leading scorer in the outdoor meet a year ago and has the potential to score even more with his improvement as well as through graduation in the league," said Murray.

The Titans will also have to find a hurdler to take over for three-time Horizon League 400mH champion Ryan Byrne. Senior Eric Christy and freshman Aviram Campbell will be the main Titans in the event this year. When healthy, Christy is one of the top athletes in the league highlighted by his runner-up appearance in the 400mH at the outdoor HL Championships as a freshman and his third-place finish in the indoor 60mH as a sophomore. Campbell took fifth in the 110mH as a senior at in the Michigan Division 2 championships.

"Hurdles will be a hole for any team that losses a guy with Byrne's track record," said Murray. "Christy could fill the shoes if healthy, while Aviram has the ability but, as a freshman, he just needs to work on making the adjustment to higher hurdles and longer races."

RELAYS

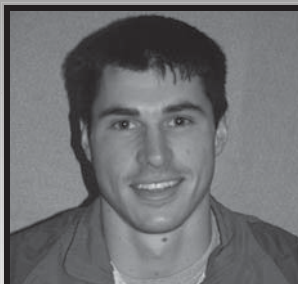
UDM should have great success in its relays with its depth at the sprint and distance positions.

"The relays are going to be fun because we have a lot of quality and depth that is going to make for some good team competition to see who gets on those teams," commented Murray. "We have a lot good options for the distance medley and don't have to deplete other events to compete. The 4x400 really put it together last year and the 4x100 returns a very competitive core."



**Sophomore
Lesley Hanna**

MEET THE TITANS



Senior
Eric Christy
Hurdles
St. Clair, MI
St. Clair

All-Horizon League- Second Team - Outdoor: 400mH-'05; 4x400m - '05; Indoor: 4x400m -'05

Personal Records:

300m 35.55i #2 Titan
60mH 8.51i #7 Titan
110mH 15.09 #5 Titan
400mH 53.44 #4 Titan

2008: Missed most of the year due to injury...Competed in four meets with a best of 50.93 in the 400m at the Spartan Invite.

2007: Missed season due to injury recurrence after taking seventh in 300m at 36.66 and ninth in 60mH in 8.64 at the Oiler Opener.

2006 Outdoor:

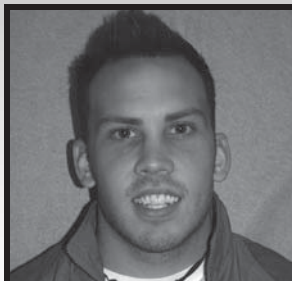
Successful year cut short by injury...400mH PR of 53.44 for fourth at Hillsdale and the next week was third at the Paddock Invite running 53.53...Won 110mH (15.6) in Oakland dual the day after taking third in 15.41 at the Miami Invite, where he was also sixth in the 400mH in 55.53...**Indoor:** Won team's Coach's Award with breakthrough season...Opened season at Kent State with a 49.70 400m PR making him the seventh Titan to break 50 indoors...60mH PR of 8.51 to take second at the EMU/CMU Double Dual...Third at Central Collegiate 400m (49.76)...Took third in the 60mH (8.53); fourth in the 400m with a PR and #3 Titan indoors of 48.90 and ran lead-off leg of third place 4x400m at the HL Championships.

2005 Outdoor: Rookie of the Year award winner... Ran his best at the Horizon League meet where he was the runner-up in the 400mH in his PR of 54.20 (#4 Titan); placed fourth in the 110mH, another PR of 15.09 (#5 Titan); and had a carry on the runner-up 4x400m that ran the Titan fastest since 1996 of 3:14.85.... 26th place at the Drake Relays in the 400m hurdles (55.86)...Ran his pre-Horizon League PRs at Bucknell, taking fifth in the 110mH (15.14) and seventh in the 400mH (55.70)...**Indoor:** Horizon League finalist in the 60mH running his best 8.59 and scored on the runner-up 4x400m and fourth place distance medley...36.54 300m PR at Windsor.



High School: 2004 Michigan Division 2 Champion in 300mH and runner-up in 110mH and represented Michigan at Midwest Meet of Champions in the 110mH; 2003 Michigan Division 2 sixth place 300m Hurdles...

Personal: Full name: Eric William Christy...Born Aug. 16, 1985...Son of Mike and Rhonda Jagotka...Majoring in business.



Senior
Jon Hans
Distance
Dearborn Heights, MI
Crestwood

Personal Records:

3000m 9:01:57
5000m 15:25:21 #9 Titan
10000m 31:47:18 #4 Titan
XC 8k 26:11

2008 Cross Country: Career best finish of 120th in 34:21 at muddy NCAA Regional to help team to take 19th place for its best finish since 1998...Equalled best Horizon League finish taking 32nd...8k PR of 26:11 at Louisville...

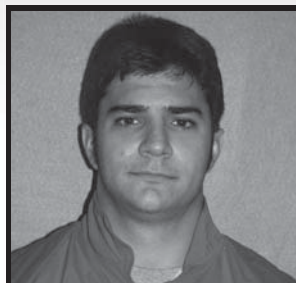
Outdoor: Horizon League scorer in 10,000m taking fifth in 32:26.13 and ran season best of 15:56.43 for 14th in the 5000m...**Indoor:** Finished ninth in the Horizon League 5000m running 15:49.75 and got an indoor PR in 3000m of 9:04.88 for 14th...Won EMU Classic 5000m at 16:06.44...

2007 Outdoor: Struggled with injury, but took fifth in Horizon League 5000m running 15:44.41 in hot and humid conditions...Won the 3000m in the dual with Oakland with a time of 9:03.1...**Indoor:** Returned to racing after missing a year to injury...Ran his best at the Horizon League meet running indoor bests in the 3000m- 9:05.62 and 5000m- 15:35.49, taking 11th and eighth respectively...**2006:** Redshirt in cross country and track and field...**2005 Cross Country:** Opened season with 21:30 4 mile PR for sixth at the Golden Grizzly Open...8k PR of 26:37 at the Paul Short Run...lowered it to 26:32 for 32nd place at the Horizon League Championship... 165th place at the NCAA regional...**Outdoor:** 15:25.21 5000m PR at Duke, good for #7 on the Titan Top 10...a week later claimed the rookie 10,000m record and the #4 Titan spot with his 31:47.18 at Bucknell...3000m career time of 9:01.57 at EMU and was 12th in the Horizon League



MEET THE TITANS

10,000m in 32:22.36, a time also under the previous rookie record... **Indoor:** Ran indoor PRs of 9:06.40 and 15:52.19 at the Horizon League Championship, placing 20th in both races... Mile indoor personal best of 4:39.17 at the Silverston Invite... **2004 Cross Country:** Top five runner in each race... 8k PR of 26:42 at National Catholics... 10k PR of 34:27 at Western Ontario... 165th place at NCAA regional with a 34:34... **High School:** All-State Michigan Division 2 Cross Country in 2002 and 2003, finishing 11th in '03... 2004 seventh place in the Michigan Division 2 3200m... **Personal:** Full name: Jon Paul Hans... Born March 25, 1986... Son of Daniel and Victoria Hans... Business major with 3.004 GPA.



**Senior
John LaRocca
Sprints
Eastpointe, MI
De LaSalle Collegiate**

All Horizon League - Second Team - 4x400m - Indoor '08

Personal Records:

200m 23.27
300m 36.35i #8 Titan
400m 49.59 #13 Titan
600m 1:23.40i #9 Titan

2008 Outdoor: Horizon League scorer with sixth place in 400m with career best of 49.59 and scored third place in 4x400m (3:18.42) as well as picking up injured teammates with a leg on the 4x100m (43.27) that finished fourth... Broke 50 in 400m for the first time on home track in the dual with Oakland running 49.7 for third...

First 400m of season was a PR of 50.34 at Cincinnati...

Indoor: Earned All-Horizon League honors on the runner-up 4x400m (3:19.25) and ran a sub-50 leg on the third-place distance medley (10:09.50) and ran indoor 400m PR of 50.48 for 12th... Ran five indoor PRs in February, 200m of 23.27 and 400m of 50.91 at Akron; 36.35 for 300m at Windsor and then 1:23.40 for 600m at Silverston Invite... **2007 Outdoor:** Horizon League sixth place in 400m (50.70) and ran anchor leg of third place 4x400m... Ran collegiate best 400m 50.60 and 200m personal best of 23.27 at Hillsdale... Runner-up in dual versus Oakland with same time (50.8) as winner...

Indoor: Horizon League scorer in distance medley and



4x400m relays taking third and fourth, respectively... Indoor PRs for 300m of 36.97 at Windsor; 400m of 50.97 at Akron and 600m of 1:24.10 at Silverston Invite... Won team Most Improved Award... **2006:** Team Rookie of Year award for both indoor and outdoor... **Outdoor:** Horizon League scorer taking fifth in 400m in 50.83 and ran anchor on fourth place 4x400m unit... 400m collegiate best of 50.70 at Hillsdale... 800m PR of 2:02.51 at Central Collegiate and ran his first sub-50 split on runner-up 4x400m (3:20.18)... **Indoor:** Horizon League relay scorer running on third place 4x400m and 400m leg of fourth place distance medley as well as taking 10th in 400m with indoor best of 52.02... Collegiate debut with 38.90 300m at Findlay... 600m PR of 1:27.75 at the Silverston Invite... **High School:** 2005 Michigan Division 1 state qualifier in 400 meters... **Personal:** Full name is John Matthew LaRocca II... Born: July 24, 1987... Son of John and Mary LaRocca... Majoring in accounting with a 3.291 GPA.



**Senior
Adam Mayhew
Throws
Richland, MI
Gull Lake**

**All- Horizon League: Second Team: Discus - '08, '07;
Hammer - '07**

Personal Records:

Shot Put 49' 10"i #4 Titan
Discus 159' 10" #4 Titan
Hammer 175' 5" #3 Titan
Javelin 143' 5" #6 Titan
Weight 50' 0"i #8 Titan

2008 Outdoor: Horizon League finalist in all throws, taking runner-up honors in the discus (154'0"); third in hammer with PR of 175'5"; fifth in the shot put (47'0.75") and seventh in javelin (132')... Won the hammer (163'9"); discus (156') and shot put (47'3.5") in dual versus Oakland... Runner-up at Toledo in discus with PR of 159'10" and in shot put at Michigan State with outdoor PR of 47'4.25"... **Indoor:** Won team Coach's Award... Double PRs at Horizon League taking fourth in shot put at 49'10" and eighth in weight at 50', just the eighth Titan to throw over 50'... Had career best prior to Horizon League



MEET THE TITANS

with 48'1.75" at the Silverston Invite and 49'8.5" at Windsor... Won weight (47'0.75") at Don Wright Team Challenge... **2007 Outdoor:** Horizon League finalist in all throws, taking runner-up honors in the discus (150'7") and hammer (164'6"); fourth in shot put (43' 1") and seventh in javelin with 143'5" PR... Won all throws in the dual versus Oakland with three career marks in the discus (156'2"), hammer (169'3") and javelin (138'8") and an outdoor best in shot put (45' 2.25")... Opened season with hammer PR (159'11") for fifth, while also finishing fifth in discus (142'3") at George Mason... Won team Most Improved Award... **Indoor:** Horizon League finalist in shot put with PR throw of 46'4.75" and took 10th in weight with a throw of 47'3"... **2006 Outdoor:** Horizon League scorer taking fourth the in discus (140'8') and fifth in hammer (156'3"- PR) as well as making finals in shot put (44'7.5"-8th)... Won discus and shot put versus Oakland at 138'9" and 44'6", respectively... Was runner-up in collegiate discus debut at Notre Dame (140'9")... **Indoor:** Weight PR of 44'3.25" for eighth at EMU/CMU double dual... Shot put PR of 45'11.75" at Simmons Invite... **High School:** Won Michigan Division 2 discus champion in 2005, runner-up in 2004... **Personal:** Full name is Adam L. Mayhew... Born: April 28, 1987... Son of Roger and Michelle Mayhew... Majoring in criminal justice.



**Junior
Alex Gould
Mid-Distance
Comstock Park, MI
Comstock Park**

Personal Records:

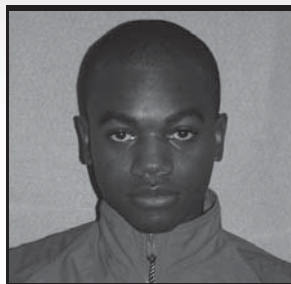
600m 1:25.46i
800m 1:57.36
1500m 4:13.76
XC 8k 27:35.

2008 Cross Country:

Won Team's Most Improved Award... Improved 8k by over two minutes... Ran 28:32 at National Catholics and then lowered his career best to 27:35 at Louisville... 78th place at Horizon League Championship running 28:20... **Outdoor:** Won Team's Most Improved Award in track... Opened season with 4:18.5 1500m PR at Detroit's Meet Cancelled Classic and followed it up the next week with first sub-2 800m as a Titan at Cincinnati in 1:59.26... Broke 2 minutes at the Oakland dual and Toledo before running PRs at Horizon League with 1:57.36 for 12th in 800m and 4:13.76 for 19th in the 1500m... **Indoor:** Ran



1:57.1 800m split on third place Horizon League distance medley relay (10:09.50)... Indoor PRs of 2:00.38 for 800m at Silverston Invite and 1:25.46 for 600m at Windsor... **2007 Cross Country:** redshirt... **Outdoor:** Missed most of season due to injury... 2:01.69 season best at Hillsdale... **Indoor:** 1:29.22 600m PR at Windsor... 800m indoor best of 2:03.15 at EMU... **2006 Cross Country:** 4 mile PR of 23:35 at Running Fit-Detroit Titan Invite... 8k PR of 30:12 at National Catholics... **High School:** 2006 Michigan Division 2 800 meters state qualifier... 2005 Michigan Division 2 800 meters seventh place... **Personal:** Full name is Alex Thomas Gould... Born: February 19, 1988... Son of Tom and Kathy Gould... Majoring in biochemistry with a GPA of 3.664.



**Junior
Samuel Jones
Sprints
Detroit, MI
U-D-Jesuit**

Personal Records:

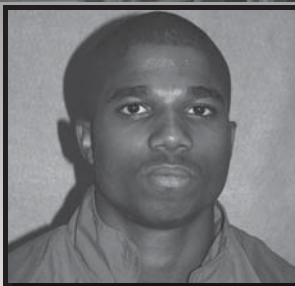
60m 7.32i
100m 11.23 #7 Titan
200m 22.63 #12 Titan
400m 53.34

2008 Outdoor:

Horizon League scorer as member of the fourth place 4x100m (43.27) and was 11th in both 100m and 200m with runs of 11.30 and 22.68... Personal best in 100m of 11.23 at Bucknell and 22.63 in 200m at Cincinnati... Member of #2 Titan 4x100m of 42.75 run at Toledo... **Indoor:** Won team's Most Improved Award... Indoor 200m PR of 22.96 and matched 60m PR of 7.32 at Horizon League Championships for 10th and 14th, respectively... Ran 7.32 60m PR at Silverston Invite... Member of 4x200m that won both races and took UDM record to 1:31.42... **2007 Outdoor:** PRs and 11th place at Horizon League meet in both the 100m and 200m running 11.39 and 22.82, respectively... Opened season with 100m (11.42) and 200m (23.17) PRs at George Mason... 53.34 400m PR at Hillsdale... **Indoor:** 60m personal record of 7.34 at Chip Open... 200m indoor career best of 23.45 at Akron... 54.57 400m PR at Silverston Invite... **High School:** 2006 Michigan Division 1 4x100 meter and 4x200m state qualifier... **Personal:** Full name is Samuel Eugene Jones III... Born: May 6, 1988... Son of Samuel Jones and Marietta Rudolph... Majoring in education.



MEET THE TITANS



**Junior
Deonte Osayande
Sprints
Detroit, MI
Winans Academy**

Personal Records:

60m 7.12i #5 Titan
100m 11.06 #4 Titan
200m 22.53 #10 Titan
400m 51.2

2008 Outdoor: Opened the season with 51.2 400m personal record at Detroit Meet Cancelled Classic...Ran PRs in 100m and 200m at Cincinnati of 11.22 and 22.73 and then lowered them to 11.06 and 22.53, respectively, at Bucknell...Lead-off leg of 4x100m that ran #2 Titan time of 42.75 at Toledo, where he ran a 48.5 career best 4x400m split...Injured in Horizon League 100m preliminary...**Indoor:** Qualified for Horizon League Championships' 60m final with season best of 7.13 and scored sixth running a 7.23... Anchor leg of 4x200m that won both races and took UDM record to 1:31.42...**2007 Indoor:** Finished fifth in Horizon League 60m running 7.17 after a 7.14 for top qualifier in preliminary...Ran personal best and UDM Rookie Record of 7.12 for fourth in EMU/CMU dual...23.25 200m PR at Akron where he ran his PR 400m split of 52.6 in 4x400m...**High School:** 2006 Michigan Division 4 seventh place in the 200m...**Personal:** Full name is Deonte Lequince Leland Thompson Osayande... Born: November 14, 1988...Son of Nkululeka and Elaine Osayande...Majoring in education.



**Junior
Kevin Wozniak
Mid-Distance
Dearborn, MI
Edsel Ford**

All Horizon League- Second Team - 4x400m - Indoor'08

Personal Records:

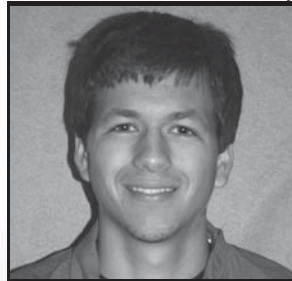
600m 1:23.73i #10 Titan
800m 1:56.14 #10 Titan
1500m 4:15.80
XC 8k 27:09

2008 Cross Country:

Ran a career best in four of six races...Lowered his PR to 27:09 at Horizon League Championships for 41st and top five Titan finish...27:35 at Louisville was his first sub-28 8k...**Outdoor:**

Scored in Horizon League relays taking third in the 4x400m and fourth in 4x100m...**Indoor:** Earned All-Horizon League honors on runner-up 4x400m that ran the

#4 Titan indoor time of 3:19.25 and was 13th in 800m at 1:58.87...Indoor 800m PR of 1:58.72 at Akron...1:23.73 600m PR at the Silverston Invite...**2007 Cross Country:** Redshirt... Won his hometown Margaret Peruski 4 mile cross country race in PR of 21:43...**Outdoor:** Won team's Rookie of Year Award...Ran his career mark of 1:56.14 to qualify for Horizon League Championship final where he ran 1:57.80 for seventh...Also ran leg of third place 4x400m... Only non-PR race of season was Horizon League final... Opened with 800m of 2:00.13 at George Mason...Ran his first sub-2 at Bucknell of 1:59.13 and followed it with a 1:58.9 relay split...1:58.62 at EMU and then 1:57.3 for third in the dual versus Oakland...1500m career run of 4:15.80 at Hillsdale...**Indoor:** 2:00 PR carry for third place Horizon League distance medley...**High School:** 2006 Michigan Division 1 state qualifier 4x800m...**Personal:** Full name is Kevin Wozniak...Born April 9, 1988...Son of Tom and Lisa Wozniak...Education major with 3.045 GPA.



**Sophomore
Marcus Acuna
Distance
Indianapolis, IN
Perry Meridian**

Personal Records:

XC 8k 27:09

2008 Cross Country and Outdoor Track:

Redshirted...**Indoor:** Ran in only one race, the 5000m at Notre Dame...**2007 Cross Country:** Made steady progress during the season and ran as team #5 scorer in the Horizon



MEET THE TITANS

League meet and NCAA regional finishing 44th in 28:02 and 197th in 36:56(10k), respectively...8k career mark of 27:29 at Falcon Invitational...**High School:** Indiana Sectional scorer in 3200m in 2005, 06 and 07.. **Personal:** Full name is Marcus Salvador Acuna...Born February 3, 1989...Son of Dawn Jobe and Salvador Acuna...A social studies major.



**Sophomore
Ryan Ayala
Distance
Coopersville, MI
Coopersville**

Personal Records:

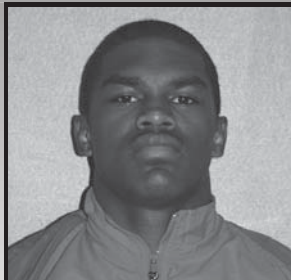
3000m 9:09.73i
5000m 15:57.95
10,000m 34:07.48
XC 8k 26:34

2008 Cross Country:

Dropped 8k PR by over one minute at Louisville running 26:34...Fifth man on 19th place NCAA regional team with his 169th 35:54 10k run...63rd place at Horizon League Championship...

Outdoor: Made 10,000m debut at Horizon Leagues running 34:07.48 for 13th and then came back with 5000m PR of

15:57.95 for 16th...**Indoor:** Broke 16 in the 5000m for first time at Horizon League meet taking 15:59.63, and then was 17th in 3000m with personal record of 9:09.73...Anchor of UDM rookie distance medley record of 10:44.60 with PR 4:35 split...**2007 Cross Country:** Competed in all the varsity races...8k PR of 27:48 at Falcon Invite...Season best was NCAA Regional finishing 166th running 35:00 for 10k...61st at Horizon League Championship...**High School:** Michigan Division 2 cross country state qualifier in 2006 and D2 track state qualifier in 3200m in 2006 and '07...**Personal:** Full name is Ryan Emilio Ayala...Born: August 11, 1989...Son of Lewis and Lori Ayala...Education major with 3.608 GPA.



**Sophomore
Earnest Cleary
Sprints
Detroit, MI
Ferndale**

**All-Horizon League: Second Team - Indoor: 60m -'08;
Outdoor: 100m-'08
2008 Horizon League Newcomer of Year - Running Events**

Personal Records:

60m 7.01i #2 Titan
100m 10.89 *UDM Record!
200m 22.17 #7 Titan

2008: Horizon League

Newcomer of Year in running events in both indoors and outdoors while being tabbed All-Horizon League Second Team in the 60m and 100m...**Outdoor:** First Titan to break 11seconds in the 100m running 10.89 in the Horizon League preliminary, where he was the runner-up in the final with a time of 11.03...200m prelim of 22.17 ranks him #7 on the Titan all-time list...Triple winner in the dual versus Oakland taking the 100m (11.0) and 200m (22.4) as well as the anchor carry in the 4x100m...11.02 for eighth in 100m at Bucknell...**Indoor:** Won his collegiate 60m debut claiming the UDM rookie record running 7.02 at the Don Wright Team Challenge...Lowered mark to 7.01 in the Horizon League Championships' 60m preliminary and took runner-up honors at 7.04...Member of 4x200m that won both races and took UDM record to 1:31.42...**High School:** Michigan Division 2 fourth-place finish in the 100m in 2006 following that with a fifth-place showing in 2007...Took sixth in the 60m at the 2007 Michigan Indoor State Championship...**Personal:** Full name is Earnest Cleary...Born: October 11, 1989... Son of Matthew and Aileen Cleary...Majoring in electrical engineering.



**Sophomore
Brian Greenhoe
Mid-Distance
Sand Lake, MI
Grant**

MEET THE TITANS

Personal Records:

600m 1:27.50i
800m 1:59.80
1500m 4:15.01
XC 8k 28:09

2008 Cross Country:

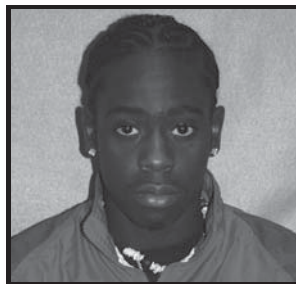
8k debut at Michigan Intercollegiates running 28:25...Short course at Falcon Invite would have put PR in the 27-flat range...28:09 for PR at Horizon Leagues for 73rd...**Outdoor:** 1:59.80 800m PR at EMU... 1500m PR of 4:15.01 for 22nd at Horizon League meet and finished 20th in 800m at 2:01.14...**Indoor:** 600m career best of 1:27.50 at Grand Valley... 19th in Horizon League 800m at 2:04.98...**High School:** Eighth in 4x800m and was a 4x400m qualifier in Michigan Division 2 in 2007...**Personal:** Full name is Brian Merle Greenhoe...Born: November 26, 1988... Son of Bill and Cathy Greenhoe...Holds a 3.657 GPA in bio-chemistry.



Junior Championships, held in Bydgoszcz, Poland...Finished third at the Bahamian Junior National 400m running 48.43...**Indoor:** Won team's Most Valuable Award...Made All-Horizon League as lead-off leg of runner-up 4x400m and finished third in the 400m with a 49.04 career best and fifth in 200m (22.80)...200m preliminary of 22.22 was a PR and #2 Titan indoor 200m... Won 300m at Windsor in UDM record of 35.21... Lead-off leg of 4x200m that won both races and took UDM record to 1:31.42...Eighth Titan to break 50 seconds indoors with his 49.60 at Akron... Titan debut with #6 all-time 60m of 7.17 at EMU...**High School:** At the 2007 Bahama High School championship, was third in the 400m and fifth in 200m...In 2006, took fourth in 400m in Michigan Division 3 at Berrien Springs HS...**Personal:** Full name is Lesley Lorenzo Hanna...Born: September 25, 1989...Son of Petherina Hanna...Mechanical Engineering major.



Sophomore
Alex Harris
Distance
Huntington Woods, MI
Shrine



Sophomore
Lesley Hanna
Sprints
Exuma, Bahamas
Coakley

All Horizon League - Second Team - 4x400m - Indoor '08

Personal Records:

60m 7.17i #7 Titan
200m 22.22i #8 Titan
300m 35.21i *UDM Record!
400m 48.24 #4 Titan

2008 Outdoor: Horizon League finishes of third in 400m with personal record of 48.24, sixth in 200m at 22.54 and ran leg of third place 4x400m...Broke 49 in 400m for the first time to win dual versus Oakland in 48.6...Ran 48.65 two days later at EMU... Competed for the Bahamas as a member of the 4x400m at the 12th IAAF World



Personal Records:

1500m 4:14.24
3000m 9:06.2
5000m 15:41.40
XC 8k 25:40

2008 Cross Country:

Back to back 8k personal records running 26:43 at National Catholics and then 25:40 at Louisville... 44th at Horizon League...

Outdoor: Returned to action after missing indoor season with a 9:06.2 fourth place finish in the 3000m at the Detroit Meet Cancelled Classic... 15:41.40 5000m PR at Cincinnati... 1500m career time of 4:14.24 at Bucknell...**Indoor:** Redshirt...**2007 Cross Country:** Top Titan in his collegiate debut taking fourth at the Golden Grizzly Open running 21:00 for four miles...8k collegiate best of 26:40 at National Catholics...30th place at Horizon League Championships...**High School:** Placed second in cross country in Michigan Division 4 championship...Also finished fourth in 2005 and was a 2004 qualifier...In track, a Division 4 champion in 1600m and 3200m as a senior, while placing sixth in 3200 as a junior...**Personal:** Full name is Alexander Harris...Born: October 15, 1987... Son of Todd and Anita Harris...His father was a 1986 All-MCC selection and was a teammate of coach Murray on a Titan squad that was MCC runner-up...An education major with GPA of 3.076.



MEET THE TITANS



**Sophomore
Nate Jenkins**
Distance
Malone, WI
New Holstein

Personal Records:
XC 8k 27:28.

2008 Cross Country:
Made 8k debut at National Catholics running 29:03 and then improved to 27:28 at Louisville... Best race was a 28:15 at Michigan Intercollegiates for Titan Top 7 spot... 90th at Horizon League Championship...

Indoor/Outdoor:
Redshirt... **2007 Cross Country:** Redshirt... Ran 22:45 4 mile for 25th competing unattached at Golden Grizzly Open.
High School: 2006 Wisconsin Division 2 state cross country qualifier... **Personal:** Full name is Nathan Jenkins... Born: October 6, 1988... Son of John and Nettie Jenkins... Majoring in architecture with 3.604 GPA.



Personal: Full name is Michael Douglas Leonard... Born: May 27, 1989... Son of Doug and Tammy Leonard... Majoring in Pre-Dentistry with 3.221 GPA.

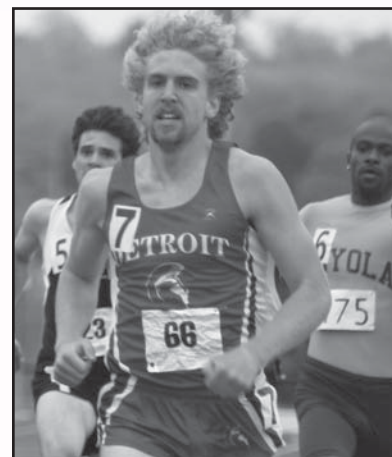


**Sophomore
Pat Liederbach**
Mid-Distance
Petoskey, MI
Petoskey

Horizon League All-Academic - Cross Country - '08
All Horizon League: First Team - Cross Country - '07,
Second Team - Cross Country - '08

Personal Records:
800m 1:56.2 #11 Titan
1500m 3:56.17 #4 Titan
5000m 15:02.9 #5 Titan
XC 8k 24:54

2008 Cross Country:
Won his second Dominick Taddonio Most Valuable Award... Made season debut running 25:45 for 14th at National Catholics, just missing his career best... Became just the third Titan to break 25 minutes with his 24:54 effort at Louisville... Runner-up at Falcon Invite... All-Horizon League Second Team finishing eighth at conference championship running 25:38... 93rd place finish at NCAA Regional covering the muddy 10k in 33:39... **Outdoor:** Shared team's Rookie of Year award with Earnest Cleary... Opened his Titan track career with a Titan rookie record in the 5000m running 15:02.9 at the Detroit Meet Cancelled Classic... Took the 1500m rookie record the next week in Cincinnati running 3:58.72 for sixth and then lowered it to 3:56.17 at Bucknell... Lost a very close 800m in the dual versus Oakland at 1:56.2 and ran the opening 1200m leg of the distance medley at Drake in 3:03.7... Closed his season with a tough Horizon League meet, where he just missed the 800m final running 1:56.37, scored sixth in a hard fought 1500m running 3:57.61 and then cruised to fourth in the 5000m in 15:19.72... **Indoor:** Redshirt... **2007 Cross Country:** Was honored with the team's Dominick Taddonio Most Valuable Award... Top Titan finisher in all races after the season opener... All-Horizon League first team finishing seventh at the Horizon League Championship in 26:24... He became the first Titan first team All-League since 2001 and first rookie since 1997... Debut at Cass-Benton of 21:08 for eighth at the Running Fit-Detroit Titan Invite ranks him as top Titan rookie and #4 Titan overall... NCAA regional finish of 74th in 32:49, ranks him as



**Sophomore
Mike Leonard**
Mid-Distance
Bay City, MI
Western

Personal Records:
600m 1:32.06
800m 2:04.33
1500m 4:30.05

2008 Outdoor: Horizon League finishes of 24th in 800m at 2:04.45 and 30th in 1500m of with career best time of 4:30.05... **Indoor:** Horizon League finishes of 18th in 800m at 2:04.33 and 20th in mile at 4:59.32... **High School:** A 2007 Michigan Division 2 800m regional scorer...



MEET THE TITANS

#2 Titan rookie and #6 Titan in UDM history...8k PR of 25:42 at Louisville, first Titan rookie sub-26 since '97...
High School: 2007 Michigan Division 2 800m runner-up...Represented Michigan at the Midwest Meet of Champions...Finished fourth in 800m as a junior and eighth as a sophomore...Also placed 10th as a junior and ninth as a senior in Michigan Division 2 cross country championship...
Personal: Full name is Patrick Hunt Liederbach...Born: March 12, 1989...Son of Fred and Kathy Liederbach... Education major with 3.407 GPA.



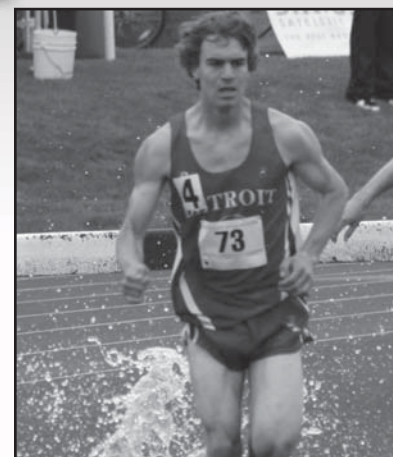
**Sophomore
Kevin Smalley
Steeplechase
Gladwin, MI
Gladwin**

Personal Records:

800m	2:01.48i
1500m	4:09.38
Steeplechase	10:29.75
XC 8k	26:57

2008 Cross Country:

Won the squad's Student-Athlete Award after a summer of big miles that resulted in improvements by at least one minute per course over 2007...27:38 at National Catholics for personal record then broke 27 at Louisville at 26:57, a two minute improvement over 2007 run...50th at Horizon League Championship... 10k PR of 36:51 for 183rd at the muddy NCAA regional...
Outdoor: Made debut in steeplechase with 10:29.75 at Cincinnati...Crashed to an 11th place performance of 10:43.48 at the Horizon League meet, but bounced back to just miss 1500m PR running 4:10.87 for 16th...1500m career best of 4:09.38 at EMU Open... **Indoor:** Horizon League finishes of 15th in 800m at 2:01.48 and 17th in the mile of 4:39.90...4:37.11 mile PR at EMU... **2007 Cross Country:** Earned Rookie of the Year accolades running in all varsity races in his first ever season of cross country...8k PR of 28:14 at Falcon Invite... 202nd place at NCAA regional running 37:31 for 10k... **High School:** Was a 2007 Michigan Division 2 state qualifier in 4x800m, 800m and 4x400m..Finished ninth in the 800m in 2006... **Personal:** Full name is Kevin Andrew Smalley... Born: May 30, 1989... Son of Jerome and Marlene Smalley... Majoring in bio-chemistry with 3.92 GPA.



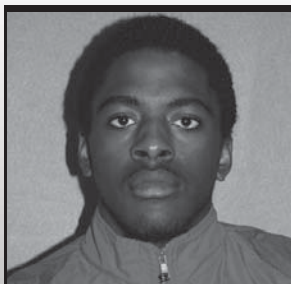
**Sophomore
Matt Mahler
Mid-Distance
Thorold, ON
Denis Morris Catholic**

Personal Records:

800m	1:57.60
1500m	4:00.46 #9 Titan
Mile	4:20.28i #10 Titan
XC 8k	27:35.

2008 Cross Country:

Redshirt...**Outdoor:** 15:37.6 5000m personal record at the Detroit Meet Cancelled Classic...1500m best of 4:00.46 at Cincinnati...1:57.60 for 800m at Bucknell...Ran 800m leg of 10:12.10 distance medley at the 99th Drake Relays...**Indoor:** Ran 3:05.5 1200m leg of the Horizon League third place distance medley, where he also scored sixth in the mile at 4:20.28...9:11.13 3000m PR at EMU...**2007 Cross Country:** Injury shortened promising rookie season...8k career time of 27:35 at National Catholics...**High School:** At the 2007 Ontario HS Championships was fifth in 800m and 11th in 1500m... Placed fifth in Canadian Junior National in 800m...Ran a 3:53.64 for 1500m at summer open meet in London, ON...**Personal:** Full name is Matthew Joseph Mahler...Born: December 6, 1988...Son of Daryl and Theresa Mahler...A business major with 3.367 GPA.



**Freshman
Aviram Campbell
Hurdles
Yale, MI
Yale**

High School: Took fifth in the Division 2 110mH as a senior...**Personal:** Full name is Aviram Campbell...Born: December 15, 1989...Son of Vivian and Perry Campbell...A civil engineering major.

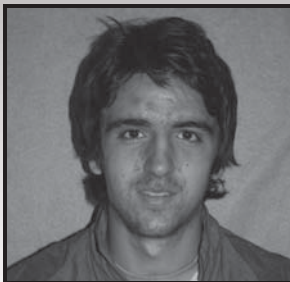
MEET THE TITANS



**Freshman
Derek Hoerman
Distance
Canton, MI
Canton**

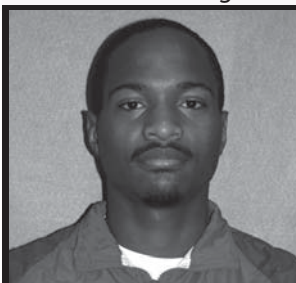
2008 Cross Country: Redshirt... Ran unattached for a time of 30:10 in 8k at Michigan Intercollegiate Open... **High School:** A Michigan Division 1 cross country qualifier in 2007... **Personal:** Full name is Derek Michael Hoerman... Born: October 4, 1989... Son of Cindy and Stewart Hoerman... An engineering major.

at Michigan Intercollegiate Open... **High School:** Runner-up in his junior year and a third-place as a senior in the 800m at the New York Section 6 Division 2 championships... **Personal:** Full name is Robert Jordan Radlich... Born on August 17, 1990... Son of Michele and David Radlich.



**Freshman
Gregg Saldutti
Mid-Distance
Waterford, MI
Our Lady of the Lakes**

2008 Cross Country: Redshirt... Ran unattached 29:29 8k at Michigan Intercollegiate Open... **High School:** Claimed the Catholic League C-D Division 800 and 1600m championship as a senior at Our Lady of the Lakes HS... **Personal:** Full name is Gregg Saldutti... Born: May 2, 1990... Son of Pam and Gregg Saldutti... Majoring in English.



**Freshman
Vushaun Landrum
Sprints
Windsor, ON
Sandwich Secondary**

High School: Took eighth in the Ontario Championships 100m as a junior and 10th as a senior... He was also a 200m qualifier as a junior... **Personal:** Full name is Vushaun Avery Landrum... Born on January 12, 1990... Son of Joy and Tolliver Landrum... Majoring in business.



**Freshman
Alex Vanias
Distance
Leroy, MI
Pine River**

2008 Cross Country: Named team Rookie of Year... 79th at NCAA regional, the third best Titan rookie finish, running the muddy 10k in 33:14... 21:11 for the 4 miler at Cass-Benton, the third best Titan rookie... 25:51 for 8k PR at Louisville... 22nd place at Horizon League... **High School:** A two-time state qualifier in the 3200m, finishing eighth as a senior, as well as taking 10th in the Michigan Division 3 cross country championships... **Personal:** Full name is Alex Vanias... Born on October 25, 1990... Son of Terri and Polychronis Vanias... Majoring in engineering.



**Freshman
Joe LaRocca
Sprints
Eastpointe, MI
De LaSalle Collegiate**

High School: Runner-up in the 400m at the 2008 Catholic League and Operations Friendship Championship... **Personal:** Full name is Joseph Michael LaRocca... Born on July 27, 1990... Son of John and Mary LaRocca... His brother, John, is a senior sprinter at UDM... Majoring in civil engineering.



**Freshman
Erik Westbrook
Distance
Fremont, MI
Fremont**

2008 Cross Country: Redshirt... High School: A three-time all-state performer and a four-time Michigan Division 2 state cross country qualifier... Also led his 4x800m relay team to a fourth-place finish and was a 3200m qualifier... **Personal:** Full name is Erik Westbrook... Born on June 9, 1990... Son of Denise and Jeff Westbrook... A business major.



**Freshman
Rob Radlich
Mid-Distance
Cheektowaga, NY
Cleveland Hills**

2008 Cross Country: Redshirt... Ran unattached 8k in 28:58

2008 SEASON IN REVIEW

2007-08 Men's Indoor Track and Field Summary

12/1	Macomb Opener	nts
12/7	Blue and Gold Invitational	nts
1/12	EMU Invitational	nts
1/19	Don Wright Team Challenge	3rd-48.5
1/26	Simmons- Harvey Invitational	nts
2/2	Akron Open	nts
2/9	Windsor Team Challenge	5th- 35
2/16	EMU Classic	nts
2/23	Silverston Invitational	nts
3/1-2	Horizon League Championship	6th-36
nts- no team score		

UDM Indoor Record:

300m	Lesley Hanna	35.21	Windsor Team Challenge
4x200m	Lesley Hanna, Earnest Cleary, Sam Jones, Deonte Osayande	1:31.42	Windsor Team Challenge

UDM Indoor Rookie Record:

60m	Earnest Cleary	7.01	Horizon League Champ.
Mile	Matt Mahler	4:20.28	Horizon League Champ.
DMR	Matt Mahler, Lesley Hanna, Kevin Smalley, Ryan Ayala	10:44.60	EMU Classic

Horizon League Championships Runner-up: Second Team All-Horizon League:

60m	Earnest Cleary
4x400m	Lesley Hanna, John LaRocca, Kevin Wozniak, Ryan Byrne

Horizon League Newcomer of Year - Running Events: Earnest Cleary

Horizon League All-Academic Team:

Ryan Byrne -%
Andrew Hayner -#
Sinisa Simic -%
%- repeat honoree; #- three- time honoree

Indoor Award Winners:

Most Valuable
Lesley Hanna

Coach's Award
Adam Mayhew

Student-Athlete
Ryan Byrne, Andrew Hayner

Most Improved
Sam Jones

Rookie of Year
Earnest Cleary

Comeback
Deonte Osayande

2007-08 Men's Indoor Track and Field Summary

3/29	Detroit 'Meet Cancelled' Classic	nts
4/5	Oliver Nikoloff Invitational	9th- 21
4/11-12	Bucknell Bison Outdoor Classic	nts
4/12	Spartan Invitational	nts
4/17	Dual vs. Oakland University	L 81-89
4/19	EMU Twilight	nts
4/25-26	Hillsdale Relays	nts
4/26	Drake Relays	nts
5/2	Toledo Invitational	nts
5/8-9	Horizon League Championships	5th-6 1
5/30-31	NCAA Mideast Regional	40th-tie- 0
Bold- home meet, nts- no team score		

USTFCCCA Academic All-American: Ryan Byrne

UDM Outdoor Rookie Record:	
100m	Earnest Cleary 10.89 Horizon League Champ

UDM Outdoor Rookie Record:	
1500m	Patrick Liederbach 3:56.17 Bucknell
5000m	Patrick Liederbach 15:02.9 Meet Cancelled Classic

Horizon League Champion: First Team All-Horizon League:	
400mH	Ryan Byrne

Horizon League Championship Runner-Up: Second Team All-Horizon League:	
100m	Earnest Cleary
Discus	Adam Mayhew

Horizon League Newcomer of Year - Running Events: Earnest Cleary

Horizon League All-Academic Team: Ryan Byrne Andrew Hayner

NCAA Mideast Regional :	
400mH	Ryan Byrne 52.27 14th

Outdoor Award Winners:
Most Valuable
Ryan Byrne

Coach's Award
Bobby Branch

Student-Athlete
Andrew Hayner

Most Improved
Alex Gould

Rookie of Year
Earnest Cleary, Patrick Liederbach

Four Year Letterwinners
Bobby Branch, Ryan Byrne, Eric Christy
Andrew Hayner, Andrew Lindsay, Sinisa Simic

MEN'S RECORDS



Wally Gruber's 21.6 run in the 200m in 1948 still stands first in Titan history.

60m

1	Earle Lloyd	6.91i	1984
2	Ernest Cleary	7.01i	2008
3	Angelo Finnie	7.06i	2003
4	Tim Wawernia	7.07i	2003
5	Deonte Osayande	7.12i	2007
6	Darryl Rankin	7.16i	1995
7	Lesley Hanna	7.17i	2008
8	Akil Goodman	7.19i	2000
9	Andras Lukacs	7.21i	2001
9	Bobby Branch	7.21i	2005

60m hurdles

1	Ken Riley	8.17i	1996
2	Angelo Finnie	8.18i	2003
3	Earle Lloyd	8.21i	1985
4	Tom Grant	8.36i	05&07
5	Maurice Wilson	8.38i	1995
6	Jamell Humphrey	8.41i	1992
7	Eric Christy	8.51i	2006
8	Randy Lagrou	8.59i	1999
9	Roy Simms	8.64ic	1984
10	Robert Johnson	8.68i	1995
10	Ryan Byrne	8.68i	2004

100m

1	Ernest Cleary	10.89	2008
2	Darryl Rankin	11.04	1998
3	Brian Hynous	11.05	1994
4	Deonte Osayande	11.06	2008
5	Angelo Finnie	11.12	2002
6	Jason Manns	11.14	2001
7	Bobby Branch	11.23	2005
7	Sam Jones	11.23	2008
9	Andras Lukacs	11.24c	2001
10	Ayodele Bankole	11.30	2000

110m hurdles

1	Tom Grant	14.66	2004
2	Angelo Finnie	14.74	2003
2	Jamell Humphrey	14.74c	1992
4	Ken Riley	14.76	1996
5	Eric Christy	15.09	2005
6	Jeff Robertson	15.12	1993
7	Maurice Wilson	15.14	1996
8	Chris Nichol	15.19	1993
9	Mark Green	15.24c	1992
10	Ryan Byrne	15.51	2005

200m

1	Wally Gruber	21.6y	1948
2	Eric McKeon	21.80	1998
3	Jack Szczepaniuk	21.96	2000
4	James Shorter	22.0y	1959
5	Darryl Rankin	22.14	1997
6	Andras Lukacs	22.15	2003
7	Ernest Cleary	22.17	2008
8	Lesley Hanna	22.22i	2008
9	Jason Manns	22.34c	2001
10	Deonte Osayande	22.53	2008

300m

1	Lesley Hanna	35.21i	2008
2	Eric McKeon	35.2i	1994
3	Eric Christy	35.55i	2006
4	Mark Risch	35.7i	1998
5	Ken Riley	35.8i	1998
6	Ryan Byrne	36.04i	2004
7	Jamell Humphrey	36.1i	1992
8	John LaRocca	36.35i	2008
9	Jeff Robertson	36.4i	1992
10	Jack Szczepaniuk	36.50i	2003

400m

1	Eric McKeon	47.31	1998
2	Jack Szczepaniuk	47.84i	2001
3	Mark Risch	48.12	1998
4	Lesley Hanna	48.24	2008
5	Wally Gruber	48.4y	1948
6	Andras Lukacs	48.83	2001
7	Eric Christy	48.90i	2006
8	Paul Maloney	49.1y	1960
9	Jeff Robertson	49.25	1994
10	James Shorter	49.2y	1959

400m hurdles

1	Mark Risch	51.25	1998
2	Ryan Byrne	52.60	2005
3	Jeff Robertson	52.90	1996
4	Eric Christy	53.44	2006
5	Ken Riley	55.23	1996
6	Eli Kafer	55.42	2007
7	Mark Green	55.70	1992
8	Chris Imber	55.82	1998

9	Jamell Humphrey	56.42	1992
10	Tom Grant	56.45	2004

600m

1	Jack Szczepaniuk	1:20.39i	2000
2	Marcus Davis	1:20.93i	2006
3	Jeff Robertson	1:21.07i	1995
4	Alex McLean	1:21.30i	1994
5	Ryan Byrne	1:21.92i	2005
6	Mark Risch	1:22.20i	1996
7	Eric McKeon	1:22.7i	1995
8	Chris Imber	1:22.77i	1998
9	John LaRocca	1:23.40i	2008
10	Kevin Wozniak	1:23.73i	2008

800m

1	Jack Szczepaniuk	1:49.77	2004
2	Corey Stedman	1:51.56	1999
3	Marcus Davis	1:52.62	2006
4	Jaymi Dumper	1:52.72	2001
5	Ciaran Carter	1:54.5	2000
6	Art Maskery	1:54.6y	1960
7	Matt Dow	1:55.05	1989
8	Alex McLean	1:55.22	1994
9	Andrew Hayner	1:55.85	2008
10	Kevin Wozniak	1:56.14	2007

1000m

1	Matt Dow	2:27.60i	1990
2	Jaymi Dumper	2:30.10i	1998
3	Corey Stedman	2:30.17i	1998
4	Dan Zinser	2:30.81i	2006
5	Tom Jacobs	2:31.41i	1998
6	James Murray	2:32.25i	1991
7	Andrew Hayner	2:32.51i	2008
8	Alex McLean	2:33.6i	1994
9	Ciaran Carter	2:33.6i	2001
10	Mark Parenti	2:34.0i	1986



Mark Risch still holds the school record in the 400mH with a 51.25 in 1998.

MEN'S RECORDS

1,500m

1	Corey Stedman	3:50.98	1999
2	Guy Murray	3:52.21	1989
3	Dan Zinser	3:55.39	2006
4	Patrick Liederbach	3:56.17	2008
5	Tom Jacobs	3:56.5	1997
6	Matt Dow	3:57.4i	1990
7	Andrew Hayner	3:58.68	2008
8	Jeff Keith	3:59.96	1995
9	Matt Mahler	4:00.46	2008
10	James Murray	4:00.9i	1991

Mile

1	Corey Stedman	4:10.3i	1998
2	Guy Murray	4:12.99i	1989
3	Dan Zinser	4:14.37i	2006
4	William Daly	4:16.6	1935
5	Jaymi Dumper	4:18.09i	2001
6	Tom Jacobs	4:18.81i	1999
7	Ken DuBois	4:18.91i	1988
8	Matt Dow	4:19.4i	1990
9	Chris McPhee	4:19.56i	2000
10	Matt Mahler	4:20.28i	2008

3,000m

1	Mead Goedert	8:30.06i	2006
2	Guy Murray	8:30.1i	1989
3	Chris McPhee	8:31.54i	2001
4	Matt Hoo	8:43.60i	2002
5	Andrew Hayner	8:45.73i	2008
6	Corey Stedman	8:46.39i	1997
7	Dan Zinser	8:46.63i	2006
8	Nick Zerweck	8:50.87i	2003
9	Tom Zakrzewski	8:54.0i	1983
10	Jaymi Dumper	8:55.99i	2001

Steeplechase

1	Sinisa Simic	9:32.29	2005
2	Guy Murray	9:43.8	1988
3	Chris McPhee	9:46.31	1998
4	Jeff Keith	9:46.41	1997
5	Jeff Doyle	9:51.01	1996
6	Zack Bolton	9:52.22	2006
7	Adam Mancini	9:56.40	2002
8	Lee Travis	10:07.98	2001
9	Ian Bedford	10:08.4	2000
10	Tom Jacobs	10:12.08	1997

5,000m

1	Chris McPhee	14:42.11i	2000
2	Mead Goedert	14:46.00i	2006
3	Guy Murray	14:49.06i	1989
4	Ken Dubois	14:51.0i	1988
5	Patrick Liederbach	15:02.9	2008
6	Andrew Hayner	15:21.0	2008
7	Nick Zerweck	15:22.47	2003
8	James Furkis	15:24.9i	1999



Sinisa Simic claimed the UDM steeplechase record with a 9:32.29 run in 2005.

9	Jon Hans	15.25.21	2005
10	Matt Hoo	15:30.63i	2002

10,000m

1	Chris McPhee	30:33.13	2000
2	Mead Goedert	31:15.00	2005
3	James Furkis	31:33.2	1998
4	Jon Hans	31:47.18	2005
5	Nick Zerweck	32:56.32	2005
6	Mike Astalos	32:57.6	1993
7	Ian Bedford	32:57.7	1999
8	Paul Altesleben	33:25.0	1995
9	Ray German	33:44.8	1996
10	Jerry Vogt	34:01.0	1994

4x100M Relay

1	Finnie, Szczepaniuk, Manns, Lukacs	42.04	'01
2	Osayande, Branch, Jones, Cleary	42.75	'08
3	Hynous, Johnson, McKeon, Robertson	42.76	'94
4	Rankin, Otten, McKeon, O'Callaghan	42.94	'96
5	Rankin, Imber, Gotowko, McKeon	42.98	'98
6	Finnie, Meston, Manns, Lukacs	43.05	'01
7	Wawiernia, Lukacs, Finnie, Grant	43.07	'03
8	Finnie, Szczepaniuk, Gotowko, Goodman	43.10	'00
9	Hynous, Otten, Rankin, McKeon	43.11	'96
9	Rankin, Makowski, Gotowko, Bankole	43.11	'99

4x400m Relay

1	McKeon, Risch, Hynous, Robertson	3:13.57	'94
2	McKeon, Stedman, Risch, Robertson	3:13.84	'96
3	Kafer, Davis, Christy, Byrne	3:14.85	'05
4	McKeon, Imber, Risch, Robertson	3:15.29	'96
5	McKeon, Imber, Stedman, Risch	3:15.44	'98
6	McKeon, Jacobs, Stedman, Risch	3:16.02	'98
7	McKeon, Hynous, Risch, Robertson	3:16.37	'96
8	McKeon, McLean, Risch, Robertson	3:16.70	'94
9	McKeon, McLean, Caraballo, Risch	3:17.12	'95
10	Kafer, Byrne, Grant, Szczepaniuk	3:17.34	'04

4x800m Relay

1	Dumper, Szczepaniuk, Mancini, Carter	7:43.20	'00
2	McKeon, Robertson, Stedman, Blassingame	7:44.18	'96
3	Blassingame, Stedman, Robertson, Jacobs	7:46.10	'96
4	Sellentine, Imber, Dumper, McKeon	7:48.6	'98
5	Zinser, Carter, Szczepaniuk, Boncela	7:48.84	'03
6	Keith, Jacobs, Imber, Sellentine	7:51.5	'97
7	Zinser, Davis, Byrne, Simic	7:57.51	'05
8	Keith, Jacobs, Dumper, Mancini	7:51.70i	'98
9	Sellentine, Jacobs, Imber, Keith	7:54.61i	'97
10	Hadous, J. Murray, G. Murray, Dow	7:55.13i	'89

Distance Medley Relay

1	Jacobs, Risch, Dumper, Stedman	9:59.70i	1998
2	Jacobs, Risch, McKeon, Stedman	10:02.03	1998
3	Keith, Imber, Sellentine, Stedman	10:07.65i	1997
4	Mahler, LaRocca, Gould, Hayner	10:09.50i	2008
5	Stedman, Risch, McKeon, Jacobs	10:09.56	1996
6	Jacobs, Risch, Keith, Stedman	10:09.60i	1998

MEN'S RECORDS

7 Liederbach, LaRocca,

Mahler, Hayner 10:12.10 2008

8 Keith, Rankin,		
Imber, Jacobs	10:16.30	1997
9 Jacobs, Imber,		
McKeon, Stedman	10:19.1	1998
10 Keith, Imber,		
Sellentine, Jacobs	10:21.3	1997

High Jump

1 Paul Caraballo	7'3"	1997
2 Angelo Finnie	6'8"	2003
3 Canonchet Neves	6'6"	1991
4 Kevin O'Callaghan	6'5"	1995
5 Randy Lagrou	6'4"	1997
6 Billy Franzel	6'2.75"	2004
7 Paul Whiting	6'2"	1999
8 Richard Vandenberg	6'1"	1950
8 Gino Sovran	6'1"	1946
10 Eli Kafer	6'0.75"	2003
10 Sinisa Simic	6'0.75"	2006

Pole Vault

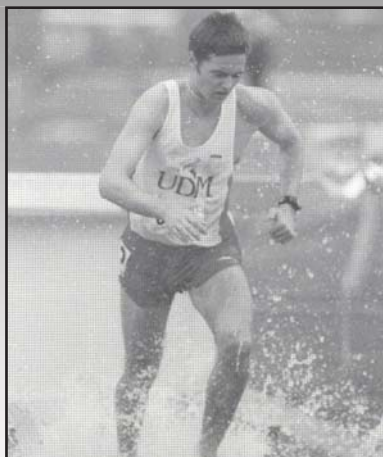
1 Ramy Sulaiman	13'1.5"	2005
2 Bernard Archer	13'0"	1947
3 Dick Anderson	12'6"	1958
4 Steve Pawlowski	12'5.5"	2004
5 Robert Mroski	12'4"	1961
6 Paul Deschamps	12'0"	1946
7 Richard Vandenburg	10'6"	1950

Long Jump

1 Angelo Finnie	24'7"	2003
2 Dan Watkins	24'4.5"	1959
3 Tom Grant	23'4"	2006
4 Paul Caraballo	22'6.5"	1995
5 Stan Wright	22'4.5"	1931
6 Todd Otten	22'2.5"	1996
7 Eric Upp	22'1"	1995
8 Kevin O'Callaghan	21'7.25"	1997
9 William Myles	21'6.25	2006
10 Khris Davidson	21'4.25'	2005

Triple Jump

1 Angelo Finnie	50'4.5"	2003
2 Paul Caraballo	46'11"	1995
3 Ken Riley	44'5.5"	1996
4 Nick Wolfram	44'3.5"	2002
5 Tom Grant	44'0.5"	2003
6 Eric Upp	43'4.25"	1994
7 Rob Uschold	42'7"	1985
8 Todd Otten	42'5.25"	1996
9 Kevin O'Callaghan	42'2.5"	1995
10 George Pangourias	41'7"	1986



One of the best distance runners in Titan history, Chris McPhee still owns the top runs in the 5,000 and 10,000m.

Shot Put

1 Matt Groh	57'3.5"	2003
2 Jay Jubenville	52'1.25"	2000
3 Bryan Grider	50'9.5"	2002
4 Adam Mayhew	49'10" i	2008
5 Hady Rahman	48'7"	2005
6 Shawn Andersen	48'0.75"	2000
7 Mike DeMattia	47'7.5"	1950
8 Guy Diakow	47'0.25"	2003
9 Brett Czubaj	46'4.75"	1995
10 Larry Grezak	45'3"	1997

Discus

1 Matt Groh	181'1"	2003
2 Bryan Grider	177'0"	2002
3 Larry Grezak	161'3"	1997
4 Adam Mayhew	159'10"	2008
5 Brian Richotte	153'4"	2003
6 Guy Diakow	153'1"	2003
7 Len Flatley	153'0"	1963
8 Dave Elenich	149'4"	1997
9 Jay Jubenville	148'7"	1999
10 Melvin Cross	142'0"	2006

Hammer Throw

1 Matt Groh	190'0"	2003
2 Guy Diakow	176'6"	2003
3 Adam Mayhew	175'5"	2008
4 Bryan Grider	167'11"	2002
5 Melvin Cross	164'5"	2006
6 Larry Grezak	163'5"	1997
7 Brian Richotte	156'4"	2003
8 Jay Jubenville	143'6"	1999
9 Kelvin Cousins	143'0"	2006
10 Chris Charron	120'8"	1998

Javelin

1 Jeff Masserang	162'1"	2003
2 Brian Richotte	153'6"	2003
3 Brian Walser	145'8"	2004
4 Brett Czubaj	144'8"	1995
5 Guy Diakow	143'5.75"	2001
6 Adam Mayhew	143'5"	2007
7 Larry Grezak	142'9"	1997
8 Dave Elenich	136'4"	1995
9 Matt Groh	136'3"	2000
10 Jay Jubenville	136'10"	1999

Javelin Old Implement

1 Don Nufer	197'2.5"	1950
2 Harry Hansen	175'1"	1934
3 Leroy Graziotti	160'4"	1946

Weight Throw

1 Bryan Grider	56'11.5"	2002
2 Matt Groh	56'7.5"	2002
3 Guy Diakow	54'5.5"	2001
4 Melvin Cross	54'1"	2007
5 Larry Grezak	52'3.75"	1997
6 Kelvin Cousins	51'1.75"	2006
7 Jay Jubenville	50'4.5"	1999
8 Adam Mayhew	50'0"	2008
9 Paul Stradtner	46'4"	2005
10 Shawn Andersen	45'1.5"	2000



When Matt Groh graduated from UDM in 2003, he left with three school records in the shot put, hammer and discus.

Bold = active
I = indoor time

WOMEN'S SEASON PREVIEW

The women return a number of letterwinners in all their events and, with the addition of some young talent, the Titans will be in position to improve on last year's fifth-place finish at the Horizon League Indoor Championships and sixth-place tally at the outdoor meet.

"We don't have a real star on the team, but we have a lot of people in every spot," said head coach Guy Murray. "We can see the improvements on the team, but we have no margin for error. We have to compete hard and earn every point."

SPRINTS

Senior Tiffany James highlights the sprints group. James finished fourth in the 60m and fifth in the 200m in the HL indoor championships, while taking fifth in the 100 and 200m at the outdoor Horizon League meet.

Sophomore Sequoyia Calhoun rebounded from an injury during the indoor season to take eighth in the outdoor 400m with a Titan rookie record of 58.41. Freshmen Jessica Lee and Kiana Sledge will make positive contributions to the unit as the year goes on, especially Lee in the 4x400-meter relay.

"Tiffany is probably the closest person we have to a star," said Murray. "She has scored in the Michigan Intercollegiate and the Horizon League Championships the past two years."

MULTI

Senior Ashley Schinske, junior Chantel Henry and sophomore Alena Bower will lead a group of talented multi-event performers as well as help in the jumps. Freshmen Monica Betker, a Michigan Division 2 state qualifier in the pole vault, Amanda Campbell, a pentathlon high school conference champion, and Susan Kalkstein, the first recruited triple jumper in school history, will also help in their respective events.

Schinske, the school record holder in the heptathlon, missed most of the indoor season with an injury only to get back on the Horizon League podium taking third in the heptathlon. Henry was fourth in the high jump during the outdoor championships and tied for seventh in the event during the indoor meet, while Bower was tied with her in the high jump in the indoor and placed eight in the outdoors.

"A healthy Ashley really helps our team," said Murray. "With a full year of training, especially with the technical events, her score will definitely improve."

THROWS

The women throwers will have two seniors in Brittany Horne and Danielle Poulin, who have done nothing but improve since arriving on campus, while freshman Shaunte Waller will give the unit a young and upcoming student-athlete. Horne scored at the HL championships last season in the weight, hammer and discus, while Poulin recorded top 10 finishes in the discus, hammer, shot put and weight.

"Brittany showed last year that she is capable of being a very good Division I thrower and her experience should help her consistency making for a great season ahead," commented Murray. "Danielle has quietly improved over the years and she is ready for a big senior season."

HURDLES

Just like on the men's side, the women will look to replace a hole in the hurdles with the graduation of HL 400mH

champion Amanda Smith, but with junior Katie Taylor and sophomore Kirstin Mooney, the Titans have two potential runners to help ease the loss. Taylor improved her 400mH PR in four straight races last season and closed the year out taking fifth in the event at the conference championships.

"Katie found her race in the 400 hurdles and her confidence continued to grow throughout the year," noted Murray.

DISTANCE

The distance runners are coming off a tough cross country campaign, but with a number of key returners, who are better suited for the track, the Titans are ready to make an impact in their races. The group is very experienced with five seniors in Crissy Bieling, Jennifer DeFauw, Beata Gorzynska, Chanteenel McClendon and Terricita Thomas to go along with junior Megan Miller, sophomores Kristie Ferrans and Kayleigh Toombs and freshmen Kristina Arko, Rachel Hall and Stephanie Rossman.

"We are making progress everyday with this group and now we just need to put it all together on meet days," added Murray.

Ferrans is coming off a very good cross country season. DeFauw was a finalist in the indoor 400m and took ninth in the outdoor 800m last year, while McClendon finished seventh in the 800m in 2007. Gorzynska was a pleasant surprise in the steeplechase taking seventh in the conference championships, while Miller took sixth in the 400m indoor and outdoor meet and was a big factor in the relay events.

RELAYS

The Titan relay teams had a number of good performances a year ago, and with the depth in distance runners, the return of key sprinters and the addition of some youth, UDM will be among the contenders at the conference meet. The 4x400 took third in both the indoor and outdoor championships a year ago setting a new indoor record in the process.

"We have good depth and have the potential to do well in the distance medley," Murray said. "The 4x400m had a tremendous season last year and the return of a great core, plus the addition of some new runners, should have us contending at the league meet."



**Junior
Katie Taylor**

MEET THE TITANS



Senior
Crissy Bieling
Mid-Distance
Dryden, MI
Dryden

Personal Records:

800m 2:25.0
1500m 5:18.88
XC 5K 20:04

2008 Cross Country:

PR of 20:04 at Louisville finishing as the fourth Titan...63rd place finish at the Horizon League Championships...

Outdoor: Redshirt...

Indoor: Ran 800m indoor best of 2:27:30

at EMU...Just missed indoor best running 2:27.91 in 800m at Simmons-Harvey Invite...**2007 Cross Country:** PR of 20:37 at Louisville...45th in Horizon League Championships running her second fastest time of 20:54...Just missed PR with her best at Cass-Benton running 21:34 for 22nd at the Running Fit-Detroit Titan Invite...**Outdoor:** 1500m PR of 5:18.88 at Horizon League Meet...800m PR's in back to back weeks, running 2:26.01 at Hillsdale and then 2:25.0 for fourth in the Oakland dual...**Indoor:** Missed large portion of season with injury following 800m PR of 2:27.88 at the Oiler Opener...**2006 Cross Country:** Won team Coach's Award in her lifetime first season of Cross Country...5k PR of 21:33 at the Falcon Invite...Narrowly missed PR on a muddy Horizon League course running 21:36 for 47th...Placed 205th at the NCAA regional in her 6k debut running 26:59...**Outdoor:** Member of winning 4x400m in dual meet versus Oakland...Horizon League finishes of 11th and 16th in the 400m and 200m, respectively...**High School:** 2005 Michigan Division 4 400m seventh-place finisher after taking fourth in 2004...**Personal:** Full name is Cristina A. Bieling...Born: February 6, 1987...Daughter of Al and Criss Bieling...Majoring in nursing.



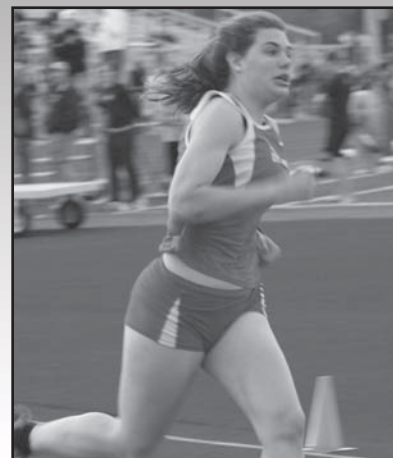
Academic All-Horizon League - Cross Country - 2008
Academic All-Horizon League Indoor Track - 2008;
Outdoor Track - 2008

Personal Records:

400m 59.82 #10 Titan
600m 1:39.69 #7 Titan
800m 2:21.12
XC 5k 19:40

2008 Cross Country:

Won the team's Coaches award, as she ran three PR's and was top Titan finisher on two occasions...20:23 5k career best at Running Fit-Detroit Titan Invite, which she lowered to 19:40 at Louisville...Top Titan on back to back weeks running 20:09 at the Michigan Intercollegiate and then at Bowling Green with a 6k PR of 24:00...Placed 52nd at Horizon League Championship...**Outdoor:** 800m PR to 2:21.12 finishing ninth at the Horizon League meet...1500m PR of 5:05.03 at Toledo...**Indoor:** Helped the 4x400m to a UDM indoor record of 3:57.66 that took third at the Horizon League Championships, after she ran an indoor 400m PR of 60.64 to qualify for final...1:39.69 600m PR at Windsor moving to #7 on all-time list...1000m PR of 3:11.74 at Notre Dame...**2007 Cross Country:** Season best of 20:56 at National Catholics...Finished 63rd at Horizon League Championship...**Outdoor:** Member of fourth place Horizon League 4x400m that ran 3:56.75, the #4 Titan quartet and fastest since 2001...Seventh place in Horizon League meet 400m (60.23) after running 59.82 in preliminary, a time that that ranks #7 in school history...59.84 for sixth in 400m at EMU and split sub-60 on third place 4x400m (3:59.07)...800m PR of 2:22.88 at Hillsdale...Opened season just missing her 800m PR running 2:23.12 at George Mason...**Indoor:** Horizon League scorer in 800m taking sixth in 2:23.65 and anchor of third place 4x400m...800m PR of 2:23.08 in Horizon League preliminary...600m runner-up at Windsor Team Challenge with a 1:41.55 that ranks #9 on Titan Top-10...2:23.67 for then 800m PR at Golden Flash Gala...**2006 Cross Country:** Named team MVP in her lifetime first season of cross country...5k PR of 20:29 for ninth at Running Fit-Detroit Titan Invite...35th place in Horizon League Championship running 20:59 on the muddy course...6k debut running 26:08 for 198th at NCAA regional...**Prior to Detroit:** A member of the fourth-place NCAA Division III 4x400m at Calvin College...**High School:** 2005 Michigan Division 1 400m state qualifier as well as a member of the 4x800m seventh-place relay team...**Personal:** Full name is Jennifer Marie DeFauw...Born: January 11, 1987...Daughter of Paul and Marie DeFauw...Father ran cross country for U-D from 1977-1980...Majoring in mathematics with teacher education and psychology minor with a 3.906 GPA.



Senior
Jennifer DeFauw
Mid-Distance
Harper Woods, MI
Grosse Pointe North

MEET THE TITANS



Senior
Beata Gorzyska
Distance
Ilawa, Poland
Mazurski of Olsztynie

Personal Records:

Steeplechase 12:37.16 #7 Titan
3000m 11:21.91i
5000m 20:23.87i
XC 5k 20:33

2008 Cross Country:

Season best of 21:12 at Golden Grizzly Open...**Outdoor:** Made debut as steeplechaser running 12:43.57 at Cincinnati and lowered her personal record to 12:37.16 for seventh at the Horizon League Championships...

Indoor: Indoor 5k best of 20:23.87 at EMU...**2007 Cross Country:** Won team Student-Athlete Award...

Top Titan finisher on two occasions...First at the Running Fit-Detroit Titan Invite running 20:37 for 16th...Then at Louisville with season best of 20:33 for 21st...53rd place at Horizon League Championship...Finished 204th at NCAA Regional running 25:55 for 6k...**Outdoor:** Did not compete due to injury...**Indoor:** Titan debut at Chip Open of 11:21.91 for 3000m was season best...5000m indoor best of 20:32.70 at EMU...Ran anchor leg of seventh place Horizon League distance medley relay and finished 17th in 3000m...**Prior to Detroit:** Transferred in from the University Warminsko-Mazurski of Olsztynie in Poland...**High School:** Finished eighth in the 5000m (18:10.5) in the 2005 Polish Junior Championships...**Personal:** Full name is Beata Gorzyska... Born: July 15, 1986... Daughter of Jerzy and Jolanta Beata Gorzyska... Majoring in business with a 3.387 GPA.



Personal Records:

Shot Put 42' 11.75"i #6 Titan
Weight 51' 5.75"i #8 Titan
Discus 130' 6" #7 Titan
Hammer 166' 8" #5 Titan

2008 Outdoor: Horizon League scorer in hammer finishing third at 160'3" and sixth in discus with PR toss of 130'6"...Won hammer (159') and discus (120'2") in dual versus Oakland...Hammer PR of 166'8" was at Bucknell for third place...All but one hammer throw was at least 10' farther than previous best...

Indoor: Won team's Coach's Award as she continued her great progress...Sixth at Horizon League Championships in weight throw with her second best heave of 49'8"...Double PR's at Silveston Invite becoming just the 10th Titan over 50' with her 51'5.75" toss and moved to sixth best Titan in shot put at 42'11.75"...**2007 Outdoor:** Won team Rookie of Year Award for great improvement in her first collegiate season...Horizon League scorer with career marks in the discus taking fifth at 128'2" and shot put placing sixth at 39'11.5"... Those marks rank #8 and #11 respectively on the all-time Titan list...Won discus and shot put in dual versus Oakland at 123'8" and 39'4.5", respectively...Breakthrough meet at EMU with PR in hammer of 142'5" for ninth and then PRs in discus of 124'0" (sixth) and shot put of 39'5.75" (fifth)...Opened season with shot put personal best of 37'1.75" at George Mason...**Indoor:** Weight PR of 43' 1.75" for 12th at Horizon League Meet and finished of 10th in shot put...Indoor shot put career best of 36' 8.25"...**2006:** Did not compete...**High School:** 2005 Michigan Division 1 regional discus scorer...Full name is Brittany Aleah Horne...Born: January 23, 1987... Daughter of Linda Warfield-Horne... Majoring in chemistry.



Senior
Brittany Horne
Throws
Okemos, MI
Okemos



Senior
Tiffany James
Sprints
Westland, MI
Wayne Memorial

Personal Records:

60m 7.77i #2 Titan
100m 12.04 #2 Titan
200m 25.16 #3 Titan
300m 42.68i #5 Titan

MEET THE TITANS

2008: Outdoor: Won the team's Coach's Award...Finished fifth in both the Horizon League 100m (12.45) and 200m (25.72), as well as taking the lead-off leg of the third place 4x400m that ran 3:54.60, the second fastest unit in Titan history...Defended her Bucknell 100m title in 12.41...Won the 100m versus Oakland in 12.5 and was fifth



at Hillsdale in her season best time of 12.33...**Indoor:** Shared team Most Valuable honors with Val Turner... Fourth in the Horizon League 60m (7.89) and fifth in 200m (25.73), while running the lead-off leg of the UDM indoor record 4x400m that posted a third-place time of 3:57.66...Fourth in the Michigan Intercollegiate 60m at 7.80...Runner-up in 60m (7.94) and 300m (43.15) at the Don Wright Team Challenge...**2007:** Most Valuable Award for both indoor and outdoor season, sharing outdoor honors with Nicole Gillikin...**Outdoor:** Horizon League scorer in her three events, taking third in the 100m (12.33); fifth in 200m (25.16 PR) and ran lead-off of third-place 4x400m, which ran 3:56.75 the #4 Titan quartet and Titan fastest since 2001...Opened season with a 12.04 personal record in the 100m preliminary at George Mason, finishing third in the final at 12.20 and taking seventh in the 200m (25.40)...Won the 100m at Bucknell (12.38) and in the dual versus Oakland (12.2) and took fourth at EMU (12.41)...#5 Titan 400m at Hillsdale running 59.24...**Indoor:** Horizon League scorer in 60m and 200m, finishing fourth in the 200m (25.96) and fifth in the 60m (7.94)...Sixth place in Michigan Intercollegiate 60m running 7.86 after a then PR of 7.85 in the prelims...300m career run of 42.68 at the Windsor Team Challenge...**2006:** Won team Rookie of Year award for both indoor and outdoor...**Outdoor:** Horizon League finalist in the 100m and 200m running personal records of 12.14 and 25.18 in the preliminaries and ran leg of fourth place 4x100m...Gained number two spot on Titan all-time 100m list with her eighth place 12.27 finish at Central Collegiate, where she split 58.9 on Central Collegiate champion 4x400m (4:02.45)...Won 100m in dual versus Oakland...**Indoor:** Horizon League finalist 60m and 200m, scoring fifth in the 60m (7.93) and seventh in 200m with indoor best of 25.64...Also ran 58.7 split on fourth place 4x400m (4:02.41)...60m PR of 7.88 for fourth at Central Collegiate... Became the third Titan to break 26 for an indoor 200m at the Michigan Intercollegiate running 25.90 for 13th...Won 55m in 7.38 at GVSU Holiday Open...**High School:** 2005 Michigan Division 1 sixth place in both the 100m and 200m...**Personal:** Full name is Tiffany LeAnn James...Born: May 3, 1987...Daughter of Harden Jr. and Lorraine James...Majoring in accounting.



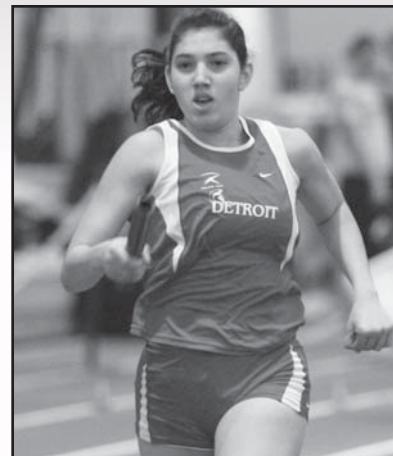
Senior
Chanteenel McClendon
Mid-Distance
Maple Heights, OH
Maple Heights

Personal Records:

400m 62.54
600m 1:43.41i
800m 2:20.22 #8 Titan
1000m 3:07.06i #8 Titan

2008 Outdoor: 12th in Horizon League 800m 2:23.73...Season best 800m of 2:22.81 at Cincinnati...1500m personal record of 5:11.06 at Toledo...

Indoor: Ran 1200m lead-off leg in 3:53 for fifth place Horizon League distance medley and then ran a 5:38.55 career best in the Mile...Opened season with a big personal record in the 1000m at Notre Dame running 3:07.49...Lowered PR to 3:07.06 at Windsor... Indoor 800m personal record of 2:22.14 run at Eastern Michigan...**2007 Cross Country:** Consistently ran under previous career marks...Ran her best time of 21:31 at National Catholics...**Outdoor:** Won team's Coach's Award for a year of hard work that paid off with great finish to season... Breakthrough personal high of 2:21.71 at Hillsdale...Won 800m in Oakland dual at 2:20.8 to get into Titan top 10 at #9...Qualified for Horizon League 800m final with 2:20.27 PR and lowered it to 2:20.22 for seventh in finals...**Indoor:** Horizon League scorer as member of third place 4x400m and finished ninth in 800m with season best 2:27.82...600m career best of 1:43.41 at Silverston Invite...**2006 Cross Country:** 5k personal record of 23:12 at EMU...**Outdoor:** Member of 4x400m that won Oakland dual (4:14.4) and Central Collegiate (4:02.45) and placed fourth in Horizon League Championships (4:14.41)...2:25.05 800m season best at Hillsdale...**Indoor:** Ran 800m leg of sixth place Horizon League distance medley...800m indoor best of 2:26.27 at Michigan Intercollegiate...600m PR of 1:45.21 at Windsor...**2005 Cross Country:** Earned varsity letter... Season best time of 23:32 at Running Fit-Detroit Titan Invite...**High School:** 2005 Ohio Division I fifth-place finish in 4x400m...**Personal:** Full name is Chanteenel Angel McClendon...Born August 8, 1987...Daughter of Homer and Christine McClendon...Majoring in social work with GPA of 3.004.



MEET THE TITANS



Senior
Danielle Poulin
Throws
Sterling Heights, MI
Warren Cousino

Personal Records:

Shot Put 38'9"
Discus 135'3" #5 Titan
Weight 49'7" #11 Titan
Hammer 147'11" #11 Titan

2008 Outdoor: Horizon League finalist in hammer taking eighth with a 147'11" personal record and was ninth in both the discus and shot put at 124'4" and 38'9", respectively, setting a new PR in the shot put... Won the Meet Cancelled Classic hammer with a then personal record of 144'2"... Huge discus PR of 135'3" for fifth



at Bucknell... **Indoor:** Won team Most Improved Award in season where all but two weight throws were farther than previous best... Opened season with 46'4" career mark at Macomb... Jumped to 49'5" at the Simmons-Harvey Invite... Horizon League finalist with PR's in both the weight and shot put throwing 49'7" for seventh and 38'7" for eighth, respectively... **2007 Outdoor:** Horizon League finalist in shot put finishing eighth with an outdoor best of 37'7.75", while just missing final in discus earning ninth with a 121'2"... Season best hammer of 130'1" for second in dual versus Oakland... **Indoor:** Weight and shot put career throws of 45'5" and 38'2.75", respectively, at Don Wright Team Challenge... Horizon League finishes of ninth in shot put and 10th in weight... **2006 Outdoor:** Won shot put (36'1.75"), discus (110'11") and hammer (122'5") in dual versus Oakland... Hammer PR in debut of 141'5" at Notre Dame... Collegiate bests in shot put of 37'0.5" at Central Collegiate and discus of 121'11" at Hillsdale... Horizon League top 10 in shot put placing ninth (35'9.5") and hammer finishing 10th (113'1")... **Indoor:** Weight personal record of 38'7.75" at Michigan Intercollegiate... 10th place in weight at Horizon League (36'8.25")... **High School:** 2005 Michigan Division 1 10th place finisher in shot put and qualifier in discus... 2004 Michigan Division 1 finished seventh in the discus and ninth the shot put... **Personal:** Full name is Danielle Poulin... Born: September 19, 1987... Daughter of Paul and Cheryl Poulin... Majoring in criminal justice with a current GPA of 3.789.



Senior
Ashley Schinske
Multi
Paw Paw, MI
Paw Paw

Personal Records:

400mH 66.17 #9 Titan
Long Jump 17'1.25"
Pentathlon 2973i Detroit Record
Heptathlon 4091 Detroit Record

Academic All-Horizon League - Indoor Track - 2007;
Outdoor Track 2007, 2008
All-Horizon League - Second Team - Heptathlon - 2007

2008 Outdoor: Won the squad's Student-Athlete Award... Returned to the Horizon League podium taking third in the Heptathlon scoring 3,913 points after overcoming health issues during indoor season... Ran a leg of the fifth place 4x100m as well as making the 400mH final with a season best of 69.09 finishing eighth... Also 10th in the javelin at 86'5" and 11th in the long jump at 16'8"...



Won the long jump at the Meet Cancelled Classic and lost the tiebreaker in the same event in the dual versus Oakland... **Indoor:** Opened season improving her pentathlon to 2,973 at the Macomb Opener that included equaling her career high in the 60mH at 9.86... **2007 Outdoor:** Won team Student-Athlete Award... Runner-up in Horizon League heptathlon with UDM record of 4,091 that included her 800m PR of 2:29.84 and a then PR's of 16'10.5" in long jump and 87'2" in javelin... A week later at Horizon League Championships, she scored in two events with a total of four event personal records, earning fifth in long jump with a 17'1.25" PR and 400mH at 67.05... Finalist in 100mH (16.10) finishing eighth and earned a personal record of 66.17 in 400mH preliminary... Heptathlon debut of 3,844 at Bucknell ranked as #3 Titan and 41 points shy of best Titan debut... 400m personal record of 60.58 at Hillsdale ranks as #12 on the all-time school list... **Indoor:** Won team Comeback Award... Debut in pentathlon at Golden Flash Gala with UDM record of 2,839... Improved her record to 2,905 at Windsor and scored sixth in the Horizon League pentathlon with 2,893 points... Horizon League finalist in long jump taking seventh with indoor career best

MEET THE TITANS

leap of 16'8.5" as well as ninth in the 60mH with a PR of 9.86 which ranks as #9 Titan mark...High jump personal best of 4'10.25" in Horizon League pentathlon...**2006:** Injury riddled season...Began work on becoming a multi-event competitor...Learned hurdling and ran 60mH career time of 10.31...**High School:** 2005 Michigan Division 2 state qualifier in the long jump, 4x100m, 4x200m and the 4x400m...2004 Michigan Division 2 seventh-place performance in the long jump and was a qualifier in the 200m...**Personal:** Full name is Ashley Michelle Schinske... Born: July 10, 1987...Daughter of Scott and Mary Schinske... Majoring in nursing with a 3.808 GPA.



Senior
Terricita Thomas
Mid-Distance
Maple Heights, OH
Maple Heights

Personal Records:

800m 2:22.57i
1000m 3:11.75i
1500m 5:05.63
XC 5K 20:18

2008 Cross Country:

Ran 20:31 season best twice, once at National Catholics and for 49th at the Horizon League Championships...24:22 6k personal record at Falcon Invite...202nd place at the NCAA regional...**Outdoor:**

Ran a personal best time of 5:05.63 for 1500m at Horizon League meet...Member of the winning 4x400m in dual against Oakland...**Indoor:** Opened season with 11:01.58 3000m PR at Notre Dame before injury derailed her progress...**2007 Cross Country:** Won team's Coach's Award...Made season debut at Louisville with a career best run of 21:09...Lowered PR to 20:18 at Falcon Invite...39th place at Horizon League Championships running 20:45, a 25-place improvement over her best prior finish...Top Titan finisher at NCAA regional running 6k personal best of 24:58 for 185th...**Outdoor:** Horizon League finishes of 10th in 400mH (72.54) and 12th in 1500m (5:14.08)...1500m PR of 5:08.64 at Hillsdale...400mH career mark of 71.5 for second versus Oakland...Made 400mH debut of 72.31 at George Mason...**Indoor:** Horizon League scorer as member of third place 4x400m and ran 4:04 1200m lead-off leg of seventh place distance medley...**2006 Cross Country:** Lowered 4k career mark to 16:35 at Michigan Intercollegiate... Collegiate 5k best of 21:29 at Falcon Invite...76th place at Horizon League



Championships...**Outdoor:** Won 800m (2:23.7) and anchored 4x400m to win in dual versus Oakland...Ran 4x400m lead-off leg of fourth place Horizon League relay squad (4:14.41) and Central Collegiate champion team (4:02.41)...**Indoor:** Ran 4x400m lead-off leg of fourth place Horizon League relay team (4:02.45)... Collegiate 800m best of 2:22.57 taking fourth at Central Collegiate...**2005 Cross Country:** Earned varsity letter... Season best of 21:10 at National Catholics...64th place at Horizon League Championships...**High School:** 2005 Ohio Division 1 state fifth place in 4x400m and was a 2002 state qualifier in the mile...**Personal:** Full name is Terricita Thomas...Born: July 28, 1987...Daughter of Ximena Echeverria and Terry Thomas...Majoring in elementary education.



Junior
Chantel Henry
Multi
Tecumseh, ON
St. Anne's

Personal Records:

High Jump 5'4.25"i #4 Titan
100mH 16.24 #9 Titan
Pentathlon 2402i #6 Titan
Heptathlon 3467 #6 Titan

2008 Outdoor:

Horizon League scorer taking fourth in high jump at 5'1" ...At the Horizon League multi championships, had a great day one in heptathlon debut placing third en route to scoring 3,467 for a seventh-place finish ... Won the high jump in the dual versus Oakland...Ran 16.24 personal record in 100mH at Hillsdale...

Indoor: Opened season with pentathlon personal best of 2,402 at Macomb and then season best high jump of 5'3.25" at Notre Dame...Won the high jump (5'1") at the Don Wright Team Challenge... Finished seventh at the Horizon League Championships in the high jump and ran a 60mH PR of 10.03...**2007 Outdoor:** Horizon League scorer earning sixth in high jump at 4' 11.75", while running her 100mH PR of 17.97...Cleared 5' for third in dual versus Oakland...Javelin debut with 57' 2" at EMU...**Indoor:** Won team Rookie of Year Award...Collegiate debut with 5' 4.25" high jump at Oiler Opener...Placed seventh in the Horizon League high jump and eighth in pentathlon with 2,295 points...Pentathlon debut of 2,218



MEET THE TITANS

at Windsor Team Challenge...**High School:** 2005 and 2006 Ontario high school high jump qualifier...**Personal:** Full name is Chantel Henry...Born: September 6, 1988... Daughter of Colin and Deborah Henry...Majoring in psychology and business with GPA of 3.017.



**Junior
Megan Miller
Mid-Distance
Zanesville, OH
Zanesville**

Personal Records:

400m 57.8 #2 Titan
600m 1:42.21i
800m 2:22.73
1500m 5:27.54

2008 Outdoor:

Won 400m in dual against Oakland in 57.8, a time that now stands #2 all-time in school history... Anchored the #2 Titan all-time 4x400m (3:54.60) to a third-place tally in the Horizon

League Championships as well as taking sixth in the 400m running 58.36...**Indoor:** Won team Comeback of Year Award as she continued to struggle with injury issues...Earned sixth in Horizon League 400m running the third best Titan indoor 400m of 58.97, and was a member of UDM indoor record 4x400m that ran 3:57.66 for third place...1:42.21 600m personal record at Windsor...**2007 Outdoor:** Returned from injury to make collegiate debut with 61.90 400m at George Mason...Ran 58.9 anchor leg of fourth place Horizon League 4x400m that posted a time of 3:56.75, the #4 Titan quartet and fastest since 2001...Also took 12th in 800m with collegiate best of 2:22.73...**High School:** 2006 Ohio Division 1 800m regional scorer...2005 Ohio Division 1 800m district champion...**Personal:** Full name is Megan Rene Miller...Born: March 15, 1988...Daughter of Kent and Brenda Miller...Majoring in nursing with a 3.104 GPA.

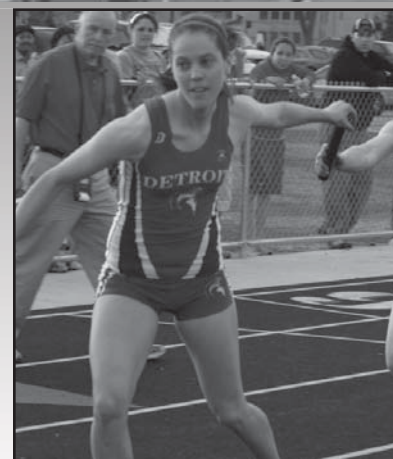


Personal Records:

200m 27.9
300m 45.37
400m 61.75i
400mH 65.60 #6 Titan

2008 Outdoor:

Won team Most Improved Award... After an inauspicious debut at the Meet Cancelled Classic, she improved her 400mH personal record in four straight races...10th at Cincinnati in 68.54; eighth at Bucknell in 66.95; runner-up in the dual versus Oakland in 66.1 and then ninth at EMU with her season best 65.60, which ranks #6 on the Titan all-time list...Also, in the dual, ran a career best of 16.6 in the 100mH and a 60.0 leg of the meet record 4:03.8 4x400m...Closed the season with a 65.85 for fifth in the 400mH at the Horizon League Championships...**Indoor:** 61.75 400m PR for 12th at Horizon League meet...45.37 300m personal best at Windsor...10.09 60mH career best at Notre Dame...**2007 Outdoor:** Returned from high school injury to make collegiate debut at George Mason...Horizon League finishes of 11th in 400m, with collegiate best of 64.22, and 16th in 200m...200m third place in the UDM-OU dual at 27.9...**High School:** 2005 Michigan Division 2 100mH and 300mH state qualifier...**Personal:** Full name is Katie Anne Frances Taylor...Born: November 9, 1987...Daughter of Mark and Linda Taylor...A criminal justice major with a 3.492 GPA.



**Sophomore
Alena Bower
Hurdles
North Branch, MI
North Branch**

Personal Records:

High Jump 5'0.25"

2008 Outdoor:

Won the inaugural high jump competition at Titan Field at 4'9" in the Detroit Meet Cancelled Classic... Eighth in Horizon League meet at 4'11"...**Indoor:** Season best jump of 5'0.25" at the EMU Open...Took seventh in the Horizon League Championships with a



**Junior
Katie Taylor
Hurdles
Emmett, MI
Yale**

MEET THE TITANS

4'10.25" leap...High School: 2006 and 2007 Michigan Division 1 high jump qualifier...**Personal:** Full name is Alena Maria Bower...Born: August 29, 1988...Daughter of Tom and Ann Bower...Architecture major with GPA of 3.222.



**Sophomore
Sequoyia Calhoun
Sprints
Belleville, MI
Belleville**

Personal Records:

200m 26.98
400m 58.41 #4 Titan

2008 Outdoor: Won team Rookie of Year Award...Titan

rookie record in 400m of 58.41 for eighth at the Horizon League Championships

and earned her first appearance on varsity 4x400m aiding team to third place in 3:54.60, the second fastest Titan 4x400m ever...59.7 for second in the 400m versus Oakland...**Indoor:** Did not compete...**High**

School: 2007 Michigan Division 1 400m

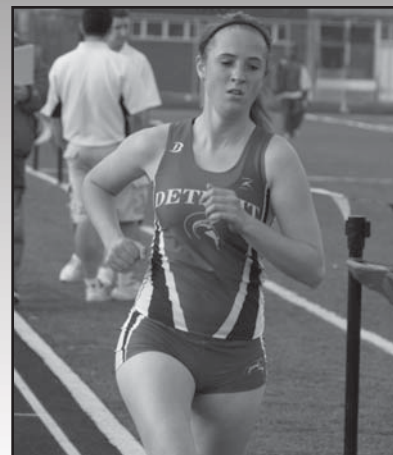
qualifier and 2006 100m qualifier...**Personal:** Full name is Sequoyia Calhoun...Born: January 16, 1989...Daughter of Donald and Sabrina Starks...Undecided on major with GPA of 3.005.



collegiate best time of 19:58 for eighth at the Golden Grizzly Open...19:42 for her Cass-Benton personal record at the Running-Fit Detroit Titan Invite...19:26 PR at Louisville...54th at Horizon League Championships...6k career mark of 24:25 on a muddy NCAA regional course leading the team at 163rd place...**Outdoor:** Debut 10,000m at Horizon

League meet running a 42:39.31 and came back next day with collegiate best 5000m in 20:23.76...**Indoor:** 20:34.21 5000m indoor personal best at Horizon League Championships and ran 3000m best of 11:43.52 the next day...**2007 Cross Country:** Won team Rookie of Year award...Returned from high school injury and finished in varsity seven in all races she ran...Season best of 21:01 on a muddy Horizon League course to finish 56th...200th in 6k debut at NCAA regional timed at 25:44...**High School:**

Michigan Division 1 cross country state qualifier in 2004 and 2006 and 4x800m qualifier in 2007...**Personal:** Full name is Kristie Lynn Ferrans...Born: April 8, 1989...Daughter of Craig Ferrans and Dolores Grove...Majoring in mathematics with GPA of 3.891.



**Sophomore
Kirstin Mooney
Mid-Distance/Hurdles
Stirling, ON
St. Theresa Catholic**

Personal Records:

600m 1:38.16i #3 Titan
800m 2:20.96i #12 Titan
400mH 66.07 #8 Titan
XC 5K 20:45

2008 Cross Country: 20:45 season best 5k at Louisville...

Debut 6k of 24:54 at Falcon Invite...60th place finish at Horizon League Championships...206th at NCAA Regionals...**Outdoor:** Cracked Titan 400mH top 10 with her 67.62 at Bucknell...66.95 at Eastern Michigan and then to 66.07 at Hillsdale for the #8 spot...Ran a leg of the fifth place Horizon League 4x100m after finishing 11th in the 400mH...**Indoor:** Won team Rookie of Year after joining squad at the start of second semester...Moved quickly into the Titan top10 running 1:40.85 in her third week at the Simmons-Harvey Invite...Moved 600m to 1:38.16 at Windsor for third spot on the school list...



**Sophomore
Kristie Ferrans
Distance
Carleton, MI
Monroe**

Personal Records:

5000m 20:23.76
10,000m 42:39.31
XC 5K 19:26
XC 6K 24:25

2008 Cross Country: Won Kevin Donner Most Valuable Award...Led team on four occasions...Opened season proving injury issues were behind her running her

MEET THE TITANS

Earned ninth at the Michigan Intercollegiate 800m running 2:21.91...11th in the Horizon League 800m in 2:20.96, the seventh best indoor Titan 800m ever...**High School:** 2007 Ontario 400mH and cross country qualifier...11th at Canadian Junior National 400mH...

Personal: Full name is Kirstin Marleau Mooney...Born on February 19, 1989...Daughter of Gilbert and Donna Mooney...Majoring in Criminal Justice with GPA of 3.313.



6k debut running 25:01...**High School:** 2005 Michigan Division 2 state cross country 32nd place...**Personal:** Full name is Kayleigh Anne Toombs...Born on January 19, 1988...Daughter of Jeff and Jill Toombs...Majoring in dental hygiene.



**Freshman
Kristina Arko
Distance
Euclid, OH
Euclid**

2008 Cross Country: Lead the Titans in her debut running 19:50 at the National Catholics...6k debut of 24:11 at the Falcon Invite...62nd place at the Horizon League Championship...**High School:** A 2008 Ohio Division 1 3200m regional scorer taking seventh as well as a part of the runner-up Ohio Division 1 4x800m in 2007...**Personal:** Full name is Kristina Rose Arko...Born: June 9, 1990...Daughter of Cindy and David Arko...A nursing major.



**Freshman
Monica Betker
Pole Vault/Multi
Mecosta, MI
Chippewa Hills**

High School: 2008 Michigan Division 2 Pole Vault regional scorer earning seventh place...2007 Michigan Division 2 pole vault state qualifier and regional scorer in 100mH and high jump...**Personal:** Full name is Monica Lynn Betker...Born on October 23, 1989...Daughter of Sara and Mark Betker...Majoring in communications.



**Freshman
Amanda Campbell
Multi
Lockport, NY
Lockport**

High School: Finished fourth at the 2008 New York Section 6 Division 1 in the pentathlon after winning the 2007 and 2008 Niagara Frontier League Pentathlon Championship...**Personal:** Full name is Amanda Jo Campbell...Born on June 11, 1990...Daughter of Diane and Dave Campbell...A bio-chemistry major.



**Sophomore
Kayleigh Toombs
Distance
Byron Center, MI
Byron Center**

Personal Records:

1500m 5:05.53i
3000m 11:11.94i
XC 5K 20:07

2008 Cross Country:

Top Titan finisher at the Horizon League Championships taking 38th in a season best 20:09... 6k personal record of 24:22 at the Falcon Invite...20:36 for Cass-Benton personal best at the Running Fit-Detroit Titan Invite...

195th place at NCAA regional...**2007 Outdoor:** 1500m PR of 5:05.61 for 13th at Horizon League meet...Runner-up in 3000m in dual against Oakland in 11:27.7 after a fifth-place finish in the mile (5:26.6)...**Indoor:** 5:05.53 1500m career best at Windsor...11:11.94 3000m PR at Eastern Michigan...Finished 15th and 21st in the mile and 3000m, respectively, at the Horizon League Championship...**2007 Cross Country:** Won team's Kevin Donner Most Valuable Award as the team's MVP...Top Titan finisher in five races...Collegiate debut as top Titan taking 16th in 21:15 at the Golden Grizzly Open...Season best of 20:07 at Falcon Invite...31st place to lead the team at the Horizon League Championship running 20:24 on the muddy course...187th at NCAA regional in



MEET THE TITANS



**Freshman
Rachel Hall
Distance
Hesperia, MI
Hesperia**

2008 Cross Country: Redshirt...**High School:** Earned four letters in cross country as well as Academic All-State honors in 2007...**Personal:** Full name is Rachel Lynn Hall...Born on January 1, 1990...Daughter of Vonda and Ray Hall...A nursing major.



**Freshman
Stephanie Rossman
Distance
Caledonia, MI
Caledonia**

2008 Cross Country: Top five scorer in all races...Season best of 19:56 at Louisville...6k debut and best of 24:03 at the Falcon Invite...43rd place at the Horizon League Championship...189th at NCAA Regionals...**High School:** A 2006 Michigan Division 2 state qualifier in cross country as well as a Division 2 3200m state qualifier in track and field...**Personal:** Full name is Stephanie Lynne Rossman...Born on January 24, 1990...Daughter of Mary and Craig Rossman...Enrolled in the physician assistant's program.



**Freshman
Susan Kalkstein
Triple Jump/Sprints
New Kensington, PA
Burrell**

High School: 2008 Pennsylvania Class AA triple jump 12th-place finish and 4x400m qualifier...Also helped her school's 4x400m to a fifth-place tally at the 2007 Pennsylvania Class AA...**Personal:** Full name is Susan Renee Kalkstein...Born on December 4, 1989...Daughter of Carol and Richard Kalkstein...Majoring in English literature.



**Freshman
Kiana Sledge
Sprints
Dearborn, MI
Robichaud**

High School: A three time state qualifier in the 4x200m relay for the Robichaud as well as 100m qualifier as a junior...**Personal:** Full name is Kiana Sledge...Born on February 6, 1990...Daughter of Kim and Antoine Sledge...A pre-dental and biology major.



**Freshman
Jessica Lee
Sprints
Ann Arbor, MI
Pioneer**

High School: 2008 Michigan Division 1 400m regional champion helping Pioneer win its second straight championship...A 2007 Michigan Division 1 400m qualifier and a member of 4x400m championship team...**Personal:** Full name is Jessica Lee...Born on June 12, 1990...Daughter of Stephanie and William Lee...A pre-med major.



**Freshman
Shaunte Waller
Throws
Oxford, MI
Oxford**

High School: Earned runner-up in the shot put at the Oakland Country Championships and was a Michigan Division 1 qualifier...**Personal:** Full name is Shaunte Evans-Waller...Born on February 7, 1990...Daughter of Douglas Waller...A pre-med major.

2008 SEASON IN REVIEW

2007-08 Women's Indoor Track and Field Summary

12/1	Macomb Opener	nts
12/7	Blue and Gold Invitational	nts
1/12	EMU Invitational	nts
1/19	Don Wright Team Challenge	2nd- 65.5
1/26	Simmons- Harvey Invitational	nts
2/2	Michigan Intercollegiate	6th- 8
2/9	Windsor Team Challenge	5th- 24
2/16	EMU Classic	nts
2/23	Silverston Invitational	nts
3/1-2	Horizon League Championship	5th-32pts
nts- no team score		

UDM Indoor Record:

Pentathlon Ashley Schinske 2973 Macomb Opener
 4x400m Tiffany James, Megan Miller, Jennifer DeFauw,
 Amanda Smith 3:57.66 Horizon League Champ.

Horizon League Championships Runner-up:

Second Team All-Horizon League:

Shot Put Valesha Turner

Horizon League All-Academic Team:

Jennifer DeFauw

Indoor Award Winners:

Most Valuable

Tiffany James, Val Turner

Coach's Award

Brittany Horne

Student-Athlete

Amanda Smith

Most Improved

Danielle Poulin

Rookie of Year

Kirstin Mooney

Comeback

Megan Miller

2007-08 Women's Outdoor Track and Field Summary

3/29	Detroit 'Meet Cancelled' Classic	nts
4/5	Oliver Nikoloff Invitational	13th- 12
4/11-12	Bucknell Bison Outdoor Classic	nts
4/12	Spartan Invitational	nts
4/17	Dual vs. Oakland University	W, 86-46
4/19	EMU Twilight	nts
4/25-26	Hillsdale Relays	nts
4/26	Drake Relays	nts
5/2	Toledo Invitational	nts
5/2-3	Horizon League Heptathlon	nts
5/8-9	Horizon League Championships	6th- 49
5/30-31	NCAA Mideast Regional	45th-tie- 0

Bold- home meet

nts- no team score

USTFCCCA Academic All-American:

Amanda Smith

UDM Outdoor Rookie Record:

400m 58.41 Sequoyia Calhoun Horizon League Champ.

Horizon League Champion:

First Team All-Horizon League:

400mH Amanda Smith

NCAA Mideast Regional :

400mH Jennifer DeFauw 64.14 25th

Horizon League All-Academic Team:

Jennifer DeFauw

Ashley Schinske

Amanda Smith

Outdoor Award Winners:

Most Valuable

Amanda Smith

Coach's Award

Tiffany James

Student-Athlete

Ashley Schinske

Most Improved

Katie Taylor

Rookie of Year

Sequoyia Calhoun

Four Year Letterwinners

Krista Switzer

Val Turner

WOMEN'S RECORDS



One of the top hurdlers in UDM history, Jennifer Frierson holds the 60mH title with an 8.78.

60m

1	Shireese Statin	7.65i	1998
2	Zanita Clipper	7.77i	2006
3	Tiffany James	7.77i	2007
4	Alesha Ashley	7.90i	1999
5	Tambra Stewart	7.93i	1999
6	Joanna Grandas	7.95i	2002
7	Angela Edwards	7.98i	2001
7	Kim McCartha	7.98i	1987
7	Jennifer Frierson	7.98i	2004
10	Amy Garbacz	8.04ci	1999

60m High Hurdles

1	Jennifer Frierson	8.78i	2005
2	Kelly Bernath	9.04i	2002
3	Rita Harden	9.15i	1992
4	Nia Cooper	9.29i	2004
5	Amanda Smith	9.57i	2008
6	Sarah Wyatt	9.64ci	1999
7	Michelle Moskal	9.76i	1988
8	Allison Diakow	9.80i	2004
9	Ashley Schinske	9.86i	2007
10	Miesha Earven	9.87i	2001
10	Stephanie Patton	9.87i	2005

100m

1	Shireese Statin	11.89	2000
2	Tiffany James	12.04	2007
3	Zanita Clipper	12.18	2006
4	Joanna Grandas	12.31	2002
5	Tambra Stewart	12.34c	1999
6	Angela Edwards	12.42	2001
7	Alesha Ashley	12.44c	1999
8	Tiffany McNair	12.65	1995
9	Misty Leftwich	12.67	2000
10	Jennifer Chumita	12.68	1992
10	Jennifer Frierson	12.68	2003

100m High Hurdles

1	Kelly Bernath	14.31	2002
2	Jennifer Frierson	14.89	2003
3	Rita Harden	15.08	1992
4	Nia Cooper	15.44	2001
5	Stephanie Patton	15.60	2004
6	Amanda Smith	15.76	2008
7	Ashley Schinske	15.93	2007
8	Michelle Moskal	16.23	1997
9	Chantel Henry	16.24	2008
10	Sarah Wyatt	16.72	1999

200m

1	Shireese Statin	24.82	2000
2	Zanita Clipper	25.07i	2006
3	Tiffany James	25.16	2007
4	Rita Harden	25.20	1992
5	Angela Edwards	25.52	2001
6	Joanna Grandas	25.57	2004
7	Emily Cole	25.70	2004
8	Misty Leftwich	25.74	2000
8	Nicole Callaway	25.74c	1997
10	Tiffany McNair	25.76	1995

300m

1	Shireese Statin	41.1i	1998
2	Nicole Callaway	41.81i	1997
3	Rita Harden	42.05i	1992
4	Tiffany James	42.68i	2007
5	Jennifer Chumita	42.80i	1992
6	Amy Garbacz	42.9i	1998
7	Emily Cole	43.12i	2005
8	Angela Edwards	43.42i	2000
9	Wendy Petz	43.49i	1992
10	Alyse White	43.52i	2008

400m

1	Nicole Callaway	57.2	1997
2	Megan Miller	57.8	2008
3	Misty Leftwich	58.12	2000
4	Sequoyia Calhoun	58.41	2008
5	Emily Cole	58.61	2003
6	Amy Garbacz	59.08i	2000
7	Tiffany James	59.24	2007
8	Stephanie White	59.25	1994
9	Rita Harden	59.5	1992
10	Jennifer DeFauw	59.82	2007

400m Hurdles

1	Kelly Bernath	62.94	2001
2	Amy Garbacz	63.16	2000
3	Wendy Petz	63.3	1995
4	Amanda Smith	63.87	2005
5	Ruthie Cook	64.51	2002
6	Katie Taylor	65.60	2008
7	Rita Harden	66.06	1993
8	Kirstin Mooney	66.07	2008

9	Ashley Schinske	66.17	2007
10	Emily Cole	66.29	2005

600m

1	Andrea Karl	1:37.46i	2005
2	Amanda Smith	1:38.01i	2008
3	Kirstin Mooney	1:38.16i	2008
4	Ruthie Cook	1:38.39i	2001
5	Stephanie White	1:38.8i	1994
6	Amy Garbacz	1:39.65i	2000
7	Jennifer DeFauw	1:39.69i	2008
8	Bonnie Fitzpatrick	1:39.8i	1988
9	Andi McAllister	1:39.95i	2005
10	Wendy Petz	1:41.1i	1993

800m

1	Ruthie Cook	2:10.37	2001
2	Andrea Karl	2:13.80	2005
3	Bonnie Fitzpatrick	2:16.60	1988
4	Athalee Norman	2:16.84i	1990
5	Amanda Smith	2:18.08i	2008
6	Lauren Hood	2:19.5	1993
7	Maura Mulcahy	2:19.55	2004
8	Jessica Yagelski	2:19.97	2001
9	Chanteenel McClendon	2:20.22	2007
10	Kathy Morandini	2:20.6i	1991

1,000m

1	Andrea Karl	2:52.89i	2006
2	Ruthie Cook	2:54.2i	2001
3	Andrea Hutchins	3:02.65i	2000
4	Athalee Norman	3:03.0i	1990
5	Maura Mulchay	3:06.13i	2004
6	Stacey Lenard	3:06.97i	1998
7	Nancy Mandizara	3:07.0i	1987
8	Chanteenel McClendon	3:07.06i	2008
9	Jessica Yagelski	3:09.11i	2000
10	Kathy Morandini	3:10.09i	1991



Andrea Karl is the Titan record holder in the 800m, 1000m, 1500m and the mile

WOMEN'S RECORDS

1,500m

1	Andrea Karl	4:28.87	2006
2	Ruthie Cook	4:31.36	2002
3	Kim Hemstreet	4:33.60	2002
4	Athalee Norman	4:35.75	1990
5	Angie Lefere	4:41.14	1998
6	Bonnie Fitzpatrick	4:42.52	1988
7	Louise Shaheen	4:47.21	1988
8	Andrea Hutchins	4:47.9	2000
9	Jessica Clayton	4:48.15	2003
10	Jill Myrand	4:50.58	1993

Mile

1	Andrea Karl	4:51.31i	2006
2	Ruthie Cook	4:51.81i	2002
3	Athalee Norman	4:56.45i	1990
4	Kim Hemstreet	4:58.02i	2003
5	Bonnie Fitzpatrick	5:06.4i	1988
6	Angie Lefere	5:07.46i	2000
7	Andrea Hutchins	5:11.09i	2000
8	Nancy Mandizara	5:14.8i	1988
9	Christine Richter	5:16.8i	1998
10	Jill Rothert	5:17.3i	1992

3,000m

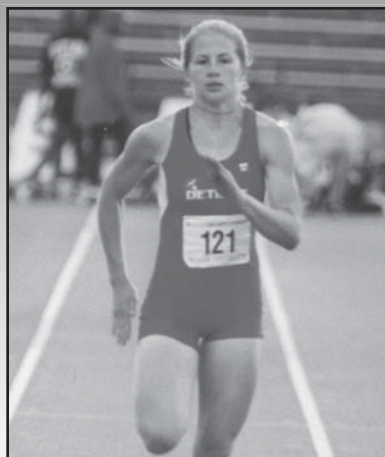
1	Kim Hemstreet	9:57.78i	2002
2	Ruthie Cook	10:08.13i	2002
3	Nancy Mandziara	10:10.4i	1988
4	Angie Lefere	10:13.02i	2000
5	Athalee Norman	10:14.25	1990
6	Andrea Karl	10:16.94i	2006
7	Michelle Vogt	10:18.9i	1988
8	Laura Pilon	10:21.45	1999
9	Carrie Vanisacker	10:28.4	1995
10	Bonnie Fitzpatrick	10:29.59	1988

Steeplechase

1	Ruthie Cook	11:10.0	2001
2	LeAnn Sarka	11:17.35	2006
3	Angie Lefere	11:25.29	2001
4	Kim Hemstreet	11:36.3	2001
5	Christene Richter	12:18.11	1997
6	Kristen Kroon	12:21.59	2002
7	Beata Goryznska	12:37.16	2008
8	Stacey DeWys	12:41.90	1999

5,000m

1	Kim Hemstreet	16:48.03	2002
2	Nancy Mandziara	17:39.6i	1988
3	Jessica Clayton	17:41.99	2003
4	Angie Lefere	17:48.01i	2000
5	Carrie Vanisacker	17:49.22	1995
6	Jill Rothert	18:06.3	1993
7	Michelle Vogt	18:09.7	1987
8	Athalee Norman	18:11.75	1990
9	Laura Pilon	18:14.78	1999
10	Christene Richter	18:21.0	1998



Joanna Grandas was a great sprinter for UDM, but she left as the school's record holder in the triple jump at 40'4.25".

10,000m

1	Kim Hemstreet	35:25.41	2002
2	Angie Lefere	37:20.42	2001
3	Carrie Vanisacker	37:43.89	1995
4	Nancy Mandziara	37:50.03	1988
5	Ashley Gibbs	38:12.89	2005
6	Laura Pilon	38:27.48	2001
7	Amy Sperry	38:51.3	1990
8	LeAnn Sarka	38:57.53	2005
9	Renee DeChambeau	39:13.1	1988
10	Deanna McVicar	39:25.0	1988

4x100m Relay

1	Edwards, Garbacz, Leftwich, Statin	46.90	'00
2	Bernath, Edwards, Grandas, Statin	47.23	'01
3	Ashley, Garbacz, Stewart, Statin	47.76	'99
4	Callaway, Garbacz, Stansberry, Statin	48.24	'97
5	Clipper, James , Cole, White	48.32	'06
6	Cole, Grandas, Brayak, Frierson	48.35	'04
7	Cole, Clipper, White, James	48.60	'06
8	Brayak, Grandas, Cole, Frierson	48.74	'04
9	Edwards, Garbacz, Herdzik, Couyoumijan	48.84	'98
10	Cole, Jennings, Grandas, Frierson	48.89	'05

4x400m Relay

1	Bernath, Yagelski, Grandas, Cook	3:53.91	'01
2	James, Calhoun, Smith, Miller	3:54.60	'08
3	Garbacz, Yagelski, Cook, Statin	3:55.94	'00
4	Statin, Cook, Garbacz, Ashley	3:56.50	'99
5	James, Frierson, DeFauw, Miller	3:56.75	'07
6	Leftwich, Garbacz, Statin, Stansberry	3:57.39	'00
7	James, Miller, DeFauw, Smith	3:57.66i	'08
8	McAllister, Grandas, Karl, Cole	3:57.88	'05
9	Leftwich, Cook, Statin, Garbacz	3:58.56i	'00
10	Callaway, Garbacz, Jess, Statin	3:58.82i	'98

4x800m Relay

1	Norman, Hood, Rothert, Morandini	9:28.9	'91
2	Fitzpatrick, Mandziara, Shaheen, Wyckoff	9:32.39i	'88
3	Hemstreet, Yagelski, DeWys, Cook	9:32.6	'01
4	Robertson, Morandini, Wilber, Norman	9:35.1i	'90
5	Richter, Hutchins, Pilon, Cook	9:41.8	'99
6	Willey, Shaheen, Wyckoff, Fitzpatrick	9:43.17	'88
7	Wyckoff, Willey, Shaheen, Hitzges	9:45.9i	'87
8	Mooney, Smith, DeFauw, Thomas	9:46.31i	'08
9	Fitzpatrick, Hitzges, Warren, Willey	9:46.9	'88
10	Hood, Danes, Kaczur, Schmitt	9:47.2i	'93

Distance Medley Relay

1	Hemstreet, Edwards, Yagelski, Cook	12:12.3	'01
2	Richter, Garbacz, Cook, Hutchins	12:28.3i	'99
3	Richter, Jess, DeWys, Pilon	12:30.3i	'98
4	Wyckoff, Wilber, Fitzpatrick, Mandziara	12:32.22i	'88
5	Cook, Leftwich, Garbacz, Hutchins	12:36.3i	'00
6	Roersma, Bernath, Houser, Cook	12:37.84i	'00

WOMEN'S RECORDS



Nicole Gillikin is tied for the top pole vault in school history clearing 10'11.75 in 2007.

7 McClendon, Mooney, Smith, Toombs	12:43.62i	'08
8 Richter, Callaway, Hutchins, Lenard	12:43.67i	'96
9 Cook, Yagelski, DeWys, Pilon	12:43.70i	'00
10 Rothert, Petz, Danes, Norman	12:44.1i	'92

Pentathlon

1 Ashley Schinske	2973i	2008
2 Michelle Moskal	2577i	1998
3 Colleen Ford	2501i	1992
4 Linda Mento	2450i	1992
5 Ketura Kulberg	2420i	1992
6 Chantel Henry	2402i	2008
7 Krystal Dowe	2374i	1997
8 Amanda Smith	2354i	2005
9 Julie Walton	1581i	1992

Heptathlon

1 Ashley Schinske	4091	2007
2 Amanda Weber	4004	2005
3 Amanda Smith	3899	2005
4 Angela Edwards	3745	2001
5 Kim Jess	3663	1998
6 Chantel Henry	3467	2008
7 Michelle Moskal	3393	1998
8 Nichole Karr	2440	2005

High Jump

1 Kim Jess	5'10.5"i	1995
2 Emily Paden	5'7.25"	2003
3 Rochelle Stansberry	5'5.75"i	1997
4 Chantel Henry	5'4.25"i	2007
5 Rebecca Willey	5'4"	1992
6 Lori Wild	5'3.75"	2002

7 Michelle Moskal	5'3.75"i	1999
8 Jessica Steuben	5'3"i	1996
8 Ruthie Cook	5'3"	2000
8 Amanda Weber	5'3"	2005

Pole Vault

1 Jane Peterman	10'11.75"i	2002
1 Nicole Gillikin	10'11.75"	2007
3 Tiffany Satterfield	10'8"i	2001
4 Laura Nowicki	10'6"	2007
5 Cheri Christiansen	10'0"	2006
6 Angela Edwards	8'6"	2001

Long Jump

1 Rita Harden	18'11"i	1995
2 Angela Edwards	18'10.5"	2001
3 Joanna Grandas	18'8.5"	2001
4 Jolene Bickle	17'11.5"	1996
5 Ketura Kulberg	17'11"	1992
6 Kelly Bernath	17'9.5"	2000
7 Krystal Dowe	17'9"i	1996
8 Jennifer Frierson	17'8"i	2003
9 Colleen Ford	17'5"	1992
9 Alecia Hill	17'5"i	1989

Triple Jump

1 Joanna Grandas	40'4.25"	2005
2 Michelle Moskal	37'3.75"i	1999
3 Angela Edwards	36'9"	2001
4 Alicia Hill	35'4.5"	1989
5 Ketura Kulberg	35'3"	1993
6 Linda Mento	34'9"	1990
7 Colleen Ford	34'7"	1992
8 Kim Jess	34'9"	1996
9 Jolene Bickle	34'5"	1996
10 Krystal Dowe	34'2"	1997

Shot Put

1 Ashley Bauman	45'3"i	2005
2 Angela Machaj	45'1.5"i	2003
3 Altramese Roberts	44'10.75"i	1999
4 Val Turner	43'11.75"i	2008
5 Andrea Karpala	43'9.75"	2003
6 Brittany Horne	42'11.75"i	2008
7 Sheena Taylor	42'0.5"i	2008
8 Julie Holtz	41'3.25"i	2001
9 Tiffany Beacham	40'9.5"	2005
10 Lakeshia Dowe	40'6.5"i	1997

Discus

1 Altramese Roberts	159'4"	2000
2 Angela Machaj	151'1"	2003
3 Wendy Gean	140'5"	1999
4 Crystal Thorne	138'3"	1995
5 Danielle Poulin	135'3"	2008
6 Tiffany Satterfield	135'2"	1999
7 Brittany Horne	130'6"	2008

8 Andrea Karpala	130'4"	2004
9 Tiffany Beacham	129'0"	2004
10 Ashley Bauman	126'6"	2004

Hammer Throw

1 Andrea Karpala	177'9"	2005
2 Angela Machaj	173'5"	2005
3 Tiffany Satterfield	171'8"	2001
4 Jocelyn Trapani	167'5"	2000
5 Brittany Horne	166'8"	2008
6 Ashley Bauman	163'11"	2005
7 Wendy Gean	162'6"	1999
8 Val Turner	156'8"	2007
9 Altramese Roberts	156'4"	2002
10 LaKeshia Dowe	153'4"	1997

Javelin

1 Krista Switzer	129'7"	2006
2 Laura Gignac	125'10"	2003
3 Angela Machaj	125'3"	2005
4 Amanda Weber	124'10"	2005
5 Angela Edwards	123'7"	2001
6 Val Turner	121'1"	2007
7 Tiffany Satterfield	106'9"	2000
8 Michelle Moskal	101'4"	1999
9 Jocelyn Trapani	99'10"	1999
10 Emily Paden	90'2"	2002

Weight Throw

1 Andrea Karpala	59'5"	2005
2 Tiffany Satterfield	57'1.5"	2001
3 Angela Machaj	54'4.5"	2003
4 Val Turner	54'2"	2008
5 Ashley Bauman	53'8.5"	2005
6 Altramese Roberts	52'3.25"	2002
7 Wendy Gean	52'10.25"	1998
8 Brittany Horne	51'5.75"	2008
9 LaKeshia Dowe	51'4.25"	1997
10 Jocelyn Trapani	50'4.5"	1999



Andrea Karpala owns both the weight and hammer records.

UDM HISTORY



Paul Caraballo competes at the 2008 Detroit-Oakland Dual

Detroit's only two NCAA qualifiers in Paul Caraballo (left) and Kim Hemstreet (right).

Caraballo placed seventh in the high jump in 1997, clearing 7'0.5", to become the lone Titan All-American in track and field.

Hemstreet took 90th at the NCAA Cross Country Championships in 2002, running a 21:13.1 in the 6K race.



Titan Track Hall of Famers



Michael "Dad" Butler (1977)



Earl Clark Jr. (1985)



Bill Daly (1983)



Wally Gruber (1983)



Al Rappaport (1987)



Harold Ryan (1988)



Bonnie (Fitzpatrick) Wood (2007)

NCAA Qualifiers Under Coach Murray

Year	Athlete	Event	Place
1997	Paul Caraballo	High Jump	7th
2002	Kim Hemstreet	Cross Country	90th

NCAA Provisional Qualifiers Under Coach Murray

Year	Athlete	Event	Rank
1995	Paul Caraballo	High Jump	28th
1995	Kim Jess	High Jump	18th
1996	Kim Jess	High Jump	29th
1998	Mark Risch	400m Hurdles	39th
2001	Ruthie Cook	Steeplechase	82nd

NCAA Regional Qualifiers Under Coach Murray

Year	Athlete	Event	Place
2003	Angelo Finnie	Long Jump	16th
		Triple Jump	20th
		110 meter hurdles	DNC
2003	Matt Groh	Shot Put	9th
		Discus	14th
		Hammer	DNC
		110m Hurdles	22nd
2004	Tom Grant	Long Jump	21st
2004	Ryan Byrne	400m Hurdles	17th

2004	Tom Grant	110m Hurdles	22nd
		Long Jump	21st
2004	Ryan Byrne	400m Hurdles	17th
2004	Andrea Karpala	Hammer	16th
		Shot Put	DNC
2004	Angela Machaj	Discus	20th
2004	Krista Switzer	Javelin	21st
2005	Tom Grant	Long Jump	23rd
2005	Ryan Byrne	400m Hurdles	18th
2005	Joanna Grandas	Triple Jump	22nd
2005	Andrea Karpala	Hammer	18th
2005	Angela Machaj	Discus	20th
		Hammer	24th
		Javelin	DNC
2006	Krista Switzer	Javelin	20th
2006	LeAnn Sarka	Steeplechase	DNC
2007	Tom Grant	Long Jump	33rd
2007	Sinisa Simic	Steeplechase	25th
2008	Ryan Byrne	400m Hurdles	14th
2008	Amanda Smith	400m Hurdles	25th

DNC=Did not compete

THE CITY OF DETROIT

Having celebrated its tricentennial in 2001, Greater Detroit has the best of the old and the most promising of the new. From Greektown to Bricktown, Detroit has it all.

The oldest city in the Midwest, Detroit was discovered in 1701 and has since become the center of business and recreation for millions. It is the largest city in Michigan and the 11th largest in the United States. Encompassing three counties — Wayne, Oakland and Macomb — the Metropolitan Detroit area spans 2,026 square miles and is home to 4.4 million people, nearly one million of whom live within the City of Detroit.

Detroit's vibrant, 75-acre Civic Center is a riverfront mecca for convention, entertainment, festival and sporting activities. Home to Cobo Conference/Exhibition Center and Arena, Joe Louis Arena and Philip A. Hart Plaza, the Civic Center is adjacent to some of the area's finest hotels, top-notch restaurants and the famous Renaissance Center.

Cobo Conference/Exhibition Center underwent a \$200 million expansion, which was completed in 1989 and increased the facility's exhibit space to 720,000 square feet, making it one of the nation's largest convention centers.

Renaissance Center, now the world headquarters for General Motors, is the city's largest office complex, with seven gleaming towers of activity located on the Detroit riverfront. The 73-story Marriott Hotel is housed within this symbol of downtown development.

Long known as the automobile capital of the world, the Detroit area is headquarters to all of the major automobile companies. While a lot of the area's industry centers around the "horseless carriage," Detroit is more than a smokestack town. Home to 16 of the Fortune 1000 firms, greater Detroit ranks sixth among U.S. cities in total spendable income.

A short walk from the riverfront and the rigors of business is the enjoyment of exciting ethnic nightlife, known to Detroiters as Greektown. A two-block area of authentic Greek food and entertainment, Greektown became an even more invigorating locale in recent years with the addition of the Greektown Casino, one of three major casinos now in operation near downtown Detroit.

Detroit is a cultural showplace. Five minutes from downtown is the Cultural Center. Consisting of 18 educational institutions — including one of the nation's finest art museums, the Detroit Institute of Arts — the Cultural Center lets visitors walk from building to building all within one area.

One can enjoy art and scan the shelves that house 2.5 million books in the Detroit Public Library; and experience Michigan's Underground Railroad movement at the



Museum of African-American History.

Americana at its finest is displayed at Dearborn's Henry Ford and Greenfield Village. While The Henry Ford is a museum that displays artifacts and implements used in earlier times, Greenfield Village demonstrates how these items were used and how they affected lifestyles.

Music for every taste abounds in Greater Detroit. The Detroit symphony is world-renowned. Jazz greats join local performers at the annual Montreaux Jazz Festival. Popular music fans are entertained at several area music houses including the Royal Oak Music Theater, Orchestra Hall and the Fox Theatre.

Detroit is a great sports town, known throughout the country for its enthusiastic fans. The Detroit Tigers play in Comerica Park, which opened in 2000 and hosted the 2005 Major League All-Star Game as well as 2006 World Series contests. Immediately adjacent to the Tigers' home, the NFL Lions play in another wonderful new facility, Ford Field, which hosted Super Bowl XL in 2006. UDM was the host institution of the 2008 NCAA Basketball Midwest Regional, and will serve as the host school in 2009 for the Final Four to be played at Ford Field. The NHL Red Wings call Joe Louis Arena home.

The NBA Detroit Pistons and the WNBA Detroit Shock, each past league champions, both play in the Palace of Auburn Hills.

Two-thirds of a mile across the Detroit River lies Windsor, Ontario, Canada. To celebrate the friendship and independence of the two nations, the International Freedom Festival is held for two weeks each summer, with activities in both countries.

THE UNIVERSITY

As Michigan's largest Catholic university, the University of Detroit Mercy has built an outstanding tradition of academic excellence, firmly rooted in a strong liberal arts curriculum, for 130 years.

The University has a rich tradition that emanates from its two predecessor institutions — the University of Detroit, founded in 1877 by the Society of Jesus (Jesuits), and Mercy College of Detroit, founded in 1944 by the Religious Sisters of Mercy. In 1990, these schools consolidated to become the University of Detroit Mercy, a university dedicated to providing accessible, quality education while meeting the career-preparation needs of a diverse student population.

Today, UDM offers approximately 100 majors and programs in seven different schools and colleges. Our faculty provides personal attention to students with a 1:13 faculty/student ratio. Faculty members are known for their teaching excellence with 86 percent having a Ph.D. or comparable terminal degree.

Approximately 5,700 students attend classes on three UDM campuses located in northwest and downtown Detroit. All undergraduate and graduate programs, except for Law and Dental programs, are now offered on the McNichols Campus. This campus also provides housing for almost 800 students in its six residence halls. The School of Dentistry and its Dental Clinic moved to a new location near downtown, by Martin Luther King Jr. Boulevard and I-94 in January of 2008.

UDM's School of Law is also located in downtown Detroit at the Riverfront Campus.

UDM offers the challenge, support and hands-on experience to pursue a lifetime of great things. UDM has:

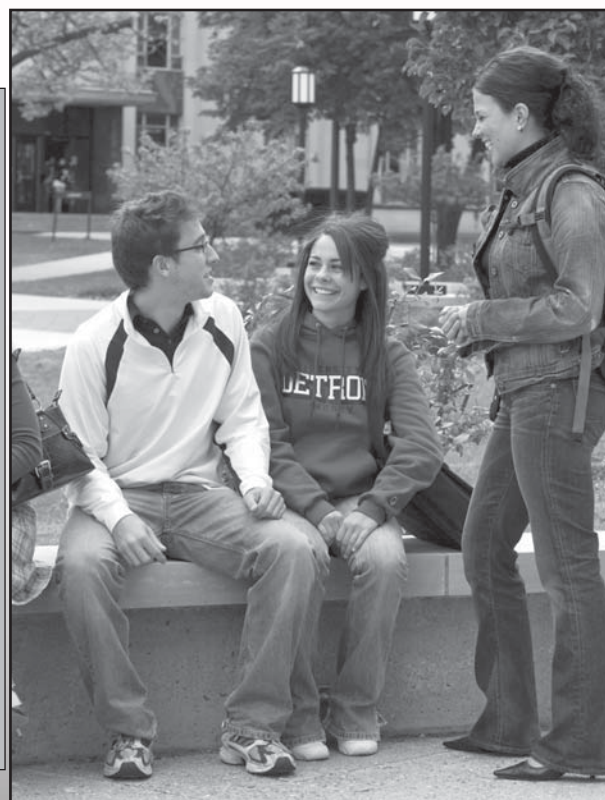
- 100 fields of study, many of them nationally-recognized.
- Co-op and internship opportunities in almost every field.
- Distinguished faculty who know how the real world works.
- A 13:1 student-faculty ratio and an average class size of 20.
- An Academic Exploration Program that allows students to try out different majors before committing to one.
- Independent research and study abroad opportunities.
- An active alumni network that includes research scientists, state supreme court justices, Fortune 500 executives, partners at major law and accounting firms and educators and health care providers throughout the Midwest.

At UDM, We Want Great Things For You!

The University is widely-recognized for its programs in engineering, law, business, architecture and education. UDM is also known for its strong programs in health care, such as nursing, dentistry, psychology, physician assistants, nurse anesthetists, and counseling and addiction studies.

In addition to their classroom experience and research opportunities with faculty, students can explore career options and job opportunities through UDM's cooperative education program — one of the oldest co-op programs in the United States. Co-op allows students to receive practical, on-the-job experience, giving them the extra edge in today's competitive job market while earning a salary.

UDM also provides an environment in which students grow to understand their social, leadership and service responsibility. Through academic projects, professional clinics and joint ventures with business and community organizations, the University contributes to the general well-being of the Detroit community. This commitment reflects the University's mission, which seeks to integrate the intellectual, spiritual, ethical and social development of its students.



ACADEMIC EXCELLENCE

UDM's seven colleges and schools offer approximately 100 respected undergraduate and graduate and professional programs. Each provides a wealth of resources for advising, academic research and professional development. Here are UDM's colleges, and the undergraduate programs they offer:

SCHOOL OF ARCHITECTURE

Architecture (5-year Master's Degree)
Digital Media Studies (formerly Electronic Critique)

COLLEGE OF BUSINESS ADMINISTRATION

Accounting
Business Administration
Computer Information Systems (BS and Certificate*)
Concentrations in:

- Finance
- HR Management
- International Business
- Management
- Marketing
- CIS Software Production and Management

*from U.S. Government

COLLEGE OF ENGINEERING AND SCIENCE

Biochemistry
Biology
Chemistry
Civil and Environmental Engineering
Computer Science
Electrical and Computer Engineering
Manufacturing Engineering
Mathematics
Mechanical Engineering
Pre-Dentistry
Pre-Med
Pre-Physician Assistant
Six-year BS/DDS Program

Great things in life start with a great education. Through our nationally recognized academic programs, caring faculty and a co-op program that takes full advantage of Detroit's many professional opportunities, UDM offers just the right balance of challenge, support, and hands-on experience. That's why UDM consistently ranks in the top tier of Midwestern master's universities by U.S. News & World Report.

SCHOOL OF DENTISTRY

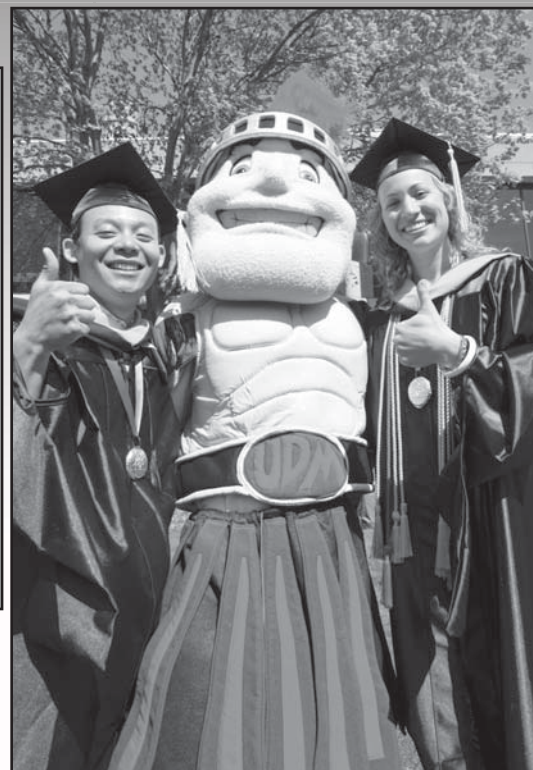
Dental Hygiene
Six-year BS/DDS Program

COLLEGE OF HEALTH PROFESSIONS

Health Services
Health Services Administration
Physician Assistant (5-year Master's Degree)

COLLEGE OF LIBERAL ARTS AND EDUCATION

Academic Exploration Program (for undeclared majors)
Addiction Studies (and Certificate)
African American Studies (Certificate)
Business (Certificate)
Catholic Studies (Certificate)
Communication Studies
Criminal Justice Studies
Economics
Education
Elementary Education
English
History
Human Services
Language and Cultural Training (Certificate)
Legal Administration
Legal Assistant (Certificate)
Philosophy
Political Science



Pre-Law (Legal Studies Certificate)
Psychology
- General
- Developmental

Religious Studies
Secondary Education
Social Work
Sociology
Special Education
- Emotionally Impaired/Behaviorally Disordered
- Learning Disabilities
Theatre
Women's Studies (Certificate)

MCAULEY SCHOOL OF NURSING

Nursing
- Bachelor of Science in Nursing
- BSN Completion Program
- Second Degree Option
- Grand Rapids Program (with Aquinas)

ABOUT UDM

- U.S. News & World Report consistently ranks UDM among the top tier of Midwestern master's universities. The publication also ranks UDM eighth in its category for financial value related to academic quality. In addition, U.S. News ranks UDM fifth among Midwestern master's universities for the diversity of its student body.

- Through partnerships with local health care systems, the McAuley School of Nursing provides 19 cohorts of its BSN Degree Completion Program at hospital-based sites throughout southeastern and western Michigan area, serving approximately 400 nurses.

- UDM's School of Law and University of Windsor's Law School have a joint JD/LLB program, the only program offering "face-to-face" courses in dual legal practices.

- UDM's Education Department offers a yearlong, post-degree teacher certification program, called Experience Plus, for uncertified teachers in Catholic schools.

- The School of Dentistry Clinic records approximately 85,000 patient visits annually for more than 15,000 patients, including services to the elderly, handicapped and homeless.

- One-third of all Michigan dentists graduated from the University's School of Dentistry.

- Ninety percent of UDM co-op students are rated above average by co-op assignment employers.

- The College of Business Administration offers a Master of Science in Information Assurance designed to help

protect the nation's information infrastructure. The College of Liberal Arts & Education houses two historically significant archives: The Black Abolitionist Archives and The Carney Latin American Archives.

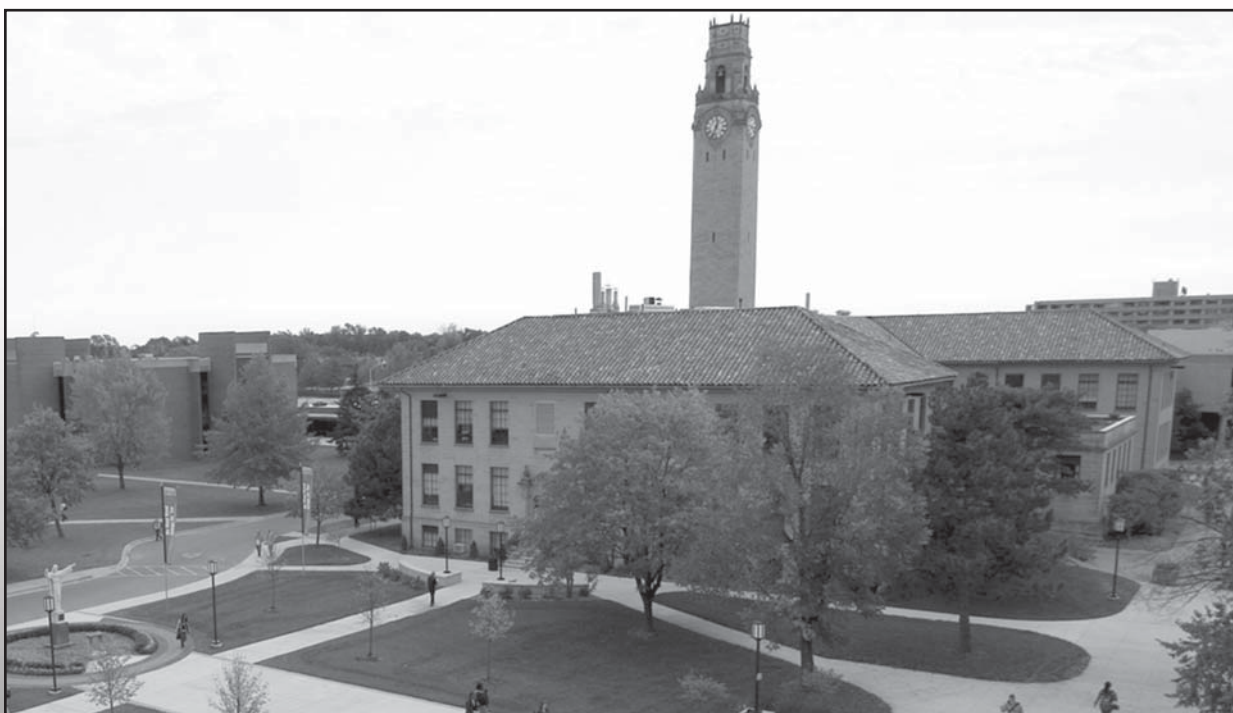
- The College of Engineering & Science is the eastern most Jesuit engineering school in the United States. The School of Architecture is the only full Architecture school among the 28 Jesuit universities in the country.

- Through the University's Leadership Development Institute, more than 1,200 students participate in volunteer service learning opportunities coordinated with classroom study.

- UDM's Physician Assistant Program was one of the first established in Michigan and the nation, and now offers an accelerated five-year PA program for full-time traditional undergraduate students.

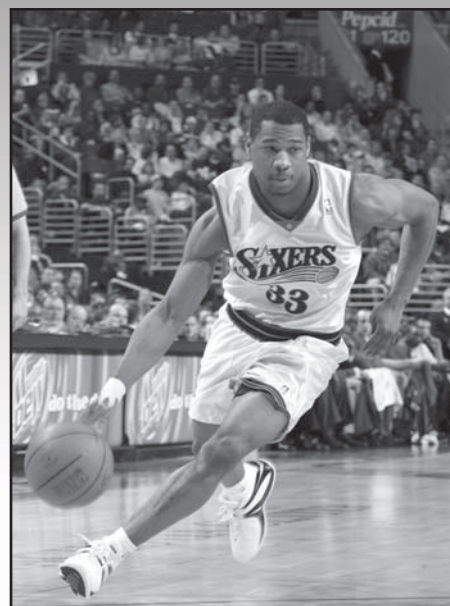
- The McAuley School of Nursing is the only BSN degrees program in Michigan with a mandatory cooperative education requirement.

- Architecture's Detroit Collaborative Design Center was the first university-based design center in Metropolitan Detroit to provide design services to non-profit community and civic organizations. The Center was the focus of a documentary that was screened at the CineUrbana Film Festival in Vancouver, Canada in June, 2006.



NOTABLE ALUMNI

- A-**
 Richard Abdoo (Retired President & CEO, Wisconsin Energy) BusAdm '69
 Thomas Angott (Chairman, CF Burger Creamery) BusAdm '49
- B-**
 Anita Barone (Actress) LAE '86
 Sr. Gilmory Bauer (RSM, Pres., Sisters of Mercy, Regional Comm. of Detroit) LAE '69
 Gary Bauman (Partner & CEO, Ernest & Young; Continental Europe) BusAdm
 Gurminder Bedi (Retired VP, Ford Motor Company) BusAdm '75
 Stephanie Bergeron (Ret. VP & Treasurer, Goodyear Tire & Rubber) BusAdm '81
 Emil Brolick (President, YUM! Brands) BusAdm '69, '70
- C-**
 Thomas Capo (Chairman, Dollar Thrifty Automotive Group) BusAdm '73, '75, '80
 Cynthia Cauty (Radio Personality, WMGC-FM) LAE '75
 Armando Cavazos (President & CEO, Credit Union One) BusAdm '74
 Michael F. Cavanagh (Justice, Michigan Supreme Court) LAE '62, LW '66
 Maura Corrigan (Justice, Michigan Supreme Court) LW '73
 Matthew Cullen (GM, Econ. Devel. & Ent. Services Grp.) BusAdm '83
- D-**
 Thomas Denomme (Ret. Vice Chair & CAO, DaimlerChrysler) BusAdm '61
 Joel Dorfman (Retired President & CEO, Thorn Apple Valley) LW '77
- E-**
 Warren Evans (Sheriff, Wayne County) LAE '79
- F-**
 W. James Farrell (Retired Chairman & CEO, Illinois Tool Works) E&S '68
 Robert Ficano (Executive, Wayne County) LW '77
- G-**
 Eugene A. Gargaro (Sr. Vice President, Masco Corporation) LW '67
 Robert Goodenow (Former Executive Director, NHL Players Assn.) LW '79
 Roman S. Gribbs (Former Mayor, City of Detroit) BusAdm '52, LW '54
- H-**
 John P. Hayes (Retired Chairman & CEO, National Gypsum) BusAdm '43
 Robert Hendry (Retired CFO, General Motors) BusAdm '69
 Sister Mary Ellen Howard (Director, St. Frances Cabrini Clinic) CHP '68
- K-**
 Frank Kelley (Attorney General Emeritus, State of Michigan) LW '51
 John C. Kennedy (President & CEO, Autocam Corp.) BusAdm '79
 Jeanette Klemczak (Chief Nursing Executive, State of Michigan) CHP '65
- L-**
 Elmore Leonard (Author/Screenplay Writer) LAE '50
 John Lewis (Retired Vice Chairman, Comerica Inc.) BusAdm '74
 Albert Lorenzo (President, Macomb County CC) BusAdm '65, '66
- M-**
 Thaddeus McCotter (Congressman, US House of Representatives) ... LAE '87, LW '90
 William Morrow (Executive Vice President, Crain Communications) BusAdm '68
 Peter Munoz (Director, Michigan State Police) LAE '76
- N-**
 Joseph Nathan (Retired President & COO, Compuware Corp.) LAE '74, BusAdm '78
- O-**
 James O'Sullivan (Pres. & CEO, Mazda North American Oper.) BusAdm '76, '84
- P-**
 James J. Padilla (Retired President & COO, Ford Motor Co.) E&S, '69, '70
 L. Brooks Patterson (Executive, Oakland County) LAE '61, LW '67
 Allison Payne (News Anchor, WGN-TV) LAE '85
- R-**
 Arlene Robinson (CEO, Girl Scouts of Metro Detroit) LAE '75
 Louis Rossetti (Chairman & CEO, Rossetti Associates) AR '59
- S-**
 Fr. Robert Scullin (S.J., Provincial, Detroit Province, Society of Jesus) LAE '69
 Neal Shine (Former Columnist Detroit Free Press) LAE '52
 John Smyntek (Columnist, Detroit Free Press) LAE '72
 Marc Stepp (Retired Vice President, UAW) BusAdm '63
- W-**
 Ed Wilhelm (CFO, Borders) BusAdm '80
- Y-**
 William C. Young (President, Absopure Water Co.) E&S, '66

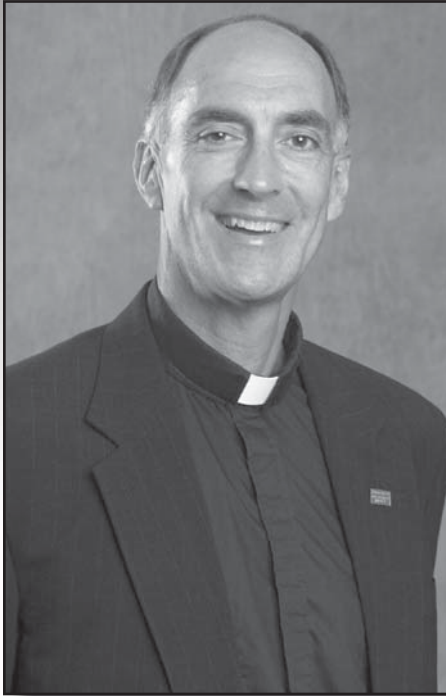


A former Horizon League Player of the Year as well as the fourth all-time scorer in Titan history with 1,779 points, Green was selected by the Seattle SuperSonics in the second round (41st overall) of the 2003 NBA Draft.



Allison Payne is a five time Emmy award winning anchor of the Chicago's WGN News at Nine and co-anchor of WGN's bi-weekly program, "People to People." She graduated Magna Cum Laude from the University of Detroit in 1985.

PRESIDENT



UDM PRESIDENT
Fr. Gerard Stockhausen,
S.J.

Installed as the President of University of Detroit Mercy in 2004, Rev. Gerard L. Stockhausen, S.J., Ph.D., continues to advance the University's mission and its Jesuit and Sisters of Mercy traditions.

An outstanding educator and administrator, Fr. Stockhausen previously served as the University's Vice President for Academic Affairs and Provost from 2000 to 2004. Prior to joining UDM, Fr. Stockhausen was Associate Dean for Undergraduate Programs and Internal Operations for Creighton University's College of Business Administration. He was chair of the College's Economics and Finance program in 1996 and became interim dean in 1997.

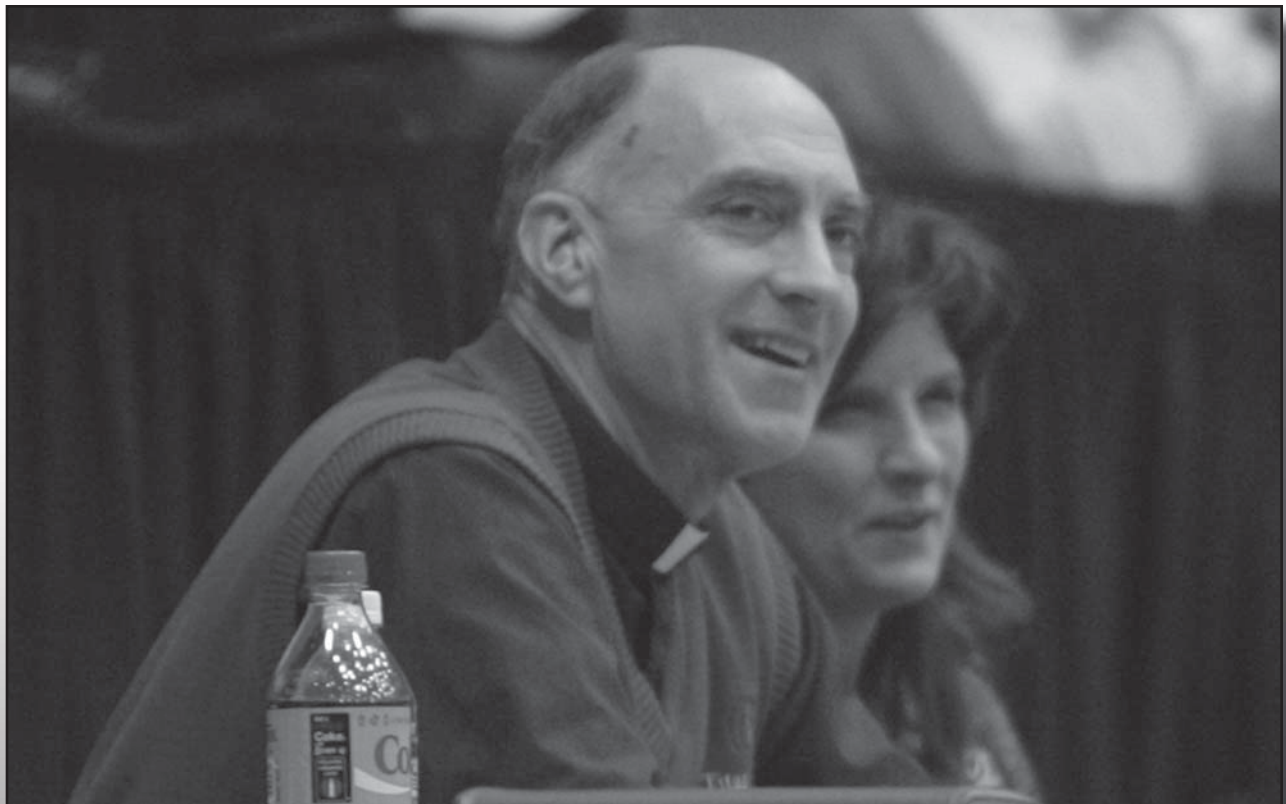
During the 1991-92 school year, Fr. Stockhausen was a visiting associate professor of Economics at Makerere University in Uganda.

Fr. Stockhausen holds a Ph.D. in Economics from the University of Michigan; a master's degree in social ethics and a Master of Divinity degree from the Jesuit School of Theology in Berkley, California; and a master's degree in mathematics and a bachelor's degree in philosophy from St. Louis University.

His academic areas of expertise focus on international economics, including trade theory and policy, political economics and social ethics. He has written on topics such as free trade, protectionism, labor unions, and Catholic social teachings, including a book entitled, *Threats of Quotas in International Trade: Their Effect on the Exporting Country*.

Fr. Stockhausen currently serves as a board trustee at Creighton University, Wheeling Jesuit University and Loyola Jesuit High School in Detroit.

Raised in Milwaukee, Fr. Stockhausen grew up in an active household with two older brothers. He also has three Jesuit uncles. An avid reader, Fr. Stockhausen also enjoys music, theater and athletics.



ATHLETIC DIRECTOR



ATHLETIC DIRECTOR Keri Gaither

Keri Gaither was appointed as the University of Detroit Mercy's director of athletics in May of 2007, less than six months after being asked to serve as interim director of athletics.

Soon after taking the helm of the department, Gaither announced the expansion of the Detroit Titans Division I sports program from 16 to 19 teams with the addition of men's lacrosse, women's lacrosse and men's tennis, all of which began play in 2008-09. In her first year, Gaither also expanded the athletic staff by adding eight full-time positions to the department, directed the building and completion of a new \$1.6 million all-purpose synthetic turf field and track, and was responsible for the hiring of new men's basketball coach Ray McCallum and new women's basketball coach Autumn Rademacher.

Gaither is also leading a successful fundraising campaign for the renovation of the men's basketball office suite and oversaw the building of a new tennis complex, which included eight new courts and a tennis pavilion. In addition, a new grass field will be in place by the fall

of 2009 to accommodate the lacrosse and soccer teams.

Recently Gaither was recognized for her strong leadership as UDM's Director of Athletics when she was appointed to the University's senior leadership team as a member of the Associate Vice President's group in June of 2007.

Today, Gaither also chairs the Detroit Local Organizing Committee for the 2009 NCAA Men's Basketball Final Four, to be played at Ford Field in Detroit, as the University of Detroit Mercy serves as the host institution. As the committee's Chair, Gaither provides strong leadership for the DLOC and maintains ultimate responsibility for the local operations of the Final Four event. Gaither held the same position, in addition to being designated Tournament Director, for the 2008 NCAA Men's Basketball Midwest Regional.

For the three years preceding her appointment as A.D., Gaither served as second in command for the Detroit athletic department as the senior associate athletic director. Prior to her selection as A.D., Gaither had served in several key administrative roles for the Department of Intercollegiate Athletics including stints as senior woman administrator and director of business operations.

As a current member of the Horizon League's Executive Council, Gaither is actively involved with League operations. She has served on both the finance and television committees.

While a member of the 2006 UDM Self-Study Steering Committee for NCAA Athletic Certification, Gaither also served on the Equity and Student-Athletic Welfare Sub-Committee and was designated the campus liaison during the certification process.

Shortly after UDM received its full certification in April of 2007, Gaither was asked by the NCAA to serve as a Peer-Review Team Member.

Gaither is a member of the Tourism Action Group (TAG) Hospitality Committee, a group organized by the Detroit Metro Convention & Visitors Bureau dedicated to training the hospitality industry for Detroit-area events such as the 2005 MLB All-Star Game and Super Bowl XL.

In 2006, Gaither completed the NCAA's inaugural Leadership Institute for Ethnic Minority Females, a leadership development program sponsored by the NCAA Office for Diversity and Inclusion and the Minority Opportunities and Interests Committee.

Gaither served as a past steering committee member of the Women's Leadership Symposium for Intercollegiate Athletics and recently assisted in coordinating its leadership conference. Gaither is also a member of National Association of Collegiate Women Athletic Administrators, National Association of Collegiate Directors of Athletics and Minority Opportunities Athletic Association.

In March of 2008, Gaither was presented with the Phenomenal Women's Ashley Gray Legacy Award by the University of Detroit Mercy's Student Programming Board. This award was presented for her outstanding contribution toward the growth and development of students as the director of athletics at UDM.

Graduating magna cum laude from the University of Detroit Mercy, Gaither earned a Bachelor of Arts degree in economics.

Gaither and her husband, Brad Trombley, reside in Pleasant Ridge with their two children, Elliott (17), a freshman in UDM's pre-dentistry program, and Kennedy (10).

ACADEMIC SUPPORT

When talking about students who compete in a varsity sport, the term typically used is "student-athlete." The word "student" comes first, and that's the way the University of Detroit Mercy approaches all of its athletic team members. Although performance in competition is important, they are students first, and athletes second, with their performance in the classroom plenty important in Titan Territory.

UDM has long proven its commitment to preparing students for on-court battles as well as those in the classroom. In 1995, UDM opened the Center for Student-Athlete Development, one of the first of its kind. The center offers programs for academic classes, drug education, student enhancement and works to improve communication skills. The center also heads up the NCAA Life Skills Program, which focuses on the student in student-athlete and how to deal with issues that all student-athletes today must face. Through seminars, guest speakers and NCAA videos, student-athletes are made aware of issues such as gambling, drugs and alcohol abuse, and how to deal with these concerns.

The center is made possible, in part, by a grant from the NCAA. In conjunction with the staff of the University Learning Center, members of the center's staff teach UAS 107, "Athletes in Transition," each year. All freshman and transfer student-athletes must take this course during their studies at UDM. The course deals with how student-athletes can make the transition from high school to college. This important class teaches student-athletes to deal with time and stress management, study skills and the importance of good nutritional habits.

Another example of UDM's commitment to its student-athletes' academic excellence is Steve Corder's position of Athletic Academic Coordinator. The position was created in 1988 and, since then, UDM's graduation rate for student-athletes has steadily risen. Corder, no stranger to collegiate athletics as he played soccer for Detroit from 1994-98,



carefully tracks each Titan's academic progress to make sure they are on the right path toward graduation. He is also the Athletic Department's link with the University faculty along with his assistant Amy Paling, and Academic Consultant Chuck Dause. In addition, Titan student-athletes are helped with their academic needs through the use of the student-run Learning Center, where professors and students alike donate their time as tutors.

Members of the department's administrative staff work together to run the student-athlete study table. The student-athletes' academic progress is closely monitored and the table is set up to assist the Titans with any and all academic areas, including providing tutors and a writing lab.

The center is open daily and also has evening hours to work around a student-athlete's busy schedule. All freshmen must take part in the study table, as well as other student-athletes who have not yet achieved a 2.75 GPA.

Detroit's numbers on the Horizon League Academic Honor Roll has increased. During the 2007-08 academic year, more than 50 Titans were honored for compiling a 3.25 grade point average or above. In an effort to recognize academic excellence, the Detroit Athletic Department created the President's Academic Honor Roll in 1994.

Detroit also annually recognizes student-athletes who attain a minimum of a 3.0 grade point average by naming them to the Athletic Director's Honor Roll. During the 2007-08 school year, more than 150 Titans, well over half of UDM's student-athletes, accomplished this feat. The number of honorees has steadily increased in the last decade.

- In October of 2008, the NCAA released its latest NCAA Graduation Success Rate figures, with UDM receiving high marks in the classroom.

- Overall, UDM's student-athlete graduation success rate was 84 percent, significantly above the general University-wide student body rate.

- The Raymond J. and Catherine Nagle Endowed Scholarship was recently established for student-athletes in good academic standing, based upon recommendation from UDM's head coaches.

POINTS OF PRIDE

HOST INSTITUTION FOR THE FINAL FOUR

The University of Detroit Mercy served as the host institution for the 2008 NCAA Division I Men's Basketball Midwest Regional and will be the host school for the 2009 Final Four at Ford Field.

ANOTHER NEW ATHLETIC FACILITY UNDERWAY

Just a year after renovating Titan Field, UDM finished a new varsity tennis complex in September of 2008, which includes eight hard courts and a viewing pavilion. The 4,000-square-foot covered pavilion is located at the north end of the facility, and an auxiliary natural grass playing field for soccer and lacrosse will be put in adjacent to the courts along Fairfield Street.

SUMMER SUCCESS

The UDM men's track and field team had a pair of athletes compete for a spot on their countries' Olympic team. Ryan Byrne ran his best, but fell short with a fourth-place effort in the 400-meter hurdles at the 2008 Canadian Track and Field Championships. Sprinter Lesley Hanna's bid to the 2008 summer games fell short after he placed 16th in the 400-meter

preliminaries with a time of 49.86 at the Bahamas Olympic Trials.

LAX ON THE RISE, MEN'S TENNIS MAKES A COMEBACK

Three new Titan teams began play in 2009. The UDM men's and women's lacrosse programs took the field as the only Division I programs in the state of Michigan. Both teams had official practices start in the fall of 2008, with varsity competition slated for the spring of 2009. The Titans men's tennis team also returned as a varsity program after a 15-year hiatus with a successful fall campaign with conference play to begin in the spring.

ACADEMIC ALL-AMERICA RECOGNITION

UDM track seniors Andrew Hayner and Ryan Byrne continued to be honored for their work in and out of the classroom as both seniors were named to the 2008 ESPN The Magazine Academic All-America Men's Cross Country/Track & Field Teams.

Men's golf senior co-captains Mikhial Pasic and Mark Sommerfeld were named Cleveland Golf All-America Scholars by the Golf Coaches Association of America, while the UDM women's tennis team and four

of its individual members were honored by the Intercollegiate Tennis Association

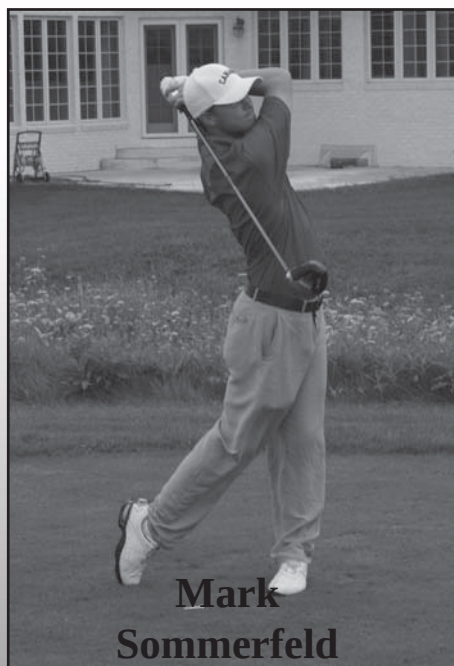
As a team, UDM earned the ITA All-Academic Team Award as a program that had a cumulative grade point average above a 3.20. Stephanie Hill, AmyInman-a pair of graduated seniors along with junior-to-be Svetlana Flankova and 2008 freshman Erin Weldon also received the individual Scholar-Athlete Award from the ITA.

HORIZON LEAGUE HONORS

Mark Sommerfeld of the men's golf team made it a three-peat as the senior took home Horizon League Player of the Year honors for the third straight season, while rookie teammate Jeff Clarridge was named the conference's Newcomer of the Year. Also earning Newcomer of the Year was freshman trackster Earnest Cleary who was tabbed the honor for both the indoor and outdoor campaign.

FOUR TITAN TEAMS RECOGNIZED BY NCAA

Four UDM teams – men's basketball, men's and women's fencing and women's golf – were included among the teams honored when the NCAA announced its Division I Academic Performance Program public recognition awards for 2006-07.



**Mark
Sommerfeld**



**Earnest
Cleary**



UDM ATHLETIC STAFF



Jarrett Alford
Facilities
Assistant



Michelle Baggio
Compliance
Graduate Asst.



Stacey Barns
Men's Basketball
Office Manager



Jon Bjorklund
Pep Band
Director



Tanya Carper
Cheer Team
Coach



Steve Corder
Assistant A.D./
Compliance



Mark Engel
Assistant A.D./
Sports Information



Anita Foster
Olympic Sports
Office Manager



Keri Gaither
Athletic
Director



P.J. Gradowski
Asst. Sports
Information Director



Christina Gramer
Graduate Asst.
Athletic Trainer



Greg Haapala
Director of Ticket
Operations/Sales



Chris Hinderliter
Asst. Director of
Sports Medicine



Latrice Howard
Dance Team
Coordinator



Kristen Hutchins
Graduate Asst.
Athletic Trainer



Kristln Kehr
Strength and
Condit. Assistant



Glenn Knott
Assistant A.D./
Facilities



Teri Kromrei
Assistant A.D./
Business Operations



Jeff LaPorte
Strength and
Condit. Assistant



Phuong Le
Asst. Business and
Ticket Manager



Kristi Lewis
Graduate Asst.
Athletic Trainer



Brandon Longmeier
Director of
Marketing



Mike Miller
Director of Sports
Medicine



Daron Montgomery
Sr. Associate
Athletic Director



Mark Ottenbreit
Faculty
Representative



Amy Paling
Asst. Director of
Compliance



Mekye Phelps
Sports Information
Assistant



Lezly Pruitt
Office
Manager



Harvey Theeck
Equipment
Manager



Joe Tofferi
Director of Strength
and Conditioning



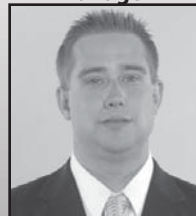
Emily Vannice
Administrative
Intern



Ashley VanMeter
Asst. Director of
Sports Medicine



Maggie Walsh
Asst. Sports
Information Director



Nick Wilson
Asst. Strength
and Condit. Coach



**Dr. Michael
Workings**
Team Physician



Craig Yust
Asst. Director of
Athletic Facilities

TITAN HEAD COACHES



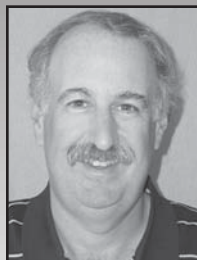
Terri Anthony-Ryan
Women's Golf



Grant Asher
Men's Tennis



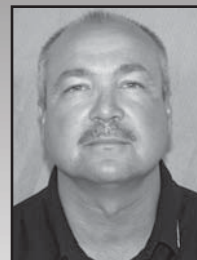
Todd Dressell
Fencing



Mark Engel
Men's Golf
HL Coach of the Year
1992-1999-2007



Matt Holtz
Men's Lacrosse



Mike Lupenec
Women's Soccer
HL Coach of the Year
2000-2005



Morris Lupenec
Men's Soccer
HL Coach of the Year
1995-1996-2005



Ray McCallum
Men's Basketball



Mary Ann Meltzer
Women's Lacrosse



Daron Montgomery
Women's Tennis
HL Coach of the Year
2002



Autumn Rademacher
Women's Basketball



Bob Wilkerson
Softball
HL Coach of the Year
2002-2005

Detroit's 13 current varsity head coaches have been named Horizon League Coach of the Year on 18 different occasions during their celebrated careers. And, they have brought 20 Horizon League Tournament Championships back to Detroit. On the field of play, and in the classroom...

AT UDM, WE WANT GREAT THINGS FOR YOU

Guy Murray
Director of Track and Field & Cross Country
Horizon League Coach Of The Year
1994 - 1996 - 1998 - 1999 - 2000
- 2002 - 2003



FACILITIES

The UDM athletic department proudly unveiled its new, on-campus soccer-track facility in October OF 2007. The new facility is on the site of the old natural-grass Titan Field, and includes an A-Turf field, along with a six-lane polyurethane track and areas for the steeplechase and field events.

The first event held on the field was a women's soccer match against Wright State, which ended in a 1-1 tie. The first track and field event was on April 17, 2008, when the Detroit Titans hosted Oakland University in the 3rd Annual UDM-OU Duals.

Phase 2 of the project, when completed in the future, will include stadium seating for 2,500-3,000 fans, concession stands, rest rooms, a press box, new scoreboard, lights and a building with space for offices, locker rooms and storage.

"The construction of our new synthetic field and track is another big step forward for the Titan Athletics Program. I am excited that our student-athletes and



The Titans condition and train in the Larry Bleach Fitness Center, located in Calihan Hall. All UDM student-athletes are trained under the supervision of two full-time certified strength and conditioning coaches, as well as two intern assistants. Every member of the Titan strength and conditioning staff is assigned a team, which allows daily interaction between the athletes and the coaches. Such interaction is a tremendous asset when developing a program that best serves the athlete and the team.

In the past year, the fitness center expanded by over 400 square feet. Four new Olympic style platforms, three squat racks and other auxiliary speed equipment have also been added, all designed and implemented to improve the Titans' speed and power. The center also features the ONS Performance nutritional shake, which is designed to help every athlete recover from training and conditioning with a supplement increase in their protein and carbohydrate intake.

coaches, who work so hard day in and day out, will have the on-campus facilities they need to train and compete," Titans athletic director Keri Gaither said.

"The University's substantial commitment for the new facilities is a critical component of our sport expansion plans."

The Titans also utilize two practice facilities inside Calihan Hall. The Thelma Fox Murray Running Track allows the UDM student-athletes to train indoors during the winter season. The Titan throwers also can practice inside Calihan Hall on the lower level. The area is big enough for the field competitors to continue to train as they make their way up to the top of the Horizon League standings.



THE HORIZON LEAGUE

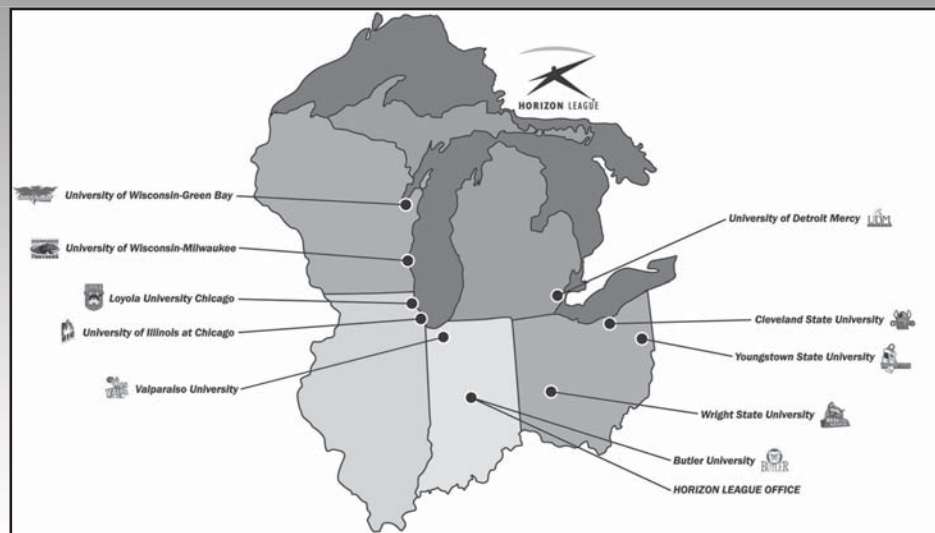
HORIZON LEAGUE

Celebrating its 30th anniversary in 2008-09, the Horizon League continues to aspire toward its goal of being one of the nation's leading athletics conferences while being recognized as a leader in the development of student-athletes as leaders and role models.

The Horizon League membership features ten public and private institutions that have impressive academic reputations and a storied tradition of broad-based athletic programs. Current membership includes Butler University, Cleveland State University, the University of Detroit Mercy, the University of Illinois at Chicago, Loyola University Chicago, Valparaiso University, the University of Wisconsin-Green Bay, the University of Wisconsin-Milwaukee, Wright State University and Youngstown State University.

The Horizon League's primary focus is on adding value to the educational experience through its four platforms of athletic performance, academic achievement, community outreach, and personal responsibility and accountability. It is the League's belief that athletics is a powerful and visible resource tool that can be used to enhance student-athletes' collegiate experience. The Horizon League's goals are to enhance the holistic university experience for the student-athlete, to create an affiliation of institutions with similar athletic goals, and to adhere to the principals of integrity, diversity, excellence and growth.

The Horizon League sponsors competition in 19 sports – nine for men (baseball, basketball, cross country, golf, soccer, swimming and diving, indoor track and field, outdoor track and field and tennis) and ten for women (basketball, cross country, golf, soccer, softball, swimming and diving, indoor track and field, outdoor track and field, tennis and volleyball). In all sports, all teams participate in their respective postseason League championships regardless of regular-



season performance, allowing all student-athletes an opportunity to qualify for NCAA championships. The League receives automatic bids to NCAA championships in baseball, men's and women's basketball, men's golf, men's and women's soccer, softball, men's and women's tennis, and women's volleyball.

The Horizon League is headquartered in Indianapolis, the "Amateur Sports Capital of the World," with offices in the Pan American Plaza (201 S. Capitol Avenue), located a block from Lucas Oil Stadium and just minutes from Conseco Fieldhouse, the State Capitol Building, Victory Field and the NCAA national office.

A PROUD HISTORY

Founded on June 16, 1979, as the Midwestern City Conference with six charter members, the League changed its name to the Midwestern Collegiate Conference in 1985 and added women's sports for the 1986-87 academic year. Charter members of the conference included current members Butler and Loyola as well as the University of Evansville, Oklahoma City University, Oral Roberts University and Xavier University. Among other current members, Detroit joined in 1980, and Cleveland State, UIC, Green Bay, Milwaukee and Wright State came aboard in 1994 in the largest non-merger conference expansion in

history, with Youngstown State joining in 2001 and Valparaiso in 2007.

On June 4, 2001, the Horizon League unveiled its current name and ushered in a new dynamic direction that has brought the League closer to its stated goal of being one of the nation's top ten conferences with a focus on enhancing the student-athletes experience by upgrading the League's market and competitive positions.

ATHLETIC SUCCESS

In the past few years, the Horizon League has enjoyed unprecedented success on the national stage, highlighted by three Sweet Sixteen appearances (Butler 2003, 2007; Milwaukee 2005) and eight wins in the NCAA Men's Basketball Championship in the past six seasons. In other sports, League teams have won at least one game in their respective NCAA Championships each of the last six seasons in men's soccer (Milwaukee 2002-05, UIC 2006-07), with UIC just one win away from the College Cup in 2007. In softball, League teams won a game in the national tournament four straight years earlier in the decade (UIC 2002, 2004; Wright State 2003; Green Bay 2005), while advancing into the second round in women's soccer three of the last four seasons (Detroit 2004, Milwaukee 2005-06). Green Bay's women's basketball team added to that resume with a victory in the 2007 NCAA Women's

THE HORIZON LEAGUE

Basketball Championship. Butler's Victoria Mitchell became the League's first NCAA individual champion when she won the 3,000-meter steeplechase at the 2005 NCAA Outdoor Track and Field Championships and then finished fourth at the 2005 NCAA Cross Country Championships.

ACADEMIC SUCCESS

Horizon League student-athletes also excel in the classroom as more than 500 have been named to the Academic Honor Roll each of the past seven semesters for carrying a grade-point average of 3.2 or better, including more than 600 for the fall 2007 and spring 2008 semesters. Forty-eight student-athletes were named to ESPN The Magazine/CoSIDA Academic All-District teams in 2007-08, while 14 earned Academic All-America honors, including two first-team selections.

COMMUNITY SERVICE

In addition to its athletics success, the Horizon League has secured a well-earned reputation for its community service initiatives.

Each January, member institutions partner with local elementary schools for an art, music and essay contest highlighting the life of Dr. Martin Luther King, Jr. with winners recognized at on the weekend of MLK Day.

The Horizon League Student-Athlete Advisory Committee (SAAC) also has continued a tradition of working with youth in Indianapolis during its annual summer meeting, while the League, its schools and fans donate to Komen for the Cure for breast cancer awareness during its annual women's basketball championship. On campus, student-athletes have raised money and awareness for such causes as breast cancer, diabetes and hurricane relief, while hosting blood drives, neighborhood clean-ups, Big Brother/Big Sister programs and more.

SPORTSMANSHIP

One of the Horizon League's points of emphasis is fostering collegial environments for competition

among student-athletes, coaches, administrators and fans in a pro-active approach. Among the vehicles is the Ethical Conduct Pledge, which is signed each season by student-athletes, coaches, officials, and campus and League administrators. Its purpose is to make all the involved groups aware of the Horizon League expectations of behavior during conference events.

DEMOGRAPHICS

Horizon League institutions boast a combined enrollment of more than 130,000 plus nearly a quarter-million living alumni centered in the League's Midwest footprint. League media markets include five of the nation's top 35 in Chicago, Detroit, Cleveland, Indianapolis and Milwaukee, covering more than ten million television households and encompassing more than nine percent of the nation's television audience.

GOVERNANCE

The conference is governed by a Board of Directors comprised of the ten member institutions' chief executive officers. Dr. David Sweet, President of Youngstown State, serves as Board Chair through June 30, 2010. Ron Strollo, Executive Director of Intercollegiate Athletics at Youngstown State, serves as chair of the Executive Council, and Christine Moeller, Assistant Athletic Director/Senior Woman Administrator at Cleveland State, is the Second Delegate, while Sheila Patterson of Cleveland State serves as chair of the Faculty Athletics Representatives.

VISIBILITY

The Horizon League has enhanced its media visibility with a number of initiatives. The League is in the fourth year of a five-year agreement with ESPN that includes selected regular-season men's basketball action (ESPN2) and the men's championship game (ESPN) and features increased exposures each year on ESPNU plus inclusion in the annual O'Reilly ESPNU BracketBusters, one of college basketball's premier in-season



**Commissioner
Jon LeCrone**

In addition, the Horizon League has partnered with CBS College Sports to provide the official web site at www.horizonleague.org, which offers the most comprehensive coverage of Horizon League teams on the net.

LEADERSHIP

Jonathan B. (Jon) LeCrone is in his 17th year as Commissioner of the Horizon League, having been named to the position on May 11, 1992, and is the ninth-longest tenured commissioner among the 33 Division I conferences. He is the fifth commissioner in League history, succeeding Daniel B. "Tucker" DiEdwardo (1989-92), James W. Shaffer (1984-89), Cecil N. Coleman (1980-84) and James J. McCafferty (1979-80). LeCrone is in the first year of a four-year term on the NCAA Division I Leadership Council after recently completing a five-year term on the NCAA Division I Men's Basketball Committee.

TITAN SPONSORS

Your one-stop shop for everything **RUNNING and TRACK & FIELD**

Ann Arbor Downtown (734) 769-5016
123 E. Liberty - Corner of 4th and Liberty

Ann Arbor Westside (734) 929-9022
42 Enterprise Dr. Jackson Rd. - East of Baker

Northville (248) 380-3338
17783-C Haggerty Rd. - Haggerty at 6 Mile
Novi (248) 347-4949
43280 11 Mile Road - Novi Town Center

West Bloomfield (248) 626-5451
6919 Orchard Lake Rd. - Boardwalk Plaza

Traverse City (231) 933-9242
3301 S. Airport Rd.
Across from Grand Traverse Mall

Traverse City Downtown (231) 932-5401
300 E. Front St. - Suite 103

**UDM Students Get
10% Off Everyday***

***Student ID required.**

RUNNING* *IF* *IT

EachStepMatters

www.runningfit.com



RunMichigan.com!

The Place To Run To First

