



DUQUESNE CROSS COUNTRY

2025 ATLANTIC 10 CROSS COUNTRY CHAMPIONSHIPS

CEDARVILLE, OHIO (ELVIN R. KING CROSS COUNTRY COURSE) // HOSTED BY DAYTON // ATLANTIC10.COM // LIVE ON ESPN+

2025 SCHEDULE	
Date	Meet
Aug. 30	Saint Francis Father Bede Invitational <i>Men 6k: 2nd (of 7) // Women 4k: 1st (of 5)</i>
Sep. 12	RMU Colonial Invitational <i>Men 8k: 4th (of 10) // Women 6k: 4th (of 11)</i>
Oct. 3	Paul Short Invitational <i>Men 8k: 64th (of 158) // Women 6k: 77th (of 158)</i>
Oct. 11	Carnegie Mellon Invitational <i>Individuals only ... No team results</i>
Oct. 17	UVA Panorama Farms Invitational <i>Men 8k: 10th (of 15) // Women 6k: 13th (of 16)</i>
Nov. 1	Atlantic 10 Championships
Nov. 8	Saint Francis Red Flash Rally
Nov. 14	NCAA Mid-Atlantic Regional

THE UNIVERSITY

Name of School	Duquesne University
Location	Pittsburgh, Pa.
Founded	1878 by the Holy Ghost Fathers
Enrollment	8,282
Nickname	Dukes
School Colors	Red and Blue
Varsity Sports	20
President	Ken Gormley (Pittsburgh '77)
VP of Athletics	Dave Harper (Wright State '92)
University Website	www.duq.edu
Athletics Website	www.GoDuquesne.com

DUQUESNE AT 2024 A-10 CHAMPIONSHIPS

Men's Team Finish	8th (of 15)
Scorers (Place)	3 returning / 2 lost
<i>Bogdan (29), Woshner (42), Shields (48), Padgett (52), Stewart (64)</i>	
Women's Team Finish	5th (of 15)
Scorers (Place)	1 returning / 4 lost
<i>Hamilton (3), Bolla (21), Schwalm (29), Krally (52), Roemer (77)</i>	

DUQUESNE TEAM HISTORY AT A-10 CHAMPIONSHIPS

Men's Best Team Finish	1st (2005)
Top Individual	Rico Galasso (1st - 2016)
	Tom Slosky (1st - 2007)
Women's Best Team Finish	1st (2013, '14, '20)
Top Individual	Haley Hamilton (3rd - 2024)
	Valerie Palermo (3rd - 2016)
	Emily Beahan (3rd - 2007)
	Carrie Hucko (3rd - 2002)
	Sarah Como (3rd - 2000)

COACHES & SUPPORT STAFF

Jeff Gibson	Head Coach (5th Season)
Jim Spisak	Assistant Coach
Christain Rodriguez	Athletic Trainer
Paul Hightower	Sport Administrator

PRONUNCIATIONS

Ciucca	CHOO-kuh
Kashak	KAY-shack
Pizon	PIE-zon
Barnhisel	BARN-high-zull
Bonnar	BAHN-er
Ciecierski	suh-ZER-skee
de la Riva	day-la-REE-va
Woshner	WASH-ner

SOCIAL MEDIA

X, Instagram, Facebook	@DuqXCTF
------------------------	----------

STRATEGIC COMMUNICATIONS

Jacob Davey	daveyj@duq.edu
-------------	----------------

ON YOUR MARK, GET SET, GO!

LINEUPS & NOTES

Women

- Seven of 10 competing in first A-10 Championship ... Returns one scorer from fifth-place team last season (Bolla).
- Emma Andreen - Jr. / Pittsburgh, Pa. / 6k PR: 23:28.8 at RMU this season**
 - First A-10 Championship ... Fourth scorer for DU last race at UVA ... Four races in 2025, PR'd at RMU.
- Cydney Blahovec - Jr. / Youngwood, Pa. / 6k PR: 22:57.3 at RMU this season**
 - First A-10 Championship ... Fifth scorer for DU last race at UVA ... Four races in 2025, PR'd at RMU.
- Gina Bolla - Sr. / Pittsburgh, Pa. / 6k PR: 21:20.2 at last year's A-10 Championship**
 - Only returning scorer from last season's A-10 Championship ... Placed 21st overall and second on the team with a personal-best time ... Third A-10 Championship (2021, 2024) ... Has won two meets this season (Youngstown State 5K, Saint Francis Father Bede 4K) ... Posted a 5K PR and earned A-10 Performer of the Week honors after finishing third overall at the CMU Invitational ... Will be first 6K race of the season.
- Lauren Ciucca - Fr. / Vandergrift, Pa. / 6k PR: 21:56.2 at RMU this season**
 - First A-10 Championship ... Four races this season, earned A-10 Rookie of the Week after leading Dukes at RMU in first collegiate 6K ... Second scorer in DU's team win at Saint Francis ... Finished 49th in PIAA Class 3A HS state champ. last year.
- Sylvia Kashak - Fr. / Jefferson Hills, Pa. / 6k PR: 22:12.3 at RMU this season**
 - First A-10 Championship ... Scored all four races this season, team leader in each of the last two (Paul Short Run and UVA) ... Finished 59th in the PIAA Class 2A HS champ. last year.
- Kendall Lucas - Fr. / Pittsburgh, Pa. / 6k PR: 22:58.8 at Paul Short Run this season**
 - First A-10 Championship ... Four races this season, scoring in each of the last two (posted a PR and was fourth scorer at Paul Short Run, third scorer at UVA) ... Former HS teammate (North Allegheny) of Elizabeth Pizon, finishing back-to-back (33rd to 32nd) at last year's PIAA Class 3A HS state champ.
- Gianna Mosca - Fr. / Coraopolis, Pa. / 6k PR: 23:11.7 at RMU this season**
 - First A-10 Championship ... Four races this season, PR'd at RMU ... Finished 12th in the PIAA Class 1A HS champ. last year.
- Elizabeth Pizon - Fr. / Franklin Park, Pa. / 6k PR: 24:05.8 last race at UVA**
 - First A-10 Championship ... First career race as a Duke was last meet at UVA ... Former HS teammate (North Allegheny) of Kendall Lucas — finished 32nd and 33rd, respectively, at last year's PIAA Class 3A HS state champ.
- Kate Saum - Sr. / Akron, Ohio / 6k PR: 22:14.8 at 2023 A-10 Championship**
 - Third A-10 Championship (85th - 2024, 31st - 2023) ... DU's second scorer in 2023 ... Scored in all three races competed in this season ... Season-best 6K time of 22:15.6 at RMU and was second scorer at Paul Short Run.
- Sophia Trevenen - Sr. / Pittsburgh, Pa. / 6k PR: 22:30.9 at RMU this season**
 - Second A-10 Championship (90th last year) ... Has scored for DU in three of four races this season, including a season-best finish as the team's second scorer last race at UVA ... Set PR at RMU in first 6K of the season.

Men

- Return three scorers from 2024 and seven total runners from last year's roster, joined by three first-time competitors at the championship ... Was No. 12 in the USTFCCCA Mid-Atlantic Region Preseason Poll — DU's first regional ranking since 2020.
- Jack Barnhisel - Sr. / Pittsburgh, Pa. / 8k PR: 26:10.8 at last year's A-10 Championship**
 - Third A-10 Championship (106th - 2024, 135th - 2022) ... PR'd at last year's A-10 race ... Four meets this season ... Season-best 8K time of 26:20.1 at Paul Short Run.
- Jacob Bonnar - So. / Gibsonia, Pa. / 8k PR: 25:53.9 at RMU this season**
 - Second A-10 Championship (126th last year) ... Four races this season, PR'd at RMU ... Fifth scorer for DU in season opener at Saint Francis (6K).
- Brendan Burns - Fr. / New Castle, Pa. / 8k PR: 26:23.4 at Paul Short Run this season**
 - First A-10 Championship ... Four races this season ... Finished 10th in the PIAA Class 1A HS champ. last year.
- Anthony Ciecierski - So. / Cleveland Heights, Ohio / 8k PR: 25:24.9 at RMU this season**
 - Second A-10 Championship (77th last year) ... Four races this season, PR'd at RMU ... Scored in three of four meets this season for DU (third at Paul Short Run, fourth at RMU and UVA).
- Sam de la Riva - Sr. / Mechanicsburg, Pa. / 8k PR: 25:50.3 at RMU this season**
 - Third A-10 Championship (112th - 2024, 125th - 2023), ... Second DU scorer last race at UVA ... Scored in two of three meets this season (all 8K's, fifth scorer at Paul Short Run and PR'd at RMU).
- Sam Freedman - So. / Lancaster, Pa. / 8k PR: 25:03.6 at RMU this season**
 - First A-10 Championship ... Four races this season, PR'd at RMU ... Third DU scorer at SFU and RMU.
- Liam Kirkpatrick - Fr. / Chambersburg, Pa. / 8k PR: 25:34.4 at RMU this season**
 - First A-10 Championship ... Four races this season ... PR'd at RMU and scored twice as DU's fourth finisher at both SFU and Paul Short Run ... Finished 19th in the PIAA Class 3A HS champ. last year.
- Ben Shields - So. / St. Clairsville, Ohio / 8k PR: 24:36.2 at RMU this season**
 - Second A-10 Championship ... Was DU's third scorer last year in 48th place ... Team leader in all four races this season (top-five overall finishes at RMU and SFU) ... PR'd at RMU to earn A-10 Performer of the Week.
- Mason Stewart - Jr. / Uniontown, Pa. (Chaminade Univ.) / 8k PR: 25:26.1 at RMU this season**
 - Second A-10 Championship ... Was DU's fifth scorer last year in 64th place ... Fifth scorer in two of three meets this season (RMU - also set a PR - and last race at UVA) ... Transfer from Chaminade after freshman season where he won two meets.
- Nathaniel Woshner - Sr. / Winchester, Va. / 8k PR: 24:39.9 at RMU this season**
 - Fourth A-10 Championship ... Scored each of previous three ... Leading returner from last season, finishing 42nd as DU's second scorer ... Fourth scorer in both 2023 (96th) and 2022 (104th) ... Four races this season, PR'd at RMU ... DU's second finisher in three of four races and third at UVA.

A-10 WEEKLY HONORS

- **Gina Bolla** – Women's Performer of the Week (Oct. 14)
- **Ben Shields** – Men's Performer of the Week (Sept. 16)
- **Lauren Ciucca** – Women's Rookie of the Week (Sept. 16)

A-10 CHAMPIONSHIP HISTORY

The women have recorded 17 top-five finishes (most recently in 2024) across 36 all-time A-10 Championships ... The men have 18 top-five finishes (most recently in 2017) in 47 championship appearances.

Seven freshmen competing this weekend (five in the women's race, two in the men's) ... DU has had four A-10 Most Outstanding Rookie honorees on the women's side (Valerie Palermo – 2013, Danica Snyder – 2011, Sarah Como – 2000, Wendy Beaver – 1991 – first year of the award) and two on the men's side (Rico Galassi – 2014, Darby Reed – 1991 – first year of the award).