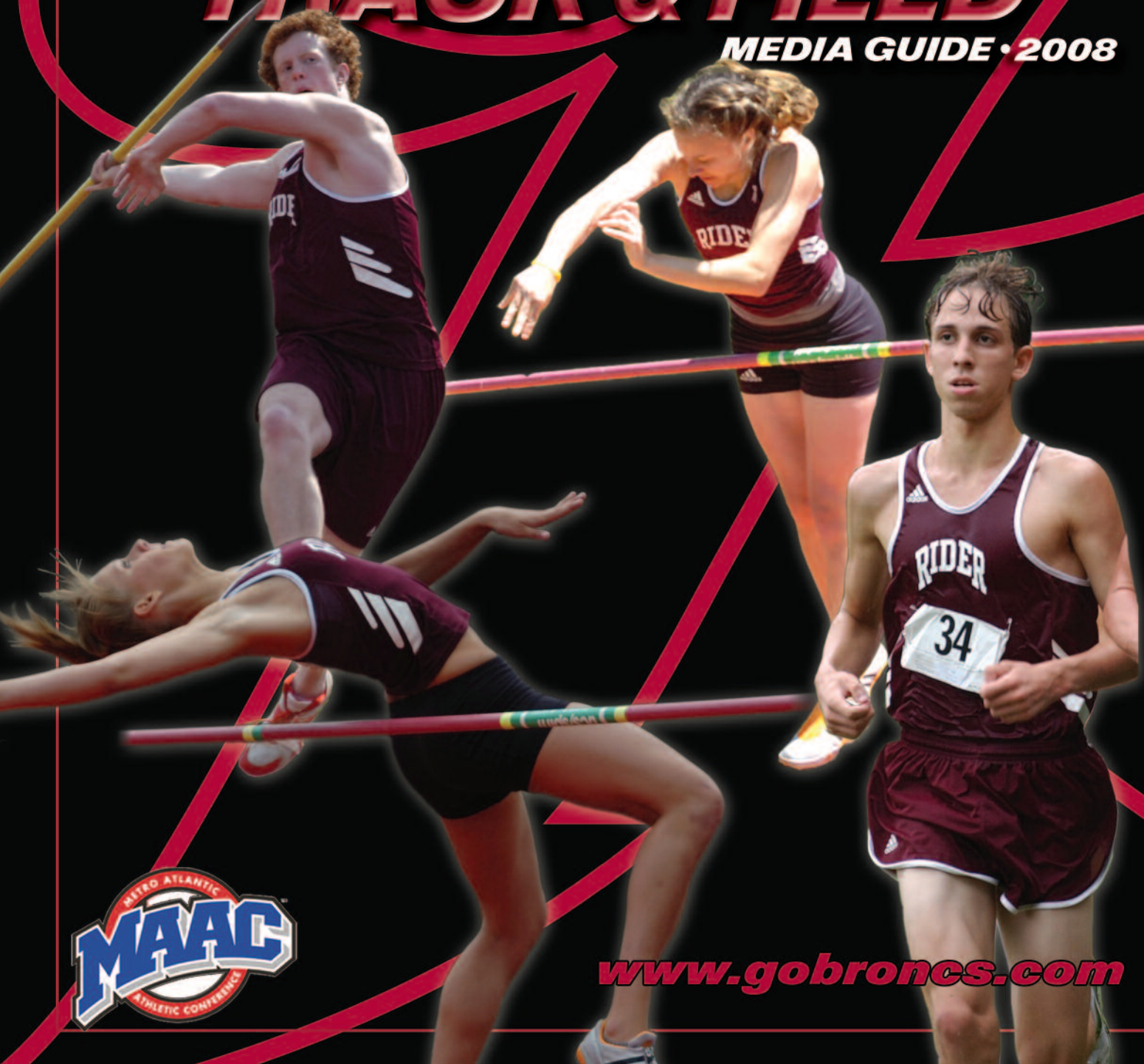




CROSS COUNTRY TRACK & FIELD

MEDIA GUIDE • 2008



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CROSS COUNTRY TRACK & FIELD MEN'S & WOMEN'S ROSTERS



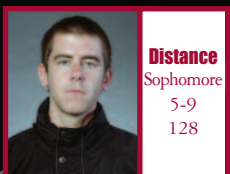
Pole Vault
Sophomore
5-9
150

Kevin Breen



Pole Vault
Junior
6-0
165

Philip Breen



Distance
Sophomore
5-9
128

Phillip Capaldi



Throws
Freshman
6-3
240

John Clark



Throws
Senior
6-3
215

Andrew Dagenais



Distance
Junior
6-0
143

Matt Dahl



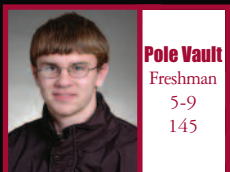
Distance
Senior
6-0
150

Ryan Donohue



Distance
Freshman
5-11
143

Christian Gonzalez



Pole Vault
Freshman
5-9
145

Brian Leggett



Distance
Junior
5-7
150

Sean Kelly McCauley



Distance
Sophomore
5-7
126

Robert McCullough



**Sprints/
Jumps**
Junior
6-1
180

AJ Parillo



Distance
Senior
6-0
142

John Smith



Distance
Freshman
6-0
154

Michael Soroko



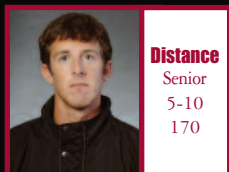
Distance
Senior
5-9
145

Jeff Stead



Distance
Freshman
5-10
135

Peter Wandell



Distance
Senior
5-10
170

Thomas Westen



Throws
Sophomore
6-1
210

Brandon Wolf



Throws
Sophomore
5-6

Jennifer Alksmant



Distance
Freshman
5-2

Chelsea Callan



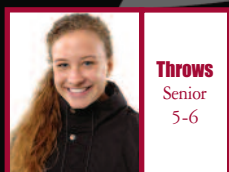
Distance
Sophomore
5-7

Dominique Carnevale



Distance
Freshman
5-5

Johanna Clarke



Throws
Senior
5-6

Elizabeth Clatch



**Throws/
Pole Vault**
Senior
5-6

Rebecca Clatch



Sprints
Freshman
5-0

Shaylah Counts



Distance
Junior
5-7

Megan Crowe



Distance
Sophomore
5-7

Kelly Dissinger



**Jumps/
Hurdles**
Junior
5-9

Tabatha Haskins



**Jumps/
Hurdles**
Junior
5-7

Kelly Kajunski



Distance
Sophomore
5-7

Kelsey Kohler



Distance
Sophomore
5-6

Lauren Lester



Distance
Junior
5-10

Patrice Mahoney



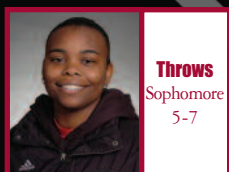
**Hurdles/
Sprints**
Junior
5-7

Ashley Maynard



Distance
Freshman
5-4

Ashley O'Brien



Throws
Sophomore
5-7

Alicia Price



Sprints
Freshman
5-4

Tiera Rice



Distance
Junior
5-9

Rebecca Riedel



**Sprints/
Jumps**
Junior
5-4

Elizabeth Spokony



Distance
Junior
5-4

Kelly Wojciehowski

Directions to Rider

From New York and North Jersey:

From the New Jersey Turnpike: Take the NJ Turnpike South to Exit 7A (I-195 West). Follow I-195 West to the exit for I-295 North (Princeton). I-295 North will become I-95 South. Take Exit 7A off of I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From U.S. Route 1 South: take the exit for I-95 South (sign says "To Pennsylvania"). Bear right at junction, following signs for I-95 South (Pennsylvania). Take exit 7A off of I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From Pennsylvania:

Take I-95 North, straight over the Delaware River into New Jersey. Take Exit 7A off of I-95 to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From the Pennsylvania Turnpike: take the PA Turnpike east to Exit 28 (Philadelphia) and take U.S. Route 1 North to I-95 North. Continue on I-95 North, straight over the Delaware River into New Jersey. Take Exit 7A off of I-95 to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From the South:

Take I-295 North. I-295 North will become I-95 South. Continue on I-95 South and take Exit 7A off I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From the East:

Take the Garden State Parkway to Exit 98 (I-195 West). Follow I-195 West to the exit for I-295 North (Princeton). I-295 North will become I-95 South. Take Exit 7A off of I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

Location: Lawrenceville, New Jersey

Enrollment: 5,861 (4,638 undergraduate)

Founded: 1865

Academic Units: College of Business Administration; College of Liberal Arts, Education and Sciences; College of Continuing Studies; and Westminster College of the Arts

Colors: Cranberry, White, Gray

Nickname: Broncs

Athletic Affiliations: NCAA Division I, ECAC

Conference: Metro Atlantic Athletic Conference (MAAC)

President: Dr. Mordechai Rozanski

Athletic Director: Don Harnum 609-896-5054

Associate Athletic Director: Greg Busch 609-895-5642

Associate Athletic Director: Karin Torchia 609-896-5249

Faculty Athletics Representative: Jonathan Husch, Ph.D.

Coordinator Academic Support: Sonya Hurt

Manager Athletic Business Operations: Lucy Sech 609-895-5650

Head Coach: Rob Pasquariello (Villanova '87)

Assistant Coach: Bob Hamer (Penn State '95)

Assistant Coach: Robert Abdullah (Glassboro State '84)

Volunteer Assistant Coach: Jazmine Fenlator (Rider '07)

Team Physician/Medical Consultant: Tom Lardner, M.D.

Head Athletic Trainer: Tim Lengle, A.T.C.

Assistant Athletic Trainers: Henry Minarick, A.T.C., Karen Cote, A.T.C., Gina Dain, A.T.C.

Record at Rider/Years: 302-347-1 / 13 years

Home Course/Track: Rider campus course, Rider campus track

Sports Information Director: Bud Focht 609-896-5138

Assistant SID: Brian Solomon 609-896-5135

Athletics FAX: 609-896-0341

Athletics Hotline: 609-219-2000, then #2

Athletics Home Page: www.gobroncs.com

► HEAD COACH **ROB PASQUARIELLO**

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Rob Pasquariello

Rob Pasquariello was named head coach of the Rider cross country and track & field teams in September, 2006 after serving one year as acting head coach.

Pasquariello is in his seventh season at Rider, having served four years as the assistant head coach directly in charge of the field events. In the past, Pasquariello also developed and implemented the team's strength and conditioning program and served as the Academic Support Advisor for the Athletic Department in the 2001-02 school year.

During his tenure at Rider, Pasquariello led the women's track & field team to its first two Metro Atlantic Athletic Conference Outdoor Championships, in 2004 and again in 2007, and its first Indoor Title in 2006-07. Meanwhile, his athletes have broken 40 team records and won 37 MAAC gold medals while setting six conference championship meet records. In addition, 56 of his athletes have qualified for the ECAC/IC4A championships, 18 have qualified for the NCAA Regionals and one qualified for the NCAA National Championships. Pasquariello has also coached four All-East honors performers. He has also been instrumental in recruiting over 100 student-athletes to the university during the past five years.

In 2006-07 the women's track & field program was named the Rider Team of the Year.

Prior to coming to Rider, Pasquariello was the head jumps coach at Glen Mills Schools in Pennsylvania for 11 years. While there he helped coach the team to 15 state AAA team championships. In addition, his jumpers won three individual state championship, and he also produced 24 state medalists.

A graduate of Villanova University, Pasquariello is a USA Track and Field Level II certified coach in the jumps, sprints, hurdles and throws.



▶ ASSISTANT COACHES

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Bob Hamer

Bob Hamer is in his fifth season at Rider University and has served during the last three as the assistant coach of the cross country and track & field program. In his first year, the men's cross country team improved from seventh to fourth place in the MAAC cross country championships and the women distance runners contributed valuable points to the team championship in the outdoor MAAC championships. In 2007 his men's cross country team placed a best-ever third in the MAAC and 14th at the NCAA Regional, while the women placed a best-ever 22nd at the NCAA Regional.

On the track his athletes have set Rider men's records in the indoor 800m, indoor Distance Medley Relay, and indoor 4 x mile relay, and Rider women's records in the indoor 1000, indoor mile, indoor 5000, indoor 4x800 and indoor 4 x mile relay.

In addition, his women's cross country team was named All-Academic by the USTFCCCA.

In 2006 his men's cross country team placed 18th of 28 teams at the NCAA Regional and had two runners earn All-MAAC honors. His women's cross country team also had an All-MAAC performer.

Hamer came to Rider from St. Joseph's University, where he held a similar position. Before coaching at St. Joseph's, Hamer was the head track & field coach at the Devon Preparatory School.

A graduate of Penn State University, Hamer was twice a track & field All-American, competing in the 1500 meters and the distance medley relay. Hamer won the Big Ten Conference Championship in the 5000 meters. He twice helped the Nittany Lions finish among the top 15 teams in the nation in cross country.

Hamer received his master's degree in Sports Administration in 2000 from West Chester University and is also a USA Track & Field Level II certified coach for endurance events.

Hamer and his wife Allison and daughter Kylie reside in Phoenixville, PA.

Assistant Coach Robert Abdullah

Robert Abdullah is in his first season as assistant track & field coach at Rider, after serving three years as the hurdles coach at Princeton University.

At Princeton Abdullah helped Ray Lenihan '06 break the team record in the 60m hurdles (7.96) and become an IC4A runner-up.

As head coach of Stuart Country Day School, Abdullah led is team to a pair of Prep B State Championships and to a Prep B Cross country State Championship.

Abdullah is a graduate of Glassboro State College (now Rowan University), where he was a two-time National Champion in the hurdles, a four-time NCAA Division III All-American and an All-East performer. He has run the 110m hurdles in 13.71, has long jumped 25'2" and has run the 400m in 46.8.

Off the track, Abdullah holds three black belts in karate and was once the national karate champion.

Abdullah resides in Franklin Park with his wife, Jacqueline D. Gardner, Esq. and their two daughters, Jada and Nia. Abdullah also has two grown sons, Luqman and Asad.

THE RIDER HOME CROSS COUNTRY COURSE

Although the course on the Rider campus was renovated in recent years, the history of the Bronc cross country program has never been more evident. Several former Rider greats are remembered on the course, made up almost entirely of grass and wooded trails, with a creek thrown in as a water hazard. The creek is now known as Breeden Brook, named for Jesse Breeden '96, the winner of the Northeast Conference Championship Meet in 1995.

After an open-area start, the course runs into the woods where the competitors will run down Anderson Alley, named for Tim Anderson '82 who still holds the Rider record of 17 career first-place finishes. Once the runners cross Lipkus Lane, named for Bill Lipkus '84, who held the record for the fastest time on the old 5.0 mile Rider course of 23:55, they run around Wheat's Meadow, named for Rider's first NCAA National cross country qualifier, Terence Wheat '87, and down Armstrong Avenue. Terrance Armstrong '94 was the Rider male athlete of the year in 1993-94, and still holds many Rider track records. The second loop of the course begins after crossing the Rivera Ravine, named for Hector Rivera '89, who won the New Jersey State Championship race and missed qualifying for the '87 Nationals by just ten seconds. The newest addition to the course is the first to be named for a woman, as the harriers have to scale Hilser Hill, named for Diana Hilser '96, the MVP of the original Rider women's cross country team. The course, which is run on the back of the campus behind the track, soccer fields and tennis courts, is fan-friendly, providing a large viewing area.

▶ ABOUT RIDER • ACADEMIC ENHANCEMENT

Rider University Cross Country/Track & Field Media Guide • 2008

Rider's enrollment of more than 5,800 consists of approximately 4,600 full- and part-time undergraduate and almost 1,200 graduate students studying on campuses in Lawrenceville and Princeton, New Jersey. The University is comprised of four academic units - the College of Business Administration; the College of Liberal Arts, Education, and Sciences; the College of Continuing Studies; and Westminster College of the Arts- and offers undergraduate programs in 60 areas and graduate programs in 17 specialties.

Ninety-six percent of Rider's 236 full-time faculty hold doctoral degrees or the highest credential in their field. Rider's faculty are award-winning teachers and researchers dedicated to excellence in teaching, learning and scholarship and 12 have been named Fulbright Scholars. Rider's classes are small and interactive with a student-faculty ratio of 13:1. Rider's curricula balance theory and practice, and emphasize learning by doing through more than 1,000 student internships or field experiences, community service learning placements, and undergraduate research fellowships. Westminster's internationally acclaimed choirs perform with world-famous orchestras and conductors in the United States and abroad, further demonstrating Rider's commitment to experiential learning.

Rider is currently ranked in the top tier of northern regional universities under the designation of "Best Universities - Master's" by *U.S. News and World Report* and has been included in the last five editions of *The Princeton Review's* Best 351 Colleges, its list of the nation's top 10 percent of colleges and universities.

The University's many specialized accreditations attest to the quality of its academic programs. Rider is among the select business schools to have attained AACSB (Association to Advance Collegiate Schools of Business) accreditation and one of only two schools in New Jersey to hold the specialized AACSB accreditation in accounting. El-



ementary and secondary education programs and their applicable graduate programs on both campuses are accredited by the National Council for the Accreditation of Teacher Education (NCATE). The undergraduate and graduate music programs of Westminster Choir College are accredited by the National Association of Schools of Music (NASM). In addition, Rider's graduate counseling services program in the School of Education holds the Council for Accreditation of Counseling and Related Education Programs (CACREP) national accreditation. Rider University is regionally accredited by the Middle States Association of Colleges and Schools.

Rider University is a member of the National Collegiate Athletic Association (NCAA) Division I for both men's and women's athletics. The University offers 20 varsity sports - 10 men's and 10 women's teams - 18 in the competitive Metro Atlantic Athletic Conference (MAAC) with field hockey in the Northeast Conference (NEC) and wrestling in the Colonial Athletic Association (CAA).

ACADEMIC ENHANCEMENT

Arete'

With the start of the 1990-91 academic school year, Rider University implemented its innovative Arete' Program for all student-athletes. Arete' refers to the ancient Greek ideal of a balanced striving for excellence in all areas of life. The purpose of the program, which has been detailed in *The New York Times* and *The Times of Trenton*, is to help student-athletes develop in all areas of their lives, not just on the playing fields or in the classroom. Subjects of the seminars include time management, stress management, sports nutrition, substance abuse, communication skills, study skills, training techniques, HIV, etiquette/good manners, interview techniques, resume writing, and life after Rider.

Student Transitional Education Program (STEP)

During the 1993-94 academic year, the Rider Department of Athletics developed STEP for varsity athletics. Under the direction of the associate director of athletics, STEP provides individual and group tutoring, as well as study tables that are mandatory for certain student-athletes. STEP also coordinates progress reports, monitors the student-athletes academic progress, and provides workshops on topics such as library skills, test taking and note taking. In 2003 Rider added its first full-time academic support coordinator, Sonya Hurt.

Team Mentor

Through the mentor program, established in the fall of 1994, Rider faculty members or administration are paired with varsity athletic teams. Mentors are present for support, advice, cheerleading, as well as other non-coaching duties. The mentor program opens communication lines between faculty/staff members and student-athletes, and gives the student-athlete another person in the Rider community to turn to for support and guidance.

Student Athlete Advisory Council (SAAC)

Comprised of one student-athlete from each of Rider's varsity teams, the Student-Athlete Advisory Council (SAAC) meets monthly to discuss various student-welfare issues and to organize ways for student-athletes to become involved in the community. Through SAAC, Rider student-athletes have organized toy drives and served meals to the needy at Thanksgiving.



Kevin Breen

Sophomore • Langhorne, Pa. • Archbishop Ryan

Placed second in the pole vault (4.50m) at the 2007-08 MAAC Indoor Championships... won the pole vault (4.32m) at the 2007 MAAC Outdoor Championships.



Phillip Breen

Junior • Langhorne, Pa. • Archbishop Ryan

Placed runner-up in the 2007 MAAC Outdoor pole vault (4.01)



Andrew Dagenais

Senior • Glen Rock, N.J.

Threw the javelin 195'9" as the top collegiate finisher at the 2007 Duke Invitational... set the Rider record with a toss of 202' in 2005... placed sixth in the wt. throw at the 2007-08 MAAC Indoor Championships for his first varsity indoor letter... at the 2007 IC4A hit the 56.00m mark in the javelin... placed second in the javelin at both the 2007 and 2006 MAAC Outdoor championships... in the spring of 2005 won the javelin with a MAAC Championship meet record and IC4A qualifying throw of 61.57... won the javelin at the Rider Invitational when Rider defeated Sacred Heart, Saint Peter's and Delaware... won the javelin in a home meet sweep of Fordham, Marist and Wagner... placed third in the javelin at the 10-team Monmouth Invitational.



► MEN'S PROFILES

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A.J. Parillo

Junior • South River, N.J. • South River

Ran on Rider record setting DMR at the 2007-08 ECAC Indoor Championships...named to the MAAC All-Academic team last spring...placed third in the 400m at the 2006 MAAC Outdoor Championships...won the 400 (49.87) at the 2007 Lafayette Invitational...a member of the Rider varsity soccer team in the fall.



Jeff Stead

Senior • Fairless Hills, Pa. • Pennsbury

Named to the MAAC All-Academic team during the winter of 2007-08 and the spring of 2007...placed eighth in the 1000 meter (2:33.80) at the NYU Fast Track Invite during winter of 2007-08...placed seventh in the 800m (1:58.88) at the 2007-08 MAAC indoor Championships...placed fifth in the 1,000m (2:31.18) at the Rider/Lafayette Winter Games this year...placed 16th overall at 2006 MAAC cross country championships.



John Smith

Senior • Cliffwood Beach, N.J. • Matawan

Named to the MAAC All-Academic team during the winter of 2007-08 and the spring of 2007...ran on Rider record setting (10:00.61) DMR at the 2007-08 ECAC Indoor Championships and also ran on the third place DMR at the MAAC indoor championships this winter...placed fourth in the 5,000m (15:05.43) at the 2007-08 MAAC indoor Championships...ran an IC4A qualifying time in the 3,000m of 8:27.15, placing third at the Rider/Lafayette Winter Games this year...at the 2007-08 New Balance Invitational ran the final mile leg of the DMR in 4:12.9, with his second 800 faster than the first...won the 3,000 meter race at the Great Dane Classic in 8:32.21...ran the 3,000m in 8:27.15 this winter to qualify for the IC4A...ran the final mile leg of the DMR in 4:12.9 at the 2007-08 New Balance Invitational...named the MAAC Performers of the Week for all competition December 4-10 when he won the 3000 meter race with a personal best time of 8:44.42...at the Princeton New Year Invitational...placed second in the 10,000 at the 2006 MAAC Outdoor Championships...three-time All-MAAC cross country finisher, placed 14th overall among the 123 MAAC runners in 2007, covering the 8,000 meter course in 26:07.8 to lead Rider to its highest finish in MAAC competition...set a new Rider record for the Van Cortlandt Park course, finishing 28th with a time of 25:50 on the 5.0 mile course at the IC4As...finished first among Broncs in 16 consecutive cross country meets...placed 48th of 116 in the team scoring, and 61st of 209 overall, covering the 5.2 mile course in 27:19 at the 2006 Penn State National Invite.



Rebecca Clatch

Senior • Drums, Pa. • Hazelton Area

Rider record holder for the pole vault indoor and the javelin outdoor...placed second in the pole vault (3.15m) at the MAAC Indoor Championships this winter...named to the MAAC All-Academic team during the winter of 2007-08 and the spring of 2007 and spring of 2006...broke her own Rider record and placed seventh in the pole vault (3.30m) at the Rider/Lafayette Winter games this year...holds the Rider record for the javelin (141'4")...named the MAAC Performer of the Week for all competition January 8-14 when she tied the Rider record in the pole vault at the Penn State Relays with a height of 10'6" (3.20m)...at the 2007 ECAC Outdoor Championships threw the javelin 141'1", finishing eighth with All-East honors...during the spring of 2007 placed fourth in the MAAC Championships in the pole vault (3.0m)...is also a two-time MAAC champion in the javelin during the outdoor season...won the javelin at the 2006 MAAC Outdoor Championships and was fourth in the pole vault (3.05m) and eighth in the discus (28.04m) ... won the javelin with a Rider record and ECAC qualifying distance of 42.45m at the 2005 MAAC Championships.



Elizabeth Clatch

Senior • Drums, Pa. • Hazelton Area

Named to the MAAC All-Academic team during the winter of 2007-08 and the spring of 2007...placed third in the wt. throw (12.01m) and seventh in the shot put (9.98m) at the 2007-08 MAAC Indoor Championships



Tabatha Haskins

Junior • Medford, N.J. • Shawnee

Spent January 2008 studying in the Galapagos Islands...holds the Rider outdoor records in the 100m hurdles (14.88) and the triple jump (38'1.5")...placed second in the triple jump (11.26m), third in the 55m hurdles (8.57), fifth in the long jump (5.07m) and seventh in the high jump (1.50m) at 2007-08 MAAC indoor Championships...placed fourth in the triple jump (11.31m) at the Rider/Lafayette Winter Games this year...placed second in the 100m hurdles (14.89) and third in the triple jump (11.10m) at the 2007 MAAC Championships and also won a bronze medal in the 4 x 100 relay team...placed second in the 100m hurdles (15.54m), second in the triple jump (11.31m) and 11th in the shot put (9.52m) at the 2006 MAAC Outdoor Championships...at the 2005-06 MAAC Indoor Championships placed second in the 55m hurdles (8.47), second in the triple jump (11.47m) and third in the long jump (5.04m).

► WOMEN'S PROFILES

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Kelly Kajunski

Junior • Glenmore, Pa. • Downington East

At the 2007-08 ECAC Indoor Championships tied for fifth in the high jump, earning All-East honors for the third time...named the Most Outstanding Performer for field events at the 2007-08 MAAC Indoor Championships, winning the high jump (1.75m) while placing third in both the long jump (5.17m) and the triple jump (10.99m)...won the high jump (1.7m) at the NYU Fast Track Invitational, and high jumped 5'8.5" at the New Balance Invitational, just one quarter of an inch shy of her own Rider team record...named the MAAC Performer of the Week for all competition December 4-10 when she won the high jump with an ECAC qualifying height of 1.70 meters (5'7") at Princeton's New Year's Invitational...high jumped 5'10" at the Outdoor ECAC Championships in 2007 to win the event...won the women's high jump with a MAAC Championship record of 1.75m at the 2007 Outdoor Championships.



Lauren Lester

Sophomore • Schenectady, N.Y. • Mohanosen

Placed fourth in the mile with a Rider record time of 5:12.36 at the 2007-08 MAAC indoor Championships.



Alicia Price

Sophomore • Voorhees, N.J. • Eastern

Won the weight throw (14.95m) and placed third in the shot put (11.67m) at the 2007-08 MAAC Indoor Championships...placed fifth in the wt. throw (14.22m) and ninth in the shot put (12.13m) at the Rider/Lafayette Winter Games this year...was fifth in the shot put (40' 11.5") and ninth in the weight throw (43' 7") at the Great Dane Classic this winter...placed 17th in the weight throw with a distance of 13.70m at the 2007-08 ECAC Indoor Championships



Kelly Wojciehowski

Junior • Fair Haven, N.J. • Rumson Fair Haven

Named to the MAAC All-Academic team during the winter of 2007-08...placed fourth in the 5,000m with a Rider record time of 18:21.86 at the 2007-08 MAAC Indoor Championships...placed fifth in the 3,000m (10:37.86) at the Rider/Lafayette Winter Games this year...placed fifth in the 3,000 with a personal record (10:36.84) at the Great Dane Classic this winter...placed first for the Broncs at the MAAC cross country championships, 13th overall, covering the 6k race in 23:26.2 to earn All-MAAC honors.

► MEN'S INDOOR RECORDS

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Event	Athlete	Performance	Date
55m	David Payne	6.36	2007
60yds	Stan Darby	6.38	1984
60m	David Payne	6.81	2006
55m h hurdles	Charles Lackey	7.38	1989
60m h hurdles	Justin Lindsey	7.95	2/12/00
200m	David Payne	21.35	2006
300yds	Elliot Benson	31.74	1984
300m	David Payne	34.88	2006
400m	Bruce Johnson	48.28	1/25/96
500m	Ayo Owodunni	1:03.65	2006
600yds	Dave Maggette	1:12.70	1983
800m	Andre Fearon	1:52.69	2007
800yds	Marc McKithen	1:53.39	1996
1000yds	Ken Lehman	2:14.10	1982
1000m	Ron Brock	2:25.54	1991
1500m	Terence Wheat	3:53.80	1986
1 mile	Terrance Armstrong	4:09.11	1994
2 miles	Terence Wheat	9:05.00	1986
3000m	Terence Wheat	8:14.20	1985
3 miles	Bill Lipkus	14:00.80	1985
5000m	Bill Lipkus	14:32.70	1985
High Jump	Bill Pearson	7'0.25"	1988
Long Jump	Dwayne Robinson	23'11"	1993
Triple Jump	Mavis Polk	49'2.50"	12/13/02
Pole Vault	Chris Giaculli	15'6"	1/20/01
Pentathlon	Randy Woodard	3,512 pts	1988
Shot Put	Adam Slaninko	51'2.25"	1/19/96
35 lb. weight	Olushola Ijalana	56'6.75"	2/3/03
Shuttle Hurdle	Lackey, McFarlane, Cardona, Woodard	29.24	1993
Mile Relay	Johnson, Tarello, McKithen, Lopez	3:16.51	2/95
SMR	Slusher, Joseph, Herr, Smith	3:32.24	1988
DMR	Stead, Racioppi, Dahl, Fearon	10:04.75	2007
2 mile relay	Armstrong, Aschmies, Calhoun, Vinson	7:44.0	1991
4x200	Nixon (22.3), Hamilton (22.1), Parillo (21.7), Payne (21.9)	1:28.40	2007
4x800	Owodunni (1:55.4), Mesina (1:54.5), Lado (1:55.6), Ramos (1:52.6)	7:38.29	3/6/04
4xMile	Smith, Soroko, Gonzalez, Dahl	17:48.46	2008

► MEN'S OUTDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2008

Event	Athlete	Performance	Date
100m	David Payne	10.46	2007
200m	David Payne	21.10	2007
400m	Bruce Johnson	47.84	5/95
800m	Marc McKithen	1:50.68	5/95
1500m	Terrance Armstrong Ken Lehman	3:46.02 3:46.00 (h)	5/95 1982
5000m	Terence Wheat	14:05.60	1986
10,000m	Bill Lipkus	29:34.70	1985
3000m steeplechase	Terrance Armstrong	8:56.15	4/94
110m high hurdles	Charles Lackey	14.04	1988
400m inter. hurdles	Jose Lopez	50.36	5/94
Pole Vault	Chris Giaculli	16'4"	2000
High Jump	James Murray	6'11.5"	2000
Long Jump	Desmond Hamilton	25'8.25"	2007
Triple Jump	Marcus Edghill	51'3"	1986
Shot put	Doug Beck	52'6"	2006
Discus	Doug Beck	172'4"	2005
Old Javelin Wt. Composition	Jeff Tice	204'2"	1981
Current Javelin Wt. Composition	Andrew Dagenais	202'0"	2005
Hammer	Danny Enck	176'4"	2007
Decathlon	Bob Schultz	6,509 pts	1971
4 x 100m	Payne, Harris, Reid, Hicks	41.11	2004
4 x 200m	Payne, Hill, Hamilton, Harris	1:26.24	2006
4 x 400m	Lopez (46.5), Tarello (47.5), McKithen (47.1), Johnson (46.6)	3:08.20	1995
4 x 800m	Loughran (1:53.2), Lampert (1:52.8), Breedon (1:52.8), McKithen (1:51.5)	7:30.26	1996
4 x 1500m	Brock, Breedon, Armstrong, S. McGhee	16:20.9	1994
SMR	Pearson, Lackey, Gant, Joseph	3:24.26	1989
DMR	Armstrong, Lopez, Johnson, S. McGhee	9:50.1	1994
Shuttle hurdles	McFarlane, Cardona, Lackey, Lackey	58.88	1989

▶ MEN'S CROSS COUNTRY ROSTER

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Name	Cl.	Ht.	Wt.	Hometown/High School
Capaldi, Phillip	5-9	128	So.	Woxall, Pa. (Souderton)
Chromczak, Evan	6-2	168	Sr.	Hellertown, Pa. (Saucon Valley)
Dahl, Matt	6-0	143	Jr.	West Keansburg, N.J. (Raritan)
Donohue, Ryan	6-0	150	Sr.	Freehold, N.J. (Freehold Twp.)
Fearon, Andre	5-11	160	Sr.	Newark, N.J. (St. Benedict's Prep)
Gonzalez, Christian	5-11	143	Fr.	Somerset, N.J. (Franklin Twp.)
Lucchio, Joe	5-8	160	Sr.	Staten Island, N.Y. (St. Joseph by the Sea)
McCauley, Sean Kelly	5-7	150	Jr.	Staten Island, N.Y. (Port Richmond)
McCullough, Robert	5-7	126	So.	Plymouth Meeting, Pa. (La Salle)
Reale, Christopher	5-11	150	Fr.	Princeton Jct., N.J. (W. Windsor Plainsboro-South)
Smith, John	6-0	142	Sr.	Cliffwood Beach, N.J. (Matawan)
Soroko, Michael	6-0	154	Fr.	Kinnelon, N.J. (Kinnelon)
Stead, Jeff	5-9	145	Sr.	Fairless Hills, Pa. (Pennsbury)
Wandell, Peter	5-10	135	Fr.	State College, Pa. (State College)
Westen, Thomas	5-10	170	Sr.	Toms River, N.J. (Toms River North)

MEN'S CROSS COUNTRY RECORDS

Fastest Time on old Rider Course:

Bill Reifsnyder (Bucknell) 23:19 1983

Fastest Time by a Bronc on old Rider Course:

Bill Lipkus 23:55 1983

Fastest Time on new Rider Course:

Jason Capelli, TCNJ 25:12 1998

Fastest Time by a Bronc on new Rider Course:

Scott Keyser 25:39 1998

Best Individual Finish at Conference Championship:

Terence Wheat (ECC) 1st place 1985

Lance Hess (ECC) 1st place 1990

Jesse Breeden (NEC) 1st place 1996

Most First Place finishes

Tim Anderson 17 1979-82

► MEN'S TRACK & FIELD ROSTER

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Name	Event(s)	Ht.	Wt.	Cl.	Hometown (High School)
Breen, Kevin	Pole Vault	5-9	150	So.	Langhorne, Pa. (Archbishop Ryan)
Breen, Philip	Pole Vault	6-0	165	Jr.	Langhorne, Pa. (Archbishop Ryan)
Capaldi, Phillip	Distance	5-9	128	So.	Woxall, Pa. (Souderton)
Clark, John	Throws	6-3	240	Fr.	Pennsville, N.J. (Pennsville)
Dagenais, Andrew	Throws/Hurdles	6-3	215	Sr.	Glen Rock, N.J. (Glen Rock)
Dahl, Matt	Distance	6-0	143	Jr.	West Keansburg, N.J. (Raritan)
Donohue, Ryan	Distance	6-0	150	Sr.	Freehold, N.J. (Freehold Twp.)
Gonzalez, Christian	Distance	5-11	143	Fr.	Somerset, N.J. (Franklin Twp.)
Leggett, Brian	Pole Vault	5-9	145	Fr.	Old Chatham, N.Y. (Chatham)
McCauley, SeanKelly	Distance	5-7	150	Jr.	Staten Island, N.Y. (Port Richmond)
McCullough, Robert	Distance	5-7	126	So.	Plymouth Meeting, Pa. (La Salle)
Parillo, AJ	Sprints/Jumps	6-1	180	Jr.	South River, N.J. (South River)
Smith, John	Distance	6-0	142	Sr.	Cliffwood Beach, N.J. (Matawan)
Soroko, Michael	Distance	6-0	154	Fr.	Kinnelon, N.J. (Kinnelon)
Stead, Jeff	Distance	5-9	145	Sr.	Fairless Hills, Pa. (Pennsbury)
Wandell, Peter	Distance	5-10	135	Fr.	State College, Pa. (State College)
Westen, Thomas	Distance	5-10	170	Sr.	Toms River, N.J. (Toms River North)
Wolf, Brandon	Throws	6-1	210	So.	Lititz, Pa. (Warwick)

► WOMEN'S TRACK & FIELD ROSTER

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Name	Event(s)	Ht.	Cl.	Hometown (High School)
Alksmant, Jennifer	Throws	5-6	So.	Forked River, N.J. (Lacey Township)
Callan, Chelsea	Distance	5-2	Fr.	Hazlet, N.J. (Raritan)
Carnevale, Dominique	Distance	5-7	So.	Oceanport, N.J. (Shore Regional)
Clarke, Johanna	Distance	5-5	Fr.	Laurelton, N.Y. (Mary Louis Academy)
Clatch, Elizabeth	Throws	5-6	Sr.	Drums, Pa. (Hazelton Area)
Clatch, Rebecca	Throws	5-6	Sr.	Drums, Pa. (Hazelton Area)
Counts, Shaylah	Sprints	5-0	Fr.	Newark, N.J. (Malcolm Shabazz)
Crowe, Megan	Distance	5-7	Jr.	Philadelphia, Pa. (St. Hubert's)
Dissinger, Kelly	Distance	5-7	So.	Landisville, Pa. (Hempfield)
Haskins, Tabatha	Jumps/Hurdles	5-9	Jr.	Medford, N.J. (Shawnee)
Kajunski, Kelly	Jumps/Hurdles	5-7	Jr.	Glenmore, Pa. (Downington East)
Kohler, Kelsey	Distance	5-7	So.	Southampton, Pa. (Saint Basil's Academy)
Lester, Lauren	Distance	5-6	So.	Schenectady, N.Y. (Mohonasen)
Mahoney, Patrice	Distance	5-10	Jr.	Staten Island, N.Y. (Port Richmond)
Maynard, Ashley	Hurdles/Sprints	5-7	Jr.	Pen Argyl, Pa. (Pen Argyl)
O'Brien, Ashley	Distance	5-4	Fr.	Edison, N.J. (John P. Stevens)
Price, Alicia	Throws	5-7	So.	Voorhees, N.J. (Eastern)
Rice, Tiera	Sprints	5-4	Fr.	Tappan, N.J. (Tappan Zee)
Riedel, Rebecca	Distance	5-9	Jr.	Milton, Del. (Cape Henlopen)
Spokony, Elizabeth	Sprints/Jumps	5-4	Jr.	Woodstown, N.J. (Woodstown)
Wojciehowski, Kelly	Distance	5-4	Jr.	Fair Haven, N.J. (Rumson Fair Haven)



► WOMEN'S CROSS COUNTRY ROSTER

Rider University Cross Country/Track & Field Media Guide • 2008

Name	Ht.	Cl.	Hometown (High School)
Callan, Chelsea	5-2	Fr.	Hazlet, N.J. (Raritan)
Carnevale, Dominique	5-7	So.	Oceanport, N.J. (Shore Regional)
Clarke, Johanna	5-5	Fr.	Laurelton, N.Y. (Mary Louis Academy)
Crowe, Megan	5-7	Jr.	Philadelphia, Pa. (St. Hubert's)
Dissinger, Kelly	5-7	So.	Landisville, Pa. (Hempfield)
Gribb, Heather	5-9	So.	Walnutport, Pa. (Allentown Central Catholic)
Kohler, Kelsey	5-7	So.	Southampton, Pa. (Saint Basil's Academy)
Lester, Lauren	5-6	So.	Schenectady, N.Y. (Mohonasen)
Mahoney, Patrice	5-10	Jr.	Staten Island, N.Y. (Port Richmond)
O'Brien, Ashley	5-4	Fr.	Edison, N.J. (John P. Stevens)
Wojciehowski, Kelly	5-4	Jr.	Fair Haven, N.J. (Rumson Fair Haven)

WOMEN'S CROSS COUNTRY RECORDS

Fastest Time on Rider Course:

Amy O'Donnell (College of NJ) 18:00 1998

Fastest Time by a Bronc on Rider Course:

Keya Holmes 19:10 1996

Fastest Time by a Bronc on 5k:

Ulrike Bromme (Disney) 18:30.3 2000

Fastest Time by a Bronc on 6k:

Ulrike Bromme (Lehigh) 22:36 2000

Best Individual Finish at Conference Championship:

Ulrike Bromme 5th place 2000

▶ WOMEN'S INDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2008

Event	Athlete	Performance	Meet/Place	Date
55m	Katrina Brown	7.30	MAAC-Manhattan	2/17/01
60 yd.	Katrina Brown	7.34	Lafayette	12/2/00
60m	Katrina Brown	7.88	Penn State	1/26/01
55m hurdles	Karlise Cureton	8.37	Armory	1/25/08
60m hurdles	Karlise Cureton	9.04	at Delaware Inv.	2/2/08
200m	Carla Wynter	25.31	Rider/Laf. Armory	2/13/05
300m	Sheree Duval	41.01	Princeton	12/11/99
400m	Sheree Duval	56.41	Boston	2/13/99
500m	Sheree Duval	1:13.17	Penn State	2/12/00
800m	Jennifer Gramata	2:18.62	East Stroudsburg	2/4/01
1000m	Chelsea Callen	3:02.22	Armory	2008
1500m	Kathleen Evans	5:05.68	NEC-FDU	2/19/94
1 mile	Lauren Lester	5:12.36	Armory	2008
2 miles	Uli Bromme	11:44.64	Lafayette	12/2/00
3000m	Uli Bromme	10:33.64	Armory Inv.	2/8/02
5000m	Kelly Wojciehowski	18:21.86	Armory	2008
High Jump	Kelly Kajunski	5'8.75"		2007
Long Jump	Ashley Miller	18' 4.25"		2006
Triple Jump	Jennifer Billups	37' 10.75"	Bucknell	1/20/96
Pole Vault	Rebecca Clatch	10'10"	Armory	2008
Shot Put	Jazmine Fenlator	48' 6.75"		2007
20 lb. weight	Jazmine Fenlator	57' 11.75"	Princeton	2006
4x55m Hurdles	Cureton, O'Connor, Kajunski, Haskins	33.53		2007
4x 400m	Reid (58.6), White (59.5), Wynter (58.6), Gramata (57.5)	3:54.02	Armory Inv.	2/14/04
4x 200m	Cureton (26.8), Crotty (26.7), Spokony (26.6), Chin (27.0)	1:47.44		2007
4x 800m	Crowe, Dissinger, Callan, Clarke	9:45.85		2008
DMR	Alexander (3:53.9), Duval (57.3), Gramata (2:20.6), Bromme (5:17.8)	12:29.56	Penn State	2/12/00
4xmile	Lester, Kohler, Crowe, Wojciehowski	22:28.35		2008

▶ WOMEN'S OUTDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2008

Event	Athlete	Performance	Meet/Place	Date
100m	Lillian Laboy	12.01	George Mason/ECAC	5/21/94
200m	Sheree Duval	24.75	Monmouth	3/26/00
400m	Sheree Duval	54.30	George Mason/ECAC	5/22/99
800m	Sheree Duval	2:15.30	Virginia	4/10/99
1500m	Adrienne Alexander	4:47.81	Virginia	4/15/00
3000m	Ulrike Bromme	10:31.64		2002
3000m SC	Ulrike Bromme	11:38.50		2002
5000m	Ulrike Bromme	18:22.35	Sam Howell Inv.	4/6/01
10,000m	Ulrike Bromme	38:35.02		2002
100m hurdles	Tabatha Haskins	14.88		2007
400m hurdles	Genesis Small	62.46	Princeton	5/8/99
Pole Vault	Jen Riley	10'7"	Rider/MAAC's	5/4/03
High Jump	Kelly Kajunski	5'10"		2007
Long Jump	Mechea Medine	18' 1.50"		2005
Triple Jump	Tabatha Haskins	38' 1.50"		2007
Shot put	Jazmine Fenlator	48' 8.25"		2006
Discus	Jazmine Fenlator	164'7"		2007
Hammer	Jazmine Fenlator	178'7"		2007
Javelin	Rebecca Clatch	141'4"		2007
4 x 100m	Duval, Wilson, Small, Humphrey	48.61	James Madison	5/16/98
4 x 200m	Wilson, Small, Rak, O'Neill	1:45.14	Colonial Relays	4/5/97
4 x 400m	Johanson (60.3), Duval (54.2), Vaughan (58.3), Small (55.8)	3:48.92	Princeton	5/8/99
4 x 800m	Duval (2:17.1), Alexander (2:21.5), Holmes (2:22.8), Raymond (2:25.8)	9:27.81	Penn Relays	4/22/99
SMR	Antoine (26.5), Cirillo (26.4), Vaughan (60.2), Gramata (2:16.9)	4:10.43	Penn Relays	4/27/01
DMR	Alexander (3:50.9), Vaughan (59.3), Johanson (2:28.4), Bromme (5:17.5)	12:36.23	Duke	4/7/00
SHR	Cirillo (15.3), Sura (14.9), Diana (15.3), Clement (15.9)	61.35		2002

2008 RIDER CROSS COUNTRY TRACK & FIELD



Back Row (l-r): Head Coach: Rob Pasquariello, Peter Wandell, Matt Dahl, Philip Breen, Andrew Dagenais, John Clark, A.J. Parillo, Assistant Coach: Bob Hamer.

Fourth Row (l-r): Phillip Capaldi, Michael Soroko, Kevin Breen, Thomas Westen, Ryan Donohue, Brandon Wolf.

Third Row (l-r): Tabatha Haskins, Patrice Mahoney, Rebecca Riedel, Lauren Lester, Dominique Carnevale, Kelly Wojciehowski, Robert McCullough, Jeff Stead, Christian Gonzalez.

Second Row (l-r): Ashley O'Brien, Tiera Rice, Shaylah Counts, Megan Crowe, Kelsey Kohler, Johanna Clarke, Rebecca Clatch, Elizabeth Clatch.

Front Row (l-r): Ashley Maynard, Elizabeth Spokony, Chelsea Callan, Jennifer Alksmant, Brian Leggett, Kelly Kajunski, Karlise Cureton, Alicia Price.



CROSS COUNTRY TRACK & FIELD

2007 CROSS COUNTRY SCHEDULE

September

Sat.	8	at	Fordham Invitational,	Van Cortlandt Park, N.Y.
Sat.	15	at	BRONCS INVITATIONAL	Lawrenceville, N.J.
Fri.	28	at	Paul Short Invitational,	Bethlehem, Pa.

October

Fri.	12	at	Penn State National Invite	University Park, Pa.
Fri.	26	at	MAAC Championships,	Van Cortlandt Park, N.Y.

November

Sat.	10	at	NCAA Mid-Atlantic Regional Championships	Bethlehem, Pa.
Sat.	17	at	IC4A/ECAC Championships,	Van Cortlandt Park, N.Y.

2008 INDOOR TRACK & FIELD SCHEDULE

December

Sat.	8	at	New Year's Invitational	Princeton, N.J.
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January

Sat.	12	at	Penn State Relays	University Park, Pa.
Fri.	18	at	Gotham Cup	168 th Street Armory, N.Y.
Fri.	25	at	Great Dane Classic	168 th Street Armory, N.Y.

February

Fri.-Sat.	1-2	at	Delaware Invitational	Newark, Del.
Fri.-Sat.	8-9	at	New Balance Invitational	168 th Street Armory, N.Y.
Fri.	15	at	RIDER/LAFAYETTE WINTER GAMES *Rider hosts	168 th Street Armory, N.Y.
Fri.	22	at	MAAC Championships	168 th Street Armory, N.Y.
Fri.	29	at	Fast Track Invite	168 th Street Armory, N.Y.

March

Sat.-Sun.	8-9	at	IC4A/ECAC Championships*	Boston, Mass.
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2008 OUTDOOR TRACK & FIELD SCHEDULE

March

Sat.	28	at	Lafayette 5-Way	Easton, Pa.
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April

Fri.-Sat.	4-5	at	Duke Invitational	Durham, N.C.
Sat.	12		RIDER INVITATIONAL	Lawrenceville, N.J.
Fri.-Sat.	18-19	at	Larry Ellis Invitational	Princeton, N.J.
Thu.-Sat.	24-26	at	Penn Relays	Philadelphia, Pa.
Sat.	26	at	TCNJ Invitational	Ewing, N.J.

May

Sat.-Sun.	3-4	at	MAAC CHAMPIONSHIPS	Lawrenceville, N.J.
Fri.-Sun.	16-18	at	ECAC/IC4A Championships *	Princeton, N.J.
Sat.-Sun.	30-31	at	NCAA Regional Championships *	Gainesville, Fla.



HOME MEETS IN CAPS

*Qualifiers Only