

2006 Cross Country Results

SEPTEMBER

Sat. 9 at Fordham Invitational
 Fri. 29 at Paul Short Invitational

OCTOBER

Sat. 7 at Penn State National Invite
 Sat. 14 at Lafayette Invitational
 Fri. 27 at MAAC Championships

NOVEMBER

Sat. 11 *at NCAA Mid-Atlantic Regional

Men	Women
Van Cortlandt Park, N.Y.	
6th of 19	7th of 18
Bethlehem, Pa.	
38th of 43	29th of 35
University Park, Pa.	
14th of 17	14th of 17
Easton, Pa.	
11th of 14	10th of 13
Van Cortlandt Park, N.Y.	
5th of 10	5th of 10
Lock Haven, Pa.	
25th of 28	24th of 28

*For Qualifiers

2006-07 Indoor Schedule

DECEMBER

Fri. 8 at Fordham Christmas Invitational Bronx, N.Y.
 Fri. 8 at Princeton New Year Invitational Princeton, N.J.

JANUARY

Sat. 13 at Penn State Relays University Park, Pa.
 Fri. 19 at Great Dane Classic 168th St. Armory, N.Y.
 Fri.-Sat. 26-27 at Terrier Classic Boston, Mass.

FEBRUARY

Fri.-Sat. 2-3 at New Balance Collegiate Invitational 168th St. Armory, N.Y.
 Fri. 9 LAFAYETTE/RIDER WINTER GAMES 168th St. Armory, N.Y.
 Fri. 16 at MAAC Championships 168th St. Armory, N.Y.

MARCH

Sat.-Sun. 3-4 *at IC4A Indoor Championships Boston, Mass.
 Fri.-Sat. 9-10 *at NCAA Division I Indoor Championships Fayetteville, Ark.

*-For Qualifiers • Meets that Rider is the designated host are in CAPS

2007 Outdoor Schedule

MARCH

Sat. 24 Monmouth Invitational West Long Branch, N.J.
 Sat. 31 at Lafayette Invitational East Stroudsburg, Pa.

APRIL

Fri-Sat 6-7 Duke Invitational Durham, N.C.
 Sat. 14 RIDER INVITATIONAL Lawrenceville, N.J.
 Sat. 21 Larry Ellis Invitational Princeton, N.J.
 Thu-Sat 26-28 Penn Relays* Philadelphia, Pa.

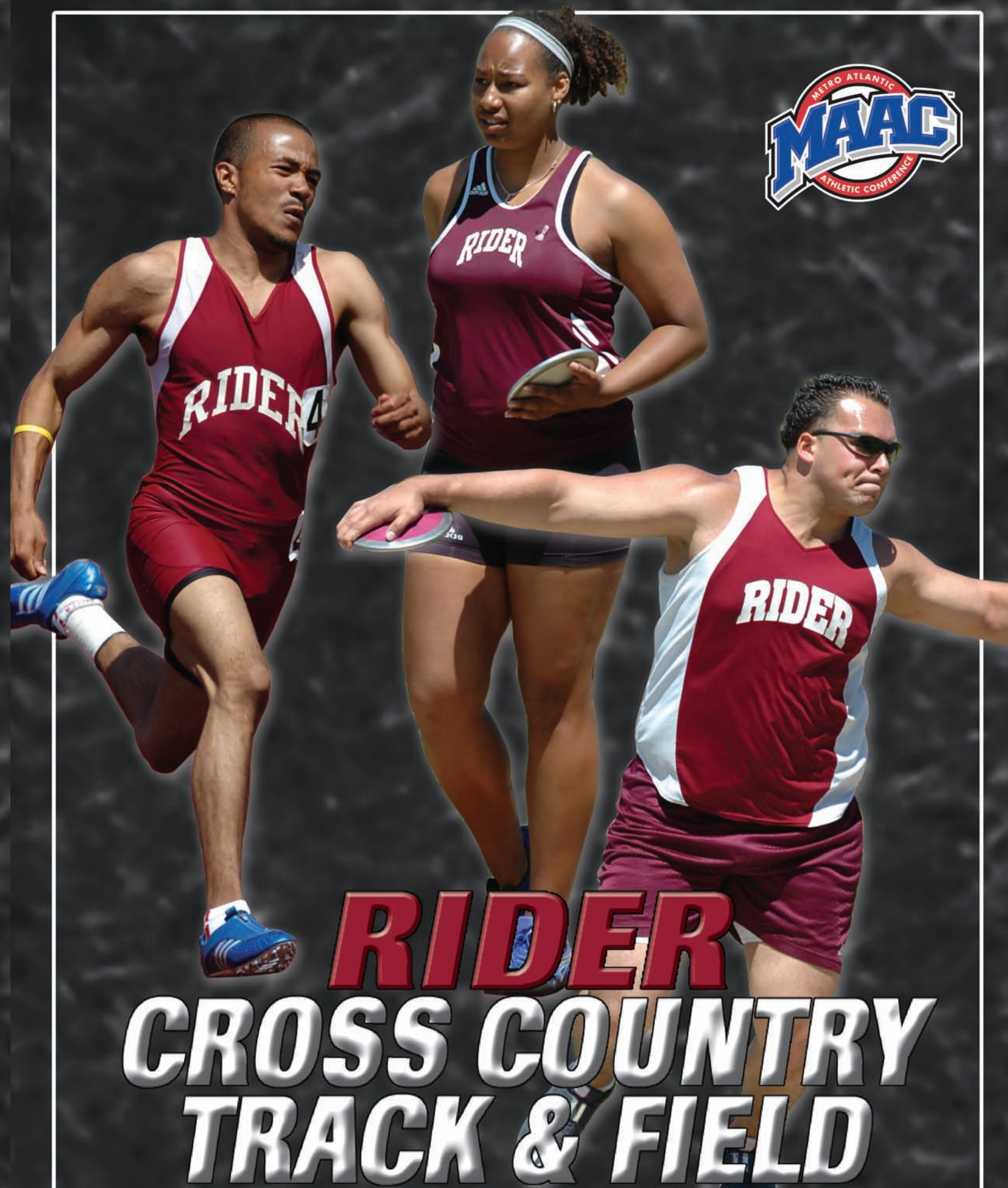
MAY

Sat-Sun 5-6 MAAC CHAMPIONSHIPS Lawrenceville, N.J.
 Fri-Sun 11-13 ECAC/IC4A Championships* Princeton, N.J.
 Sat-Sun 25-26 NCAA Regional Championships* Gainesville, Fla.

JUNE

Wed-Sat 6-9 NCAA Championships* Sacramento, Calif.

HOME MEETS IN CAPS • *For Qualifiers





RIDER CROSS COUNTRY TRACK & FIELD

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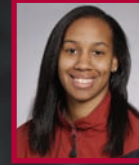












2006-07 CROSS COUNTRY TRACK & FIELD

MEN'S ROSTER

 Throws Senior 6-4 310	 Pole Vault Freshman 5-9 150	 Pole Vault Sophomore 6-0 165	 Distance Freshman 5-9 128	 Distance Junior 6-2 168
 Throws/Hurdles Junior 6-3 215	 Distance Sophomore 6-0 143	 Distance Junior 6-0 150	 Throws Senior 6-0 240	 Distance Junior 5-11 160
 Sprints/Jumps Sophomore 6-4 200	 Distance Junior 5-8 145	 Distance Junior 5-10 144	 Distance Sophomore 5-7 150	 Distance Freshman 5-7 150
 Distance Sophomore 5-8 150	 Hurdles/Sprints Junior 6-0 165	 Sprints/Jumps Sophomore 6-1 180	 Sprints Senior 5-7 150	 Jumps Sophomore 6-4 175
 Sprints Freshman 5-9 155	 Distance Junior 6-0 142	 Distance Junior 5-9 145	 Throws Sophomore 5-10 230	 Distance Junior 5-11 160
 Throws Freshman 6-1 210				

2006-07 CROSS COUNTRY TRACK & FIELD

WOMEN'S ROSTER

 Jumps Senior 5-0	 Throws Freshman 5-6	 Throws Freshman 6-0	 Distance Sophomore 5-4	 Distance Freshman 5-6
 Distance Senior 5-5	 Sprints Junior 5-6	 Hurdles Senior 5-9	 Throws Junior 5-6	 Throws Junior 5-6
 Distance Freshman 5-8	 Sprints Sophomore 5-2	 Distance Sophomore 5-6	 Sprints Freshman 5-8	 Throws Senior 5-9
 Distance Freshman 5-7	 Throws Senior 5-9	 Jumps/Hurdles Sophomore 5-9	 Jumps Senior 5-9	 Jumps/Hurdles Sophomore 5-8
 Distance Freshman 5-7	 Distance Senior 5-5	 Distance Freshman 5-6	 Distance Sophomore 5-10	 Hurdles/Sprints Sophomore 5-7
 Jumps/Hurdles Senior 5-9	 Throws Freshman 5-7	 Distance Sophomore 5-9	 Sprints/Jumps Sophomore 5-4	 Throws Freshman 5-10
 Distance Sophomore 5-4				

Event	Athlete	Performance	Date
100m	Lillian Laboy	12.01	5/21/94
200m	Sheree Duval	24.75	3/26/00
400m	Sheree Duval	54.30	5/22/99
800m	Sheree Duval	2:15.30	4/10/99
1500m	Adrienne Alexander	4:47.81	4/15/00
3000m	Ulrike Bromme	10:31.64	2002
3000m SC	Ulrike Bromme	11:38.50	2002
5000m	Ulrike Bromme	18:22.35	4/6/01
10,000m	Ulrike Bromme	38:35.02	2002
100m hurdles	Amy Sura	15.13	4/17/04
400m hurdles	Genesis Small	62.46	5/8/99
Pole Vault	Jen Riley	10'7"	5/4/03
High Jump	Katie O'Connor	5'7"	2006
	Kelly Kajunski	5'7"	2006
Long Jump	Mechea Medine	18' 1.50"	2005
Triple Jump	Genesis Small	38' 0.75"	5/2/99
Shot put	Jazmine Fenlator	48' 8.25"	2006
Discus	Jazmine Fenlator	159'3"	2005
Hammer	Jazmine Fenlator	170'4"	2006
Javelin	Rebecca Clatch	139'3"	2005
4 x 100m	Duval, Wilson, Small, Humphrey	48.61	5/16/98
4 x 200m	Wilson, Small, Rak, O'Neill	1:45.14	4/5/97
4 x 400m	Johanson, Duval, Vaughan, Small	3:48.92	5/8/99
4 x 800m	Duval, Alexander, Holmes, Raymond	9:27.81	4/22/99
SMR	Antoine, Cirillo, Vaughan, Gramata	4:10.43	4/27/01
DMR	Alexander, Vaughan, Johanson, Bromme	12:36.23	4/7/00



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, NJ

Enrollment: 5,822 (3,825 full-time undergraduate)

Founded: 1865

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

Colors: Cranberry, White

Nickname: Broncs

Athletic Affiliations: NCAA Division I, ECAC

Conference: Metro Atlantic Athletic Conference (MAAC)

President: Mordechai Rozanski, Ph.D.

Athletic Director: Don Harnum 609-896-5054

Associate Athletic Director: Karin Torchia 609-896-5249

Associate Athletic Director: Greg Busch 609-895-5642

Senior Woman Administrator: Nancy Roberts 609-896-5056

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

Academic Support Coordinator: Sonya Hurt 609-896-5308

Faculty Athletics Representative: Jonathan Husch, Ph.D.

Head Coach: Rob Pasquariello (Villanova '87)

Assistant Coach: Bob Hamer (Penn State '95)

Assistant Coach: Justin Lindsay (Rider '01)

Volunteer Assistant Coach: Amy Calvo (Bucknell '05)

Men's Letterwinners Returning/Lost: 20/18

Women's Letterwinners Returning/Lost: 19/12

Head Team Physician: Kirtida Patel, M.D.

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

Assistant Athletic Trainers for XC/Track: Henry Minarick, A.T.C., Karen Cote, A.T.C., Gina Dain, A.T.C.

Strength and Conditioning Coordinator: Gerry Green

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

Sports Information Director: Bud Focht 609-896-5138

Assistant SID: Brian David Solomon 609-896-5135 (cell) 609-929-4068

Sports Information Secretary: Lynn Rugg 609-895-5778

Athletics FAX: 609-896-0341

Athletics Hotline: 609-219-2000, 2

Athletics Home Page: www.gobroncs.com



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 sixth 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 academic year.

During his tenure at Rider, Pasquariello led the women's track & field team to its first-ever Metro Atlantic Athletic Conference Championship in 2004. Meanwhile, his athletes have broken 24 school records and won 26 MAAC gold medals while setting three conference championship meet records. In addition, 35 of his athletes have qualified for the ECAC/IC4A championships and eight have qualified for the NCAA Regionals. Pasquariello has also coached two All-East honors performers and current Bronc Jazmine Fenlator won an ECAC Championship in the discus in 2005. He has also been instrumental in recruiting over 70 student-athletes to the university during the past four years.

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 championships 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.



Event	Athlete	Performance	Date
55m	Katrina Brown	7.30	2/17/01
60 yd.	Katrina Brown	7.34	12/2/00
60m	Katrina Brown	7.88	1/26/01
55m hurdles	Justine Diana	8.43	2/9/03
60m hurdles	Jennifer Cosby	9.10	1/7/05
200m	Carla Wynter	25.31	2/13/05
300m	Sheree Duval	41.01	12/11/99
400m	Sheree Duval	56.41	2/13/99
500m	Sheree Duval	1:13.17	2/12/00
800m	Jennifer Gramata	2:18.62	2/4/01
1000m	Janine Minehan	3:03.64	2/96
1500m	Kathleen Evans	5:05.68	2/19/94
1 mile	Uli Bromme	5:15.55	1/25/02
2 miles	Uli Bromme	11:44.64	12/2/00
3000m	Uli Bromme	10:33.64	2/8/02
5000m	Uli Bromme	18:40.78	2/2/02
High Jump	Kelly Kajunski	5'7"	
	Katie O'Connor	5'7"	12/2/05
Long Jump	Ashley Miller	18' 4.25"	2006
Triple Jump	Jennifer Billups	37' 10.75"	1/20/96
Pole Vault	Jen Riley	10'6"	2/2/02
Shot Put	Jazmine Fenlator	47' 8"	2006
20 lb. weight	Jazmine Fenlator	57' 11.75"	2006
4x 200m	Sura, Chin, Diana, Sultana	1:48.09	2/7/04
4x 400m	Reid, White, Wynter, Gramata	3:54.02	2/14/04
4x 800m	Williams, Gramata, Bond, White	9:53.01	1/24/04
DMR	Alexander, Duval, Gramata, Bromme	12:29.56	2/12/00



▶ WOMEN'S CROSS COUNTRY ROSTER

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Name	Cl.	Ht.	Hometown/High School
*Andrea Campbell	So.	5-4	Somers Point, N.J./Mainland Regional
Dominique Carnevale	Fr.	5-6	Oceanport, N.J./Shore Regional
*Laura Carpenter	Sr.	5-5	Englishtown, N.J./St. John Vianney
Jennifer Croghan	Fr.	5-8	Nutley, N.J./Mt. St. Dominic Academy
*Megan Crowe	So.	5-6	Philadelphia, Pa./St. Hubert's
Kelly Dissinger	Fr.	5-7	Landisville, Pa./Hempfield
Kelsey Kohler	Fr.	5-7	Southampton, Pa./Saint Basil's Academy
*Jennifer Lee	Sr.	5-5	Mt. Laurel, N.J./Lenape
Lauren Lester	Fr.	5-6	Schenectady, N.Y./Mohonasen
*Patrice Mahoney	So.	5-10	Staten Island, N.Y./Port Richmond
*Rebecca Riedel	So.	5-9	Milton, Del./Cape Henlopen
*Kelly Wojciehowski	So.	5-4	Fair Haven, N.J./Rumson Fair Haven

*letterwinner

Head Coach: Rob Pasquariello (Villanova '87) (6th season) • Assistant Coach: Bob Hamer (Penn State '95) (4th season)

Assistant Coach: Justin Lindsey (Rider '01) (2nd season)

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



▶ ASSISTANT COACHES

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Bob Hamer

Bob Hamer is in his fourth season at Rider University and has served during the last two 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 distance runners on the women's team contributed valuable points to the team championship in the outdoor MAAC championships. He also recruited the largest distance running class at Rider in four years.

Last fall 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 and 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.



Justin Lindsey

Justin Lindsey, the Rider University Athlete of the Year for the 2000-2001 academic school year, was named an assistant coach with the Rider track & field program in the fall of 2005.

A 1997 graduate of Ewing High School, Lindsey reached the semi-finals at the US National Championships in Boston last February in the 60 meter hurdles and competes on the European Circuit during the summer in Italy, France, and England.

At Rider, Lindsey earned All-East honors in both the indoor and outdoor track & field seasons and won four gold and three silver medals at the Metro Atlantic Athletic Conference Championships. During the indoor season, Lindsey won the 55 meter high hurdles (7.48), placed second in the 55 meter dash (6.55) and second in the 200 meters (23.06) at the MAAC Championships, leading Rider to a second place finish. At the ICAAAA Eastern Championships, he placed fourth in the 60-meter high hurdles (7.99).

During the 2001 outdoor season, Lindsey won the 110 meter hurdles in a MAAC Championship record time of 14.43 and broke his own MAAC record by winning the 100 meter dash in 10.98. Lindsey also led the 4 x 100 relay team to a first place finish (42.2) and placed second in the 200 meters (22.0), leading the Broncs to a second place team finish. At the outdoor ICAAAA Eastern Championships, Lindsey placed second in the 110 meter high hurdles in a time of 14.08. The Rider record is 14.04, set in 1988. Lindsey resides in Cranbury, NJ.

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 which is 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.

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 Choir College - and offers undergraduate programs in 60 areas and graduate programs in 17 specialties.



Ninety-two percent of Rider's 235 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. Elementary 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. The volleyball team mentor for the third season is Thomas Phillips, the manager of employment in Rider's human resources department.

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.

Name	Cl.	Event(s)	Ht.	Hometown/High School
*Allyson Angelo	Sr.	Jumps	5-0	Brick, N.J./Red Bank Catholic
Jennifer Alksmant	Fr.	Throws	5-6	Forked River, N.J./Lacey Township
Rachel Burke	Fr.	Throws	6-0	Yardville, N.J./Hamilton
*Andrea Campbell	So.	Distance	5-4	Somers Point, N.J./Mainland Regional
Dominique Carnevale	Fr.	Distance	5-6	Oceanport, N.J./Shore Regional
*Laura Carpenter	Sr.	Distance	5-5	Englishtown, N.J./St. John Vianney
*Jarnae Carter	Jr.	Sprints	5-6	Columbia, Md./Long Reach
*Katie Chin	Sr.	Hurdles	5-9	Jackson, N.J./Jackson Memorial
*Elizabeth Clatch	Jr.	Throws	5-6	Drums, Pa./Hazelton Area
*Rebecca Clatch	Jr.	Throws	5-6	Drums, Pa./Hazelton Area
Jennifer Croghan	Fr.	Distance	5-8	Nutley, N.J./Mt. St. Dominic
Tricia Crotty	So.	Sprints	5-2	Lewistown, Pa./Indian Valley
Megan Crowe	So.	Distance	5-6	Philadelphia, Pa./St. Hubert's
Karlise Cureton	Fr.	Sprints	5-8	Harrisburg, Pa./Susquehanna Twp.
*Lauren Deane	Sr.	Throws	5-9	Jackson, N.J./Jackson Memorial
Kelly Dissinger	Fr.	Distance	5-7	Landisville, Pa./Hempfield
*Jazmine Fenlator	Sr.	Throws	5-9	Wayne, N.J./Wayne Valley
*Tabatha Haskins	So.	Jumps/Hurdles	5-9	Medford, N.J./Shawnee
*Danielle Holmes	Sr.	Jumps	5-9	Hackensack, N.J./Holy Angels
*Kelly Kajunski	So.	Jumps/Hurdles	5-7	Glenmore, Pa./Downington East
Kelsey Kohler	Fr.	Distance	5-7	Southampton, Pa./St. Basil's Acad.
*Jennifer Lee	Sr.	Distance	5-5	Mt. Laurel, N.J./Lenape
Lauren Lester	Fr.	Distance	5-6	Schenectady, N.Y./Mohanosen
*Patrice Mahoney	So.	Distance	5-10	Staten Island, N.Y./Port Richmond
*Ashley Maynard	So.	Hurdles/Sprints	5-7	Pen Argyl, Pa./Pen Argyl
*Katie O'Connor	Sr.	Jumps/Hurdles	5-9	Forked River, N.J./Lacey Twp.
Alicia Price	Fr.	Throws	5-7	Voorhees, N.J./Eastern
*Rebecca Riedel	So.	Distance	5-9	Milton, Del./Cape Henlopen
*Elizabeth Spokony	So.	Sprints/Jumps	5-4	Woodstown, N.J./Woodstown
Jessica Tack	Fr.	Throws	5-10	Hummelstown, Pa./Hershey
*Kelly Wojciehowski	So.	Distance	5-4	Fair Haven, N.J./Rumson Fair Haven

*letterwinner

Head Coach: Rob Pasquariello (Villanova '87) (6th season) • Assistant Coach: Bob Hamer (Penn State '95) (4th season)

Assistant Coach: Justin Lindsey (Rider '01) (2nd season) • Volunteer Assistant Coach: Amy Calvo (Bucknell '05) (2nd season)

Name	Cl.	Event(s)	Ht.	Wt.	Hometown/High School
*Douglas Beck	Sr.	Throws	6-4	310	Branchburg, N.J./Somerville
Kevin Breen	Fr.	Pole Vault	5-9	150	Langhorne, Pa./Archbishop Ryan
Philip Breen	So.	Pole Vault	6-0	165	Langhorne, Pa./Archbishop Ryan
Phillip Capaldi	Fr.	Distance	5-9	128	Woxsall, Pa./Souderton
*Evan Chromczak	Jr.	Distance	6-2	168	Hellertown, Pa./Saucon Valley
*Andrew Dagenais	Jr.	Throws/Hurdles	6-3	215	Glen Rock, N.J./Glen Rock
*Matt Dahl	So.	Distance	6-0	143	West Keansburg, N.J./Raritan
*Ryan Donahue	Jr.	Distance	6-0	150	Freehold, N.J./Freehold Township
*Danny Enck	Sr.	Throws	6-0	240	Lititz, Pa./Warwick
*Andre Fearon	Jr.	Distance	5-11	160	Newark, N.J./St. Benedict's Prep
*Desmond Hamilton	So.	Sprints/Jumps	6-4	200	Pennsauken, N.J./Pennsauken
*Joe Lucchio	Jr.	Distance	5-8	145	Staten Island, N.Y./St. Joseph by the Sea
*Paul Matuszak	Jr.	Distance	5-10	144	Philadelphia, Pa./Archbishop Ryan
*SeanKelly McCauley	So.	Distance	5-7	150	Staten Island, N.Y./Port Richmond
Robert McCullough	Fr.	Distance	5-7	150	Plymouth Meeting, Pa./La Salle
Tom McGuire	So.	Distance	5-8	150	Lanoka Harbor, N.J./Lacey Township
*Randy Nixon	Jr.	Hurdles/Sprints	6-0	165	Manorville, N.Y./West Hampton
*AJ Parillo	So.	Sprints/Jumps	6-1	180	South River, N.J./South River
*David Payne	Sr.	Sprints	5-7	150	Neptune, N.J./Neptune
*Tom Planer	So.	Jumps	6-4	175	Cranford, N.J./Cranford
Paul Racioppi	Fr.	Sprints	5-9	155	Old Bridge, N.J./Old Bridge
*John Smith	Jr.	Distance	6-0	142	Cliffwood Beach, N.J./Matawan
*Jeff Stead	Jr.	Distance	5-9	145	Fairless Hills, Pa./Pennsbury
*Edward Stone	So.	Throws	5-10	230	Lebanon, Pa./Cedar Crest
*Thomas Westen	Jr.	Distance	5-11	160	Toms River, N.J./Toms River North
Brandon Wolf	Fr.	Throws	6-1	210	Lititz, Pa./Warwick

*letterwinner

Head Coach: Rob Pasquariello (Villanova '87) (6th season) • Assistant Coach: Bob Hamer (Penn State '95) (4th season)

Assistant Coach: Justin Lindsey (Rider '01) (2nd season) • Volunteer Assistant Coach: Amy Calvo (Bucknell '05) (2nd season)



Douglas Beck • Throws

Senior • Branchburg, NJ • Entrepreneurial Major

Named to the MAAC All-Academic team twice indoor and twice outdoor ... won the discus (48.54m) and placed fifth in the shot put (14.43m) at the 2006 MAAC Outdoor Championships...placed third in the shot put and fourth in the weight throw at the 2006 MAAC Indoor Championships...placed 15th at the 2005-06 IC4As in both the weight throw (16.74m) and the shot put (51'1")...Rider record holder in the discus and shot put...won the discus with an NCAA regional qualifying throw of 52.54m and placed third in the shot put (14.92m) to earn co-Most

Outstanding Performer in field events at the 2005 MAAC Outdoor Championships...Rider Athlete of the Month for April 2005 for twice breaking the Rider discus record... finished second in the discus (145'8") and fifth in the shot put (45'7.75") at the 2004 MAAC Outdoor Championships.



Andrew Dagenais • Throws/Hurdles

Junior • Glen Rock, NJ • Accounting Major

Placed second in the javelin at the 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 (175'5") at the Rider Invitational when Rider defeated Sacred Heart, Saint Peter's and Delaware...won the javelin (54.83m) in a home meet sweep of Fordham, Marist and Wagner...placed third in the javelin (175'9") at the 10-team Monmouth Invitational.



Desmond Hamilton • Sprints/Jumps

Sophomore • Pennsauken, NJ • Management Major

Helped the 4 x 100 relay place second overall (41.44) at the Eastern Championships last spring, the highest finish ever by a Rider relay team... long jumped 22'5.75" at the Eastern Championships...won the long jump and placed third in the triple jump sixth in the 400m (50.74) and seventh in the 200m (22.28) at the 2006 MAAC Outdoor Championships.





Randy Nixon • Hurdles/Sprints

Junior • Manorville, NY • Finance Major

Named to the MAAC All-Academic team last spring and last winter...at the 2006 Outdoor MAAC Championships won the 110m hurdles (14.86), was fourth in the 100m (11.04) and sixth in the 200m (22.15), while running on the winning 4x100 relay...won the 55m hurdles (7.69) and placed fifth in the 55m dash and fifth in the 200m at the 2005-06 MAAC Indoor Championships...placed second in the 110m hurdles (15.08) and third in the 200m (22.52) at the 2005 MAAC Outdoor Championships... won the 55 meter hurdles (7.55) and placed third in the 55m dash (6.51) and third in the 200m (22.27) at the 2005 MAAC Indoor Championships.



David Payne • Sprints

Senior • Neptune, NJ • Finance Major

Helped the 4 x 100 relay team place second overall (41.44) at the Eastern Championships last spring, the highest finish ever by a Rider relay team...named to the MAAC All-Academic team last spring...placed second in the 100m (10.88) and third in the 200m (21.94) at the 2006 MAAC Outdoor Championships while running on the gold medal winning 4x100 relay...earned 2005-06 All-East indoor honors when he placed seventh in the 200m (21.40) at the IC4A Championships...also placed ninth in the 55m dash (6.45) at the IC4As, where he broke the Rider record in the 200 meters (21.35) in the preliminaries...won the 55m dash and the 200m (21.46) at the 2006 MAAC Indoor Championships...named to the MAAC All-Academic team last winter... set two Rider records and qualified for the IC4As in the 60m (6.89) and 200m (21.72) at the Winter Games... an All-East indoor performer indoor in 2004-05 when he finished seventh in the finals of the 55m dash (6.51) and eighth in the 200m dash (21.89) at the 2004-05 IC4A Championships and was also a member of the All-East 4 x 100m relay during the spring 2004... placed second in the 100m dash (10.69) and second in the 200m (21.87) and ran on the winning 4 x 100 relay team at the 2005 MAAC Outdoor Championships... won the 200 meters in a record time of 21.76, breaking the MAAC mark that stood since 1989, and placed second in the 55m dash (6.45) at the 2004-05 indoor championships.



John Smith • Distance

Junior • Matawan, NJ • Secondary Education/History Major

Placed second in the 10,000 at the 2006 MAAC Outdoor Championships...two-time All-MAAC cross country finisher...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.



Name	Cl.	Ht.	Wt.	Hometown/High School
Phillip Capaldi	Fr.	5-9	128	Woxsall, Pa./Souderton
*Evan Chromczak	Jr.	6-2	168	Woxsall, Pa./Souderton
*Matt Dahl	So.	6-0	143	West Keansburg, N.J./Raritan
*Ryan Donohue	Jr.	6-0	150	Freehold, N.J./Freehold Township
*Andre Fearon	Jr.	5-11	160	Newark, N.J./St. Benedict's Prep
*Joe Lucchio	Jr.	5-8	145	Staten Island, N.Y./St. Joseph by the Sea
*Paul Matuszak	Jr.	5-10	144	Philadelphia, Pa./Archbishop Ryan
*Sean Kelly McCauley	So.	5-7	150	Staten Island, N.Y./Port Richmond
Robert McCullough	Fr.	5-7	150	Plymouth Meeting, Pa./La Salle
*Tom McGuire	So.	5-8	150	Lanoka Harbor, N.J./Lacey Township
*John Smith	Jr.	6-0	142	Cliffwood Beach, N.J./Matawan
*Jeff Stead	Jr.	5-9	145	Fairless Hills, Pa./Pennsbury
*Thomas Westen	Jr.	5-11	160	Toms River, N.J./Toms River North

*letterwinner
 Head Coach: Rob Pasquariello (Villanova '87) (6th season) • Assistant Coach: Bob Hamer (Penn State '95) (4th season)
 Assistant Coach: Justin Lindsey (Rider '01) (2nd season)

MEN'S CROSS COUNTRY RECORDS

Fastest Time on old Rider Course:		
Bill Reifsnnyder (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 OUTDOOR RECORDS

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Event	Athlete	Performance	Date
100m	Jamaal Harris	10.59	5/8/05
200m	Rich Hinton	21.40	1990
400m	Bruce Johnson	47.84	5/95
800m	Marc McKithen	1:50.68	5/95
1500m	Terrance Armstrong	3:46.02	5/95
	Ken Lehman	3:46.00 (h)	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	Tony Johnson	23'10"	1988
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	170'9"	2006
Decathlon	Bob Schultz	6,509 pts	1971
4 x 100m	McFarlane, Hinton, Young, Murphy	41.58	1990
4 x 200m	Payne, Hill, Hamilton, Harris	1:26.24	2006
4 x 400m	Lopez, Tarello, McKithen, Johnson	3:08.20	1995
4 x 800m	Loughran, Lampert, Breedon, McKithen	7:30.26	1996
4 x 1500m	Brock, Breedon, Armstrong, McGhee	16:20.9	1994
SMR	Pearson, Lackey, Gant, Joseph	3:24.26	1989
DMR	Armstrong, Lopez, Johnson, McGhee	9:50.1	1994
Shuttle hurdles	McFarlane, Cardona, Lackey, Lackey	58.88	1989

▶ WOMEN'S PROFILES

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Allyson Angelo • Jumps

Senior • Brick, NJ • Political Science Major

Named to the MAAC All-Academic team last spring and last winter... second in the pole vault (3.05m) at the 2006 MAAC Outdoor Championships...also placed second in the pole vault (3.20m) at the 2005 MAAC Outdoor Championships...placed runner-up in the pole vault and fifth in the long jump at the 2006 MAAC Indoor Championships...placed second in the pole vault at both the 2005 MAAC Indoor Championships (3.04m), and the 2005 MAAC Outdoor Championships (3.20m)... as a freshman finished fourth in the pole vault (2.59m) and ninth in the high jump (1.50m) at the 2003-04 MAAC Indoor Championships.



Katie Chin • Hurdles

Senior • Jackson, NJ • Elementary Education/Psychology Major

Ran on the MAAC silver medal winning 4x400 relay and was fourth in the 400m hurdles (1:08.29) and ninth in the 100m hurdles (16.89) at the 2006 MAAC Outdoor Championships.



Rebecca Clatch • Throws

Junior • Drums, PA • Accounting Major

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)...named to the MAAC All-Academic team last spring...won the javelin with a Rider record and ECAC qualifying distance of 42.45m at the 2005 MAAC Championships.



Lauren Deane • Throws

Senior • Jackson, NJ • Finance Major

Finished third in the discus (35.20m) and ninth in the shot put (10.15m) at the 2006 MAAC Outdoor Championships... placed fifth in the weight throw (12.19m) and seventh in the shot put (10.60m) at the 2005-06 MAAC Indoor Championships... placed third in the discus (35.66) at the 2005 MAAC Outdoor Championships.



Jazmine Fenlator • Throws

Senior • Wayne, NJ • Journalism Major

2005-06 Rider Female Athlete of the Year...named one of the top 25 performers in the 25-year history of the MAAC...at the 2006 Eastern Outdoor Championships placed fifth in the discus, sixth in the shot put, breaking her own Rider record by 20 inches with a toss of 48'8.25", and 13th in the hammer...it was the fourth time she has earned All-East honors, and the third time last year (indoor weight throw, outdoor discus and shot)...member of the MAAC All-Academic team last spring...at the 2006 outdoor MAAC Championships won the shot put with a meet

record throw of 14.11m and also won the discus (46.66m) and placed second in the hammer...earned All-East indoor honors by placing seventh in the weight throw with a Rider record 57'5.5" at the 2006 Indoor ECAC Championships...also placed ninth in the shot put (45'11") at the ECACs...won the shot put (13.26m) and placed second in the weight throw (16.05m) at the 2006 MAAC Indoor Championships...was named the Most Outstanding Performer in field events at the 2005 MAAC Outdoor Championships, winning the discus (48.54m) and placing third in the shot put (13.56m)...Rider's first NCAA Regional Automatic Qualifier...won the shot put at the 2004 MAAC Indoor Championships (13.83m)...also placed third in the weight throw (15.37m)...finished 14th in the shot put and 21st in the discus at 2004 ECAC's...placed second in the hammer and the shot put (45'1.25") and won the discus (150'5") at 2004 MAAC Outdoor Championships.



Tabatha Haskins • Jumps/Hurdles

Sophomore • Medford, NJ • Business Administration Major

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).



Katie O'Connor • Jumps/Hurdles

Senior • Forked River, NJ • Business Education Major

Placed second in the high jump (1.65m) and fourth in the 55m hurdles (8.71) at the 2005-06 MAAC Indoor Championships...placed third in the high jump (1.65m) and fourth in the 100m hurdles (15.84) at the 2006 MAAC Outdoor Championships...placed fourth in the high jump (1.60m) and sixth in the 55m hurdles (9.00) at the 2004-05 MAAC Indoor Championships.



Event	Athlete	Performance	Date
60yds	Stan Darby	6.38	1984
55m	Marcus Broach	6.38	3/93
55m h hurdles	Charles Lackey	7.38	1989
60m	David Payne	6.81	2006
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	Terrance Armstrong	1:53.15	1994
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
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	Allbright, Maggette, Longo, Wheat	10:07.84	1984
2 mile relay	Armstrong, Aschmies, Calhoun, Vinson	7:44.0	1991
Pentathlon	Randy Woodard	3,512 pts	1988
4x200	Reid, Harris, Bloemer, Hill	1:30.62	2/6/05
4x800	Owodunni, Mesina, Lado, Ramos	7:38.29	3/6/04