

[www.gobroncs.com](http://www.gobroncs.com)

# RIDER

CROSS COUNTRY/TRACK & FIELD

TM



2009-10 Media Guide




# 2009-10 T.V./Radio Roster



**Sprints**  
Senior  
5'10"  
170 lbs

**Terrell Anderson**



**Jumps**  
Freshman  
5'8"  
150 lbs

**Perry Asare**




**Hurdles/Sprints**  
Sophomore  
5'8"  
145 lbs

**Mike Bartoli**



**Jumps/Hurdles**  
Freshman  
5'11"  
160 lbs

**James Burroughs**



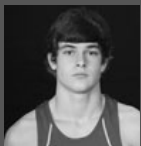
**Distance**  
Senior  
5'9"  
128 lbs

**Phillip Capaldi**




**Throws**  
Junior  
6'3"  
240 lbs

**John Clark**




**Distance**  
Freshman  
5'9"  
140 lbs

**Will Daley**



**Distance**  
Freshman  
5'8"  
137 lbs

**Sean Donohue**



**Distance**  
Freshman  
6'0"  
145 lbs

**Josh Frake**



**Distance**  
Junior  
5'11"  
143 lbs

**Christian Gonzalez**



**Jumps/Hurdles**  
Sophomore  
6'1"  
160 lbs

**Adam Haun**



**Hurdles**  
Freshman  
6'1"  
190 lbs

**David Hightower**



**Distance**  
Freshman  
6'2"  
170 lbs

**John Hill**



**Sprints**  
Freshman  
5'11"  
155 lbs

**Daequan Kim**




**Distance**  
Freshman  
5'7"  
150 lbs

**Robert Landgraf**



**Pole Vault**  
Junior  
5'9"  
145 lbs

**Brian Leggett**




**Jumps**  
Freshman  
6'0"  
165 lbs

**Tyree Leonard**



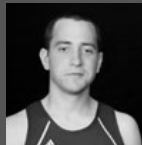
**???**  
Freshman  
5'11"  
152 lbs

**Jamar Lim**




**Distance**  
Senior  
5'7"  
126 lbs

**Robert McCullough**



**Distance**  
Freshman  
5'6"  
135 lbs

**Sean McCullough**



**Throws**  
Freshman  
6'2"  
258 lbs

**Jorge Merino**



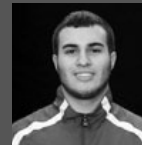
**Hurdles/Sprints**  
Sophomore  
6'2"  
175 lbs

**Ron Moore**



**Distance**  
Freshman  
5'9"  
130 lbs

**Kurt Morrison**



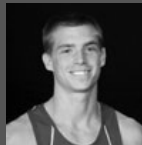
**Throws**  
Freshman  
6'0"  
233 lbs

**Niko Sakellis**



**Jumps/Sprints**  
Freshman  
6'2"  
180 lbs

**Greg Smith**




**Distance**  
Junior  
6'0"  
154 lbs

**Michael Soroko**




**Distance**  
Sophomore  
5'8"  
140 lbs

**David South**



**Throws**  
Freshman  
6'4"  
240 lbs

**Richard Verrall**




**Distance**  
Junior  
5'10"  
135 lbs

**Peter Wandell**



**Distance**  
Freshman  
6'0"  
147 lbs

**Greg Wesh**



**Throws**  
Senior  
6'1"  
210 lbs

**Brandon Wolf**

### 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:** 6,084 (4,857 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/SWA:** Karin Torchia 609-896-5249

**Associate Athletic Director:** Greg Busch 609-895-5642

**Assistant Athletic Director:** Brian Keane 609-896-5364

**Faculty Athletic Representative:** Jonathan Husch, Ph.D.

**Coordinator Academic Support:** Sonya Hurt

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

**Head Coach:** Bob Hamer (Penn State '95)

**Assistant Coach:** Dudley Dorival

**Assistant Coach:** Joshua Russell

**Assistant Coach:** Shelly Hollingsworth

**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.

**Coordinator Athletic Operations:** Shaun Clarida 609-896-7083

**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](http://www.gobroncs.com)

## 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.

# ▶ HEAD COACH **BOB HAMER**

Rider University Cross Country/Track & Field Media Guide • 2010



**Bob Hamer**

Bob Hamer, the assistant coach of the Rider University cross country and track & field teams since 2003, was promoted to head coach in July of 2008 and in 2009-10 he was named the Metro Atlantic Athletic Conference Men's Indoor Track Coach of the Year.

"As far as being named Coach of the Year, it is great to be recognized by your peers but as everybody knows the kids are the driving force and my staff does a tremendous job," Hamer said. "The award is for all of them."

Since taking over the program his women's cross country team placed second in the MAAC Championships, his men's and women's indoor track & field teams have placed runner-up in the MAAC Championships and both of his outdoor track & field teams have placed runner-up in the MAAC.

As an assistant coach, Hamer's primary duties were with the cross country and distance runners, as he is a USA Track & Field Level II certified coach for endurance events. In 2007 his men's cross country team placed a best-ever third in the Metro Atlantic Athletic Conference and 14th at the NCAA Regional while the women's cross country team placed a best-ever 22nd at the NCAA Regional.

"I am really excited about the opportunity to lead the men and women of the Rider cross country/track & field programs," said Hamer, who was twice a Track & Field All-American at Penn State University. "I look forward to contributing to the strong tradition and building a program that will be a great representation of the University and the Rider community."

In his first year at Rider, the men's cross country team improved from seventh to fourth place in the MAAC Championship and the women distance runners contributed valuable points in winning the Outdoor MAAC Track & Field Championship. On the track his athletes have set men's records in the indoor 800m, indoor distance medley relay and indoor 4 x mile relay, and women's records in the indoor 1000, indoor mile, indoor 5000, indoor 4x800 and indoor 4 x mile relay.

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 had an All-MAAC performer and was named All-Academic by the USTFCCCA.

"I am really proud of the academic accomplishments of our student-athletes," Hamer said. "They are dedicated and committed to academics and athletics and that is one of the reasons for our success at Rider. We try to recruit student-athletes who have academics as a priority and we are continually rewarded by their accomplishments in the classroom."

Hamer came to Rider from Saint Joseph's University, where he was an assistant coach. Before coaching at Saint Joseph's, Hamer was the head track & field coach at the Devon Preparatory School.

A 1995 graduate of Penn State, 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.

Hamer and his wife Allison and daughters Kylie and Brynn reside in Phoenixville, Pa.



# ▶ ASSISTANT COACHES

Rider University Cross Country/Track & Field Media Guide • 2010



**Dudley Dorival**

Born in Elizabeth, New Jersey, Dorival represented Haiti in the Olympics.

"The chance to share the things I've learned has been a goal of mine," Dorival said. "I want to thank Coach Hamer and Rider University for this opportunity to contribute to the Rider tradition.

Dudley Dorival of Ewing, a three-time Olympian, was hired as the Rider University Assistant Track & Field/Cross Country Coach in 2008.

"Dudley has excelled at the highest competitive levels of track & field and will be a tremendous coach and mentor for our student-athletes," said Rider Head Coach Bob Hamer.

A 1997 graduate of the University of Connecticut, where he was a four-time All-American, Dorival was a quarterfinalist at the Beijing Olympics in the 110m hurdles, a finalist at the Sydney Olympics in 2000 and a semifinalist at the Athens Olympics in 2004. He won a bronze medal at the 2001 World Championships and was a semifinalist at the 2003 World Championships.

"I've had great mentors and teachers in my career," said Dorival, who has also coached at Princeton University and Princeton High School, "and this position offers me an opportunity to give something back. I'm looking forward to it."

"He has a passion, enthusiasm, and excitement that will impact all areas of the track & field program at Rider," said Hamer, who was twice an All-American distance runner at Penn State.



**Joshua Russell**

Joshua Russell of Neptune was hired as an assistant coach of the Rider University track & field team in 2008. Russell, a 2004 graduate of Wagner College, where he was the Northeast Conference Indoor Performer of the Year, works with the Rider throwers.

"Coach Russell will do an outstanding job coaching the throwers," said Rider head coach Bob Hamer. "He was a very accomplished student-athlete in college and he brings a tremendous amount of enthusiasm and competitive experience that will greatly benefit our student-athletes."

Russell was an NCAA qualifier in the shot put, winning the event at the NEC Championships and the IC4A Championships.

Russell was the Camp Strength and Conditioning Assistant at Wagner before spending a year in the United States Marine Corps.

"I am real excited to have him join the staff," Hamer said.



**Shelly Hollingsworth**

Shelly Hollingsworth of Somerset was hired as an assistant coach of the Rider University track & field team in 2008.

Hollingsworth came to Rider from Kean College, where she was the head coach of the men's and women's cross country and track & field teams 2000-2006, winning the New Jersey Athletic Conference Women's Coach of the Year award in 2005.

"Shelly is a very successful coach and she primarily works with the jumpers and vaulters," said Rider head coach Bob Hamer, "but she can also help the team in any event area."

Hollingsworth was an All-American at Penn State University in the Heptathlon, competing in the 1992 Olympic Trials in the hurdles. She set the Penn State record in the high jump. At Lakewood High School Hollingsworth was the New Jersey State Champion in the high jump and the 400 hurdles.

"Shelly was a tremendous high school and collegiate student-athlete and is a great mentor to our student-athletes," said Hamer, who was twice an All-American at Penn State in the 1500 and medley relay.

# ▶ WOMEN'S CROSS COUNTRY ROSTER

Rider University Cross Country/Track & Field Media Guide • 2010

Name	Ht.	Yr.	Hometown (Previous School)
Chelsea Callan	5-2	Jr.	Hazlet, N.J. (Raritan)
Dominique Carnevale	5-7	Sr.	Oceanport, N.J. (Shore Regional)
Johanna Clarke	5-5	Jr.	Laurelton, N.Y. (Mary Louis Academy)
Kelly Dissinger	5-7	Sr.	Landisville, Pa. (Hempfield)
Megan Elgin	5-6	Fr.	Doylestown, Pa. (Central Bucks East)
Erin Fitzgibbons	5-3	Fr.	Sayreville, N.J. (Sayreville)
Heather Giovagnoli	5-2	So.	Royersford, Pa. (Spring Ford)
Kelli Kaelin	5-7	So.	Little Egg Harbor, N.J. (Pinelands Regional)
Kelsey Kohler	5-7	Sr.	Southampton, Pa. (Saint Basil Academy)
Lauren Lester	5-6	Sr.	Schenectady, N.Y. (Mohonasen)
Victoria Lima	5-3	Fr.	Westerly, R.I. (Westerly)
Paige McAtee	5-7	Fr.	Massapequa, N.Y. (Massapequa)
Erin Mulvenna	5-9	Fr.	Sewell, N.J. (Our Lady of Mercy Academy)
Ashley O'Brien	5-4	Jr.	Edison, N.J. (John P. Stevens)
Kristen Perrine	5-6	So.	Brick, N.J. (Brick Memorial)
Jillian Shutt	5-3	Fr.	Lawrenceville, Pa. (Williamson)
Laura Staples	5-7	So.	Horsham, Pa. (Appalachian State) (Hatboro-Horsham)
Nicole Tassello	5-7	Fr.	Suffern, N.Y. (Suffern)
Kimberly Thompson	5-8	Fr.	Schwenksville, Pa. (Spring Ford)

**Head Coach:** Bob Hamer (Penn State '95), 2nd season

**Assistant Coach:** Dudley Dorival (Connecticut '97), 2nd season

**Assistant Coach:** Shelly Hollingsworth (Penn State '92), 2nd season

**Assistant Coach:** Josuah Russell (Wagner '04), 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



# ▶ WOMEN'S TRACK & FIELD ROSTER

Rider University Cross Country/Track & Field Media Guide • 2010

Name	Event(s)	Ht.	Yr.	Hometown (Previous School)
Megan Adebamowo	Throws	5-6	Fr.	Manchester, N.J. (Manchester)
Jennifer Alksmant	Throws	5-6	Sr.	Forked River, N.J. (Lacey Township)
Chelsea Callan	Distance	5-2	Jr.	Hazlet, N.J. (Raritan)
Gina Campagna	Jumps/Hurdles/PV	5-8	Fr.	Cicero, N.Y. (Cicero North-Syracuse)
Dominique Carnevale	Distance	5-7	Sr.	Oceanport, N.J. (Shore Regional)
Johanna Clarke	Distance	5-5	Jr.	Laurelton, N.Y. (Mary Louis Academy)
Shaylah Counts	Sprints	5-0	Jr.	Newark, N.J. (Malcolm Shabazz)
Kelly Dissinger	Distance	5-7	Sr.	Landisville, Pa. (Hempfield)
Megan Elgin	Distance	5-6	Fr.	Doylestown, Pa. (Central Bucks East)
Lauren Findley	Sprints	5-2	Fr.	Hallstead, Pa. (Blue Ridge)
Erin Fitzgibbons	Distance	5-3	Fr.	Sayreville, N.J. (Sayreville)
Heather Giovagnoli	Distance	5-2	So.	Royersford, Pa. (Spring Ford)
Tara Hansen	Throws	5-10	Sr.	Beachwood, N.J. (Toms River HS South)
Jordyn Horning	Sprints	5-8	Fr.	Milford, Pa. (Delaware Valley)
Ashley Hunter	Hurdles/Sprints	5-11	Fr.	Northampton, Pa. (Northampton)
Kelli Kaelin	Distance	5-7	So.	Little Egg Harbor, N.J. (Pinelands Regional)
Kelsey Kohler	Distance	5-7	Sr.	Southampton, Pa. (Saint Basil Academy)
Victoria Lima	Distance	5-3	Fr.	Westerly, R.I. (Westerly)
Paige McAtee	Distance	5-7	Fr.	Massapequa, N.Y. (Massapequa)
Erin McMullin	Sprints/Jumps	5-8	Fr.	Philadelphia, Pa. (Nazareth Academy)
Erin Mulvenna	Distance	5-9	Fr.	Sewell, N.J. (Our Lady of Mercy Academy)
Krista Musinski	Jumps	5-3	Fr.	West Pittston, Pa. (Wyoming Area Secondary)
Ashley O'Brien	Distance	5-4	Jr.	Edison, N.J. (John P. Stevens)
Kristen Perrine	Distance	5-6	So.	Brick, N.J. (Brick Memorial)
Alicia Price	Throws	5-7	Sr.	Voorhees, N.J. (Eastern)
Catherine Remaley	Throws	5-8	Fr.	Lehighton, Pa. (Lehighton)
Mia Riley	Sprints/Throws	5-9	Fr.	West Caldwell, N.J. (James Caldwell)
Jillian Rubbico	Sprints	5-0	Jr.	Plains, Pa. (Coughlin)
Jillian Shutt	Distance	5-3	Fr.	Lawrenceville, Pa. (Williamson)
Erin Smith	Throws	5-3	Fr.	Columbia, Pa. (Hempfield)
Laura Staples	Distance	5-6	So.	Horsham, Pa. (Appalachian State) (Hatboro-Horsham)
Nicole Tassello	Distance	5-7	Fr.	Suffern, N.Y. (Suffern)
Kimberly Thompson	Distance	5-8	Fr.	Schwenksville, Pa. (Spring Ford)
Caitlin Vanek	Jumps/Hurdles	5-5	Fr.	Riegelsville, Pa. (Wilson)

Head Coach: Bob Hamer (Penn State '95), 2nd season

Assistant Coach: Dudley Dorival (Connecticut '97), 2nd season

Assistant Coach: Shelly Hollingsworth (Penn State '92), 2nd season

Assistant Coach: Josuah Russell (Wagner '04), 2nd season

# ► MEN'S CROSS COUNTRY ROSTER

Rider University Cross Country/Track & Field Media Guide • 2010

Name	Ht.	Wt.	Yr.	Hometown (Previous School)
Phillip Capaldi	5-9	128	Sr.	Woxall, Pa. (Souderton)
Will Daley	5-9	140	Fr.	Birdsboro, Pa. (Twin Valley)
Sean Donohue	5-8	137	Fr.	Cliffwood Beach, N.J. (Matawan)
Josh Frake	6-0	145	Fr.	Bristol, Pa. (Bristol)
Christian Gonzalez	5-11	145	Jr.	Somerset, N.J. (Franklin Twp.)
John Hill	6-2	170	Fr.	Voorhees, N.J. (Eastern)
Robert Landgraf	5-7	150	Fr.	Abington, Pa. (Abington)
Michael Lindner	5-11	150	So.	Whitehouse Station, N.J. (Hunterdon Central)
Robert McCullough	5-7	126	Sr.	Plymouth Meeting, Pa. (La Salle)
Sean McCullough	5-6	135	Fr.	Plymouth Meeting, Pa. (La Salle)
Kurt Morrison	5-9	130	Fr.	Deptford, N.J. (Deptford)
Michael Soroko	6-0	154	Jr.	Kinnelon, N.J. (Kinnelon)
David South	5-8	140	So.	Sergeantsville, N.J. (Hunterdon Central)
Greg Wesh	6-0	147	Fr.	Horsham, Pa. (Hatboro-Horsham)

## 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 TRACK & FIELD ROSTER

Rider University Cross Country/Track & Field Media Guide • 2010

Name	Event(s)	Ht.	Wt.	Yr.	Hometown (Previous School)
Terrell Anderson	Sprints	5-10	170	Sr.	Kansas City, Mo. (Belton)
Perry Asare	Jumps	5-8	150	Fr.	Lindenwold, N.J. (Lindenwold)
Mike Bartoli	Hurdles/Sprints	5-8	145	So.	Millstone, N.J. (Allentown)
James Burroughs	Jumps/Hurdles	5-11	160	Fr.	West Orange, N.J. (West Orange)
Phillip Capaldi	Distance	5-9	128	Sr.	Woxall, Pa. (Souderton)
John Clark	Throws	6-3	240	Jr.	Pennsville, N.J. (Pennsville)
Will Daley	Distance	5-9	140	Fr.	Birdsboro, Pa. (Twin Valley)
Sean Donohue	Distance	5-8	137	Fr.	Cliffwood Beach, N.J. (Matawan)
Nick Dorkin	Sprints	5-7	137	Fr.	Briarcliff Manor, N.Y. (Briarcliff Manor)
Josh Frake	Distance	6-0	145	Fr.	Bristol, Pa. (Bristol)
Will Gomez	Throws	5-11	168	Fr.	East Windsor, N.J. (Notre Dame)
Christian Gonzalez	Distance	5-11	143	Jr.	Somerset, N.J. (Franklin Twp.)
Adam Haun	Jumps/Hurdles	6-1	160	So.	Holland, Pa. (Council Rock South)
David Hightower	Hurdles	6-1	190	Fr.	Easton, Pa. (Easton)
John Hill	Distance	6-2	170	Fr.	Voorhees, N.J. (Eastern)
Daequan Kim	Sprints	5-11	155	Fr.	Bordentown, N.J. (Bordentown)
Robert Landgraf	Distance	5-7	150	Fr.	Abington, Pa. (Abington)
Brian Leggett	Pole Vault	5-9	145	Jr.	Old Chatham, N.Y. (Chatham)
Tyree Leonard	Jumps	6-0	165	Fr.	Browns Mills, N.J. (Pemberton)
Jammar Lim	Sprint/Hurd/Jump	5-11	152	Fr.	Ewing, N.J. (Ewing)
Robert McCullough	Distance	5-7	126	Sr.	Plymouth Meeting, Pa. (La Salle)
Sean McCullough	Distance	5-6	135	Fr.	Plymouth Meeting, Pa. (La Salle)
Jorge Merino	Throws	6-2	258	Fr.	Old Bridge, N.J. (Old Bridge)
Ron Moore	Hurdles/Sprints	6-2	175	So.	Nashville, Tenn. (John Overton)
Kurt Morrison	Distance	5-9	130	Fr.	Deptford, N.J. (Deptford)
Niko Sakellis	Throws	6-0	233	Fr.	Clark, N.J. (Arthur L. Johnson)
Greg Smith	Sprints/Jumps	6-2	180	Fr.	Milford, N.J. (Delaware Valley)
Michael Soroko	Distance	6-0	154	Jr.	Kinnelon, N.J. (Kinnelon)
David South	Distance	5-8	140	So.	Sergeantsville, N.J. (Hunterdon Central)
Greg Van Sciver	Pole Vault	5-8	160	Fr.	Mount Laurel, N.J. (Lenape)
Richard Verrall	Throws	6-4	240	Fr.	Philadelphia, Pa. (Archbishop Ryan)
Peter Wandell	Distance	5-10	135	Jr.	State College, Pa. (State College)
Greg Wesh	Distance	6-0	147	Fr.	Horsham, Pa. (Hatboro-Horsham)
Brandon Wolf	Throws	6-1	210	Sr.	Lititz, Pa. (Warwick)

**Head Coach:** Bob Hamer (Penn State '95), 2nd season

**Assistant Coach:** Dudley Dorival (Connecticut '97), 2nd season

**Assistant Coach:** Shelly Hollingsworth (Penn State), 2nd season

**Assistant Coach:** Josuah Russell (Wagner '04), 2nd season



## Jennifer Alksmant

Senior • Forked River, N.J. • Archbishop Ryan

Won the discus at the 2009 MAAC Outdoor Championships while finishing second with in the shot put, fifth in the hammer and ninth in the javelin (20.30m)...placed 21st in the discus at the 2009 ECAC Outdoor Championships...at the 2008 MAAC Outdoor Championships won the discus and placed third in the shot put (10.67m) and was fourth in the hammer (36.06m)...at the 2008 ECAC Championships placed 22nd in the discus (41.45m)...at the 2008-09 MAAC Indoor Championships was fifth in the weight throw (11.73m) and seventh in the shot put.



## Chelsea Callan

Junior • Hazlet, N.J. • Raritan

Holds the Rider Indoor record for the mile (5:01.98)...at the 2009-10 MAAC Indoor Championships placed third in the 3,000m (10:24.49)...at the 2009 ECAC Cross Country Championships placed 18th with a time of 18:48...at the 2009 MAAC Cross Country Championships placed 14th, covering the 6,000m course in 24:26.7...at the 2009 NCAA Cross Country Regional Championships placed 72nd covering the 6,000 meter course in 23:37...at the 2009 MAAC Outdoor Championships placed third in the 3000m Steeplechase (11:19.75) and finished seventh in the 5000m (18:37.04)...ran on the record setting 4x800 relay (9:18.59)...at the 2008-09 MAAC Indoor Championships placed third in the mile with a Rider record time of 5:06.94...at the 2008 MAAC Cross Country Championships placed 16th overall (23:02.89)...at the 2008 MAAC Outdoor Championships placed fifth in the 3000m Steeplechase (11:45.66) and eighth in the 800m (2:23.34)... at the 2007-08 MAAC Indoor Championships placed eighth in the mile (5:17.84) as a freshman.



## Dominique Carnevale

Senior • Oceanport, N.J. • Shore Regional

Track & Field team captain...placed sixth in the 5,000m (19:34.88) at the 2009-10 MAAC Indoor Championships... was sixth in the 3000m (11:29.24) at the 2009 Princeton Invitational...placed fourth in the 5,000m (19:49.23) at the 2009 Rider Invitational...was eighth in the 3000m (11:35.08) at the 2008-09 Indoor Penn State Relays...placed 21st in the 3,000m (11:27) at the 2009-09 Gotham Cup...was 15th in the 5000m (20:07.34) at the 2008 MAAC Outdoor Championships...won the 5000m (20:28.01) at the 2008 Rider Invitational.



## Heather Giovagnoli

Sophomore • Royersford, Pa. • Spring Ford

Placed fifth in the mile (5:19.28) at the 2009-10 MAAC Indoor Championships...finished 43rd (19:21) at the 2009 ECAC Cross Country Championships...ran on the 4x400 relay that finished third (4:12.19), placed sixth in the 800m (2:23.86), and placed seventh in the 1500m (4:50.73) at the 2009 MAAC Outdoor Championships... ran on the Indoor record setting 4x800 relay (9:18.59) and on the Indoor DMR (12:10.12)...ran on the 4x800 relay that placed 20th at the 2009-10 ECAC Indoor Championships.



## Kelsey Kohler

Senior • Southampton, N.J. • Saint Basil Academy

Holds the Rider Indoor records for the 3,000m (10:24.17) and the 5,000m (18:01.52)...at the 2009-10 MAAC Indoor Championships placed fourth in the 5,000m...at the 2009 ECAC Cross Country Championships finished 18th with a time of 18:58...at the 2009 MAAC Outdoor Championships placed ninth in the 5000m...at the 2008-09 MAAC Indoor Championships placed third in the 5000m with a Rider record time (18:19.33)...at the 2008 MAAC Outdoor Championship placed fourth in the 5000m...set the Rider Outdoor record in the 5000m (18:10.29) in 2008.



## Alicia Price

Senior • Voorhees, N.J. • Eastern

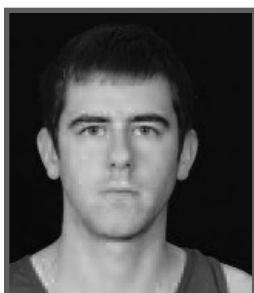
At the 2009-10 ECAC Indoor Championships placed 11th in the shot put (13.60m) and threw a distance of 15.91m in the weight throw...at the 2009-10 MAAC Indoor Championships won the weight throw with a distance of 54'6" and placed second in the shot put (45'2.25")...at the 2009 Outdoor NCAA Regionals finished 18th in the hammer...at the 2009 ECAC Outdoor Championships placed 15th in the hammer (50.72m) and finished 19th in the shot put...at the 2009 MAAC Outdoor Championships won the hammer (50.76m), won the shot put and placed fourth in the discus (29.84)...at the 2008-09 MAAC Indoor Championships won the weight throw (15.69m) and was third in the shot put (11.17m)... at the 2008 MAAC Outdoor Championships won the hammer (45.48m) and placed second in the shot put (12.06m) and fifth in the discus (31.80m)...won the weight throw (14.95m) and placed third in the shot put (11.67m) at the 2007-08 MAAC Indoor Championships...placed 17th in the weight throw with a distance of 13.70m at the 2007-08 ECAC Indoor Championships...Track and Field team captain.



## Kristen Perrine

Sophomore • Brick, N.J. • Brick Memorial

Set Rider Indoor records in the 800m (2:17.89) and the 1,000m (2:57.78) and ran on the record setting 4 x 800 relay (9:19.93)...ran cross country in the fall...ran on the 4x800 relay that placed 20th at the 2009-10 ECAC Indoor Championships...ran on the distance medley relay that placed fourth (12:44.61) at the 2009-10 MAAC Indoor Championships...ran on the 4 x 800 relay that placed 22nd (9:25.81) at the 2008-09 ECAC Indoor Championships.



## Phillip Capaldi

Senior • Woxall, Pa. • Souderton

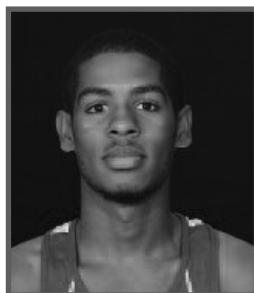
Placed 164th (29:33) at the 2009 IC4A Cross Country Championships...finished 183rd (39:59) at the NCAA Mid-Atlantic Cross Country Regional...was 75th (29:24.8) at the 2009 MAAC Cross Country Championships...finished 12th in the 5000m (16:11.58) at the 2008-09 MAAC Indoor Championships...Team Captain.



## John Clark

Junior • Pennsville, N.J. • Pennsville

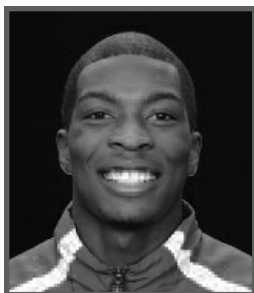
Holds the Rider Indoor record for the 35 lb. weight throw (58'6")...at the 2009-10 MAAC Indoor Championships placed second in the weight throw (57'7.75") and third in the shot put (48'4.75")...placed 22nd in the weight throw (16.06m) at the 2009-10 IC4A Indoor Championships...at the 2009 IC4A Outdoor Championships placed 11th (48.40m) in the discus...at the 2009 MAAC Outdoor Championships won the discus (48.44), finished third in the shot put (14.42) and placed fourth in the hammer (47.98)... at the 2008 MAAC Outdoor Championships won the discus (47.44m) and placed second in the shot put (14.66m) and was fourth in the hammer (43.46m)...at the 2008 IC4A Outdoor Championships placed 10th in the discus (47.96 m)...won the discus (47.19m) at the 2008 Rider Invitational and at the Lafayette (47.42m) Five Way... was second in the shot put (14.93m) and third in the weight throw (16.82m) at the 2008-09 MAAC Indoor Championships.



## Christian Gonzalez

Junior • Somerset, N.J. • Franklin Twp.

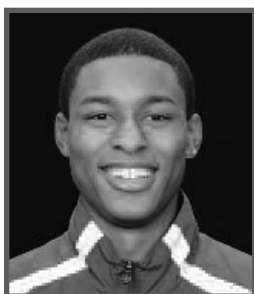
Earned All-East Honors in the mile at the 2009-10 IC4A Indoor Championships when he placed sixth...won the mile at the 2009-10 MAAC Indoor Championships in a Rider-record time (4:08.11), breaking the mark set by Rider Hall of Famer Terrance Armstrong '94 (4:09.11)...also holds the Rider Indoor record for the mile (4:06.44)...placed fourth (25:46) at the 2009 IC4A Cross Country Championships...placed 28th at the 2009 NCAA Cross Country Regional Championships, covering the 10,000 meter course in 33:00...finished 12th at the 2009 MAAC Cross Country Championships...in the fall of 2008 earned All-MAAC cross country honors, placing seventh at the conference championships...set the Rider cross country record for the Lehigh course at the 2008 Paul Short Run, covering the 8,000m course in 24:43...ran on Rider-record setting Distance Medley Relay at the 2008-09 Indoor IC4As...finished first among Broncs in every cross country race he ran in 2008... placed fifth in the mile (4:15.72) at the 2008-09 MAAC Indoor Championships...was sixth in the 1500m (4:00.67) and 11th in the 800m (2:01.27) at the 2008 MAAC Outdoor Championships...won the 3000 meter (9:00.92) at Lafayette's Five Way meet in 2008.



## David Hightower

Freshman • Easton, Pa. • Easton

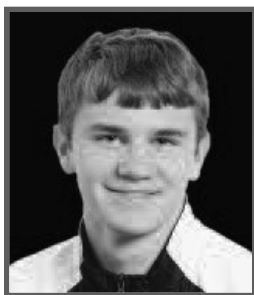
Won the 55m hurdles (7.66) and placed fifth in the 200m (22.66) at the 2009-10 MAAC Indoor Championships... placed second in the 500m (1:08.18) and the 60m hurdles (8.36) in a duel meet against Monmouth... placed third in the 60 hurdles with a time of (8.38) at the 2009-10 New Year's Invitational at Princeton.



## Daequan Kim

Freshman • Bordentown, N.J. • Bordentown

Named the Most Outstanding Performer at the 2009-10 MAAC Indoor Championships, winning the 55m dash (6.46) and the 200m (21.91) while leading the 4 x 400 relay to a first place (3:19.81) finish.



## Brian Leggett

Junior • Old Chatham, N.Y. • Chatham

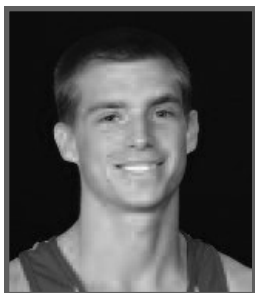
Placed third in the pole vault (13'9.25") at the 2009-10 MAAC Indoor Championships... placed second in the pole vault (4.00m) at the 2009 MAAC Outdoor Championships... won the pole vault (4.42m) at the 2008-09 MAAC Championships... was sixth in the pole vault at the 2008 MAAC Outdoor Championships.



## Jorge Merino

Freshman • Old Bridge, N.J. • Old Bridge

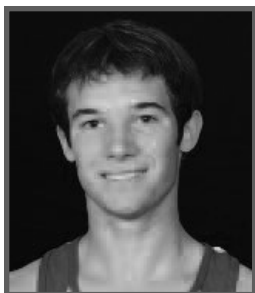
Set the Rider record for the Indoor shot put (52'1") at the 2009-10 MAAC Championships, placing second... also placed seventh in the wt. throw (44'3.5") at MAACs... qualified for the IC4A Championships this past winter in the shot.



## Michael Soroko

Junior • Kennelon, N.J. • Kennelon

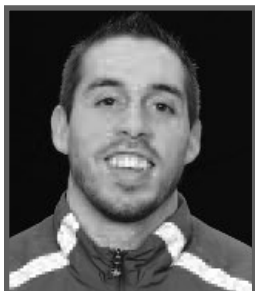
Earned All-East honors at the 2009-10 IC4A Indoor Championships when he won the 3,000m (8:13.42), just the third Bronc to ever win an IC4A event...also won the 3,000m at the 2009-10 MAAC Indoor Championships and holds the Rider record for that event (8:11.88)...at the 2009 IC4A Cross Country Championships placed seventh (26.05)...finished 13th at the 2009 MAAC Cross country Championships...at the 2009 MAAC Outdoor Championships placed second in the 1500m (3:57.10) and third in the 3000 Steeplechase (9:17.88)...Rider's top finisher at the 2008 IC4A Cross Country Championships, placing 47th of 235 runners, covering the five mile course in 26:46...placed fifth among Broncs, 35th (27:00.37) overall at the 2008 MAAC Cross Country Championships...Team Captain.



## David South

Sophomore • Sergeantsville, N.J. • Hunterdon Central

Placed sixth in the 800m (1:56.76) at the 2009-10 MAAC Indoor Championships...placed third in the 800m (2:00.01) at the 2009 MAAC Outdoor Championships...ran on the 4x800 relay that placed 20th (7:59.06) at the 2009-10 IC4A Indoor Championships.



## Brandon Wolf

Senior • Lititz, Pa. • Warwick

Track & Field team captain...placed fourth in the weight throw (55'1.0") and fifth in the shot put (45'1") at the 2009-10 MAAC Indoor Championships...placed third in the hammer (49.70), finished fifth in the javelin (47.75), placed fifth in the shot put (12.42m) and finished fifth in the discus (34.84) at the 2009 MAAC Outdoor Championships...placed fourth in the weight throw (16.13m) and fourth in the shot put (13.66m) at the 2008-09 MAAC Indoor Championships...was fourth in the shot put (12.73m) and fifth in the discus (36.66m) was fifth in the hammer (39.68m) and sixth in the javelin (45.66m) at the 2008 MAAC Outdoor Championships.

# ▶ WOMEN'S INDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2010

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	Kristen Perrine	2:17.89		2009
1000m	Kristen Perrine	2:57.78		2009
1500m	Kathleen Evans	5:05.68	NEC-FDU	2/19/94
1 mile	Chelsea Callan	5:01.98		2010
2 miles	Uli Bromme	11:44.64	Lafayette	12/2/00
3000m	Kelsey Kohler	10:24.17		2010
5000m	Kelsey Kohler	18:01.52		2010
High Jump	Kelly Kajunski	5'8.75"		2007
Long Jump	Ashley Miller	18' 4.25"		2006
Triple Jump	Tabatha Haskins	38' 8.25"		2009
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	Counts (26.2), McMullin (26.0), Horning (27.2), Riley (26.5)	1:45.94		2010
4x 800m	Callan (2:21.11), Perrine (2:19.62), Giovagnoli (2:21.91), Lester (2:17.12)	9:19.93		2009
SMR	Hunter (27.3), Rubbico (27.1), Riley (66.4), Clarke (2:24.9)	4:25.77		2010
DMR	Giovagnoli (3:46.73), Hunter (59.89), Clarke (2:20.36), Callan (5:02.85)	12:10.12		2010
4xMile Relay	Lester (5:32.1), Kohler (5:29.9), Crowe (5:49.0), Wojciehowski (5:38.3)	22:28.35		2010

# ▶ WOMEN'S OUTDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2010

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	Lauren Lester	4:42.26		2009
3000m	Ulrike Bromme	10:31.64		2002
3000m SC	Chelsea Callan	11:19.75		2009
5000m	Kelsey Kohler	18:10.29		2008
10,000m	Kelly Wojciehowski	37:14.89		2009
100m H hurdles	Tabatha Haskins	14.75		2008
400m H 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"		2009
Long Jump	Mechea Medine	18' 1.50"		2005
Triple Jump	Tabatha Haskins	39' 11.25"		2009
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	Lester (2:18.44), Callan (2:17.16), Giovagnoli (2:20.49), Perrine (2:22.22)	9:18.59		2009
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

# ▶ MEN'S INDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2010

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	Christian Gonzalez	4:06.44	2010
2 miles	Terence Wheat	9:05.00	1986
3000m	Mike Soroko	8:11.88	2010
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	Jorge Merino	52'1"	2010
35 lb. weight	John Clark	58'6"	2010
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	Gonzalez (2:59.66), Kim (49.83), South (1:57.59), Soroko (4:09.55)	9:57.37	2010
2 mile relay	Armstrong, Aschmies, Calhoun, Vinson	7:44.0	1991
4x200	Nixon (22.3), Hamilton (22.1), Parillo (21.7), Payne (21.9)	1:28.30	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 (4:17.35), Soroko (4:22.55), Gonzalez (4:25.70), Dahl (4:42.33)	17:48.46	2008

# ▶ MEN'S OUTDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2010

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	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	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

Rider's enrollment of more than 6,000 consists of over 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 seven editions of The Princeton Review's Best 371 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 pro-



grams 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

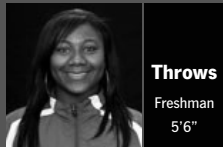
Through the mentor program, established in the fall of 1994, Rider faculty members or administration are paired with varsity athletic teams. Mentors are present for support, advice, cheerleading, as well as other non-coaching duties. The mentor program opens communication lines between faculty/staff 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.

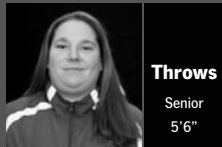


# 2009-10 T.V./Radio Roster



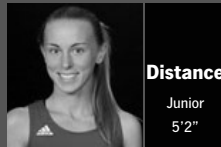
**Throws**  
Freshman  
5'6"

**Megan Adebamowo**



**Throws**  
Senior  
5'6"

**Jennifer Alksmant**



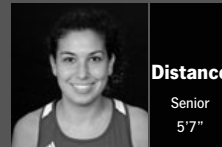
**Distance**  
Junior  
5'2"

**Chelsea Callan**



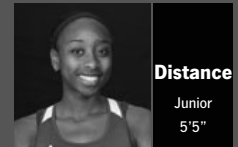
**Jumps/  
Hurdles/  
PV**  
Freshman  
5'8"

**Gina Campagna**



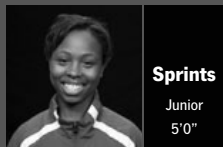
**Distance**  
Senior  
5'7"

**Dominique Carnevale**



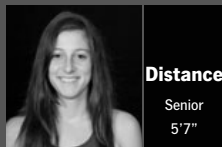
**Distance**  
Junior  
5'5"

**Johanna Clarke**



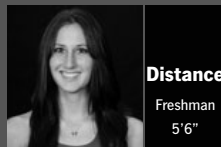
**Sprints**  
Junior  
5'0"

**Shaylah Counts**



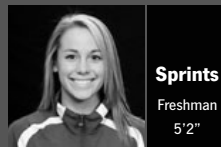
**Distance**  
Senior  
5'7"

**Kelly Dissinger**



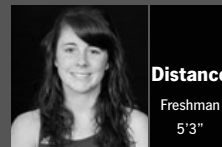
**Distance**  
Freshman  
5'6"

**Megan Elgin**



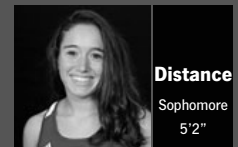
**Sprints**  
Freshman  
5'2"

**Lauren Findley**



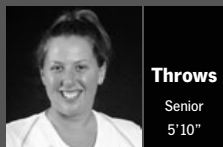
**Distance**  
Freshman  
5'3"

**Erin Fitzgibbons**



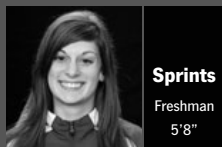
**Distance**  
Sophomore  
5'2"

**Heather Giovagnoli**



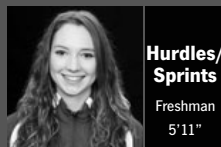
**Throws**  
Senior  
5'10"

**Tara Hansen**



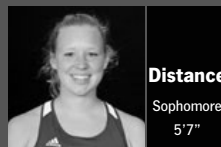
**Sprints**  
Freshman  
5'8"

**Jordyn Horning**



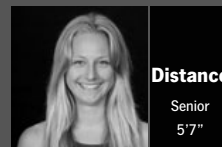
**Hurdles/  
Sprints**  
Freshman  
5'11"

**Ashley Hunter**



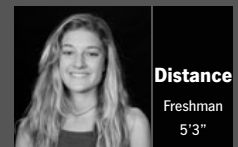
**Distance**  
Sophomore  
5'7"

**Kelli Kaelin**



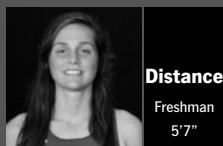
**Distance**  
Senior  
5'7"

**Kelsey Kohler**



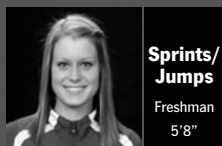
**Distance**  
Freshman  
5'3"

**Victoria Lima**



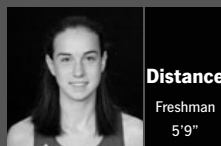
**Distance**  
Freshman  
5'7"

**Paige McAtee**



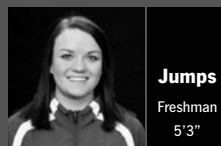
**Sprints/  
Jumps**  
Freshman  
5'8"

**Erin McMullin**



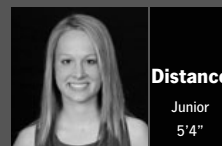
**Distance**  
Freshman  
5'9"

**Erin Mulvenna**



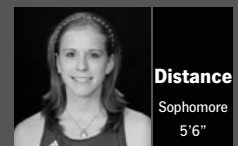
**Jumps**  
Freshman  
5'3"

**Krista Musinski**



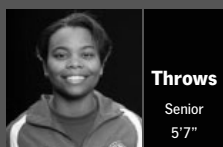
**Distance**  
Junior  
5'4"

**Ashley O'Brien**



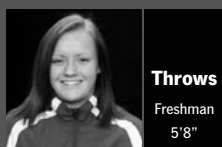
**Distance**  
Sophomore  
5'6"

**Kristen Perrine**



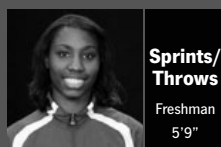
**Throws**  
Senior  
5'7"

**Alicia Price**



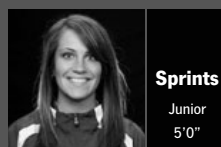
**Throws**  
Freshman  
5'8"

**Catherine Remaley**



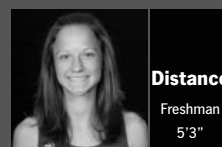
**Sprints/  
Throws**  
Freshman  
5'9"

**Mia Riley**



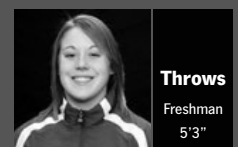
**Sprints**  
Junior  
5'0"

**Jullian Rubbico**



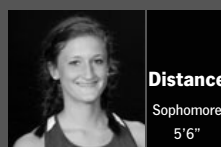
**Distance**  
Freshman  
5'3"

**Jillian Shutt**



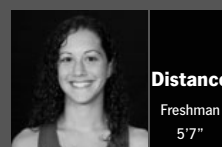
**Throws**  
Freshman  
5'3"

**Erin Smith**



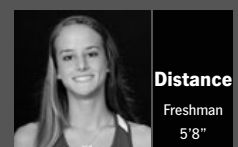
**Distance**  
Sophomore  
5'6"

**Laura Staples**



**Distance**  
Freshman  
5'7"

**Nicole Tassello**



**Distance**  
Freshman  
5'8"

**Kimberly Thompson**

# RIDER

CROSS COUNTRY/TRACK & FIELD

TM



## Schedule • 2009-10

### CROSS COUNTRY SCHEDULE

#### September

Sat.	5	Marist Season Opener	Bowdoin Park, N.Y.
Sat.	19	Iona Meet of Champions	Van Cortlandt Park (Bronx, N.Y.)

#### October

Fri.	2	Paul Short Invitational	Bethlehem, Pa.
Fri.	16	Penn State National Invite	University Park, Pa.
Fri.	30	MAAC Championships	Van Cortlandt Park (Bronx, N.Y.)

#### November

Sat.	14	NCAA Mid-Atlantic Regional	Princess Anne, Md.
Sat.	21	IC4A/ECAC Championships	Van Cortlandt Park (Bronx, N.Y.)

### INDOOR TRACK & FIELD SCHEDULE

#### December

Fri.	11	at	New Year's Invitational	Princeton, NJ
------	----	----	-------------------------	---------------

#### January

Sat.	9	at	Penn State Relays	University Park, PA
Thu.	14	at	Monmouth Dual	West Long Branch, NJ
Sat.	23	at	Princeton Relays	Princeton, NJ
Fri.-Sat.	29-30	at	Terrier Invitational	Boston, MA

#### February

Fri.	5	at	New Balance Invitational	168th Street Armory, NY
Sun.	7	at	TCNJ/Rider Dual, Lawrenceville Prep	Lawrenceville, N.J.
Fri.	12	at	Rider/Lafayette Winter Games	168th Street Armory, NY
Fri.	19	at	MAAC Championships	168th Street Armory, NY
Fri.	26	at	NYU Fast Track Invite	168th Street Armory, NY

#### March

Sat.-Sun.	6-7	at	IC4A/ECAC Championships*	Boston, MA
Fri.-Sat.	12-13	at	NCAA Championships*	Fayetteville, AR

\*Qualifiers Only

### OUTDOOR TRACK AND FIELD SCHEDULE

#### March

Sat.	27	at	Lafayette 7-Way	Easton, Pa.
------	----	----	-----------------	-------------

#### April

Fri.-Sat.	2-3	at	Colonial Relays	Williamsburg, Va.
Sat.	10		RIDER INVITATIONAL	Lawrenceville, N.J.
Fri.-Sat.	16-17	at	Larry Ellis Invitational	Princeton, N.J.
Thu.-Sat.	22-24	at	Penn Relays	Philadelphia, Pa.
Sat.	24	at	TCNJ Invitational	Ewing, N.J.

#### May

Sat.-Sun.	1-2		MAAC CHAMPIONSHIPS	Lawrenceville, N.J.
Mon.	10	at	Swarthmore Last Chance	Swarthmore, Pa.
Fri.-Sun.	14-16	at	ECAC/IC4A Championships*	Princeton, N.J.
Thu.-Sat.	27-29	at	NCAA 1st/2nd Round*	Greensboro, N.C.

June				
Wed.-Sat.	9-12	at	NCAA Championships*	Eugene, Ore.

\*Qualifiers Only  
HOME MEETS IN BOLD CAPS

