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Contact: Timothy Farrell, Empire 8 SID

**EMPIRE 8 ANNOUNCES MEN'S CROSS COUNTRY ALL-CONFERENCE TEAM
Shawn Calabrese of Ithaca Named Runner of the Year**

ROCHESTER, NY – The Empire 8 announced its 2004 Men's Cross Country All-Conference team. Senior Shawn Calabrese of conference runner-up Ithaca College was named the Runner of the Year after placing first in the Empire 8 Men's Cross Country Championships at Letchworth State Park. Calabrese, who finished second in last year's meet, completed the 8k course in 26:11.90, finishing less than three seconds ahead of Diego Grisales of conference champion RIT.

Brendan Epstein of Nazareth was named Rookie of the Year. He finished seventh in the conference championship and earned first-team all-conference honors. David Warth was named Coach of the Year for leading the Tigers to the team title.

Empire 8 2004 Men's Cross Country All-Conference Awards

Runner of the Year: Shawn Calabrese, Ithaca College

Rookie of the Year: Brendan Epstein, Nazareth College

Coach of the Year: David Warth, RIT

First Team

Name	Yr.	School
Shawn Calabrese	Sr.	Ithaca College
Diego Grisales	Jr.	RIT
Patrick McGreal	So.	Ithaca College
Jesse Williamson	Jr.	RIT
Nate Lowe	So.	RIT
Ryan Pancoast	Sr.	RIT
Brendan Epstein	Fr.	Nazareth College

Second Team

Name	Yr.	School
Curtis Howard	Sr.	RIT
Travis Swan	So.	Alfred University
Ryan Bank	Sr.	Alfred University
Pat Hughes	Fr.	Nazareth College
Sean McVeigh	Sr.	RIT
Darren Zens	Sr.	Ithaca College
Fontana Fluke	Fr.	Alfred University

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S P O R T S I N F O R M A T I O N D I R E C T O R

14 Eagle Terrace / Jefferson, MA 01522 / Phone: 508.829.7469 / Fax: 508.829.6685 / tfarrell@empire8.com / www.empire8.com