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**EMPIRE 8 ANNOUNCES MEN'S CROSS COUNTRY ALL-CONFERENCE TEAM
Nate Lowe of RIT Named Runner of the Year**

ROCHESTER, NY – The Empire 8 announced its 2005 Men's Cross Country All-Conference team. Junior Nate Lowe of conference champion RIT was named the Runner of the Year after placing first in the Empire 8 Men's Cross Country Championships at Hamilton College. Lowe, who was a first-team all-conference runner a year ago, completed the eight-kilometer course in 26:14.4.

Jared Burdick of the Tigers was named Rookie of the Year. He finished third 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 for the second consecutive year.

One member of each team was named that institution's representative on the 2005 Men's Cross Country Sportsman of the Year Team. Empire 8 emphasizes that "Competing with Honor and Integrity" is an essential component of a student-athlete's experience in conjunction with an institution's educational mission. These honorees have distinguished themselves and consistently exhibit the critical traits as outstanding sportsmen.

Empire 8 2005 Men's Cross Country All-Conference Awards

Runner of the Year: Nate Lowe, RIT

Rookie of the Year: Jared Burdick, RIT

Coach of the Year: David Warth, RIT

First Team

Name	Yr.	School
Nate Lowe	Jr.	RIT
Brendan Epstein	So.	Nazareth College
Jared Burdick	Fr.	RIT
Kevin Smith	Jr.	RIT
Travis Swan	Jr.	Alfred University
Pat Hughes	So.	Nazareth College
Drew Hodge	Fr.	Ithaca College

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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

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PAGE TWO – MEN’S CROSS COUNTRY ALL-CONFERENCE...

Second Team

Name	Yr.	School
Dereck Bojanowski	So.	RIT
Andrew Varble	So.	RIT
Fontana Fluke	Jr.	Alfred University
Morty Caster	Jr.	Ithaca College
Geoff McDonald	So.	Hartwick College
Pat McGreal	Jr.	Ithaca College
Mike Hardbarger	Fr.	RIT

Sportsman of the Year

Name	Yr.	School
Jeff Norton	Sr.	Alfred University
Geoff McDonald	So.	Hartwick College
Jeff Abbott	Jr.	Ithaca College
Brendan Epstein	So.	Nazareth College
Chad Byler	Sr.	RIT

