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**EMPIRE 8 ANNOUNCES MEN'S CROSS COUNTRY ALL-CONFERENCE TEAM
Brendan Epstein of Nazareth Earns Runner of the Meet Honors**

ROCHESTER, NY – The Empire 8 announced its 2007 Men's Cross Country All-Conference team. Senior Brendan Epstein of Nazareth College received Runner of the Meet recognition after placing first in the Empire 8 Men's Cross Country Championships at Saratoga Springs. He completed the eight-kilometer course in 25:36.08.

The top seven finishers were named to the all-conference first team with the next seven finishers earning second-team honors. Mitchell Boise of Utica College was named Rookie of the Meet as the top freshman finisher in a time of 27:12.82.

This year marks the first time that Runner of the Year and Rookie of the Year will be voted on after the regional qualifier in November. At that time, Coach of the Year and the Men's Cross Country Sportsman of the Year Team will also be announced.

Empire 8 2007 Men's Cross Country All-Conference Awards

Runner of the Meet: Brendan Epstein, Nazareth College

Rookie of the Meet: Mitchell Boise, Utica College

First Team

Name	Yr.	School
Brendan Epstein	Sr.	Nazareth College
Jared Burdick	Jr.	Rochester Institute of Technology
Nick Stenuf	Sr.	Nazareth College
Andrew Varble	Jr.	Rochester Institute of Technology
Peder Johnson	Sr.	Rochester Institute of Technology
Curt Bell	So.	Ithaca College
Aaron Sirtoli	Sr.	Nazareth College

Second Team

Name	Yr.	School
Adam Harding	Jr.	Utica College
Dereck Bonjanowski	Sr.	Rochester Institute of Technology
Mike Hardbarger	Jr.	Rochester Institute of Technology
Tim Shea	Jr.	Ithaca College
Scott Walker	So.	Ithaca College
Matthew Karczewski	Sr.	Alfred
Kevin Turko	Sr.	Rochester Institute of Technology