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**EMPIRE 8 ANNOUNCES MEN'S CROSS COUNTRY ALL-CONFERENCE TEAM
Drew Hodge of Ithaca Earns Runner of the Meet Honors**

ROCHESTER, NY – The Empire 8 announced its 2008 Men's Cross Country All-Conference team. Senior Drew Hodge of Ithaca 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 25:49.

The top seven finishers were named to the all-conference first team with the next seven finishers earning second-team honors. Daniel Craighead of Ithaca was named Rookie of the Meet as the top freshman finisher in a time of 26:53.

Hodge earned first-team accolades in his freshman and sophomore seasons and took a hiatus in 2007. Junior Curt Bell of the Bombers finished second in 25:52 to receive first-team all-conference honors for the second consecutive year.

Junior Scott Walker (5th in 5:18), sophomore Stefan Karkuff (6th in 5:20), and sophomore Anthony Palma (7th in 5:22) gave the Bombers five runners on the all-conference first team.

Graduate student Nick Stenuf of Nazareth College finished third in 25:55 to garner first-team all-conference recognition for the third consecutive year. Senior Mike Brindak of runner-up Rochester Institute of Technology gained a spot on the all-conference first team after placing fourth in 5:17.

Empire 8 2008 Men's Cross Country All-Conference Awards

Runner of the Meet: Drew Hodge, Ithaca College

Rookie of the Meet: Daniel Craighead, Ithaca College

First Team

Name	Yr.	School
Drew Hodge	Sr.	Ithaca College
Curt Bell	Jr.	Ithaca College
Nick Stenuf	Gr.	Nazareth College
Mike Brindak	Sr.	Rochester Institute of Technology
Scott Walker	Jr.	Ithaca College
Stefan Karkuff	So.	Ithaca College
Anthony Palma	So.	Ithaca College

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Second Team

Name	Yr.	School
Robby Castor	Sr.	Nazareth College
Zach Miller	So.	Rochester Institute of Technology
Tyler Gustafson	So.	Ithaca College
Daniel Craighead	Fr.	Ithaca College
Danny George	Sr.	Ithaca College
Jon Grossman	So.	Rochester Institute of Technology
Eric Olen	Jr.	Ithaca College

Sportsman of the Year

Name	Yr.	School
Jesse Schuster	Jr.	Alfred University
Justin Pedersen	Jr.	Hartwick College
Danny George	Sr.	Ithaca College
Robby Castor	Sr.	Nazareth College
Greg Hrinda	Sr.	Rochester Institute of Technology
Travis Heithoff	So.	Stevens Institute of Technology
Joseph Geniti	So.	Utica College

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