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**EMPIRE 8 ANNOUNCES MEN'S CROSS COUNTRY ALL-CONFERENCE TEAM
Jared Burdick of RIT Earns Runner of the Meet Honors**

ROCHESTER, NY – The Empire 8 announced its 2009 Men's Cross Country All-Conference team. Senior Jared Burdick of conference champion Rochester Institute of Technology 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 25:34.15.

The top seven finishers were named to the all-conference first team with the next seven finishers earning second-team honors. David DeWan of Stevens Institute of Technology was named Rookie of the Meet as the top freshman finisher in a time of 27:16.84. DeWan earned second-team honors with his 12th-place finish.

Burdick earned first-team accolades for the fourth time in his career, spanning a five-year period. Senior Mike Brindak of the Tigers finished second in 26:03.45 to receive first-team all-conference honors for the second consecutive year.

Junior Zach Miller of RIT finished fifth overall to garner first-team honors after being named to the second team last year.

Senior Curt Bell of runner-up Ithaca College placed third to earn first-team all-conference recognition for the third consecutive year. Sophomore Daniel Craighead, the Rookie of the Meet in last year's championship, finished fourth to receive first-team honors for the first time.

Senior Scott Walker and junior John Davis of the Bombers rounded out the all-conference first team by finishing sixth and seventh, respectively.

One member of each team was named that institution's representative on the 2009 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.

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Empire 8 2009 Men's Cross Country All-Conference Awards

Runner of the Meet: Jared Burdick, Rochester Institute of Technology

Rookie of the Meet: David DeWan, Stevens Institute of Technology

First Team

Name	Yr.	School
Jared Burdick	Sr.	Rochester Institute of Technology
Mike Brindak	Sr.	Rochester Institute of Technology
Curt Bell	Sr.	Ithaca College
Daniel Craighead	So.	Ithaca College
Zach Miller	Jr.	Rochester Institute of Technology
Scott Walker	Sr.	Ithaca College
John Davis	Jr.	Ithaca College

Second Team

Name	Yr.	School
Nick Meeker	Sr.	Rochester Institute of Technology
Nick Lowe	Sr.	Rochester Institute of Technology
Mike Kurvach	So.	Rochester Institute of Technology
Mike Hardbarger	Sr.	Rochester Institute of Technology
David DeWan	Fr.	Stevens Institute of Technology
Tyler Gustafson	Jr.	Ithaca College
Michael Bradley	So.	Rochester Institute of Technology

Sportsman of the Year

Name	Yr.	School
Corey Smith	Gr.	Alfred University
Justin Pedersen	Jr.	Hartwick College
Scott Walker	Sr.	Ithaca College
Tim Rutan	So.	Nazareth College
Mike Brindak	Sr.	Rochester Institute of Technology
Travis Heithoff	Jr.	Stevens Institute of Technology
Joseph Geniti	Jr.	Utica College

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