



CROSS COUNTRY

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Tuesday, October 6, 2009
FOR IMMEDIATE RELEASE

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STRONG SHOWINGS AGAINST NATIONALLY-RANKED TEAMS EARN VAN INGEN AND LAUTERBACH PERFORMER OF THE WEEK HONORS

CAMBRIDGE, Mass. – Binghamton University junior Erik van Ingen (Cortland, N.Y./Marathon) and University at Albany sophomore Ada Lauterbach (East Berne, N.Y./Berne-Knox-Westerlo) led their squads this past weekend some of the top teams in the nation and claimed this week's America East male and female cross country Performer of the Week accolades for the week ending October 4.

In his first race of the season, Van Ingen led the Bearcats to a team-best finish of 11th out of 42 teams in the Paul Short Invitational gold race, which included nationally-ranked #7 Iona College. Crossing the finish line in 24:03, van Ingen captured 17th-place out of 386 runners, the highest finish ever by a Bearcat at the Paul Short meet. After a successful weekend, van Ingen and the Binghamton men's team rose to ninth in the Northeast regional poll, up from 14th last week.

Lauterbach led the Great Danes women to a fifth-place finish out of nine teams at the George Mason Invitational, which featured nationally-ranked opponents #19 Virginia and #11 Georgetown. Lauterbach, who ran a 6,000-meter course for only the second time in her career, completed the race in 22:44, improving her time by 1:55 since racing at Princeton last season. The 22:44 time earned Lauterbach 21st place in a 86-runner field.

Four America East women's teams are ranked in the USTFCCCA Northeast poll this week. Stony Brook's women's team claimed the top ranking for the America East at fourth in the Northeast followed by Boston U., ninth, Vermont, 13th, and Maine, 15th. Three men's squads also earned spots in the regional rankings. Binghamton capture the top ranking for the America East men placing ninth followed by Boston U., 14th, and New Hampshire, 15th.

Albany – The Great Danes men's and women's squads both posted top-five team finishes at the George Mason Invitational, racing against teams such as nationally-ranked Virginia and Georgetown, and Ivy League power, Columbia. On Saturday, freshman Alex Leuchanka (Clifton Park, N.Y./Shenendehowa) led the Albany men to a fourth-place finish out of 10 teams. Leuchanka claimed 13th out of 109 runners in a time of 25:26, bettering his America East Pre-Championship race time by 17 seconds. Redshirt freshman Paul Lagno (Salt Point, N.Y./Millbrook) was the second Albany man to cross the finish line placing 27th overall. Ada Lauterbach (East Berne, N.Y./Berne-Knox-Westerlo) led the women to a fifth-place finish out of nine teams, completing the 6K course in 22:44 to capture 21st place out of 86 runners. Freshman Miranda McConnell (Liverpool, N.Y./Liverpool) finished second for the Great Danes women in 29th place. Albany returns to action on Saturday, October 17th when the team hosts the 43rd UAlbany Invitational.

Binghamton – The Bearcat men finished 11th out of a 42-team field, which included opponents such as nationally-ranked #7 Iona College. The women placed sixth out of 39 teams in the brown race at the Paul Short meet. Erik van Ingen led the men to a program-best finish at the Paul Short Invitational in his first race of the season. Van Ingen completed the 8,000-meter course in a time of 24:03 to place 17th out of 386 runners, the highest finish ever by a Binghamton runner at the Paul Short meet. Graduate student Chris Gaube (Vestal, N.Y./Vestal) finished second for the men posting a 50th overall finish, improving by 42 places on his 2008 finish. Freshman Rachel Miura (Hopewell Junction, N.Y./John Jay) continued to be a top runner for the Bearcats, placing 31st at Lehigh in a time of 22:30 on the 6,000-meter course. Junior Kim Law (Newark, N.Y./Newark) was the second runner to complete the course for the women posting a 50th-place finish. The Bearcats men next compete at the Penn State National meet on October 16 while the women head to the Albany Invitational on October 17.

Boston – The Terriers return to action on Saturday, October 10 at the New England Championship on their home course, Franklin Park.

Hartford – The Hawks squads both ran to a sixth-place finish on Saturday at the 15th annual Keene State College Invitational. Junior Jonas Hampton (Pottstown, Pa./Pottsgrove) and sophomore Andrew Chalmers (Ashland, N.H./Plymouth Regional) led the Hartford men for the third-straight meet, placing 19th and 23rd, respectively on the five-mile course. Hampton's 19th-place finish was a team-best at the Kenne State Invitational. Freshman Kayla Koonz (Gardiner, N.Y./New Paltz) was the top finisher for the women claiming 28th in a season-best time of 20:08. Senior Kaycee Martinez (South Yarmouth, Mass./Dennis Yarmouth Regional) crossed the finish line second for the Hawks placing 32nd overall. Hartford will next compete at the New England Championship in Franklin Park on October 10.

Maine – The Maine women's and men's teams claimed second and third, respectively, at the Murray Keatinge Invitational held on their home course Saturday. Sophomore Corey Conner (Townsend, Mass./North Middlesex Regional) was again an asset to the women's squad finishing first for the Black Bears for the fourth-straight meet. Conner completed the 5K course in a personal-best time of 17:15.23 to capture second-place overall. Senior Jordan Daniel (Corinna, Maine/Mt. Blue) also claimed a spot in the top-10, running to an eighth-place finish in a personal-best time of 17:49.13. Senior Miles Bartlett (Casco, Maine/Lake Region) led the men for the second-straight meet claiming eighth in a time of 25:47.70. Senior Corey Bean (Cornville, Maine/Skowhegan) finished second for the Black Bear men in 10th place. The Maine squads will return to action at the New England Championship on Saturday.

UMBC – In the gold race at the 36th annual Brooks Paul Short Invitational, the Retrievers men's and women's teams placed 41st and 34th overall, respectively. Seniors Suzanna Gabriel (Falls Church, Va./McLean) and Sara Parkinson (Lancashire, England/Loughborough University) led the UMBC women

for the third-straight meet on Friday, placing 93rd and 108th overall, respectively. Senior Andrew Madison (Edgewater, Md./South River) led the UMBC men finishing the 8K course in a time of 25:09 to place 130th. Junior Chris Bowie (Bethesda, Md./Bethesda-Chevy Chase) crossed the finish line second for the Retrievers men. UMBC's squads will next compete on Saturday, October 17 when they travel to Princeton, N.J. for the Princeton Invitational.

New Hampshire – The Wildcat women's and men's teams placed 19th and 27th, respectively, in the Paul Short Run gold race on Friday. Junior Sydney Fitzpatrick (Billerica, Mass./Billerica Memorial) finished first for the UNH women, claiming 23rd out of 362 runners in a time of 20:59. Junior Allison Letourneau (Kingston, Nova Scotia/Berkshire Prep School) was the second runner to finish for the Wildcat women, placing 107th overall. Senior Josh Kearns (Ridgefield, Conn./Ridgefield) followed his third-place finish at the America East Pre-Championship meet with a 52nd-place finish at the Paul Short meet, claiming the top finish for the UNH men. Senior Wesley Dinnan (Juneau, Alaska/Juneau-Douglas) followed Kearns taking 101st place in the 386-runner field. The Wildcats return to action on Saturday at the New England Championship in Boston, Mass.

Stony Brook – The Seawolves next compete at the Metropolitan Championship in Van Cortlandt Park on Friday, October 9.

Vermont – On Friday, the Catamounts competed in the gold race at the Paul Short Invitational. The men finished 36th out of 42 teams while the women placed 17th out of 40 teams. Sophomore Morgan Powers (Cincinnati, Ohio/Indian Hills) was the top runner for the women for the second time this season, posting a 42nd-place finish in a time of 21:27. Freshman Debbie Isen finished close behind Powers in 44th place. Senior Doug Maisey (Gwynedd Valley, Pa./Wissahickon) led the Vermont men for the third straight meet, placing 47th overall and completing the course in a season-best time of 24:34. Runners from Vermont's men's and women's squads also competed in the Vermont State meet on Saturday, both posting second-place team finishes. On the men's side, three Catamounts placed in the top-10 including junior Jason Kruczynski (Beverly, Mass./Beverly), freshman Ryan Sleeper (West Windsor, N.J./West Windsor-Plainsboro) and sophomore Jonathan Sears (Derry, N.H./Pinkerton Academy), who placed fourth, seventh and eighth, respectively. Two Vermont women also finished in the top-10 including freshman Sophia House (Great Barrington, Mass./Monument Mountain Regional) and senior Gillian Rissler (Stonington, Ct./St. Bernard), who claimed eighth and ninth, respectively. The Catamounts next compete at the New England Championship on Saturday.

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