



WESLEYAN MEN'S and WOMEN'S CROSS COUNTRY



July, 2005 • Freeman Athletic Center • Wesleyan University • Middletown, CT 06459

2005 Season Previews

Men Out For Regional Prominence

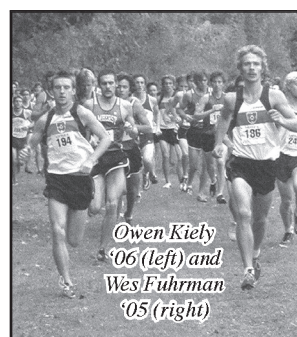
The 2005 cross-country campaign has the potential to be the finest in school history. The Cardinals return nine out of their top 10 runners from the team that placed fifth in the New England region in 2004. The fifth-place finish ties the second highest finish in school history at the NCAA regional meet accomplished in 1992. The 1993 team set the standard by placing second.

Leading the team will be the co-captains Wes Fuhrman '05 and Owen Kiely '06. Wes returns as a graduate student in neuroscience while using his remaining year of eligibility. Wes placed 18th at the 2004 NCAA Division III Championships which was good enough for All-America honors. Owen placed ninth at the NCAA Division III Track & Field Championships in the 3000-meter steeple chase this past spring. Owen and Wes were in the 25's for most of the fall.

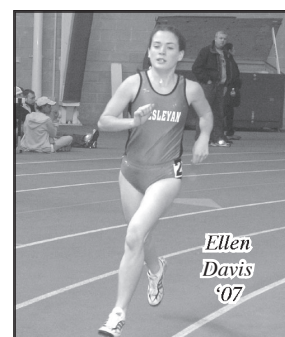
The third and fourth runners should be Jon King '07 and Alex Battaglini '07. Jon placed 40th in the region in 2004 and ran 15:20 on the track for 5000 meters. Alex also had an outstanding spring running 15:34 in the 5k and 32:30 in the 10k.

The top seven will be rounded out from a talented group of mostly juniors and sophomores. Danforth Sullivan '06 along with Mike Brady '07, Ed Kenney '07, Anda Greeny '07, Nate Huddell '07, Steve Morris '07, Matt Franco '07 and Nick Holowka '07 will fight for a top-seven spot. Nik Gavelis '08, Chris Greene '08 and Sean Watson '08 also will jockey for a varsity spot.

This is the deepest and most talented group the Cardinals have had in many years. The excitement for the season is very high. The Cardinals are hoping to qualify for the NCAA meet as a team for the first time while vying for a NESCAC and Little Three title.



Owen Kiely
'06 (left) and
Wes Fuhrman
'05 (right)



Ellen
Davis
'07

Women to Depend on Youth

For the first time in four years the women's cross-country team will be heading into the season without the services of two-time All American Courtney Quirin '05. The Cardinals, who participated in the NCAAs as a team for the second time in 2004, also graduated all-region runner Liz Colville '05 and talented Megan Wise '05.

Returning for the Cardinals will be track All-American Ellen Davis '07. Ellen qualified for the NCAA meet in all three seasons as a sophomore. Ellen has run 17:12 for 5000 meters. Co-captain Erin Smith '06 also returns. Erin broke the school record for 10,000 meters (37:50) and has run 18:03 in the 5000 meters. Delia Springstubb '08 should be in the top five after running 18:57 for the 5k last spring. Co-captain Cara Chebuske '06 returns to the team after a year abroad in China. Cara is a very talented mid-distance runner who will be called upon to step up in distance. Cara was part of the 2002 team that went on to Nationals. The next three spots will come from a few sophomores - Sarah Bernier '08 and Brittany Morse '08 in particular - and newcomers Anna Schindler '09 and Kaylan Kemink '08.

The 2005 team has some question marks but no more than in past seasons. The success of the season will depend on the development of the freshmen and sophomores.

Women Place 14th at Nationals - Season in Review

The 2004 Wesleyan cross-country season got under way on Saturday, Sept. 25th at the N.Y.U. Invitational. The women placed third out of 22 schools. The team would have won had they had the services of its number-two runner who was out because of a cold. The remnants of Hurricane Ivan dropped several inches of rain on the course. The team wasn't even sure if it would race. Finally the race got underway after a 25-minute delay. The Cardinals were led by All-American Courtney Quirin '05 (Radnor, Pa.), who placed second in 19:04. Next in for the Cardinals was Delia Springstubb '08 (Cleveland Heights, Ohio). Delia placed 10th in 20:30 and was followed closely by Megan Wise '05 (Lansdale, Pa.) who placed 15th in a time of 20:46. The times were slow but considering the weather, the results were not bad.

Next up for the Cardinals was a trip to Waterville, Me. to run against nationally ranked conference foes Colby and Bowdoin. Colby was hosting the conference meet so the team wanted to preview the course. The 21st-ranked Colby Mules came away with the win but the Cardinals were able to defeat the 14th ranked Bowdoin Polar Bears. Courtney led the way again with an impressive win. Courtney's time was 19:01 over the hilly course. This week Courtney had some company up front. Teammate Ellen Davis '07 (Montclair, N.J.) ran side-by-side with Courtney throughout the first half of the race. Courtney pulled away on the long hill at two miles. Ellen finished a strong second in 19:19. Delia ran a solid race placing ninth in 20:20. Erin Smith (Portsmouth, N.H.) and Megan came in 14th and 16th, respectively, to fill out the scoring.

After a weekend off, the Cardinals traveled to Boston for the All New England Championships at Franklin Park. The team placed a strong 12th overall and fourth for Division III schools. Courtney and Ellen both had outstanding races. Courtney placed seventh in 17:54 and Ellen was 12th in 18:12. Delia continued to impress, running 19:20. Megan (19:57) and Liz Colville (Wolfville, N.S.) (20:00) rounded out the scoring.

Racing for the first time on our new Long Lane Farm course, the Cardinals hosted Williams and Amherst in the annual Little Three meet. The team ran well but that was not enough to overcome the number-one and number-five ranked teams in the country. Courtney led from the gun with four-time national champion Carter Hamill of Amherst and many time All-American Caroline Cretti of Williams in tow. With less than 800 meters to go both Hamill and Cretti passed Courtney, leaving her to finish third in 18:03. Ellen was not far behind in 18:36. Erin, Delia and Liz also had fine races finishing in a pack in 19:33, 19:35 and 19:42, respectively.

The Cardinals then traveled to Colby for the NESCAC Championship. The team was hoping for a top-five finish. Things didn't get off to a good start. Delia, who had been nursing a hip flexor problem, was unable to go. The team responded to the challenge and placed a very strong fifth just three points out of fourth. As she had done all season, Courtney led the way by placing sixth in 18:22. She was followed by Ellen who placed eighth in 18:39. Liz was 25th in 19:26 and Erin was 36th in 19:43. The main goal of the season was now just two weeks away in Cumberland, Me.

Running their first 6k of the season, the Cardinals were trying to make up for last year's disappointment at regionals with a trip to the National Championships. The team was ranked sixth in the region but needed to finish in the top five to advance to the national meet. It was a cold and windy day in Cumberland but that did not change the resolve of the team. The team ran aggressively from the gun and placed fifth as a team for its second trip in three years to Nationals. Courtney (seventh, 22:02), Ellen (10th, 22:16) and Liz (34th, 23:14) made the all-New England team with their performances. Erin (40th, 23:24) also ran an outstanding race and just missed all-New England honors.

The team was off to Eau Claire, Wisc. for the National Championships. The team felt confident it could perform well at this level because of the high level of competition it faced all season. Racing in similar weather conditions as regionals, the team placed 14th in the country. As she did in every race this season, Courtney led the team by placing 29th (22:21), which earned her All-America honors for the second time. The number two through five runners for Wesleyan were Ellen (54th, 22:47), Liz (97th, 23:16), Erin (166th, 24:08) and Megan (174th, 24:18).

The 2004 team started the season slowly but came together as the season progressed to finish with a bang. The women's team qualified for the national championship for only the second time in school history and recorded its highest finish ever.

Fuhrman Captures All American Honors - Men's Season Review

The 2004 men's cross-country season started off with a bang as the Cardinals took home the team title in the 28-team N.Y.U. Invitational. This was even more impressive by the fact that the team was without its senior captain, Wes Fuhrman '05 (Sun River, Ore.). The Cardinals were led by individual champion Owen Kiely '06 (Athol, Mass.). Owen's time was 26:29 for the wet and muddy Van Cortlandt Park course. The times were slow because remnants of Hurricane Ivan dropped several inches of rain on the course prior to the start of the race.

Next up for the Cardinals was a trip to Waterville, Me. to run against Colby and Bowdoin. The team wanted to preview the course which would host the NESCAC Championship. The men put four in the top six to easily take the win. Owen and Wes ran together most of the way over the hilly course. Owen took the individual crown for the second week in a row. Owen's time set a course record of 26:41. Wes followed closely behind in 26:50.

After a week off from racing the team was off to Franklin Park in Boston for the New England Championships. The team placed a disappointing 17th of 48 schools. The Cardinals were the sixth Division III school. Owen paced the Cardinals, placing 29th in 25:30. Wes came in 51st with a time of 25:53. Jon King '07 (Greenland, N.H.) was 116th in 26:50. Jeremy Solomon '05 (Edison, N.J.) and Anda Greeney '07 (Amherst, Mass.) came in close behind in 27:01 and 27:04, respectively.

Racing for the first time on our new Long Lane Farm course, the Cardinals hosted Amherst and Williams in the annual Little Three meet. In a very close meet, the Cardinals were edged by Williams, 34 to 42. Amherst was third with 47 points. The highlight of the day was the one-two finish of Wes and Owen, separated by just six-tenths of a second. Wes broke the tape and set a course record of 25:48.

The Cardinals returned to Waterville, Me. for the NESCAC championships. Wes and Owen took the lead of the race from the gun. The duo ran side-by-side throughout the first half of the race. At the 2.5-mile point, Wes took over the lead and held it until the last half mile. Wes placed second in 25:29, a full 1:21 faster than his previous time on the course. Owen also had an outstanding day, placing fifth in 25:42. Overall the team was a bit disappointed in their fifth-place finish. The Cardinals were hoping for a better result at regionals.

Heading into the New England Division III meet the Cardinals were ranked a solid seventh in the region. The team was hoping to improve on its ranking and snag the final team qualifying spot to Nationals. The team ran with heart and determination but it wasn't enough as they had to settle for a fifth-place finish, just one place out of a trip to Nationals. Wes led the Cardinals by placing fourth in 26:02 on the rolling Twinbrook course. Wes' effort was good enough to qualify him for the NCAA meet. Owen was the second Cardinal to cross the line in 19th place. Unfortunately, Owen came down with a cold the week of regionals and was not 100 percent. Jon had a fine day just missing the all-region team by placing 40th in 27:14. Jeremy was 54th and Ed Kenney '07 (Washington, D.C.) was 72nd to close out the scoring.

Wes headed out to Eau Claire, Wisc. to run in his first ever National Championship race. Wes got out well and settled into 10th place through two miles. Just after two miles Wes got gaped and had to run the next two miles all alone and without the benefit of cover on the windy, cold day. Wes was caught by a group of runners in the last mile but still held on and finished with All-America honors with an 18th-place showing.

The experiences gained by the team in this season will be an enormous help in the future. The team returns nine of its top 10 runners next fall. The team is poised to take the next step, the NCAA meet!

Wesleyan Has a New Home Cross Country Course

About five years ago Wesleyan University bought the Long Lane School property from the state. The parcel of land is approximately 160 acres and is situated just south of the Freeman Athletic Center. The property is split in half by Long Lane. The new Long Lane Farm course sits on approximately 80 acres on the western side of the road. The course is entirely grass and trails. We have laid out a 5000-meter and 8000-meter course. The 2004 Little Three meet was hosted there and we will be hosting the NESCAC championships there this fall. If you would like to see a map of the course you can go to our web site at: www.wesleyan.edu/athletics/xcountry/coursemaps.html

HONORS/RECORDS/AWARDS

Cross-Country, 2004

ALL-AMERICAN
Weston Fuhrman '05
Courtney Quirin '05

ACADEMIC ALL-AMERICAN

Elizabeth Colville '05
Ellen Davis '07
Weston Fuhrman '05
Owen Kiely '06
Courtney Quirin '05
Erin Smith '06
Jeremy Solomon '05
Men's Team
Women's Team

ALL-NEW ENGLAND DIV. III

Elizabeth Colville '05
Ellen Davis '07
Weston Fuhrman '05
Owen Kiely '06
Courtney Quirin '05

ALL-NESCAC
Ellen Davis '07
Weston Fuhrman '05
Owen Kiely '06
Courtney Quirin '05

LITTLE THREE CHAMPION

Weston Fuhrman '05

Indoor, 2004-05

ALL-AMERICAN
Ellen Davis '07

ACADEMIC ALL-AMERICAN

Ellen Davis '07

ALL-NEW ENGLAND DIV. III

Ellen Davis '07, 3000m
Nik Gavelis '08, 4 x 800m Relay
Chris Greene '08, 4 x 800m Relay
Owen Kiely '06, 3000m &
4 x 800m Relay
Jon King '07, 5000m
Matt Moss '05, 1000m &
4 x 800m Relay
Courtney Quirin '05, 5000m
Erin Smith '06, 5000m
Jeremy Solomon '05, 3000m

SCHOOL RECORDS

Ellen Davis '07, 5000m, 17:12.09
Matt Moss '05, 1000m, 2:31.12
Chris Greene '08, Nik Gavelis '08,
Owen Kiely '06, Matt Moss '05
(4 x 800m Relay), 7:49.96

Outdoor, 2005

ACADEMIC ALL-AMERICAN

Ellen Davis '07
Owen Kiely '06
Courtney Quirin '05

ALL-NEW ENGLAND DIV. III

Matt Moss '05, 800m
Owen Kiely '06, 3000m SC

ALL-NESCAC

Ellen Davis '07, 5000m
Courtney Quirin '05, 5000m
Erin Smith '06, 10,000m
Matt Moss '05, 800m & DMR
Owen Kiely '06, DMR
Chris Greene '08, DMR
Jeremy Solomon '05, DMR

SCHOOL RECORDS

Ellen Davis '07, Courtney Quirin '05, Elizabeth Colville '05,
Megan Wise '05 (4 x 1500m Relay), 20:10.27
Jeremy Solomon '05, Weston Fuhrman '05, Matt Moss '05,
Owen Kiely '06 (4 x 1500m Relay), 16:43.07
Megan Wise '05, Cara Chebuske '06, Elizabeth Colville '05,
Ellen Davis '07 (Distance Medley Relay), 12:47.42
Erin Smith '06, 10,000m, 37:52.13

Aherns Award (top contributor to men's athletics)

Weston Fuhrman '05

Maynard Award (top senior scholar-athlete)

Courtney Quirin '05

DON'T FORGET TO MARK YOUR CALENDAR

Saturday, Sept. 10, 2005, 11 a.m. -

Alumni/ae Cross-Country Meet

**Check out the new cross-country course which had its debut
at last year's alumni/ae event. Please contact Coach**

John Croke at <jcroeke@wesleyan.edu> or 860-685-5320

to let him know that you're coming.

HOPE TO SEE YOU THERE!!

From The Coach

This past year was an incredible success for the distance team on the course, track and in the classroom. The successes of this season have come from years of hard work by these young people. Each year the team has raised the level of athletic accomplishments. Most importantly the academic accomplishments have remained at a level of excellence. Seven school records were broken in track and we had three All-Americans as well as the Aherns and Maynard Awards winners. The men's and women's teams were both recognized as Academic All-Americans because of their work in the classroom. We also had 11 individual Academic All-Americans in cross-country and track.

I want to thank all of those who have given back to the program and ask that you continue to support the team. I want to alert you to a change with our newsletter. In the past few years you have received two newsletters a year, a preseason and postseason newsletter. From now on you will receive only one newsletter a year. You can follow the team by going to our web site at <www.wesleyan.edu/athletics/xcountry>

Yours in running,



John Croke

SUPPORT WESLEYAN CROSS COUNTRY

*Please consider making a donation in support
of Wesleyan University cross-country.*

Your donation is tax-deductible and goes

directly to support the cross-country program.

Please fill out this form along with your check made out to:

"Friends of Wesleyan Cross-Country"

and mail to:

*John Croke, Cross-Country Coach
Wesleyan University, Middletown, CT 06459*

*Your dollars go a long way toward making an impact on
our athletic teams. Thank you very much!!*

Name _____

Class (Wes Grad or Parent [P'xx]) _____

Address _____

Phone _____

e-mail Address _____

Recent Contributors

Judy Seiff '86	Mr. & Mrs. Sullivan (parents of Danforth Sulliavn '06)
Stephen DiPrima '89	Marcy Straley (parent of Beck Straley '07)
Patrick Butler '98	Mr. & Mrs. Kay (parents of Jenna Kay '05)
Paul Kyger '52	Mr. & Mrs. Battaglini (parents of Alex Battaglini '07)
Christine Madigan '82	Mr. & Mrs. Quirin (parents of Courtney Quirin '05)
Erika Lindholm '90	Mr. & Mrs. Kraus (parents of Jon Kraus '04)
Tara Tracy '01	Thomas Quirin (uncle of Courtney Quirin '05)
Thomas Broker '66	Mr. & Mrs. Colville (parents of Liz Colville '05)
Herbert Hinman '57	Mr. & Mrs. Cukor (parents of Elizabeth Cukor '05)
Erin Flaherty '00	Mr. & Mrs. Brady (parents of Mike Brady '07)
Mr. & Mrs. Holowka (parents of Nick Holowka '07)	
Mr. & Mrs. Kiely (parents of Owen Kiely '06)	
Christine Mosquera (parent of Jess Barr '07)	
Jacqueline Kretz (parent of Megan Kretz '06)	
Christine Hoyt (parent of Carrie Vaudreuil '05)	
Mr. & Mrs. King (parents of Jon King '07)	
Mr. & Mrs. Tassone (parents of Gina Tassone '05)	
Mr. & Mrs. Wise (parents of Megan Wise '05)	
Mr. & Mrs. Moss (parents of Matt Mose '05)	
Mr. and Mrs. Baker (parents of Weston Fuhrman '05)	

***Friends of Wesleyan
Men's and Women's Cross Country
Freeman Athletic Center
Wesleyan University
Middletown, CT 06459***

2004 MEN'S AND WOMEN'S CROSS-COUNTRY RESULTS

**(Men's Final Overall Record, 97-25 ;
Women's Final Overall Record, 105-37)**

9/18/04: N.Y.U. Invitational - Men, 1st of 24 teams ;
Women, 3rd of 22 teams

9/25/04: Men - Wesleyan 26, Bowdoin 33, at Colby 72 W./W.
Women - at Colby 28, Wesleyan 42, Bowdoin 61 L./W.

10/8/04: New England Championship in Boston, Mass. -
Men, 17th of 48 teams ; Women, 12th of 45 teams

10/16/04: Twin Brook Invitational at Cumberland, Me. -
Men, did not field full team ; Women, 6th of 12 teams*

10/23/04: Men - Williams 34, at Wesleyan 42, Amherst 47 L./W.
Women - Williams 33, Amherst 42, at Wesleyan 55 L./L.

10/30/04: NESCAC Championship at Colby - Men, 5th of 11 teams ;
Women, 5th of 11 teams

11/6/04: ECAC Div. III Meet at Grafton, Mass. -
Men, 7th of 34 teams* ; Women, 15th (tied) of 24 teams*

11/13/04: New England Div. III Meet in Cumberland, Me. -
Men, 5th of 39 teams ; Women, 5th of 41 teams

11/20/04: NCAA Division III Championships at Wisc.-Eau Claire -
Women, 14th of 24 teams

*Wesleyan fielded a junior varsity squad for this event. Thus, the results were not counted on the team's overall record.

2005 MEN'S AND WOMEN'S CROSS-COUNTRY SCHEDULE

Sept. 10	(Sat.) Alumni/ae Race	HOME	11:00
24	(Sat.) Home Meet (opponents TBA)	HOME	TBA
Oct. 7	(Fri.) New Englands	Boston, Mass.	12:00
22	(Sat.) Amherst and Williams	Williams	12:00
29	(Sat.) NESCAC Championships	HOME	1:00
Nov. 5	(Sat.) ECAC Div. III Meets	Conn. College	11:00
12	(Sat.) New England Div. III Meets	Springfield, MA	11:00
19	(Sat.) NCAA Division III Meets	Ohio Wesleyan	11:00

(Note - Please check the web site throughout the season for updated schedule information on meets)