A staple in the New York region and an emerging program on the national stage, the Manhattanville College Athletic Department continues to bolster its reputation as a program on the rise in all areas: athletic achievement, academic success and overall participation.

More than 300 Valiant student-athletes (nearly 20 percent of the student body) took part in intercollegiate athletics during the 2009-10 school year showcasing the continued and rapid growth of athletics at Manhattanville. Following the successful integration of the men's and women's indoor and outdoor track teams in 2008-09, the program has expanded to 21 intercollegiate teams – including seven new teams that have been established or re-established since 2007 alone.

And teams at Manhattanville do not just compete, they win. Seven different programs earned conference regular-season or tournament championships in 2009-10 – a total bettered by only 13 Division III schools – and two Valiant teams (baseball and men's golf) appeared in the NCAA Tournament. Fifteen of 21 Valiant teams earned berths in their respective conference championships last year, including conference championships for the baseball, men's golf and men's hockey programs. Three Manhattanville teams (men's hockey, women's hockey and women's soccer) also received national rankings over the course of the year, the most in a single school year since 2004-05.

On an individual level, many Valiant student-athletes were honored in 2009-10 as well. A program-record four Valiants – A.J. Mikkelsen and Mickey Lang (men's hockey), Katie Little (women's hockey) and Dan Fiorito (baseball) received All-American accolades, while an incredible six players were named conference Player of the Year. Manhattanville athletes also earned two conference Rookie of the Year awards and a school-record 49 All-Conference honors. In the last 10 years, at least 30 former Valiants have gone on to play professionally either domestically or overseas.

But at Manhattanville, athletics is only one part of becoming a well-rounded student-athlete. In the classroom, Valiant athletes consistently achieve higher grade-point averages than the student body as a whole, as evidenced by the 3.120 Athletic Department GPA for the Spring 2010 semester. All but four Valiant teams recorded a team GPA of 3.000 or higher for the spring term, while a program-record 105 student-athletes were named Academic All-Conference honorees.

Community service also continues to play a vital role in the student-athlete experience at Manhattanville, as each team performs hundreds of community service hours each year. In addition to active involvement with many local sports teams and youth organizations both on and off campus, Valiant teams sponsor events such as the women's basketball "Pink Zone" night and the women's hockey "Think Pink" event to promote cancer awareness. As a result of these and other efforts, the school was the recipient of two Jostens/NADIIIAA Community Service Awards in 2008-09, one of only 13 institutions honored and the only school to receive two awards. The service aspect of the Manhattanville student-athlete experience plays a large role in helping Valiant athletes fulfill the college's mission of educating ethically and socially responsible leaders for the global community.

Manhattanville Quick Facts:
- 21 Varsity Sports
- Over 300 Student-Athletes
- 7 Sports Added Since 2007
- 24 All-Americans (20 since 1999)
- Over 1,000 Service Hours Per Year
- Cumulative Department GPA over 3.200

"To the valiant of heart, nothing is impossible."
- Jeanne d'Albret
MANHATTANVILLE COLLEGE

Location: Purchase, N.Y.
Founded: 1841
Enrollment: 1,700
Nickname: Valiants
Colors: Crimson & White
Affiliation: NCAA Division III
Conference: Middle Atlantic Conference
President: Dr. Molly Easo Smith
Athletic Director: Keith Levinthal
Sr. Woman Administrator: Julene Fisher
Department Phone: (914) 323-5280
Department Fax: (914) 323-5130
Website: www.GoValiants.com
School Address: 2900 Purchase St., Purchase, N.Y. 10577

CROSS COUNTRY STAFF
Head Coach: Mike Owens
Alma Mater: Central Connecticut State ‘95
Email: owens@govaliants.com
Office Phone: (914) 323-7286

TEAM INFORMATION
Freedom Conference XC Finish (M): NTS
Letterwinners Returning/Lost (M): 5/3
Newcomers (M): 5
Freedom Conference XC Finish (W): 8th/14
Letterwinners Returning/Lost (W): 5/10
Newcomers (W): 4

SPORTS INFORMATION
Director of Sports Information: Steve Sheridan
Office Phone: (914) 323-7280
Fax: (914) 323-3180
Email: sheridan@govaliants.com
Assistant Sports Info. Director: Nick Guerriero
Office Phone: (914) 323-7280
Fax: (914) 323-3180
Email: guerriero@govaliants.com

Quick Facts

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Directions to Manhattanville College

FROM SOUTH: Deegan Expressway/New York State Thruway (I-87) north to Exit 8. Follow the Cross Westchester Expressway (I-287) East to the Hutchinson River Parkway. Head north on Hutchinson River Parkway to Exit 27 (in New York, not Connecticut) at Route 120 (Purchase Street). Turn left onto Purchase Street and follow to campus entrance on left.

FROM NORTH: Take the Taconic State Parkway South to Cross Westchester Expressway (I-287) east to Exit 8E (Westchester Ave.). Take second left onto Anderson Hill Road. Make right at first traffic light (Purchase Street) and proceed to campus entrance on right.

FROM WEST: Take the Tappen Zee Bridge (I-287) and continue on the Cross Westchester Expressway (I-287) East, then follow the directions above from the north after the Taconic State Parkway.

COMMERCIAL VEHICLES: The Hutchinson River Parkway, Taconic State Parkway, Saw Mill Parkway, Merritt Parkway, Sprain Brook Parkway and Bronx River Parkway all have severe height clearance limitations and do not permit most commercial vehicles. As an alternate route, use I-87 from the south or west, or I-95 from the east, to I-287 and follow directions above. From the north, use I-684 south, get off at Exit 2 (Westchester Airport) and follow Route 120 South/Purchase Street to campus.

Media Guide Credits

The 2010 Manhattanville College Cross Country Media Guide was designed, written and edited by Steve Sheridan, Director of Sports Information. Cover designed by Jenelle Anthony. Photography courtesy of Gene Boyars and the Manhattanville Sports Information Department.

Anyone with historical information that may be incorrect or that have been omitted from this guide is encouraged to contact the Manhattanville Department of Sports Information. All information in this guide is current as of September 3, 2010. All game times listed throughout the guide are Eastern.
Michael Owens is back for his fourth season as head coach of the Manhattanville cross country programs and third year at the helm of the Valiant indoor and outdoor track programs in 2010-11.

Owens oversaw the first year-long running season in Manhattanville history in 2008-09, supervising the second season of the reinstituted cross country program while also integrating new indoor and outdoor track programs into the Valiant stable of sports.

In 2008, the women’s cross country team recorded the first meet win in program history with a first-place finish at the Brooklyn Invitational, while both cross country teams scored in five of the seven meets of the year. On the track side, both Morrison Boateng and Emelda Ogweta won individual events in the first year of the program.

Owens took over the school’s reinstituted cross country teams in 2007 and brought success to a young program. He led the women’s team to a fourth-place finish among Freedom Conference teams at the MAC Championships, while freshman Julie Hinchey advanced to the NCAA Division III Atlantic Regional meet.

Owens brings a bevy of coaching experience to the young Valiant program, most notably his two-year run as Head Coach at Div. I Fairfield University from 2005-06. With the Stags, six of Owens’ runners cracked the all-time top 20 list in just two years and he placed one runner in the top 20 at the Metro Atlantic Athletic Conference Championships. Before assuming the top job, Owens served as an assistant with Fairfield during the 2004 season.

Prior to his collegiate coaching career, Owens spent seven years as a high school coach, including the 2002-04 seasons as the Head Cross Country and Track Coach at Wamogo Regional High School in Litchfield, Conn. Prior to his time at Wamogo, Owens was a Volunteer Coach at Housatonic Valley Regional High School in Sharon, Conn. from 1998-2002 and the Head Boys Track and Field Coach at Wolcott High School in 1997.

A standout runner in his own right, Owens has run with the prestigious Westchester Track Club since 2000, one of only 30 United States Track and Field Elite Development clubs in the nation. The club consists of some of the top runners in the nation, including a multi-national group of aspiring Olympians. Owens, who runs with Westchester’s Elite Team, helped the club win the 2006 Boston Mayor’s Cup, one of the biggest cross country races in the nation.

Individually, Owens has run in the 2002 Millrose Games 3K at Madison Square Garden, finished fifth – the top American finisher – at the 2001 Greater Hartford Marathon and has a personal-best marathon time of 2:31. A 1995 graduate of Division I Central Connecticut State University, Owens was a four-time qualifier for the New England Track Championships as a collegian and was the Blue Devils’ top runner as a senior.
**2010 Manhattanville Rosters/Schedule**

### MEN'S CROSS COUNTRY ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>Ht.</th>
<th>Wt.</th>
<th>Hometown/High School (Previous School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morrison Boateng</td>
<td>Jr.</td>
<td>6-2</td>
<td>180</td>
<td>Bronx, N.Y./UAAHC</td>
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<tr>
<td>Daniel Caggiano</td>
<td>Fr.</td>
<td>5-8</td>
<td>140</td>
<td>Staten Island, N.Y./Saint Peter's</td>
</tr>
<tr>
<td>John Coll Santana</td>
<td>So.</td>
<td>6-1</td>
<td>180</td>
<td>Guaynabo, Puerto Rico/Colegio Adianez</td>
</tr>
<tr>
<td>Josh Marrero</td>
<td>Jr.</td>
<td>5-5</td>
<td>135</td>
<td>Elmsford, N.Y./Briarcliff</td>
</tr>
<tr>
<td>Scott McIver</td>
<td>Fr.</td>
<td>5-7</td>
<td>140</td>
<td>Yorktown, N.Y./Yorktown</td>
</tr>
<tr>
<td>Dave Monat</td>
<td>Fr.</td>
<td>5-6</td>
<td>135</td>
<td>Buffalo, N.Y./Gowanda Central</td>
</tr>
<tr>
<td>Garry Ramirez</td>
<td>So.</td>
<td>5-6</td>
<td>135</td>
<td>New York, N.Y./South Bronx</td>
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<tr>
<td>Ben Smith</td>
<td>Fr.</td>
<td>5-1</td>
<td>120</td>
<td>Proctor, Vt./Mount St. Joseph Academy</td>
</tr>
<tr>
<td>Chad Spaeth</td>
<td>So.</td>
<td>5-9</td>
<td>135</td>
<td>Carmel, N.Y./Carmel</td>
</tr>
<tr>
<td>Mike Szarkowicz</td>
<td>Jr.</td>
<td>6-0</td>
<td>145</td>
<td>Watertown, Conn./Watertown</td>
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### WOMEN'S CROSS COUNTRY ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
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<tbody>
<tr>
<td>Kelly Davidson</td>
<td>So.</td>
<td>5-11</td>
<td>Yorba Linda, Calif./Esperanza</td>
</tr>
<tr>
<td>Sarah Gustavsson</td>
<td>Jr.</td>
<td>5-5</td>
<td>Gothenburg, Sweden/Hulebacksgymnasiet (Santa Barbara City College)</td>
</tr>
<tr>
<td>Ashley Luiso</td>
<td>Fr.</td>
<td>5-11</td>
<td>Mamaroneck, N.Y./The Ursuline School</td>
</tr>
<tr>
<td>Pilar Mahady</td>
<td>Jr.</td>
<td>5-3</td>
<td>Bedford Hills, N.Y./Fox Lane</td>
</tr>
<tr>
<td>Arame Mbojd</td>
<td>Jr.</td>
<td>5-5</td>
<td>New Rochelle, N.Y./New Rochelle</td>
</tr>
<tr>
<td>Alexis Moore</td>
<td>Fr.</td>
<td>5-1</td>
<td>Voorheesville, N.Y./Voorheesville</td>
</tr>
<tr>
<td>Nicole Muschio</td>
<td>Jr.</td>
<td>5-3</td>
<td>Pawling, N.Y./Pawling</td>
</tr>
<tr>
<td>Patricia Neubauer</td>
<td>Sr.</td>
<td>5-7</td>
<td>Potsdam, Germany/Einstein Gymnasium (University of Potsdam)</td>
</tr>
</tbody>
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### 2010 CROSS COUNTRY SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 4</td>
<td>at Delaware Valley Invitational (Doylestown, Pa.)</td>
</tr>
<tr>
<td>Sept. 11</td>
<td>at Trinity (Manchester, Conn.)</td>
</tr>
<tr>
<td>Sept. 18</td>
<td><strong>VALENT INVITATIONAL (Purchase, N.Y.)</strong></td>
</tr>
<tr>
<td>Sept. 26</td>
<td>at Codfish Bowl (Boston, Mass.)</td>
</tr>
<tr>
<td>Oct. 3</td>
<td>at CUNY Invitational (New York, N.Y.)</td>
</tr>
<tr>
<td>Oct. 9</td>
<td>at DeSales (Center Valley, Pa.)</td>
</tr>
<tr>
<td>Oct. 23</td>
<td>at RPI Invitational (Saratoga Springs, N.Y.)</td>
</tr>
<tr>
<td>Oct. 30</td>
<td>at Middle Atlantic Conference Championship $</td>
</tr>
<tr>
<td>Nov. 6</td>
<td>at ECAC Championships</td>
</tr>
<tr>
<td>Nov. 13</td>
<td>at NCAA Regions</td>
</tr>
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$ - At Delaware Valley College (Doylestown, Pa.)
2010 Men’s Bios

MORRISON BOATENG
Junior • 6-2 • 180 lbs • Bronx, N.Y./UAHC

2009: Missed the cross country season due to injury.
2008: One of three Valiants to participate in all seven cross country races … improved his times by over 15 minutes of the course of the season … ran a season-best 35:03 to place 293rd at the Saratoga Invitational (10/25) … placed 110th at the MAC Championships (11/1), finishing with a time of 36:34.

High School: A 2008 graduate of the Urban Assembly Academy of History and Citizenship for Young Men (UAHC) … played soccer for two years for UAHC, helping the team to an 11-0-1 record in his final season … earned honor roll honors and the school’s Principal’s Award.

Personal: Born November 17, 1989 … son of Elizabeth Adwubi … has two brothers, George and Julius … is a chemistry major with a minor in mathematics at Manhattanville.

DANIEL CAGGIANO
Freshman • 5-8 • 140 lbs • Staten Island, N.Y./Saint Peter’s

High School: A 2010 graduate of Saint Peter’s High School … ran four years for the Eagles … given the team’s Pepper Martin Memorial Award as a senior.

Personal: Born March 10, 1992 … son of Ralph and Barbara Caggiano … has two siblings, Robert and DeAnna … plans to be a business management major at Manhattanville.

COREY CLAVET
Senior • 6-0 • 160 lbs • Shenendehowa, N.Y./Shenendehowa (SUNY Delhi)

2010: Clavet will miss the 2010 season due to injury.
2009: Took part in five cross country meets before succumbing missing the rest of the season due to injury … posted the best Valiant time in all XC meets in which he appeared … posted a season-best 5K time of 17:38.00 at the Trinity Invitational (9/12) … ran a season-best time in the first 8K race of the year, crossing the line in 27:22.70 to place 62nd at the Codfish Bowl (9/26).

2007-08 (at SUNY Delhi): Was a two-year letterwinner at SUNY Delhi … ran cross country, indoor track and outdoor track for the Broncos in each of the last two seasons … won a pair of NJCAA Cross Country National Championships … also was a part of the 2009 NJCAA Outdoor National Championship-winning 4x800 team with the Broncos.

High School: A 2007 graduate of Shenendehowa High School … ran track for four seasons with the team … was a part of the 4x800 team that won the Outdoor State Championship in his senior season … was named the team’s Most Valuable Distance Runner in all four track seasons … named to the honor roll every year as well.

Personal: Son of Janice Clavet … is undecided in regards to major at Manhattanville.

JOHN COLL SANTANA
Sophomore • 6-1 • 180 lbs • Guaynabo, Puerto Rico/Colegio Adianez

2009: Did not run cross country for the Valiants as a freshman.

High School: Attended Colegio Adianez but did not run track.

Personal: Born March 5, 1991 … son of Miguel Coll and Jaqueline Santana … is an accounting and finance major with an Asian studies minor at Manhattanville.

JOSH MARRERO
Junior • 5-5 • 135 lbs • Elmsford, N.Y./Briarcliff

2009: Ran in all eight races during the cross country season … placed third on the team with a season-best 5K time of 19:03.00 at the Trinity Invitational (9/12) … finished second among Valiants at both the MAC Championship (10/31) and ECAC Championship (11/7), placing 95th (33:40.38) at the MACs and 233rd with a season-best 8K time of 32:32.50 at the ECACs.

2008-09: Appeared in every cross country race in his first season … placed 15th with a time of 33:50 in his first collegiate race, the Purchase Invitational (9/13) … posted a season-low 31:51 at the Saratoga Invitational (10/25) to place 263rd.

High School: A 2008 graduate of Briarcliff High School … was a three-year letterwinner on the cross country team, while also lettering in track and baseball for the Bears … reached the Sectional Championships in cross country … was an honor roll student.

Personal: Born May 24, 1990 … son of Paul and Lydia Heck … has a sister, Alexis, and a brother, Jonathan … is an education and Spanish double major with a minor in political science at Manhattanville.
SEAN McIVER
Freshman • 5-7 • 140 lbs • Yorktown, N.Y./Yorktown

**High School:** A 2010 graduate of Yorktown High School ... ran two seasons of track and also was a four-letterwinner in the swimming pool for the Cornhuskers.

**Personal:** Born October 2, 1991 ... son of Scott and Sandra McIver ... his father, Scott, is the head athletic trainer at Manhattanville ... has one brother, Colin ... plans to be a visual arts major at Manhattanville.

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GARRY RAMIREZ
Sophomore • 5-6 • 135 lbs • New York, N.Y./South Bronx

**High School:** A 2009 graduate of South Bronx High School ... ran three years in high school for the Phoenix.

**Personal:** Born July 23, 1991 ... son of Nadia Foster ... has two brothers, Joel and Jonathan ... plans to be an international management major at Manhattanville.

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BEN SMITH
Freshman • 5-1 • 120 lbs • Proctor, Vt./Mount St. Joseph Academy

**High School:** A 2010 graduate of Mount St. Joseph Academy ... a four-year cross country and track runner for the Mounties ... a three-time All-Marble Valley League Class C team honoree and the MVL Class C XC champion in 2008 and 2009 ... finished fourth at the Div. III XC State Championship in 2008 and second in 2009 ... also qualified for the New England Championship as a senior ... on the track, holds school records in the 1,500, the 3,000 and the 3,200 meters ... finished sixth in the state in the 3,200 as a senior ... in the 3,000, finished fourth at the New England Qualifiers in 2010 and placed second at the Div. III State Championship meet in 2008 ... graduated from Mount St. Joseph with honors.

**Personal:** Born October 26, 1991 ... son of Roland and Jenifer Smith ... has one sister, Emmalee ... plans to be a history major with a political science minor at Manhattanville.

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CHAD SPAETH
Sophomore • 5-9 • 135 lbs • Carmel, N.Y./Carmel

2009: Was one of three Valiants to appear in all eight team meets during the cross country season ... posted his best 5K time of the year at the Trinity Invitational (9/12), finishing fourth on the team with a time of 19:07.00 ... posted a season-best 8K time at the DeSales Invitational (10/10), placing 204th overall with a time of 32:25.88.

**High School:** A 2009 graduate of Carmel High School ... ran track for four seasons and also played four years on the soccer team for the Rams ... was a high honors and National Honor Society student in high school.

**Personal:** Son of Lori and Bill Spaeth ... has three siblings: Carly, Max and Grant ... majoring in education with a psychology minor at Manhattanville.

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MIKE SZARKOWICZ
Junior • 6-0 • 145 lbs • Watertown, Conn./Watertown

2009: Participated in eight of the team’s nine meets during the cross country season ... finished second on the team in both of his 5K meets of the year, including a season-best time of 18:02.00 at the Trinity Invitational (9/12) ... recorded six of the Valiants’ best nine 8K times of the season ... was the team’s lone representative at the NCAA D-III Atlantic Regionals (11/14), crossing the line in a career-best 28:28.50 ... led the Valiants at both the MAC Championship (10/31) and the ECAC Championship (11/7), placing 51st (30:14.14) at the MACs and 91st (28:59.10) at the ECACs.

2008-09: Appeared in four races in his first collegiate cross country season ... paced the team in his first career meet, finishing ninth (32:53) at the Purchase Invitational (9/13) ... posted a season-best time of 30:28 to place 104th at the Codfish Bowl (9/27) ... also led the team with a finish of 31:28 at the Saratoga Invitational (10/25).

**High School:** A 2008 graduate of Watertown High School ... was a two-year letterwinner in both cross country and track & field for the Indians ... helped his team to three consecutive Nougatuck Valley League titles from 2004-06.

**Personal:** Born August 27, 1989 ... son of Tom and Marianne Szarkowicz ... has two sisters, Andrea and Mary, and a brother, Tom ... is an education and history double major with a legal studies minor at Manhattanville.
2010 Women’s Bios

KELLY DAVIDSON
Sophomore • 5-11 • Yorba Linda, Calif./Esperanza

2009: Appeared in eight of the team’s nine overall meets during the cross country season … posted the Valiants’ top finish in seven of those eight meets … had five of the top nine 6K times in program history … began the year with a 20th-place finish (21:53.00) at the 5K Army Open (9/4) … placed a season-best 18th with a time of 17:35.00 at the 5K Trinity Invitational (9/12) … posted the second-best 6K time in school history by finishing the Plansky Invitational (10/17) course in 25:01.00 … cracked the top-25 at the MAC Championships (10/31) with a time of 25:55.21 … placed 125th overall at the NCAA D-III Atlantic Regionals (11/14), finishing in 25:10.50.

High School: A 2009 graduate of Esperanza High School … ran four years of cross country and track for the Aztecs, while also playing soccer for one season … captained the cross country team to a Sunset League championship as a senior … her Aztec team was ranked second in California and in the top-20 of the nation in 2008 … also helped the track team to a Sunset championship on one occasion … a National Honors Society student.

Personal: Daughter of Richard and Mary Davidson … has two brothers, Sean and Scott … is double majoring in communications and management at Manhattanville.

SARAH GUSTAVSSON
Junior • 5-5 • Gothenburg, Sweden/Hulebacksgymnasiet (Santa Barbara City College)

Previous School: Attended Santa Barbara City College for two years from 2008-10, running on the cross country and track teams … helped the Vaqueros to a California State Cross Country Championship in 2009 … graduated from the school in 2010 and was a President Honor Roll student in every semester.

High School: Graduated from Hulebacksgymnasiet in 2008 … did not run in high school.

Personal: Daughter of Bengt-Goran and Annelle Gustavsson … has one brother, Tobias … plans to be a finance major with a political science minor at Manhattanville.

ASHLEY LUISO
Freshman • 5-11 • Mamaroneck, N.Y./The Ursuline School

High School: A 2010 graduate from The Ursuline School … ran for three years and also played two years of lacrosse for the Koalas … captained the XC team to a league championship as a senior … also helped the squad win the league, county and Class A Section I titles in 2008 … an honor roll and National Honor Society student.

Personal: Born July 15, 1992 … daughter of Reggie and Joe Luiso … has five siblings: Amanda, Alexa, Aly, Joe and John … is undecided as to her major at Manhattanville.

PILAR MAHADY
Junior • 5-3 • Bedford Hills, N.Y./Fox Lane

2009: Appeared in all eight of the Valiants’ team meets during the cross country season … led Manhattanville with an 18th-place finish (30:21.00) at the 6K Staten Island Invitational (10/4) … her best 5K time of the year came with a 23:31.60 finish at the Codfish Bowl (9/26) … recorded a season-best 6K time (28:51.60) at the year-end ECAC Championship (11/7).

2008: One of four Valiants to participate in all seven meets during the cross country season … was one of the team’s top-three finishers in every meet … lead the team with a season-best eighth-place finish (24:16) at the season-opening Purchase Invitational (9/13) … posted a season-best 5K time at the Saratoga Invitational (10/25), placing 180th with a time of 21:47 … finished 53rd at the 6K MAC Championships (11/1) with a time of 27:57 … bested that time slightly at the season-ending ECAC Championships (11/8), finishing the 6K course in 27:51.

High School: A 2008 graduate of Fox Lane High School, lettering in cross country for the Foxes … was a high honors student in high school.

Personal: Born August 17, 1990 … daughter of Jeanette Pousada and Patrick Mahady … is an Asian Studies major with dual minors in political science and theater at Manhattanville.
ARAME MBODJ
Junior • 5-5 • New Rochelle, N.Y./New Rochelle

2009: Did not run for the Valiant cross country team as a sophomore.
2008: Participated in three meets during the cross country season ... placed 124th in her first collegiate meet with a season-best time of 24:39 at the 5K Codfish Bowl (9/27) ... ran a season-low 6K time of 31:31 to place 33rd at the Brooklyn Invitational (10/5).

High School: A 2008 graduate of New Rochelle High School ... was a four-year letterwinner in cross country for the Huguenots ... competed at the Empire State Summer Games in 2006 and 2007, winning a silver medal in 2007.

Personal: Born May 13, 1990 ... daughter of Mohamed Mbodj and Soukeyna Diap ... has two siblings, Marieme and Idrissa ... is double majoring in psychology and sociology with a French minor at Manhattanville.

ALEXIS MOORE
Freshman • 5-1 • Voorheesville, N.Y./Voorheesville

High School: Graduated from Voorheesville High School in 2010 ... ran three years of cross country and two years of track for the Blackbirds ... helped the cross country team to a NYSPHSAA Section 2 Class C Championship and a berth in the State Championship in both 2008 and 2009 ... a four-year high honors student and National Honor Society member.

Personal: Born May 7, 1992 ... daughter of J. Lance Moore and April Richardson-Moore ... has three siblings: Tyler, Bruce and Rachel ... plans to be a history or international studies major at Manhattanville.

NICOLE MUSCHIO
Sophomore • 5-3 • Pawling, N.Y./Pawling

2009: Made four appearances during her first cross country season ... finished fifth on the team in her only 5K meet of the year with a time of 24:48.00 at the Plansky Invitational (10/17) ... posted a season-best time of 30:09.20 at the 6K ECAC Championship (11/7) ... during the indoor track season, posted a season-best mile time (7:12.48) in her first appearance at the Wesleyan Invitational (12/5) ... ran the 800 in a season-best 3:18.00 at the Wheaton Invitational (1/23) ... ran the 800 five times during the outdoor season, ending with a season-best time of 3:13.54 at the Brown Springtime Invitational (4/25).

High School: A 2009 graduate of Pawling High School ... ran four years on the Tigers' cross country and track teams ... was an All-Northern Counties performer ... helped the Tigers to a Girls' League Championship in track & field in 2007-08 ... a four-year honor roll student at Pawling as well.

Personal: Born September 11, 1991 ... daughter of Henry and Debbie Muschio ... has one younger sister, Camille ... majoring in biochemistry on a Pre-Med track at Manhattanville.

PATRICIA NEUBAUER
Senior • 5-7 • Potsdam, Germany/Einstein Gymnasium (University of Potsdam)

2009-10: Battled injuries to make five cross country appearances as a junior ... paced Manhattanville with a 19th-place finish (21:52.10) at the season-opening 5K Army Open (9/4) ... ran her best 5K time of the year (20:43.50) at the Codfish Bowl (9/26) ... ended the year with a 108th-place finish at the 6K ECAC Championship (11/7) ... crossed the line in a season-best 26:58.90 ... set a season-best mile time at the MAC Indoor Championships (2/27), taking 15th place with a 6:10.99 finish ... outdoors, posted season-best times in both the 800 and 1,500 at the Dick Shea Open (4/3), recording times of 2:58.35 and 5:49.92, respectively.

2008-09: Appeared in two cross country meets in her first season at Manhattanville ... led the team with a 91st-place finish (22:22) in her first collegiate meet, the 5K Codfish Bowl (9/27) ... also posted a team-best time of 28:00 to place 11th at the 6K Brooklyn Invitational (10/5) ... appeared at six indoor track events, primarily in the 800 ... ran a season-best time of 2:44.21 in the 800 at the Wheaton Invitational (1/31) ... moved mostly to the 1500 during the outdoor season, posting the team's five best times in the event ... ran the team's best 800 time (2:48.53) at the Danny Curran Invitational (3/28) ... ran a season-best 1500 time of 5:35.40 at the Coast Guard Invitational (4/4).

Previous School: Spent one year at the University of Potsdam.

High School: A 2007 graduate of Einstein Gymnasium in Potsdam, Germany ... reached the International University Championships in the 1,500m and the 3,000m, while also reaching the National University Championships in the 10,000m.

Personal: Born October 5, 1983 ... daughter of Regina Neubauer ... has one brother, Robert ... majoring in management with a psychology minor at Manhattanville.
## 2009 Season in Review

### Cross Country Top 10 Times

#### Men 5000m Run

<table>
<thead>
<tr>
<th>Place</th>
<th>Time</th>
<th>Name</th>
<th>Event</th>
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<tr>
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<td>9/12/2009</td>
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<tr>
<td>2</td>
<td>18:02.00</td>
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<td>9/4/2009</td>
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<td>8</td>
<td>19:21.00</td>
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#### Men 8000m Run

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#### Women 4000m Run

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<td>22:39.00</td>
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#### Women 5000m Run

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#### Women 6000m Run

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## Cross Country Record Book

### 5,000m (Women’s)

4. Sally Terrell vs. Vassar Sept. 18, 1983 19:37.00  
5. Sally Terrell at Manhattanville Invitational Sept. 8, 1984 19:53.00  
6. Sally Terrell at Manhattanville Fall Festival Invitational Sept. 10, 1983 20:17.00  
7. Sally Terrell at Manhattanville Fall Festival Invitational Sept. 10, 1983 20:17.00  
10. Patricia Neubauer at Codfish Bowl Sept. 26, 2009 20:43.50

### 6,000m (Women’s)

1. Julie Hinchey at DeSales Invitational Oct. 13, 2007 24:55.52  
2. Kelly Davidson at Plansky Invitational Oct. 17, 2009 25:01.00  
5. Kelly Davidson at ECAC Championships Nov. 7, 2009 25:37.10  
6. Julie Hinchey at MAC Championships Nov. 1, 2008 25:53.00  
8. Julie Hinchey at ECAC Championships Nov. 8, 2008 25:57.00  
10. Patricia Neubauer at ECAC Championships Nov. 7, 2009 26:58.90

### 8,000m (Men’s)

1. Nick Benson at Manhattanville Invitational Oct. 15, 1983 26:01.00  
2. Corey Clavet at Codfish Bowl Sept. 26, 2009 27:22.70  
5. Tony Israel vs. Concordia Oct. 19, 1983 28:27.00  
10. Tony Israel at Manhattanville Invitational Oct. 15, 1983 28:57.00

### All-Time Rosters

#### Men’s Team
- Benson, Nick 1983  
- Berrios, Nicholas 2007  
- Boateng, Morrison 2008-pres.  
- Botier, Saul 2008  
- Byrne, James 1979  
- Clavet, Corey 2009-pres.  
- Fossati, Steve 1984  
- Gentile, Stephen 1984  
- Israel, Tony 1983-84  
- Kim, Pedro 2007, 2009  
- Kimball, Frank 1979  
- Kiproko, Ethnehy 2009  
- Lico, Serrie 1983  
- Marrero, Josh 2008-pres.  
- Materazzo, Tom 1979  
- McGrath, Charlie 1981-84  
- Modin, Dmitri 2008  
- Moore, Mark 1981  
- Nadelbach, Chris 1983  
- Ncube, Mhla 2009  
- Perez, Andrew 2007

#### Women’s Team
- Ricigliano, Fran 1983-84  
- Rovani, Joe 1979  
- Savitle, Chris 1979  
- Scozzari, Vinny 2008  
- Spaeth, Chad 2009-pres.  
- Szarkowicz, Mike 2008-pres.  
- Wagner, Marc 1979-82

#### Full Roster

- Desantis, Dawn 1979  
- Dingman, Avon 1983  
- Finn, Sheila 1984  
- Fuhrmann, Heidi 1979  
- Granata, Amanda 2008-09  
- Harrison, Jamie 2007-08  
- Hewston, Sue 1979  
- Hinchey, Julie 2007-08  
- Hunter, Chevon 2009  
- Isaza, Stephanie 2008  
- Klick, Genevieve 2008  
- Konop, Elizabeth 1981  
- Lahr, Anne 1979, 1981  
- Leahy, Erin 2007-08  
- Mahady, Pilar 2008-pres.  
- Maldonado, Olivia 2009  
- Martinez, Itza 2007  
- Mieleszko, Emilia 2008-pres.

**Note:** Complete rosters are missing from the 1980 and 1982 seasons.
Facilities

Cross Country Course

After a 26-year hiatus, the Manhattanville College campus will once again play host to a cross country invitational meet in 2010 as the Valiant men’s and women’s cross country teams will both be hosting home invitational races for the first time since 1984.

Designed by head cross country coach Mike Owens, the Valiants’ home course starts at the front entrance of the school and winds its way all the way along the outside of Manhattanville’s campus – including views of the softball field, baseball field, and the GoValiants.com turf and grass fields – before winding back around campus and finishing up once again near the front of the school. The course also features multiple elevation and terrain changes throughout the course, giving runners of all levels a great challenge.

The men’s course measures 5.32 kilometers (3.31 miles) and is shown to the right, while the women’s course comes in slightly shorter at 4.43 kilometers (2.75 miles). Aerial shots of both men’s and women’s courses, including mileage and a complete view of the campus, can be seen at the links below.


Locker Rooms

Dedicated in October 1957 by the family of eventual United States President John F. Kennedy, Kennedy Gymnasium is the day-to-day home of the Manhattanville Department of Athletics as well as the home court for the Valiant basketball and volleyball teams.

Kennedy’s main attraction, a basketball and volleyball arena, is flanked by strength, training, locker room and office facilities and is the operational home of all Valiant sports.

Most in-season sports have their own space inside Kennedy Gymnasium’s several locker rooms (one of which is pictured to the left), with each player allowed his or her own locker. Inside the fully-enclosed locker rooms, the coaching staff can address the team before and during matches, and the rooms are a perfect congregating spot for teams at any time throughout the season.

The rest of the locker room facilities inside Kennedy Gym include full shower and locker facilities, as well as access to Manhattanville’s swimming pool, strength and conditioning facilities, and athletic training facilities.

The offices of almost all varsity head and assistant coaches at the school are also located within Kennedy Gym, as are the offices of all Manhattanville athletics administrators. Kennedy Gymnasium is also host to several camps and local recreational groups during the summer.

Manhattanville’s athletic trophies and banners, highlighting the program’s best accomplishments throughout the school’s distinguished athletic history, are also located inside the lobby and main arena of Kennedy Gymnasium.

Strength & Conditioning

Focused on the development of the student-athlete, the Manhattanville Department of Athletics views strength and conditioning as one of the most important developmental tools. The facilities inside Kennedy Gymnasium are a testament to that philosophy.

The strength and conditioning department is housed inside Healthworks, a large, state-of-the-art weight and cardiovascular training facility located on the bottom floor of Kennedy Gymnasium. The room includes several power development stations, glut ham benches, decline abdominal benches and physioballs and cardiovascular machines.

In late 2007, Manhattanville College opened a new Student Center in the center of campus that includes a first-class workout area for the general student population, thus making Healthworks the exclusive strength and conditioning home of Valiant student-athletes.

Healthworks is supervised by Manhattanville’s Head Strength and Conditioning Coach, Corey Crane. Crane, along with his assistant strength and conditioning coach, is responsible for managing and providing the design, implementation, supervision and evaluation of the strength and conditioning program utilized by all 21 Valiant varsity sports.

Athletic Training

The Sports Medicine facilities at Manhattanville College are located inside Kennedy Gymnasium and are the place where all Valiant student-athletes come to receive comprehensive health care from any of Manhattanville’s three fully-certified, full-time athletic trainers.

The athletic training staff has five main objectives: prevention of athletic injuries; recognition, evaluation and treatment of injuries that do occur; rehabilitation; health care administration and professional development. The athletic training staff also has on-campus access to state-of-the-art training methods, including ultrasound capability, electrical muscle stimulation and whirlpool treatments.

Scott McIver, a veteran of nearly 20 years in sports medicine, is Manhattanville’s Head Athletic Trainer. McIver worked for the Valiants from 2000-02 following a 12-year stint as Associate Athletic Trainer at Pace University, and came back to the school for a second stint beginning in 2006.

JR Barkamian joined the staff in August 2008 as Assistant Athletic Trainer after spending time at Division I Fordham University. The department also employs a full-time Graduate Assistant Athletic Trainer to help coordinate the school’s 21 sports.
Manhattanville College, located just north of New York City in thriving Westchester County, has been educating young people on its beautiful 100-acre campus for over 150 years. With only 1,700 undergraduate students, each student is able to make a personal contribution to the campus community in more than 50 areas of study and 50 campus clubs. Also one of the most diverse campuses in the country according to The Princeton Review, Manhattanville attracts students from 48 states and 76 countries.

THE CORE VALUES

Proudly a value-oriented liberal arts college for more than 150 years, Manhattanville is still guided by the mission "to educate ethically and socially responsible leaders for the global community."

Manhattanville is committed to following its mission by:

- Ensuring the intellectual, ethical and social development of each student within a community of engaged scholars and teachers.
- Encouraging each student to apply his or her development as an independent leader and creative thinker to career and personal goals.
- Providing a diverse campus community whose members know, care about and support each other and actively engage themselves both in the local community and beyond.

HISTORY

Founded in 1841 on Manhattan’s Lower East Side as the Academy of the Sacred Heart, a Catholic boarding school for girls, Manhattanville College has been educating students in the New York area for over 150 years.

In 1847, the academy relocated to an area just north of New York City on a hill overlooking the village of Manhattanville, and was rebuilt there after a fire in 1888.

In March of 1917, 76 years after its founding as an academy, Manhattanville was chartered as a college by the New York State Board of Regents, allowing the school to grant undergraduate and graduate degrees. Thirty-five years later, in 1952, Manhattanville moved to its current location in Purchase, N.Y., on the estate of former publisher Whitelaw Reid.

NEW YORK CITY

While on the school’s beautiful 100-acre campus, students are only a 30-minute car or train ride from New York City, blending the leisurely pace of suburbia with the rich cultural resources of the most populous city in the United States.

Manhattanville’s location offers students a unique opportunity to take advantage of all that New York City has to offer. Whether you want to enjoy a Broadway show, catch a professional sports event, tour a museum or simply take in one of its many well-known landmarks, New York City offers something for everyone to enjoy.

The school’s proximity to the worldwide leader in finance, entertainment and culture also offers Manhattanville students a unique and exciting chance for jobs and internships both in the city and in the thriving New York City suburbs, including right in Purchase!

The architectural and administrative center of Manhattanville’s campus is Reid Castle, which was built in 1892 and overlooks both the quadrangle and the school’s athletic fields.

WHAT HAPPENS HERE MATTERS

Manhattanville’s tradition of community service and social action continues today with the school’s continuing effort to ensure that “What Happens Here Matters.” Countless students are involved annually in a number of community service and social action programs.

Last year, Manhattanville’s students contributed over 30,000 hours of service while gaining valuable experience in such areas as management, teaching and advocacy.

At the heart of Manhattanville’s ethic of community service and service learning is the Duchesne Center for Religion and Social Justice. The center, which coordinates many of Manhattanville’s community service programs, promotes programs that endeavor to create a climate in which all Manhattanville College members will value an appreciation for the differences among us.

MY SOLDIER

Perhaps Manhattanville’s most well-known social action program was founded by a Valiant student-athlete: men’s soccer player Juan Salas, a naturalized U.S. citizen originally from Venezuela who saw active combat duty in Iraq and was commended for saving the life of a child during his tour.

Salas said his mission in Iraq was to “win the hearts and minds of the Iraqi people,” but he continued that while the service was at times challenging, “it was the letters that kept me going. From kids, boy scouts, students. A letter was like a piece of gold, something you wanted to keep for the rest of your life.”

When Salas got back to Manhattanville, he wanted to help his fellow soldiers overseas and approached former College President Richard A. Berman with an idea. Together with Berman and administrator Anne Gold, they launched the My Soldier program on February 14, 2004.

Participants in the My Soldier program, who are not limited to Manhattanville students, send letters and occasional care packages overseas to boost the quality of life for American troops.

A non-politically affiliated program, My Soldier has been wildly successful, with participants from all 50 states and over 400,000 people in total, reaching more than 175,000 U.S. troops.

To enroll in the My Soldier program or to learn more, visit www.MySoldier.com.