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 325 Valiant student-athletes (nearly 20 percent of the student body) took part in intercollegiate athletics during the 2011-12 school year showcasing the continued and rapid growth of athletics at Manhattanville. With women’s golf beginning play as a varsity sport in 2012-13, the program now sponsors 20 competitive intercollegiate teams – including eight teams that have been established or re-established since 2007 alone.

And teams at Manhattanville do not just compete, they win. Three teams earned conference regular-season or tournament championships in 2011-12 and two Valiant squads (men’s soccer and men’s golf) made an appearance in the NCAA Tournament. Fifteen of 21 Valiant squads earned berths in their respective conference championships last year, including the third straight title and seventh in 11 seasons for men’s golf. In addition, the men’s hockey, men’s golf and women’s hockey teams all received national rankings over the course of the year.

On an individual level, many Valiant student-athletes were honored in 2011-12 as well, led by All-America selections Eros Olazabal (men’s soccer) and Dan Fiorito (baseball). Manhattanville also boasted three Freedom Conference Players of the Year and two Freedom Rookies of the Year to go with 47 combined All-Conference honorees. In recent years, at least 35 former Valiants have gone on to play their sport professionally either domestically or overseas as well.

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 3.219 Athletic Department GPA for the Spring 2012 semester and the fact that all but one Valiant teams recorded a team GPA of 3.000 or higher for the spring term. In addition, men’s tennis senior Michael Capozzi became the department’s first two-time CoSIDA Academic All-American and was one of two CoSIDA Academic All-District representatives, while the department also boasted 89 Academic All-Conference honorees and two MAC Scholar-Athletes of the Year.

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 annual “Soccer for a Cure” event to promote cancer awareness. As a result of these and other efforts, the school was the recipient of two Jostens/NADIIAA Community Service Awards in 2009, one of only 13 institutions honored and the only school to receive two awards. The service aspect of the Valiant student-athlete experience plays a large role in helping Valiant athletes fulfill the college’s mission of educating students to be ethically and socially responsible leaders in a global community.

Manhattanville Quick Facts:
- 20 Varsity Sports
- Over 325 Student-Athletes
- 8 Sports Added Since 2007
- 27 All-Americans (23 since 1999)
- Over 5,000 Service Hours Per Year
- Cumulative Department GPA over 3.200

“To the valiant of heart, nothing is impossible.”
~ Jeanne d’Albret
## Quick Facts and Contents

<table>
<thead>
<tr>
<th>Quick Facts &amp; Contents</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic Administration</td>
<td>2</td>
</tr>
<tr>
<td>Coaching Staff</td>
<td>3</td>
</tr>
<tr>
<td>2012 Rosters/Schedule</td>
<td>4</td>
</tr>
<tr>
<td>2012 Season Preview</td>
<td>5</td>
</tr>
<tr>
<td>Men's Bios</td>
<td>6-7</td>
</tr>
<tr>
<td>Women's Bios</td>
<td>8-9</td>
</tr>
<tr>
<td>2011 Season in Review</td>
<td>10</td>
</tr>
<tr>
<td>Facilities</td>
<td>11</td>
</tr>
<tr>
<td>Support Staff</td>
<td>12</td>
</tr>
<tr>
<td>Manhattanville College</td>
<td>13-14</td>
</tr>
</tbody>
</table>

### 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 Tappan 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 2012 Manhattanville College Cross Country Media Guide was designed, written and edited by Steve Sheridan, Director of Sports Information. 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 August 31, 2012. All game times listed throughout the guide are Eastern.

### Quick Facts

<table>
<thead>
<tr>
<th>MANHATTANVILLE COLLEGE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong></td>
</tr>
<tr>
<td><strong>Founded:</strong></td>
</tr>
<tr>
<td><strong>Enrollment:</strong></td>
</tr>
<tr>
<td><strong>Nickname:</strong></td>
</tr>
<tr>
<td><strong>Colors:</strong></td>
</tr>
<tr>
<td><strong>Affiliation:</strong></td>
</tr>
<tr>
<td><strong>Conference:</strong></td>
</tr>
<tr>
<td><strong>Interim President:</strong></td>
</tr>
<tr>
<td><strong>Athletic Director:</strong></td>
</tr>
<tr>
<td><strong>Sr. Woman Administrator:</strong></td>
</tr>
<tr>
<td><strong>Department Phone:</strong></td>
</tr>
<tr>
<td><strong>Department Fax:</strong></td>
</tr>
<tr>
<td><strong>Website:</strong></td>
</tr>
<tr>
<td><strong>School Address:</strong></td>
</tr>
</tbody>
</table>

### CROSS COUNTRY STAFF

**Head Coach:** Mike Owens (sixth season)

**Alma Mater:** Central Connecticut State '95

**Phone:** (914) 323-7286

**Email:** owens@govaliants.com

**Assistant Coach:** Brian Ziminsky (first season)

**Alma Mater:** Mitchell '12

**Email:** ziminsky@govaliants.com

### TEAM INFORMATION

**Freedom Conference XC Finish (M):** 12th/14

**Letterwinners Returning/Lost:** 2/5

**Newcomers:** 6

**Freedom Conference XC Finish (W):** DNS

**Letterwinners Returning/Lost:** 3/5

**Newcomers:** 6

### SPORTS INFORMATION

**Director of Sports Information/ XC Contact:** Steve Sheridan

**Office Phone:** (914) 323-7280

**Fax:** (914) 323-3180

**E-Mail:** sheridan@govaliants.com

**Assistant Sports Info. Director:** Sean Engel

**Office Phone:** (914) 323-7280

**E-Mail:** engel@govaliants.com
Director of Athletics Keith Levinthal

Keith Levinthal begins his 10th full year as Director of Athletics at Manhattanville College in 2012-13 and continues to establish the school as a regional and national leader in athletic success, academic achievement and community involvement.

The architect and head coach of Manhattanville’s nationally recognized men’s hockey program before stepping aside in October 2011, Levinthal continues his role in keeping Manhattanville in the local, regional and national spotlight.

Levinthal has led the Valiant athletic program to unprecedented heights in recent years, as Manhattanville has collected 52 conference championships – 26 regular-season championships and 26 tournament titles – in the last eight seasons alone. In that span, the program has also produced 27 conference Players of the Year, 15 All-American selections and one National Player of the Year.

As a head coach with the men’s hockey team, Levinthal stepped aside with the most wins of any mentor in Manhattanville department history, posting a 202-84-28 (.688) record in 12 seasons and twice earning ECAC West Conference Coach of the Year honors. He left as the 14th winningest coach in NCAA hockey history (all Divisions) and sixth among Division III leaders in terms of winning percentage, and led the team to four NCAA Tournaments, four ECAC West Tournament titles and a pair of first-place finishes in the ECAC West regular-season standings.

Under Levinthal’s guidance, Manhattanville as a whole continued its recent string of very successful seasons in 2011-12, with both the men’s soccer and men’s golf teams earning berths in the NCAA Tournament and 15 teams overall reaching postseason play. The men’s soccer team picked up the program’s first-ever at-large bid after a program-record 15-win season, while the men’s golf team dominated the field with a 55-stroke victory at the Freedom Conference Championships and also earned the first national ranking in program history as well during the fall. A pair of Valiants - men’s soccer junior Eros Olazabal and baseball senior Dan Fiorito - were honored as All-Americans by the end of the year, while two student-athletes (Emil Sjoberg and Michael Capozzi) were named MAC Scholar-Athletes of the Year as well.

In 2007-08, Levinthal guided the Athletics Department as it transitioned from the Skyline Conference to the Freedom Conference and also reintroduced volleyball and cross country programs to the school. The Valiants saw immediate success in its new conference as two teams clinched Freedom Conference regular-season championships and three programs won conference tournaments in advancing to the NCAA Tournament. The women’s hockey team advanced to the program’s third National Championship game, while the women’s soccer team reached the NCAA Tournament for the first time in program history.

Levinthal also led the Valiants to a record-breaking year in their final season in the Skyline Conference in 2006-07, as a program-record six teams won conference championships and a record five teams qualified for the NCAA Tournament. His men’s hockey team spent 13 consecutive weeks as the top-ranked team in the nation and earned its first-ever berth in the national semifinals, while goaltender Andrew Gallant became the first Manhattanville student-athlete to be named a National Player of the Year. Six coaches were named as conference Coach of the Year, while a program-best four Valiant student-athletes were also named CoSIDA/ESPN The Magazine Academic All-District honorees. And, for the first time ever, Valiant teams won more league championships than any other Skyline Conference team.

Levinthal saw immediate athletic success during his first full year at the helm, as all 14 of Manhattanville’s athletic programs participated in postseason play during the 2003-04 year. Four teams earned bids to the ECAC postseason tournaments, while the women’s ice hockey program earned its third consecutive NCAA Tournament appearance. In 2004, Levinthal also received the honor of beginning a four-year term on the NCAA Men’s and Women’s Ice Hockey Rules Committee, serving as one of 13 overall members and one of just four from Division III institutions.

But in addition to athletic success, at the heart of every successful program lie sound resources for its lifeblood – its student-athletes. Therefore, Levinthal has made it a priority to provide the resources needed to create an environment in which Manhattanville student-athletes can achieve at the highest level in all areas: academically, socially and athletically.

A 1995 graduate of Hobart College, Levinthal is committed to developing all aspects of the athletics program. In his tenure at Manhattanville, Levinthal’s agenda has included:

- **Student-Athlete Development** - Manhattanville continues to be on the cutting edge in the total development of its student-athletes. Valiant student-athletes have exhibited a strong presence and desire to serve the New York area. All varsity teams participate in outreach activities, positively impacting numerous area youth groups, hospitals, schools and agencies.

- **Professionalism** - Under Levinthal’s guidance, Manhattanville athletics received a much-needed face-lift. With a new website, logo, team colors and method of business, he has streamlined and energized the department. The result has been increased exposure to Manhattanville student-athletes, improved performance both on and off the field, and increased support from fans and alumni.

- **Exposure** - Manhattanville Athletics continues to maintain a strong presence on national and regional media outlets. Levinthal has helped increase the program’s media opportunities as well as displaying the values of the Valiants constantly in the public eye.

Assistant Director of Athletics Julene Fisher

Julene Fisher enters her eighth year as Assistant Athletic Director and Senior Woman Administrator, and her 10th year overall within the Manhattanville Athletic Department in 2012-13.

As Assistant Athletic Director, Fisher is responsible for assisting the athletic director in an administrative capacity. She handles the scheduling for all of Manhattanville’s 21 sports and also handles travel accommodations and assignment of the department’s student workers.

A former Assistant Sports Information Director at Manhattanville, Fisher also has assisted the Sports Information Department by serving as official scorer for baseball games.

Fisher began her tenure at Manhattanville as an administrative assistant in the Manhattanville development office before moving over to the Athletic Department. Fisher graduated from Marymount College in 2002 as an English/Journalism major. She served as the editor-in-chief of Marymount’s student newspaper, The Cormont, and also was a four-year letterwinner in both swimming and softball at the school.

In television, she worked in conjunction with ABC News, the Discovery Channel and HBO to produce the hit series, “The Justice Files”, as well as HBO’s Emmy award winning documentary “In Memoriam: New York City, 9/11”.

Assistant Director of Athletics Julene Fisher
Head Coach Mike Owens
Sixth Season • Central Connecticut State '95

Mike Owens returns for his sixth season as head coach of the Manhattanville cross country programs and fifth year at the helm of the Valiant indoor and outdoor track programs in 2012-13.

As head coach of the Valiant men’s and women’s cross country and track & field programs, Owens has his teams compete against some of the top Division I, II and III teams in the area and worked diligently to turn the nascent teams into competitive squads both in the tough Middle Atlantic Conference and in the region.

In 2011-12, Manhattanville continued its path toward success, setting new standards both on and off the course. During the fall season, both Valiant cross country teams placed at the NCAA Div. III Atlantic Regionals for the first time and both squads also were honored as USTFCCCA All-Academic Teams. During the indoor season, a program-record seven Valiants earned MAC All-Conference honors, including Bill Motherway’s first-team selection in the high jump, while Alexis Lanzillotti earned All-Conference honors during the outdoor season and also became the program’s first qualifier for the ECAC Outdoor Championships.

The Valiants continued to improve in 2010-11, setting new benchmarks during every season. In the fall, the men’s cross country team placed 37th at the NCAA Div. III Atlantic Regional, becoming the first Valiant team to score at regionals and subsequently the first to be honored as an USTFCCCA All-Academic Team. The firsts continued during the indoor track season, when Morrison Boateng and Christi Marraccini became the program’s first two ECAC Indoor Championship qualifiers, and kept going right into the outdoor season, when the men’s 4x400 team became the program’s first-ever entry at the historic Penn Relays.

Owens oversaw the first year-long running season in Manhattanville history in 2008-09, supervising the second season of the reinstated 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 Boateng and Emelda Ogweta won individual events in the first year of the program.

Owens took over the school’s reinstated 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 earned All-Conference honors and advanced to the NCAA Div. 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 ran collegiately at Division I Central Connecticut State University and 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 Central Connecticut State, he earned his master’s degree in education from Manhattanville in January 2012. Owens also received his USTFCCCA Track & Field Technical Certification in January 2012 as well.

Assistant Coach Brian Ziminsky
First Season • Mitchell ’12

Brian Ziminsky enters his first season as an assistant coach with the Manhattanville cross country and track & field programs in 2012-13.

Ziminsky comes to Manhattanville after earning four varsity letters on the cross country team at Division III Mitchell College. He competed in every event in each of his last three seasons with the Mariners, helping the squad to a pair of runner-up finishes at the New England Collegiate Conference championships and twice running at the NCAA Regional Championships.

A native of nearby Mount Kisco, Ziminsky graduated from Mitchell in 2012 with a bachelor’s degree in sports management.
2012 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>Amado Amezquita-Santos</td>
<td>Jr.</td>
<td>5-7</td>
<td>130</td>
<td>Providence, R.I./E-Cubed Academy (Viterbo University)</td>
</tr>
<tr>
<td>Dan Caggiano</td>
<td>Jr.</td>
<td>5-10</td>
<td>145</td>
<td>Staten Island, N.Y./Saint Peter’s</td>
</tr>
<tr>
<td>Teddy Celaya</td>
<td>Jr.</td>
<td>5-7</td>
<td>135</td>
<td>Rockaway Beach, N.Y./Frederick Douglass (Monroe C.C.)</td>
</tr>
<tr>
<td>Chris Daddie</td>
<td>Fr.</td>
<td>5-7</td>
<td>150</td>
<td>Accra, Ghana/Taft Educational Campus</td>
</tr>
<tr>
<td>Matt Goidell</td>
<td>Fr.</td>
<td>6-1</td>
<td>180</td>
<td>Centerport, N.Y./St. John the Baptist</td>
</tr>
<tr>
<td>Ben Smith</td>
<td>Jr.</td>
<td>5-3</td>
<td>120</td>
<td>Proctor, Vt./Mount St. Joseph Academy</td>
</tr>
<tr>
<td>James Tatum</td>
<td>Fr.</td>
<td>5-9</td>
<td>155</td>
<td>Fulton, Md./Atholton</td>
</tr>
<tr>
<td>Evan Winston</td>
<td>Fr.</td>
<td>5-9</td>
<td>135</td>
<td>North Salem, N.Y./Briarcliff</td>
</tr>
</tbody>
</table>

WOMEN’S CROSS COUNTRY ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>Ht.</th>
<th>Hometown/High School (Previous School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kelly Davidson</td>
<td>Sr.</td>
<td>5-11</td>
<td>Yorba Linda, Calif./Esperanza</td>
</tr>
<tr>
<td>Elisa Gashaj</td>
<td>Fr.</td>
<td>5-9</td>
<td>Pearl River, N.Y./Pearl River</td>
</tr>
<tr>
<td>Alexis Moore</td>
<td>Jr.</td>
<td>5-2</td>
<td>Voorheesville, N.Y./Voorheesville</td>
</tr>
<tr>
<td>Nicole Muschio</td>
<td>Sr.</td>
<td>5-3</td>
<td>Pawling, N.Y./Pawling</td>
</tr>
<tr>
<td>Kayla Pleasant</td>
<td>Fr.</td>
<td>5-5</td>
<td>New Orleans, La./Isidore Newman School</td>
</tr>
<tr>
<td>Christine Pluchino</td>
<td>Fr.</td>
<td>5-3</td>
<td>Yonkers, N.Y./Sacred Heart</td>
</tr>
<tr>
<td>Debbie Rivera</td>
<td>Fr.</td>
<td>5-1</td>
<td>Lynbrook, N.Y./Lynbrook</td>
</tr>
<tr>
<td>Shannon Roberts</td>
<td>Fr.</td>
<td>5-1</td>
<td>Saddle Brook, N.J./Saddle Brook</td>
</tr>
<tr>
<td>Ayeshah Wiggins</td>
<td>Fr.</td>
<td>5-6</td>
<td>Bellport, N.Y./Bellport</td>
</tr>
</tbody>
</table>

Head Coach: **Michael Owens** (Central Connecticut State ’95, sixth season)

Assistant Coach: **Brian Ziminsky** (Mitchell ’12, first season)

2012 CROSS COUNTRY SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Meet Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 31</td>
<td>at Misericordia Invitational</td>
<td>Misericordia XC Course - Dallas, Pa.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept. 8</td>
<td>at Trinity Invitational</td>
<td>Wickham Park - Manchester, Conn.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept. 15</td>
<td>VALIANT INVITATIONAL</td>
<td>Manhattanville XC Course - Purchase, N.Y.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept. 22</td>
<td>at Williams Purple Valley Classic</td>
<td>Mount Greylock RHS - Williamstown, Mass.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept. 30</td>
<td>at Staten Island Invitational</td>
<td>Clove Lake Park - Staten Island, N.Y.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct. 6</td>
<td>at Saratoga Invitational</td>
<td>Saratoga Spa State Park - Saratoga Springs, N.Y.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct. 14</td>
<td>at St. John’s Fall Festival</td>
<td>Cunningham Park - Queens, N.Y.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct. 27</td>
<td>at Middle Atlantic Conference</td>
<td>Misericordia XC Course - Dallas, Pa.</td>
</tr>
<tr>
<td></td>
<td>Championship</td>
<td></td>
</tr>
<tr>
<td>Nov. 3</td>
<td>at ECAC Championships</td>
<td>Mount Greylock RHS - Williamstown, Mass.</td>
</tr>
<tr>
<td>Nov. 10</td>
<td>at NCAA Division III Atlantic</td>
<td>Genesee Valley Park - Rochester, N.Y.</td>
</tr>
<tr>
<td></td>
<td>Regionals</td>
<td></td>
</tr>
</tbody>
</table>

Pronunciation Guide

Amezquita-Santos: ah-MAAD-oh ah-MEZ-kit-tah
Caggiano: CAJJ-ee-ah-no
Celaya: sell-AYE-ah
Gashaj: GA-shay
Muschio: MISCH-e-o
Pluchino: plu-CHEE-no
Wiggins: aye-EE-sha

The Freedom Conference

With the exception of the Valiant men’s and women’s hockey teams, all 20 Manhattanville varsity sports have competed under the umbrella of the Middle Atlantic Conferences since joining the conference prior to the 2007-08 school year.

Founded in 1912 and celebrating its 100th year in existence this year, the MAC is one of the oldest intercollegiate athletic associations in the United States. An umbrella organization consisting of three conferences – Commonwealth, Freedom and Middle Atlantic – the MAC sponsors 23 Division III sports and boasts 18 current member schools, including recent additions Hood and Stevenson.

With the exception of cross country, track and women’s golf, which compete in the Middle Atlantic Conference against both Freedom and Commonwealth teams, all Manhattanville sports compete in the Freedom Conference alongside seven other institutions. As a result, every Valiant athletic team has the opportunity to annually compete for a conference title and an automatic berth into the NCAA Tournament.
2012 Season Preview

After continuing their strides toward becoming a consistent competitor in the Middle Atlantic Conference and the Atlantic Region last season, head coach Mike Owens and the Manhattanville men’s and women’s cross country teams will look to a youthful roster in hopes of maintaining that upward momentum in 2012.

Last year, the Manhattanville men finished 12th out of 14 teams at the annual Middle Atlantic Conference Championships, which was held in a blinding snowstorm, and went on to place 38th at the year-end NCAA Div. III Atlantic Regional Championships. The women’s team did not score at the MAC Championships, but came back to record a 33rd-place finish at the NCAA Atlantic Regional Championships.

MEN’S SEASON PREVIEW

The Manhattanville men’s team will have plenty of new faces to begin the 2012 season. Four-year stalwarts Josh Marrero ’12 and Mike Szarkowicz graduated in the spring, leaving only a pair of returning runners – juniors Dan Caggiano and Ben Smith – to lead a group of five newcomers to the program.

Caggiano was consistently one of the team’s top-two finishers during his sophomore season, as he was either the first or second Valiant to cross the line in seven of the team’s eight meets last year. He posted a team-best 5K time of 19:02.00 to lead Manhattanville at the Trinity (Conn.) Invitational early in the year, and had his best 8K result of the season by placing 55th with a time of 29:28.74 at the NJIT Highlander XC Invitational.

Smith was also a consistent top-three finisher for Manhattanville in his second season and will look to better his times as a junior. He was the team’s top finisher at the BAA Mayor’s Cup in Boston, crossing the line with a career-best 8K time of 28:45.00, and also broke the 30-minute mark earlier in the year at the NJIT Highlander XC Invitational.

Junior Amado Amezquita-Santos also joins the cross country team in 2012 after running with the Valiant indoor and outdoor track teams during the Spring 2012 semester. Amezquita-Santos, who ran primarily the 400 and 800 on the track, ran cross country for Viterbo University in 2011 and will pick that back up with the Valiants this year.

In addition, Owens has five new faces ready to earn a spot on the team and make their way into the scoring column on a regular basis. Junior Teddy Celaya comes to Purchase after two years running at Monroe Community College, while freshmen Chris Dadzie, Matt Goddell, James Tatum and Evan Winston all look to make the leap to a successful career in the collegiate ranks.

WOMEN’S SEASON PREVIEW

On the women’s side, the story will be much of the same, as the Valiants return just three runners with collegiate experience for the 2012 campaign. Seniors Kelly Davidson and Nicole Muschio will be back for their fourth seasons with the program this year, while junior Alexis Moore will return to the course after missing the entire 2011 season.

With the graduation of Sarah Gustavson ’12, Owens will be counting on Davidson to lead the young Valiant lineup in 2012. As a junior, Davidson was the second Valiant to cross the finish line in all five races in which she appeared, including a second-place finish at the Valiant Invitational in September, and she also posted her best 6K time of the year at the year-end NCAA Atlantic Region Championships in November by placing 179th.

The only other returner from last year’s roster is Muschio, who ran in seven of the team’s eight races as a junior. She took a season-best 11th place at the Valiant Invitational early in the season, and then capped the year by running her best 6K of 2011 at the year-end NCAA Regional Championships. In addition, Moore will be back on the course for the first time in two years and hopes for a return to her 2010 form, when she ran in nine races as a freshman and posted a season-best 5K time of 21:51.21 at Lehman.

Like the men, the women’s team will also be relying heavily on newcomers to step in and contribute right away. As a result, six freshmen – Elisa Gashaj, Kayla Pleasant, Christine Pluchino, Debbie Rivera, Shannon Roberts and Ayeshah Wiggins – will have the chance to crack the scoring column from the very start of the year.

Owens has put together yet another competitive schedule for the team in 2012, taking the Valiants around New York, Pennsylvania and New England in search of top competition. The season will start with the Misericordia Invitational on September 15. The schedule continues with annual races at Williams and Staten Island, followed by RPI’s Saratoga Invitational (October 6) and the St. John’s Fall Festival (October 14) to close out the regular season.

The Valiants will look for success at the Middle Atlantic Conference Championship, which will be hosted by Misericordia this season on October 27 in Dallas, Pa. Potential dates at the ECAC Championships (November 3) and the NCAA Div. III Atlantic Region Championships (November 10) follow as well if the squads are able to qualify.
AMADO AMEZQUITA-SANTOS
Junior • 5-7 • 130 lbs • Providence, R.I./E-Cubed Academy (Viterbo University)
2010-11: Attended NAIA school Viterbo University for three semesters, redshirting his first year before running cross country during the fall 2011 semester ... his best 8K time of the year came with a 30:58 finish at the National Catholic Cross Country Invitational (9/16) ... also ran a 19:45 5K at the season-opening Mustang Gallop (9/3).

High School: A 2010 graduate of E-Cubed Academy ... ran one year with the Blue Wave ... was named the Most Improved Player in both track and cross country in 2009.

Personal: Born November 29, 1992 ... son of Amado Amezquita ... is one of five siblings ... is a psychology major with a Spanish minor at Manhattanville.

DAN CAGGIANO
Junior • 5-10 • 145 lbs • Staten Island, N.Y./Saint Peter's
2011: Ran in all eight meets during his sophomore year ... led Manhattanville in the only 5K race of the year, crossing the line in 19:02.00 at the Trinity Invitational (9/10) ... finished second in six of the team's seven other races ... took third place at the Valiant Invitational (9/17), finishing the 5.23K course in 19:00.00 ... his best 8K time of the year was a career-best 29:28.74 (55th place) finish at the Highlander XC Invitational (10/9) ... also was the team's second finisher at the NCAA Atlantic Regionals (11/12), crossing the finish line in 29:49.50.

2010: Ran in all 10 meets during his freshman season ... finished second among Valiants in seven of 10 races this year ... made his collegiate debut at Delaware Valley (9/4), finishing 63rd overall with an 8K time of 30:32.56 ... was the top Valiant finisher at the Lightning Invitational (10/3), crossing the line in 29:58.23 to take 16th place ... best 8K time of the year came at the ECAC Championships (11/6), finishing 184th place overall with a time of 29:49.27.

High School: A 2010 graduate of Saint Peter's High School ... ran one year with 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 ... is a communications major with a minor in studio art at Manhattanville.

TEDDY CELAYA
Junior • 5-7 • 135 lbs • Rockaway Beach, N.Y./Frederick Douglass Academy VI (Monroe C.C.)
Previous School: Spent two years at Monroe Community College, running cross country for the Mustangs.

High School: A 2010 graduate of Frederick Douglass Academy VI High School.

Personal: Born October 29, 1992 ... son of Bianca and Antonio Celaya ... has one brother, Jonathan, and two sisters, Laura and Ariel ... will be a criminal justice major at Manhattanville.

CHRIS DADZIE
Freshman • 5-7 • 150 lbs • Accra, Ghana/Taft Educational Campus
High School: A 2012 graduate of the William H. Taft Educational Campus ... played soccer and ran track for two years for the Eagles ... named the team's MVP during both the indoor and outdoor track seasons as well as on the soccer field as a senior ... also earned the track & field coaches' award.

Personal: Born November 22, 1993 ... son of Florence Okyere ... has one sibling, Yaw Brobbey ... plans to be a biology major and a psychology minor on a Pre-Med track at Manhattanville.

MATT GOIDELL
Freshman • 6-1 • 180 lbs • Centerport, N.Y./St. John the Baptist
High School: A 2012 graduate of Saint John the Baptist Diocesan High School ... ran four years of cross country and one year of track for the Cougars ... graduated cum laude from the school.

Personal: Born May 15, 1993 ... son of Lynn and Mark Goidell ... has one sister, Kimberly ... plans to be a history and world religions major with the hopes of becoming a high school teacher.
2012 Men’s Bios

BEN SMITH
Junior • 5-3 • 120 lbs • Proctor, Vt./Mount St. Joseph Academy

2011: Ran in all eight Valiant races as a sophomore ... took second among Manhattanville entries at the Trinity Invitational (9/10), finishing the 5K course in 19:40.00 ... was the Valiants’ top finisher at the 8K BAA Mayor’s Cup race, crossing the line in a career-best 28:45.00 ... also cracked the 30-minute mark at the Highlander XC Invitational (10/9), finishing in 29:56.87 ... named to the MAC Fall Academic Honor Roll.

2010: Ran in eight of the team’s 10 races in his first collegiate season ... took seventh place at the Valiant Invitational (9/18) with a time of 19:25.00 ... placed second among Valiants with an 8K time of 30:28.80 at the Albany Invitational (10/16) ... took 83rd place (29:54.83) at the MAC Championships (10/30) ... posted his best 8K time of the year at the NCAA Atlantic Regionals (11/13) by crossing the line in 29:32.20.

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 Jennifer Smith ... has one sister, Emmalee ... a history and political science double major at Manhattanville.

JAMES TATUM
Freshman • 5-9 • 155 lbs • Fulton, Md./Mount St. Joseph Academy

High School: A 2012 graduate of Atholton High School ... ran indoor and outdoor track for two years while also playing basketball and soccer for a year each for the Raiders ... captained the varsity track teams and was named team MVP as a senior ... was an honor roll student.

Personal: Born November 16, 1994 ... son of Sherri and James Tatum ... has two sisters, Margaret and Trinitee ... plans to major in international affairs with a minor in theology in the hopes of becoming an Army chaplain.

EVAN WINSTON
Freshman • 5-9 • 135 lbs • North Salem, N.Y./Briarcliff

High School: A 2012 graduate of Briarcliff High School ... ran four years of cross country for the Bears ... earned the school’s Physical Education/Athletic Award as a senior.

Personal: Born March 21, 1994 ... son of Angela Evangelista and Michael Winston ... has one brother, Stephen ... plans to major in environmental science at Manhattanville.
2012 Women’s Bios

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

2011: Ran in five of the Valiants’ eight races during her junior season, finishing fifth among Manhattanville entries in every race ... took second place at the 4.43K Valiant Invitational (9/17), finishing the home course in 18:57.00 ... her season-best 5K time came at the Highlander XC Invitational (10/9), crossing the line in 21:58.21 ... took 180th place at the year-end NCAA Atlantic Regionals (11/12), taking second among Valiants with a time of 26:11.50 ... named to the MAC Fall Academic Honor Roll.

2010: Ran in all of the team’s final eight meets of the season as a sophomore ... recorded three of the top seven 6K times in program history ... finished either first or second among Valiants in all eight appearances ... took sixth place with a time of 18:48.00 at the 4.43K Valiant Invitational (9/18) ... was the team’s top finisher and placed sixth overall at the 5K Lightning Invitational (10/3) with a time of 21:18.56 ... her best 5K time of the year came at the Albany Invitational (10/16), finishing the course in 20:39.20 ... placed 36th with a time of 24:50.61 at the MAC Championships (10/30) ... posted the third-fastest 6K time in program 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 (11/13), finishing in 24:56.00.

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 majoring in management with a double minor in communications and German at Manhattanville.

ELISA GASHAJ
Freshman • 5-9 • Pearl River, N.Y./Pearl River

High School: A 2012 graduate of Pearl River High School ... ran two years on the track for the Pirates ... qualified for the sectional and national championships ... was a high honors and National Honor Society student and was named to the Rho Kappa Honor Society.

Personal: Born November 10, 1994 ... daughter of Rita Gashaj ... has three siblings: Giuliano, Josef and Diana ... plans to be a marketing major at Manhattanville.

ALEXIS MOORE
Junior • 5-2 • Voorheesville, N.Y./Voorheesville

2011: Did not run in any races during her sophomore year.

2010: Ran in nine of the team’s 10 races in her freshman season ... made her collegiate debut at Delaware Valley (9/4), finishing the 6K course in 29:27.33 ... was the second Valiant to cross the line at Trinity (9/11), taking 49th place with a 4K time of 20:17.00 ... finished ninth at the Valiant Invitational (9/18) ... took 14th place (a season-best 21:51.21) at the 5K Lightning Invitational (10/3) ... ran a season-best 6K time of 27:19.84 and placed 72nd overall at the MAC Championships (10/30).

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 ... a Castle Scholar who is double majoring in history and international studies with an Asian studies minor at Manhattanville.
NICOLE MUSCHIO
Senior • 5-3 • Pawling, N.Y./Pawling

2011: Ran in seven of the team’s eight races during her junior year … took 11th place at the 4.43K Valiant Invitational (9/17), finishing the home course in 22:26.00 … finished fifth on the team with a 31:56.00 finish at the 5.3K Marist Invitational (9/3) … had her best 6K result of the year at the year-end NCAA Atlantic Regionals (11/12), crossing the finish line in 30:59.00.

2010: Ran in eight of the team’s 10 races as a sophomore … took 13th place at the Valiant Invitational (9/18) with a 4.43K time of 21:04.00 … finished in 25:26.12 to finish 43rd at the 5K Lightning Invitational (10/3) … her career-best 5K time came at the Albany Invitational (10/16), placing 93rd in 24:19.30 … also set a new career standard in the 6K at the ECAC Championships (11/6), crossing the line in 29:29.19 … named to the MAC Fall Academic Honor Roll.

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).

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 with a sociology minor at Manhattanville.

KAYLA PLEASANT
Freshman • 5-5 • New Orleans, La./Isidore Newman School

High School: A 2012 graduate of Isidore Newman School … was a four-year member of the track and cheerleading teams for the Greenies … named the school’s Most Outstanding Field Athlete in both 2010 and 2011.

Personal: Born September 4, 1994 … daughter of Catherine and Joseph Pleasant … has one brother, Joseph … plans to be a communications major at Manhattanville.

CHRISTINE PLUCHINO
Freshman • 5-3 • Yonkers, N.Y./Sacred Heart

High School: A 2012 graduate of Sacred Heart High School … played four varsity seasons of soccer and also ran track for two years … was named the track team’s Most Improved Athlete in 2010 … a National Honor Society and Alpha Honor Society student.

Personal: Born November 24, 1994 … daughter of Barbie Pluchino … plans to double major in English and education at Manhattanville.

DEBBIE RIVERA
Freshman • 5-1 • Lynbrook, N.Y./Lynbrook

High School: A 2012 graduate of Lynbrook High School … ran four seasons of track and played three years on the soccer field for the Owls … ran the 55, 100, 200 and 300 in high school … was a four-time All-Conference performer during the indoor season and a four-time All-Division honoree outdoors … competed at the county championships all four years and at the state meet as a senior … also named Most Improved member of the team in helping the Owls to a 2009 All-Division Outdoor championship.

Personal: Born February 9, 1994 … daughter of Anna and James Rivera … has one brother, Joshua … plans to major in history and biology double major at Manhattanville with the hopes of becoming a nutritionist.

SHANNON ROBERTS
Freshman • 5-1 • Saddle Brook, N.J./Saddle Brook

High School: A 2012 graduate of Saddle Brook High School … ran four years of track and played three years on the soccer field for the Falcons … ran the 55, 100, 200 and 300 throughout high school.

Personal: Born July 5, 1994 … daughter of Sharon and Darnell Roberts … has two brothers, Darnell and Sean … plans to major in English at Manhattanville.

AYESHAH WIGGINS
Freshman • 5-6 • Bellport, N.Y./Bellport

High School: A 2010 graduate of Bellport High School … ran three years of track for the Clippers … ran in most of the sprinting events (55, 100, 200 and 300) and also performed in the long jump and triple jump … earned the team’s Chris Hobson Award.

Personal: Born January 17, 1994 … daughter of Vernatene and Ronnie Wiggins … has two brothers, Lee and Isaiah … Isaiah was a member of the Northeastern University track & field team in 2003-04 … plans to be a music major at Manhattanville.
## Cross Country Top 10 Times

### Men 8000m Run

<table>
<thead>
<tr>
<th>Rank</th>
<th>Time</th>
<th>Name</th>
<th>Date</th>
<th>Meet Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>28:37.03</td>
<td>Mike Szarkowicz</td>
<td>10/9/2011</td>
<td>Highlander XC Invitational</td>
</tr>
<tr>
<td>2</td>
<td>28:45.00</td>
<td>Ben Smith</td>
<td>10/23/2011</td>
<td>BAA Mayor’s Cup</td>
</tr>
<tr>
<td>3</td>
<td>28:58.00</td>
<td>Mike Szarkowicz</td>
<td>10/23/2011</td>
<td>BAA Mayor’s Cup</td>
</tr>
<tr>
<td>4</td>
<td>29:05.50</td>
<td>Mike Szarkowicz</td>
<td>11/12/2011</td>
<td>NCAA Atlantic Region Championships</td>
</tr>
<tr>
<td>5</td>
<td>29:28.74</td>
<td>Dan Caggiano</td>
<td>10/9/2011</td>
<td>Highlander XC Invitational</td>
</tr>
<tr>
<td>6</td>
<td>29:49.50</td>
<td>Dan Caggiano</td>
<td>11/12/2011</td>
<td>NCAA Atlantic Region Championships</td>
</tr>
<tr>
<td>7</td>
<td>29:56.87</td>
<td>Ben Smith</td>
<td>10/9/2011</td>
<td>Highlander XC Invitational</td>
</tr>
<tr>
<td>8</td>
<td>30:07.98</td>
<td>Mike Szarkowicz</td>
<td>9/24/2011</td>
<td>Purple Valley Classic</td>
</tr>
<tr>
<td>9</td>
<td>30:13.90</td>
<td>Ben Smith</td>
<td>11/12/2011</td>
<td>NCAA Atlantic Region Championships</td>
</tr>
<tr>
<td>10</td>
<td>30:40.11</td>
<td>Dan Caggiano</td>
<td>9/24/2011</td>
<td>Purple Valley Classic</td>
</tr>
</tbody>
</table>

### Women 5000m Run

<table>
<thead>
<tr>
<th>Rank</th>
<th>Time</th>
<th>Name</th>
<th>Date</th>
<th>Meet Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>21:00.61</td>
<td>Sarah Gustavsson</td>
<td>10/9/2011</td>
<td>Highlander XC Invitational</td>
</tr>
<tr>
<td>2</td>
<td>21:44.00</td>
<td>Sarah Gustavsson</td>
<td>10/23/2011</td>
<td>BAA Mayor’s Cup</td>
</tr>
<tr>
<td>3</td>
<td>21:58.21</td>
<td>Kelly Davidson</td>
<td>10/9/2011</td>
<td>Highlander XC Invitational</td>
</tr>
<tr>
<td>4</td>
<td>22:17.00</td>
<td>Kelly Davidson</td>
<td>10/23/2011</td>
<td>BAA Mayor’s Cup</td>
</tr>
<tr>
<td>5</td>
<td>23:08.85</td>
<td>Pilar Mahady</td>
<td>10/9/2011</td>
<td>Highlander XC Invitational</td>
</tr>
<tr>
<td>6</td>
<td>23:20.00</td>
<td>Alexis Lanzillotti</td>
<td>10/23/2011</td>
<td>BAA Mayor’s Cup</td>
</tr>
<tr>
<td>7</td>
<td>24:00.00</td>
<td>Pilar Mahady</td>
<td>10/23/2011</td>
<td>BAA Mayor’s Cup</td>
</tr>
<tr>
<td>8</td>
<td>24:46.61</td>
<td>Nicole Muschio</td>
<td>10/9/2011</td>
<td>Highlander XC Invitational</td>
</tr>
<tr>
<td>9</td>
<td>25:56.00</td>
<td>Arame Mbojd</td>
<td>10/23/2011</td>
<td>BAA Mayor’s Cup</td>
</tr>
<tr>
<td>10</td>
<td>26:00.00</td>
<td>Nicole Muschio</td>
<td>10/23/2011</td>
<td>BAA Mayor’s Cup</td>
</tr>
</tbody>
</table>

### Women 6000m Run

<table>
<thead>
<tr>
<th>Rank</th>
<th>Time</th>
<th>Name</th>
<th>Date</th>
<th>Meet Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>25:51.10</td>
<td>Sarah Gustavsson</td>
<td>11/12/2011</td>
<td>NCAA Atlantic Region Championships</td>
</tr>
<tr>
<td>2</td>
<td>26:11.50</td>
<td>Kelly Davidson</td>
<td>11/12/2011</td>
<td>NCAA Atlantic Region Championships</td>
</tr>
<tr>
<td>3</td>
<td>26:45.00</td>
<td>Sarah Gustavsson</td>
<td>9/24/2011</td>
<td>Purple Valley Classic</td>
</tr>
<tr>
<td>4</td>
<td>27:09.20</td>
<td>Alexis Lanzillotti</td>
<td>11/12/2011</td>
<td>NCAA Atlantic Region Championships</td>
</tr>
<tr>
<td>5</td>
<td>27:52.40</td>
<td>Sarah Gustavsson</td>
<td>10/29/2011</td>
<td>2011 MAC Championships</td>
</tr>
<tr>
<td>6</td>
<td>28:45.30</td>
<td>Kelly Davidson</td>
<td>10/29/2011</td>
<td>2011 MAC Championships</td>
</tr>
<tr>
<td>7</td>
<td>28:57.00</td>
<td>Alexis Lanzillotti</td>
<td>9/24/2011</td>
<td>Purple Valley Classic</td>
</tr>
<tr>
<td>8</td>
<td>29:13.90</td>
<td>Pilar Mahady</td>
<td>11/12/2011</td>
<td>NCAA Atlantic Region Championships</td>
</tr>
<tr>
<td>9</td>
<td>29:36.20</td>
<td>Alexis Lanzillotti</td>
<td>10/29/2011</td>
<td>2011 MAC Championships</td>
</tr>
<tr>
<td>10</td>
<td>30:14.60</td>
<td>Pilar Mahady</td>
<td>10/29/2011</td>
<td>2011 MAC Championships</td>
</tr>
</tbody>
</table>
### Cross Country Record Book

#### 5,000m (Women’s)

<table>
<thead>
<tr>
<th>#</th>
<th>Name</th>
<th>Event</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sally Terrell</td>
<td>at New York Tech Invitational</td>
<td>Oct. 1, 1983</td>
<td>19:04.00</td>
</tr>
<tr>
<td>2</td>
<td>Sally Terrell</td>
<td>vs. Concordia</td>
<td>Oct. 19, 1983</td>
<td>19:16.00</td>
</tr>
<tr>
<td>3</td>
<td>Jane Collaso</td>
<td>at New York Tech Invitational</td>
<td>Oct. 1, 1983</td>
<td>19:34.00</td>
</tr>
<tr>
<td>4</td>
<td>Sally Terrell</td>
<td>at Manhattanville Invitational</td>
<td>Oct. 15, 1983</td>
<td>19:34.00</td>
</tr>
<tr>
<td>5</td>
<td>Sally Terrell</td>
<td>vs. Vassar</td>
<td>Sept. 18, 1983</td>
<td>19:37.00</td>
</tr>
<tr>
<td>6</td>
<td>Sally Terrell</td>
<td>at Manhattanville Fall Festival Invitational</td>
<td>Sept. 8, 1984</td>
<td>19:53.00</td>
</tr>
<tr>
<td>7</td>
<td>Sally Terrell</td>
<td>vs. Lehman &amp; Mount Saint Vincent</td>
<td>Oct. 22, 1983</td>
<td>20:21.00</td>
</tr>
<tr>
<td>8</td>
<td>Kelly Davidson</td>
<td>at Codfish Bowl</td>
<td>Sept. 26, 2009</td>
<td>20:27.40</td>
</tr>
<tr>
<td>9</td>
<td>Sally Terrell</td>
<td>at Manhattanville Invitational</td>
<td>Oct. 15, 1983</td>
<td>19:34.00</td>
</tr>
<tr>
<td>10</td>
<td>Sarah Gustavsson</td>
<td>at Albany Invitational</td>
<td>Oct. 16, 2010</td>
<td>20:37.20</td>
</tr>
</tbody>
</table>

#### 6,000m (Women’s)

<table>
<thead>
<tr>
<th>#</th>
<th>Name</th>
<th>Event</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Julie Hinchey</td>
<td>at NCAA Atlantic Regionals</td>
<td>Nov. 7, 2007</td>
<td>23:19.12</td>
</tr>
<tr>
<td>2</td>
<td>Sarah Gustavsson</td>
<td>at ECAC Div. III Championships</td>
<td>Nov. 6, 2010</td>
<td>24:38.07</td>
</tr>
<tr>
<td>3</td>
<td>Kelly Davidson</td>
<td>at ECAC Div. III Championships</td>
<td>Nov. 6, 2010</td>
<td>24:42.63</td>
</tr>
<tr>
<td>4</td>
<td>Sarah Gustavsson</td>
<td>at MAC Championships</td>
<td>Oct. 30, 2010</td>
<td>24:49.29</td>
</tr>
<tr>
<td>5</td>
<td>Sarah Gustavsson</td>
<td>at MAC Championships</td>
<td>Oct. 30, 2010</td>
<td>24:50.61</td>
</tr>
<tr>
<td>6</td>
<td>Julie Hinchey</td>
<td>at DeSales Invitational</td>
<td>Oct. 13, 2007</td>
<td>24:55.52</td>
</tr>
<tr>
<td>7</td>
<td>Kelly Davidson</td>
<td>at NCAA Div. III Atlantic Regionals</td>
<td>Nov. 13, 2010</td>
<td>24:56.60</td>
</tr>
<tr>
<td>8</td>
<td>Sarah Gustavsson</td>
<td>at NCAA Div. III Atlantic Regionals</td>
<td>Nov. 13, 2010</td>
<td>24:58.00</td>
</tr>
<tr>
<td>9</td>
<td>Kelly Davidson</td>
<td>at Plansky Invitational</td>
<td>Oct. 17, 2009</td>
<td>25:01.00</td>
</tr>
<tr>
<td>10</td>
<td>Kelly Davidson</td>
<td>at NCAA Div. III Atlantic Regionals</td>
<td>Nov. 14, 2009</td>
<td>25:10.50</td>
</tr>
</tbody>
</table>

#### 8,000m (Men’s)

<table>
<thead>
<tr>
<th>#</th>
<th>Name</th>
<th>Event</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Nick Benson</td>
<td>at Manhattanville Invitational</td>
<td>Oct. 15, 1983</td>
<td>26:01.00</td>
</tr>
<tr>
<td>2</td>
<td>Corey Clavet</td>
<td>at Codfish Bowl</td>
<td>Sept. 26, 2009</td>
<td>27:22.70</td>
</tr>
<tr>
<td>4</td>
<td>Mike Szarkowicz</td>
<td>at Albany Invitational</td>
<td>Oct. 16, 2010</td>
<td>28:15.80</td>
</tr>
<tr>
<td>5</td>
<td>Mike Szarkowicz</td>
<td>at Stony Brook Invitational</td>
<td>Oct. 8, 1983</td>
<td>28:28.00</td>
</tr>
<tr>
<td>6</td>
<td>Mike Szarkowicz</td>
<td>at NCAA Div. III Atlantic Regionals</td>
<td>Nov. 14, 2009</td>
<td>28:28.50</td>
</tr>
<tr>
<td>7</td>
<td>Nick Benson</td>
<td>at Plansky Invitational</td>
<td>Oct. 17, 2009</td>
<td>28:36.00</td>
</tr>
<tr>
<td>8</td>
<td>Mike Szarkowicz</td>
<td>at Highlander XC Invitational</td>
<td>Oct. 9, 2011</td>
<td>28:37.03</td>
</tr>
</tbody>
</table>

### All-Time Rosters

**MEN’S TEAM**

- Perez, Andrew (2007)
- Ramirez, Garry (2010)
- Ricigliano, Fran (1982-84)
- Rose, Chris (2011)
- Saville, Chris (1979)
- Scozzari, Vinny (2008)
- Smith, Ben (2010-11)
- Spaeth, Chad (2009-10)
- Stracci, Mike (2011)
- Szarkowicz, Mike (2008-11)
- Wagner, Marc (1979-82)
- Ifra, Michael (1981)
- Israel, Tony (1982-84)
- Kim, Pedro (2007, 2009)
- Kimball, Frank (1979)
- Kiprono, Etheny (2009)
- Lico, Serrie (1981-83)
- Maloney, Timmy (1981)
- Marrero, Josh (2008-11)
- Materazzo, Tom (1979)
- McGrath, Charlie (1981-84)
- McVler, Sean (2010)
- Modin, Dmitri (2008)
- Moore, Mark (1981)
- Nadelbach, Chris (1982-83)
- Ncube, Mhla (2009, 2011)
- Paolino, Joseph (1982)
- S'Angelico, Stephanie (1981)
- Davidson, Kelly (2009-11)
- Davis, Sue (1981)

**WOMEN’S TEAM**

- DeDomenico, Jessica (2007)
- Desantis, Dawn (1979)
- Dingman, Avon (1981)
- Finn, Sheila (1983)
- Flannery, Kathleen (1979)
- Fuhrmann, Heidi (1979)
- Galligano, Marie (1982)
- Granata, Amanda (2008-09)
- Gustavsson, Sarah (2010-11)
- Harrison, Jamie (2007-08)
- Heiman, Amy (1982)
- Hewston, Sue (1979)
- Hinchev, Julie (2007-08)
- Hunter, Chevon (2009)
- Isaza, Stephanie (2008)
- Juergens, Angela (1979)
- Keefe, Hollis (1982)
- Klick, Genevieve (2008-09)
- Konop, Elizabeth (1981)
- Lahr, Anne (1979, 1981)
- Lazziniotti, Alexis (2011)
- Leavy, Erin (2007-08)
- Liu, Ashley (2010)
- Mahady, Pilar (2008-11)
- Maldonado, Olivia (2009)
- Mbodj, Arane (2008)
- Mielczak, Emilia (2009)
- Moore, Alex (2010)
- Muldering, Mary Beth (1979)
- Muschio, Nicole (2009-11)
- Neubauer, Patricia (2008-10)
- O’Connell, Mary (1981)
- Preising, Ulrike (1979)
- Reisert, Mimi (1979)
- Richards, Anmarie (2007)
- Rojas, Marilyn (2009)
- Rojas, Michelle (2008-09)
- Sherg, Karen (1983)
- Squires, Liz (1983)
- Sullivan, Amy (1982-84)
- Terril, Sally (1981-84)
- Terroni, Madison (2009)

**NOTE:** Rosters are missing from the 1980 and 1982 seasons.
The Manhattanville College campus once again played host to a cross country invitational meet in 2010 as the Valiant men's and women's cross country teams hosted home invitational races for the first time since 1984. The new tradition continued in 2011 and the cross country programs will host the Valiant Invitational once again in 2012.

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.

For the 2012 season, the men's and women's courses have been standardized, so both teams will run a standard 5K (3.14 mi) course through the college. A link to an aerial view of the newly configured course, including mileage and a complete view of the campus, can be seen at http://www.usatf.org/routes/view.asp?rID=442395.

The previous men's course measured 5.32 kilometers (3.31 miles) and the women's course came in at 4.43 kilometers (2.75 miles). At the old distances, both the men's course record (17:37.00, Mark Castelli of Army) and the women's course record (16:53.00, Brittany Hinton of Saint Elizabeth) were set at the Valiant Invitational on September 18, 2010.

Kennedy Gymnasium

Dedicated in October 1957 by the family of eventual United States President John F. Kennedy, Kennedy Gymnasium is the day-to-day operational home of the Manhattanville Athletic Department as well as the home court for the Valiant men's and women's basketball and women's volleyball programs.

Kennedy's main attraction, a basketball and volleyball arena, is flanked by strength & conditioning, sports medicine, locker room and office facilities, as well as a full-length swimming pool and dance studio, making it the daily hub of Athletics at Manhattanville.

All in-season sports have their own space inside Kennedy Gym's several locker rooms, with each player allowed his or her own locker for the full season. Inside the fully-enclosed locker rooms, members of the coaching staff can address their team before, during and after games or events, while the rooms also serve as a perfect congregating spot for teams at any time throughout the season.

The rest of the locker rooms 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.

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. The gym also plays host to several camps and local recreational groups during the summer and throughout the school year.
Support Staff

Focused on the overall development of the student-athlete, the Manhattanville Strength & Conditioning staff maximizes the athletic performance of Valiant athletes by using the most effective and efficient training techniques to compete injury free at the highest level of competition. The aim is to instill a sense of self-discipline, respect and responsibility to achieve the ultimate goal of a team championship.

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 the Athletic Department hub, Kennedy Gymnasium. The room includes several power development stations, glit ham benches, decline abdominal benches and physioballs and cardiovascular machines that are available for student-athlete use both in and out of season as well as during the summer.

In 2007, Manhattanville College opened the new Richard A. Berman Student Center in the center of campus that includes a first-class workout area for the general student population; as a result, Healthworks is now the exclusive strength and conditioning home of Valiant student-athletes.

Head Coach Corey Crane
Fifth Season - Northern Iowa '97

Corey Crane is in the fourth season of his second stint as Manhattanville's Head Strength and Conditioning Coach and also serves as the school's Assistant Athletic Director for Academics.

Crane is responsible for managing and providing the design, implementation, supervision and evaluation of the strength and conditioning program utilized by the school's 22 varsity sports.

Crane brings a wealth of strength and conditioning experience to Manhattanville. He previously spent two years as the Associate Head Strength and Conditioning Coach at the United States Military Academy at West Point, working with all of the school's 17 sports but focusing primarily on the Academy's football, men's lacrosse, hockey and volleyball programs.

Crane also has worked as the Head Strength and Conditioning Coach at Western Illinois University during the 2005-06 school year and previously spent one year in Purchase as Manhattanville's Head Strength and Conditioning Coach before taking an assistant position at Army for four years.

Graduate Assistant Coach Jason Ward
Second Season - SUNY Albany '07

Jason Ward is in his second season as the assistant strength and conditioning coach at Manhattanville in 2012-13.

In his role, Ward works with head coach Corey Crane to manage and provide the design, implementation, supervision and evaluation of the strength and conditioning program utilized by all 22 Manhattanville varsity sports.

Outside the Manhattanville realm, Ward is a professional Mixed Martial Arts fighter and has competed at both the amateur and professional levels. A graduate of SUNY Albany, he received a bachelor's degree in sociology with a concentration in criminal justice in 2007. He currently resides in New Rochelle, N.Y., as he pursues his graduate degree at Manhattanville.

Students & Trainers

The Sports Medicine facilities at Manhattanville are located inside the hub of Manhattanville Athletics, Kennedy Gym, and are the only place where Valiant student-athletes from all 22 varsity sports come to receive comprehensive health care from any of the department's 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.

The training staff is also privileged to be affiliated with some of the best physicians in the Westchester area, benefitting from a close relationship with Plancher Orthopedics and Sports Medicine and head team physician Dr. Kevin Plancher, who works out of nearby Greenwich, Conn.

The Manhattanville Sports Medicine staff can be contacted throughout the day via phone (914-323-7276), fax (914-323-7212) or email (mciver@govaliants.com).

Strength & Conditioning

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 the Athletic Department hub, Kennedy Gymnasium. The room includes several power development stations, glit ham benches, decline abdominal benches and physioballs and cardiovascular machines that are available for student-athlete use both in and out of season as well as during the summer.

In 2007, Manhattanville College opened the new Richard A. Berman Student Center in the center of campus that includes a first-class workout area for the general student population; as a result, Healthworks is now the exclusive strength and conditioning home of Valiant student-athletes.

Head Trainer Scott McIver
Ninth Season - Iona '83

Scott McIver, MS, ATC, is in his ninth season as the head athletic trainer at Manhattanville. McIver previously served as the school's head trainer from 2000-02 before returning to the school before the 2006-07 school year.

After departing Manhattanville in 2002, McIver was named the head athletic trainer at Iona Prep High School, providing coverage for 20 sports and 250 student-athletes. Before his first stint in Purchase, McIver served as an associate athletic trainer at Pace University for 12 years from 1989 to 2000, coordinating athletic training coverage and strength and conditioning for all Setter sports.

McIver received his master's degree in Athletic Training and Exercise Science from Long Island University in 1990 and his bachelor's degree in Psychology from Iona College in 1983. A member of the National Athletic Trainers Association and American Orthotic and Prosthetic Association, he is also an Emergency Medical Technician and a licensed massage therapist.

Assistant Trainer Cameron Hillis
First Season - Connecticut '91

Cameron Hillis, MS, ATC, enters his first season as the assistant athletic trainer at Manhattanville in 2012-13.

Hillis comes to Manhattanville after spending the last four years as the head athletic trainer at the Pine Crest School in Fort Lauderdale, Fla., where he oversaw games and practices for all 20 varsity sports. Prior to that, Hillis served as the head athletic trainer at Dominican College in Orangeburg, N.Y. from 2003-07, covering 11 Division II varsity sports and managing a staff of assistant trainers and interns.

Hillis earned his master's degree in Health Science from Nova Southeastern University in 2010 and his bachelor's degree in Human Development from the University of Connecticut in 1991. He is a member of the National Athletic Trainers Association and the National Strength and Conditioning Association, and is also certified by the American Red Cross in CPR for the Professional Rescuer.

Graduate Assistant Trainer Janine Bernardo
First Season - Springfield '11

Janine Bernardo is in her first year as an assistant athletic trainer in the Manhattanville Sports Medicine Department in 2012-13.

A 2011 graduate of Springfield College, she has been working since March at Professional Orthopedic and Sports Physical Therapy in midtown Manhattan as an athletic trainer. She previously was an athletic training intern at the ESPN Wide World of Sports Complex in Orlando.

Bernardo is a member of the National Athletic Trainers Association, is NATA/BOC and CPR/AED certified, and is also a certified first responder.
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 area, Manhattanville attracts students from 48 states and 76 countries.

SCHOOL HISTORY
Founded in 1841 in a three-story building on Houston Street of Manhattan's Lower East Side as the Academy of the Sacred Heart, a Catholic boarding school for girls, Manhattanville has been educating students in the New York area for over 150 years.

Six years after its founding in 1847, the academy relocated to an area just north of New York City on a hill overlooking the village of Manhattanville. Destroyed by fire in 1888, the academy was rebuilt on the same foundation and continued to grow both in curriculum and physical environment. 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 for the first time.

Thirty-five years later, in 1952, Manhattanville moved to its current location in Purchase on the former estate of New York Tribune publisher and Ambassador to England Whitelaw Reid. The estate included a mansion, Ophir Hall, which has since been renamed Reid Castle and serves as the centerpiece of Manhattanville’s picturesque Westchester campus.

ABOUT MANHATTANVILLE
At Manhattanville College, rigorous academic preparation within a nurturing environment is matched by personalized attention to every student. Our close-knit community of 1,700 undergraduate students and 1,200 graduate students allows each student to make a personal contribution for the school. The student body also is one of the nation’s most diverse according to the Princeton Review, representing almost every state and more than 75 countries.

With more than 50 areas of undergraduate study, ranging from the Liberal Arts to cross-disciplinary studies such as Environmental Science and professional concentrations such as Business and Museum Studies, our students discover their passions and feel empowered to make a difference in the larger local, national and international communities around us. The school offers Bachelor of Arts, Fine Arts, Music and Science degrees, while also housing a highly respected and blossoming array of graduate programs.

Our students also participate in over 50 social clubs, run an award-winning radio station, and collectively engage in over 30,000 hours of community service each year. Many students also design their own majors by matching interests with courses, providing a unique educational experience both in and out of the classroom.

Our beautiful 100-acre campus with its historic architecture and recent environmentally-responsible buildings is set in thriving Westchester County. Life at Manhattanville blends the leisurely pace of suburbia with the rich cultural resources and fast pace of New York City, which is only thirty minutes away.

THE CORE VALUES
Proudly a value-oriented liberal arts college for more than 150 years, Manhattanville is still guided by the mission “to educate students to become 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 develop as an independent leader and creative thinker in pursuing career and personal goals; and
• Providing a diverse, inclusive and nurturing environment which develops in each student a commitment to service and leadership within a global community.
A TRADITION OF SERVICE

Co-educational since 1969 and non-denominational in its governance since 1971, Manhattanville’s original vision lives on in the tradition of service begun by the Society of the Sacred Heart. This tradition, which preceded the college’s charter, determined the character the school would have: a firm belief in the liberalizing effect of the liberal arts, a lively sense of tradition, a wide-ranging interest in the most humane manifestations of the human spirit, and a continuing effort to enhance the local community and to accept responsibility for this segment of human history.

As a result, 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 myriad service programs, serves as the coordinator, catalyst and incubator for community outreach, cultural, leadership and spiritual initiatives both across the Manhattanville campus and beyond.

In addition, the Connie Hogarth Center for Social Action works closely with the Departments of Sociology and Political Science and helps the next generation of college-educated activists acquire the practical skills and knowledge necessary for work in some field of social change.

NEW YORK CITY

While on the school’s beautiful 100-acre campus, students are only a 30-minute car or Metro North train ride from New York City, giving them the chance to blend the leisurely pace of suburban life in Westchester with the most populous and exciting 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 art gallery, shop at the world’s best stores, dine at the country’s best restaurants, or simply stroll around and take in the city’s many well-known landmarks such as the Statue of Liberty or Times Square, New York City offers something for everyone to enjoy.

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

MY SOLDIER

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,” he said. “From kids, boy scouts, students. A letter was like a piece of gold, something you want to keep for the rest of your life.”

When Salas got back to Manhattanville, he wanted to help his fellow soldiers overseas and approached then-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 were not limited to Manhattanville students, sent letters and occasional care packages overseas to boost the quality of life for American troops.

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

In the classroom, students have the opportunity to choose over 50 different fields of undergraduate study at Manhattanville; outside of it, there are at least 50 extracurricular clubs and organizations available for students to discover and cultivate their passions.