

# Utica

GROSS COUNTRY

TM



2007 MEDIA GUIDE

# GENERAL INFORMATION

## QUICK FACTS

Location	Utica, NY
Founded	1946
Enrollment	3,000
Nickname	Pioneers
Colors	Orange and Blue
Home Course	Thomas R. Proctor Park (Utica, NY)
Affiliation	NCAA Division III and ECAC
Conference	Empire 8
President	Dr. Todd Hutton
Athletic Director	Jim Spartano

## CONTACT INFORMATION

### SPORTS INFORMATION DIRECTOR

#### Gil Burgmaster

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SID Office Phone	(315) 792-3772
SID Fax	(315) 792-3818
SID Mailing Address	Athletic Department 1600 Burrstone Rd. Utica, NY 13502
Athletics Web site	www.ucpioneers.com
Athletic Department Phone	(315) 792-3051

### ATHLETIC TRAINING

Head Trainer	Dan Sheffer
Phone	(315) 792-5298
E-Mail	dsheffer@utica.edu

## COACHING STAFF

Head Coach	Mike Brych (Cortland State)
Cross-country Office Phone	(315) 223-2533
Best Time To Reach Phone	9:00 a.m. - 4:00 p.m.
E-Mail	mbrych@utica.edu

### ASSISTANT COACH

Assistant Coach	Katie Luker (Siena '05)
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# HEAD COACH MIKE BRYCH

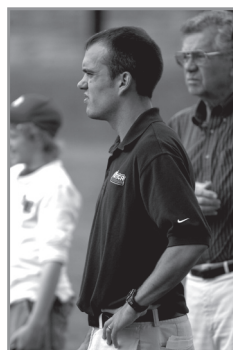
Mike Brych is entering his second season as coach of the Utica College men's and women's cross-country teams. He led the men's team to a first place finish at the Cross-country Only Conference Championships in 2006. The Pioneers wrapped up their inaugural season by finishing 24 out of 34 teams at the NCAA Division III Regional Championships.

Brych is a former track and distance runner at Cortland State and a current member of the Syracuse Chargers Track Club.

He is a regular competitor in several distance-running races, including the Utica Boilermaker, the nation's largest 15-kilometer road race, in which he finished second among local runners in 2003 and 2005. In 2003, he recorded a personal best time of 2:39 in the Casino Niagara International Marathon.

In 2005, he was elected to the board of directors of the Utica Roadrunners running club.

Brych earned a master's degree in health education and bachelor's degrees in physical education and athletic training from Cortland State. He resides in New Hartford, NY.



## 2006 RESULTS

<b>2006 RESULTS</b>		
<b>OPPONENT</b>	<b>MEN'S PLACE</b>	<b>WOMEN'S PLACE</b>
Colgate University	4th	DNP
Oswego State Invitational	9th	DNP
Hobart College Invitational	1st	5th
Penn State Invitational	23rd	25th
Nazareth College Invitational	4th	6th
RPI Invitational *	12th	18th
Cross-country Only Conference Meet	1st	4th
NCAA Atlantic Regional	24th	30th

\*Empire 8 Conference Championships

# OVERVIEW

Entering its second season of existence the Utica College cross-country program already has an impressive list of accomplishments from which to build upon in 2007. During the inaugural 2006 campaign, the men's team collected first place finishes at Hobart and in the Cross-country Only Conference Meet (CCOC), while the women finished fourth in the CCOC meet.

"I'm proud of the hard work our student-athletes have put into such a young program," says head coach Mike Brych. "The best part is we have everyone coming back, and we have a great group of runners coming in. We will be much deeper this season."

## Men's Team

Leading the pack for the men's team will be senior **Adam Harding**. The 2006 Empire 8 All-Conference Second Team selection placed first overall in the individual race at Hobart with a time of 26:57 in the 8k. He took 25th place at the RPI Invitational 8k run with a time of 26:44. He placed in the top three on two occasions (Colgate, Hobart), and in the top 15 in four out of six meets. He was a two-time Empire 8 Runner of the Week selection, and was named the Utica College Male Athlete of the Week for the week ending September 17, 2006.



Nazareth Cross-country Invitational (22:49). Day placed 17th at the CCOC meet (29:32), 8th at the Hobart Cross-country Invitational (29:50), and 18th at the Nazareth Cross-country Invitational (22:49).

"Pat really impressed me posting a 55-minute time at the Utica Boilermaker this summer," Brych says. "John was blessed with great natural ability for the sport and with the proper work ethic he could really stand out for us this season."

Rounding out the returning starters for the men's team are senior **Joe Fuoco** and sophomores **Rob Fehrman**, **Nick Kirkpatrick**, and **Jon Hooker**. Fehrman, Kirkpatrick, and Hooker all finished in the top 190 runners at the NCAA Atlantic Regionals in 2006.

"The starting lineup is going to be competitive every week, and that is what makes good cross-country teams," Brych says. "We have some great freshman in **Joe Geniti** and **Geoff Hale**, who should compete right away."

## Women's Team



With a larger roster size, the women's cross-country team should be much more competitive in just its second season of intercollegiate running.

"We worked hard in the off-season to bring in as many quality women runners as possible, and I think we have accomplished that goal," Brych says. "Last year, we had problems scoring in meets at the beginning of the season due to lack of participation, but this year will be a totally different story. I think we can finish in the top half of the Empire 8 Conference."

After not placing in their first two meets the Pioneers finished 5th at Hobart, 25th at Penn State, 6th at Nazareth College, and 18th at the RPI Invitational.

**Amanda Butler** enters the season as one of the top runners on the team primarily due to her excellent conditioning habits. She emerged as UC's top women's runner in 2006, placing 22nd at the Nazareth Invitational (17:53), 11th at the CCOC meet (21:35), and 115th at the RPI Invitational (21:04).

"Amanda trains extremely hard. She's a leader in workouts and practice," Brych says. "Her summer regiment includes 50 to 60 miles of running per week, and her speed has improved. I think she will have a very successful senior campaign."

Likewise, Brych sees improvement in sophomore **Kate Bronk**. Bronk generally finished within seconds of Butler last season.

She took 32nd at Nazareth (18:23), 22nd at the CCOC meet (23:03), and 158th at the RPI invitational.

Brych and assistant coach **Katie Luker** recruited eight newcomers to the women's team to add depth and competition to the line-up. Freshman **Ashley Kane** and Siena College

transfer **Lauren Dunn** should contribute to the squad right away.

"There is a lot to be excited about, especially in just our second season," Brych says. "If we come together as a team and get a training routine down I think the sky is the limit."

## ROSTER

<b>MEN'S TEAM</b>				
<b>NAME</b>	<b>YR</b>	<b>HT</b>	<b>WT</b>	<b>HS/HOMETOWN</b>
Derek Goodman	FR	5-8	153	Sauquoit Valley/Waterville
Jon Hooker	SO	5-8	120	Cicero-North Syracuse/Cicero
Robert Fehrman	SO	5-7	150	Paul V. Moore/Central Square
John Webb	SO	5-10	144	Chittenango/Chittenango
Nicholas Kirkpatrick	SO	5-11	150	Plattsburgh/Plattsburgh
Eric Leonard	FR	5-7	150	Chittenango/Bridgeport
Adam Harding	SR	5-9	134	Columbia/East Greenbush
Anthony Seoane	SR	5-6	132	Rome Free Academy/Rome
Tim Fitzgerald	FR	6-0	153	T.R. Proctor/Utica
Joseph Geniti	FR	5-11	153	Fonda Fultonville/Fonda
Michael Bohne	FR	5-5	143	Chittenango/Canastota
Mitchell Boise	FR	5-8	130	Sherburne-Earlville/Earlville
Joseph Johnson	FR	5-7	147	T.R. Proctor/Utica
Geoffrey Hale	FR	5-11	142	APW/Williamstown
Matt Ollivett	SO	5-11	145	Dover/Millbrook
Patrick Day	SO	5-9	144	Whitesboro/Deerfield
Joseph Fuoco	SR	5-10	136	New Hartford/New Hartford
<b>WOMEN'S TEAM</b>				
<b>NAME</b>	<b>YR</b>	<b>HT</b>	<b>HS/HOMETOWN</b>	
Amanda Butler	SR	5-4	T.R. Proctor/Utica	
Erica Cline	FR	5-2	Red Hook/Red Hook	
Amy Schachtler	FR	5-4	Westmoreland/Vernon	
Brooke Personett	FR	5-2	Paul V. Moore/Bernhards Bay	
Nicole Nesbitt	FR	5-5	Paul V. Moore/West Monroe	
Emilia Hernandez	FR	5-2	New Rochelle/New Rochelle	
Lauren Dunn	SO	5-7	New Hartford/New Hartford	
Kristyn Galbraith	FR	5-7	Ballston Spa/Ballston Spa	
Kate Bronk	JR	5-4	Holland Patent/Marcy	

# PLAYER SHOWCASE



## **Adam Harding**

Sr. 5-8 127 Columbia/East Greenbush

**2006:** Placed first overall at the Hobart Invitational 8k (26:57) and 25th place at the RPI Invitational 8k (26:44)...Placed in the top three on two occasions (Colgate, Hobart), and in the top 15 in four out of six meets...Two-time Empire 8 Runner of the Week... Empire 8 All-Conference Second Team.

**Personal:** A member of both the UC cross-country and diving teams...The son of Kathleen and Thomas Cenesia, Adam is a psychology major.

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## **John Webb**

So. 5-10 144 Chittenango/Chittenango

**2006:** Placed fourth at the CCOC meet (28:01)...6th at the Hobart Cross-country Invitational (29:46)... 18th at the Colgate Harry Lang Invitational (15:56)...19th at the Nazareth Cross-country Invitational (22:49).

**Personal:** The son of Ellen and Dan Webb, John is a communication arts major.

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## **Patrick Day**

So. 5-9 144 Whitesboro/Deerfield

**2006:** Placed 17th at the CCOC meet (29:32)...8th at the Hobart Cross-country Invitational (29:50)... 18th at the Nazareth Cross-country Invitational (22:49).

**Personal:** The son of Chris and Karen Day, Patrick is a history major.



**Amanda Butler**

Sr. 5-4 T.R. Proctor/Utica

**2006:** Placed 22nd at the Nazareth Invitational (17:53), 11th at the CCOC meet (21:35), and 115th at the RPI Invitational (21:04).

**Personal:** Also a member of the UC softball team...The daughter of Diane and Rodney Butler, Amanda is a biology major.



**Kate Bronk**

Jr. 5-4 Holland Patent/Marcy

**2006:** Placed 32nd at the Nazareth Invitational with a time of 15:23...Posted a time of 23:03, good for 22nd place at the CCOC meet...Placed 158th at the Empire 8 Conference Championships

**Personal:** The daughter of Lisa and John Bronk, Kate is an English major.

## ASSISTANT COACH KATIE LUKER

Katie Luker enters her second season as the assistant coach of the men's and women's cross-country teams. She arrived at Utica College following an accomplished four-year running career at Division I Siena College.

At Siena, Luker was voted team captain, and was consistently one of the top performers on her team. In her final two seasons, she was named to the Metro Athletic Conference All-Conference squad. She completed her degree in secondary history education, and looks forward to a career as a teacher and a coach.

Luker has been a counselor at the Aim High Running Camp for the past five summers.





## 2007 Schedule

Date	Opponent	Time
9/08	Oswego State Invitational	TBA
9/15	Hobart College Invitational	11:00 a.m.
9/29	Utica College Home Meet*	2:45 p.m.
10/6	St. Rose Invitational	TBA
10/13	Roberts Wesleyann Invitational	TBA
10/20	RPI Invitational ♦	TBA
10/27	Cross-country Only Conference Meet	11:00 a.m.

\* Proctor Park, Utica, NY

♦ Empire 8 Conference Championships