

2009 Greyhound Cross Country



Moravian College
Bethlehem, Pennsylvania

About Moravian College

Moravian College is a private, selective, liberal arts institution located in the heart of the Lehigh Valley in Bethlehem, Pennsylvania. Founded in 1742, it is recognized as the sixth-oldest college in the country. Enrollment is approximately 1,500 undergraduates each year, which maintains a favorable faculty to student ratio, small class size, and emphasis on personalized teaching.

Moravian College believes its mission is to integrate a liberal arts education with preparation for life, enriching students in and out of the classroom. Moravian aims to give its students a foundation for careers or graduate/professional school, for continued lifelong learning, and for a values-oriented approach to society.

With over 50 different programs of study and more than 70 clubs and organizations, Moravian offers flexibility and diversity among all academic and extracurricular areas. The College grants the Bachelor of Art, Bachelor of Music, and Bachelor of Science degrees.

On the athletic fields, Moravian's 20 men's and women's varsity teams have a winning tradition. During the 2008-09 school year, Moravian teams won six Landmark Conference championships with 14 teams reaching post-season play including NCAA Championship berths for the women's soccer, women's basketball and softball teams and ECAC Championships for the men's and women's outdoor track & field teams. In addition, ten student-athletes earned All-America status, including one *ESPN The Magazine* Academic All-American and one national champion in track & field.

A Division III institution, Moravian has excellent athletics facilities, including the venerable Johnston Hall, Breidegam Fieldhouse, and the Steel Field athletics complex, including Sportex Turf on Rocco Calvo Field and an eight-lane, Olympic-quality Mondo track, both installed in 2005.

The College has a strong sense of identity and purpose firmly rooted in a long and rich tradition. Both in and out of the classroom, Moravian and its students maintain that tradition.

For more information on enrolling at Moravian, contact:

Moravian College
Office of Admissions
1200 Main Street
Bethlehem, PA 18018
Tel: (610) 861-1320 or 800-441-3191
Fax: (610) 625-7930
Email: admissions@moravian.edu
www.moravian.edu



Moravian College Quick Facts

Location	Bethlehem, PA 18018
Founded	1742
Enrollment	1,557
Colors	Navy Blue & Grey
Nickname	Greyhounds
Affiliation	NCAA Division III
Conferences	Landmark Conference, Eastern College Athletic Conference
President	Christopher M. Thomforde
Director of Athletics	Paul R. Moyer
Sports Info. Director	Mark Fleming
Office Phone	(610) 861-1472
Home Phone	(610) 758-8721
Fax	(610) 861-1581
Hotline	(610) 625-7865
E-mail	sportsInfo@moravian.edu
Athletics Website	www.moravian.edu/athletics
Head Athletic Trainer	Bob Ward, ATC
Asst. Athletic Trainer	Lorrie Radcliff, ATC

Cross Country Quick Facts

Head Coach	Welles Lobb (4th season) (610) 625-7826 (610) 625-7954 crosscountry@moravian.edu
Office Phone	
Fax	
Email	
Assistant Coach	TBA
2008 Landmark - Women	5th of 8
2008 Landmark - Men	3rd of 8
Postseason - Women	26th of 44 at NCAA Mideast Regional
Postseason - Men	23rd of 43 at NCAA Mideast Regional
Women Back/Lost	8/3
Men Back/Lost	9/3

2009 Returnees

Men

Tim Betz	Sr.	Havertown, PA/Haverford
Steve DeFazio	Sr.	Branchburg, NJ/Somerville
Jonathan Gutierrez	So.	Allentown, PA/Dieruff
Matthew Lutcza	So.	Dingmans Ferry, PA/Delaware Valley
Jesse Miller	Jr.	Lewisburg, PA/Lewisburg
Steve Parisi	Sr.	Kunkletown, PA/Pleasant Valley
Zach Rivenbark	So.	Center Valley, PA/Southern Lehigh
Connor Skutches	Jr.	Bethlehem, PA/Liberty
Jacob Tazik	Jr.	Wyomissing, PA/Wyomissing

Women

Tara Chiarella	Jr.	Hallstead, PA/Montrose Area
Katie Engwall	So.	Columbia, NJ/North Warren
Megan Hallowell	So.	Bethlehem, PA/Liberty
Kaleen Holden	Jr.	Scranton, PA/Bishop Hannan
Hailey Neff	So.	Lehigh, PA/Lehigh
Katie Pritchett	So.	Pottsville, PA/Pottsville
Cadee Rockwell	So.	Sinking Spring, PA/Wilson West Lawn
Kristina Ruggiero	So.	Cedar Grove, NJ/Cedar Grove

2009 Schedule

Septembner

Fri.	4	at Lehigh Valley Championships hosted by Lehigh University, Bethlehem, PA
Sat.	19	at Misericordia University Cougar Classic, Dallas, PA

October

Fri.	2	at 36th Brooks Paul Short Invitational at Lehigh University, Bethlehem, PA
Sat.	10	at DeSales University Invitational, Center Valley, PA
Sat.	24	at Pete Nevins Invitational at East Stroudsburg University of Pennsylvania, East Stroudsburg, PA
Sat.	31	at Landmark Conference Championships hosted by The Catholic University of America, Washington, DC

November

Sat.	14	at NCAA Mid-East Regional Championships at Lehigh University, Bethlehem, PA
Sat.	21	NCAA Division III National Championships hosted by Baldwin-Wallace College, Berea, OH (if qualify)

2008 Results

Men

Lehigh Valley Championships hosted by Lehigh Univ.	4th of 5
Husky Invitational at Bloomsburg Univ. of Pennsylvania	3rd of 5
Misericordia University Cougar Classic	4th of 9
35th Brooks Paul Short Invitational at Lehigh University	19th of 41 (white)
Juniata Eagle Invitational at Ft. Roberdeau Historic Site	4th of 11
Pete Nevins Invitational at East Stroudsburg University of Pennsylvania	4th of 10
Landmark Conference Championships at Ft. Roberdeau Historic Site hosted by Juniata College	3rd of 8
NCAA Mid-East Regional Championships at Waynesburg College	23rd of 43

Women

Lehigh Valley Championships hosted by Lehigh Univ.	5th of 5
Husky Invitational at Bloomsburg Univ. of Pennsylvania	3rd of 4
Misericordia University Cougar Classic	3rd of 9
35th Annual Brooks Paul Short Run at Lehigh University	Tied for 19th of 37 (White)
Juniata Eagle Invitational at Ft. Roberdeau Historic Site	5th of 9
Pete Nevins Invitational at East Stroudsburg University of Pennsylvania	3rd of 8
Landmark Conference Championships at Ft. Roberdeau Historic Site hosted by Juniata College,	5th of 8
NCAA Mid-East Regional Championships at Waynesburg College	26th of 44

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Head Coach Welles Lobb

Welles Lobb is beginning his fourth year as Moravian College's head men's and women's cross country coach. **Lobb** led the women's team to a runner-up finish in the inaugural Landmark Conference Championships in 2007 while the men's team placed third in 2008.

Lobb also serves as an assistant coach for the Greyhound indoor and outdoor track and field teams.

Lobb came to Moravian after 16 years as a coach at Muhlenberg College including one season as head coach after 15 years as an assistant beginning in 1990. He coached the first Muhlenberg student-athletes to reach the NCAA Division III Cross Country National Championships including three men and one woman.

Lobb was also assistant men's and women's indoor and outdoor track and field teams at Muhlenberg including serving as head coach during 1992-1993.

Recently, **Lobb** earned his USATF Level I certification. He also served as an editor of *Runners World* Magazine from 1994 to 2001 and was a competitive distance runner for 34 years.

Lobb earned a Bachelor's of Art in Geography from Mansfield University in 1978 and a Bachelor's of Arts in English from Cedar Crest College in 2005.



2008 Season Review

Men's Top Times

Name	8,000 Meters
Connor Skutches	26:49
Matthew Lutzca	27:30
Jeremiah Reinhart	27:31
Zach Rivenbark	27:58
Peter Rovtar	28:21
Steve DeFazio	28:44
Timothy Betz	29:10
Steve Parisi	29:17
Jacob Tazik	30:10
Jesse Miller	30:12
John McCullough	32:14
Jonathan Gutierrez	32:41

Women's Top Times

Name	5,000 Meters	6,000 Meters
Hailey Neff	20:49	23:49.00
Cadee Rockwell	20:16	24:23
Kristina Ruggiero	20:37	24:25
Tara Chiarella	--	24:31
Kelly Williams	20:30	24:38
Megan Hollowell	21:11	25:44
Katie Engwall	22:03	26:00
Kaleen Holden	21:40	26:16
Stephanie Miller	22:04	26:34
Naomie Kachel	21:48	26:57
Katie Pritchett	26:02	31:56

Men's Awards

Timothy Betz	Landmark Conference Fall Academic Honor Roll
Steven DeFazio	Landmark Conference Fall Academic Honor Roll
John McCullough	Landmark Conference Fall Academic Honor Roll
Jesse Miller	Landmark Conference Fall Academic Honor Roll
Jeremiah Reinhart	Landmark All-Conference Second Team
Connor Skutches	Landmark Conference Fall Academic Honor Roll Landmark All-Conference First Team
Jacob Tazik	Landmark Conference Fall Academic Honor Roll

Women's Awards

Tara Chiarella	Landmark Conference Fall Academic Honor Roll
Kaleen Holden	Landmark Conference Fall Academic Honor Roll
Stephanie Miller	Landmark Conference Fall Academic Honor Roll
Hailey Neff	Landmark All-Conference First Team
Kristina Ruggiero	Landmark All-Conference Second Team
Kelly Williams	Landmark All-Conference Second Team Landmark Conference Fall Academic Honor Roll

2009 Season Preview

The 2009 Moravian College men's and women's cross country teams look to challenge for the Landmark Conference Championships with both squads returning a majority of their top runners, including eight letterwinners for women and nine letterwinners for the men.

The cross country squads are going into the 2009 season with high hopes ahead of them as fourth-year head coach **Welles Lobb** looks into building his young teams up enough to be a top competitor in the Landmark Conference.

Leading the men's team is junior **Connor Skutches (Bethlehem, PA/Liberty HS)**, who recorded his best time of the season, 26:49, at the 35th Paul Short Run where he placed 33rd. **Skutches** finished seventh at the 2008 Landmark Conference Championships to earn a spot on the Landmark All-Conference First Team.

Sophomore **Matthew Lutzca (Dingmans Ferry, PA/Delaware Valley HS)** ran his best time of 27:30, at the Paul Short Run and finished 16th in the conference meet while sophomore **Zach Rivenbark (Center Valley, PA/Southern Lehigh HS)** ran his best time of 27:58 at the Lehigh Valley Championship and finished 36th in the conference meet. Senior **Steve DeFazio (Branchburg, NJ/Somerville HS)** ran a 28:44 at the Lehigh Valley Championship and finished 34th in the conference meet.

Also posting season best times at the Paul Short Run were senior **Timothy Betz (Havertown, PA/Haverford HS)**, who ran a 29:10 and senior **Steve Parisi (Kunkletown, PA/Pleasant Valley HS)**, who ran a 29:17. Two other Hounds also had season bests at the Paul Short Run, junior **Jacob Tazik (Wyomissing, PA/Wyomissing HS)**, who ran a 30:10, and sophomore **Jonathan Gutierrez (Allentown, PA/Dieruff HS)**, who ran a 32:41. Junior **Jesse Miller (Lewisburg, PA/Lewisburg HS)** ran his personal best at the 2008 NCAA Division III Mid-east Regional, running a 30:12.

On the women's team, the top returning runner is sophomore **Hailey Neff (Lehigh Valley, PA/Lehigh Valley HS)**, who recorded her best time of the year at the Paul Short Run with a time of 23:49 in the 6,000-meter run where she placed 68th out of 260 runners. **Neff** was also named Landmark All-Conference First Team and placed sixth in the Landmark Conference Championships.

Sophomore **Kristina Ruggiero (Cedar Grove, NJ/Cedar Grove HS)** ran her personal best of 24:25 at the Lehigh Valley Championship where she placed 32nd out of 60 runners. **Ruggiero** also earned Landmark All-Conference Second Team accolades by placing 12th in the Landmark Conference Championship. Fellow sophomore **Cadee Rockwell (Sinking Spring, PA/Wilson West Lawn HS)** ran her best time of 24:23 at the Paul Short Run where she placed 105th and placed 42nd in the Landmark Conference Championships.

Sophomore **Megan Hollowell (Bethlehem, PA/Liberty HS)** placed 29th in the Landmark Conference Championship with a time of 26:22 while sophomore **Katie Engwall (Columbia, NJ/North Warren HS)** finished 45th in the conference meet in 28:11 while posting a season best time of 26:00 at the Paul Short Run. Junior **Kaleen Holden (Scranton, PA/Bishop Hannan HS)** was 47th in the Landmark Conference Championships while sophomore **Katie Pritchett (Pottsville, PA/Pottsville HS)** finished 75th.

Coach **Lobb** has a strong recruiting class coming into this year for both the men and the women with several runners on both sides expected to make an immediate impact. The Greyhounds will open the 2009 season on Friday, September 4th at the Lehigh Valley Championships taking place at Lehigh University.

Top Returning Runners



Steve DeFazio
Senior
Branchburg, NJ



Hailey Neff
Sophomore
Lehigh Valley, PA



Steve Parisi
Senior
Kunkletown, PA



Cadee Rockwell
Sophomore
Sinking Spring, PA



Kristina Ruggiero
Sophomore
Cedar Grove, NJ



Connor Skutches
Junior
Bethlehem, PA

2008 Landmark Conference Championships

Women		Men	
1. Susquehanna University	40	1. Susquehanna University	41
2. Juniata College	61	2. Juniata College	49
3. University of Scranton	72	3. Moravian College	87
4. Catholic University	79	4. University of Scranton	91
5. Moravian College	88	5. US Merchant Marine	124
6. Drew University	189	6. Catholic University	159
T7. Goucher College	213	7. Goucher College	188
T7. US Merchant Marine	213	8. Drew University	255