



2005 Men's & Women's Cross Country Preseason Newsletter

2005 Season Preview

Racing under the direction of fourth-year head coach Chris D'Aniello and third-year assistant coach Michelle Walmsley, the Clark University men's and women's cross country teams are back in action. Thanks to a successful year of off-season recruiting, both the men's and women's teams head into the 2005 season with their largest squads in recent history.

This year's women's team, led by senior co-captains Amber Cochran and Kristina Siladi, returns nine runners from their 2004 campaign. The Cougars expect to build off their strong season last year, highlighted by a first-place finish at the CCRI Tri-State Invitational and a sixth-place finish out of twenty teams at the Connecticut College Invitational. Top finishers for Clark that will be back in action this season include Siladi, juniors Emily Tremaine and Stephanie Oleksyk, and sophomores Ellen Durand, Jenna Glazer and Kerri Powers.

On the men's side, Clark will also look to build off of a strong season last year, highlighted by a first-place finish at the Roger Williams Invitational and a dual-meet victory over Eastern Connecticut State University. Senior co-captains Mike Myers and Ryan Small lead this year's Cougar squad. Top finishers returning for the men this season include juniors Ryan Olsson, Dan Roberts, Mitchell Paulin and Stephen Karger, and sophomore Thomas McCarthy.

Clark will host two home meets this year at Coach D'Aniello's course at Hillside Park in West Boylston. The Worcester City Meet will be held on Friday, September 23 with the men's race beginning at 5:00 pm followed by the women at 5:45 pm. The Clark Invitational will be held on Saturday, October 15, a change from the original schedule. The women's race will begin at 11:00 am followed by the men's race at noon.



2005 SCHEDULE

Home Meets in Red/Bold at Boylston Hillside Park

September		Women	Men
Sat. 10	Smith College Invitational	9th/10	5th/7
Sat. 17	UMass Dartmouth Invitational	Subvarsity	12th/16
		Varsity	15th / 15
		21st / 35	21st / 33
Fri. 23	Worcester City Meet @ Boylston Hillside Park	5:45 pm	5:00 pm
October			
Sat. 1	CCRI Tri-State Invitational	10:30 am	9:30 am
Sat. 8	Roger Williams University Invitational	11:00 am	11:45 am
Sat. 15	Clark Invitational	11:00 am	12:00 pm
Sat. 29	NEWMAC Championship at Smith College		
November			
Sat. 5	ECAC Championship at Tufts		
Sat. 12	NCAA Regionals at Springfield College		

ALUMNI NEWS

Coach D'Aniello is looking for alumni to run as a team in the Clark Invitational. On **Saturday, October 15, 2005**, a special race against WPI alumni will take place. Clark hopes that at least five men and five women will accept the challenge of beating WPI's alumni at this meet. If you are interested, please call Christopher D'Aniello at (508) 868-8872 or email him at cdaniello@clarku.edu.



Friends of Clark Men's & Women's Cross Country has been formed under the umbrella of Friends of Clark Athletics. If you are interested in supporting the cross country team and would like more information, please contact Head Coach Chris D'Aniello