What a year! The men’s team had a historic season placing 5 runners on All New England regional team, as well as, a school record 11th place at the national championships. The women’s team has continued to develop and should be ready to take the next step in the fall. We were also the host of the NESCAC Championships on Halloween. It was a very successful event with lots of spectators at our Long Lane Farm course.

The excitement continued on the track with two school records. Will Dudek shattered the indoor mile record of 4:15.0 with a time of 4:11.31. The old record was held by Jeff Messer ’84 and Austin Cotant ’12. Christina Hebner also broke her own school record with a time of 11:29.93.

We strive to give the kids a first rate experience. That is why your continued support is so important. This past year we spent over $11,000 on the team. Some of the things we used the money for were supplementing the pay for assistant coaches ($8,000), food ($1,600) for preseason, winter and spring breaks, as well as Sunday runs. We also bought the women new uniforms for the regional/national meet ($600). We also paid for extra hotel rooms ($200) so no one would sleep on a cot. We cannot do these things without your continued support. The team and I thank you.

The alumni/ae run is Saturday September 3 at 11 a.m. at Long Lane Farm. I hope to see you there.

Yours in running,

John Crooke

2015 Men’s Season Review

The 2015 Wesleyan men’s cross country team was a promising group of experienced returners and motivated newcomers. After only graduating one senior in May ’15, the previous year’s group was largely intact. This included Taylor Titcomb ’16 (Port Washington, NY), Keith Conway ’16 (Newburyport, MA), Will Dudek ’17 (Montclair, NJ), Reid Hawkins ’17 (Glen Ridge, NJ), Eric Arsenaault ’17 (Branford, CT), Tate Knight ’18 (Bloomfield, CT), and Henry Vansant ’18 (Thetford, VT).

The men opened their regular season at the Wesleyan Invitational on Friday, September 19. The men raced a four-mile course at Long Lane Farm on a warm, humid afternoon. Hawkins won the race in 21:11.01, followed by Titcomb in 21:13.58 and Dudek in 21:26.79. Knight and Arsenaault rounded out the scoring for the Cardinals, running 21:45.97 and 21:51.89, respectively. Wesleyan won the meet with a perfect score of 15 points, beating the teams from Division II Post University (52 points) and Wheelock College (76 points).

Two weeks later, the team traveled to Lehigh University in Bethlehem, PA for the Paul Short Run on Friday, October 2nd. On a rainy, windy day the men had an excellent showing, finishing seventh out of 39 teams in the Brown race and beating three nationally-ranked Division III teams in the process. Titcomb led the way for the Cardinals, running 25:13 for 15th place. Dudek ran a great race to finish second for the team and 30th overall in 25:21. Conway was 67th in 25:42, Hawkins was 88th in 25:49 and Arsenaault was 108th in 25:58. All five ran 8k personal bests.

Next up was the Little Three Championships at Amherst College on October 17th. It was a great day for fall cross country, with temperatures in the 40’s and good footing on Amherst’s course. Titcomb was once again first across the line for the Cardinals, finishing seventh and running 26:34.5 for the 8k course. Wesleyan’s next three runners finished as a pack, with Arsenaault 19th in 27:21.6, Conway 20th in 27:21.9, and first-year Dontay Downer (Bronx, NY) 21st in 27:22.9. Hawkins was the final scorer, finishing 24th in 27:30.7. The men took third with 77 points. Williams won the meet, scoring 27 points to Amherst’s 32.

On Halloween, Wesleyan had the honor of hosting the 2015 NESCAC Championships at Long Lane Farm. The course was in great shape after a very dry fall, and weather conditions were excellent for the runners, with clear skies, temperatures in the 50’s and very little wind. As always, the race for the title was extremely competitive, as the conference included five nationally-ranked men’s teams, including Wesleyan. The Cardinals ran well, starting conservatively and tucking into the pack, then steadily moving up throughout the 8k race. Titcomb was the top Wesleyan runner, finishing 19th in 25:55.9. Dudek rallied nicely after a tough day at Little Three’s, running 26:03.35 to finish 25th in the NESCAC. Hawkins finished 32nd in 26:15.17, while Conway and Arsenaault also recorded top-40 finishes. Conway ran 26:23.94 for 38th and Arsenaault ran 26:24.95 for 39th. Williams won the race with 36 points, followed by Amherst (61) and Tufts (99), the next three teams were separated by only six points, with Hamilton fourth (144), Middlebury fifth (147) and Wesleyan sixth (150).

The team made the short trip down to Harkness Park in Waterford, CT for the NCAA Division III New England Regional Championships on November 14th. The course is located along the Long Island Sound and was consequently quite windy, but otherwise conditions were good, with clear skies and temperatures in the 40’s. The competition was fierce, as the field included seven nationally-ranked teams: #2 Williams, #5 Amherst, #8 MIT, #17 Tufts, #30 Middlebury, #32 Wesleyan and #35 Bates. Wesleyan’s top five all executed outstanding races, getting out in good positions and racing hard throughout the tough final miles. Their efforts were rewarded with a fourth place finish out of 55 teams, only finishing behind Williams, Amherst and Tufts. Titcomb led the way once again, finishing 9th in 24:57.7, while Dudek ran 25:18.4 for 17th. The duo of Arsenaault and Hawkins finished within a second of each other, with Arsenaault running 25:31.8 for 26th and Hawkins running 25:32.4 for 27th. Conway crossed the line in 35th place in time of 25:39.9. All five Wesleyan scorers earned All Regional awards for their top-35 finishes. Twenty-four hours later, they learned that their fourth place finish had been good enough to earn them a spot at the NCAA Division III Championships. Our very competitive region sent the top six teams on to Nationals.
On November 21st, the Cardinals competed in the NCAA Division III National Championships in Winneconne, WI. An early-season Midwestern storm stayed to the south on Friday night and the course at Lake Breeze Golf Club was in good shape on Saturday morning, with solid, even footing. The temperature was in the 30’s at race time, and the wind was relatively light. The course was basically flat, with only a few gently rolling hills. The race went out hard, with the leaders going through the first mile in around 4:40. The Cardinals got out smart and stayed relaxed, tucked into the pack well behind the leaders. This strategy paid off, as the men passed people throughout the race and finished 11th out of 32 teams, well ahead of their #17 ranking going into the meet. They were the third team from the NESCAC and the New England region, with only Williams (25th) and Amherst (10th) finishing ahead. In his final cross country race for Wesleyan, Titcomb finished 36th overall in 25:04.2. Dudek capped off his season with another outstanding race, running 25:04.4 for 37th. Unfortunately, both men just missed All America honors, which go to the top 35. Also ending his collegiate cross country career on a high note was Conway, who finished third for the team and 101st overall in 25:32.3. Hawkins ran 25:38.8 to finish 124th and Arsenault ran 25:46.6 for 148th.

2015 Women’s Season Review

The 2015 Wesleyan women’s cross country team included a large group of returners from the 2014 season and we didn’t lose anyone to graduation. Returners included Molly Schassberger ’17 (Winslow, ME), Caroline Elmendorf ’17 (Bethesda, MD), Christina Hebner ’17 (Scarsdale, NY), Juli Riggs ’17 (Lambertville, NJ), Joie Akerson ’17 (Denver, CO), Eliana Zimmerman ’17 (Northampton, MA), Sylvia Lipior ’18 (Springfield, MA) and Morgan Findley (Albuquerque, NM).

The women’s regular season started off at home with the Wesleyan Invitational on Friday, September 19th. The women covered the three mile course at Long Lane Farm, and while temperatures were fairly high, they raced late enough in the afternoon to be treated to shade along most of the course. Schassberger pulled away from her teammates and while temperatures were fairly high, they raced late enough in the afternoon to be treated to shade along most of the course. Schassberger got out with the top pack of women and finished 10th overall in 20:01.3. Elmendorf and Mitchell finished within seconds of each other, with Elmendorf 12th in 20:25.7 and Mitchell 14th in 20:29.9. Fiutak was next for Wesleyan, placing 28th in 21:09.9, while Findley again finished as the team’s fifth runner, placing 30th in 21:12.4. The Williams women won the meet with 15 points, while Amherst was rounded out the scoring for Wesleyan in 84th place, running 24:36.70. Williams College won the meet with 30 points. Wesleyan finished ninth, besting Trinity and Hamilton by 50 and 60 points, respectively.

The women finished the season at the NCAA Division III New England Regional Championships on November 14th. Connecticut College hosted the meet at Harkness Park, which sits right along the Long Island Sound and is consequently quite windy. Conditions were otherwise good, with temperatures in the 40’s and clear skies. The women’s race included eight nationally ranked teams and the Wesleyan women had a strong day to finish 13th out of 56 teams. Schassberger and Elmendorf finished close together, with Schassberger 46th in 22:42.1 and Elmendorf 49th in 22:47.3. Mitchell was third for the women, placing 83rd in 22:32.8. Riggs had another strong performance, running 23:47.2 for 111th, and Fiutak ran 23:56.2 for 119th. The top six teams in the New England Region continued on to the Division III National Championships.

2016 Women’s Preview

The 2016 women’s squad returns the entire 2015 group, as there were no graduating seniors. The team is talented and experienced and should be led by the trio of Molly Schassberger ’17, Caroline Elmendorf ’17, and Julia Mitchell ’19. All three set multiple personal bests during the track season. Schassberger ran 4:46.35 in the 1500 and 17:32.56 in the 5000. Elmendorf ran 17:47.49 in the 5000, and Mitchell ran 4:42.15 in the 1500. Christina Hebner ’17 missed time due to injury in cross country and outdoor track, but had a very strong indoor season, improving her 3000 PR to 10:22.26. She also managed to improve her steeplechase school record to 11:29.93. Rhoen Fiutak ’19, Sylvia Lipior ’18, Morgan Findley ’18, and Joie Akerson ’17 all ran PR’s during the outdoor track season and should add depth to the cross country roster. With good summer training, the 2016 group has the potential to be quite competitive.
Recent Honors, Records & Awards
Cross Country 2015
ACADEMIC ALL-AMERICAN
Eric Arsenault ’17, Keith Conway ’16
Will Dudek ’17, Tate Knight ’18, Caroline Elmendorf ’17, Julia Mitchell ’19
Molly Schassberger ’17, Men’s Team, Women’s Team
ALL-NEW ENGLAND DIVISION III
Taylor Titcomb ’16, Will Dudek ’17
Eric Arsenault ’17, Reid Hawkins ’17
Keith Conway ’16

Indoor Track 2015-16
ALL New England Regional Team (USTFCCCA)
Will Dudek ’17 (mile)

WESLEYAN RECORDS
Will Dudek ’17 mile (4:11.31)

ALL New England Division III
Christina Hebner ’17 (3000m)
Sylwia Lipitor ’18 (4x800m relay)

Outdoor Track 2016
ACADEMIC ALL-AMERICAN
Will Dudek ’17, Molly Schassberger ’17

ALL-NESCAC
Molly Schassberger ’17 (10,000m)

ALL-NEW ENGLAND DIII
Will Dudek ’17 (1500m)

ALL-NEW ENGLAND (DI, DII, DIII)
Keith Conway ’16 (10,000m)

WESLEYAN RECORDS
Christina Hebner ’17, (3000m steeple chase, 11:31.74)

WESLEYAN A+ PROGRAM
The A+ Program (Athletic Advantage Program) has been in existence since 2008. Its primary goal is to enhance the student-athlete experience by connecting current players with alumni, providing career counseling, and much more. Below are aspects of the program through which you can become involved:
1) Mentor program – pairing current players with alumni who can provide sage advice on classes, living at Wes, and careers beyond.
2) WeShadow – Inviting a current player to shadow you at work to learn more about your profession.
3) Internships – Offering a one-week to eight-week internship (paid or unpaid) to a current undergraduate player.
4) Speaker series – Return to campus to share your insights about Wesleyan, your career, or how Wes cross country helped you become what you are.

Please follow up with John Crooke (jcrooke@wesleyan.edu) if you are interested in any of the above opportunities. It is a great way to stay involved, to give back, and to stay connected with the current program. It is another exciting development in our program that will continue to separate us as the premier program not only in the NESCAC, but in the country!

SUPPORT WESLEYAN CROSS COUNTRY
Please consider making a donation in support of the program. All donations are tax-deductible. Though this gift does not count toward the “Wesleyan Fund,” you will be counted as a participant in Wesleyan’s current fundraising campaign.
We hope you also will support the Wesleyan Fund each year.
Thanks for all your support!!

Name ________________________________
Class (Wes Grad or Parent [P’xx]) __________________
Address ____________________________________________
Phone ____________________________________________
Email Address ______________________________________

Please make checks payable to: Wesleyan University and include “cross country” in the memo area. Return this form with your check to: John Crooke, Cross Country Coach, Wesleyan University, Freeman Athletic Center, Middletown, CT 06459.

To make your gift online, visit: wesleyan.edu/gameon.

Recent Contributors
Mark Anderson ‘81, Jonah Blumstein ’09,
Erik Biedert (Parent of Evan ‘15), John Burgess ‘85,
Tim & Karen Conway (Parents of Keith ’16),
Stephen DiPrima ’89, Kimberley Downer (Parent of Donny ’19),
Doug Elmendorf & Karen Dynan (Parents of Caroline ’17),
Naomi & Lane Findley (Parents of Morgan ’08),
Jon Fiutak & Rachel Sheskey (Parents of Rhoen ’19),
Samuel and Judy Goldfarb (Parents of Mitchell ’08),

John Hastings ’71, Mark Hsieh ’90, Herbert Himran, Jr. ’57,
Megan (Kretz) Harrington ’07, Noah Lansner ’00, Tal Vevran ’15,
Sally (Zimmer) ’81 & Peter ’89 Knight (Parents of Tate ’18),
Mary Madigan ’82, Julia Mark ’13,
Susan and Barry Marsh (Parents of Bryan ’13),
Claudia Mitchell & Guillaume Valtat (Parents of Julia ’19),

Masato & Eiko Nakamura (Parents of Shota ’19), Stephen Paranya ’61,
Lucia Pier ‘08, Bill Rodgers ’70, Leah Sampson ’00, Judy Seiff ’86,
Don Schassberger & Katie Meikle, (Parents of Molly ’17),
Danforth ’06 & Gina Sullivan ’05,
Ted Tucci & Nancy Hronek (Parents of Frank ’19),
John & Catherine Vansant (Parents of Henry ’18),
Tom Walsh (Friend of the Program), Hannah Zimmerman ’13
2015 MEN’S AND WOMEN’S CROSS COUNTRY RESULTS

9/5/15: Men - Varsity 23, Alumni 35; handicap start
Women - No team score

9/18/15: Wesleyan Invitational:
Men - 1st of 3 teams (15 points)
Women, 1st of 4 teams (304 points)

10/2/15: Paul Short Run at Lehigh (Brown Division)
Men, 7th of 39 teams (608 points);
Women, 23rd of 45 teams (304 points)

10/17/15: Men, 3rd of 3 teams (77 points)
Women, 3rd of 3 teams (69 points)

10/31/15: NESCAC Championship at Wesleyan -
Men, 6th of 11 teams (150 points);
Women, 9th of 11 teams (228 points)

11/7/15: ECAC Div. III Championship at Williams -
Men, 21st of 40 teams (577 points);
Women-no team scoring

11/14/15: New England Div. III Meet at Connecticut College-
Men, 5th of 55 teams (114 points)
Women, 13th of 56 teams (406 points)

11/21/15 NCAA Division III Championships at Wisconsin-Oshkosh -
Men, 11th of 32 teams

2016 MEN’S AND WOMEN’S CROSS COUNTRY SCHEDULE

Sept. 3 (Sat.) Alumni/ae Race HOME 11:00

16 (Fri.) Wesleyan Invitational* HOME 5:00/5:40

Oct. 1 (Sat.) Paul Short Invitational Lehigh 12:15/1:00

15 (Sat.) Amherst and Williams Amherst 1:00/12:00

29 (Sat.) NESCAC Championships Colby 12:00/1:00

Nov. 14 (Sat.) New England Div. III Championships Westfield St 11:00/12:00

21 (Sat.) NCAA Division III Championships^ Louisville, KY 11:00/12:00

(Note - Please check the web site throughout the season for updated schedule information on meets. Times listed are men/women varsity races)

*Teams TBA

^by qualification only