

Misericordia University
Women's Cross-Country Records

Time	Name	Date	Site
1. 18:30	Amy Bower	10/25/03	Cabrini (PACs)
2. 18:43	Amy Bower	10/15/05	Cabrini
3. 18:45	Amy Bower	10/15/03	CTC at DeSales
4. 18:50	Amy Bower	9/24/05	Misericordia
5. 18:54	Amy Bower	11/1/03	Cedar Crest
6. 19:06	Amy Bower	10/30/04	Gwynedd-Mercy
7. 19:08	Ali Ostrum	9/20/08	MU Cougar Classic
8. 19:10	Amy Bower	9/10/05	Washington & Lee
9. 19:25	Amy Bower	9/11/04	Lebanon Valley
10. 19:27	Megan Dreabit	9/20/08	MU Cougar Classic

Misericordia University
Men's Cross-Country Records

Time	Name	Date	Site
1. 26:32	Chris Wadas	11/17/02	Salisbury
2. 27:02	Chris Wadas	10/25/03	DeSales
3. 27:03	Chris Wadas	11/1/03	Cedar Crest
T4. 27:05	Chris Wadas	9/14/02	Lebanon Valley
T4. 27:05	Chris Wadas	9/13/03	Lebanon Valley
T4. 27:05	Mike Guest	11/10/07	Lehigh
7. 27:07	Jeff Dahlgard	11/17/02	Salisbury
T8. 27:17	Jeff Dahlgard	9/13/03	Lebanon Valley
T8. 27:17	Steve Beecher	10/29/05	Cabrini (PACs)
10. 27:21	Jeff Dahlgard	11/1/03	Cedar Crest



2009 Season Preview

The Misericordia University cross country teams enter their second season in the Middle Atlantic States Athletics Corporation (MAC) looking to improve on their solid finishes at both conference and regional meets in 2008.

Both teams had tremendous success in their previous tenure in the Pennsylvania Athletic Conference (the men were champions from 2001-2006 while the women won three straight from 2000-2002), and will now look to establish themselves as leaders in their new conference.

With both squads coming off finishes in the top half of the field in championships meets and three all-MAC athletes returning, the outlook is bright for MU's runners this fall.

The men will be led by junior **Frank Redmond**, a second-team All-MAC runner last season and an NCAA qualifier in the 800 meters this past spring. Fellow junior **Pat Blaskiewicz** should join Redmond at the front of the pack after running 34:01 in the 10k last spring.

"Frank and Pat will be a very good 1-2 punch," said head coach Chris Wadas. "If people can step up in the 3-4-5 spots, we could have a very good team."

Returning runners battling for these key places will include senior captains **Ryan Garges** (the school record holder in the 3k steeplechase) and **Dave Verzella**, along with juniors **Patrick Noonan** and **Brian O'Neill**.

Joining the team this fall are seven newcomers: **Corey Byrd, Marty Castaldi, John Gibbons, Jeff Huss, Anthony**

Powell, Brent Salsman and Kyle Suponcic. "All of the newcomers have the potential to make important contributions to the team this season," said Wadas.

"Our goals for the men this year are a top-four finish at the MAC championships and to place in the top 15 at regionals," said Wadas.

The women's team will be led once again by senior **Ali Ostrum**, a three-time team MVP and first-team All-MAC runner in 2008. "One of our goals is for her to qualify for NCAA's and I believe it could happen this year," said Wadas.

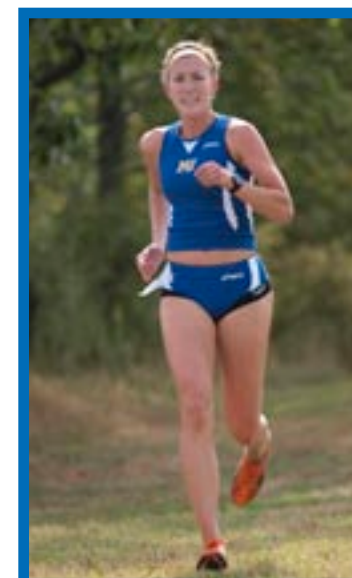
The Cougars also return sophomore **Aimee DiLucido**, a second-team all-MAC selection in her first collegiate season.

Other returnees include senior **Kayla Weaver**, junior **Amanda Radishofski** and sophomores **Jodie Kitchell, Maura O'Rourke** and **Rachel Tomkins**.

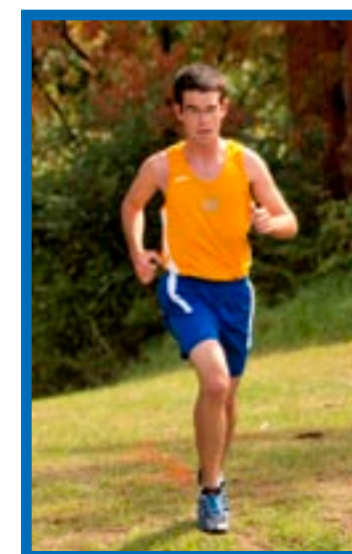
Junior **Marcie Cusatis** (an All-MAC 800-meter runner in outdoor track) joins freshmen **Kelsey Cameron, Brianna Kramer** and **Marina Orrson** as newcomers to the team.

The women should have a squad capable of exceeding last season's placements at both the MAC championships (3rd) and NCAA Regionals (16th). "We might have an outside shot of winning the MAC if things come together, if we train hard and if everyone stays healthy," said Wadas. He also added a top ten finish at regionals to a lofty set of goals for 2009.

Overall, the fourth-year head coach is optimistic about both his programs going into the fall. "I'm expecting some good things out of people," he said.



Ali Ostrum



Pat Blaskiewicz

MISERICORDIA BELONGS TO NCAA, MAC, ECAC

Misericordia University belongs to the NCAA Division III, Freedom Conference/Middle Atlantic States Athletics Corporation (MAC) and the Eastern College Athletic Conference.

MU is in its second full season of competition in the Freedom/MAC after 16 years as a member of the Pennsylvania Athletic Conference. Misericordia began ECAC and NCAA competition in 1992.

The Freedom/MAC sponsors competition in 11 men's sports: baseball, basketball, cross country, football, golf, indoor track & field, lacrosse, soccer, swimming, tennis and outdoor track & field; and 11 women's sports: basketball, cross country, field hockey, indoor track & field, lacrosse, soccer, softball, swimming tennis, outdoor track & field and volleyball.

With approximately 430 members and 150,000 student-athletes competing annually, Division III is the largest of the NCAA's three divisions.

Division III institutions place high priority on the overall quality of the educational experience and the successful completion of all students' academic programs.

Formed in 1938, the ECAC is the nation's largest athletic conference with more than 300 members in Divisions I, II and III from Maine to North Carolina.

ATHLETIC FACILITIES

The athletic facilities at Misericordia University are highlighted by the **Anderson Sports-Health Center** and the **Anderson Outdoor Athletic Complex**.

Since 1993, the **Anderson Center** has provided a home for the Cougars basketball, volleyball and swim teams.

The building houses the athletic department offices, campus health center and nursing, physical therapy and occupational therapy classrooms and laboratories.

The center features a six-lane swimming pool, indoor track, racquetball courts, fitness center and an aerobic/dance studio. The **Anderson Sports-Health Center** attracts more than 75,000 visitors annually for recreational use.

Mangelsdorf Field at the **Anderson Athletic Complex** was constructed in 2002 and serves as a home for the soccer, field hockey, lacrosse and track & field programs.

The complex features a synthetic grass field and a six-lane synthetic track which allow MU's student-athletes to remain active even when weather conditions are less than ideal.

Named for the late **Dr. Robert S. and Geraldine Ruth Daley Anderson**, the **Anderson Sports-Health Center**, **Anderson Athletic Complex** and **Anderson Fields** are tributes to their commitment to Misericordia University.

Mangelsdorf Field honors the dedication of **Jack and Dorothy Mangelsdorf** to MU and the region.

The Misericordia tennis complex was built in 2004 as part of a gift by the M&T Foundation.

MISERICORDIA UNIVERSITY IN BRIEF

Misericordia University is a liberal arts based, co-educational Catholic institution serving both residential and commuting students.

Founded in 1924, Misericordia is the oldest four-year institution in Luzerne County and made the transition to University status in 2007.

Sponsored by the Religious Sisters of Mercy, MU is one of 18 Mercy institutions in the United States.

Misericordia welcomes individuals from all faiths and offers a variety of liberal arts and professional programs at the undergraduate and graduate levels.

MU offers 30 majors in three academic colleges: Arts and Sciences; Health Sciences; and Professional Studies and Social Sciences.

The University is dedicated to the values of the Sisters of Mercy: mercy, service, justice and hospitality. These values can be found throughout the University, from programs of study to service projects.

The hallmark of MU is a dedicated faculty and a high quality core liberal arts and sciences curriculum.

In addition to their diploma, MU students can participate in the school's Guaranteed Placement Program. The GPP is a promise that, within six months of graduation, students will have a position in the career of their choice or be enrolled in graduate school, or the University will provide a paid internship in the student's field of study.

With a total enrollment of 2,501 students, Misericordia offers the benefits of a small university with the scope of a larger institution.

Classroom size is purposefully small to ensure personalized attention and our 12:1 student/faculty ratio allows students and faculty to truly know one another.

In addition to academic pursuits, MU students participate in a wide range of athletic, recreational, spiritual, social and cultural activities with more than two dozen clubs organizations on campus.

MU sponsors 22 varsity sports including men's soccer, cross country, basketball, swimming, golf, lacrosse, indoor and outdoor track & field, baseball and tennis; and women's soccer, volleyball, field hockey, cross-country, tennis, basketball, swimming, softball, lacrosse, indoor and outdoor track & field and cheerleading. Women's golf will begin varsity play in 2011.

Misericordia began competing in the Freedom Conference/MAC in 2008 after 16 seasons of competition in the Pennsylvania Athletic Conference

In 2009-10, the Cougars won conference championships in men's soccer and women's swimming.

Misericordia won 29 PAC championships and made the PAC playoffs in field hockey, volleyball, men's and women's soccer, women's tennis, men's and women's basketball, women's lacrosse, baseball and softball in 2007-08.

Located in Dallas, PA, MU's 123-acre campus has a suburban atmosphere and is only nine miles from Wilkes-Barre and two hours from New York City and Philadelphia.



DAVE MARTIN
Athletic Director

Dave Martin is in his sixth year as director of athletics at Misericordia University.

In his first five years, the Cougars won nine conference championships and earned six NCAA tournament berths.

In addition, he guided the Cougars through the transition from the Pennsylvania Athletic Conference to the Freedom

Conference and Middle Atlantic States Athletics Corporation (MAC).

He has also overseen the addition of men's tennis and women's golf as varsity sports at MU.

Martin previously spent 14 seasons as head men's basketball coach at Misericordia and served as associate athletic director and coordinator of athletic recruiting.

He led the Cougars to 11 Pennsylvania Athletic Conference playoff berths and two PAC finals appearances.

Martin compiled 178 career wins at MU and was a four-time PAC Coach of the Year.

A graduate of Wilkes University, Martin earned a master's degree in education from Misericordia.

CHRIS WADAS
Head Coach



Chris Wadas is in his fourth season as head coach of cross country and track & field at Misericordia University.

In 2008, the women's team finished third at the MAC championships in their first season in the conference.

In track & field, the Cougars won six events at the MAC Indoor and Outdoor championships and had an NCAA qualifier for the second consecutive season in 2009.

A Misericordia graduate, Wadas was a sport management/information technology major and spent the 2005-2006 as an assistant coach with the Cougars.

As a competitor, Wadas led the Cougars to four straight PAC cross country team titles and was a four-time team MVP. He is the school record holder in cross country and owns the four fastest times in school history.

Wadas is still active as a competitive runner and is one of the top runners in northeastern Pennsylvania. In addition, Wadas was the Wendy's Misericordia Athlete of the Year in 2003-04.

Chris Sprowl, a Wilmington (OH) graduate, will join the staff as a graduate assistant. **Mike Kinney** and **Russ Susko** will also serve as assistant coaches.

2009 WOMEN'S ROSTER

Name	YR	HT	Hometown/High School
Kelsey Cameron	FR	5-6	Telford, PA/Souderton
Marcie Cusatis	JR	5-6	Hazleton, PA/ Hazleton
Aimee DiLucido	SO	5-2	Collingdale, PA/Archbishop Prendergast
Jodie Kitchell	SO	5-6	Douglassville, PA
Brianna Kramer	FR	5-4	Drums, PA/MMI Preparatory
Maura O'Rourke	SO	5-2	Holmes, NY/Carmel
Marina Orrson	FR	5-9	Shavertown, PA/Lake-Lehman
Ali Ostrum	SR	5-6	Wilkes-Barre, PA/Meyers
Amanda Radishofski	JR	5-8	Hazleton, PA/Hazleton
Rachel Tomkins	SO	5-2	Slatedale, PA/Northern Lehigh
Kayla Weaver	SR	5-5	Hazleton, PA/Bishop Hafey

2009 MEN'S ROSTER

Name	YR	HT	Hometown/High School
Pat Blaskiewicz	JR	5-6	Honesdale, PA/Honesdale
Corey Byrd	FR	5-6	Harleysville, PA/Souderton
Marty Castaldi	FR	5-9	Scranton, PA/Scranton
Ryan Garges	SR	6-0	Warren Center, PA/Northeast Bradford
John Gibbons	FR	5-11	Ashley, PA/Hanover
Jeff Huss	FR	5-8	Danville, PA/Danville
Patrick Noonan	JR	5-4	Boothwyn, PA/Garnet Valley
Brian O'Neill	JR	5-6	Monroe, NY/Monroe Woodbury
Anthony Powell	FR	5-10	Lansford, PA/Panther Valley
Frank Redmond	JR	5-8	Harding, PA/Wyoming Area
Brent Salsman	FR	5-11	Meshoppen, PA/Elk Lake
Kyle Suponic	FR	5-6	Dallas, PA/ Dallas
Dave Verzella	SR	6-1	Havertown, PA/Msg. Bonner

2008 RESULTS

Opponent	Men	Women
at NEPA Classic	3rd of 8	1st of 6
at Keystone	2nd	1st
Cougar Classic	6th of 9	6th of 9
at Paul Short Invitational (Lehigh)	26th of 41	19th
at DeSales	9th of 20	5th of 18
at Battle for the Buggy	5th of 17	4th of 15
at MAC Championships	6th of 14	3rd of 14
at NCAA Mid-East Regionals	25th of 43	16th of 43

2009 SCHEDULE

Date	Opponent	Time
Sept. 1	at Wilkes (<i>at Kirby Park</i>).....	tba
Sept. 4	at NEPA Classic (<i>Wilkes-Barre</i>)	5:30
Sept. 12	at Lock Haven Invitational	tba
Sept. 19	Cougar Classic	tba
Oct. 2	at Brooks/Paul Short Inv. (<i>at Lehigh</i>)	tba
Oct. 10	at DeSales	tba
Oct. 17	at Lafayette	tba
Oct. 31	MAC Championships (<i>at DeSales</i>)	tba
Nov. 14	Mid East Regional (<i>at Lehigh</i>)	tba

On the Cover: *Ali Ostrum, Pat Blaskiewicz*