



2005 UMBC Cross Country Prospectus



Table of Contents
Quick Facts 1
2005 Roster 2
2005 Schedule 2
2004 Results 3



2005 UMBC Cross Country Quick Facts

QUICK FACTS

University Facts

Location:	Baltimore, Md.
Enrollment:	12,000
Founded:	1966
President:	Dr. Freeman Hrabowski
School Colors:	Black and Gold with Red
Nickname:	Retrievers
Conference:	America East
Affiliations:	NCAA I, ECAC
NCAA Faculty Rep.:	Dr. Marvin Mandell
Athletics Director:	Dr. Charles Brown
Assoc. Athletics Director/SWA:	Kathy Zerlauth
Assoc. Athletics Director:	Gary Wohlstetter
Assoc. Athletics Director/Marketing:	Tom Maier
Director of Sports Medicine:	Cindy Kubiet

Cross Country Staff

Head Coach:	Murray Davis (Fourth season)
Alma Mater:	Towson ('01)
Assistant Coach:	David Bobb
Alma Mater:	UMBC ('97)
Cross Country Office:	(410) 455-1579
Office Fax:	410-455-1536
Office Address:	310 RAC Arena 1000 Hilltop Circle Baltimore, MD 21250

Men's Cross Country Facts

Letterwinners Returning/Lost:	11/1
Newcomers:	5
America East Finish:	5th
Captains:	Izudin Mehmedovic, Shawn Shokry
Team Manager:	Desiree Tubb

Women's Cross Country Facts

Letterwinners Returning/Lost:	5/4
Newcomers:	2
America East Finish:	7th
Captains:	Stefanie Thomas, Kathleen Galan
Team Manager:	Desiree Tubb

Athletic Communications

Associate AD/Communications:	Steve Levy
Assistant Dir. of Communications:	Andy Warner
Assistatn Dir. of Communications:	Jessica Berheim
Cross Country Contact:	Andy Warner
Office Phone:	410-455-2639
Office Fax:	410-455-3994
Hotline:	410-455-2129
Website:	www.umbc retrievers.com
Mailing Address:	UMBC, 307 RAC Arena 1000 Hilltop Circle Baltimore, MD 21250

2005 Team Outlook

Top Men's Returners

Athlete	Year	Hometown/HighSchool	Notes
Izudin Mehmedovic	SR	Columbia, Md./Oakland Mills	UMBC's top runner in 6-of-7 meets last year, 13th at AE Championships
Shawn Shokry	JR	Florham Park, NJ/Hanover Park	Finished 1st or 2nd in all seven meets, 19th at AE Championships
Ryan Cartwright	SR	Perry Hall, MD/Eastern Technical	Finished as UMBC's third best runner in 4-of-7 meets
Aaron Smith	SR	Bel Air, MD/C. Milton Wright	Scored in 5-for-7 meets, Retrievers' third best finisher at NCAA Regionals
Blake Davis	JR	Falmouth, ME/Falmouth	Team's Unsung Hero Award, fourth best team time at NCAA Regionals

Top Women's Returners

Athlete	Year	Hometown/HighSchool	Notes
Stefanie Thomas	SR	Springfield, PA/Springfield	Led UMBC across the line in 15 career meets, 13th at AE Championships
Kathleen Galan	JR	Sicklerville, NJ/Highland Regional	Strong return from injury, UMBC's second best runner at NCAA Regionals
Tawny Barin	SO	Columbus, NJ/N. Burlington County	Earned team's Most Improved Athlete Award
U'Tonna Sherrod	SR	Millersville, MD/Archbishop Spalding	Team's third best finish on five occasions, scoring in six meets
Morgan Little	JR	Bel Air, MD/C. Milton Wright	Scored in six of seven meets

Men's Newcomers

Athlete	Year	Hometown/HighSchool
Russell Bauer	FR	Florham Park, NJ/Hanover Park
Paul Boardman	FR	Ocean City, NJ/Ocean City
Nick Keane	FR	Columbia, MD/River Hill
Anthony Kelhower	FR	Mt. Laurel, NJ/Lenape
Josh Okoniewski	FR	Lusby, MD/Patuxent

Women's Newcomers

Athlete	Year	Hometown/HighSchool
Allison Mathis	FR	Williamstown, NJ/Williamstown
Emily Saltsman	FR	Fallston, MD/Fallston



2005 UMBC Cross Country Roster And Schedule

Team Rosters

2005 Men's Roster

Name	Cl.	Hometown/Previous School
Russell Bauer	FR	Florham Park, NJ/Hanover Park
Chris Baumler	SR	Hughesville, MD/LaPlata
Paul Boardman	FR	Ocean City, NJ/Ocean City
Mike Brady	JR	Toms River, NJ/Monsignor Donovan
Ryan Cartwright	SR	Perry Hall, MD/Eastern Technical
John Commins	SR	New Oxford, PA/New Oxford
Blake Davis	JR	Falmouth, ME/Falmouth
Alex Driscoll	JR	Sewell, NJ/Washington Township
Nick Keane	FR	Columbia, MD/River Hill
Anthony Kelhower	FR	Mt. Laurel, NJ/Lenape
Isaac Matthews	JR	Oxon Hill, MD/Oxon Hill
Izudin Mehmedovic	SR	Columbia, MD/Oakland Mills
Josh Okoniewski	FR	Lusby, MD/Patuxent
Peter Ramdial	JR	Bowie, MD/Bowie
Shawn Shokry	JR	Florham Park, NJ/Hanover Park
Aaron Smith	SR	Bel Air, MD/C. Milton Wright
J.J. Wetzel	JR	Crofton, MD/Archbishop Spalding

2005 Women's Roster

Name	Cl.	Hometown/Previous School
Tawny Barin	SO	Columbus, NJ/N. Burlington County
Kathleen Galan	JR	Sicklerville, NJ/Highland Regional
Morgan Little	JR	Bel Air, MD/C. Milton Wright
Allison Mathis	FR	Williamstown, NJ/Williamstown
Emily Saltsman	FR	Fallston, MD/Fallston
U'Tonna Sherrod	SR	Millersville, MD/Archbishop Spalding
Stefanie Thomas	SR	Springfield, PA/Springfield

Coaching Staff

Head Coach: Murray Davis

Assistant Coach: David Bobb

Team Manager: Desiree Tubb

Men's Team Captains: Izudin Mehmedovic, Shawn Shokry

Women's Team Captains: Stefanie Thomas, Kathleen Galan

2005 Schedule

Date	Meet	Location	Time
Sep 2	MOUNT ST. MARY'S INVITATIONAL	Emmitsburg, MD	All Day
Sep 10	BINGHAMTON INVITATIONAL	Binghamton, NY	All Day
Sep 17	NAVY INVITATIONAL	Annapolis, MD	All Day
Oct 1	LEHIGH PAUL SHORT INVITATIONAL	Bethlehem, PA	All Day
Oct 8	MARYLAND STATE COLLEGE CHAMPIONSHIPS	Hunt Valley, MD	All Day
Oct 15	LAFAYETTE INVITATIONAL	Easton, PA	All Day
Oct 29	AMERICA EAST CONFERENCE CHAMPIONSHIPS	Binghamton, NY	All Day
Nov 12	NCAA REGIONALS	Bethlehem, PA	All Day
Nov 21	NCAA CHAMPIONSHIPS	TBA	All Day



2004 UMBC Cross Country Results

2004 Cross Country Results

MEN'S RESULTS

Mount St. Mary's Duals
Emmitsburg, Md., 6K Course
UMBC def. Mount St. Mary's,
17-46
Maryland def. UMBC, 25-36
Navy def. UMBC, 22-48

Place Name	Time
2 Izudin Mehmedovic	15:49.01
4 Shawn Shokey	15:51.82
21 Ryan Cartwright	16:24.98
23 Chris Baumler	16:31.74
28 Aaron Smith	16:40.93
29 John Commins	16:45.16
31 J.J. Wetzel	16:48.72
33 Peter Ramdial	17:15.82
35 Isaac Matthews	17:27.08
37 Mike Brady	17:34.81
43 Blake Davis	18:33.24
44 Alex Driscoll	18:37.18

Navy Invitational

Annapolis, Md., 8K Course

4th Place Team Finish, 110 places

Place Name	Time
12 Izudin Mehmedovic	25:47.34
21 Shawn Shokey	26:09.86
27 Ryan Cartwright	26:28.26
30 J.J. Wetzel	26:40.80
39 Aaron Smith	27:14.69
40 John Commins	27:16.31
46 Chris Baumler	27:30.98
60 Mike Brady	28:36.96
61 Kevin Hurley	28:38.53

Lehigh Paul Short Run

Bethlehem, Pa., 8K Course

19th Place Team Finish, 551 places

Place Name	Time
88 Shawn Shokey	25:51.47
95 Izudin Mehmedovic	25:58.91
102 Ryan Cartwright	26:15.42
129 Aaron Smith	27:00.01
137 J.J. Wetzel	27:11.27
141 Chris Baumler	27:21.42
144 John Commins	27:27.88

Maryland Collegiate Open

Hagerstown, Md., 8K Course

1st Place Team Finish, 22 places

Place Name	Time
1 Izudin Mehmedovic	25:10.00
2 Shawn Shokey	25:16.00

4 J.J. Wetzel	25:42.00
7 Blake Davis	26:00.00
8 Aaron Smith	26:02.00
14 Ryan Cartwright	26:31.00
17 Chris Baumler	26:48.00
22 Kevin Hurley	27:06.00
23 John Commins	27:08.00
26 Peter Ramdial	27:16.00
29 Isaac Matthews	27:25.00
33 Mike Brady	27:40.00

Penn State

State College, Pa., 5.2 Mile Course
24th Place Team Finish, 630 places

Place Name	Time
57 Izudin Mehmedovic	26:49.00
78 Shawn Shokey	27:03.00
154 Blake Davis	27:48.00
170 J.J. Wetzel	28:00.00
171 Ryan Cartwright	28:05.00
195 Aaron Smith	28:32.00
202 Chris Baumler	28:41.00

America East Conference Championships

Durham, N.H., 8K Course

5th Place Team Finish, 118 places

Place Name	Time
13 Izudin Mehmedovic	25:06.90
19 Shawn Shokey	25:24.30
27 Ryan Cartwright	26:03.10
29 J.J. Wetzel	26:10.60
33 Blake Davis	26:13.70
35 Aaron Smith	26:19.40
43 John Commins	26:42.00
60 Chris Baumler	27:18.80
67 Peter Ramdial	27:39.10

NCAA Mid-Atlantic Regionals

State College, Pa., 10K Course

17th Place Team Finish, 547 places

Place Name	Time
94 Izudin Mehmedovic	33:22.00
100 Shawn Shokey	33:34.00
115 Aaron Smith	34:08.00
118 Blake Davis	34:12.00
120 J.J. Wetzel	34:18.00
136 Ryan Cartwright	35:11.00
147 John Commins	35:55.00

WOMEN'S RESULTS

Mount St. Mary's Duals
Emmitsburg, Md., 5K Course
UMBC def. Mount St. Mary's,
24-35
Maryland def. UMBC, 21-34
Navy def. UMBC, 15-48
American def. UMBC, 24-31

Place Name	Time
11 Cara Wettlaufer	19:15.42
12 Stefanie Thomas	19:16.49
42 U'Tonna Sherrod	20:55.53
43 Morgan Little	20:57.86
45 Tawny Barin	21:18.22
47 Jennifer Hickey	22:06.31
48 Jazzmon Morgan	22:29.51

Navy Salty Sea Dog Invitational

Annapolis, Md., 6K Course

7th Place Team Finish, 149 places

Place Name	Time
9 Stefanie Thomas	23:30.40
21 Cara Wettlaufer	24:26.93
47 Morgan Little	25:39.88
50 U'Tonna Sherrod	25:47.03
61 Tawny Barin	26:11.45
64 Jennifer Hickey	26:23.38
69 Jazzmon Morgan	27:08.51
76 Lindsay Morrell	27:43.07

Lehigh Paul Short Run

Bethlehem, Pa., 5K Course

20th Place Team Finish, 551 places

Place Name	Time
44 Stefanie Thomas	22:03.30
79 Cara Wettlaufer	22:45.27
129 U'Tonna Sherrod	23:38.12
149 Morgan Little	24:10.86
150 Jennifer Hickey	24:15.79
152 Tawny Barin	24:30.63
161 Jazzmon Morgan	26:01.95

Maryland Collegiate Open

Hagerstown, Md., 5K Course

1st Place Team Finish, 29 places

Place Name	Time
1 Cara Wettlaufer	19:59.00
2 Stefanie Thomas	20:02.00
6 U'Tonna Sherrod	21:02.00
9 Kathleen Galan	21:05.00
10 Morgan Little	21:06.00
14 Tawny Barin	21:12.00

15 Jennifer Hickey	21:17.00
16 Jazzmon Morgan	21:20.00
35 Lindsay Morrell	23:02.00

Penn State

State College, Pa., 6K Course
30th Place Team Finish, 828 places

Place Name	Time
100 Cara Wettlaufer	22:48.00
127 Stefanie Thomas	23:08.00
174 U'Tonna Sherrod	23:46.00
211 Kathleen Galan	24:10.00
216 Morgan Little	24:14.00
230 Tawny Barin	24:39.00
248 Jazzmon Morgan	25:33.00

America East Conference Championships

Durham, N.H., 5K Course

7th Place Team Finish, 164 places

Place Name	Time
12 Cara Wettlaufer	18:14.20
13 Stefanie Thomas	18:16.60
44 U'Tonna Sherrod	19:15.00
50 Kathleen Galan	19:28.20
53 Jennifer Hickey	19:35.00
61 Tawny Barin	19:51.40
63 Morgan Little	19:57.00
72 Jazzmon Morgan	20:42.80
80 Lindsay Morrell	21:36.30

NCAA Mid-Atlantic Regionals

State College, Pa., 6K Course

18th Place Team Finish, 536 places

Place Name	Time
49 Cara Wettlaufer	22:43.00
96 Kathleen Galan	23:49.00
124 Tawny Barin	24:49.00
129 Jennifer Hickey	24:56.00
138 Morgan Little	25:19.00