



# 2007 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
Nickname:	Retrievers
Conference:	America East
Affiliations:	NCAA I, ECAC
NCAA Faculty Rep.:	Dr. Marvin Mandell
Athletics Director:	Dr. Charles Brown
Sr. Associate Athletics Director/SWA:	Kathy Zerrlaut
Sr. Associate Athletics Director:	Gary Wohlstetter
Associate Athletics Director/Marketing:	Tom Maier
Director of Sports Medicine:	Cindy Kubiet

### Cross Country Staff

Head Coach:	Tim Walker (First Season)
Alma Mater:	Penn State ('050)
Assistant Coach:	David Bobb
Alma Mater:	UMBC ('97)
Cross Country Office:	410-455-1324
Office Fax:	410-455-1536
Office Address:	312 RAC Arena 1000 Hilltop Circle Baltimore, MD 21250

### Men's Cross Country Facts

Letterwinners Returning/Lost:	10/3
Newcomers:	4
America East Finish:	6th
Captain:	Anthony Kelhower

### Women's Cross Country Facts

Letterwinners Returning/Lost:	4/6
Newcomers:	2
America East Finish:	8th
Captains:	Tawny Barin

### Athletic Communications

Associate AD/Communications:	Steve Levy
Assistant Dir. of Communications:	Jessica Berheim
Assistant Dir. of Communications:	Tim Conway
Cross Country Contact:	Tim Conway
Conway's E-mail:	conway1@umbc.edu
Conway's Cell Phone:	908-783-5257
Office Phone:	410-455-2639
Office Fax:	410-455-3994
Hotline:	410-455-1329
Website:	www.umbcretrievers.com
Mailing Address:	307 RAC Arena 1000 Hilltop Circle Baltimore, MD 21250

## 2006 Team Outlook

### Top Men's Returners

Athlete	Year	Hometown/High School	Notes
Anthony Kelhower	Jr.	Mount Laurel, N.J. Lenape	Named to America East All-Conference team, finished ninth at AEC Champs
Andrew Madison	Jr.	Edgewater, Md./South River	Scored as one of the top-five Retriever finishers in four of six meets

### Top Women's Returners

Athlete	Year	Hometown/High School	Notes
Suzanne Gabriel	So.	Falls Church, Va./McLean	UMBC's top finisher first two meets of the season, and second finisher for next three
Tawny Barin	Sr.	Columbus, N.J./N. Burlington County	Finished in the top scoring five for the final four meets of the season
Mairin Leahy	So.	Taneytown, Md./Francis Scott Key	Finished in the top scoring five in all but one meet during the season
Emily Saltsman	Jr.	Fallston, Md./Fallston	Scored in the first three meets of the season for the Retrievers

### Men's Newcomers

Athlete	Year	Hometown/High School
Chris Bowie	Fr.	Bethesda, Md./Bethesda-Chevy Chase
Michael Christmas	Fr.	Invercargill, New Zealand/James Hargest College
Chris Snyder	Fr.	McConnellsburg, Pa./McConnellsburg
Paul Zwama	Fr.	Groningen, Netherlands/CSG Dingstede

### Women's Newcomers

Athlete	Year	Hometown/High School/Previous School
Courtney Crouse	Fr.	Union Bridge, Md./Linganore
Alex Hyland	Jr.	Toms River, N.J./Toms River South/St. Francis (Pa.)



# 2007 UMBC Cross Country Roster And Schedule

## Team Rosters

### 2007 Men's Roster

Name	Cl.	Hometown/Previous School
Chris Bowie	Fr.	Bethesda, Md./ Bethesda-Chevy Chase
Michael Christmas	Fr.	Invercargill, New Zealand/ James Hargest College
Anthony Kelhower	Jr.	Mt. Laurel, N.J./Lenape
Andrew Madison	Jr.	Edgewater, Md./South River
Josh Okoniewski	Jr.	Lusby, Md./Patuxent
Chris Snyder	Fr.	McConnellsburg, Pa./ McConnellsburg
Paul Zwama	Fr.	Groningen, Netherlands/ CSG Dingstede

### 2006 Women's Roster

Name	Cl.	Hometown/Previous School
Tawny Barin	Sr.	Columbus, NJ/N. Burlington County
Cortney Crouse	Fr.	Union Bridge, Md./Linganore
Suzanne Gabriel	So.	Falls Church, Va./McLean
Alex Hyland	Jr.	Toms River, N.J./Toms River South/ St. Francis (Pa.)
Mairin Leahy	So.	Taneytown, Md./Francis Scott Key
Allison Mathis	Jr.	Williamstown, N.J./Williamstown
Sarah Murphy	So.	Dover, Del./Dover
Emily Saltsman	Jr.	Fallston, Md./Fallston

### Coaching Staff

Head Coach: Tim Walker

Assistant Coach: David Bobb

Men's Team Captain: Anthony Kelhower

Women's Team Captain: Tawny Barin

## 2007 Schedule

Date	Meet	Location	Time
Sep 1	MOUNT ST. MARY'S 5K DUALS	Emmitsburg, Md.	1:00 p.m.
Sep 15	NAVY INVITATIONAL (MEN 8K, WOMEN 6K)	Annapolis, Md.	10:00 a.m.
Sep 28	LEHIGH PAUL SHORT RUN (MEN 8K, WOMEN 6K)	Bethlehem, Pa.	2:00 p.m.
Oct 13	WILLIAM & MARY Inv. (MEN 8K, WOMEN 6K)	Williamsburg, Va.	TBA
Oct 27	AMERICA EAST CONFERENCE Meet (MEN 8K, WOMEN 5K)	Stony Brook, N.Y.	10:30 a.m.
Nov 10	NCAA REGIONAL MEET (MEN 10K, WOMEN 6K)	Bethlehem, Pa.	All Day
Nov 19	NCAA CHAMPIONSHIPS (MEN 10K, WOMEN 6K)	Terre Haute, Ind.	All Day



# 2006 UMBC Cross Country Results

## 2006 Cross Country Results

### MEN'S RESULTS

**Mount St. Mary's Dual 5K's**  
**Emmitsburg, Md., 9/2/06, 5K Course**  
**American def. UMBC, 25-30**  
**UMBC def. George Washington, 16-47**  
**UMBC def. Loyola, 19-45**  
**Mount St. Mary's def. UMBC, 22-34**

Pl.	Name	Time
4	Anthony Kelhower	16:18.4
8	Matt Cowhey	16:34.2
9	Shawn Shokry	16:37.6
14	Andrew Madison	16:47.8
19	Blake Davis	17:04.7
21	Josh Okoniewski	17:13.3
22	Alex Driscoll	17:17.3
24	Mike Brady	17:23.0
37	Tyler Baumler	18:17.4

#### Navy Invitational

**Annapolis, Md., 9/16/06, 8K Course**  
**4th Place Team Finish, 114 places**

Pl.	Name	Time
16	Anthony Kelhower	26:01.2
22	Shawn Shokry	26:13.4
25	J.J. Wetzel	26:31.3
28	Matt Cowhey	26:33.9
33	Andrew Madison	27:02.9
42	Mike Brady	27:24.7
44	Blake Davis	27:37.8
47	Chris Baumler	27:48.9
49	Josh Okoniewski	27:59.7
53	Alex Driscoll	28:17.9
61	Peter Ramdial	29:01.8

#### Lehigh Paul Short Invitational

**Bethlehem, Pa., 9/29/06, 8K Course**  
**31st Place Team Finish, 803 places**

Pl.	Name	Time
122	Shawn Shokry	26:01.0
132	J.J. Wetzel	26:08.0
164	Blake Davis	26:30.0
186	Anthony Kelhower	26:42.0
204	Andrew Madison	26:56.0
213	Matt Cowhey	27:02.0
250	Mike Brady	27:49.0

#### William and Mary Tribe Open

**Williamsburg, Va., 10/14/06, 8K Course**  
**3rd Place Team Finish, 77 places**

Pl.	Name	Time
11	Anthony Kelhower	25:35.8
18	Shawn Shokry	26:01.2
23	J.J. Wetzel	26:12.6
27	Blake Davis	26:22.8
33	Matt Cowhey	26:50.3
40	Andrew Madison	27:09.8
42	Josh Okoniewski	27:25.3
43	Alex Driscoll	27:32.1
44	Peter Ramdial	27:34.5
46	Tyler Baumler	27:42.1
48	Mike Brady	27:46.9
50	Chris Baumler	28:00.6

### America East Conference Championship

**Orono, ME, 10/28/06, 8K Course**  
**6th Place Team Finish, 175 places**

Pl.	Name	Time
9	Anthony Kelhower	25:08.6
29	Blake Davis	25:57.7
46	Shawn Shokry	26:32.8
47	J.J. Wetzel	26:33.0
52	Matt Cowhey	26:52.3
53	Andrew Madison	26:52.4
54	Peter Ramdial	26:54.3
65	Alex Driscoll	27:40.0
71	Josh Okoniewski	28:11.8

### NCAA Mid-Atlantic Regional Championships

**Loch Haven, Pa., 11/11/06, 10K Course**  
**21st Place Team Finish, 538 places**

Pl.	Name	Time
91	Anthony Kelhower	32:56.7
101	Blake Davis	33:09.9
111	Shawn Shokry	33:23.9
133	J.J. Wetzel	33:57.9
144	Andrew Madison	34:19.8
166	Mike Brady	36:09.0

### WOMEN'S RESULTS

**Mount St. Mary's Dual 5K's**  
**Emmitsburg, Md., 9/2/06, 5K Course**  
**American def. UMBC, 23-32**  
**UMBC def. George Washington, 22-37**  
**UMBC def. Loyola, 26-29**  
**UMBC def. Mount St. Mary's, 21-35**

Pl.	Name	Time
4	Suzanne Gabriel	19:58.3
5	Kathleen Galan	20:06.1
12	Emily Saltsman	21:05.3
13	Morgan Little	21:19.9
22	Mairin Leahy	21:50.6
23	Allison Mathis	21:56.3
26	Tawny Barin	22:03.1
32	Nayda Pirela	22:54.9
41	Sarah Murphy	25:16.7

#### Navy Salty Sea Dog Invitational

**Annapolis, Md., 9/16/06, 6K Course**  
**5th Place Team Finish, 141 places**

Pl.	Name	Time
13	Suzanne Gabriel	24:07.3
16	Kathleen Galan	24:14.5
44	Morgan Little	25:28.8
54	Mairin Leahy	26:05.3
56	Emily Saltsman	26:10.2
58	Tawny Barin	26:21.0
67	Allison Mathis	26:57.7
78	Nayda Pirela	27:34.0

#### Lehigh Paul Short Invitational

**Bethlehem, Pa., 9/29/06, 6K Course**  
**28th Place Team Finish, 813 places**

Pl.	Name	Time
116	Kathleen Galan	23:09.0
139	Suzanne Gabriel	23:29.0
177	Emily Saltsman	24:01.0
184	Morgan Little	24:10.0
197	Tawny Barin	24:32.0
203	Mairin Leahy	24:47.0
215	Allison Mathis	25:24.0

#### William and Mary Tribe Open

**Williamsburg, Va., 10/14/06, 6K Course**  
**2nd Place Team Finish, 83 places**

Pl.	Name	Time
10	Kathleen Galan	24:02.5
26	Suzanne Gabriel	24:49.4
29	Morgan Little	25:03.8
31	Mairin Leahy	25:26.6
38	Tawny Barin	25:46.8
45	Emily Saltsman	26:22.6
53	Allison Mathis	27:05.2
63	Nayda Pirela	29:22.4

### America East Conference Championship

**Orono, ME, 10/28/06, 6K Course**  
**8th Place Team Finish, 198 places**

Pl.	Name	Time
31	Kathleen Galan	18:42.9
36	Suzanne Gabriel	18:59.6
46	Tawny Barin	19:25.9
47	Morgan Little	19:28.2
54	Mairin Leahy	19:50.0
66	Emily Saltsman	20:29.7
67	Allison Mathis	20:32.1
74	Nayda Pirela	21:26.3

### NCAA Mid-Atlantic Regional Championships

**Loch Haven, Pa., 11/11/06, 6K Course**  
**23rd Place Team Finish, 625 places**

Pl.	Name	Time
98	Kathleen Galan	22:48.6
118	Tawny Barin	23:13.6
129	Suzanne Gabriel	23:22.9
151	Morgan Little	24:01.1
155	Mairin Leahy	24:05.2
185	Allison Mathis	25:24.8
187	Emily Saltsman	25:41.2