POINT PARK UNIVERSITY MEN’S CROSS COUNTRY
2010 QUICK FACTS

GENERAL INFORMATION
Location: Pittsburgh, Pa.
Founded: 1960
Enrollment: 3,800
Nickname: Pioneers
Colors: Green and Gold
Affiliation: NAIA
Conference: American Mideast
President: Dr. Paul Henniga
Athletic Director: Dan Swalga
Athletic Phone: (412) 392-3844

COACHING STAFF
Head coach: Jim Irvin
Years at Point Park: seventh season
Assistant coach: Tim Lyman, second season

SPORTS INFORMATION
Contact: Kevin Taylor, SID
Office: (412) 392-3997
Email: ktaylor@pointpark.edu
Point Park website: www.pointpark.edu/athletics
Point Park address: 201 Wood St., Pittsburgh, PA 15222

PLAYER INFORMATION:
Returning runners
Reuben Rono (Jr., Kenya) Led team in 4 of 7 meets in ’09, career-best time of 27:57 (9th) at Walsh
Dylan Grunn (So., Honesdale, Pa.) Led team in 3 of 7 meets in ’09, career-best time of 28:24 (17th) at Waynesburg
Andrew Witchey (So., Lower Burrell, Pa.) Was the team’s No. 3 man in 6 of 7 meets, best time was 29:50 (at Walsh)
Jared Ferree (Sr., White Oak, Pa.) 4th year in program, has been hampered by injuries last two years, 30:48 best time in ’09
Chris Kennedy (So., Columbiaville, MI) Competed in all 7 meets as a freshman, best time was 30:48 (at PSU-Behrend)
Joe DeWitt (So., Cochranton, Pa.) Did not compete in any meets during freshman season.

Runner lost
Riley Faison (Sr., Poway, Calif.) Competed in all 7 meets in ’09

Newcomers
Andrew Rowland (Jr., Pittsburgh, Pa.) Transfer spent two years at Geneva College (07-08), career-best time was sub-28:00
Jon Rohlf (Fr., Brownsville, Pa.) Earned four cross country letters at Brownsville and was a senior captain
Chris Swain (Fr., Weirton, W.Va.) Four-sport athlete in high school – cross country, basketball, football, volleyball

2010 MEN’S CROSS COUNTRY ROSTER
Name Yr. Hometown/High School/Prev. School Major
Joe DeWitt So. Cochranton, Pa./Cochranton Cinema & Digital Arts
Jared Ferree Sr. White Oak, Pa./Faith Christian Intelligence & National Security
Dylan Grunn So. Honesdale, Pa./Abington Heights Broadcasting
Chris Kennedy So. Columbiaville, Mich./Lake Ville Intelligence & National Security
Ian McIntosh So. Imperial, Pa./West Allegheny
Jon Rohlf Fr. Brownsville, Pa./Brownsville Musical Theater
Reuben Rono Jr. Kapsabet, Kenya/Kapsabet Environmental Health Services & Protection
Andrew Rowland Jr. Pittsburgh, Pa./Fox Chapel /Geneva Elementary Education
Chris Swain Fr. Weirton, W.Va./Daegu American Education
Andrew Witchey So. Lower Burrell, Pa./St. Joseph Cinema & Digital Arts

Head coach: Jim Irvin, seventh season

HEAD COACH JIM IRVIN, seventh season at Point Park
Jim Irvin enters his seventh season as the head coach of the Point Park University men’s and women’s cross country teams in 2010. He has been involved in the Point Park cross country program for the last nine years. Before becoming the head coach in 2004, he was an assistant coach for both teams for two seasons. Irvin, a longtime running enthusiast, believes in emphasizing a strong fundamental base of conditioning to propel the runner’s natural ability. Irvin has completed a number of marathons and 5K races, and he believes that the key to being a successful runner lies with a strong work ethic. While Irvin is pleased with how far the cross country programs have come in the past few years, he believes that the program is far from peaking.
### 2009 Point Park Men’s Cross Country Meet-by-Meet Results (Final)

Runners listed alphabetically
First number is placement on Point Park team
Second number is overall individual placement

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Point Park Place</td>
<td>6&lt;sup&gt;th&lt;/sup&gt; of 7</td>
<td>5&lt;sup&gt;th&lt;/sup&gt; of 6</td>
<td>9&lt;sup&gt;th&lt;/sup&gt; of 15</td>
<td>7&lt;sup&gt;th&lt;/sup&gt; of 9</td>
<td>13&lt;sup&gt;th&lt;/sup&gt; of 14</td>
<td>5&lt;sup&gt;th&lt;/sup&gt; of 7</td>
</tr>
<tr>
<td>Team Champion</td>
<td>Seton Hill</td>
<td>CMU</td>
<td>Mount Union</td>
<td>Grove City</td>
<td>CMU</td>
<td>Malone</td>
</tr>
<tr>
<td>Total Runners</td>
<td>70</td>
<td>68</td>
<td>91</td>
<td>88</td>
<td>153</td>
<td>51</td>
</tr>
<tr>
<td>Riley Faison</td>
<td>6-69</td>
<td>6-39</td>
<td>6-72</td>
<td>5-78</td>
<td>5-140</td>
<td>5-48</td>
</tr>
<tr>
<td>Jared Ferree</td>
<td>4-49</td>
<td>4-28</td>
<td>3-57</td>
<td>DNR</td>
<td>DNR</td>
<td>DNR</td>
</tr>
<tr>
<td>Jr., White Oak, Pa.</td>
<td>31:25</td>
<td>30:28</td>
<td>30:42</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dylan Grunn</td>
<td>1-28</td>
<td>1-17</td>
<td>1-31</td>
<td>2-24</td>
<td>2-88</td>
<td>2-16</td>
</tr>
<tr>
<td>Chris Kennedy</td>
<td>5-55</td>
<td>5-36</td>
<td>4-59</td>
<td>4-60</td>
<td>4-129</td>
<td>4-39</td>
</tr>
<tr>
<td>Chuck Nicholls</td>
<td>7-70</td>
<td>7-42</td>
<td>DNR</td>
<td>6-85</td>
<td>6-151</td>
<td>6-51</td>
</tr>
<tr>
<td>So., Houston, Pa.</td>
<td>43:00</td>
<td>38:36</td>
<td>DNR</td>
<td>40:59</td>
<td>41:10</td>
<td>40:52</td>
</tr>
<tr>
<td>Reuben Rono</td>
<td>2-36</td>
<td>2-25</td>
<td>2-32</td>
<td>1-23</td>
<td>1-71</td>
<td>1-9</td>
</tr>
<tr>
<td>Andrew Witchey</td>
<td>3-48</td>
<td>3-23</td>
<td>5-67</td>
<td>3-46</td>
<td>3-112</td>
<td>3-28</td>
</tr>
<tr>
<td>Fr., Lower Burrell, Pa.</td>
<td>31:14</td>
<td>30:05</td>
<td>32:41</td>
<td>31:58</td>
<td>31:00</td>
<td>29:50</td>
</tr>
</tbody>
</table>