POINT PARK UNIVERSITY
MEN’S CROSS COUNTRY

2011 QUICK FACTS & SCHEDULE

GENERAL INFORMATION
Name: Point Park University
Location: Pittsburgh, Pa.
Founded: 1960
Enrollment: 4,000
Nickname: Pioneers
Colors: Green and Vegas Gold
Affiliation: NAIA
Conference: American Mideast
President: Dr. Paul Hennigan
Athletic Director: Dan Swalga
Athletic Phone: (412) 392-3997
Website: www.pointpark.edu/athletics

SPORTS INFORMATION
Contact: Kevin Taylor, SID
201 Wood St., Pittsburgh, PA 15222
Office: (412) 392-3997
Email: ktaylor@pointpark.edu
Twitter: @PointParkSports
Facebook: /PointParkAthletics

COACHING STAFF
Head coach: Jim Irvin, 7th year
Assistant coach: Tim Lyman

2011 SCHEDULE
Sept. 3 Westminster 10 a.m.
Sept. 10 Waynesburg 10 a.m.
Sept. 24 St. Vincent 10 a.m.
Oct. 1 Pitt-Greensburg 11 a.m.
Oct. 22 Walsh 11:45 a.m.
Nov. 5 AMC Meet TBA
Nov. 19 NAIA Meet TBA

2010 RESULTS
Sept. 4 Westminster 6th of 10
Sept. 11 Waynesburg 7th of 10
Sept. 25 St. Vincent 5th of 10
Oct. 2 Pitt-Greensburg 1st of 8
Oct. 9 Carnegie Mellon 13th of 22
Oct. 23 Walsh 5th of 7
Nov. 6 AMC Meet 7th of 9

2011 SEASON OUTLOOK
Point Park men’s cross country returns its top three runners from last year’s team, which was one of the best seasons the Pioneers have ever had. Point Park has returning its top runners Andrew Rowland, Reuben Rono and Dylan Grunn along with Chris Kennedy, Jon Rohlf and Ian McIntosh, who made major strides as last season went on. Point Park also added a few runners who will help out right away in 2011.

Once again leading the Pioneers is senior Andrew Rowland, who set the Point Park 8K record last year, his first with the Pioneers since transferring from Geneva. He was Point Park’s top finisher in every race, and he took the individual title at Pitt-Greensburg. He had a total of three top-five finishes, and he has the ability to be one of the top runners in the American Mideast Conference.

Rono, a senior, has been one of the team’s top runners his whole career, and he set a career best time of 27:03 late last year.

The Pioneers had five guys register times under 30:00 by the end of the year, and that was a first-ever for the program. Kennedy and Rohlf joined that club, and McIntosh was just outside of the 30-minute mark.

Along with veteran Joe DeWitt, the team will be rounded out by newcomers Adam Freeman, Connor Mulvaney and Luke Shannon. Freeman is a transfer who ran last year at Division III SUNY Fredonia. Mulvaney is a product of Moon Area HS, and Shannon is from Penn Trafford HS.

2011 CROSS COUNTRY ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>2010 time</th>
<th>Hometown/High school/Prev. School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joe DeWitt</td>
<td>Jr.</td>
<td>34:26</td>
<td>Cochran ton, Pa./Cochranton</td>
</tr>
<tr>
<td>Dylan Grunn</td>
<td>Jr.</td>
<td>27:56</td>
<td>Honesdale, Pa./Abington Heights</td>
</tr>
<tr>
<td>Adam Freeman</td>
<td>So.</td>
<td>NA</td>
<td>Cornwall, N.Y./Cornwall/SUNY Fredonia</td>
</tr>
<tr>
<td>Chris Kennedy</td>
<td>Jr.</td>
<td>29:19</td>
<td>Columbiaville, Mich./Lake Ville</td>
</tr>
<tr>
<td>Ian McIntosh</td>
<td>Jr.</td>
<td>30:13</td>
<td>Imperial, Pa./West Allegheny</td>
</tr>
<tr>
<td>Connor Mulvaney</td>
<td>Fr.</td>
<td>NA</td>
<td>Coraopolis, Pa./Moon Area</td>
</tr>
<tr>
<td>Jon Rohlf</td>
<td>So.</td>
<td>29:55</td>
<td>Brownsville, Pa./Brownsville</td>
</tr>
<tr>
<td>Reuben Rono</td>
<td>Sr.</td>
<td>27:03</td>
<td>Kapsabet, Kenya/Kapsabet</td>
</tr>
<tr>
<td>Andrew Rowland</td>
<td>Sr.</td>
<td>26:01**</td>
<td>Pittsburgh, Pa./Fox Chapel /Geneva</td>
</tr>
<tr>
<td>Luke Shannon</td>
<td>Fr.</td>
<td>NA</td>
<td>Irwin, Pa./Penn Trafford</td>
</tr>
</tbody>
</table>

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**Point Park 8K record at Walsh, Oct. 23, 2010

2010 RESULTS FOR RETURNERS
All races are 8K, in order of best time, best time in bold

<table>
<thead>
<tr>
<th>Runner</th>
<th>West.</th>
<th>Way.</th>
<th>SVC</th>
<th>UPG</th>
<th>CMU</th>
<th>WU</th>
<th>AMC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrew Rowland</td>
<td>26:49</td>
<td>27:12</td>
<td>26:56</td>
<td>27:38</td>
<td>27:20</td>
<td><strong>26:01</strong></td>
<td>26:45</td>
</tr>
<tr>
<td>Chris Kennedy</td>
<td>DNP</td>
<td>31:13</td>
<td>31:30</td>
<td>30:53</td>
<td>30:40</td>
<td><strong>29:19</strong></td>
<td>29:33</td>
</tr>
<tr>
<td>John Rohlf</td>
<td>31:01</td>
<td>31:12</td>
<td>30:30</td>
<td>31:47</td>
<td>31:02</td>
<td><strong>29:55</strong></td>
<td>30:20</td>
</tr>
<tr>
<td>Ian McIntosh</td>
<td>31:56</td>
<td>32:26</td>
<td>31:06</td>
<td>32:22</td>
<td>32:35</td>
<td>30:15</td>
<td><strong>30:13</strong></td>
</tr>
<tr>
<td>Joe DeWitt</td>
<td>35:44</td>
<td>35:42</td>
<td>35:08</td>
<td>36:17</td>
<td>DNP</td>
<td>DNP</td>
<td><strong>34:26</strong></td>
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