

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

Riley Faison (Sr., Poway, Calif.)
Notes
 Competed in all 7 meets in '09

Newcomers

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

2010 MEN'S AND WOMEN'S CROSS COUNTRY SCHEDULE

Day/Date	Event	Time	
Sat., Sept. 4	Westminster Invitational	Women: 10 a.m.	Men: 10:45 a.m.
Sat., Sept. 11	Waynesburg Invitational	Women: 10:30	Men: 11 a.m.
Sat., Sept. 25	St. Vincent Invitational	Men: 10 a.m.	Women: 11:15 a.m.
Sat., Oct. 2	Pitt-Greensburg Invitational	Women: 10 a.m.	Men: 11 a.m.
Sat., Oct. 9	Carnegie Mellon Invitational	Men: 10:30 a.m.	Women: 11:30 a.m.
Sat., Oct. 23	Walsh Invitational	Women: 11 a.m.	Men: 11:45 a.m.
Sat., Nov. 6	AMC Championship Meet (at Houghton)	TBA	

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

	Sept. 5 California (Pa.)	Sept. 12 Waynesburg	Sept. 19 Penn State- Behrend	Oct. 3 Pitt- Greensburg	Oct. 10 Carnegie Mellon	Oct. 24 Walsh	Nov. 7 AMC Meet
Point Park Place	6 th of 7	5 th of 6	9 th of 15	7 th of 9	13 th of 14	5 th of 7	10 th of 10
Team Champion	Seton Hill	CMU	Mount Union	Grove City	CMU	Malone	Malone
Total Runners	70	68	91	88	153	51	101
Winning Time	26:24	26:06	26:06	27:03	25:26	26:21	25:17
Riley Faison So., Poway, Calif.	6-69 39:47	6-39 35:41	6-72 36:16	5-78 38:33	5-140 35:42	5-48 36:14	6-100 37:17
Jared Ferree Jr., White Oak, Pa.	4-49 31:25	4-28 30:28	3-57 30:42	DNR	DNR	DNR	5-96 35:18
Dylan Grunn Fr., Honesdale, Pa.	1-28 29:20	1-17 28:24	1-31 28:52	2-24 30:27	2-88 29:35	2-16 28:54	2-49 28:56
Chris Kennedy Fr, Columbiaville, MI	5-55 32:37	5-36 31:51	4-59 30:48	4-60 33:48	4-129 32:49	4-39 31:29	4-82 32:25
Chuck Nicholls So., Houston, Pa.	7-70 43:00	7-42 38:36	DNR	6-85 40:59	6-151 41:10	6-51 40:52	7-101 41:42
Reuben Rono So.,Kapsabet, Kenya	2-36 30:12	2-25 29:10	2-32 28:53	1-23 30:24	1-71 28:34	1-9 27:57	1-43 28:29
Andrew Witchey Fr., Lower Burrell, Pa.	3-48 31:14	3-23 30:05	5-67 32:41	3-46 31:58	3-112 31:00	3-28 29:50	3-74 30:51