GENERAL INFORMATION
Location: Pittsburgh, Pa.
Founded: 1960
Enrollment: 3,800
Nickname: Pioneers
Colors: Green and Gold
Affiliation: NAIA
Conference: American Mideast
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
Lindsay Dill (Jr., Erie, Pa.)
Sarah Austin (Jr., Sweet Valley, Pa.)
Carina Jollie (Sr., Pittsburgh, Pa.)
Leticia Henry (Jr., Ellicott, Md.)
Leah Bubeck (So., Moon Twp., Pa.)
Martine Saul (Jr., Augusta, Ga.)
Kayleigh Townsend (So., Pittsburgh, Pa.)

Notes
Led the team in 5 of 7 meets in 2009, best 5K time last year was 21:10 (at Cal.)
Led the team in 2 meets in 2009, best 5K time last year was 21:41 (at Cal)
Competed in 6 of 7 meets, career-best 5K time 22:19 at AMC meet
Competed in all seven meets in ’09, best 5K time was 23:37 (at AMC meet)
Competed in all seven meets as freshman, best 5K time was 24:21 (at Walsh)
Competed in 6 of 7 meets in ’09, best 5K time was 24:36 (at Walsh)
Competed in 6 of 7 meets in ’09, best 5K time was 28:52 (at Walsh)

Newcomers
Justine Michael (So., Gainesville, Fla.)
Keri Rouse (Fr., Greensburg, Pa.)
Lyndsay Monaco (Jr., Chesterfield, OH)
Becky Lessner (Fr., Fawn Grove, Pa.)
Carleigh Dettorre (Jr., Hummelstown, Pa.)

Notes
Transfer from NCAA DII Florida Southern, best 5K time was 20:46 in ’09
Participated in cross country and volleyball at Hempfield
In H.S. Earned three letters each in cross country, basketball and track and field
Freshman from Fawn Grove, Pa. and Cyber Charter School
Junior from Hummelstown, Pa. and Lower Dauphin H.S.

Runner lost
Makenzie Smith (Sr., Butler, Pa.)

Notes
Was part of program for five years, 22:20 was best 5K time in ’09

2010 WOMEN’S CROSS COUNTRY ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Hometown/High school</th>
<th>Major</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sarah Austin</td>
<td>Jr.</td>
<td>Sweet Valley, Pa./Lake-Lehman</td>
<td>Cinema &amp; Digital Arts</td>
</tr>
<tr>
<td>Leah Bubeck</td>
<td>So.</td>
<td>Moon Twp., Pa./Moon Area</td>
<td>Cinema &amp; Digital Arts</td>
</tr>
<tr>
<td>Carleigh Dettorre</td>
<td>Jr.</td>
<td>Hummelstown, Pa./Lower Dauphin</td>
<td>Psychology/Biology</td>
</tr>
<tr>
<td>Lindsay Dill</td>
<td>Jr.</td>
<td>Erie, Pa./McDowell</td>
<td>Photojournalism</td>
</tr>
<tr>
<td>Leticia Henry</td>
<td>Jr.</td>
<td>Ellicott City, Md./Howard</td>
<td>Broadcasting</td>
</tr>
<tr>
<td>Carina Jollie</td>
<td>Sr.</td>
<td>Pittsburgh, Pa./Oakland Catholic</td>
<td>Cinema &amp; Digital Arts</td>
</tr>
<tr>
<td>Becky Lessner</td>
<td>Fr.</td>
<td>Fawn Grove, Pa./Cyber Charter School</td>
<td>Photojournalism</td>
</tr>
<tr>
<td>Justine Michael</td>
<td>So.</td>
<td>Gainesville, Fla./Buchholtz/Fla.Southern</td>
<td>Photography</td>
</tr>
<tr>
<td>Lyndsay Monaco</td>
<td>Jr.</td>
<td>Chesterfield, Ohio/West Geauga</td>
<td>International Business</td>
</tr>
<tr>
<td>Keri Rouse</td>
<td>Fr.</td>
<td>Greensburg, Pa./Hempfield</td>
<td>Journalism</td>
</tr>
<tr>
<td>Martine Saul</td>
<td>Jr.</td>
<td>Augusta, Ga./Academy of Richmond Co.</td>
<td>Psychology</td>
</tr>
<tr>
<td>Kayleigh Townsend</td>
<td>So.</td>
<td>Pittsburgh, Pa./Brashear</td>
<td>Elementary Education</td>
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</tbody>
</table>

Head coach: Jim Irvin, seventh season

2010 MEN’S AND WOMEN’S CROSS COUNTRY SCHEDULE

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

HEAD COACH JIM IRVIN, seventh season at Point Park
Jim Irvin enters his seventh season as the head coach of the Point Park men’s and women’s cross country teams. Before becoming the head coach in 2004, he was an assistant coach for both teams for two seasons. A longtime running enthusiast, Irvin has completed a number of marathons and 5K races. 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 WOMEN’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>Event</th>
<th>Team Champion</th>
<th>Point Park Place</th>
<th>Total Runners</th>
<th>Distance of race</th>
<th>Winning Time</th>
<th>Sarah Austin</th>
<th>Lindsay Dill</th>
<th>Nansay Benansio</th>
<th>Leah Bubeck</th>
<th>Leticia Henry</th>
<th>Carina Jollie</th>
<th>Tiffany Lehman</th>
<th>Martine Saul</th>
<th>Makenzie Smith</th>
<th>Crystal Woods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 5</td>
<td>Grove City</td>
<td>9th of 10</td>
<td>108</td>
<td>5K</td>
<td>18:38</td>
<td>2-36</td>
<td>1-35</td>
<td>DNR</td>
<td>4-81</td>
<td>5-60</td>
<td>3-50</td>
<td>DNR</td>
<td>6-61</td>
<td>DNR</td>
<td>7-70</td>
</tr>
<tr>
<td>Oct. 24</td>
<td>Walsh</td>
<td>7th of 8</td>
<td>88</td>
<td></td>
<td>19:01</td>
<td>1-42</td>
<td>2-50</td>
<td>DNR</td>
<td>4-65</td>
<td>6-72</td>
<td>2-85</td>
<td>8-85</td>
<td>31:09</td>
<td>9-121</td>
<td>7-83</td>
</tr>
<tr>
<td>Nov. 7</td>
<td>AMC Meet</td>
<td>7th of 11</td>
<td>121</td>
<td></td>
<td>18:09</td>
<td>3-67</td>
<td>2-17</td>
<td>DNR</td>
<td>25:35</td>
<td>5-94</td>
<td>9-121</td>
<td>22:19</td>
<td>31:22</td>
<td>2-79</td>
<td>8-119</td>
</tr>
</tbody>
</table>

**Total Runners:** 108

**Distance of race:** 5K

**Winning Time:** 18:38

**Sarah Austin:**
- So., Sweet Valley, Pa.
- 2-36

**Lindsay Dill:**
- So., Erie, Pa.
- 1-35

**Nansay Benansio:**
- So., Pittsburgh, Pa.
- DNR

**Leah Bubeck:**
- Fr., Moon, Pa.
- 4-81

**Leticia Henry:**
- So., Ellicott City, Md.
- 5-60

**Carina Jollie:**
- Jr., Pittsburgh, Pa.
- 3-50

**Tiffany Lehman:**
- Fr., Leechburg, Pa.
- DNR

**Martine Saul:**
- So., Augusta, Ga.
- 6-61

**Makenzie Smith:**
- Sr., Butler, Pa.
- DNR

**Crystal Woods:**
- Fr., Pittsburgh, Pa.
- 7-70