

# CLU

## Cross Country Newsletter



Volume 2 Number 1

September 18, 2004

### Results - Westmont Invite September 18, 2004

#### Men's 8000m

1. Aaron Olswanzer, Unat.		26:47
CLU Kingsmen		
40. Scott Siegfried	(SR)	29:21
47. Zach Westbrook	(FR)	30:23
49. Chris Rouse	(FR)	30:27
52. Greg Walker	(FR)	30:37
60. Scott Petersen	(FR)	32:01
72. Randy Duarte	(FR)	33:29
79. Steven Phan	(FR)	39:07

#### Women's 5000m

1. Anna Stumbo, Westmont		19:10
CLU Regals		
4. Heather Worden*	(JR)	19:22
41. Kristy Fischer	(SR)	21:55
42. Kristina Skiba	(FR)	21:58
50. Susie Tramel	(FR)	22:11
60. Tiffany Linville	(FR)	22:44
61. Nicole Walker	(FR)	22:44
82. Jennifer Craft	(FR)	25:28

\*Top CLU Performer All-Time on Westmont Course

**Conditions:** Hilly course, with lot's of pavement and dirt and grass. Light fog. Temps in the mid 70's.



Walker, Duarte, Rouse

## Records Fall in CLU Opener!!

If any one out there was wondering why one should train over the summer, run both cross country and track, and do all the extra little things like hitting the weight room and stretching regularly you need look no further than Heather Worden. Worden, a junior, has done all of the above and more and the dividends showed clearly at CLU's annual season opener at the Westmont Invitational today. With her 19:22 5K performance, she improved 1:16 over her time from a year ago and placed herself tops amongst all CLU Regal harriers ever to run the course at Westmont (back to at least the mid 1980's). Not only is she top on the list, but she now leads by a whopping 1:11! Showing her experience, Worden ran smart, hovering around 10th place



Heather Worden

for the early stages of the race, Worden then showed her miler's speed over the final loop of the course moving up 5 places in the last mile. The only senior on the women's team, Kristy Fischer crossed the line running 21:55, good enough for 41st place. Next came a quintet of Regal freshmen. Right on Fischer's heels was Kristina Skiba at 42nd place and 21:58. Susie Tramel was 50th at 22:11 with Tiffany Linville and Nicole Walker finishing together 10 spots back, both timed at 22:44. Jenifer Craft rounded out the top 7 Regals in 82nd with her 25:28. Skiba and Fischer's times were good enough for 4th place on CLU All-Time Freshman and Senior lists respectively.

Running with an equally young squad, the Kingsmen were paced by their lone senior, Scott Siegfried who placed 40th in 29:21, a 25 second

improvement from last year. Packing well, was a young group of 3 new Kingsmen: Zachary Westbrook, 47th at 30:23, Chris Rouse 49th at 30:27, and Greg Walker, 52nd at 30:37. All excellent times for their first attempt at the collegiate 8K distance. Three more freshmen came across the line next with Scott Petersen at 60th in 32:01, Randy Duarte 72nd at 33:29 and Steven Phan 79th at 39:07. With more hard training under their belts, a bit more rest prior to race day and experience over the 8K distance, this group looks to be in good shape for a solid conference finish later in the season.

The whole team took a lot of valuable lessons from this first race and now looks forward to putting those lessons to the test in upcoming races. In two weeks, 12 CLU Harriers will travel East to Carlisle, PA for the Dickinson College Invitational. There they will test their mettle against about 30 teams from the midwest and east coast. With large field sizes and several teams from last year's top 10 NCAA teams, it will be another valuable learning experience for this young squad in their early steps to bringing CLU Cross Country to National Prominence.