



WEEKLY UPDATE

UIC CROSS COUNTRY

October 18 - 24, 2004

2004 SCHEDULE AND RESULTS

September

- 4 (Sa) UIC HOME OPENER
Men - 2nd/5 teams
Women - 3rd/4 teams
- 10 (F) at Bradley Open - 5:00 p.m.
Men - 5th/7 teams
Women - No Team Score

October

- 2 (Sa) at Sean Earl Invite
Men - 17th/25 teams
Women - No Team Score
- 16 (Sa) at UW-Parkside Invite
Men - 6th/15 teams
Women - 10th/16 teams
- 30 (Sa) at Horizon League
Championships - 11:00 a.m.

November

- 13 (Sa) at NCAA District VI
Championships - 11:00 a.m.
- 22 (M) at NCAA Championships -
11:00 a.m.

2004 UW-PARKSIDE INVITATIONAL TEAM TOP FINISHERS

MEN - 8,000-meters 249 entrants

1. Sam Watson - 28th/26:22
2. Mikhail Davidyan - 29th/26:25
3. Jorge Flores - 41st/26:47
4. Joseph Mbari - 42nd/26:48
5. Jim Sulzberger - 72nd/27:29
6. Jose Macias - 74th/27:32

WOMEN - 5,000-meters 215 entrants

1. Susie Martinez - 41st/19:45
2. Lisa Petty - 48th/19:55
3. Kerry Brennan - 81st/20:24
4. Rachel Covert - 84th/20:28
5. Renee Koziol - 154th/21:52

THE WEEK AHEAD:

OFF

THE NEXT MEET:

10/30 - 2004 Horizon League Cross
Country Championships
Kenosha, Wis. - UW-Parkside
National Cross Country Course
Start time - 11:00 a.m.

PARKSIDE PROVIDES PREVIEW:

The Flames encountered a great opportunity on Saturday, running the very same course that will host this year's Horizon League Championships in two weeks at the UW-Parkside Invitational. Both teams did well, with the men taking sixth out of 15 teams and the women grabbing tenth in a tough 16-team field.

SAM SHINES:

For the second straight meet, **Sam Watson (Oak Park, Ill./Oak Park-River Forest)** led the men's team, taking 28th with a 26:22 to finish just ahead of the returning **Mikhail Davidyan (Skokie, Ill./Niles North)**, who finished three seconds behind Watson to claim 29th place.

SOPHS LEAD THE WAY:

A familiar theme this season continued on Saturday for the UIC women's cross country team. **Susie Martinez (Chicago, Ill./Maria)** and **Lisa Petty (Brookfield, Ill./Lyons Township)** finished 1-2 for the Flames for the fourth time in four meets this year, as Martinez took 41st with a 5K time of 19:45, while Petty finished 48th with a 19:55.

KERRY QUIETLY KEY:

Freshman **Kerry Brennan (Orland Park, Ill./Sandburg)** is quietly posting some nice times for the Flames in her rookie season. With **Rachel Covert (Lockport, Ill./Lockport)** and fellow frosh **Julie Cain (O'Fallon, Ill./O'Fallon)** nursing injuries the past few weeks, Brennan has stepped up to finish among the Flames' top three the past two meets.

CONTINUED IMPROVEMENT:

The freshmen on the men's cross country team put up some strong performances at the UW-Parkside Invitational. **Jorge Flores (Chicago, Ill./Foreman)** and **Joseph Mbari (Gatukuyu, Kenya/Ng'Ethu)** looked good in helping the men's team take sixth in a challenging field, with the two completing the course back-to-back. Flores ran an 8K 26:47, while Mbari was a mere second behind.

STILL HURTIN':

Despite getting **Mikhail Davidyan** and **Rachel Covert** back from the injured list, both **Julie Cain** and **Bob Dron (Chicago, Ill./St. Laurence)** were held out of Saturday's UW-Parkside meet.

ON THE HORIZON:

Everything the Flames have trained for this season has been in preparation for the Horizon League Cross Country Championships. With sights set on making a leap into the top tier of the league, UIC now has less than two weeks to get ready for the annual conference title tilt. UIC Head Coach **Jim Knoedel** provided his young team with a challenging schedule of meets and a much-needed balance of training and rest. Now the team will have its chance to make its mark on the rest of the league.

