



*Junior
Sara Amitrani*

— 2007-08 WOMEN'S CROSS COUNTRY/TRACK & FIELD —
STEVENSON INSTITUTE OF TECHNOLOGY

Stevens Institute of Technology

Founded in 1870 as the first American college to devote itself exclusively to engineering education based on scientific principles, Stevens Institute of Technology is a prestigious independent university dedicated to research, innovation, and entrepreneurship. A leading national university according to *U.S. News & World Report*, Stevens was, in 2004, ranked by *The Princeton Review* as one of the nation's "Most Entrepreneurial Campuses" and among the nation's "25 most connected campuses" by *The Princeton Review* and *Forbes.com* in 2006. Stevens was also recently recognized as the 16th "Most Wired College" in the country by *PC Magazine*.

Stevens' broad-based education will lead you to prestigious degrees and rewarding careers in engineering, business, the sciences, computer science, and the humanities. With 30 majors and three degrees awarded — B.A, B.S., and the prestigious Bachelor of Engineering (B.E.) — Stevens undergraduate students have a wide range of educational options. In addition, Stevens boasts outstanding access to hands-on, real-world experience through cooperative education, internship, and research opportunities which may begin as early as your freshman year.

Master's and doctoral degrees are awarded in a variety of areas within the sciences, computer and information sciences/systems, engineering, management, and technology management. Research is vital to the university's educational mission; thus Stevens attracts world-renowned faculty to complement its exceptional on-campus facilities.

That commitment to research and innovation comes alive through *Technogenesis*, the educational frontier pioneered by Stevens where faculty, students, and industry jointly nurture research concepts to commercialization and back to the classroom. Simply put, groundbreaking research conducted in our facilities has a tangible impact on our daily lives — our partnerships with government and industry are creating innovative solutions to society's most pressing problems.

Located in Hoboken, New Jersey, a quaint one-mile-square town with Victorian brownstones and tree-lined streets dotted with great restaurants and trendy shops, Stevens sits on a high bank of the majestic Hudson River. The 55-acre campus, with stretches of deep green lawns, old-growth elms and maples, and historic classroom buildings, offers the best view of the New York City skyline.

For more information about Stevens Institute of Technology, please contact the Office of Undergraduate Admissions at (800) 458-5323, e-mail admissions@stevens.edu, or visit www.stevens.edu.

STEVENS HIGHLIGHTS

Degrees offered: B.S., B.E., B.A., M.S., M.B.A., M.Eng., M.E., Ph.D.

Pre-Professional Programs: Dentistry, Law, Medicine

Number of undergraduate students: 1,900+

QUICK FACTS

Nickname	.Ducks
Colors	.Red & Gray
Affiliation	.NCAA Division III
Conference	.Empire 8
Athletic Director	.Russell Rogers
Athletics Phone	.(201) 216-8040
Athletics Fax	.(201) 216-8244
Cross Country/Track Phone	..(201) 216-8086
Web Site	..www.stevensducks.com
Sports Info Director	..Brian Granata
SID Phone	.(201) 216-5078
Email	..brian.granata@stevens.edu
Graduate Assistant SID	..Rich Coyne
Email	..richard.coyne@stevens.edu

Student-to-faculty ratio: 8:1

Stevens aid awarded in 2006-07: \$24.5 million

Students who receive grant aid: 75 percent

Freshmen who receive merit aid: 60 percent

SAT range of Stevens students: 1180-1360

Average starting salary for Class of 2007: \$58,900

Medical school acceptance rate: 86 percent

Representation of Stevens student population: 42 states, 28+ countries



Academic Majors

- Art and Technology
- Bioanalytical Chemistry
- Bioinformatics
- Biomedical Engineering
- Business and Technology
- Chemical Biology
- Chemical Engineering
- Chemistry
- Civil Engineering
- Computational Science
- Computer Engineering
- Computer Science
- Cybersecurity
- Electrical Engineering
- Engineering Management
- Engineering Physics
- English and American Literature
- Environmental Engineering
- History
- Information Systems
- Information Systems Engineering
- Mathematical Sciences
- Mechanical Engineering
- Music and Technology
- Naval Engineering
- Philosophy
- Physics
- Science and Law
- Science and Technology Studies



John CRAWFORD

Head Coach * Geneva College '74

John Crawford completed his fifth season as the head coach of the Stevens Institute of Technology men's and women's cross country and track and field programs in 2007-08. During his tenure at the helm, Crawford has continually increased the roster size, recruited talented student-athletes, and improved the regional performances of his teams year after year.

Under Crawford's direction in 2007, the men and women cross country teams won a total of five invitationals. During the NCAA Division III Regional Championship, the men took 26th out of 34 squads, while the women placed 16th out of 37.

During the 2007-08 indoor season, Crawford produced six Eastern Collegiate Athletic Conference qualifiers on the men's side and a pair from the women's team. Both squads established 12 school records this past season. Stevens had a very successful outdoor campaign as nine members from the men's team and two from the women's qualified for ECAC competition. The women set 11 new school-bests as the men totaled five in 2008.

In 2006, he led the men and women's cross country teams to two invitational victories. Crawford also took the men's team to a second-place finish in the Skyline Conference meet and first-place honor for the second consecutive year in the Highlander Invitational. The women's team placed second as well at the league meet and first at the Highlander Invitational. In addition, both squads produced first-place finishes at the Stevens Invitational at Liberty State Park.

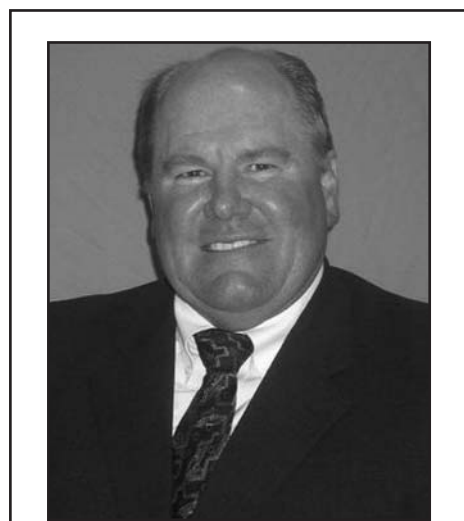
During the 2006-07 indoor season, Crawford helped five men to the ECAC Championships in five different events. On that note, six individuals

also set new school records along with the 4x800-meter relay and the distance-medley relay teams. On the women's side, every member of the team set a personal record in each event they competed in. They also established new school records in the relay races multiple times, lowering the 4x800 mark four times and the distance-medley record three times. Additionally, four individuals set school records in their respective events.

In the 2007 outdoor season, Crawford helped send four runners to the ECAC Championship. Both teams also set new school records in the 10,000-meter run, 200- and 800-meter dash, 110-meter hurdles, shot put and the hammer throw at the CTC Championships on April 21.

Prior to Stevens, Crawford coached at SUNY Cortland from 2002-04. In his first season there, he led the Red Dragons' cross country team to its best finish in five years, while the women's squad was ranked 17th in the nation at the NCAA Division III Championship. During the indoor track season, the men's team finished second in the State University of New York Athletic Conference and No. 29 at the ECAC Indoor Championships. Later that spring, the men nearly pulled off an upset at the SUNYAC Championships then posted a fourth-place finish at ECAC's.

The following year, the results were even more impressive. The teams established 13 new school records en route to winning their respective indoor and outdoor conference championships. In the process, Crawford garnered two coach of the year honors. At the ECAC level, Cortland won its first-ever indoor and outdoor track and field championship. In addition, Crawford helped produce 31 NCAA qualifiers, four All-Americans, and one



The Crawford File

Year	Institution
1992-99	Seattle University
1999-02	Va. Military Institute
2002-04	SUNY Cortland
2004-07	Stevens

national champion while placing 18th at the NCAA Outdoor Championships.

Crawford holds five USATF Level II coaching certifications (endurance, jumps, multi-events, sprint/hurdle and throws). He also owns a USATF Level I instructor certification and USA Weightlifting Club Coach Level I certification.



Morgan DOHERTY
Assistant Coach

Morgan Doherty wrapped up her second year as an assistant coach on the Stevens Institute of Technology cross country and track and field staff in 2007-08.

This past season, she assisted Head Coach John Crawford in guiding the men's and women's cross country squads to a total of five first-place finishes among both teams. Doherty also was responsible for helping to produce a total of 19 Eastern Collegiate Athletic Conference qualifiers between both the indoor and outdoor track and field seasons.

Prior to Stevens, Doherty was a member of the St. Lawrence running teams for four years and ran her way into the record books. As of today, she is still a member of the school's record-holding distance-medley relay team.



Tom O'NEILL
Assistant Coach

In his first season working as an assistant coach for the Stevens Institute of Technology track and field teams, Tom O'Neill specialized in training the sprinters and jumpers during the 2007-08 campaign.

O'Neill helped to establish seven new school records in the jumping and sprinting events between both squads this past season.

Prior to Stevens, O'Neill was a member of the State University of New York at Oneonta indoor/outdoor track and field teams. He set a number of school and conference records along his way to becoming an NCAA Division III indoor and outdoor track and field All-American in 2005. O'Neill currently holds two individual and a pair of relay records at Oneonta State; the indoor 200- and 400-meter dash and the 4x400 and 4x200-relay runs.



Robert WILLMOTT
Assistant Coach

Robert Willmott finished his second year as an assistant coach with the Stevens Institute of Technology cross country and track and field squads in 2007-08. During the outdoor season, Willmott assisted in guiding both teams to a third-place

showing at Empire 8 Championships, which were held in Ithaca, N.Y.

As a competitor, Willmott was a member of the track and field squad at Emporia State University, which won the Mid-American Intercollegiate Athletics Association title in 1995 and 1999. Moreover, in eight of his conference championships, Willmott has finished in the top eight in each event that he has competed. Additionally, Willmott has trained with world record hammer thrower Yuri Sedykh and Olympic level javelin thrower John Corwin.



Meet the DUCKS

2007-08 ROSTER

<u>Name</u>	<u>Cl.</u>	<u>Sport</u>	<u>Hometown/High School</u>
Sara Amitrani	Jr.	XC/T&F	Middletown, N.J./High Tech
Erica Bakelmun	So.	XC/T&F	Wayne, N.J./Wayne Hills
Laura Barito	Fr.	T&F	Arkadelphia, Ark./Arkadelphia
Jamie Brabston	Fr.	XC/T&F	Sparta, N.J./Sparta
Rachel Cannell	Jr.	T&F	Asbury, N.J./Delaware Valley Regional
Salme Cook	Jr.	T&F	Fairfax, Va./W.T. Woodson
Chika Ekweghariri	Fr.	T&F	Newark, N.J./St. Vincent Academy
Melissa Franzese	So.	XC/T&F	Brooklyn, N.Y./Bishop Kearney
Laura Goodman	So.	T&F	Princeton Junction, N.J./Plainsboro South
Ellyn Griggs	Fr.	T&F	Hillsborough, N.J./Hillsborough
Madalyn Kulas	Fr.	T&F	Flemington, N.J./Hunterdon Central Reg.
Allyson Mackavage	Fr.	T&F	Bethlehem, Pa./Liberty
Nicole Patrone	Fr.	XC/T&F	Cranford, N.J./Cranford
Caroline Pawalowski	Fr.	T&F	Nutley, N.J./Nutley
Myriam Petitpierre	Fr.	T&F	Austin, Texas/Austin Waldorf
Sherri Rosenberg	So.	T&F	Bayonne, N.J./St. Dominic Academy
Danielle Sack	Fr.	T&F	Simi Valley, Calif./La Reina
Danusha Sanchez	Fr.	XC/T&F	Clifton, N.J./Immaculate Heart Academy
Veronica Smith	So.	T&F	Matawan, N.J./Matawan Regional
Dariel Stack	Sr.	XC/T&F	Jackson, N.J./Jackson Memorial
Megan Tatara	Jr.	XC/T&F	Hallum, Pa./Eastern

XC - denotes cross country participant

T&F - denotes track & field participant



Sara Amitrani

Major - Chemical Engineering

Established a new course record (18:57) in the 5k at Saratoga Springs State Park
Earned Empire 8 honors in track and field



Salme Cook

Major - Environmental Engineering

Received first-team Empire 8 accolades
Set school records in the 200- and 400-meter dashes in 2007-08



Laura Goodman

Major - Civil Engineering

Received second-team Empire 8 accolades and set a school-best for her performance in the high jump (5'1") at the championships



Melissa Franzese

Major - Civil Engineering

Earned Empire 8 first-team honors for both the 2007-08 indoor and outdoor seasons and qualified for ECAC competition



Chika Ekweghariri

Major - Biomedical Engineering

Established a school-best in the 100-meter dash and helped to produce a Stevens record in the 4x100-meter relay



Cross Country REVIEW

Mixing in three newcomers with a batch of five returning runners, the 2007 Stevens Institute of Technology women's cross country team seemed ready for a go at the Empire 8 title in just its first year in the conference. This small group of women pushed the Ducks to five Top-5 finishes at invitationals as well as an impressive season-ending run at the NCAA Division III Regional Championship.

Stevens began competition on September 1 at the Marywood University Invitational, where the Ducks notched a second-place showing out of five teams with 46 points. Junior **Sara Amitrani (Middletown, N.J.)** led the way as she placed second out of 50 runners in the 6,000-meter run with a time of 25:15.68. Freshman **Shanna Beairsto (Middletown, N.Y.)** also had a solid race as she finished 10th with a 27:14.10 clocking. Sophomore **Erica Bakelmun (Wayne, N.J.)** and freshman **Jamie Brabston (Sparta, N.J.)** posted 11th- and 14th-place performances with marks of 27:36.72 and 28:11.60, respectively.

One week later, the women's team achieved its first-ever Top-3 finish at the Vassar College Invitational with a third-place showing in Poughkeepsie, N.Y. Amitrani finished fourth in the 5,000-meter run and set a new course record for a Stevens athlete with a time of 19:55. That showing also put herself in the situation of being the first Duck to break the 20-minute barrier for a 5k cross-country course. Sophomore **Melissa Franzese (Brooklyn, N.Y.)** competed in her first run of the year and came in eighth with a 20:36 clocking.

Then, on September 15, the Ducks took part in the NYU Fall Invitational, where they ended up in 13th place out of 24 schools. The invite featured eight of the top squads in the region and seven teams

ranked in the Top-33 in the country. Moreover, the race contained six NCAA All-America selections from last year's championship. Once again, Amitrani set the bar with a 33rd-place finish in 23:45 in the 6k.

The duo of Amitrani and Franzese continued to excel the next week at the Stevens Invitational, which was held at Liberty State Park in Jersey City, N.J. The meet was run in a short-course/long-course format. In the 6k, Franzese finished first out of 30 runners with a mark of 24:47. Bakelmun placed fourth in the same race with a time of 26:42, while Brabston came in eighth with a 27:44 clocking. As for the 4k, Amitrani led the Ducks with a second-place finish after crossing at 15:35.

On October 7, Stevens traveled to Branch Brook Park in Newark, N.J. for a day of firsts at the Highlander Invitational. The Ducks finished first overall with an average team time of 20:57 in the 5k – the fastest in the history of the program. It was also a day of individual firsts as Amitrani picked up the win with a mark of 19:04. As a result, she was chosen as the runner of the week by the Empire 8 and ECAC. Franzese chipped in with a third-place effort after clocking a 20:05, which was nearly three minutes faster than last year's time of 22:54.

Following a two-week break, Stevens appeared in its first Empire 8 Championship in Saratoga, N.Y., where the Ducks placed fifth out of seven teams. Amitrani raised the bar yet again for her teammates as she came in 23rd out of 223 runners with a mark of 18:57. Franzese finished one behind her as she finished 24th with a 19:00 clocking. In the process, both runners set a lifetime personal-best record and were tabbed as second-team all-stars by the Empire 8. Plus, Amitrani was named the conference's sportswoman of the year representative from Stevens. The award exemplifies that "Competing with Honor and Integrity" is an essential component of a student-athlete's experience in conjunction with an institution's educational mission. The honorees have distinguished themselves as outstanding sportspeople.

On November 4, the Ducks made their second trip to Van Cortlandt Park in Bronx, N.Y. for the Nick Russo Halloween Collegiate Cross Country Invite. As Stevens placed first out of five teams, Franzese posted a top finish in the 3k with a time of 11:08. For her effort, Franzese was selected as the Empire 8 Co-Runner of the Week. Amitrani added a third-place finish with her clocking of 11:29. That marked the fourth time this season that she placed in the Top-3 at a meet.

Stevens capped off the year with a 16th-place finish at the NCAA Division III Atlantic Regional Championship – a strong improvement on last season's 29th-place effort. The Ducks recorded an average team time of 24:25, which was faster than last year's clocking of 28:31. Franzese led the team as she placed 32nd out of 255 runners with a time of 23:04. That mark destroyed her time from 2006 by nearly five minutes with a 27:50. Amitrani, who



Sophomore Melissa Franzese

was selected to the NCAA Division III Women's All-Academic Team, came in 36th place after crossing the finish line at 23:14.

After the season came to an end, the United States Track & Field and Cross Country Coaches Association announced the women's All-Academic teams, and Stevens was ranked 65th overall. There were 82 women's cross country teams that received the award.



Freshman Shanna Beairsto



Sophomore Erica Bakelmun



Track & Field REVIEW

In 2007-08 the Stevens Institute of Technology women's indoor and outdoor track and field teams posted its most successful season in its 13-year history. The squad established a total of 23 new school records (12 indoor, 11 outdoor) as well as eight all-Empire 8 recipients. In addition, junior **Sara Amitrani (Middletown, N.J.)** and sophomore **Melissa Franzese (Brooklyn, N.Y.)** each qualified for the Eastern Collegiate Athletic Conference Championships during both the indoor and outdoor seasons.

In its debut meet of the indoor season, Stevens produced its first-ever ECAC qualifier for a running event as Amitrani posted a time of 18:40.47 in the 5,000-meter run. A week later, the Ducks notched a pair of school records that included the 60-meter dash and the 1,000-meter run. Freshman **Caroline Pawalowski (Nutley, N.J.)** posted a time of 8.85 in the sprint, while Amitrani clocked a 3:25.64 in the 1k run. Stevens had a strong showing at the Army Open in West Point, N.Y. as five school records were established. Junior **Salme Cook (Fairfax, Va.)** made her collegiate debut as she registered a Stevens-best in the 200-meter dash (28.61) and the 500-meter run (1:24.57). Amitrani also set a par of records, which included the mile run (5:35.00) and the 800-meter run (2:36.18). Finally, the 4x400-meter relay team, that included Franzese, Cook, Amitrani and freshman **Jamie Brabston (Sparta, N.J.)**, teamed up to post a time of 4:47.58.

At the New Balance Invitational on February 8, Franzese set a school record and met the ECAC qualifying standard in the 3,000-meter run with her time of 10:49.29. Two days later, Franzese, Cook, Amitrani and Brabston established a new institution mark in the distance medley relay event



Junior Salme Cook

with a time of 13:37.46 at the Empire 8 Championships. Cook also posted a time of 1:02.38 in the 400-meter dash, while sophomore **Laura Goodman (Princeton Junction, N.J.)** cleared a height of 1.55 meters (5'1") in the high jump as both performances were good enough for school records. Overall, the team finished fourth out of five institutions. Franzese and Cook received first-team honors from the Empire 8 for their outing at the championships as Amitrani and Goodman garnered second-team accolades.

The indoor season was concluded at the ECAC Championships on March 7-8 in Cambridge, Mass. Amitrani clocked an 18:59.96 in the 5,000-meter run while Franzese recorded a 10:57.57 in the 3,000-meter run.

In the third meet of the outdoor season, freshman **Chika Ekweghariri (Newark, N.J.)** made her collegiate debut and set a school record in the 100-meter dash with her time of 13.36. A week later at the Coach O Invitational, Amitrani met the ECAC qualifying standard in the 10,000-meter run by having clocked 40:41.31.

Stevens repeated with another successful showing at the Empire 8 Championships as five school records were established en route to a third-place finish. Freshman **Laura Barito (Arkadelphia, Ark.)** set a Stevens-best in the 400-meter hurdles with her time of 1:10.70. Franzese clocked a 19:12.67 in the 5k run, while Pawalowski leaped for a total of 10.30 meters (33'30") in the triple jump. A pair of relay records were captured as well. Ekweghariri, Pawalowski, Barito and Cook combined for a total time of 52.78 in the 4x100-meter relay. The group of freshman **Danusha Sanchez (Clifton, N.J.)**, Pawalowski, Cook and Barito then established a new mark with their time of 4:23.24 in the 4x400-meter relay event.

Barito notched her second record-setting performance of the year with a 2:29.05 clocking in the 800-meter run at the Lion's Invite. During the New Balance NYC Challenge on May 9-10, Franzese met the ECAC qualifying standard in the 10,000-meter run as three Stevens records were realized. Cook posted a pair with her times of 27.47 and 1:01.05 in the 200 and 400-meter dashes, respectively. In the 3,000-meter steeplechase, Brabston registered a time of 13:23.21, good enough for a new school mark.

At the ECAC Championships, Amitrani posted a new institution-best with her time of 40:06 in the 10k run. The Ducks landed three all-conference recipients in Franzese and freshmen **Ellyn Griggs (Hillsborough, N.J.)** and **Madalyn Kulas (Flemington, N.J.)**. Franzese took home first-team accolades as Griggs and Kulas garnered second-team honors. Amitrani was named the Empire 8 Sportswoman of the Year.

Academically, three members of the team were named to the 2007 Fall Empire 8 Presidents' List. Amitrani, Brabston and freshman **Allyson Mackavage (Bethlehem, Pa.)** were among those who received this prestigious honor.



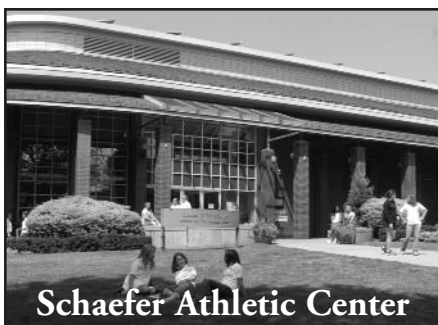
Freshman Ellyn Griggs

"This recently completed track and field season was an epiphany for so many of these young women," said Head Coach **John Crawford (Seattle, Wash.)**. "With no seniors among the group and 10 new women coming in next year, we won't be surprised to see over 30 new school records established next season. As a staff, we feel that a number of the incoming student-athletes will make significant contributions to the team's future success," added Crawford.



Sophomore Laura Goodman

Stevens Athletic Facilities



THE STEVENS ADVANTAGE . . .

The Stevens Institute of Technology Athletic Complex is comprised of over \$20 million in facilities and caters to only 1,900 students.

Stevens opened its \$13 million Charles V. Schaefer, Jr. Athletic & Recreation Center in 1994. The Athletic Training Center contains a rubberized flooring which can accommodate soccer, tennis, basketball, volleyball and other activities. The second level contains the six-lane 25-yard De Baun Aquatic Center, a Jacuzzi, showers, locker rooms and an athletic training room. The third level features the Canavan Arena, a multi-purpose arena ideal for basketball, volleyball, fencing and other indoor activities. The top floor houses a fitness center containing cardiovascular and weight-training equipment plus a conference/classroom for video or personal instruction.

Walker Gymnasium re-opened in 2004 with its \$4 million modernizing renovation. The facility has central air conditioning, a state-of-the-art weightlifting facility, coaches' offices, five team locker rooms with showers, a recruiting lounge and many aesthetic upgrades. The main floor continues to house the basketball/volleyball court with a raised running track.

During the summer of 2007, the De Baun Athletic Complex underwent a major renovation as the existing NeXturf surface was replaced with state-of-the-art FieldTurf. This marked a significant upgrade to the surface and provided Stevens with a first-class outdoor facility. The De Baun Athletic Complex is home to a number of varsity teams and is used for intramural sports, physical education classes and recreation.

Furthermore, in 2007, Stevens reached an agreement to share the brand-new Weehawken Recreation Center and Waterfront Park, which is located approximately two miles from campus. This facility will be used by varsity and intramural sports as well as campus recreation.

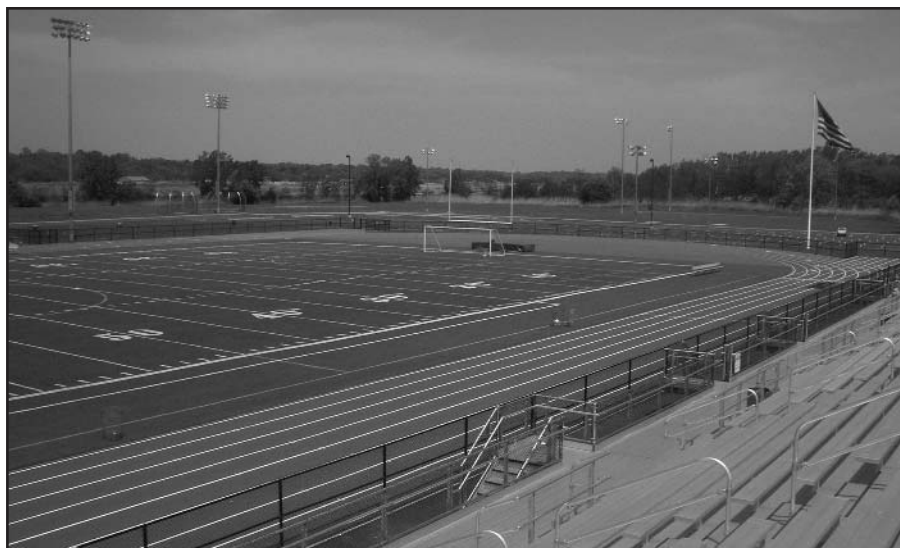
Stevens is one of few Division III institutions in the nation to establish a private strength and conditioning training facility (4,000 square foot) for exclusive use by its varsity athletes. Year-round strength and conditioning programs for each sport are devised through consultations between the sport's head coach and two full-time strength and conditioning coaches.



Jersey City
Armory



Strength &
Conditioning



Palisades
Park Track

2007 Cross Country Schedule . . .

Date	Opponent	Result
9/1	at Marywood University2nd/5
9/8	at Vassar College3rd/14
9/15	at New York University13th/24
9/21	Stevens Institute of Technology Invitational2nd/13
10/7	at Highlander Invitational1st/7
10/20	at Empire 8 Championship5th/7
11/4	at Halloween Classic1st/5
11/10	at NCAA Division III Regional ChampionshipsNo Team Score

Home Meets in Bold

2007-08 Track & Field Schedule . . .

Date	Opponent	Result
12/2	at CTC Relay Indoor Carnival ClassicNo Team Score
12/9	at Seton Hall University GamesNo Team Score
1/12	at Crowell OpenNo Team Score
1/18	at Gotham City CupNo Team Score
1/26	at Army OpenNo Team Score
2/9	at New Balance InvitationalNo Team Score
2/10	at Empire 8 Indoor Championships4th/5
2/29	at NYU Fastrack InvitationalNo Team Score
3/2	at Seton Hall University Last Chance MeetNo Team Score
3/7-8	at ECAC Indoor ChampionshipsNo Team Score
3/29	at Dick Shea InviteNo Team Score
4/5	at St. Peter's College InvitationalNo Team Score
4/12	at Coach O InvitationalNo Team Score
4/19	at Empire 8 Outdoor Championships3rd/5
4/25	at Penn RelaysNo Team Score
4/26	at The College of New Jersey Lions' InvitationalNo Team Score
5/2	at Princeton University Elite MeetNo Team Score
5/9-10	at New Balance NYC ChallengeNo Team Score
5/15-16	at ECAC Outdoor ChampionshipsNo Team Score

