



2006 Men's Cross-Country Preseason Newsletter

2006 SEASON OUTLOOK

After a very successful 2005 season, the Clark University men's cross country team are looking to hit the ground running this fall. Placing first in the Roger Williams Invitational, the Cougars went on to place fifth out of seven teams at the NEWMAC Championship Meet. The team qualified for the NCAA New England Regional Meet, where they placed an impressive 25th out of 43 total teams.

Returning many top runners, and picking a few new faces, the Cougars hope to top their performances in the coming season.

Junior **Thomas McCarthy** and co-captain **Daniel Roberts** will battle it out for the team's top spot, alternating as lead runner for the team in 2005 and finishing 1st and 2nd, respectively, in the 2005 Worcester City Meet. Co-captain **Steven Karger**, coming off of an injury from the spring, should also be in the mix for top spot if he can remain healthy. Senior **Mitchell Paulin**, who finished first for the Cougars at the NCAA Regional Meet, and junior **Cory Leonard** complete the returning participants from the regional tournament.

Maintaining five of the seven top runners, aided by newcomer **Caleb Evanter** and sophomore **Nate Sanders**, who is running strong after a great off-season, the Cougars look to take on the top teams at this year's NEWMAC Championship Meet.

The team's main concern is to keep their runners injury-free. "It's just going to be a matter of who's healthy," says head coach Chris D'Aniello. "It's great to have that number one guy but it's those middle runners that really make the difference."

2006 SCHEDULE

DATE	OPPONENT	TIME/Results
Sept. 9	@ Connecticut College Inv.	28th
Sept. 16	@ UMass-Dartmouth Inv.	26th
Sept. 23	@ Worcester City Inv.#	4th
Sept. 30	@ Mount Holyoke Inv.	10:30 a.m.
Oct. 7	@ Roger Williams Inv.	11 a.m.
Oct. 14	@ Western New England Inv.	11 a.m.
Oct. 28	NEWMAC Championships \$	TBA
Nov. 4	ECAC Championships &	TBA
Nov. 11	NCAA New England Reg. *	TBA

Boylston Hillside Park
 \$ Mount Holyoke (Mass.)
 & Connecticut College
 * Springfield College (Mass.)



2006 Men's Cross-Country Team

"DON'T HIDE YOUR PRIDE!"



Join the Team! The Friends of Clark Athletics are Cougar supporters dedicated to providing a one-of-a-kind experience for our student-athletes. Your gift will not only enhance the athletic experience for Clark athletes, but will also help develop the Athletic program into one of the best in New England! If you are interested in supporting cross country, contact Head Coach Chris D'Aniello.

Design your Clark University apparel today! Visit www.clarku.edu/athletics and click on above link for more info.