

# ATHLETIC COMMUNICATIONS OFFICE

UNIVERSITY AT BUFFALO

175 ALUMNI ARENA

BUFFALO, NEW YORK 14260

(716) 645-6311 • FAX: (716) 645-6840 • WEB: WWW.BUFFALOBULLS.COM

## Cross Country



**Date: September 20, 2004 • For release: Immediately • Contact: Ted Wasko**

**Current records – Men: 1-2 Overall, 0-1 MAC; Women: 3-0 Overall, 1-0 MAC**

### BULLS SPANK MAC FOES AT CENTRAL COLLEGIATES

For the second straight week, the University at Buffalo's women's cross country team placed first in the team standings, taking Saturday's Central Collegiate Invitational. The UB women scored 75 points in the 11-team field, holding off Mid-American Conference foes Western Michigan (83) and Akron (87) for the team title. The UB men placed a strong third among eight squads with 88 points, just eight points behind second-place Akron. Central Michigan won the men's meet with 25 points.

UB senior **Jenny Koepfel (Amherst, NY/Amherst)** won the individual title with her 17:49 clocking along the 5K course. It was the second straight victory for Koepfel, who also took last Saturday's Tommy Evans Invitational in Akron and earned MAC Women's Runner of the Week. Koepfel's time also knocked more than 30 seconds off her winning time from the season opener. Koepfel finished seven seconds ahead of Akron's Morgan Sulzener.

The Bulls placed four runners among the top 20 finishers. Aside from Koepfel, junior **Jen Jezorski (Elmira, NY/Elmira Southside)** turned in a strong performance with a fourth-place finish in 18:13, posting a career-best. Freshman **Aleksandra Bykowska (Poznan, Poland/Third High School of Poznan)** was 15th in 18:35 and junior **Kelli O'Brien (Clifton Springs, NY/Manchester-Shortsville)** placed 17th in 18:37.

The UB men picked up an eighth-place finish from junior **Andy Wigton (Rochester, NY/Greece-Athena)**. Wigton completed the 8K course in 25:41. Sophomore **Dan McKenna (Liverpool, NY/Liverpool)** placed 18th in 26:26 and freshman **Dan Giza (Lancaster, NY/Lancaster)** was 21st in 26:35.

The meet featured plenty of Mid-American Conference competition with eight women's squads and five men's teams representing the league. The UB women, who finished ninth of the 13 MAC squads at last season's league championship meet, finished ahead of several of the league's top programs. Western Michigan, Akron and host Toledo placed in the top four at last year's championships.

Head coach Vicki Mitchell was enthusiastic about both her men's and women's performances on Saturday. "This is the course that we will be running at the conference meet in six weeks," she said. "So it's a good test for our team. With the tightness of the [women's] race between us, Western Michigan and Akron, it could have gone any way."

The Bulls travel to Bethlehem, PA for this weekend's Paul Short Invitational. The meet, hosted by Lehigh University, is a regular fixture on UB's schedule and will give the Bulls the chance of going against another strong field, including several top programs from the Northeast. Racing is slated to begin at 9 am.

#### 2004 SCHEDULE AND RESULTS

##### September

Sat., 11	at Tommy Evans Invitational	M: 3rd of 4	W: 1st of 4
Sat., 18	at Central Collegiate Inv.	M: 3rd of 8	W: 1st of 11
Sat., 25	at Paul Short Invitational	9:00 am	Bethlehem, PA

##### October

Sat., 2	at LaSalle Invitational	3:00 pm	Philadelphia, PA
Sat., 9	<b>UB OPEN</b>	<b>11:00 am</b>	<b>Buffalo, NY</b>
Sat., 16	at Penn State Invitational	11:00 am	University Pk., PA
Sat., 30	at MAC Championships	11:00 am	Toledo, OH

##### November

Sat., 13	at NCAA Northeast Regionals	12:00 pm	New York, NY
Mon., 22	at NCAA Championships	TBA	Indianapolis, IN

Home meets in **BOLD CAPS** • All Times Eastern

#### TOP FINISHERS

Sept. 11	at Tommy Evans Invitational
	Men (4 miles): Dan Giza 21:42 (7th of 41)
	Women (5K): Jenny Koepfel 18:21 (1st of 40)
Sept. 18	at Central Collegiate Invitational
	Men (8K): Andy Wigton 25:41 (8th of 78)
	Women (5K): Jenny Koepfel 17:49 (1st of 118)