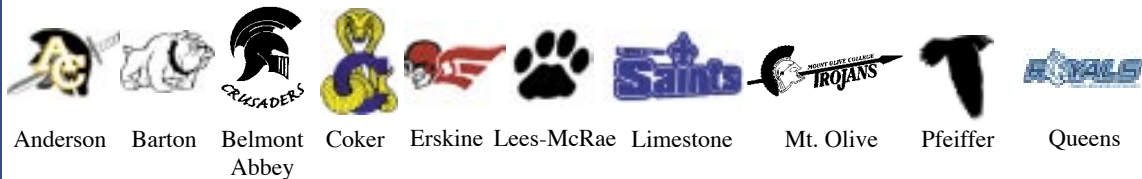


St. Andrews  
2004   
CROSS COUNTRY



# St. Andrews 2004 CROSS COUNTRY

<u>DATE</u>	<u>RACE</u>	<u>WOMEN'S START</u>	<u>MEN'S START</u>
Fri., Sept. 3	U. of South Carolina Invitational Owen Field, Columbia SC	6:30 pm	7:00 pm
Sat., Sept. 11	UNC-Pembroke Invitational Luther Britt Park, Lumberton, NC	8:30 am	9:00 am
Sat., Sept. 18	Wingate Invitational Wingate Campus, Wingate, NC	10:15 am	9:00 am
Fri., Oct. 1	Great American XC Festival SAS Soccer Park, Cary, NC	1:45 pm	2:15 pm
Sat., Oct. 9th	Walt Disney World XC Classic Orlando, FL	8:55 am	7:45 am
Sat., Oct. 16th	North Carolina Championships Lake Kristi, Greenville, NC	TBA	TBA
Fri., Oct. 29th	CVAC Championships Anderson, SC	TBA	TBA
Thurs., Nov. 4th	NCAA Southeast Regionals Wingate Campus, Wingate, NC	10:15 am	9:30 am



Anderson Barton Belmont Abbey Coker Erskine Lees-McRae Limestone Mt. Olive Pfeiffer Queens



Name	Yr.	Hometown	Previous School
Stephen Araiza	So	San Antonio, TX	Reagan
Matt Bourk	Jr	Alden, NY	Alden
Tim Bourk	So	Alden, NY	Alden
Devon Gillis	Jr	Wilmington, NC	Topsail
Chris Miller	Fr	Cedar Park, TX	Cedar Park
Charles Rivers	Sr	Chapel Hill, NC	Hyde School
Adam Vick	Fr	Salisbury, NC	Salisbury
Christopher Witt	Fr	Buchanan, VA	James River

Kelly Chaplin	Jr	Montpeleir, VT	U32
Veronica Gobeyn	Fr	Mullins, SC	Williamson
Sara Harty	So	Shenandoah Junction, WV	Jefferson
Casey Kallenberg	Sr	Atlanta, GA	Decatur
Jessica Loud	So	Woodstock, CA	Sequoia
Sara Pauciello	Fr	Sayreville, NJ	War Memorial
Ronda Toner	Fr	Birmingham, AL	Spain Park

Head Coach: Gary Aycock

Assistant Coach: Jim Walters



# St. Andrews Presbyterian College

## General

*School:* St. Andrews Presbyterian College  
*Address:* 1700 Dogwood Mile  
Laurinburg, NC 28352  
*Founded:* 1958  
*Enrollment:* 700  
*Nickname:* Knights  
*School Colors:* Royal Blue and White  
*Field:* N/A  
*Capacity:* N/A  
*National Affiliation:* NCAA Division II  
*Conference:* Carolinas-Virginia (CVAC)  
*President:* John Deegan Jr.  
*Alma Mater:* Evangel College, 1967  
*Athletic Director:* Carl Ullrich  
*Alma Mater:* Cornell University, 1950  
*Athletic Dept. Phone:* (910) 277-5274

## NCAA History

*First Year of NCAA D-II Cross Country:* 1995  
*Years in NCAA Tournament:* None  
*Years in NCAA Regionals:*  
Men (3), Women (2)  
*Last Post-season Race:*  
Southeast Regionals (2003)  
*Result:* Men (10th), Women (15th)  
*CVAC Titles:* None  
*Best CVAC Finish:* Men (3rd), Women (4th)

## Sports Information

*Sports Information Director:* Kevin Buczek  
*Alma Mater:* Barton College, 2001  
*Office Phone:* (910) 277-5751  
*Cell Phone:* (910) 384-2212  
*Email:* [buczekkc@sapc.edu](mailto:buczekkc@sapc.edu)  
*Cross Country SID:* Kevin Buczek  
*SID Mailing Address:* 1700 Dogwood Mile  
Laurinburg, NC 28352  
*SID Fax:* (910) 277-5272  
*Web Site:* [www.sapc.edu/athletics/athleti.htm](http://www.sapc.edu/athletics/athleti.htm)

## Coaching Staff

*Head Coach:* Gary Aycok  
*Alma Mater:* UNC Pembroke, 2003  
*Years as the SAPC Head Coach:* Three  
*Cross Country Office Phone:* (910) 277-5434  
*Assistant Coaches (Alma Mater):*  
Jim Walters (UNC Pembroke, 2003)  
*Athletic Trainer:* Kristi Hall, Jody Murphy

## Team Information

*2003 Races Won:* Men (0), Women (0)  
*2003 Conference Finish:* Men (5th), Women (7th)  
*2003 Regional Finish:* Men (10th), Women (15th)  
*Final 2003 National Ranking:* None  
*Lettermen Returning/Lost:* Men 5/3; Women 4/4

## Media Information

\*Fax Broadcast & CVAC Hotline are primary outlets

### Fax Broadcast

Fax: (201) 585-5400  
Acct. #: 676 Doc. #: 4701

### CVAC Hotline

Phone: (800) 480-6414  
Report the sport, the teams,  
the date, and the score

### The Laurinburg Exchange

(Michael Gilliland)  
Fax: (910) 276-3815  
Email: [mgilliland@laurinburgexchange.com](mailto:mgilliland@laurinburgexchange.com)

### The Fayetteville Observer

(Eddie Southards)  
Fax: (910) 486-3545  
Email: [sports@fayettevillenc.com](mailto:sports@fayettevillenc.com)

### Charlotte News & Observer

Fax: (910) 358-5110  
Email: [obsports@charlotteobserver.com](mailto:obsports@charlotteobserver.com)

### CVAC Office

(Brook Patterson)  
Fax: (910) 884-0315  
Email: [cvac@triad.rr.com](mailto:cvac@triad.rr.com)



# Season Outlook

Third-year head coach Gary Aycock will be looking to guide both St. Andrews cross country teams to their best Carolinas-Virginia Athletics Conference finish in 2004. With a solid core of returnees and the addition of some top recruits, both cross country teams could exceed their preseason expectations.

The St. Andrews men's cross country team will try to improve on a fifth-place finish in last year's conference tournament. The Knights won the Coke Invitational and finished 10th in the NCAA Division II Southeast Regional

The Knights are picked to finish fifth in the 2004 Pre-season Coaches Poll. Aycock believes they are underrated due to their strong returning core and the incoming freshman class that he has added. Aycock feels the team is a contender for the men's team title in the CVAC.

Sophomore Tim Bourke returns as an All-Region and Second Team All-Conference runner last season. Upperclassmen Matt Bourke, Stephen Araiza, Devon Gillis and Charles Rivers will push each other to make the lineup strong from top to bottom.

Aycock replaced his lost players with his best freshman recruiting class to date that should make an instant impact. Chris Miller will be an immediate contender for conference Freshman and Player of the Year award. Adam Vick is a talented freshman who will be a scoring member of the men's squad and Chris Witt will also contribute to the team's success.

Just like the men, the St. Andrews women's cross country team was picked to finish the same spot that they finished in last year's conference meet. The Knights finished sixth last year in the CVAC finals and are expected to repeat in the same spot. The women also finished 15th in Southeast Regional last year. Aycock believe the team has the potential to finish higher this year.

Junior Kelly Chaplin returns as a First Team All-Conference selection and a two-time CVAC Runner of the Week.

Sophomore Jessica Loud will provide some good times for the Knights while also playing soccer. Casey Kallenberg is the sole senior and will look to provide the team with some leadership.

Aycock has four new runners on this years roster including Veronica Gobeyn, who should be an immediate impact runner for the Knights. Sara Harty, Sara Pauciello and Ronda Toner will round out the Knights lineup.

As long as both teams remain focused and train hard, each should exceed preseason expectations and become conference contenders.

## CVAC Men's Cross Country Pre-Season Poll

*(First Place Votes in Parenthesis)*

1. Lees-McRae	(8)	98
2. Pfeiffer	(2)	86
3. Queens	(1)	74
4. Coker		68
<b>5. ST. ANDREWS</b>		<b>67</b>
6. Barton		59
7. Anderson		45
8. Belmont Abbey		44
9. Erskine		27
10. Mt. Olive		24
11. Limestone		13



## CVAC Women's Cross Country Pre-Season Poll

*(First Place Votes in Parenthesis)*

1. Lees-McRae	(10)	100
2. Anderson	(1)	85
3. Queens		72
4. Barton		68
5. Pfeiffer		63
<b>6. ST. ANDREWS</b>		<b>55</b>
7. Coker		45
8. Erskine		42
9. Belmont Abbey		34
9. Erskine		27
10. Mt. Olive		23
11. Limestone		18

# Coaches



**Gary Aycock** assumed the role of head coach for the St. Andrews men's and women's cross country programs in 2002.

Aycock, a Scotland County native, served as the Knights' assistant coach in 2001-02 and spent the 1999 and 2000 seasons as an assistant for the boys' cross country program at Scotland High School.

Aycock's impact on the programs can already be felt as he led both XC teams to the NCAA D-II Regionals in 2003. That year Aycock coached three CVAC All-Conference runners, two Academic All-Americans and one All-Region runner. The 2003 women's cross-country squad was also recognized as an Academic All-American team.

An avid runner, Aycock has racing experience on the high school, collegiate, and open levels and is a tri-athlete as well. He was a member of Scotland's 1989 and 1990 State NCHSAA Track and Field Championship teams and East Carolina University's 1995 UPA College National Championship Ultimate Frisbee team where he was a candidate for the Callahan Award, an honor presented to the UPA Collegiate Player of the Year.

A graduate of the University of North Carolina at Pembroke, Aycock earned a Bachelor of Science in physical education and plans to pursue a master's degree in physical education from UNCP in the spring. He completed the NIKE cross-country coaches clinic in 2002 and is a certified United States Track & Field Coach (USATF).

Aycock resides in Laurinburg with his wife, Emily, and two children, Emma Grace and Aaron Douglas.



**Jim Walters** joined the St. Andrews men's and women's cross country programs as assistant coach during the 2002 season.

Walters, another Scotland County native, is a lifelong runner. His running and racing experience extends to various open levels, including half-marathons, marathons, and adventure races. Walters received his USA Track and Field Coaches Certificate in May of 2004.

A graduate of the University of North Carolina at Pembroke, Walters has a Bachelor of Science degree in Physical Education and will complete his Master of Arts in Physical Education in the fall of 2004.

Walters and his wife, Lynn, reside in Maxton.



## **STEPHEN ARAIZA**

**Sophomore**  
**San Antonio, TX**  
**Reagan**



Stephen Araiza enters his second season with the St. Andrews men's cross country team.

Araiza had a good freshman season with the Knights posting his best 8K time at the UNC Pembroke with a time of 29:03. Araiza had a top-five finish at the Coker Invitational. In high school Araiza competed well in three sports including cross country, track & field and baseball.

Araiza graduated high school as an Honor Roll student. 'Steve' enjoys ultimate Frisbee, competing in an assortment of races and volunteering for many causes. He is a fan of the Dallas Cowboys, San Antonio Spurs and would like to visit Hawaii

## **MATT BOURKE**

**Junior**  
**Alden, NY**  
**Alden**



Matt Bourke and his younger brother, Tim, compete as teammates on the St. Andrews men's cross country team.

M. Bourke was last year's team captain and will look to improve on his best 8K time of last year, 29:15. M. Bourke had one top-10 finish last year at the Coker Invitational and was the 2002 Knights cross country team MVP.

An Honor Roll student in high school, "Serj" enjoys playing ultimate Frisbee. He likes all types of foods and cheers for the Highlanders rugby team. He would like to run across the famous bridge along Victoria Falls in Africa.

## **TIM BOURKE**

**Sophomore**  
**Alden, NY**  
**Alden**



Tim Bourke and his older brother, Matt, compete as teammates on the St. Andrews men's cross country team.

T. Bourke had an outstanding freshman campaign including a team best 27:58 time in a 8K race. He had four top-10 finishes last season and was a Second Team All-Conference runner. T. Bourke was the Knights team MVP last season and made the Southeast Regional Team as a rookie.

T. Bourke enjoys playing ultimate Frisbee and the drums. The 'Pain Train' sports idol is Lance Armstrong and he likes all types of foods. His favorite movies include "American History X" and he would like to visit Australia.

## **DEVON GILLIS**

**Junior**  
**Wilmington, NC**  
**Topsail**



Devon Gillis enters his junior season on the St. Andrews men's cross country team.

Gillis looks to be a team leader while also helping the team become a top tier program in the CVAC. Gillis had a 14th place finish last season and his best 8K time was 33:15.

Gillis enjoys many activities including being outdoors, playing soccer and basketball, surfing and listening to music. 'Gino' is a fan of the US Postal Cycling Team, North Carolina's basketball team and Brazil Soccer. Gillis' favorite movies include "Joe Dirt" and "Better Days" and he would like to visit South Africa, Hawaii and Europe.

## **CHRIS MILLER**

**Freshman  
Cedar Park, TX  
Cedar Park**



Chris Miller is one of three freshman runners on the St. Andrews men's cross country team.

Miller had an outstanding high school career competing on four district championship teams. He was an All-Regional runner with three top-five finishes in state finals. In his senior season, Miller was also his team's MVP. He also competed on his school's track team as a distance runner.

Miller also enjoys soccer, basketball, mountain biking and white water rafting. His food of choice is spaghetti and his favorite movie is "Bruce Almighty." Miller cheers for the San Antonio Spurs and would like to visit places outside of the U.S.

## **CHARLES RIVERS**

**Senior  
Chapel Hill, NC  
Hyde School**



Charles Rivers is the sole senior on the St. Andrews men's cross country team.

Rivers has had good success as a Knight including being the team's MVP in his freshman season (2001). For the past two years Rivers has been the recipient of the Coaches Award. Rivers best time in an 8K race last year was 28:31.

Rivers has been an outstanding student at SAPC making the Dean's List all three years. 'Choppy' enjoys playing the guitar and his food of choice is pasta. Rivers cheers for the Carolina Panthers and his favorite movie is "Deer Hunter."

## **ADAM VICK**

**Freshman  
Salisbury, NC  
Salisbury**



Adam Vick is one of three new freshman runners on the St. Andrews men's cross country team.

Vick was a good all around athlete in high school winning the Gatorade Player of the Year award and being named the most outstanding athlete at his school twice. Vick was an All-County, All-Conference and an All-Region runner in his junior and senior seasons while also being the team captain.

Vick was also an outstanding student in high school as a member of the National Honor Society. Vick enjoys swimming and biking and his favorite movie is "The Butterfly Effect". Vick cheers for the Chicago Cubs, his favorite food is cheeseburgers and he would like to visit Tahiti.

## **CHRISTOPHER WITT**

**Freshman  
Buchanan, VA  
James River**



Christopher Witt is one of three new freshman runners on the St. Andrews men's cross country team.

Witt played three sports in high school including track, football and wrestling. Witt was a four-year track state qualifier and will look to be a good addition to the Knights.

Not only does Witt enjoy hunting and fishing, but his favorite type of food is what he catches, wild game. 'Cowboy' would like to visit Alaska and his favorite movie is "Varsity Blues".



Kelly Chaplin will look to lead the St. Andrews women's cross country team in her junior year.

Chaplin had the fastest 5K speed on the team last year with a 20:04 time. Chaplin finished in the top-10 in all seven regular season races last year including winning the Coker Invitational. She is a two-time conference Runner of the Week, a First Team All-Conference runner, the Knights team MVP and her team's Yellow Jersey recipient.

An Academic All-American, Chaplin enjoys horseback riding and her food of choice is cereal. Her favorite movie is "Thriller" and she would like to visit a rainforest.



Veronica Gobeyn is one of three new runners for the Knights women's cross country team.

Gobeyn looks to bring her high school running success to St. Andrews. Gobeyn's best 5K time is 18:39 and she was first in the cross country New York state's small school competition. Gobeyn also raced very well in an assortment of other distance races.

'V-Dawg', as she is known by her friends, likes to snack on peanut butter & jelly sandwiches with bananas on it. Gobeyn would like to visit Australia and her favorite movie is "Super Troopers."



Sara Harty looks to be a solid addition to the Knights women's cross country team after not competing last season.

Harty was a dual high school athlete competing on her school's track and swim teams. Harty won her team's Sportsmanship Award in track.

Harty has been an outstanding student including being a Dean's List student last year and the recipient of the SAPC Leadership and Service Award. Along with running and swimming Harty also enjoys riding horses. Harty cheers for the Boston Red Sox and would like to visit Barbados.



Jessica Loud will continue her hard Fall Semester's at St. Andrews competing on both the cross country and soccer teams in her sophomore season.

Loud continually improved her times last year and ran her fastest race at the CVAC Championships with a 22:22 5K time. Loud's best finish was a fourth at the Coker Invitational. Loud was an All-Conference runner in high school.

Loud does well in the classroom making the Dean's List at St. Andrews last year. The 'Little Pain Train' also enjoys playing guitar and painting. Loud cheers for the DC United soccer team, her favorite movie is "Bridget Jones Diary," and she would like to visit Greece.

## **SARA PAUCIELLO**

**Freshman  
Sayreville, NJ  
War Memorial**



Sara Pauciello is one of three new freshman runners for the St. Andrews women's cross country team.

Pauciello was the most valuable runner on her high school team all four years. Pauciello was also her team's captain. Pauciello was the recipient of the GMC Sportsmanship Award in high school. Pauciello's best 5K time in high school was 22:51.

Pauciello is a fan of the Green Bay Packers and her food of choice is mashed potatoes.

Pauciello's favorite movie is "Grease" and she would like to visit Ireland.

## **RONDA TONER**

**Freshman  
Birmingham, AL  
Spain Park**



Ronda Toner is one of three new freshman runners on the St. Andrews women's cross country team.

Toner had a good high school track and cross country career. Toner was recognized for her most improved running times in high school and looks to continue that trend as a Knight.

Toner was an honor roll student when she graduated high school. 'Kiki' enjoys horseback riding, reading and drawing. Toner cheers for Alabama's football team and her favorite food is pasta salad. "The Horse Whisperer" is Toner's favorite movie and she would like to visit the Bahamas.



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