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From: Woods, Travis J. /O=WOFFORD COLLEGE/OU=FIRST ADMINISTRATIVE GROUP/CN=RECIPIENTS/CN=WOODSTJ



Subject: Wofford cross country announces 2006 schedules

Date: August 11, 2006 at 2:23 PM

To: Woods, Travis J. WoodsTJ@Wofford.Edu

Wofford cross country announces 2006 schedules

SPARTANBURG, S.C. -- The Wofford men's and women's cross country teams will compete in one dual meet and six multi-team meets during the 2006 season, including the Great American Cross Country Festival in Hoover, Alabama.

The men's and women's team will participate in the same meets but will compete separately.

"With the addition of the Great American Cross Country Festival, it's increased the level of competition as we will be exposed to teams that we can both run with and ahead of for the first time in many years," said head coach Andrea Stehman, who is entering her second year as the cross country mentor for both the men's and women's teams.

"It will also give our front individuals the chance to compete against some of the best teams, like Duke and Harvard."

The teams begin the season with the Eye Opener meet September 9 at Milliken Park in Spartanburg, S.C., and will then travel to Rock Hill, S.C., the next weekend to compete in the Winthrop/Asics Invitational.

In last year's Winthrop/Asics Invitational, junior Lauren Bosshardt earned a top-10 finish for the women's team with a time of 20:26 in the 5k run. She also earned a sixth-place finish at the Gardner-Webb Invitational with a time of 16:56 in the 4k run, finishing just ahead of teammate Justin Oliva, who placed ninth.

Bosshardt and senior Chris Williams of the men's team are the top returners for the Terriers and are expected to put up good numbers.

"We would like to continue to have overall time improvement," Stehman said. "Last year we improved by two minutes on the men's side and 20 seconds on the women's side. We would like to build on that and move up in the conference standings."

Last year was a building year, but the incoming freshmen class will add depth on the women's team and front-running experience for the men.

Incoming freshman Katie Fields was named to the 3-A first team all-conference and all-region squads for cross country. She also won first place at the NCHSAA State Championship Indoor Track & Field Meet in the 1000 meters, setting a school record in the process. She is also the four-time conference champion in the 1,600m outdoor race and the three-time conference medalist in the outdoor 800.

2006 Wofford Men's and Women's Cross Country Schedule

DATE	MEET	LOCATION
Sept. 9	Eye Opener	Spartanburg, S.C.
Sept. 16	Winthrop/Asics Invitational	Rock Hill, S.C.
Sept. 23	Great American Cross Country Festival	Hoover, Ala.
Oct. 6	Gardner-Webb Duals	Boiling Springs, S.C.
Oct. 14	Furman Invitational	Greenville, S.C.
Oct. 28	Southern Conference Championship	Chattanooga, Tenn.
Nov. 11	NCAA Southeast Regional Meet	Louisville, Ky.



<http://www.wofford.edu/athletics>

Travis Woods Wofford College

Assistant Athletic Media Relations Director

429 N. Church St.
Spartanburg, SC 29303

WoodsTJ@Wofford.Edu
www.wofford.edu/athletics

tel: (864) 597-4092
fax: (864) 597-4129
mobile: (864) 809-8899

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From: Cook, Charles C /O=WOFFORD COLLEGE/OU=FIRST ADMINISTRATIVE GROUP/CN=RECIPIENTS/CN=COOKCC
Subject: Brooks sets new school record to help Terriers to second-place finish
Date: September 10, 2006 at 4:42 PM
To: Cook, Charles C CookCC@wofford.edu



FOR IMMEDIATE RELEASE

Contact: Chris Cook
cookcc@wofford.edu
(864) 597-4188
Sunday, Sept. 10, 2006

Brooks sets new school record to help Terriers to second-place finish

The Wofford men's cross country team finished second in the division-I category at the 8k Eye Opener in Spartanburg, S.C. on Sept. 9, the team's first meet of the season.

Freshman Bryan Brooks had the team's best outing in the 8k run, finishing third in the division-I category and fifteenth overall. He set a new school record with his time of 27:48.

"Even though we all ran in the race together, freshman Bryan Brooks ran a stellar first-ever 8k," head coach Andrea Stehman said.

The team sent five total runners to compete in the meet: senior Chris Williams, sophomore Tommy Weber and freshmen Brooks, Josh Shumaker and Justin Hunter.

Finishing behind Brooks for the Terriers were Shumaker (29:34), Hunter (30:27), Weber (31:26) and Williams (32:31).

Weber improved on his career-best 8k time by 37 seconds.

"Although in the team competition we were bettered by conference rival Furman, we had our best season opener in the program's history," Stehman said. "We put forth a strong effort on both (the men's and women's) sides."

The Terriers return to action Saturday, Sept. 16 in Rock Hill, S.C. at the Winthrop/Asics Invitational where sophomore runner Brian Smith will rejoin the squad.

Chris Cook
Athletic Media Relations Intern
cookcc@wofford.edu
(864) 597-4188

From: Cook, Charles C /O=WOFFORD COLLEGE/OU=FIRST ADMINISTRATIVE GROUP/CN=RECIPIENTS/CN=COOKCC
Subject: Terrier women finish second in Eye Opener
Date: September 10, 2006 at 5:01 PM
To: Cook, Charles C CookCC@wofford.edu



FOR IMMEDIATE RELEASE

Contact: Chris Cook
cookcc@wofford.edu
(864) 597-4188
Sunday, Sept. 10, 2006

Terrier women finish second in Eye Opener

The women's cross country team finished second in the division-I class at the 8k Eye Opener in Spartanburg, S.C. on Sept. 9.

Junior Lauren Bosshardt had the team's best outing, finishing fifth in the division-I category and fifteenth overall with a time of 20:13.

Freshman Katie Fields also had a solid first outing with a time of 21:15 which earned her a ninth-place finish.

Following Bosshardt and Fields were senior Mandy Mills (22:06), freshman Jessie Sahms (22:23), junior Sarah Whitener (22:33), freshman Kari Harris (23:40) and senior Ro Rogers (29:57).

The Terriers' best race of the day went to senior Mandy Mills who improved on her career-best time by 22sec. Her previous best was at the Southern Conference championships her freshman year.

"Although in the team competition we were bettered by conference rival Furman, we had the best season opener in our program's history," head coach Andrea Stehman said. "We put forth a strong effort on both (the men's and women's) sides."

The Terriers return to action Saturday, Sept. 16 in Rock Hill, S.C., at the Winthrop/Asics Invitational where sophomore runner Justina Olivio will rejoin the squad.

Chris Cook
Athletic Media Relations Intern
cookcc@wofford.edu
(864) 597-4188

From: Cook, Charles C /O=WOFFORD COLLEGE/OU=FIRST ADMINISTRATIVE GROUP/CN=RECIPIENTS/CN=COOKCC
Subject: Terrier cross country continues to improve with performance in Winthrop/asics Invitational
Date: September 16, 2006 at 7:00 PM
To: Cook, Charles C CookCC@wofford.edu



Terrier cross country continues to improve with performance in Winthrop/asics Invitational

The Wofford cross country teams competed in the Winthrop/asics Invitational in Rock Hill, S.C., Saturday, Sept. 16. The men's team earned a 7th place finish while the women finished 8th.

"Today was more of a team training run to prepare for next weekend at the Great American Cross Country Festival (in Hoover, Ala.)," head coach Andrea Stehman said.

The meet was a paced meet which means that runners were to run in groups of four and two. But despite the stipulations, the Terriers showed great improvement from their first meet.

"Even though this was a pacing run and we were supposed to take it easy, all of our runners ran much better than last weekend (at the Eye Opener in Spartanburg, S.C.)," Stehman said.

Freshman Bryan Brooks led the men's team with a time of 28:52 and a pace time of 5:49. He finished 44th out of the 63-man "gold division."

Justin Hunter finished five places behind Brooks at 29:28 and with a pace time of 5:56.

For the women, Lauren Bosshardt led the Terrier pack with a time of 20:51.

Sarah Whitener had a career-best time of 22:16.

The Terrier cross country team will compete in the Great American Cross Country Festival in Hoover, Ala., next Saturday at 8 a.m.

Chris Cook
Athletic Media Relations Intern
cookcc@wofford.edu
(864) 597-4188

From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Belcher named an Arthur Ashe Sport Scholar
Date: May 2, 2007 at 12:10 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu

TW

Belcher named an Arthur Ashe Sport Scholar May 2, 2007

FAIRFAX, Va. -- Wofford senior women's track & field member Crystal Belcher has recently been selected as a 2007 Arthur Ashe Sport Scholar by the *Diverse: Issues in Higher Education* magazine. She was one of 25 student-athletes from across the country tabbed to the women's track & field third team.

Each nomination has to compete in an intercollegiate sport, boast at least a 3.2 cumulative grade point average and be a campus or community activity leader.

Belcher, a Greenwood, S.C., native, was the 2006 Southern Conference champion in the javelin. Her league title, a first for any Wofford women's individual or team, earned her an automatic qualifying spot at the NCAA East Regional. Despite the league-best mark in the javelin, she holds the school records for the shot put and discus.

In addition to her athletic achievements, Belcher has been named to the Dean's List four times, the Academic All-Southern Conference Team two times and is a member of the Beta Beta Beta National Biological Honor Society.

She volunteered in January 2007 at a children's shelter and served as a youth enrichment program counselor and mentor at the Long Cane African Methodist Episcopal Church.

Her volunteer work also includes reading for the blind and serving as a counselor at her alma mater, Ninety Six High School, at its volleyball camp.

Belcher completed a clinical Interim project in January 2006 at the Lakelands Orthopedic Clinic, where she observed physical therapists and orthopedic surgeons.

	http://www.woffordterriers.com
Travis Woods <i>Assistant Athletic Media Relations Director</i>	Wofford College 429 N. Church St. Spartanburg, SC 29303
woodstj@wofford.edu www.woffordterriers.com	tel: (864) 597-4092  fax: (864) 597-4129 mobile: (864) 809-8899 

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From: Woods, Travis J. /O=WOFFORD COLLEGE/OU=FIRST ADMINISTRATIVE GROUP/CN=RECIPIENTS/CN=WOODSTJ
Subject: Bosshardt garners Academic All-District accolade
Date: June 7, 2007 at 10:44 AM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Bosshardt garners Academic All-District accolade
June 7, 2007**

SPARTANBURG, S.C. -- Rising senior Lauren Bosshardt, a member of the Wofford women's cross country and track & field teams, has been named to the ESPN The Magazine Academic All-District III First Team it was announced by the College Sports Information Directors of America (CoSIDA). It marks her second honor from CoSIDA, following second-team recognition in 2006.

Bosshardt, a Greenville, S.C., native, set two school records throughout the 2006-07 academic year. She first set a Terrier standard in the 5k during the cross country campaign with a personal-best time of 19:00.16 at the Southern Conference Championship.

She later established a Wofford mark with her eighth-place result in the 10,000 meters at the 2007 Southern Conference Outdoor Track & Field Championship.

In addition to her school records, she competed at the 2006 NCAA Southeast Regional cross country meet and was a member of the Terriers' women's cross country team which received all-academic honors with distinction from the United States Cross Country Coaches Association.

Bosshardt carries a 3.98 grade-point average as a biology major in the classroom.

She now will be a member of the national ballot, composed of all first-team honorees from all districts, with a chance at Academic All-American accolades.

	http://www.woffordterriers.com
	Wofford College 429 N. Church St. Spartanburg, SC 29303 tel: (864) 597-4092 fax: (864) 597-4129 mobile: (864) 809-8899
Travis Woods <i>Assistant Athletic Media Relations Director</i>	
woodstj@wofford.edu www.woffordterriers.com	

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