

# Behrend runners prepare for Regionals

By Jason Snyder  
sports editor

The Behrend men's and women's cross country teams are preparing for the conclusion of the 1998 season with hard training and impressive showings at recent meets. Both the men and women competed in the very competitive Alfred Invitational on Saturday, September 26, and followed that up with convincing wins at LaRoche on Saturday, October 3.

Despite a third place finish at the Alfred Invitational, the men can look back with positive feelings. The men came off of a hard week of training and were competing in their fourth straight race. Coach Rich Hoffman commented on the effort saying, "Alfred is a very competitive meet, and it was up a notch from where it was in the past." He added, "when you are training hard, and racing every week, there is a good chance you may come up flat from time to time." But, despite being flat, the

men were able to keep the results close with Allegheny, a team they will need to beat on their road to Nationals.

Overall, Hoffman was pleased with the fact that his runners, despite struggling throughout the race, were able to turn it on in the last mile. Hoffman reflected on the effort saying, "we had some guys really come on and make a difference, and that was a real good sign. They could have packed it in, but they pulled it together and made a race of it."

Freshman Brian Gaines continued a strong start in his first year at the college level with a ninth place finish in the very competitive meet. Gaines has yet to finish outside the top ten.

The women's team, led by Keri Lowman, finished ninth in the race. Lowman crossed the tape with a time of 24:27. Hoffman, pleased with the outlook of the team said, "the women are a young, inexperienced group, but I have been pleased with their commitment and general enthusiasm to improve."

This past weekend, the Lions used their less competitive meet at LaRoche to prepare themselves for the upcoming

weeks. The team rested eight runners and took advantage of the opportunity to train the rest of the team hard. They were still able to finish first in the meet as Dennis Halaszynski took home his first individual win of the season. Behrend's top five runners in the meet all finished within a minute of Halaszynski. Hoffman said, "we ran in groups and held back a bit, but we had pre-determined surges planned. I think it was a beneficial effort for us. We got a good training session in, but we didn't get injured or overly fatigued."

The women won their first meet of the season at LaRoche, placing all of their runners in sixth or better. Keri Lowman won the race and was followed by Tina Rubay (3), Kelly Friess (4), Amy Bednar (5), and Robin Suhrie (6). Coach Hoffman is impressed with the improvement of the women's team. "My main goal this fall was to establish a viable team and make progress each week in some area, and we have done that. They have laid the foundation for the future."

The next test for both teams comes this Saturday, October 10, at the Dickinson Invitational. The meet will feature a field of 50 teams including some of the best in the east. This race is important for the men's team because Dickinson is the host for Nationals. Hoffman commented on the importance of the meet saying, "this will be a real telling point on where we are and what we need in the month left before Regionals." He added, "we have a legitimate opportunity to qualify for the national meet, and the Dickinson meet will give us a good idea of what lies ahead for us to accomplish that goal."

The men and women hope to win the AMCC Championship hosted by Behrend. The teams were strongly encouraged by the fan support in Behrend's Invitational this past September and hope to see more at the AMCC Championships on October 24 at 11:00 a.m.

# Volleyball wins two out of three matches

Jamie Salapek  
staff writer

The Behrend volleyball team has been using their impressive skills lately to get an edge on their opponents. On October 1, the ladies challenged Pitt-Bradford and prevailed in three games. Behrend used their quick offense which resulted in three satisfying victories of 15-13, 15-7 and the third game of 15-12. Tanya Deats led the team with eight kills as Mary Good added four of her own. Good also finished with twelve digs and freshmen Tiffany Beers contributed seven kills, eleven digs, and four aces. The Lady Lions moved to 2-2 in the Allegheny Mountain Collegiate Conference with the win.

On October 3, Behrend faced off with Frostburg State. These two teams put on a very competitive match, yet Frostburg prevailed in three action packed games. In game one, Behrend started off with good offense and defense but began to struggle and fell to their opponent 8-15. In the second game, the Lions picked up the pace tremendously and started to mount a potential comeback. The ladies, however, couldn't finish and fell to their tough rival by the score of 8-15. The third game was a "nail biter." Both teams went back and forth as every move was

crucial to the game. Behrend, however, couldn't stop Frostburg State as they took the third game, 14-16 and the overall match, 3-0.

Behrend then hosted Penn State-Altoona on October 6. The Lions came out with an impressive win in three games. They used their solid defense to hold off Altoona's hitting. The Lions used their power offense to score the points that counted. The four games of 15-9, 15-12, 11-15 and 15-6 kept the fans on the edge of their seats. Senior Angela Traister led the Lions with her defensive skills. "We played really well and have been improving a great deal every game. Altoona beat us the first time we played them, but we came right back," stated Traister.

Tiffany Beers notably took charge of the fourth game. She came out swinging and ended with eighteen kills. Sarah Fry also stepped up and did a nice job setting. This was her first full match of the season and she added 46 assists for the Lions.

Coach Cindy Jacobelli noted, "we are really coming together quite well. I'm really looking forward to the second half of the season."

Behrend will participate in the Fredonia tournament this Saturday, October 10 and will travel to Frostburg on the 16th to avenge their recent loss.

# Scoreboard

Date	Opponent	Result
<b>Women's Soccer</b>		
October 3	Alfred	W 1-0
October 6	@ Hiram	W 6-0
		Goals: Jill Yamma, Amy Larocca, Lauren Arrigo, Chrissy Greco, Jennifer Bargaiban
		AMCC Record 3-0
		Overall Record 9-1-2
<b>Men's Soccer</b>		
October 3	@ RIT	L 2-0
October 4	Plattsburgh @ MCC	L 5-1
		Goal: Josh Castillo
		AMCC Record 3-0
		Overall Record 6-6
<b>Cross Country</b>		
October 3	@ LaRoche Invitational	Men 1st Place
		1. Dennis Halaszynski (30:06), 2. Tyler Travis (30:13)
		3. Adam Dzuricky (30:13) 4. John Joseph (30:40)
		5. Dave Rhoades (30:44)
		Women 1st Place
		1. Keri Lowman (24:35) 3. Tina Rubay (25:20)
		4. Kelly Friess (27:26) 5. Amy Bednar (27:31)
		6. Robin Suhrie (30:44)
<b>Tennis</b>		
October 5	@Edinboro	L 6-3
		AMCC Record 4-1
		Overall Record 6-9
<b>Volleyball</b>		
October 1	@ Pitt-Bradford	W 3-0 15-13, 15-7, 15-12
October 3	Frostburg	L 3-0 8-15, 8-15, 14-16
October 6	Penn State Altoona	W 3-1
		15-9, 15-12, 11-15, 15-6
		AMCC Record 3-3
		Overall Record 6-12

AMCC Athlete of the Week Women's Soccer Michelle Malatesta

Behrend goalkeeper Michelle Malatesta was named the AMCC Athlete of the Week for the week of September 29 - October 5 for her performance in goal.

Malatesta recorded two shutouts during the week for Behrend, helping improve the women's record to 9-1-2. Pitt-Bradford and Alfred were both blanked as the Lions rolled to a 2-0 week.



Head Volleyball Coach Cindy Jacobelli has led the Women's volleyball team to a conference record of 3-3

photo courtesy of Penn State athletics

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Date	Opponent	Time
<b>Men's Soccer</b>		
October 10	@ Pitt-Greensburg	1:00 P.M.
October 14	Washington and Jefferson	4:00 P.M.
<b>Women's Soccer</b>		
October 8	John Carroll	4:00P.M.
October 13	@Carnegie-Mellon	7:30 P.M.
<b>Volleyball</b>		
October 10	@ Fredonia Tournament	TBA
<b>Cross-Country</b>		
October 10	@ Dickinson Invitational	TBA
<b>Tennis</b>		
October 10	@ Pitt-Greensburg	TBA



Anyone interested in participating in Track and Field should see Rich Hoffman in his office at 6 Erie Hall.