

**ATHLETE OF THE WEEK**

## 10-year journey draws to a close

Senior Andy Iams finishes college career among elite PSB runners

CONNOR SATTELY  
editor-in-chief

When Andy Iams settles into his starting position in a cross country invitational, it's nothing new - he's already been there the night before.

The evening before every race, Iams visualizes success. He runs through both the mental and physical rigors of the course he will run. When something goes wrong in a race, it's no problem for the Penn State Behrend senior - he knows he's still able to win.

Problems, though, have come sparsely for Iams who, over the past four years, has established himself among the elite cross country runners at Behrend.

His second-overall finish in the AMCC Championships Saturday was only the latest in his laundry list of victories tallied as one of the team's captains.

In only his sophomore year on the cross country team, Iams placed first overall in the NCAA Midwest Regional Tournament. Following that November 2007 matchup, Iams took first among Behrend's athletes at every cross country invitational until the November 2008 AMCC Championships, where he took second to fellow Senior

and co-captain Kevin Gorny. "A lot of the time it's us, one and two," says Gorny, who has played with Iams since 2006. "He's an incredible leader - he always puts the team and others ahead of himself."

Gorny credits Iams in stepping into a leadership role during that 2008 season, when Gorny went down with an injury and was unable to run for some events.

"The team expected him to step up, and he did. It was his job to take over, and he took it upon himself to do it."

Iams' natural leadership has some younger athletes calling him the "dad" of the group.

"He really makes you feel like you're part of the team," says freshman Ryan Frankowski. "He's kind of a father type role."

Frankowski says that Iams' friendship with Gorny, and their shared success in invites, has led to an inspiration to succeed.

"They make me want to run over the summer. I want to see if I can be as fast as them," he says.

Iams' career with Behrend's teams is set to come to an end at the end of the 2010 Spring semester. While he will return to Behrend in the fall for an extra semester, NCAA eligibility limits prohibit him from running on the team that semester. Gorny, too, will return for an extra semester.

Together, the two men who have led the team for four years will stand on the sidelines, cheering on those they ran with for their entire college career.

The irony, and the sadness in leaving the sport behind is not

lost on the two all-stars.

"You can't duplicate this," says Iams. "You can't duplicate these bonds you form after spending every day with these people for four years. I'm really going to miss that team aspect of this. I've been doing it for ten years, and to have that winding down - it's kind of sad. It's been a part of my life for so long."

Iams says his participation won't - and can't - end with his classes at Behrend.

"There's no way I won't be involved in the team," he says. "I'll be out at all the races

cheering them on; I wouldn't miss that for the world. You can't leave that behind."

His last races with the Behrend Cross Country team will be Nov. 14, at the NCAA Midwest Regional, and the NCAA Championships at Baldwin-Wallace. After a great 1-2 finish at the AMCC Championships, Behrend will be riding a high.

For Iams, though, that finish is in the past. He's already thinking about his next race. Thinking, waiting, visualizing success.



Daniel Smith/The Behrend Beacon

Senior Andy Iams is the ideal leader for the cross country team and plays a "father type" role to some young members of the team.

### Beat The Editors

	Connor	Nick	Shawn	Christine	Dan	Mike
<b>NFL</b>						
Dallas @ Philadelphia	Philadelphia	Philadelphia	Philadelphia	Philadelphia	Philadelphia	Dallas
Houston @ Indianapolis	Indianapolis	Indianapolis	Indianapolis	Indianapolis	Indianapolis	Indianapolis
San Diego @ N.Y. Giants	N.Y. Giants	N.Y. Giants	N.Y. Giants	N.Y. Giants	N.Y. Giants	N.Y. Giants
Pittsburgh @ Denver	Denver	Pittsburgh	Pittsburgh	Pittsburgh	Denver	Denver
<b>NCAA</b>						
#16 O.S.U @ #11 Penn St.	Penn St.	Penn St.	Penn St.	Penn St.	Penn St.	Penn St.
#9 L.S.U @ #3 Alabama	L.S.U.	Alabama	Alabama	Alabama	Alabama	Alabama
<b>NHL</b>						
Pittsburgh @ San Jose	Pittsburgh	Pittsburgh	San Jose	Pittsburgh	Pittsburgh	Pittsburgh
N.Y. Rangers @ Calgary	N.Y. Rangers	Calgary	N.Y. Rangers	N.Y. Rangers	N.Y. Rangers	N.Y. Rangers
<b>Season Totals:</b>	50-22	50-22	53-19	51-21	43-29	47-25

### AMCC Sports Standings

#### MEN'S SOCCER

	AMCC	Pts	Overall	Strk
Medaille	9-0-1	28	16-2-2	W3
Penn St. Behrend	8-1-1	25	15-4-2	W4
Penn St. Altoona	8-2	24	13-6-1	L1
Frostburg State	7-3	21	12-7-1	L1
La Roche	6-4	18	8-10-1	L2
Franciscan	6-4	18	9-7	L1
Pitt-Greensburg	3-6-1	10	4-14-1	L1
Pitt-Bradford	3-7	9	4-14	L3
D'Youville	2-8	6	3-15	L2
Hilbert	1-8-1	4	1-16-1	L6
Mount Aloysius	0-10	0	0-16	L16

#### WOMEN'S SOCCER

	AMCC	Pts	Overall	Strk
Penn St. Behrend	9-0-1	28	13-3-3	L1
Frostburg State	9-1	27	17-3	W6
Medaille	7-2-1	22	9-8-2	L1
Penn St. Altoona	7-2-1	22	17-3-1	W8
La Roche	5-4-1	16	11-8-1	L4
Pitt-Bradford	5-5	15	10-9	L1
Franciscan	4-6	12	6-10-1	L1
Hilbert	4-6	12	7-10-2	L2
Pitt-Greensburg	1-9	3	2-15	L8
D'Youville	1-9	3	3-12	L4
Mount Aloysius	1-9	3	1-16	W1

#### WOMEN'S VOLLEYBALL

	AMCC	Overall	Strk
Frostburg State	10-0	28-4	W10
Penn St. Behrend	8-2	21-9	W2
Pitt-Bradford	8-2	18-4	W7
Penn St. Altoona	8-2	16-11	W2
Medaille	6-4	19-11	L2
Pitt-Greensburg	5-5	7-17	L1
D'Youville	4-6	10-18	L2
Mount Aloysius	3-7	8-20	L11
Franciscan	2-8	9-15	L1
Hilbert	1-9	4-19	L6
La Roche	0-10	2-27	L14

### Most recent sports results

#### Men's Swimming

Oct. 31 at Bethany - First Place - 97 pts.

#### Women's Swimming

Oct. 31 at Bethany - First Place - 86 pts.

#### Men's Soccer

Oct. 7 v. D'Youville - Won 7-0.

Oct. 31 at Mercyhurst v. Pitt-Bradford AMCC Tournament first round - Won 6-1.

Nov. 4 at Ferdonia v. Penn State Altoona AMCC Tournament semi-final Won - 1-0.

#### Women's Soccer

Oct. 7 v. D'Youville - Won 8-0.

Nov. 4 at Ferdonia v. Penn State Altoona AMCC Tournament semi-final - Lost 1-0.

#### Women's Volleyball

Oct. 27 at Medaille - Won 3-0.

Oct. 28 at Allegheny - Won 3-0.

Oct. 31 at Susquehanna - Lost 3-2

Oct. 31 at Susquehanna v. Marymount - Won 3-0.

Nov. 3 v. D'Youville AMCC Tournament first round - Won 3-0.

### Did you know?

Behrend's varsity sports teams have won three of five possible AMCC Titles so far this season.

## UNIVERSITY GATE APARTMENTS NOW LEASING FOR FALL 2010

www.universitygateapartments.com  
(814) 899-5160

**LOCATED DIRECTLY ACROSS  
THE ENTRANCE FROM  
PENN STATE BEHREND**

- Fully Appliance Kitchens
- High Speed Internet in All Bedrooms
- Free Parking
- Central Air Conditioning
- Walking Distance to Class
- Two Full Baths

### NEW COMMUNITY CENTER

- On-site Office and Laundry
- Hungry Howie's Pizza
- Wifi Student Lounge
- Exercise Facility



**NEW 3&4 BEDROOM APARTMENTS  
FEATURING ALL PRIVATE BATHROOMS**