

Sports

Why Run Cross Country for Penn State Harrisburg?

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Joining the cross-country team gives students the perfect opportunity to improve their physical and mental well-being and experience team building and a competitive atmosphere.

Running actually improves the general functioning of the body all while improving self image at the same time. "The health benefits from being in racing condition are tremendous," said head coach of Penn State Harrisburg's women's and men's cross-country team, Norman Magaro,

The physical aspect of running long distances alone is enough to whip even the laziest student into great shape. Many on the team run because it is one of the most efficient ways to burn calories, and the competition breeds an addictive nature to the workout.

Running is 200 percent more efficient than walking a mile. Walking a mile at a slow pace burns about 148 calories an hour for a 130-pound person whereas running 7.5 miles per hour (an 8-minute mile) burns 738 in an hour. To burn 100-110 calories, a person only has to run one mile. That is more calories than any stair or el-

liptical machine can burn during a normal workout.

Running is so effective because it is the fastest and best way for the human body to expend energy. It is an entire body workout. The longer someone runs, the more calories they burn, faster. Increasing mileage, as the runner grows tolerant to his or her workouts allows their metabolic rate to remain elevated hours after the run.

Runners tend to be happier and less stressed. Endorphins are released while running which gives the runner euphoria. Also, who would not be thrilled to know that running reduces the aging process?

For many people running would seem boring, pointless, or the classic, "where are they going?"

Really, where are they running? What is the rush? Where is the fire?"

Fortunately for runners, there is a competitive aspect of running. Not only are they competing against others, they are trying to beat their own times. Go big, or go home.

Last season, PSH's cross-country teams were quite competitive. The women placed 4th at the conference championships out of 13 teams. The Men ran 7th and were equally competitive. We had three members achieve all conference awards. One from the women's team and two runners from the boys team, said Coach Magaro.

Racing gives runners a reason to run, a point, a purpose, a place to start and finish, a real reason to run and train and be the best runner they can be.

The best part about training with a team is that there is always someone to run with and against. The coach and the team work together to keep each other motivated and confident in their abilities. Coach Magaro is approaching his fourth season as head coach at PSH.

"Being a part of a college level sports team is a once in a life team opportunity, the memories will last a life time. We have a great deal of fun during the season, traveling from meet to meet, eating many meals together, and just sharing the sense of unity as a team," said Coach Magaro,

Have faith in the training. Running alone does not have the same effect and it is easier to give up than it is with a person, or entire team, by your side.

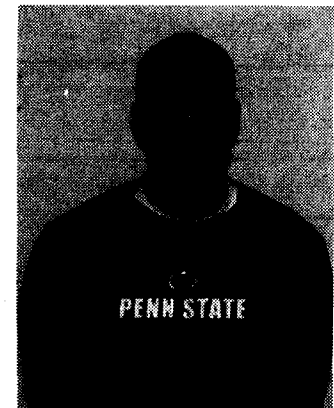
Coach Magaro is also involved in the newly formed running club. It's for any student who wants to run and can be at any level of conditioning from the recreational runner to the more advanced competitive runner.

For more information about joining the cross-country team or cross country club email head coach Norman Magaro at NUM15@psu.edu

Kenton Alston Honored by NEAC

Penn State Harrisburg's Kenton Alston (Steelton, Pa/Steelton-Highspire) was selected as The North Eastern Athletic Conference (NEAC) student-athlete of the week selection for week ending Sunday, January 23, 2010 in men's basketball.

Kenton, a sophomore forward, lead his team to a 3-0 week. He finished the week with 60 points (20/game), 32 rebounds(10.7/game), 8 assists, 8 steals, 8 blocks, 1-for-3 from beyond the arc (.500 percentage from 3-point range), 9-for-11 from the charity stripe (.818) percentage from the free throw line, and .490 shooting percentage. Against NEAC opponent SUNY Morrisville State, Alston collected 28 points, 8 rebounds, 4 assists, 3 steals, and 3 blocks while in the Cazenovia game, he 20 points, a season high 17 rebounds, 2 blocks, and 2 steals.



Photos courtesy of Penn State Harrisburg Intercollegiate Athletics

Second Half Woes for the Lady Lions

A strong second half boosts hosting Keuka College Storm pass the Penn State Harrisburg Lady Lions Sunday, January 31st, 61-45.

Early in the first half both teams struggled from the field scoring a combined nine points in the first five minutes of play.

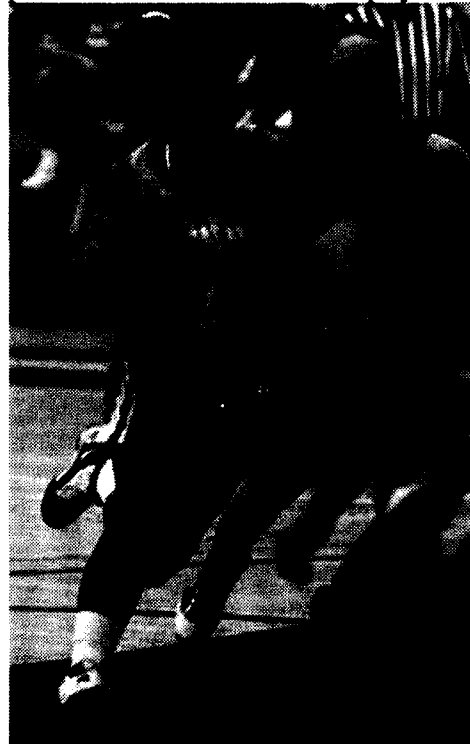


Photo courtesy of Penn State Harrisburg Intercollegiate Athletics

With 2:37 remaining, Keuka gain a solid 13 point lead, 29-16, but Penn State Harrisburg finished out the half on a 6-0 run to get within seven, 29-22.

In the second half two back-to-back threes with 17:30 from Keuka's Brittany Schrock and Mariah Mouzon put the Storm up by 15. The early spark sunk any kind of hope for the Lady Lions with the hosting squad increasing their lead to as much as 22 points in the half to ensure the victory.

Keuka out rebounded the Lady Lions, 45-29, with Keuka scoring 15 points off second chance shots.

Amaris Gardner (Virginia Beach, VA/ Bayside) and Dorothea Dixon (Middletown, PA/Middletown) led the Lady Lions with 10 points each with Gardner grabbing three rebounds and Dixon gripping four.

Melissa Thurston led all scorers with 17 points, seven rebounds and two steals. Schrock finished with 13 points and three steals. Nadia Madmoune collected a double-double with 10 points and 11 rebounds with three steals.

The Lady Lions (8-10) travel to Lancaster Bible College Feb 3 to face-off against the 2-15 Chargers. Tip-off is scheduled for 6:00 P.M.

Story courtesy of Penn State Harrisburg Intercollegiate Athletics

Nittany Lions Score Big in Second Half

A dominating performance in the second half lifts Penn State Harrisburg pass Keuka College, Sunday, January 31st, 85-69.

The Nittany Lions attacked the hosting Storm early, beginning with a 9-0 run to start the first three minutes of the game. The teams jockeyed back and forth in the first half with the blue and white ending the half on an 8-1 run to lead at halftime, 33-27.

In the second half Penn State Harrisburg shot 50 percent from the field going 3-for-6 from beyond the arc and 11-for-13 from the charity stripe while outscoring Keuka College, 52-42, to close out the 85-69 victory.

Kenton Alston (Steelton, PA/Steelton-Highspire) led all scorers with 21 points off 10-for-18 shooting, grabbing nine rebounds and three steals. Shane Woodman (Mount Joy, PA/Donnegal) collected a season-high 17 points going 3-for-6 from behind the three point line. Jordan Gatchell (Manheim, PA/Manheim Central) finished with 10 points, nine assists and eight steals in the winning effort.

Calvin Logins, Diamond Booker and Rob Crowley each scored 11 points to lead the Keuka College Storm.

The Nittany Lions (12-6) headed to Lancaster Bible College Feb 3, to face-

off against the 8-10 Chargers. Tip-off was scheduled for 8:00 P.M.

Story courtesy of Penn State Harrisburg Intercollegiate Athletics



Photos courtesy of Penn State Harrisburg Intercollegiate Athletics