

Mont Alto Cross Country Season Ends with Personal Records

Kelly Barley

The 2005 Penn State Cross Country team, coached by Mike Doncheski, began the season in early September and ended in Mid October. The team consisted of only ten people, four of which were females, and six males. This was certainly a different turn out from last year when the team consisted of only one person.

Essentially, this year's participants saved the Cross Country program, which is a great thing since the sport is very rewarding. Though our team was fairly small, we had excellent teamwork and all managed to individually improve throughout the season.

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significantly to Penn State's total business volume impact of more than \$28 million in surrounding Adams, Franklin, and Fulton Counties." If the tuition freeze is enacted, its purpose will be to attract more students, thus generating more money in tuition. This will boost the University's overall economic effect. According to Umbach, Penn State is "the largest contributor to the state's economy--an engine of 24 campuses generating \$6 billion annually in economic impact to the commonwealth." This is compared to the Ohio State University with an impact of \$4.9 billion, University of Florida at \$3.2 billion, University of Pittsburgh at \$2.8 billion, and West Virginia at \$1.4 billion. All contribute to their state's economy and have experimented with a tuition freeze at least once.

This adds more prestige to their location by an

Our first meet was on September 17th at Penn State Wilkes-Barre. The race primarily consisted of roads and only a few patches of grass. It began to rain right before the race which cooled us off and pumped everyone up because the weather was pretty warm. It was a great first race for all of us.

Very generously, the athletic department gave us some money for food on the way home from the meets, so we had some excellent meals after our runs, which made everyone quite happy.

The second meet was at Penn State Scranton and this course was quite a challenge for

increase in tourism, employment, state tax revenue, and alumni that reside in the state. Penn State alone ranks as one of the ten largest research universities. According to Umbach, Penn State attracts more than "\$545 million each year to Pennsylvania from sources outside the commonwealth and support some 16,000 jobs statewide--jobs that generate \$1.7 billion in economic impact and \$53 million in taxes and other state revenue." Additionally, tourism in Pennsylvania is "the second largest-largest industry, and Penn State alone accounts for \$1.36 billion of the tourism spending - or \$1 of every \$17 spent for tourism in the commonwealth." These contributions are beneficial, according to Mont Alto

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everyone due to the large hill during the middle of the race. Everyone was pretty taken back by this run. Little did we know that we would be returning to this same school for redemption.

Our third meet was at Luzerne Community College and this was literally like running through a forest. Tall weeds and itchy grass made it


feel like a real cross country course - not something we were used to since our two previous races consisted primarily of roads and mowed grass. However, it was fun due to this difference.

Finally, we ended our season on October 15th back at Scranton, and the majority of the team achieved personal records for the entire season.

All of the mud and the thought that it was the final race pushed everyone to do his or her best. It was an excellent race.

Our team grew very close throughout the season by encouraging each other and getting to know each other on the 3 1/2-4 hour van rides to the meets. Cross Country is an excellent way to make friends.

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