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Contact: Timothy Farrell, Empire 8 SID

**EMPIRE 8 ANNOUNCES WOMEN'S CROSS COUNTRY ALL-CONFERENCE TEAM
Bridgette Pilling of Ithaca Named Runner of the Year**

ROCHESTER, NY – The Empire 8 announced its 2004 Women's Cross Country All-Conference team. Senior Bridgette Pilling of conference champion Ithaca College was named the Runner of the Year after finishing first in the Empire 8 Women's Cross Country Championships at Letchworth State Park. Pilling, who finished second in last year's championship, completed the 5k course in 18:52.30, which was five seconds faster than runner-up and teammate Payson Warlick.

First-year runner Adrienne Gagnier of RIT was named Rookie of the Year. She finished fifth in the conference championship and earned first-team all-conference honors. William Ware repeated as Coach of the Year for leading the Bombers to the team title.

Empire 8 2004 Women's Cross Country All-Conference Awards

Runner of the Year: Bridgette Pilling, Ithaca College

Rookie of the Year: Adrienne Gagnier, RIT

Coach of the Year: William Ware, Ithaca College

First Team

Name	Yr.	School
Bridgette Pilling	Sr.	Ithaca College
Payson Warlick	Sr.	Ithaca College
Rachel Blasiak	So.	Ithaca College
Trisha Sliker	Jr.	RIT
Adrienne Gagnier	Fr.	RIT
Meghan Sturges	Sr.	Ithaca College
Stasi Kasianchuk	Jr.	Ithaca College

Second Team

Name	Yr.	School
Susan Meyer	So.	Ithaca College
Alyssa Tingle	Sr.	Ithaca College
Lindsay Dalpiaz	Sr.	Ithaca College
Kristen Egan	So.	Alfred University
Kate Cicone	So.	Alfred University
Karyn Lewis	So.	RIT
Audrey Harkness	Fr.	Ithaca College

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S P O R T S I N F O R M A T I O N D I R E C T O R

14 Eagle Terrace / Jefferson, MA 01522 / Phone: 508.829.7469 / Fax: 508.829.6685 / tfarrell@empire8.com / www.empire8.com