



Date: November 8, 2005

Contact: Timothy Farrell, Empire 8 SID

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

ROCHESTER, NY – The Empire 8 announced its 2005 Women's Cross Country All-Conference team. Junior Rachel Blasiak of three-time conference champion Ithaca College was named the Runner of the Year after finishing first in the Empire 8 Women's Cross Country Championships at Hamilton College. Blasiak, who finished third in last year's championship, completed the five-kilometer course in 17:47.3.

First-year runner Lindsey Nadolski of the Bombers was named Rookie of the Year. She finished third 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.

One member of each team was named that institution's representative on the 2005 Women's Cross Country Sportswoman of the Year Team. Empire 8 emphasizes that "Competing with Honor and Integrity" is an essential component of a student-athlete's experience in conjunction with an institution's educational mission. These honorees have distinguished themselves and consistently exhibit the critical traits as outstanding sportswomen.

Empire 8 2005 Women's Cross Country All-Conference Awards

Runner of the Year: Rachel Blasiak, Ithaca College

Rookie of the Year: Lindsey Nadolski, Ithaca College

Coach of the Year: William Ware, Ithaca College

First Team

Name	Yr.	School
Rachel Blasiak	Jr.	Ithaca College
Autumn Swan	Jr.	Hartwick College
Lindsey Nadolski	Fr.	Ithaca College
Trisha Sliker	Sr.	RIT
Elizabeth Wilcox	Fr.	Ithaca College
Jessica Wilcox	Fr.	Ithaca College
Kasey Carrier	Fr.	Ithaca College

- more -

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

PAGE TWO – WOMEN’S CROSS COUNTRY ALL-CONFERENCE...

Second Team

Name	Yr.	School
Anastasia Kasianchuk	Sr.	Ithaca College
Krista Villoman	Fr.	Alfred University
Kristen Egan	Jr.	Alfred University
Susan Meyer	Jr.	Ithaca College
Adrienne Gagnier	So.	RIT
Camille Guyot-Bender	Sr.	Ithaca College
Genevieve Pfeiffer	Fr.	Ithaca College

Sportswoman of the Year

Name	Yr.	School
Kate Ciccone	Jr.	Alfred University
Autumn Swan	Jr.	Hartwick College
Anastasia Kasinachuk	Sr.	Ithaca College
Liz Pflughardt	So.	Nazareth College
Trisha Sliker	Sr.	RIT

