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

**ROCHESTER, NY** – The Empire 8 announced its 2006 Women's Cross Country All-Conference team. Senior Rachel Blasiak of repeat conference champion Ithaca College was named the Runner of the Year for the second consecutive year. She finished first in a time of 17:51 over the five-kilometer Saratoga State Park course as the Empire 8 championship was held in conjunction with the RPI Invitational.

The top four runners finished in the same places they finished in at the 2005 conference championship.

First-year runner McKenzie Clemens of Alfred University 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 for the fourth consecutive time.

One member of each team was named that institution's representative on the 2006 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 2006 Women's Cross Country All-Conference Awards**

**Runner of the Year:** Rachel Blasiak, Ithaca College

**Rookie of the Year:** McKenzie Clemens, Alfred University

**Coach of the Year:** William Ware, Ithaca College

**First Team**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Rachel Blasiak	Sr.	Ithaca College
Autumn Swan	Sr.	Hartwick College
Lindsey Nadolski	So.	Ithaca College
Trisha Sliker	Sr.	RIT
McKenzie Clemens	Fr.	Alfred University
Adrienne Gagnier	Jr.	RIT
Kasey Currier	So.	Ithaca College

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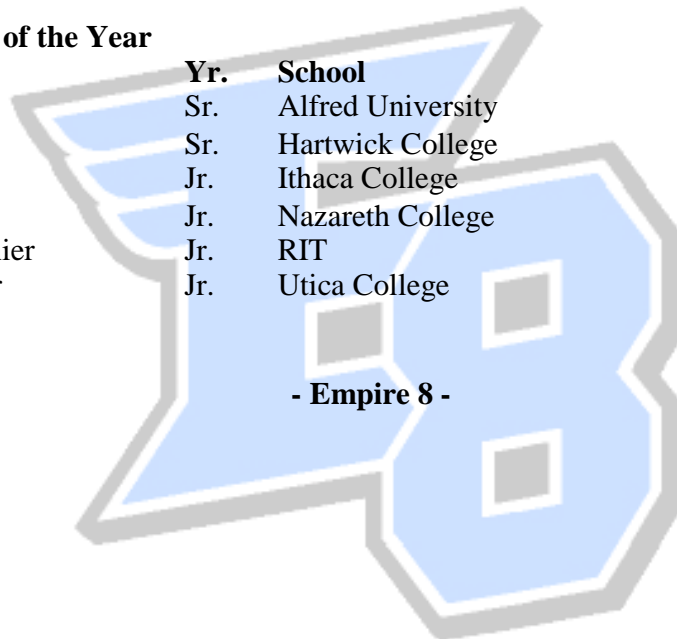
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**Second Team**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Nicole Varble	Fr.	RIT
Melanie McCormick	Fr.	Ithaca College
Ashley Hughes	Jr.	Nazareth College
Jessica Brown	Jr.	Nazareth College
Sara Pancoast	Jr.	RIT
Kate Ciccone	Sr.	Alfred University
Amanda Boccio	Fr.	Ithaca College

**Sportswoman of the Year**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Kate Ciccone	Sr.	Alfred University
Autumn Swan	Sr.	Hartwick College
Caitlin Catella	Jr.	Ithaca College
Jessica Brown	Jr.	Nazareth College
Adrienne Gagnier	Jr.	RIT
Amanda Butler	Jr.	Utica College



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