

# Wake Forest Cross Country

## September 19 Notes

The Demon Deacon cross country teams travel to the Twin Cities in Minnesota this weekend to race in the Roy Griak Invitational Saturday, Sept. 23. The University of Minnesota will host the event at the Les Bolstad Golf Course at 11:00 a.m. At least 25 teams will be competing in the third largest meet in the country, only smaller than the NCAA Championship and the Pre-NCAA meet.

Wake Forest is coming off a dominating performance at their own invitational Saturday, Sept. 9 in which the Demon Deacons beat North Carolina in a duel race. Garik Hill was the individual champion for the men, finishing the 8,000 meter run with a time of 25:36.

After the women's team upset the 14th ranked Tar Heels 27-28, head coach Annie Schweitzer Bennett took her 'B' team to the Wolfpack Invitational on Saturday, Sept. 16 to feel out NC State's University Club, the site of the ACC Championships in October. The Deacs finished fourth of 14 teams and were led by Denise Hefferin, who took 12th place with a time of 19:52.

### Men's Schedule/Results

Date	Race (Location)	Place/Points
9/9	Wake Forest Invitational (Winston-Salem, N.C.)	1st of 2/17
9/23	Roy Griak Invitational (St. Paul, Minn.)	
9/30	Greensboro Invitational (Greensboro, N.C.)	
10/14	Pre-National Meet (Ames, Iowa)	
10/28	ACC Championships (Raleigh, N.C.)	
11/11	NCAA Regional Championships (Greenville, S.C.)	
11/20	NCAA Championships (Ames, Iowa)	

### Women's Schedule/Results

Date	Race (Location)	Place/Points
9/1	Mountaineer Open (Boone, N.C.)	2nd of 10/72
<b>9/9</b>	<b>Wake Forest Invitational</b> (Winston-Salem, N.C.)	<b>1st of 2/27</b>
9/23	Minnesota Invitational (Minneapolis, Minn.)	
9/30	Iona Championships (Bronx, N.Y.) Greensboro Invitational (Greensboro, N.C.)	
10/14	Pre-Region Meet (Greenville, S.C.)	
10/28	ACC Championships (Raleigh, N.C.)	
11/11	NCAA Regional Championships (Greenville, S.C.)	
11/20	NCAA Championships (Ames, Iowa)	

### Wake Forest Quick Facts

School	Wake Forest University
Location	Winston-Salem, N.C.
Enrollment	3,850
Nickname	Demon Deacons
Colors	Old Gold & Black
Conference	Atlantic Coast
President	Dr. Thomas K. Hearn
Athletic Director	Ron Wellman
ACC Finish	Men 3rd, Women 4th
Postseason	Fifth at NCAA Regionals

### Coaching Staff

Men's Coach	Gary Sievers
Alma Mater, Year	Oregon, 1977
Office Phone	336-758-5860
Women's Coach	Annie Schweitzer Bennett
Alma Mater, Year	Texas, 1988
Office Phone	336-758-4871

### Media Relations

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#### MONDO Men's Cross Country Rankings

Preseason poll released Aug. 29, 2000. First regular season poll will be released Sept. 26.

- 1 Arkansas
- 2 Stanford
- 3 Colorado
- 4 Iona College
- 5 Arizona
- 6 Wisconsin
- 7 Georgetown
- 8 North Carolina State
- 9 Oregon
- 10 Michigan
- 11 Arizona State
- 12 Minnesota
- 13 William & Mary
- 14 Providence
- 15 Northern Arizona
- 16 Southern Utah
- 17 Oklahoma State
- 18 Michigan State
- 19 Alabama
- 20 Notre Dame
- 21 South Florida
- 22 Villanova
- 23 Weber State
- 24 Penn State
- 25 Missouri

Also receiving votes: Princeton, Dartmouth, Wake Forest, Cal Poly San Luis Obispo, James Madison, Butler, Portland, BYU, Duke

#### FinishLynx Women's Cross Country Rankings

Preseason poll released Sept. 1, 2000. First regular season poll will be released Sept. 18.

- 1 Stanford
- 2 Wisconsin
- 3 Colorado
- 4 Kansas State
- 5 Georgetown
- 6 Brigham Young
- 7 Arkansas
- 8 Providence
- 9 North Carolina State
- 10 Arizona State
- 11 Brown
- 12 Oregon
- 13 Northern Arizona
- 14 North Carolina
- 15 Minnesota
- 16= Michigan
- 16= Washington
- 18 Boston University
- 19 Villanova
- 20 Missouri
- 21 Duke
- 22 Nebraska
- 23 Texas A&M
- 24 Boston College
- 25 UC Irvine

Other Teams Also Receiving Votes: Weber State, Florida, Bucknell, Marquette, Wake Forest, Arizona, South Florida, Purdue, Ball State, Georgia

## 2000 Wake Forest Men's Roster

<b>Name</b>	<b>Class</b>	<b>Hometown</b>
Ed Acosta	So.	Miami, FL
Michael Altieri	Jr.	Sacramento, CA
Dave Barrett	Fr.	Londonderry, NH
Josh Buffolino	Sr.	Shelbyville, KY
Matt Busick	Fr.	N.E. Guilford, NC
Jimmy Butler	Jr.	Albuquerque, NM
John Colavincenzo	So.	Beaver, PA
Chris Demetra	Jr.	Oak Brook, IL
Ted Devos	Jr.	Ponte Vedra Beach, FL
Chris Estwanik	Jr.	Dublin, OH
Todd Hertling	Jr.	Springfield, VA
Garick Hill	Jr.	Advance, NC
Sean Nagorny	Jr.	York, PA
Paul Singleton	So.	Greenville, SC
Nathan Sisco	So.	Lebanon, NJ
Philip Wiles	So.	Huntsville, AL

**Head Coach:** Gary Sievers, (Oregon, 1977) first season

## 2000 Wake Forest Women's Roster

<b>Name</b>	<b>Class</b>	<b>Hometown</b>
Melinda Adnot	So	
Kelly Brady	Sr	Norwich, VT
Rachel Burns	Sr	West Union, SC
Detra Chambers	Fr	
Deviney Chaponis	Fr	
Shauna Danos	Fr	Groton, MA
Sara Day	Sr	Winston-Salem, NC
Jamie Grayzer	Fr	Bethel Park, PA
Nikeya Green	Fr	Woodbridge, VA
Erin Haugh	Sr	Nanuet, NY
Denise Hefferin	Fr	St. Charles, IL
Sandra Jenkins	Sr	Wythville, VA
Laura Jones	Fr	
Nicole Kalogeropoulos	Fr	Charlegmagne, IL
Erin Keating	Fr	Garden City, NY
Jill Kovalcik	So	Shiner, TX
Kathleen Kuhnert	Sr	North Wales, PA
Courtney Lancashire	So	Austin, TX
Catherine Fortin-Major	Sr	Gloucester, Canada
Lauren May	Jr	Nashville, TN
Kara Mullin	Fr	Lake Bluff, IL
Carissa Rutland	So	Sugarland, TX
Summer Shaw	Sr	Huntington Beach, CA
Britton Stackhouse	Sr	Pensacola, FL
Rebecca Veenstra	Fr	Racine, WI
Valerie Waldron	Jr	Olean, NY
Jennifer Walker	Fr	Fredericksburg, VA
Elizabeth Washam	So	Newport News, VA
Adralyn Wendel	So	Austin, TX

**Head Coach:** Annie Schweitzer Bennett, (Texas, 1988) second season

**Assistant Coach:** John Williams, (Stephen F. Austin, 1998) first season

**Assistant Coach:** Jennifer Hoppe, (Stephen F. Austin, 2000) first season

**Student Coach:** Janelle Kraus, (Wake Forest, 2000) first season