

Men's & Women's Cross Country



njithighlanders.com



Umar Saeed / 2005 All-East



AL ALONSO

Head Coach

In 2003, when NJIT revived its men's cross-country program and added a women's team for the first time, Adalberto M. Alonso, PE, was the ideal candidate to coach both programs.

Prior to NJIT, Alonso spent 19 years as the head men's coach and 11 as head women's coach at Stevens Institute of Technology. He was the first coach of the Ducks' women's program. Stevens' men's teams won their final 53 dual meets under Alonso, and never had a losing season. His women's teams were 28-12 and won their last 18 dual meets. He was the youngest head coach in Stevens history in any sport and ranks first all time at the school in winning percentage in any sport. He is a 2006 inductee into the Stevens Hall of Fame

Alonso was named Independent Athletic Conference Coach of the Year in 1993, 1995 and 1996, and has produced 39 all-conference runners, including five at NJIT. He was also the head men's and women's track and field coach at Stevens for six years and coordinated a track and field club at NJIT. This year, he adds responsibility as head coach of the newly-added men's and women's indoor and outdoor track and field teams.

As an undergraduate at Stevens, Alonso was instrumental in making cross-country a varsity sport. He was president of the Ducks' club team his first two years. Then, as a junior, he led the inaugural varsity squad to the IAC championship.

Alonso earned a bachelor of engineering degree in electrical engineering from Stevens in 1983 and an MBA from Fairleigh Dickinson University in 1988. He is a licensed professional engineer in the state of New Jersey and has Level-2 certification from United States of America Track & Field (USATF). He resides in West New York, NJ.

DAVID CZEIZINGER

Assistant Coach

David Czeizinger has been a collegiate assistant coach for 13 years, including three with the Highlanders.

Czeizinger's coaching career started as a volunteer assistant at Stevens Institute of Technology under Coach Alonso. After one season, Alonso hired him to help build the women's team to a conference championship level.



The Ducks, who struggled to a 5-8 dual meet record in the year before his arrival, went 23-4 over the next seven seasons. In that time, they won the first conference title in school history and had an individual league champion for the first time.

Czeizinger has been an avid runner for more than 25 years and still competes in the master's division at distances from the mile to the marathon. He is a 1978 graduate of Stevens with a degree in materials engineering.

ATHLETICS FACILITIES

The NJIT cross-country teams host meets at the famed **Van Cortlandt Park** in the Bronx, NY and **Branch Brook Park** in Newark.

The teams have access to all of the facilities in the **Estelle and Zoom Fleisher Athletic Center**. These include the fitness area (containing computer-controlled biking equipment, Cybex resistance units, and an **indoor track**), two weight rooms (free-weight and hammer-strength), four racquetball courts, a martial arts/fencing center, a **six-lane swimming pool** and four lighted **outdoor hardcourt tennis courts**.

The Highlanders' men's and women's basketball and volleyball teams play their home events in the newly-renovated main gymnasium of the **Fleisher Center**. The facility can entertain crowds of up to 1,500, and is also open to the campus community during selected hours for recreation.

Lubetkin Field, home to the men's and women's soccer teams, recently underwent a \$1.2 million renovation project, including the installation of SprinTurf artificial grass and a rubberized running track. It contains lights for night competition and practice, a midfield scoreboard and pressbox facilities, and its bleacher seating can hold approximately 1,000 spectators. Also, the newly expanded and renovated Campus Center houses six bowling lanes.

NJIT is in the midst of a 10-year partnership with the independent Newark Bears professional baseball club to play Highlander home games at **Bears & Eagles Riverfront Stadium** in downtown Newark.

NJIT CROSS-COUNTRY FACTS

Location	Newark, NJ 07102
Founded	1881
Undergraduate Enrollment	5,263
Nickname	Highlanders
Colors	red and white (blue accent)
President	Dr. Robert A. Altenkirch
Director of Athletics	Lenny Kaplan
Athletics Department/Cross-Country Phone	(973) 596-3636
Athletics Department /Cross-Country FAX	(973) 596-8295
Athletics Department URL	www.njithighlanders.com
Cross-Country Unofficial Web Site	web.njit.edu/~alonso
Head Coach	Adalberto M. Alonso, P.E. (Stevens '83)
Career Men's Record (Years)	65-20 (21)
Record at NJIT	9-1 (3)
Career Women's Record (Years)	40-13 (14)
Record at NJIT	12-1 (2)
Alonso E-Mail	alonso@njit.edu
Assistant Coach	Dave Czeizinger, King Perry
Men's Captain	Dave Kloc
Women's Captain	Kaitlin Carroll
First Year of Men's Program	1975
First Year of Women's Program	2003
Home Courses	Van Cortlandt Park, Branch Brook Park
Affiliation	NCAA I(Reclassifying), ECAC
Assistant Athletic Director for Sports Information	Tim Camp (973) 596-8461
Sports Information FAX.....	(973) 596-8440
Camp e-mail	timothy.camp@njit.edu
NJIT Results Hotline	(973) 596-5555

2006 WOMEN'S OUTLOOK

The 2006 women's cross country season figures to be one of transition, as New Jersey Institute of Technology embarks in a new level of competition with a squad that lost three of its top five runners from 2005 to graduation. NJIT is competing at the NCAA Division I level this fall after having been in Division II in previous seasons.

Liz Mayo, the program's top runner, completed her NJIT career last November in the ECAC championship race held at Van Cortlandt Park. Graduated, too, are **Jady Alvarez** and **Viviana Florea**, who were both in the team's top five. Mayo graduated with school records on eight of the 11 courses the team has run, including Van Cortlandt Park in New York and Branch Brook Park in Newark.

Expected to lead the returnees are sophomores **Katie Carroll**, who will be a team captain, **Aileen Davila** and **Becky Lindsey**. **Carroll** set the NJIT freshman records for Van Cortlandt Park and Branch Brook Park, as well as two other courses.

NJIT junior **Jackie McCaffrey**, who has two years of intercollegiate basketball under her belt, ran track in the spring and is with the cross country team for the first time. "Jackie is transitioning from basketball, but she had a very good spring in track and field and is doing well in cross country," said veteran coach Al Alonso, who is in his fourth year at the NJIT helm after coaching 19 seasons at his alma mater, Stevens Institute of Technology.

One of the team leaders from the start of her career will be freshman **Cara Constantino**, who was a standout at nearby Bloomfield High School. "We expect her to make an immediate impact," said Alonso. "She could be our number one or number two runner as a freshman."

Jessica Ware is another freshman of note. A jumper and hurdler in track and field, she will also help cross country. "She's transitioning to cross country and she's been very impressive," said Alonso.

2006 MEN'S OUTLOOK

The New Jersey Institute of Technology men's cross country program enters a new era in 2006, as the Highlanders will compete at the NCAA Division I level for the first time, having been at the Division II level since 1997.

Set to lead the Highlanders, off a season in which he was one of the top freshman runners in the East at any level, is sophomore **Umar Saeed**. He earned all-East for placing 24th in the season-ending IC4A race that was open to runners from all divisions.

In addition, he was co-recipient of NJIT's male newcomer of the year for all sports and was the champion of the Central Atlantic Collegiate Conference race. He finished 47 seconds ahead of the next man, who was the previous year's champion. During the regular season, Saeed was first in six consecutive races and was Runner of the Week in the Division II CACC three times.

"**Umar** is coming off a great track season and he had a strong summer," noted veteran coach Al Alonso, who starts his fourth season at the NJIT helm and his 23rd as a college head coach. "We expect he will pick up where he left off last season."

Junior **Duc Tran** is another strong returning performer who has shown improvement throughout his career and was a team leader from the start of his freshman season in 2004.

Captain **Dave Kloc** is back for his senior season, which will be his third year as a team captain. Junior **Matt Magnifico**, an all-conference runner as a freshman, joins senior **Mike Genauer** in adding to the Highlanders' veteran depth. Also back are **John Zawisa** and **Drew Pennyfeather**. **Babtunde Busari**, who redshirted last year as a freshman, is ready to go in 2006. "He was hurt last year, but I expect him to take his place in our top seven immediately," said Alonso.

Four freshman: **Tchaz Amevor**, **Michael Gurlacz** and **Bryan Louvado** and **Michael Woyce** are seen by Alonso as strong candidates to crack the top seven. Also in the hunt are freshmen **Jeff Pierik-Page**, **Jamil Wilkins** and **Charles Wood**.

WOMEN'S ROSTER

Name	Yr.	Ht.	Hometown/High School
Joi Mackey	Fr.	5'7	East Orange, NJ/Cicely Tyson
Vanessa Hilton	Fr.	5'5	Fayetteville, NC/Douglas Byrd
Jackie McCaffery	Jr.	5'8	Bronx, NY/The Masters School
Kaitlin Carroll	So.	5'6	Wayne, NJ/Wayne Valley
Aileen Davila	So.	4'11	Clifton, NJ/Passaic County Tech
Noelle Screen	So.	5'3	East Orange, NJ/East Orange
Becky Lindsey	So.	5'5	Edison, NJ/John P Stevens
Anna Smith	Fr.	5'5	Newark, NJ/Newark Tech
Cara Constantino	Fr.	5'8	Bloomfield, NJ/Bloomfield
Donita Crudup	Fr.	5'5	Roselle, NJ/Abraham Clark
Jessica Ware	Fr.	5'6	Vineland, NJ/Vineland
Dharshini Sivakumaran	Fr.	5'1	Bayonne, NJ/Bayonne

MEN'S ROSTER

Name	Yr.	Ht.	Hometown/High School
Babatunde Busari	So.	5'8	Ibadan, Nigeria/International School
Michael Genauer	Sr.	5'7	Cherry Hill, NJ/Cherry Hill East
Dave Kloc*	Sr.	5'1	Fair Lawn, NJ/Fair Lawn
Matthew Magnifico	Jr.	5'10	East Rutherford, NJ/Becton
Drew Pennyfeather	Jr.	5'4	Perth Amboy, NJ/Perth Amboy
Umar Saeed	So.	5'10	Parlin, NJ/Perth Amboy
Duc Tran	Jr.	5'11	Secaucus, NJ/Secaucus
John Zawisa	So.	5'9	Fair Lawn, NJ/Fair Lawn
Bryan Louvado	Fr.	5'10	Kearny, NJ/Queen of Peace
Jeffrey Page	Fr.	6'2	Plainfield, NJ/St. Joseph's
Michael Gurlacz	Fr.	5'9	Lake Hopatcong, NJ/Jefferson Township
Evan Picone	Fr.	5'9	Glen Rock, NJ/Glen Rock
Charles Hood	Fr.	6'2	Belleville, NJ/St. Peter's Prep
Jamil Wilkins	Fr.	6'2	Irvington, NJ/Irvington

2006 SCHEDULE

Date	Event	Location	Time
Sept. 9	Hofstra Invitational (m/w)	Staten Island, NY	10 am
Sept. 17	NJIT Classic (m/w)	Bronx, NY	10 am
Sept. 30	Iona Meet of Champions (m)	Bronx, NY	9:30 am
Oct. 7	Healthy Neighbors 5K	Hoboken, NJ	6:45 am
Oct. 8	Highlanders Invitational (m/w)	Newark, NJ	10:30 am
Oct. 14	CTC Championship (m/w)	Allentown, PA	TBA
Oct. 21	CCSU Mini Meet (m/w)	New Britain, CT	10 am
Oct. 28	Independent XC Championships(m/w)	Fort Wayne, IN	8:30 am
Oct. 29	Nick Russo Halloween Classic (m/w)	Bronx, NY	12:30 pm
Nov. 18	ECAC/IAAC (m/w)	Bronx, NY	TBA

2005 RESULTS

Date	Event/Opponent(s)	Women	Men
Sept. 10	Vassar Invitational (Men)		2nd/6
Sept. 10	Wagner Invitational (Women)	3rd/4	
Sept. 18	NJIT Classic vs. Caldwell	W, 23-32	
	vs. Dominican	W, 15-40	W, 15-50
	vs. Dowling	W, 15-inc	
	vs. Concordia	W, 15-inc	W, 15-48
Sept. 24	Philadelphia Metro Championships	inc	4th/16
Sept. 30	Stevens Invitational (Men)	2nd/4	
Oct. 1	NJAIW/Montclair Invitational	3rd/11	
Oct. 9	Highlanders Invitational	1st/5	2nd/7
Oct. 16	St. Joseph Invitational	2nd/9	4th/15
Oct. 23	CACC Championship	4th/10	4th/10
Oct. 30	Nick Russo Halloween Classic	2nd/4	2nd/9
Nov. 19	ECAC/IC4A		19th

PROGRAM HISTORY

All-Time Honors

MEN

All-Region

1987 Cesar Gaudin

All-East (all divisions)

2005 Umar Saeed (IC4A, 24th place)

Independent Athletic Conf. Team Champions

1976, '85, '86, '87, '88, 1990, 1991

Individual Champions

1984 Doug Lischick
1985 Mike Brake
1986 Doug Lischick
1987 Cesar Gaudin
1988 Cesar Gaudin
1990 Jason Tand

Coach of the Year

1991 Bill Eisenring

All-Conference

1984 Mike Brake
Doug Lischick

1985 Mike Brake
Doug Lischick
Doug Troast
Radzee Zaman

1986 Mike Brake
Dave Conti
Doug Lischick
Hugo Ortega

1987 Cesar Gaudin
John Grube
Steven Jaskot
Radzee Zaman

1988 Cesar Gaudin
Steve Jaskot
Chris Lambert
1990 Hiep Nguyen

Joao Nola
Jason Tand

1991 Joao Nola
Jason Tand

1993 Anton Musto

1994 Rodney Carroll

Central Atlantic Coll. Conf.

Individual Champion

2005 Umar Saeed

All-Conference

2004 Matthew Magnifico

2005 Umar Saeed

Newcomer of the Year

2005 Umar Saeed

WOMEN

Independent Athletic Conf.

Individual Champion

1996 – Jannina Alvarez

All-Conference

1995 Jannina Alvarez

1996 Jannina Alvarez

Central Atlantic Coll. Conf.

All-Conference

2003 Jady Alvarez

2004 Elizabeth Mayo

Jaclyn Thomforde

Men's Year-By-Year

Year	Dual W-L	Coach	Captain(s)	MVP
1975				Jim Johnson
1976				Jeff Alexander
1977				James Noctor
1978				Wolfgang Name
1979				Al Siuta
1980		Robert Swanson		Paul Calabrese
1981		Robert Swanson		William Boyle
1982		Henry McCloud		Doug Troast
1983		Henry McCloud		Allan Stell
1984	3-5	Henry McCloud		Doug Lischick
1985	4-2	Henry McCloud	Doug Troast	Doug Troast
1986	3-3	Henry McCloud		Doug Lischick
1987	2-0	Henry McCloud	Hugo Ortega, Paul Yurga	Cesar Gaudin
1988	0-1	Henry McCloud		Steve Jaskot
1989		no team		
1990		Lance Austenberg		Joao Nola
1991		Bill Eisenring		Joao Nola
1992	3-0	Bill Eisenring		Jeff Whitescarver
1993		Richard Mack		Richard Brow
1994		Edd Brown		Rodney Carroll
1995		Greg Stewart		Brent Andrews
1996		Greg Stewart		John Bryjak
1997-2002		no team		
2003	2-1	Al Alonso	Chad Fuentes	Dave Kloc
2004	4-0	Al Alonso	Dave Kloc	TBA
2005	3-0	Al Alonso	Dave Kloc	Umar Saeed

Women's Year-By-Year

Year	Dual W-L	Coach	Captain(s)	MVP
2003	3-1	Al Alonso	Jennifer Dorn, Catie Large, Jady Alvarez	
2004	5-0	Al Alonso	Jady Alvarez	
2005	4-0	Al Alonso	Jady Alvarez & Elizabeth Mayo	

UNIVERSITY INFORMATION



New Jersey Institute of Technology, the state's public technological research university, enrolls more than 8,200 students in bachelor's, master's and doctoral degrees in 100 degree programs offered by six colleges: Newark College of Engineering, New Jersey School of Architecture, College of Science and Liberal Arts, School of Management, Albert Dorman Honors College, and College of Computing Sciences. NJIT is renowned for expertise in architecture, applied mathematics, wireless communications and networking, solar physics, advanced engineered particulate materials, nanotechnology, neural engineering and eLearning.

NJIT's history spans from the Industrial Revolution to the Information Age. Newark was a factory town when the tuition-free evening school was founded in 1881 to support local industries. From the early days, science and technology have been the engines fueling the university's development.

Over time, the university both anticipated and responded to change by expanding its curriculum and mission. Most notably, in 1919, the university established baccalaureate programs in three engineering fields. By 1975, NJIT offered a broad range of undergraduate and graduate degrees. All programs included significant research and public service components with the goal of providing an academic environment that fostered intellectual depth and breadth, as well as social responsibility.

Today, continuing a fourfold mission of instruction, research, economic development and public service, NJIT is among the leading comprehensive technological universities in the nation, with state-of-the-art facilities on its 45-acre campus in Newark and a solar observatory in Big Bear, California.



CHRISTINA CROVETTO

The clock tower and carillon sit in a European-style plaza adjacent to the newly-renovated Campus Center.