

Cross Country/Track & Field  
2007-08



[njithighlanders.com](http://njithighlanders.com)





## QUICK FACTS

### NEW JERSEY INSTITUTE OF TECHNOLOGY (NJIT)

**Location:** University Heights,  
Newark, NJ

**Founded:** 1881

**Enrollment:** 5,380 (undergraduate)

**NJIT website:** [www.njit.com](http://www.njit.com)

**Nickname:** Highlanders

**Colors:** Red and White (Blue accent)

**Affiliations:** NCAA Division I, ECAC

**University President:**

Dr. Robert A. Altenkirch

**Director of Athletics:** Lenny Kaplan

**Athletic Department Phone:**

973-596-3636

**Athletic Department Fax:**

973-596-8295

**Head Coach (alma mater, year):**

Adalberto M. Alonso, P.E. (Stevens '83)

**Alonso email:** [Alonso@njit.edu](mailto:Alonso@njit.edu)

**Career Men's Record**

**(Cross Country):** 68-22 (21)

**Record at NJIT:** 12-3 (4)

**Career Women's Record**

**(Cross Country):** 44-14 (15)

**Record at NJIT:** 16-2 (3)

**Assistant Coaches:** David Czeizinger,  
King Perry, Donald Jones (volunteer)

**Women's Captain:** Cara Constantino,  
Lesley Hendricks

**Men's Captain:** Duc Tran, Matt  
Magnifico, Mike Genauer, Matt Michalec

**First year of Men's Program:** 1975

**First year of Women's Program:** 2003

**Home courses:** Van Cortlandt Park,  
Branch Brook Park

#### Sports Information

**NJIT Athletics website:**

[www.njithighlanders.com](http://www.njithighlanders.com)

**Results hotline:** 973-596-5555

**Assistant AD for Sports Information:**  
Tim Camp

**Phone/Email:** 973-596-8461/  
[timothy.camp@njit.edu](mailto:timothy.camp@njit.edu)

**Assistant SID:** Stephanie Pillari

**Phone/Email:** 973-596-8324/  
[pillari@adm.njit.edu](mailto:pillari@adm.njit.edu)

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**Front Cover: (l-r)** freshman Amanda Hefferan; junior Umar Saeed. **Back cover: (l-r)** Freshman Mark Givens; senior Drew Pennyfeather; junior Lesley Hendricks; NJIT men's cross country team huddle. **Inside front cover:** Back view of the Estelle & Zoom Fleisher Athletic Center & NJIT campus. **Inside back cover:** 2007-08 schedules; 2007-08 women's cross country team. (all cover photos by Larry Levanti).

### WHY THE HIGHLANDERS?

The home of NJIT, University Heights, was formerly known as the Newark Highlanders and NJIT's mailing address used to be High Street, until the thoroughfare was renamed in memory of Martin Luther King, Jr.



In 2006-07, NJIT athletics, in keeping with its move to NCAA Division I, unveiled a new graphic identity, which includes a new Highlanders logo (shown). Developed by CN Foundry for NJIT, the logo depicts the traditional Highlander, whose ferocity and bravery against all odds are the stuff of the legend.

### CREDITS

The 2007-08 NJIT Men's & Women's Cross Country/Track & Field guide is a production of the NJIT Sports Information Office in cooperation with the Office of University Communications. Written, compiled and edited by Tim Camp and Stephanie Pillari. Interior design by Stephanie Pillari. Cover design by Samantha Horning Graphic Design. All team, action and campus photography by Larry Levanti. Printing by Marange Printing, Belleville, NJ.



## ABOUT NJIT

NJIT is New Jersey's Science & Technology University. With roots going back to 1881, when it was founded as Newark Technical School, New Jersey Institute of Technology observed its 125th anniversary in 2006.

Located in University Heights, Newark, NJ, home to more than 30,000 college students, NJIT's campus is just 10 miles from New York City.

Playing a critical role in reshaping New Jersey's future, NJIT, as a major public technological university, is an important pipeline for the flow of technology into society. The university's educational programs prepare students to be leaders in the technology-dependent economy of the 21st century. University researchers seek new knowledge to improve processes and products for industry. Through public and private partnerships and economic development efforts, the university helps to grow new business ventures that fuel the economy.

In recent years, NJIT has put more than \$83 million toward new and improved buildings and facilities on the 45-acre campus, including biomedical engineering labs and a campus center.



*The clock tower and carillon sit in a European style plaza adjacent to the campus center*

NJIT offers 92 degree programs, 33 undergraduate, 40 master's and 19 doctoral programs, through six schools: 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 has 416 full-time faculty; more than 98 percent of whom hold the highest degree in their field. The student-faculty ratio is 13:1; with more than 5,200 undergraduate students and nearly 2,800 graduate students. Our students hail from 33 states and more than 100 countries to rank eighth in the nation for diversity. Albert Dorman Honors College enrolls more than 500 students who take advantage of honors courses, research opportunities, advising and mentoring. Honors College students have SAT scores ranking in the top 10 percent nationally.

## COACHING STAFF

### 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.

With NJIT's move to Division 1, he added responsibility as head coach of the newly-added men's and women's indoor and outdoor track and field teams.

Prior to NJIT, Alonso spent 19 years as the head men's coach and 11 as head women's coach at Stevens. He was the first coach of the Ducks' women's program. Steven's 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 was inducted into the Stevens Hall of Fame in 2006.

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.

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

Alonso also 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 - Cross Country*



David Czeizinger has been a collegiate assistant coach for 14 years, including four with the Highlanders.

Czeizinger's coaching career started as a volunteer assistant at Stevens 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 first 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 from the mile to the marathon. He is a 1978 graduate of Stevens with a degree in materials engineering.

## KING PERRY

### *Assistant Coach - Track & Field*

King Perry, a former outstanding track athlete, who previously coached at four different New Jersey high schools, joined the NJIT cross country and track and field coaching staffs for the 2006-07 season.

A resident of Passaic, NJ, Perry was a star hurdler in high school (Passaic Tech) and college (Long Island University-Brooklyn).

He was an Olympic Trials qualifier in 2000 and ranked 14th in the United States among high school hurdlers.

He owns the fourth-best 400-meter hurdles time for Passaic County in the decade of the 1990s and the sixth-best time at 110-meter high hurdles for the county in the decade. In field events, he owns the decade's second-best long jump, fourth-best triple jump and eighth-best high jump.

In college, he is the Northeast Conference record holder for the indoor 55-meter high hurdles (7.47) and he was NEC champ in both the 55 and 110-meter high hurdles.

He has served as coach at Lincoln High School in Jersey City, NJ, as well as at Bishop Francis Essex Catholic High in East Orange, at Hawthorne HS and at Passaic High. He has coached five individual champions, most recently the state Group IV outdoor long jump champion and the top two boys 55-meter Passaic County finishers in 2006. He has also coached football at the high school and middle schools levels.

## DONALD JONES

### *Volunteer Coach - Track & Field*

Donald Jones joined the track and field coaching staff as an assistant coach in the spring of 2007.

A 1992 graduate of Sterling High School in South Jersey, Jones was a standout jumper and hurdler there and a star hurdler at two colleges--Fairleigh Dickinson and Montclair State.

At Division I Fairleigh Dickinson, he was a 55-meter hurdles finalist at the Northeast Conference Indoor Championships in 1992.

In 1993, he was second runner-up in the NEC Outdoor Championship 110 hurdles, as well as being a qualifier for the prestigious IC4A 110-meter hurdles championship at the Penn Relays, he was a Shuttle Hurdle Team Championship of America finalist.

Resuming his college career at Montclair State University, Jones was ECAC Indoor Championship runner-up and an NCAA Division III Indoor Championship qualifier in the 55-meter hurdles in 1996. In 1997, he was the 110-meter hurdles champion at the Trenton State Invitational and he was 55-meter hurdles champion at the Collegiate Track Conference championships. He also competed in the 4 x 400-meter relay at the Millrose Games, the world's premier indoor track meet.

Jones earned his bachelor's degree in sociology from Montclair State in 2000. He resides in Nutley, NJ.



## 2007-08 WOMEN'S CROSS COUNTRY/TRACK & FIELD ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Event</u>	<u>Hometown/High School</u>
Ali Baumlín	Jr.	6'4	TH	Monroe Township, NJ/Monroe Twp.
Jacqueline Bunner	Jr.	5'7	J	Raritan, NJ/Bridgewater-Raritan
Cara Constantino	So.	5'9	X/D	Bloomfield, NJ/Bloomfield
Ashley Craig	Sr.	5'6	J/S	Laurel, MD/Laurel
Aileen Davila	Jr.	5'4	D	Clifton, NJ/Clifton
Eti Ebewo	Sr.	5'11	TH/S	Parlin, NJ/Old Bridge
Daisy Gallegos	Fr.	4'11	X/D	Jersey City, NJ/William L. Dickinson
Amanda Hefferan	Fr.	5'3	X/MD	Parsippany, NJ/Parsippany
Dēnaya Hemingway	Sr.	5'9	TH	Jersey City, NJ/Wiliam L. Dickinson
Lesley Hendricks	So.	5'7	X/MD	Cranford, NJ/Union Catholic
Katrina Hornstein	So.	5'10	J/S	Duluth, MN/Marshall School
Katherine Joseph	Fr.	5'6	X/MD	Jersey City, NJ/St. Dominic Academy
Nicole Kerrison	Fr.	5'3	X/MD	Yonkers, NY/Saunders
Ashley Malm	Jr.	5'6	X/D	Belford, NJ/Middletown North
Ashley Ralston	Jr.	5'6	X/D	North Plainfield, NJ/North Plainfield
Shawntel Young	Jr.	5'6	X/MD	Brownington, VT/Lake Region

**Head Coach:** Al Alonso (Stevens '83); **Assistant Coach – Cross Country:** Dave Czeizinger; **Assistant Coach – Track & Field:** King Perry; **Volunteer Coach – Track & Field:** Donald Jones

### **Event Key:**

D: Distance      H: Hurdles      J: Jumps      S: Sprints      PV: Pole Vault  
 TH: Throws      X: Cross Country      RW: Race Walk      MD: Middle Distance



*NJIT's Katrina Hornstein shares the school-record in the high-jump (1.37m) with Jacqueline Bunner*

## 2007-08 MEN'S CROSS COUNTRY/TRACK & FIELD ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Event</u>	<u>Hometown/High School</u>
Aamir Ahmed	Fr.	5'10	S	Teaneck, NJ/Teaneck
Tchaz Amevor	Jr.	6'0	X/MD	Jersey City, NJ/Univ. Academy Charter
Babatunde Busari	Jr.	5'10	X/MD	Ibadan, Nigeria/International School
Doug Colaizzo	Fr.	5'10	X/MD	Caldwell, NJ/Caldwell
Andrew Coslow	So.	6'2	D	Bayville, NJ/Central Regional
Siraj Elsamara	Fr.	6'0	TH	Cliffside Park, NJ/Cliffside Park
Josh-Erik Dolisca	Fr.	6'0	TH	Maplewood, NJ/Oratory Prep
Steve Elliot	Fr.	5'9	PV	Washington, NJ/Warren Hills
Mark Givens	Fr.	5'10	X/MD	Roselle, NJ/Roselle
Michael Gurlacz	So.	5'8	X/MD	Lake Hopatcong, NJ/Jefferson Twp
Peter Klabe	Fr.	6'2	X/MD	Palmyra, NJ/Palmyra
David Kloc	Sr.	5'1	D	Fair Lawn, NJ/Fair Lawn
Brad Leonhardt	So.	6'0	X/MD	Milford, NJ/Delaware Valley
Bryan Louvado	So.	5'10	X/MD	Kearny, NJ/Queen of Peace
Matt Magnifico	Sr.	5'10	X/MD	East Rutherford, NJ/Becton
Razz Manley-Yuseff	Sr.	5'11	TH	South Orange, NJ/Montclair Kimberly
Matt Michalec	So.	6'0	TH	Elmwood Park, NJ/Elmwood Park
Stefan Montalvo	Fr.	5'7	X/D	Roselle, NJ/Roselle
Chadwick Munroe	Fr.	5'10	X/MD	Jersey City, NJ/William L. Dickinson
Akitunde Oyawusi	So.	5'11	S	Irvington, NJ/Maris
Drew Pennyfeather	Sr.	5'4	X/MD	Perth Amboy, NJ/Perth Amboy
Jeff Pierik-Page	Fr.	6'2	D	Plainfield, NJ/St. Joseph's
Joel Rosado	Jr.	6'1	S	Perth Amboy, NJ/Perth Amboy
Umar Saeed	Jr.	5'10	X/D	Parlin, NJ/Old Bridge
Steven Schreyer	So.	5'11	S	East Brunswick, NJ/East Brunswick
Byron Smith	So.	5'11	D	Jersey City, NJ/Marist HS
Duc Tran	Sr.	5'11	X/D	Secaucus, NJ/Secaucus
Jamil Wilkins	So.	6'3	X/MD	Irvington, NJ/Irvington
John Zawisa	Jr.	5'10	X/MD	Fair Lawn, NJ/Fair Lawn

**Head Coach:** Al Alonso (Stevens '83)

**Assistant Coach – Cross Country:** Dave Czeizinger; **Assistant Coach – Track & Field:** King Perry

**Volunteer Coach – Track & Field:** Donald Jones

### **Event Key:**

D: Distance	H: Hurdles	J: Jumps	S: Sprints	PV: Pole Vault
TH: Throws	X: Cross Country	RW: Race Walk	MD: Middle Distance	



## WOMEN'S CROSS COUNTRY RECORDS

<u>COURSE</u>	<u>NAME</u>	<u>DATE</u>	<u>TIME</u>
Branch Brook Park (5k)	Cara Constantino	10.08.06	20:57
Bethpage, NY (Hofstra) (5k)	Cara Constantino	09.09.06	21:31
Drew (3 miles)	Heather McGee	10.15.88	19:16
DeSales, PA	Cara Constantino	10.14.06	21:56
Fairfield, CT	Cara Constantino	09.30.06	22:04
Garret Mountain (5.0)	Elizabeth Mayo	10.02.04	21:54
Holmdel Park	Elizabeth Mayo	10.16.04	22:17
Van Cortlandt Park, NY	Elizabeth Mayo	11.19.05	21:09
Clove Lake Park, NY	Elizabeth Mayo	09.10.05	22:03
Belmont Plateau, PA	Elizabeth Mayo	10.23.04	20:55
Sunken Meadow, NY	Elizabeth Mayo	10.16.05	22:23

## MEN'S CROSS COUNTRY RECORDS

<u>COURSE</u>	<u>NAME</u>	<u>DATE</u>	<u>TIME</u>
Bethpage, NY (Hofstra) (5k)	Duc Tran	09.09.06	17:18
Branch Brook Park (3.7)	Brian Courtney		20:27
Branch Brook Park (8k)	Umar Saeed	10.08.06	25:53
Clove Lake Park, NY (5.1)	John Nolan	09.15.90	29:20
DeSales, PA	Umar Saeed	10.08.06	26:35
Drew (Arboretum)	John Nolan	10.12.91	28:12
Garret Mountain (4.7)	Al Siuta		26:03
Garret Mountain (5.0)	Cesar Gaudin	10.21.87	26:43
Holmdel Park	Cesar Gaudin		25:48
Van Cortlandt Park, NY	Umar Saeed	09.30.06	26:11
Belmont Plateau, PA	Umar Saeed	10.22.05	26:39
Sunken Meadow, NY	Umar Saeed	10.16.05	27:33
Liberty State Park	Umar Saeed	09.30.05	25:59



*NJIT men's cross country race at Van Cortlandt Park (Bronx, NY)*

## WOMEN'S TRACK & FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Date</u>	<u>Location</u>
55m	8.2	Fanny Aizier	12.1.07	Manhattan
60m	9.27	Darshini Sivakumaran		
200m	27.90	Lesley Hendricks	2.10.08	Yale
300m	44.4	Lesley Hendricks	12.9.07	FDU
400m	1:03.07	Nicole Kerrison	2.2.08	Yale
500m	1:24.30	Nicole Kerrison	11.2.08	Army
600m	1:47.4	Nicole Kerrison	12.1.07	Manhattan
800m	2:40.58	Katherine Joseph	12.2.07	Seton Hall
1000m	3:16.60	Amanda Hefferan	3.20.8	Seton Hall
Mile	5:23.93	Amanda Hefferan	3.2.08	Seton Hall
3000m	11:22.23	Amanda Hefferan	2.10.08	Yale
5000m	19:39.81	Amanda Hefferan	2.9.08	Yale
Shotput	11.52m	Eti Ebewo	2.2.08	Yale
High Jump	1.37m	Katrina Hornstein	12.9.07	FDU
		Jaqueline Bunner	3.2.08	Seton Hall
Long Jump	3.81m	Jaqueline Bunner	3.2.08	Seton Hall
4X400m	4:30.86		1.12.08	Army

## MEN'S TRACK & FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Date</u>	<u>Location</u>
55m HH	8.0	Joel Rosado	12.9.07	FDU
60m HH	9.15	Joel Rosado	2.25.07	Seton Hall
55m	6.78	Akitunde Oyawusi	2.10.08	Yale
60m	7.37	Akitunde Oyawusi	3.2.08	Seton Hall
200m	22.89	Mark Givens	2.10.08	Yale
300m	36.6	Jeff Pierik-Page	12.9.07	FDU
400m	50.44	Mark Givens	2.10.08	Yale
500m	1:08.0	Mark Givens	12.2.07	Seton Hall
600m	1:28.6	Mark Givens	12.9.07	FDU
800m	2:00.89	Chadwick Munroe	2.10.08	Yale
1000m	2:49.04	Duc Tran	2.10.08	Yale
Mile	4:37.17	Umar Saeed	2.2.08	Yale
3000m	8:59.13	Umar Saeed	2.11.07	Yale
5000m	15:38.25	Umar Saeed	2.10.07	SCSU
Shotput	12.50m	Josh-Erik Dolisca	3.2.08	Seton Hall
35# Wt.	8.20m	Juan Restrepo	2.10.07	SCSU
High Jump	1.67m	Chadwick Munroe	12.9.07	FDU
Triple Jump	12.21m	Matt Magnifico	2.10.07	SCSU
Mile RW	13:16.01	Matt Magnifico	12.3.06	SCSU
3000 RW	17:18.07	Michael Genauer	2.10.07	SCSU
4X400m	3:29.79	J. Page, M. Gurlacz, M.Givens, C. Munroe	2.2.08	Yale

## 2007-08 MEN'S PROFILES



*Matt Magnifico*



*Umar Saeed*



*Stefan Montalvo*



*Mark Givens*

### **MATT MAGNIFICO**

**Fr. \* 5'10 \* X/Jumps \* East Rutherford, NJ/Becton**

**2007-08:** Top-finisher for NJIT at the national Division I Independent XC championship race on Oct. 27 hosted at University of Texas-Pan American. **2006-07:** Set the school record in the triple jump with a jump of 2.21 meters ... finished in the top 15 in the triple jump finals (37'6) at the CTC Championship. **2005-06:** Grabbed 23rd at the CACC xc championship race (30:31.93) ... **2004-05:** All-CACC, finishing 12th in the league xc meet ... his 28:59 at CACCs was a team's season low ... top NJIT finisher at DII East Regional. ... **Prior to NJIT:** All-state, all-county and all-area for coach Michael Ryan at Becton ... won two league titles and county group championship. ... **Personal:** Matthew Edward Magnifico ... son of Guy and Elaine Magnifico ... majoring in biochemical engineering.

### **UMAR SAEED**

**Fr. \* 5'10 \* X/D \* Parlin, NJ/Old Bridge**

**2007-08:** Redshirt in cross country ... **2006-07:** XC— all-East honors with a 14th-place finish in the season-ending IC4A University Division 5-mile race. ... top-finisher for NJIT (13th; 26:33.3) in the national Division I Independent championship race in Fort Wayne, IN ... selected as co-MVP for NJIT's first varsity track team and set the school records in the 1500, 3000, 5000 and 10K events. **2005-06:** co-Newcomer of the Year for NJIT athletics ... capped a splendid freshman cross country season by earning All-East honors with a 24th-place finish in the IC4A University men's championship race ... first in the CACC championship race, finishing nearly 47 seconds ahead of the defending champion ... **Prior to NJIT:** All-state, finished 7th in the NJ Meet of Champions ... county champion for coach Richard Gebour at Old Bridge ... top finisher for his 2004 team that won Group 4 state championship and place third in the state. ... **Personal:** Umar Saeed ... son of Yawar Saeed and Shehnaz Kausar ... majoring in civil engineering ... father played for Pakistan's national hockey team.

### **STEFAN MONTALVO**

**Fr. \* 5'7 \* X/D \* Roselle, NJ/Roselle**

**2007-08:** NJIT's top finisher in all but two cross country races ... set school records at Bethpage, Pomona and Van Cortlandt Park ... **Personal:** Stefan Rene Montalvo ... son of Rene and Hazra Montalvo ... majoring in mechanical engineering.

### **MARK GIVENS**

**Fr. \* 5'10 \* X/MD \* Roselle, NJ/Roselle**

**2007-08:** T&F--top long sprinter, he has set the school records in the 200, 400, 500 and 600 meter events. **Prior to NJIT:** Letterwinner for coach Paul Irwin at Roselle Catholic. ... **Personal:** Mark J. Givens. ... son of Jacquelyn Givens and Larry Stevens. ... majoring in mechanical engineering.



## 2007-08 WOMEN'S PROFILES



*Cara Constantino*



*Lesley Hendricks*



*Katherine Joseph*



*Amanda Hefferan*

### **CARA CONSTANTINO**

**So. \* 5'8 \* X/D \* Bloomfield, NJ/Bloomfield**

**2006-07:** Top finisher for NJIT at the national Division I Independents cross country championship hosted by Indiana-Purdue University Fort Wayne, Constantino was 40th overall, ninth among freshman (26:38). ...

**Prior to NJIT:** First-team all-County, all-League for coach Gene Leporati at Bloomfield. ... Scholar Athlete. ...2005 Essex County XC Champions. ... **Personal:** Cara Jennie Constantino. ...daughter of John and Valerie Constantino. ... architecture major.

### **LESLEY HENDRICKS**

**So. \* 5'7 \* X/Sprints \* Cranford, NJ/Union Catholic**

**2007-08:** Top short sprinter. ... holds the school record in the 200 and 300 meter race ... played women's basketball for NJIT in 2006-07 ... **Prior to NJIT:** Three-year varsity letter winner in track and field and competed in the New Jersey Meet of Champions. ...Second-team all-Union County in basketball, playing for coach Kathy Matthews at Union Catholic High in Scotch Plains, NJ. ... received Union County Coaches Award for basketball and track and field. ... National Honor Society, academic medallion and numerous academic awards. ...

**Personal:** Lesley Nicole Hendricks ... Daughter of Harold and Brenda Hendricks ... microbiology major.

### **KATHERINE JOSEPH**

**Fr. \* 5'6 \* X/MD \* Jersey City, NJ/St. Dominic Academy**

**2007-08:** NJIT's top middle distance runner. ... set the school record in the 800 meter event ... **Prior to NJIT:** Second-team all-County runner for John Nagel at St. Dominic Academy. ... member of the basketball team. ...

**Personal:** Katherine Alexis Joseph. ... daughter of Sandra Cruz. ... intends to major in civil engineering.

### **AMANDA HEFFERAN**

**Fr. \* 5'3 \* X/D \* Parsippany, NJ/Parsippany**

**2007-08:** XC--Top finisher and broke the school records for NJIT in five XC meets. ...T&F--top distance runner, she has already set the school records in 1000, 1500,mile,3000, and 5K events ... **Prior to NJIT:** Third-team all-State for coach Walter Blueuer at Parsippany. ... State Group 2 1600 Champions. ... first-team all-Conference. ... **Personal:** Amanda Leigh Hefferan ...daughter of Linda Hefferan. ... Aunt (Peg Hefferan) is Assistant Athletic Director at Wagner College.

## CROSS COUNTRY PROGRAM HISTORY

### **MEN**

#### **All-Region**

1987 Cesar Gaudin

#### **All-East (all divisions)**

2005 Umar Saeed  
(IC4A, 24th place)

#### **Independent Athletic Conference 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. Champion**

2005 Umar Saeed

#### **All-Conference**

2004 Matthew Magnifico  
2005 Umar Saeed

#### **Newcomer of the Year**

2005 Umar Saeed

#### **CTC All-Tournament**

2007 Stefan Montalvo;  
Matt Magnifico

### **WOMEN**

#### **Independent Athletic Conf. Individual Champion**

1996 Jannina Alvarez

#### **All-Conference**

1995 Jannina Alvarez  
1996 Jannina Alvarez

### **Central Atlantic Coll. Conf. Champion**

2003 Jady Alvarez  
2004 Elizabeth Mayo  
Jaclyn Thomforde



*NJIT women's cross country team huddle*

## ATHLETIC FACILITIES

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

The teams also have a full access to all 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 Estelle and Zoom Fleisher Athletic Center gym, home to NJIT's basketball and volleyball teams, underwent renovation in the summer of 2006.

Included in the makeover were: installation of a new floor and baskets and a repositioning of the main playing court. The gym also got new lighting, a new sound system and new scoreboards along with entirely new seating for more than 1,000 spectators after the first phase of the renovation.

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 bleachers seating can hold approximately 1,000 spectators.

In 2005, NJIT and the Newark Bears announced a 10-year partnership that cemented the downtown stadium as home of all Highlander home games.



*Estelle and Zoom Fleisher Athletic Center (home of the men's and women's basketball & volleyball teams )*



## 2007 MEN'S & WOMEN'S CROSS COUNTRY

Date	Day	Opponent	Location	Date	Day	Opponent	Location
SEPTEMBER.....				OCTOBER.....			
1	Sat.	ALUMNI VS. VARSITY (&)	Newark, NJ	7	Sun.	HIGHLANDER	
8	Sat.	Hofstra Invitational (M/W)	Bethpage, NY			INVITE (#) (M/W)	Newark, NJ
16	Sun.	NIIT CLASSIC (#) (M/W)	Bronx, NY			SAINT PETER'S (W)	
		FAIRLEIGH DICKINSON		20	Sat.	CTC Championships (M/W)	Pomona, NJ
		LIU		27	Sat.	Independents XC	
		SAINT FRANCIS (NY)				Championships (M/W)	Rancho Viejo, TX
		SAINT PETER'S		NOVEMBER.....			
22	Sat.	Iona Meet of Champions (M/W)	Bronx, NY	4	Sun.	HALLOWEEN CLASSIC	
OCTOBER.....						(&) (W/M)	Bronx, NY
6	Sat.	Community Service Project—Hoboken, NJ	Hoboken, NJ	17	Sat.	IC4A (M)	Bronx, NY
		Healthy Neighbors 5k		17	Sat.	ECAC Championships (W)	Bronx, NY

**Head Coach:** Al Alonso (Stevens '83) **Assistant Coach:** David Czeizinger

(♂) – Home Meets in **BOLD BLACK CAPS** at Branch Brook Park – Newark, NJ

(#) – Home Meets in **BOLD BLACK CAPS** at Van Cortlandt Park – Bronx, NY

## 2007-08 MEN'S & WOMEN'S TRACK & FIELD

### Indoor Season

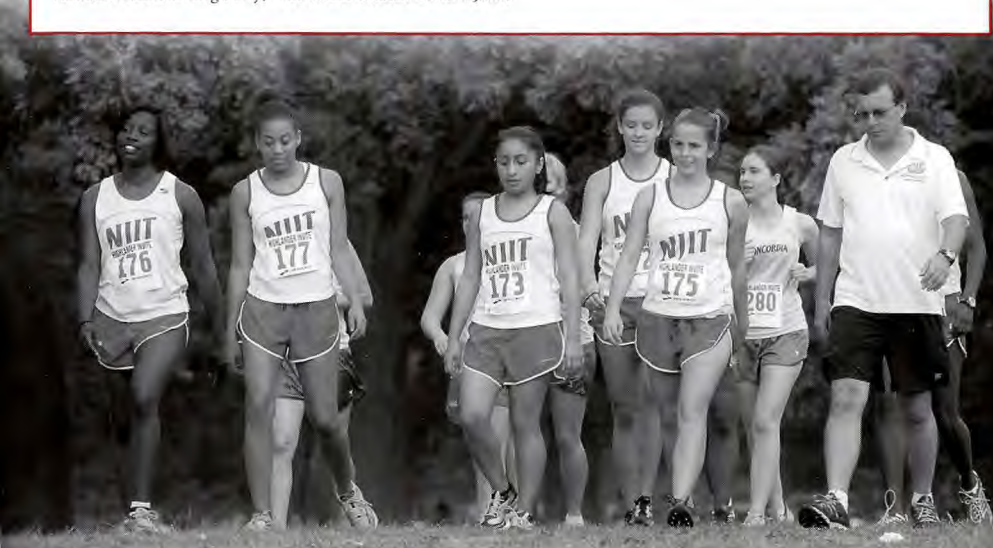
Date	Day	Opponent	Location	Date	Day	Opponent	Location
DECEMBER.....				FEBRUARY.....			
1	Sat.	Manhattan Opener (M/W)	Riverdale, NY	2	Sat.	Yale Invite (M/W)	New Haven, CT
		Wagner (M/W)		9-10	Sat.-Sun.	CTC Indoor	
2	Sun.	Seton Hall Open (M/W)	South Orange, NJ			Championship (M/W)	New Haven, CT
9	Sun.	Patch Meet (M/W)	Teaneck, NJ	MARCH.....			
JANUARY.....				2	Sun.	Seton Hall Last Chance Meet	
12	Sat.	Army Open (M/W)	West Point, NY			(M/W)	South Orange, NJ
				8-9	Sat.-Sun.	IC4A (M/W)	Boston, MA

### Outdoor Season

Date	Day	Opponent	Location	Date	Day	Opponent	Location
MARCH.....				MAY.....			
22	Sat.	NIIT Duals Meets (M/W)	Jersey City, NJ	9-10	Thu.-Sat.	Independent Track	
29	Sat.	Wagner Invitational (M/W)	Staten Island, NY			Championship (M/W)	Provo, UT
APRIL.....				16-18	Fri.-Sun.	IC4A (M)	Princeton, NJ
5	Sat.	Engineers Invitational (M/W)	Jersey City, NJ			ECAC (W)	
12	Sat.	Coach "O" Invite (M/W)	Kings Point, NY	JUNE.....			
19-20	Sat.-Sun.	CTC Outdoor		20-22	Fri.-Sat.	USA Junior Nationals (M/W)	TBA
		Championship (M/W)	Allentown, PA				
24-26	Thu.-Sat.	Penn Relays (M/W)	Philadelphia, PA				
27	Sun.	Yale Invitational (M/W)	New Haven, CT				

**Head Coach:** Al Alonso (Stevens '83)

**Assistant Coach:** King Perry; **Volunteer Coach:** Donald Jones





**NJIT**

New Jersey's Science &  
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