



2008 Coastal Carolina Women's Cross Country Week 1 Notes August 26, 2008

2008 Schedule

Date	Opponent	Time/Result
Aug. 29	at Gamecock Invite (Columbia, S.C.)	7 p.m.
Sept. 13	COASTAL CAROLINA INVITATIONAL (Conway S.C.)	8 a.m.
Sept. 20	at Big South Preview (Lynchburg, Va.)	2:45p.m.
Oct. 3	at Paul Short Run (Bethlehem, Pa.)	11:45 a.m.
Oct. 17	at Blue Ridge Mountain (Boone, N.C.)	4:30 p.m.
Nov. 1	at New Balance Big South Conference Championship (Lynchburg, Va.)	11:30 a.m.
Nov. 10	at NCAA Regionals (Winston-Salem, N.C.)	11 a.m.
Nov. 19	at NCAA Championships (Terre Haute, Ind.)	12:05 p.m.

Program Information

Head Coach.....Alan Connie (Northeastern '71)
Assistant.....Jacquie Grimes (Troy State '96)
Years at Coastal..... 23
No. of Big South Conference Titles 11
No. of NCAA Appearances 8
Athletics Director..... Warren "Moose" Koegel
 (Penn State '71)
SID..... Scott Kemps
SID Phone..... 843-349-2848
SID E-mail..... skemps@coastal.edu

What is a Chanticleer?



A Chanticleer (SHON-ti-cleer) gives Coastal Carolina University one of the most unique nicknames in all of sports. Chanticleer comes from Chaucer's Canterbury Tales and came to Coastal when the University was a member of the University of South Carolina system.

A Chanticleer is a rooster who rules the barnyard with cunning and wit. His competitiveness never wanes as he battles to the end, using his brains to come out on top every time.

They're Off And Running

The Chanticleers will open their 2008 season on Aug. 29, as they travel to Columbia, S.C., for the Gamecock Invitational, hosted by the University of South Carolina.

Eight Familiar Faces For The Chanticleers

Coastal Carolina welcomes back a lone senior **Keli Jo White**, a trio of juniors in **Peggy Busbee**, **Theresa Schamberger** and **Kathryn Zenowitz**. Sophomores **Joyce Curtin**, **Shelby Donahue** and **Maranie Staab** round out the returning Chanticleers.

Five Freshman Look To Make Impact

Coastal's roster will include five freshmen this year with **Santresa Jamison**, **Christian Johnson**, **Sarah Uberti**, **Mia Wyszynski** and **Rindi Wood**, who redshirted a year ago.

On The Schedule

The Lady Chanticleers have five 5K races and three 6Ks on its 2008 ledger. Coastal will run a 5K in the season's first two meets and then again at the Big South Conference Championships. The Paul Short Run, NCAA Pre-Nationals and NCAA Regionals are all 6K races.

Chants Return Two All-Big South Performers

Junior **Theresa Schamberger** and sophomore **Mariane Staab** return after earning all-conference honors a season ago. At the Big South Championships, Staab placed ninth with a time of 18:08.4, while Schamberger was 10th with a time of 18:11.2.

Chants Second in Preseason Poll

Coastal Carolina garnered 93 points and three first place votes to place second in the annual Big South Conference Preseason Poll for the second-consecutive year. Defending champion Liberty took the top spot with 97 points and seven first-place votes.

Looking Ahead

The Chants host their annual Coastal Carolina Invitational on Sat., Sept. 13 at 8 a.m. at Quail Creek Golf Club in Conway.



2007 Coastal Carolina Women's Cross Country Individual Race-By-Race

Peggy Busbee-Junior

Meet	Time/Finish
Covered Bridge Open	21:50.62/81st
Coastal Carolina Invitational	21:45.63/18th
Brooks Paul Short Run JV	25:55/242nd
Low Country Invite	21:01/9th
New Balance Big South Championships	21:24.0/53rd

Joyce Curtain-Sophomore

Meet	Time/Finish
Coastal Carolina Invitational	20:08.22/10th
Brooks Paul Short Run Invitational	24:07/234th
Low Country Invite	21:23/10th
New Balance Big South Championships	20:38.7/49th

Shelby Donahue-Sophomore

Meet	Time/Finish
Covered Bridge Open	20:36.41/54th
Coastal Carolina Invitational	20:22.51/11th
Brooks Paul Short Run Invitational	24:34/255th
Low Country Invite	19:38/2nd
New Balance Big South Championships	19:33.9/25th
NCAA Southeast Regionals	24:09.25/191st

Theresa Schamberger-Junior

Meet	Time/Finish
Covered Bridge Open	19:04.40/14th
Coastal Carolina Invitational	19:02.06/3rd
Brooks Paul Short Run Invitational	22:13/75th
NCAA Pre-Nationals	22:45.7/189th
New Balance Big South Championships	18:11.2/10th
NCAA Southeast Regionals	22:37.05/105th

Maranie Staab-R-Sophomore

Meet	Time/Finish
Coastal Carolina Invitational	19:21.22/5th
Brooks Paul Short Run Invitational	22:47/122nd
NCAA Pre-Nationals	22:26.9/167th
New Balance Big South Championships	18:08.4/9th
NCAA Southeast Regionals	22:12.75/81st

Keli-Jo White-Senior

Meet	Time/Finish
Covered Bridge Open	20:39.27/57th
Coastal Carolina Invitational	20:58.95/14th
Brooks Paul Short Run JV	23:59/89th
NCAA Pre-Nationals	24:21.1/245th
New Balance Big South Championships	20:06.8/40th

Kathryn Zenowitz-Junior

Meet	Time/Finish
Coastal Carolina Invitational	22:58.66/23rd
Low Country Invite	21:43/11th

**All times are from the 2007 season*

2007 Season Review

Jepchirchir Becomes Second Women's Cross Country All-American

TERRE HAUTE, IND -- Senior Diana Jepchirchir (Kampala, Uganda/University of New Orleans) raced her way to All-America status at the NCAA Cross Country Championships in Terre Haute, Ind. Monday, Nov. 19. Jepchirchir finished the 6K course 29th with a time of 20:55.8. The top 30 finishers plus the top 30 Americans earn All-America honors.

"Diana held off about 10 people at the end," Head Coach Alan Connie said. "She executed our plan nicely, which was to be in the top 30."

Jepchirchir is the second Lady Chanticleer to become an All-American in women's cross country. Julia Viellehner earned All-America honors at last year's NCAA Cross Country Championships.

Women's Cross Country Finishes Second at Conference Championships, Jepchirchir Wins Individual Title

HENDERSONVILLE, N.C. -- Senior Diana Jepchirchir (Kampala, Uganda/University of New Orleans) raced her way to the 2007 New Balance Big South Women's Cross Country individual crown and a Runner of the Year honor on Saturday, Oct. 27 at Jackson Park, Coastal Carolina came up just short in the team competition. The Chanticleers finished second with 39 points as Liberty won its second New Balance Big South Women's Cross Country Championship with 36 points.

Junior Felicitas Mensing (Neuhausen, Germany/Leplergy Secondary) finished third, clocking a time of 17:49.7. Redshirt freshman Maranie Staab (Trafford, Pa./Penn Trafford) took ninth with a time of 18:08.4, while sophomore Theresa Schamberger (Kendalville, Ind./East Noble) was 10th with a time of 18:11.2. Jepchirchir, Mensing, Staab and Schamberger all received All-Conference honors, which is awarded to the top 10 finishers at the Championship Meet.

Freshman Shelby Donahue (Griswold, Conn./Griswold) finished 25th (19:33.9) and senior Nikki Jaspersen (Fort Wayne, Ind./Bishop Luers) placed 32nd (19:47.6). Rounding out the Lady Chants were junior Keli-Jo White (Wadsworth, Ohio/Wadsworth) (40th, 20:06.8), freshman Joyce Curtin (Killeagh, Ireland/Colaiste Eoin) (49th, 20:38.7) and sophomore Peggy Busbee (Aiken, S.C./Aiken) (53rd, 21:24.0).



2008 Coastal Carolina Women's Cross Country Roster

<u>Name</u>	<u>Year</u>	<u>Ht.</u>	<u>Hometown/High School</u>
Peggy Busbee	Jr.	5-5	Aiken, S.C./South Aiken
Joyce Curtin	So.	5-10	Killeagh, Ireland/Colaiste Eoin
Shelby Donahue	So.	5-2	Griswold, Conn./Griswold
Santresa Jamison	Fr.	5-7	Spartanburg, S.C./Spartanburg
Christian Johnson	Fr.	5-6	Cleveland Heights, Ohio/Cleveland Heights
Theresa Schamberger	Jr.	5-3	Kendalville, Ind./East Noble
Maranie Staab	So.	5-8	Trafford, Pa./Penn Trafford
Sarah Uberti	Fr.	5-3	Manahawkin, N.J./Southern Regional
Keli Jo White	Sr.	5-10	Wadsworth, Ohio/Wadsworth
Rindi Wood	Fr	5-7	Charleston, S.C./James Island
Mia Wyszynski	Fr.	5-6	Berlin, Germany/Univ. of Bremen
Kathryn Zenowitz	Jr.	5-9	Groton Long Pt., Conn./Robert E. Fitch

Head Coach: Alan Connie (Northeastern '71), 23rd season

Assistant Coach: Jacquie Grimes (Troy State '96) 5th season