

# An Inside Look at



## Lehman College Women's Cross Country Preview

If last season was an appetizer, the Lehman College cross country faithful are preparing for the main dish, as the excitement surrounding the 2005 cross country program at Lehman is in full swing. A major part of the excitement has been generated by the emergence of one of the top long distance runners in the nation, Amy Ruston.

Ruston, the 2004 CUNY conference Runner of the Year, finished first last season in the NCAA Atlantic region and earned a berth in the NCAA national championships, where she placed 70<sup>th</sup> out of 215 competitors. Her overnight success, helped elevate a Lightning program which was previously known for their dominating indoor and

outdoor teams.

With the strong leadership, and a great recruiting job by tenth year head coach Lesleigh Hogg, the Lightning enter the 2005 season with possibly their strongest team in recent history. Leading the charge of newcomers to the team is transfer student Ana-Maria Ortiz (Codem, Mexico). Ana, a marathoner, comes with very little cross country experience but a lot of enthusiasm, to go along with natural talents.

"With Amy and Ana I feel we have two of the stronger runners in this area," said coach Hogg. "This duo should provide for some very exciting battles during the cross country season."

Aside from the duo of Ruston and Ortiz, Lehman has

reason to be optimistic with newcomers Shawane Williams, and Carlyn Jean\_Baptiste. The squad will also get a boost from Lightning standout softball players Olga and Lianee Torres, and Shirley Arrieta.

"Our squad has great chemistry this season," Hogg added. "The team will get stronger, as we go along, and I am looking forward to seeing how they progress at the end of the season."

The season will be challenging one for the squad, as they are scheduled to run in the NYU Invitation, Bard College Invitational, and the Cross Country Championships at DeSales University. These are just a few of the many meets the Lightning will

### 2005 CROSS COUNTRY SCHEDULE

DATE	OPPONENT	H/A	TIME
9/10/05	Vassar Invitational	A	TBA
9/17/05	New York University @VCP	A	TBA
9/24/05	Bard Invitational	A	Noon
10/08/05	Stevens Tech Invitational @Liberty Island	A	TBA
10/15/05	Albany Invitational	A	TBA
10/22/05	CTC Championships @DeSales	A	TBA
10/23/05	CUNYAC @VCP	A	10 AM
11/05/05	ECAC Championships	A	TBA
11/12/05	NCAA Regionals	A	TBA
11/19/05	NCAA Championships @Ohio Wesleyan University	A	TBA

compete in to prepare for the NCAA region championships.

"I am healthier than I was last year and I want to show that I can run even faster," said Ruston. "With this year's team, and challenging schedule, I am looking forward to an opportunity to represent Lehman College in the national tournament."



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### 2005 LIGHTNING WOMEN'S CROSS COUNTRY ROSTER

Player	Year	Height	High School	Hometown
Shirley Arrieta	Jr.	5-5	Art & Design	Queens, NY
Mariska Joy Browne	Jr.	5-7	Morris	New York, NY
Carolyn Jean Baptiste	So.	5-8	C. Burton	Brooklyn, NY
Stacy Mohammed	Jr.	5-2	Walt Whitman	Bronx, NY
Ana Ortiz	Jr.	5-6	Codem (Mexico)	Brooklyn, NY
Amy Ruston	Jr.	5-2	Nashua	Bronx, NY
Shawan Allen-Williams	Fr.	5-4	Vance	Bronx, NY
Lianee Torres	So.	5-9	St. Catherine Acad.	Bronx, NY
Olga Torres	So.	5-7	St. Catherine Acad.	Bronx, NY

Head Coach: Lesleigh Hogg  
Assistant Coach: Leroy Solomon