

Men's AMHERST COLLEGE Cross Country

The Lord Jeffs of Amherst won their first-ever NCAA New England Region Cross Country title in 2007, and then finished 2nd in 2008 to advance to the National Championships for the 2nd year in a row. The team relied heavily on depth for their success, as 5 different runners led the team throughout the season. With those Top 5 runners all returning, and a great group of runners ready to contribute, the 2009 season is expected to be the best in program history.



2009 Schedule

September 12	Amherst Invitational, Amherst, MA
September 19	UMass Amherst Invite, Amherst, MA
October 3	Keene State Invitational, Keene, NH
October 10	New England Open Championships, Boston, MA
October 24	Little Three Championships, Amherst, MA
November 1	NESCAC Championships, Manchester, CT
November 7	ECAC Championships, Williamstown, MA
November 14	New England DIII Regionals, Cumberland, ME.
November 21	NCAA DIII Championships, Cleveland, OH

Head Coach

Erik Nedeau



Entering his 13th season as head coach, Erik "Ned" Nedeau has molded the men's and women's cross country and track programs into perennial regional and national contenders, while consistently coaching Amherst runners to personal records and higher levels of achievement. Since taking the reigns in 1995, Nedeau has coached five athletes to a combined 16 NCAA individual national titles, over 100 All-American honors have been earned, and numerous New England, NESCAC and ECAC champions. The 2007 season brought the program to new heights, as the men's team won its first-ever NCAA New England Region Cross Country title and finished 12th at the NCAA Division III Championships, and the 2008 season saw a return to NCAA with a 24th place finish.

Nedeau utilizes a unique blend of knowledge and experience to push his programs to new heights. He was one of the top middle distance runners in the nation, earning a bronze medal in the 1,500 meters at the 1995 World Indoor Track & Field Championships and competing in three Olympic Trials, and

continues to train and compete at a high level. Nedeau was a five-time Division I All-American at Northeastern University and was inducted into both NU's and the Maine Running Hall of Fame.

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Amherst Men's Cross Country Quick Facts:

Head Coach: Erik Nedeau (13th season)

Assistant Coaches: Amy Nedeau, Steve Shashy, Kim Partee

2008 Awards and Honors:

- 2008 New England Region Cross Country 2nd Place
- 24th place finish at NCAA Division III Cross Country Championships
- 6th Place (Top DIII team) at Open New England's
- Carlyle Eubank '10 and Peter Foote '09 named Academic All-Americans
- Will Yochum, Carlyle Eubank, Daniel Murner, Jimmy Swanson and Eric Holaday earned All-New England honors
- Named a USTFCCA All-Academic team
- Daniel Murner and Eric Holaday named to the All NESCAC Team

Cross Country All-Americans

Tomas Morrisey (2005)

Robert Mitchell (1998)

Jeffrey Poor (1981)



Contact Us:

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Amherst College Quick Facts:

- Founded in 1821.
- Independent, non-sectarian, co-educational liberal arts college.
- Approximately 1,680 undergraduate students from 49 states and 30 countries.
- Located in Amherst, Massachusetts, 90 miles west of Boston, 165 miles north of New York.
- Five College Consortium with Hampshire College, Mount Holyoke, Smith College and the University of Massachusetts allows students to take classes at and share the resources of four nearby schools.
- Student-faculty ratio is 8:1 and the average class size is 17.
- Amherst's unusual open curriculum means that students are not required to study a core curriculum or take distribution requirements.
- The town of Amherst was voted as the Top College Town in North America by MSN encarta.

Amherst Athletics Quick Facts:

- Athletic program is the oldest in the nation.
- 27 NCAA Division III varsity teams.
- 32 percent of students participate in varsity sports and 80 percent in club and intramural sports.
- Mascot is Lord Jeff, named after Lord Jeffery Amherst.
- Charter Member of the New England Small College Athletic Conference (NESCAC) with 10 other schools: Bates College, Bowdoin College, Colby College, Connecticut College, Hamilton College, Middlebury College, Trinity College, Tufts University, Wesleyan University and Williams College.
- "Little Three" rivalry with Wesleyan and Williams colleges for over 100 years—oldest "conference" in the nation.
- School colors are purple and white.
- Participant in first intercollegiate baseball game in 1859, beating Williams 73-32.
- Finished third in the 2008-09 United States Sports Academy Director's Cup standings (running Amherst's string of consecutive top-15 finishes to 14 straight) among NCAA Division III schools for athletic achievement, the only all-sports trophy given to NCAA and NAIA institutions.

Admission Deadlines:

Early Decision: November 15

Regular Decision: January 1

Fall Transfer: March 1

