

Women's AMHERST COLLEGE Cross Country

After capturing the NCAA Championship in 2007, the Lord Jeff's again returned to the National Championships in 2008. Led by an NCAA Runner-up finish from Elise Tropiano, the team finished 28th at the National Championships in 2008. Elise became the first Amherst woman to capture the District Title and was named the USTFCCA Scholar Athlete of the Year as well as NESCAC and New England Runner of the Year. Graduation losses will be hard felt in 2009, but All New England runners Sophie Galleher and Hallie Schwab look poised to help the program continue its streak of NCAA appearances.



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

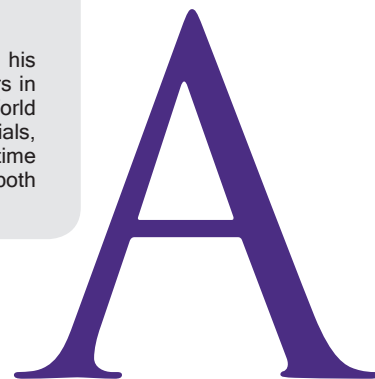
Head Coach Erik Nedeau



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, and produced over 100 All-Americans, and numerous New England, NESCAC and ECAC champions. The 2006-07 season brought the program to new heights, as the women's cross country team won the Little III, NESCAC and ECAC championships, and finished second by one point at the NCAA Championships. The 2006 season was quickly topped, however, in 2007 when Amherst won the NCAA Cross Country Championship to mark the first national team title in program history. Nedeau has been named the NESCAC Women's Cross Country Coach of the Year three times, and in 2007 was tabbed the USTFCCA National Women's Cross Country Coach of the Year.

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 Northeastern's and the Maine Running Hall of Fame.

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Amherst Women's Cross Country Quick Facts:

Head Coach: Erik Nedeau (13th season)

Assistant Coaches: Amy Nedeau, Steve Shashy, Kim Partee

2008 Awards and Honors:

- Elise Tropiano earns NCAA Runner-up Finish
- Elise named USTFCCCA Scholar Athlete of the Year, NESCAC and New England District Runner of the Year
- National Championship Team Qualifier, 28th place overall
- NCAA Division III USTFCCCA Women's All-Academic Cross Country Team
- Elise Tropiano, Zandra Walton and Hallie Schwab named Academic All-Americans
- Elise Tropiano and Sophie Galleher named All Region Runners

Cross Country All-Americans:

Elise Tropiano (2007, 2008)

Heather Wilson (2006, 2007)

Kim Partee (2005, 2006)

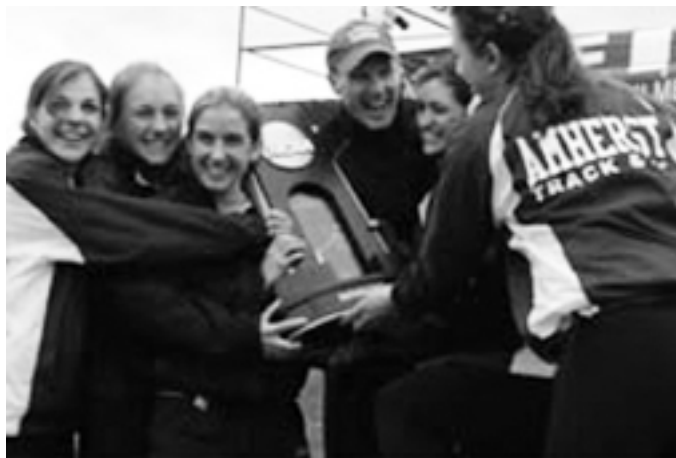
Shauneen Garrahan (2003, 2004)

Carter Hamill (2001, 2002, 2003, 2004)

Martha Nelson (2001)

Katie Scangos (1999, 2000)

Berit Ashla (1985)



2007 National Championship Victory Celebration

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.
- 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

Spring Transfer: November 1

