

# RIO

CROSS COUNTRY

# 2010 MEDIA GUIDE



UNIVERSITY OF  
**RIO GRANDE**  
& RIO GRANDE COMMUNITY COLLEGE

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The University of Rio Grande RedStorm women's cross country team came within a whisker of appearing in the NAIA Championships in 2009 and nearly everyone is back for a run at it in 2010. Rio Grande was the Mid-South Conference runner-up a season ago and has been picked third this season.

Rio Grande had two individuals race at the NAIA Meet in Stacey Arnett (Laurelville, OH) and Kayla Renner (Galloway, OH). Renner is back while Arnett has used up all of her eligibility.

"Stacey has used up all of her eligibility, we're going to lose her," Rio Grande head coach Bob Willey said. "She was a huge force for us last year, but we've got everyone else back and we've picked up a couple of freshmen that will help us."

Rio will have two seniors in Hillary Haines (McConnellsville, OH) and Beth Hysell (Pomeroy, OH).

Renner and junior Cassie Mattia (West Chester, OH) will most likely be the top runners based on performances from last season. "They train side-by-side, when we're doing our interval training, they're usually right there together talking to one another, encouraging one another and of course they're working at trying to get Amy (Lower) as close to them as possible as well," Willey said. "That's the philosophy right now, 'hey we need you, you need to be here with us, so they're encouraging her to run as close to them as possible.'"

"Last year we had Kayla, Cassie and Stacey and they were running 1-2-3 up front, right now we're running 1-2 and Amy is close right now and they're trying to get her up there as close as possible so, again we can have that 1-2-3 combination," Willey added.

Joining Renner in the junior class is Danielle Stockham (London, OH) while sophomores Holly Haines (McConnellsville, OH) and Amy Lower (Westerville, OH) also return from last year's squad. Lower has the inside track on the third spot after an injury-plagued freshman campaign.

Rio Grande has been picked to finish 3rd in the Mid-South Conference in 2010. "Everybody ran well over the summer, so they've got good mileage behind them,

we're excited for the ladies," Willey said. "Obviously when you're picked third, you'd like to win it and we're going to do the best we can to try to mix it up and try to finish as high as we possibly can in the conference."

"Hopefully it will be higher than third," Willey added. "We're looking for a good year."

Coach Willey and staff have brought in some solid recruits who look to be good prospects for this year and the years to come. The three newcomers are all local products in Scharlena Champion (Hamden, OH), Genna Baker (Gallipolis, OH) and Amanda Neal (Apple Grove, WV).

Willey likes the look of the team as they head into the first meet. "We're very solid, they've worked very hard this summer, we have a lot of talent," he said. "They're excited, you always can't wait for that first meet, but then you dread it at the same time as well."

The highlight of the schedule is always the Rio Invitational, set for September 25. "We've had to move it up a week because of the All-Ohio," Willey said. "It (the All-Ohio) was always the second Friday in October and they've moved it to the first weekend in October and that's when our invitational used to be."

"We have since moved our invitational up a week, so we're now the last week in September, which we're right on top of Lancaster, which they've got great tradition up there and we hate to do that, but we were on top of them last year and we numbered over 1,300 runners," Willey added. "This will be our 40th; we've had this meet for 40 years, so time flies when you're having fun."

The season gets underway on Saturday (September 4) at the Flyer 5 K hosted by the University of Dayton. "Dayton will be a good opener for us, it's a fast course, outstanding competition and we're hoping our girls will be able to go in and mix it up with the teams there," Willey said.



# 2010

<i><b>Date</b></i>	<i><b>Meet</b></i>	<i><b>Location</b></i>	<i><b>Time</b></i>
Sept. 4	Flyer 5K Challenge	Kettering, OH	11:15 a.m.
Sept. 11	Ohio University	Athens, OH	10:30 a.m.
Sept. 25	Rio Grande Invitational	Rio Grande, OH	10:00 a.m.
Oct. 1	All-Ohio	Cedarville, OH	2:45 p.m.
Oct. 15	Fall Classic	Wilmington, OH	4:30 p.m.
Oct. 23	Great Lakes Inv.	Grand Rapids, MI	12:00 p.m.
Oct. 29	Red & White Inv.	Rio Grande, OH	4:30 p.m.
Nov. 6	MSC Meet	Portsmouth, OH	10:15 a.m.
Nov. 20	NAIA National Meet	Port Vancouver, WA	10:30 a.m.





### ***Bob Willey***

Willey is in his second stint as Head Men's and Women's Cross Country & Track Coach, which began in 1986.

He earned a Bachelors of Science in Health & Physical Education from Rio Grande College in 1973. Willey went on to earn his Masters in Health Education from Union College in 1975.

Willey's first stint as Head Track & Cross Country Coach at Rio Grande College was from 1975-1979.

He left to become Head Men's Track and Cross Country Coach at Morehead State University and was there from 1979-1985 before returning to Rio Grande.

While at Rio Grande Willey has coached five Individual National Champions, 100 All-Americans and 44 Academic All-Americans.



### ***Marilyn Snyder***

Snyder is in her second season on the coaching staff at Rio Grande. She was born and raised in Corpus Christi, Texas where she lived until graduation of High School. While in high school Snyder participated in NJROTC and competed at Nationals all four years.

Following High School Snyder attended the University of Rio Grande and received a bachelor's degree in psychology with a minor in business. During her undergraduate studies she participated in the psychology club as the treasurer, the student ambassadors as the secretary, and the circle-k club, while working as a student worker in the Admissions Office.

She is currently continuing my education by attending the University of Rio Grande for a Master's degree in business.

Snyder participated in track during her junior high years and began running track again as a freshman at Rio Grande and competed for two years.



***Runner***

***Class***

***Hometown/High School***

Hillary Haines

Sr.

McConnellsville, OH/Morgan

Beth Hysell

Sr.

Pomeroy, OH/Eastern

Cassie Mattia

Jr.

West Chester, OH/Bishop Fenwick

Kayla Renner

Jr.

Galloway, OH/Central Crossing

Danielle Stockham

Jr.

London, OH/Jonathan Alder

Amy Lower

So.

Westerville, OH/Berne Union

Genna Baker

Fr.

Gallipolis, OH/Gallia Academy

Scharlena Champion

Fr.

Hamden, OH/Vinton County

Head Coach: Bob Willey

Assistant Coach: Marilyn Snyder

**2010**



### ***Hillary Haines***

Height: 5-2  
Class: Senior  
Hometown: McConnellsville, OH  
High School: Morgan  
Parents: Ronnie Haines  
Major: Business Management



### ***Beth Hysell***

Height: 5-5  
Class: Senior  
Hometown: Pomeroy, OH  
High School: Eastern  
Parents: Dave & Alberta Hysell  
Major: Healthcare Administration



### ***Cassie Mattia***

Height: 5-6  
Class: Junior  
Hometown: West Chester, OH  
High School: Bishop Fenwick  
Parents: Anthony & Michelle Mattia  
Major: Mass Communications



### ***Kayla Renner***

Height: 5-6  
Class: Junior  
Hometown: Galloway, OH  
High School: Central Crossing  
Parents: Robert & Laura Renner  
Major: Nursing



### ***Danielle Stockham***

Height: 5-4  
Class: Junior  
Hometown: London, OH  
High School: Jonathan Alder  
Parents: Kevin & Holly Stockham  
Major: Sports & Exercise Studies  
Minor: Mass Communications

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**Amy Lower**

Height: 5-5  
 Class: Sophomore  
 Hometown: Westerville, OH  
 High School: Berne Union  
 Parents: Jeff & Chris Lower  
 Major: Intervention Studies



**Genna Baker**

Height: 5-4  
 Class: Freshman  
 Hometown: Gallipolis, OH  
 High School: Gallia Academy  
 Parents: Garold & Gwynne Baker  
 Major: Nursing



**Scharlena Champion**

Height: 5-7  
 Class: Freshman  
 Hometown: Hamden, OH  
 High School: Vinton County  
 Parents: Michael & Susan Champion  
 Major: Chemistry  
 Minor: Sociology





### ***RedStorm women picked to finish third in MSC***

The University of Rio Grande RedStorm women's cross country team has been picked to finish third in the MSC Preseason Coaches' Poll. Rio Grande received 64 points in the voting. Coaches were not allowed to vote for their own team.

The RedStorm were the MSC runner-up last season.

Rio Grande returns nearly everybody from last year's squad. "Everybody ran well over the summer, so they've got good mileage behind them, we're excited for the ladies," Rio Grande head coach Bob Willey said. "Obviously when you're picked third, you'd like to win it and we're going to do the best we can to try to mix it up and try to finish as high as we possibly can in the conference."

"Hopefully it will be higher than third," Willey added. "We're looking for a good year."

The University of the Columbians is the team to beat in Mid-South Conference women's cross country in 2010. The Patriots -- the defending MSC champions -- received 74 points from the conference coaches, including five first-place votes.

MSC newcomer Shawnee State is projected to finish second with 72 points, including the remaining five first-place votes

Campbellsville is slated to finish behind Rio Grande in fourth position with 59 points.

Lindsey Wilson College (53 points), Georgetown College (43), Pikeville College (29), UVA-Wise (22), St. Catharine (18) and WVU Tech (16) complete the preseason poll.

The Mid-South Conference Championships are scheduled for Nov. 6 in Portsmouth, Ohio.



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**2009 Rio Women's Cross Country Recap**

The Rio Grande women's team had two runners competing in the women's NAIA National Championships at the Fort Vancouver Historic Site. Sophomore Kayla Renner (Galloway, OH) was the top RedStorm runner to finish. She was 172nd overall and covered the 3.1-mile course in 20:26.

Senior Stacey Arnett (Laurelville, OH) closed out her college career finishing 237th with a time of 20:58.

There were 330 runners in the women's event.

**Three Members of women's cross team earn NAIA Scholar Athlete Awards**

Three RedStorm women earned NAIA Scholar Athlete honors in Arnett and juniors Cassie Mattia (West Chester, OH) and Tracy Newcomer (Findlay, OH).

"We're extremely proud of all of them," said Rio Grande head coach Bob Willey. "It's very exciting to have our student-athletes earn this honor."

"This is what it's all about," Willey added. "We aim for this honor more than we do them earning All-American in competition."

Arnett, who also competed at the national meet, is a native of Laurelville, OH. She is majoring in Respiratory Therapy and is the daughter of Greg & Cheryl Arnett.

Mattia really burst on the scene this year as a distance runner after coming to Rio Grande as a basketball player and also spending time as a sprinter on the track team. Mattia is the daughter of Anthony & Michelle Mattia. She is majoring in Mass Communications.

Newcomer fell victim to injury this season as far as competing is concerned, but proved her excellence in the classroom by attaining this honor. Newcomer is majoring in Early Childhood Education and is the daughter of Jeff & Nancy Newcomer.

NAIA Scholar-Athletes are nominated by each institution's head coach. A student-athlete must maintain a minimum grade point average of 3.5 on a 4.0 scale and have achieved junior academic status to qualify.





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