

LOCK HAVEN UNIVERSITY TRACK AND FIELD



March 11-12 -- at NCAA Indoor Championship at Roxbury C.C.

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Lock Haven Track and Field Quick Facts

Name of SchoolLock Haven University
City/State/ZipLock Haven, PA 17745
Founded1870
Enrollment4,500
NicknameBald and Lady Eagles
School ColorsCrimson and White
Home FieldThomas Fieldhouse
AffiliationNCAA Division II
ConferencePennsylvania State Athletic Conference
PresidentDr. Keith T. Miller
Alma MaterUniversity of Arizona
Athletics DirectorSharon E. Taylor
Alma MaterLock Haven
Last PSAC Title:(M) 2004
Head Coach:Mark Elliston
Alma Mater:Oklahoma Baptist
Assistant Coaches:Lacy Johnson,
.....Aaron Russell, Chad Warren



The Meet

The members of the distance medley relay squad from Lock Haven University track and field will travel to Boston for the NCAA Indoor Championships at the Reggie Lewis Center on the campus of Roxbury Community College.

LHU tracksters sophomore **Ryan Blood (Summerdale, Pa./East Pennsboro)**, junior **Tim Hite (Altoona, Pa./Altoona)**, freshman **Cory J. Spidell (Home, Pa./Marion Center)**, senior **Chris Cowan (Horseheads, N.Y./Thomas A. Edison)** and senior alternate **Paul Hallman (Langhorne, Pa./Neshaminy)** will all make the trip north. The Bald Eagle relay is seeded fifth, with the top eight finishers receiving All-American honors.

The DMR is scheduled for 8:05 p.m. Friday, March 11.

A Day of Firsts

The LHU DMR will be the first relay from the Pennsylvania State Athletic Conference (PSAC) to ever compete at the NCAA Indoor Championships, marking just the third time that a PSAC relay has gone to the NAAs for either indoor or outdoor.

It also marks the first time the NCAA Indoor meet will have the distance medley relay.

Take one for the Team

Senior **Chris Cowan** and sophomore **Ryan Blood** both decided not to declare NCAA provisional times if their time in the DMR was good enough. The runners were more interested in competing as a team and being able to focus on that team-oriented event.

Both men had provisional marks in the mile and 5000 meters that they decided not to report. This is particularly impressive when one considers that Cowan is a senior and won't get the chance to compete at this meet again.



Mark Elliston begins his 16th year as head coach of Lock Haven University's track and field squads. Since taking over The Haven, Elliston has coached 27 NCAA track and field All-Americans, including LHU's two individual national champions, two NCAA cross country All-Americans and numerous NCAA qualifiers.

In 2003-04, Elliston led the LHU women's and men's indoor track and field teams to their third-straight PSAC indoor titles, and both Haven squads were the runner-up at the conference outdoor championships. A school-record 11 individuals and the first relay foursome in program history advanced to the NCAA Division II Outdoor Championships, and a record of six came back with All-America honors. Coach Elliston merited PSAC Women's Coach of the Year during the indoor season then matched that honor with a conference Men's Coach of the Year award following the outdoor season.

Elliston has seen the installation of a new state-of-the-art track during his tenure, which has enabled LHU to host numerous events, including the 1997 and 2003 PSAC Outdoor Track and Field Championships.

Elliston received his bachelor's degree in physical education at Oklahoma Baptist University where he was also a track & field standout. It was there that he garnered All-American honors on three separate occasions and captured the National Association of Intercollegiate Athletics decathlon title in 1986. In the fall of 2000, Elliston was honored by being inducted into Oklahoma Baptist University's Athletic Hall of Fame.

Elliston completed his master's degree in physical education at The Citadel, where he served as an assistant with the track and cross country programs for two years.

Elliston, a native of Shawnee, Okla. and his wife Kelly have two sons, Luke, 16, and Logan, 14.

Did You Know?

Senior Chris Cowan is making his fourth trip to NCAA competition. Cowan competed in the 10,000 meters in both 2002 and 2003, and the 5,000 meters in 2004. He finished 12th in the 5,000 at the NCAA Outdoor meet in 2004.



ryan BLOOD

Sophomore
Summerdale, Pa./East Pennsboro
Running the 1200-meter leg

2005 NCAA Provisional Qualifier in:
Mile: 4:15.78
5000 meters: 14:37.49

Blood, Sweat and Tears: Owns LHU's indoor 3,000 meter record (8:32.50) and is a member of the record-setting DMR (10:07.51) ... Also a member of the 2004 NCAA Regional Champion cross country squad ... **2004-05:** Earned All-PSAC honors in indoor track and field ... Ran the fourth leg of the third-place DMR at the Indoor PSAC Championships ... Selected PSAC Track Athlete of the Week on Jan. 25 ... Ran an NCAA provisional 4:15.78 in the mile at the Bucknell Heptagonal, good for second place at the meet and in school history ... Earned all-region and All-PSAC honors in cross country ... Named to the USCCA All-Academic List ... Selected PSAC Cross Country Runner of the Week on two occasions.

2003-04: Also a member of the 2004 PSAC Indoor Track and Field Championship squad, earning runner-up honors in the 3,000 meter run and as part of the distance medley relay ... Picked up another All-PSAC certificate during the 2004 outdoor season, finishing third in the 5,000 meter run ... 2003-04 PSAC Scholar-Athlete ... Member of 2003 PSAC and East Region Championship cross country team ... All-East Region and All-PSAC, placing 15th at the regional meet and seventh overall at the conference championships ... Was the second-fastest Bald Eagle at the NCAA meet, placing 66th overall.

In High School: State runner-up in cross country in 2002 ... Three-time Mid-Penn and District 3 cross country champion ... Selected for Pennsylvania Mid-East cross country team that ran in Ohio ... Also a Three-time Mid-Penn 3200 meter

champion on the track ... Twice earned District title in the 3200 meters ... Four-time states qualifier in both cross country and track ... Lettered in both track and field and cross country for the Panthers.

Personal: Born June 25, 1985 ... Son of Rick and Cindy Blood ... Majoring in fitness management ... Father was a two-time All-PSAC harrier for the Haven.



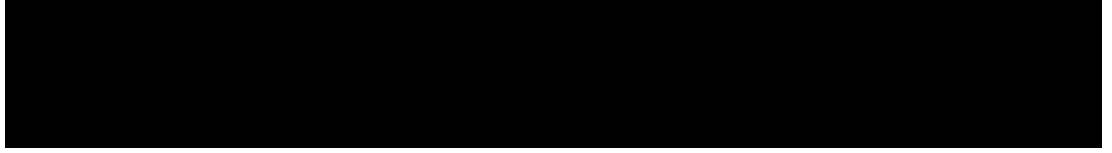


tim HITE

Junior

Altoona, Pa./Altoona

Running the 400-meter leg



The Hite of Excellence: A returning PSAC champion that adds leadership to the relay squads ...

2004-05: Finished eighth in the 400 meters at the Indoor PSAC Championship ... Also ran the second leg of the third-place 4x400 relay ... Earned All-PSAC honors for that relay performance.

2003-04: Was a member of the PSAC Indoor champion 4x400 relay ... Ran a leg of the runner-up 4x400 relay at the PSAC Outdoor Championships ... Also teamed up for a third-place finish in the 4x100 and finished fifth in the 400 meters ... Finished sixth in the 200 meters at the PSAC Indoor meet.

2002-03: Indoor PSAC qualifier in 400-meter, 200-meter and 55-meter sprints ... Placed sixth in the 400 meters at the outdoor PSAC meet ... NCAA championships 4x400 meter relay alternate.

Personal: Born April 22, 1983 ... Son of Timothy and Donna Hite ... Majoring in health and physical education.



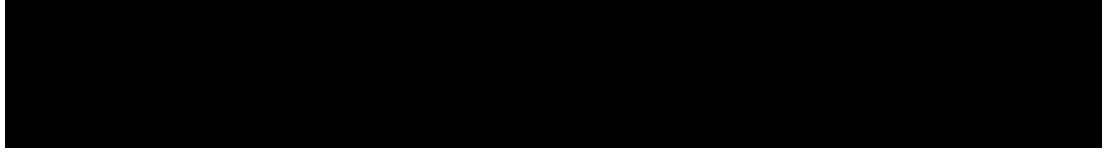


cory j. SPIDELL

Freshman

Home, Pa./Marion Center

Running the 800-meter leg



My Spidey Senses are Tingling: Freshman has made an immediate impact on the mid-distance events in his first season of track and field ... Also a member of the 2004 Northeast Region Cross Country Champion squad ... **2004-05:** Earned a pair of All-PSAC honors at the indoor meet ... Ran the anchor leg of the third-place 4x800 relay at the Indoor PSAC Championship ... Also ran the first leg for the third-place DMR ... Finished seventh in the 800 meters at the PSACs, the top LHU runner.

In High School: Three-time All-Heritage Conference runner ... Twice an all-state athlete for track and field ... On the all-conference list three times for track ... Team's Most Valuable Runner three years in track ... Two-time all-state harrier ... State qualifier in swimming ... Owns school records and letters in track and field, cross country and swimming.

Personal: Born May 14, 1986 ... Son of Gary and Connie Spidell ... Majoring in recreation management.



chris COWAN

Senior

Horseheads, N.Y./Thomas A. Edison

Running the mile leg

2005 NCAA Provisional Qualifier in:

Mile: 4:11.39

500 meters: 14:48.57

Cornering Cowan: Owns LHU indoor 5,000 meter record (14:40.05) and is a member of the record-setting distance medley relay (10:07.51) ... Outdoor record holder in 3,000 meters (8:37.32), 5,000 meters (14:31.12) and 10,000 meters (30:05.76) ... Also a two-time All-American for the 2004 NCAA Regional Championship cross country squad ...

2003-04: Member of the 2004 PSAC Indoor Track and Field Championship squad ... Named Indoor Championship MVP and Most Outstanding Track Athlete after capturing the 3,000 meter title and contributing to the 4x800 meter relay victory ... Captured titles in the 5,000 and 10,000 meters at the PSAC Outdoor Championships ... NCAA participant in the 5,000 meters, placing 12th overall ... Named cross country All-American after placing 33rd overall at the NCAA meet ... PSAC Runner of the Year ... PSAC Champion ... All-East Region after crossing the line third overall.

2002-03: Member of 2003 PSAC Indoor Track and Field Championship squad, taking first place honors with the distance medley relay ... Also earned three other All-PSAC indoor honors (mile, 3000m, 4x800m) ... Runner-up in the 1500 meters at the 2003 PSAC Outdoor Track and Field Championships ... NCAA outdoor championships participant in the 10,000 meters ... 2003 Most Valuable Track Athlete ... All-PSAC harrier.
2001-02: Member of 2002 PSAC Indoor Track and Field Championship squad ... Three-time All-PSAC at 2002 indoor championships (mile, 3,000m, 5,000m) ... NCAA outdoor track nationals participant in the 10,000 meters ... All-PSAC at 2002 outdoor championships (10,000m) ... 2002

LHU Track and Field Outstanding Track Athlete Award ... NCAA Division II Cross Country championship individual qualifier ... All-East Region and All-PSAC harrier ... PSAC Cross Country Rookie of the Year.

In High School: New York state 3200 meter champion ... 4x1600 meter relay squad finished eighth in the nation ... Placed fifth at cross country state championships ... Lettered in both track and field and cross country for the Spartans.

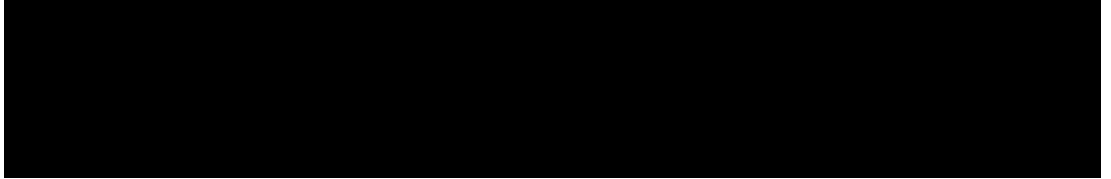
Personal: Born Aug. 25, 1983 ... Son of Charles Anderson and Deborah Cowan ... Majoring in health and physical education.





paul HALLMAN

Senior
Langhorne, Pa./Neshaminy
Alternate



Hallman of Fame: Fourth-year competitor with a PSAC title in the 4x800 relay ... Also a member of the 2004 NCAA Regional Champion cross country squad ... **2004-05:** Earned indoor All-PSAC honors ... Ran the second leg of the second-place 4x800 relay at the Indoor PSAC Championship.

2003-04: Anchored the winning 4x800 meter relay while also running on the second-place distance medley relay.

2002-03: 2003 PSAC indoor track and field champion in the distance medley relay and two-time All-PSAC (DMR, 4x800m).

2001-02: 2002 PSAC Indoor Track and Field Rookie of the Year ... Captured 2002 PSAC indoor 800 meter title and 4x800 meter relay title. Prior to Lock Haven: 2000 All-NCAA Division I South Region team member as a freshman while at the University of Tennessee.

In High School: 2000 Indoor state champion in the mile... Placed 12th at Indoor National NIC Meet.

Personal: Born Sept. 28, 1981 ... Son of Bob and Joanne Hallman ... Majoring in sport administration.

