

LOCK HAVEN UNIVERSITY TRACK AND FIELD



May 26-28 -- at NCAA Outdoor Championship, Abilene, Texas
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Lock Haven Track and Field Quick Facts

Name of SchoolLock Haven University
City/State/ZipLock Haven, PA 17745
Founded1870
Enrollment5,129
NicknameBald and Lady Eagles
School ColorsCrimson and White
Home FieldThomas Fieldhouse
AffiliationNCAA Division II
ConferencePennsylvania State Athletic
PresidentDr. Keith T. Miller
Alma MaterUniversity of Arizona
Athletics DirectorSharon E. Taylor
Alma MaterLock Haven
Last PSAC Outdoor Title:(W) 2002; (M) 1999
Head Coach:Mark Elliston
Alma Mater:Oklahoma Baptist
Assistant Coaches:Lacy Johnson,
.....Aaron Russell, Chad Warren



The Meet

Four members of the Lock Haven University men's track and field team will continue their season at the NCAA Outdoor Championships in Abilene, Texas. The championships are Thursday-Saturday, May 26-28.

Senior **Chris Cowan (Horseheads, N.Y./Thomas A. Edison)** leads the way with a pair of events (5,000 and 10,000 meters), and fellow distance specialists **Ryan Blood (Summerdale, Pa./East Pennsboro)** and **Aaron Benson (Mt. Jewett, Pa./Kane Area)** will compete in the 5,000 and 10,000, respectively. Sophomore **Jim Dempsey (Blue Bell, Pa./Wissahickon)** rounds out the quartet with his qualifying in the high jump.

How'd They Get There?

Cowan had the team's top national finish this season, ranking seventh in the 10,000 with a 30:00.03, ran at the Penn Relays April 30. He added a 14th place 14:26.08 in the 5,000 at the Bucknell Distance Carnival April 16.

Blood ranks ninth nationally in the 5,000 with a 14:18.91 also set at the record-setting Penn Relays. Benson picked up his 10,000 time of 30:31.74 at the Penn Relays as well, good for 15th place.

Dempsey cleared the bar at 6-feet-10 1/2 at the Outdoor Pennsylvania State Athletic Conference (PSAC) West Challenge April 9, a national ranking of 17th.

PSAC Goes the Distance

Although four of the five NCAA Championship participants are competing in distance events, **Jim Dempsey** is the lone PSAC Champion of the group, a testament to the depth of distance events in the PSAC.

Dempsey took first at the Mansfield University-hosted event with a 6-foot-10.5 leap, matching his qualifying time. The highest finish of the distance specialists at the PSAC meet **Chris Cowan's** third-place finish in the 5,000 meters.



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 fifth trip to NCAA competition. Cowan most recently ran in the indoor distance medley relay during this past season, and has also competed in the 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.

chris COWAN

Senior

Horseheads, N.Y./Thomas A. Edison

**2005 NCAA Provisional Qualifier in:
10,000 meters: 30:00.03 (seventh)
5,000 meters: 14:18.91 (14th in nation)**

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) and 10,000 meters (30:00.03) ... Also a two-time All-American for the two-time 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.

Cowan in the 10,000 in 2005

Date	Event	Time
4/29	Penn Relays	30:00.03 (6th)

Cowan in the 5,000 in 2005

4/1	Liberty Invitational	15:05.53 (2nd)
4/16	Bison Outdoor Classic	14:26.08 (3rd)
5/14	PSAC Championships	15:13.60 (3rd)



ryan BLOOD

*Sophomore
Summerdale, Pa./East Pennsboro*

**2005 NCAA Provisional Qualifier in:
5,000 meters: 14:18.91 (ninth in nation)**

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.

Blood in the 5,000 in 2005

4/1	Liberty Invitational	15:06.64 (3rd)
4/16	Bison Outdoor Classic	14:41.33
4/29	Penn Relays	14:18.91 (5th)
5/14	PSAC Championships	15:35.66 (8th)





jim DEMPSEY

*Sophomore
Blue Bell, Pa./Wissahickon*

**2005 NCAA Provisional Qualifier in:
High jump: 6-feet-10.5 (17th in nation)**

Dempsey's Doings: LHU's top returner and PSAC runner-up in the jump events.

2003-04: Selected PSAC Field Athlete of the Week on two occasions (Feb. 10 and April 20) ... Took second in the high jump at the PSAC Outdoor meet at 6-feet-7 ... Lept the same height for third in the PSAC Indoor Championship.

In High School: Finished in third place in the high jump at the state championship ... First-team all-league ... Finished second at the Junior Olympics ... Lettered in track and field and soccer for Wissahickon.

Personal: Born Feb. 24, 1984 ... Son of Jim and Kathy Dempsey ... Majoring in recreation.

Dempsey in the high jump in 2005		
3/26	Susquehanna Invitational	6-6 (2nd)
4/9	PSAC West Outdoor Challenge	6-10.5 (1st)
4/16	Bison Outdoor Classic	6-9 (1st)
4/23	Bucknell Five-Way	6-4.75 (1st)
5/2	Big Red Outdoor Invitational	6-4.75 (t-2nd)
5/14	PSAC Championships	6-10.5 (1st)





aaron BENSON

Sophomore
Mt. Jewett, Pa./Kane Area

**2005 NCAA Provisional Qualifier in:
10,000 meters: 30:31.74 (15th in nation)**

Benson's Book: Reigning PSAC Indoor Champion in the 5000 meters adds depth to distance events ... Also a member of the 2004 NCAA Regional Champion cross country squad.

2003-04: Valuable member of the 2004 PSAC Indoor Track and Field Championship squad ... Won the 5000 meters at the Indoor PSAC Championship ... Also took seventh in the 3000 meters at the same event ... Took second in the 3000 meters at the Kutztown Invite ... Finished 21st in the 3000 meters at the New Balance NYC Armory Collegiate Invite ... Member of the 2003 PSAC and East Region Championship cross country team ... PSAC Scholar-Athlete.

In High School: Two-time Division IX 3200 meter champion ... Took seventh at states ... Was a 2002 and 2003 cross country champion ... Lettered in both track and field and cross country for the Wolves.

Personal: Born Aug. 20, 1984 ... Son of Matt and Karen Benson ... Majoring in outdoor/therapeutic recreation management.

Benson in the 10,000 meters in 2005			
3/26	Susquehanna Invitational	33:23.86	(7th)
4/29	Penn Relays	30:31.74	(15th)
5/14	PSAC Championships	31:20.52	(4th)

