

OBERLIN COLLEGE

Track & Field & Cross Country



All smiles after the 2014 NCAA Championships. Top row from left to right: Sarel Loewus, Carey Lyons, Sarah Jane Kerwin, Emma Lehmann, Kyle Neal, Sarah Urso, Peyton Boughton, and Geno Arthur. Bottom row: Erica Morelli and Josh Urso.

7th in the Nation

3 All-Americans

Great Lakes Region Runner-up

6 All-Region Honorees

NCAC Conference Champions

10 All-NCAC Performances

5 NCAC Runners of the Week

These were some of the accolades the women's and men's cross country teams amassed over the course of their 2014 record-breaking season. The women became the most successful athletic team in Oberlin history after their seventh place finish at the NCAA Division III National Championships and their sixth straight North Coast Athletic Conference (NCAC) team victory. On the men's side, juniors Geno Arthur and Josh Urso became the only two Oberlin runners to ever break 25:00 for 8,000m. With his 19th place All-American performance at Nationals, Arthur cemented his status as the most decorated male distance runner in school history.



“We all worked hard this season, and [this] wouldn’t have been possible without training with the group of seniors that I’ve been with all season. Over the past four years, we’ve really developed together as runners, and it’s been great to go through college with such a solid group.”

- Emma Lehmann (Sr.) on her team’s accomplishments this season

“Just being in college is such a unique experience, but being on the cross country team made me feel as if I had a family away from home”

- Sarah Jane Kerwin (Sr./Captain)

Women’s Season in Review

Starting with three straight meet victories, it was clear from the outset that 2014 was going to be a season to remember. Besting Washington University in St. Louis in a tiebreak at the Gil Dobbs Invitational at Wheaton College on September 20th highlighted the team’s early season competition.

The All-Ohio Championship on October 4th saw senior Emma Lehmann claim the individual title. She became only the third Division III runner in meet history to take first place at the all-division competition, doing so in a course record time of 21:44 over 6,000m. At the Annual Oberlin Inter-Regional Rumble on October 18th, senior co-captain Kyle Neal became the team’s highest finisher in the past four

years, placing second overall on a rainy and muddy day.

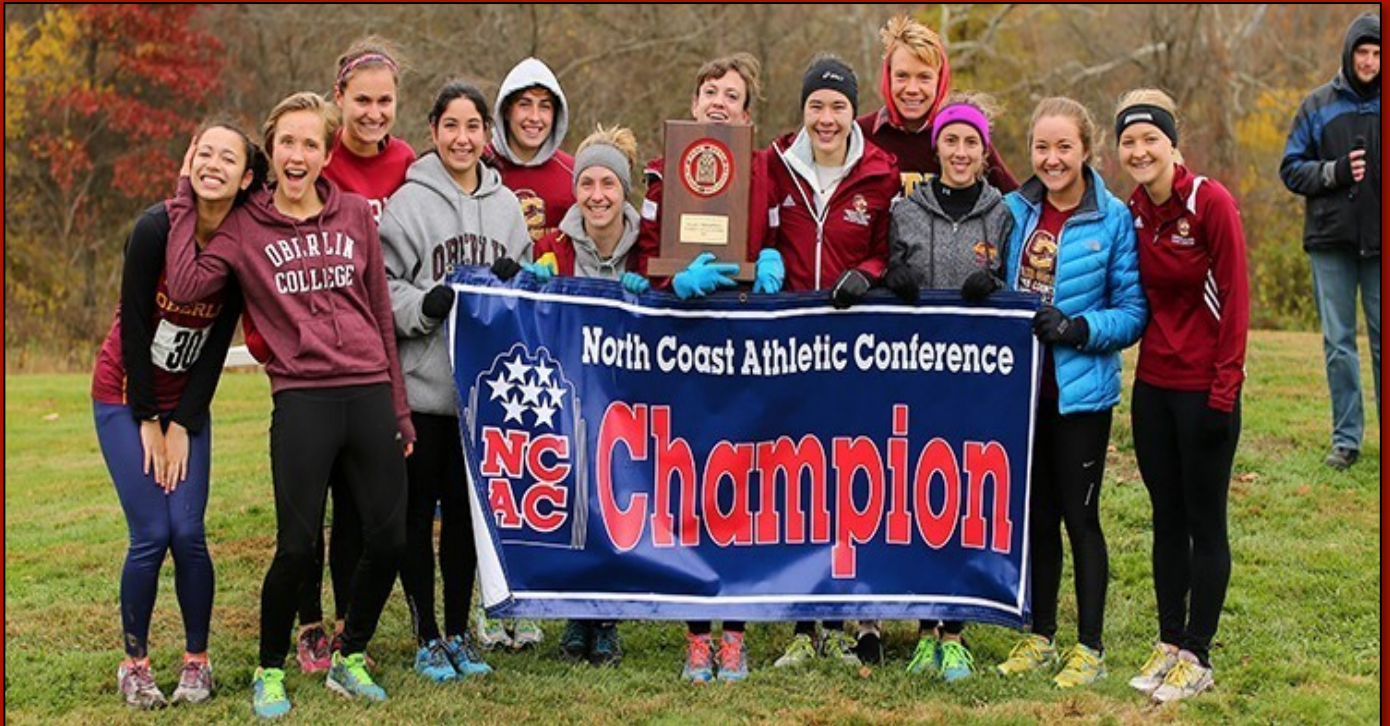
Overcoming the cold, wind, and a very challenging course at the NCAC Championships on November 1st, the women rose to the occasion and captured their sixth straight conference title. Lehmann was named NCAC Female Runner of the Year for her individual first place finish. Neal (individual runner-up), senior co-captain Sarah Jane Kerwin, senior Carey Lyons, senior Erica Morelli, and freshmen Peyton Boughton and Sarah Urso all placed in the top twenty-two, with a team total of 30 points.

QUESTIONS OR COMMENTS?

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At the Great Lakes Region Championship on November 15th, the group of Lehman, Neal, Kerwin, Lyons, Morelli, Boughton, and Urso secured their automatic birth to the National Championships, finishing in a close second to Calvin College. For the second straight year Lehman was individual runner-up, while Neal (3rd place), Kerwin (7th place), Lyons (15th place), and Morelli (47th place), all improved significantly from their finishes one year ago.

The season culminated at the NCAA Championships in Mason, OH on November 22nd. With a total of 237 points, the women's seventh place finish was the highest in school history. Lehmann and Neal bettered their All-American performances from 2013, finishing in ninth and 14th place, respectively, and concluding their cross country careers as two of the most accomplished runners in Oberlin history. Kerwin finished in 46th place - a personal best performance - while Lyons showed tremendous resilience by recovering from a fall early in the race and passing 61 runners in the final 3,000m to place 86th. Erica Morelli ran the best race of her career to finish as the team's final point scorer. It is rare a nationally ranked team will have two freshman in their varsity squad, but Boughton and Urso, the team's sixth and seventh runners, displayed a poise and maturity far beyond their years. Their talents they showed this fall are a harbinger of great things to come.





“It is so much fun to see the growth and evolution of a team over the course of a year. It never goes as scripted. To see how they have changed and grown and the leaders they have become, the risk takers they have become - it just speaks so well to the community we have here.”

- Ray Appenheimer

Men's Season in Review

The men's cross country season was marked by tremendous personal improvements - not just by a few individuals - but by nearly every athlete. A hard summer's training was evident when the group convened back at Oberlin for preseason camp in August.

The regular season was highlighted by the team's fourth-place finish behind three nationally ranked teams at Wheaton College's Gil Dodds Invitation. Junior Geno Arthur placed second overall, while classmate Josh Urso, sophomore EJ Douglass, and junior Rob Moreton finished within seven seconds of one another in 15th, 17th, and 22nd place. It was an excellent display of the teamwork that had shown itself at each and every practice.

The All-Ohio Championships saw Arthur become the first cross country runner in Oberlin history to break 25:00 for 8,000m, clocking a 24:59 for seventh place – the highest Division III finisher at the meet by over 30 seconds. Moreton ran the best race of his career, finishing in 26:08, a 90 second improvement on his fastest time from last year. Finishing not far behind was Douglass in 26:11.



At the Oberlin Inter-Regional Rumble, a 10th place team finish by the varsity squad and some gutsy performances by many on a muddy and rainy day in Ohio, marked an end to the regular season.

The NCAC Championships was a close battle between the teams from Oberlin, Ohio Wesleyan, DePauw, and Allegheny. On a hilly course and despite the cold and rain, the Yeomen placed third, the



“I’ve seen our team improve in taking ourselves a little more seriously and not being afraid of taking chances during races.”

- Josh Urso (Jr.) on the team’s progression this season

“The great thing about [this sport] is there’s always a meet coming up. We’ve got lots to look forward to with this group.”

- Ray Appenheimer

best team-finish since 2009. Arthur and Urso’s second and 11th place showings earned them All-Conference Honors for the second straight year.

Arthur and Urso carried their momentum into the Great Lakes Regional Championship. They, along with fellow teammates Douglass, Moreton, juniors Gavin Ratcliffe, Sam Coates-Finke, and Yorito Nakata, heralded the team to an 11th place finish. With an unrelenting pace established from the start, Arthur and Urso handled the tempo brilliantly, never faltering, and with their third and 13th place finishes, earned themselves a second straight birth in the NCAA Championship Meet. With their times of

24:29 and 24:50, they established themselves as the fastest cross country runners Oberlin has ever had.

Arthur and Urso were nothing short of courageous at the national meet a week later. From the gun, Arthur placed himself among the top 21 runners and never surrendered his position. He crossed the finish line in 19th place, leading all runners from the Great Lakes Region and garnered his first All-American honor. Urso ran the strongest race of his career, placing 64th, a remarkable improvement from his 139th finish in 2013. With no seniors on the men’s squad, everyone is already looking ahead to the fall of 2015 with excitement and high aspirations.

Very few teams get to go to Nationals; even fewer go all four years. For this group [of senior women] to have done that is a tremendous accomplishment and they should be very proud.”

– Ray Appenheimer



Special recognition and thanks to our women's and men's team captains for their commitment and leadership:

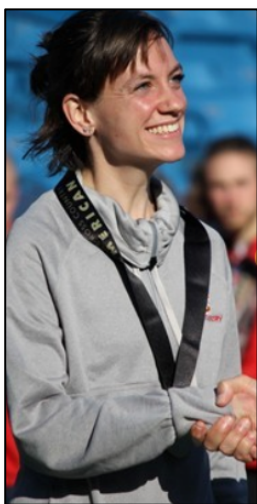
Kyle Neal – North Muskegon, MI

Sarah Jane Kerwin – Chapel Hill, NC

Geno Arthur – Camarillo, CA

Robert Moreton – San Gabriel, CA

2014 OBERLIN CROSS-COUNTRY TEAM AWARD WINNERS:



WOMEN'S MOST VALUABLE PLAYER:

EMMA LEHMANN (SR.) AND KYLE NEAL (SR.)

Few teams are fortunate to have one runner who each and every meet competes with toughness, courage, and grit and who can be relied on to perform at her best. Oberlin is in rare company to have two such runners. Emma and Kyle's consistency in their training and racing this season exemplified what it means and what it takes to be among the best runners in the country. When one finished a race at the top of the field, it was assured the other would not be far behind. Their All-American honors earned at the National Championships – Emma for her 9th place finish and Kyle for her 14th – the second of both of their careers, are a testament to their talents and resiliency. It is only fitting they receive the title of "Most Valuable" for their contributions.



MEN'S MOST VALUABLE PLAYER:

GENO ARTHUR (JR.)

The team's number one runner throughout the season, Geno finished 2014 with an unparalleled string of performances. Finishing 1st (Wooster Invite), 4th (Edinboro Distance Gala), 2nd (Wheaton College Gil Dodds Invite), 7th (All-Ohio Meet), 3rd (Oberlin Rumble), 2nd (NCAC Championships), 3rd (Great Lakes Regional), and 19th (NCAA Nationals), one would be hard pressed to find another athlete in the country who consistently placed at the top of the field at each competition. Shouldering his number one position on the team and his co-captaincy with class and grace, his leadership and selflessness serve as the model to which his teammates, and all athletes, should aspire. Few All-American honors and MVP awards are more deserved.



WOMEN'S MOST IMPROVED:

SAREL LOEWUS (JR.)

In 2013, Sarel concluded her season at the Oberlin Rumble, finishing as the team's 15th runner. In 2014, Sarel not only competed at the NCAC Championship, but she became the team's eighth runner, earning herself a trip to the Great Lakes Regional and NCAA Championships as the team's alternate. Tremendous improvement as a runner, however, is only half the story. Sarel grew as a leader and developed into a confident, poised, and tenacious competitor. Her deep dedication to the team, her conscientiousness towards training and every facet of her life, her enthusiasm, supportiveness, and unwavering work ethic were demonstrated at every practice and at every meet. Sarel was integral in every stride the team took as the season progressed, and her role in the team's seventh place at Nationals cannot be overstated.



MEN'S MOST IMPROVED:

YORITO NAKATA (JR.)

Three-minute improvements in race times from one season to the next do not happen very often in collegiate cross country. Even less frequently do these kinds of improvements happen to juniors. But Yorito proved to be one of these rare exceptions. Yorito's fastest time in 2014 was 3:13 faster than in 2013. During that season, he never ran faster than 30:35. This fall, save for a very hilly, very muddy, and very windy and cold NCAC Meet, he never ran slower than 29:00. He was Oberlin's seventh runner at the Great Lakes Regional, finishing in a time of 27:22, a massive 48-second improvement from his previous personal best established at the All-Ohio Championships. His hard work over the summer was evident from the first day of practice in August, and his diligence throughout the season befitted his consistent, yet dramatic improvements. For his all his gains and contributions, it is only suitable that this award belongs to Yorito.



DICK MICHAELS AWARD:

SARAH JANE KERWIN (SR.) AND EMILY POLSTEIN (SR.)

In honor of legendary Oberlin coach Dick Michaels, who, among his numerous accomplishments during his 36-year tenure, championed the addition of women's cross country to Oberlin Athletics at a time when conference rules forbade women from competition, this award is given to the athlete(s) who best embody the spirit of Oberlin women's cross country. To say Sarah Jane and Emily exemplified the heart and sole of the 2014 team would be an understatement. As co-captain, Sarah Jane's leadership was evident in every team cheer, in every team activity she organized, in her keen ability to listen to others, in her extraordinary dedication, and in how she cared for each and every individual on the team. The group's backbone, the consummate role model, and consistently the third runner, Sarah Jane was a keystone to the team's success this season. With Emily, her spirit shone daily – her smile, her unwavering enthusiasm, encouragement, and positivity, the way she could make any athlete feel at ease, was invaluable. Her congratulations were so impassioned, her excitement the most visceral. She is the person every team wants, but few have. Fortunately, this team was one of the lucky ones.



BILLY TIDWELL AWARD:

SAM COATES-FINKE (JR.) AND ROB MORETON (JR.)

Billy Tidwell, Oberlin's men's cross country coach, Athletic Director, and Professor of Physical Education from 1951-1970. He earned a PhD from Columbia prior to Oberlin, and his commitment to the educational and athletic experience was touted in his October induction ceremony to the Kansas Sports Hall of Fame (the state of his alma mater). An Oberlin award lauding athleticism, professionalism, teaching, and community would surely bear his name. There are few who embody these values more than Sam and Rob. Fighting through a knee injury much of the season, Sam's

commitment never faltered, and he was Oberlin's fourth finisher at the Great Lakes Regional. It is, however, his ability to connect with people, to see each member of the team as an individual that deserves special recognition. Sam shares his interests and stories with others and, in turn, is caring and keenly attentive to their unique experiences. In valuing each of his teammates, he helped create the unified community feeling that underscored the season. As for Rob, there was no one on the team who ran more miles, whose dedication was more obvious, or who was more of a vocal leader. His words of encouragement before races, his praises after, his impassioned cheers, and his team engagement marked his captaincy. From having never broken 27:00 for 8,000m, to his 26:08 performance at the All-Ohio Championships, Rob developed this season as an athlete, but his development as a person, and as a leader, was what earned him this award.

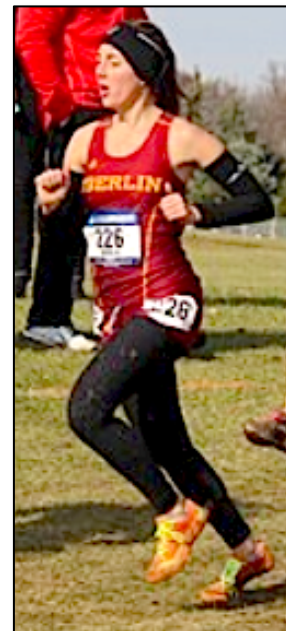




WOMEN'S NEWCOMER OF THE YEAR:

PEYTON BOUGHTON (FR.) AND SARAH URSO (FR.)

Peyton and Sarah entered their freshman fall onto a team that had won five straight conference titles and earned six consecutive births to the National Championships, including last year's eighth place finish. The team had two returning All-Americans and the top five runners were all seniors. If Peyton or Sarah were intimidated or nervous, it never showed. With self-confidence and consistent hard work, the two established themselves as the teams' sixth and seventh runners and maintained their composure for the duration of the season. They competed at the conference and regional meets, and were two of only 35 freshmen to race at Nationals. With the team losing eight seniors to graduation in the spring, Peyton and Sarah beckon in the next generation of Oberlin runners. With an outstanding season by the pair, expect great things for years to come from these two talented athletes.



MEN'S NEWCOMER OF THE YEAR:

OWEN MITTENTHAL (FR.)

In only the second 8,000m race of his life, and only the third race of his college career, Owen came through the 5,000m mark at his high school personal best, and then proceeded to run a 28:24, finishing as Oberlin's seventh runner. It is a challenging transition from the high school (5k) to the college distance (8k) for a male cross country runner, yet Owen handled it with composure and resilience. The entire season he never finished outside the team's top ten and earned himself a place on the NCAC Championship squad, a rare accomplishment for a first-year athlete. Already a far better and stronger runner than he was just a year ago, Owen's impact this fall was resonant, and he will continue to improve. The future is bright for this young athlete, and with the entire men's team returning in 2015, Owen is going to play an even greater and more integral role in the group's success.



Many thanks to our families, friends, and fans – both near and far. Your support is so appreciated and invaluable. It was a great year – here's to making this one ever better!

Happy 2015!