Silas Eastman and David Chelimo return after an impressive first year at Colby, leading the Mules to their first ever trip to NCAAs!

Alanna McDonough returns for her Junior year after qualifying to NCAAs in XC and in the Steeplechase in track, where she placed 10th!
Colby Mules 2013 Highlights

**NESCACs:**

- Men-5th
- Women-6th

**NESCAC coach of the year**- Jared Beers

**NESCAC rookie of the year**- David Chelimo (and 2nd team all NESCAC)

**2nd team all NESCAC**- Silas Eastman

**New England Regional**

- Men-6th
  - All Region-David Chelimo, Silas Eastman, Jeff Hale
- Women-7th
  - All Region-Alanna McDonough, Cat McClure, Kate Connolly

**NCAA qualifiers**-

- Men’s XC team
  - Alanna McDonough, Cat McClure, and Kate Connolly

**NCAA finish**- Men’s team finished 22nd out of 32 teams

- Alanna-44th, Cat-106th, Kate-158th out of 280 runners
Kate Connolly will be missed this year. She had an amazing year last year qualifying as a senior for her first ever trip to the NCAA championship!

Cat McClure had an impressive year last year, playing for the Colby Soccer team for most of the fall. She joined the Mules at the New England regional meet to help make a run at NCAAs. She ended up qualifying to NCAAs as an individual!

The Men’s Cross Country team returns 5 out of their top 7 and all 4 of their top 4 from their NCAA qualifying team! They are getting geared up for another exciting year!!!
2014 Captains

Charlie Coffman

Jeff Hale

Maggie Parrish

Anna Doyle

Kylie Van Buren
2014 Mules Gearing up for the season!!!

David Chelimo-After an outstanding first year, including winning the NESCAC rookie of the year honor and qualifying to NCAAs in the 1500 in track, Chelimo is back to see what is in store for his sophomore campaign.

Silas Eastman-Creating quite the first year 1-2 punch with Chelimo last year, Eastman is back to running after a great first year on Colby’s Nordic Ski Team!

Jeff Hale-Jeff returns as a captain for the second year in a row for the Colby Men’s XC team. After winning All region honors last year, he hopes to repeat again this year! You would have never guess that he was only a 16:57 XC runner coming out of high school!

Charlie Coffman-After studying abroad last spring, where he was sorely missed by the track team, Charlie, and his always amazing kicks, are back to see what is in store for the Mules this year. He will co-captain the Mules for the second year in a row with Jeff Hale.

Alanna McDonough-Can you believe she broke our school record in the 400H as a first year? After an impressive sophomore year, qualifying to NCAAs in XC and the Steeplechase in track, Alanna is back and we are very excited to see what her junior season has in store!

Krista Brown-After an impressive sophomore year, Krista is back and ready to step in a fill the shoes left by Kate Connolly. She had an impressive showing last year at the regional race, placing 68th.
Academic Awards

**NESCAC All Academic**
- Emily Arsenault
- Chase Brown
- Sarah Carrigan
- Charlie Coffman
- Kate Connolly
- Anna Doyle
- Chris Greenlee
- Hallie Jester
- Kim Johnson
- Carolyn Katsarakes
- Ben Lester
- Sean Madigan
- Will McCarthy
- Chris Millman
- Dave Murphy

**NCAA Individual All–Academic**
- Silas Eastman-3.60
- Charlie Coffman-3.59
- Will McCarthy-3.67
- Kate Connolly-3.56
- Emily Arsenault-3.50

**Other awards:**
- Kate Connolly-Patty Valvanis Award (for academic and athletic excellence, as well as leadership and sportsmanship)
- Matt White-Dick Whitmore Award (for academic and athletic excellence, as well as service to the college)
- Chris Greenlee-Phi Beta Kappa

**NCAA All-Academic**
- Men’s Team-3.39 Team GPA
- Women’s Team-3.42 Team GPA
Colby Trails!

Runnals Hill—Colby’s 500m long grass hill is a great spot for workouts. It’s also the scene of the bi-annual Runnals hill challenge for the XC team. How many summits could you get in 25 min?

At the top of Runnals is the upper trails of Colby’s 8.5 mile trail network. There is a great 2Km flat loop in the woods that can be broken into 400,800 and 1600 loops for workouts.

Here is a link to the current Colby trail map:
Off Site Running Trails

- Quarry Road Recreation Area - 1/4 mile from campus. Quarry Road. It has 6 miles of trails and the map can be viewed here: http://www.quarryroadrecarea.org/images/map.pdf

- Messalonskee Stream Trail - 7 1/2 mile loop from the athletic center, 5 miles are on the stream trail or power lines trail depending on how you loop the trail. The other 2 1/2 miles on roads.
Running Trails continued

Check out this link for more trail systems available in the Greater Waterville Area:

http://www.kmtrails.org/pdfs/KMTrails_Complete_Trails_Map.pdf

Solon Rail trail—Once a season Colby will go up to the Solon rail trail for a long run. The trail is 14.6 miles of crushed limestone.

Colby goes up to Acadia National Park usually the first weekend in September. The team will go for a long run and finish their run with a dip in the ocean. And a trip to Acadia wouldn’t be complete without a trip to the top of Cadillac Mountain!
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<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Hometown</th>
<th>High School</th>
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</thead>
<tbody>
<tr>
<td>Charlie Coffman</td>
<td>Senior</td>
<td>Cohasset, MA</td>
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<td>Nolan Dumont</td>
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<td>Seth Gilbane</td>
<td>Senior</td>
<td>Providence, RI</td>
<td>St. Marks</td>
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<td>Jeff Hale</td>
<td>Senior</td>
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<td>Will Hayes</td>
<td>Senior</td>
<td>Clencoe, IL</td>
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<td>Senior</td>
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<td>St. John’s Prep</td>
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<td>Senior</td>
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<td>Greely HS</td>
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<td>David Chelimo</td>
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<td>Sacho HS</td>
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<td>Sam Crimmins</td>
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<td>Silas Eastman</td>
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<td>Tom O’Donnell</td>
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<td>Jason Beland</td>
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<td>Julian Boed</td>
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<td>Noel Feeney</td>
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<td>Isaac Galton</td>
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<td>Tommy Griffith</td>
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<td>Michael Hilton</td>
<td>First year</td>
<td>Bingham, ME</td>
<td>Madison HS/Valley HS</td>
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<td>Benard Kibet</td>
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<td>Nakuru, Kenya</td>
<td>Kabarak</td>
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<td>Jake Lester</td>
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<td>Andrew Li</td>
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<td>Salt Lake City, UT</td>
<td>Skyline HS</td>
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<td>Melrose, MA</td>
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<td>Ian Patterson</td>
<td>First year</td>
<td>Manhattan, NY</td>
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<tr>
<td>Sam Sinkler</td>
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<td>Minneapolis, MN</td>
<td>Southwest HS</td>
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<td>Maddy Borek</td>
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<td>Emily Harper</td>
<td>Senior</td>
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<td>Krista Bown</td>
<td>Junior</td>
<td>Hanover, NH</td>
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<td>Mackenzie Hitchcock</td>
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<td>Acadia Brooks</td>
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<td>Maggie Hojlo</td>
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<td>Kate Kerin</td>
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<td>Lyme, NH</td>
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<td>Lina Makino</td>
<td>Sophomore</td>
<td>Weston, MA</td>
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<td>Katie Metayer</td>
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<td>Elisa Stern</td>
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<td>Walnut Creek, CA</td>
<td>Head Royce School</td>
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<td>Tristan Burfield</td>
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<td>Adrienne Carmack</td>
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<td>John Bapst HS</td>
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<td>Concord, MA</td>
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<td>Taylor Kennedy</td>
<td>First year</td>
<td>Hingham, MA</td>
<td>Notre Dame Academy</td>
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<td>Angelina Peterson</td>
<td>First year</td>
<td>Bethesda, MD</td>
<td>Chevy Chase HS</td>
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<tr>
<td>Micaela Reilly</td>
<td>First year</td>
<td>Morristown, NJ</td>
<td>Morristown-Beard HS</td>
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</tbody>
</table>
2014 Men’s Bios

CAPTAINS-
Charlie Coffman
Charlie is an Economics and Math double major, and a Physics and Administrative Sciences double minor. He is the Associate Director of the CSIA and a Coot leader. He has been NESCAC all academic and he competes in the 1500 and 5k. Charlie was also an Academic All-American last year in XC.

Jeff Hale
Jeff is a Physics major and a math minor. He is a Coot leader and a cross country captain. In track he runs the 3k, 5k, and 10k. Last year he was All Region in XC.

SENIORS-
Nolan Dumont
Nolan is a Biology major. He is a member of the Colby Emergency Response Team. In track he focuses on the steeple chase, 3K, and 5K. He has been a 2 time qualifier to NESCACs in the steeple.

Will Hayes
Will is a double major in Economics and English with a creative writing concentration, and an Administrative Sciences minor. He was abroad last fall at the University of St. Andrews. He has been a two time NESCAC qualifier. He competes in everything from the 400-1500.

Dan Hyszczak
Dan is an Economics and English double major. He is the Men’s team stats coordinator. He also competes in the Mid-distance events in track.

Ben Lester
Ben is a Math and Spanish major and a Physics minor. Ben has been consistently in the top 7 for us. He competes in the 5k in track. Ben is the Head of Coot this year.

Sean Madigan
Sean is an English major and Music minor. He is the music director of WMHB Colby radio, and is a bassist in jazz ensemble. He competes in everything from the 600-1500 in track.

Andy Martinez
Andy is an Economics major and Human Development minor. He has been All NESCAC and All NE DIII in track. Andy is a CCAK mentor and studied abroad in Australia last fall. He competes in the 400, 400H, and 800 in track. This is his first year running XC.
2014 Men’s Bios

JUNIORS-
Chase Brown
Chase is a Global Studies major and German minor. He competes in the 5k in track and was a NESCAC qualifier.

Andy Estrada
Andy is a Government major. He competes in the 1500 in track, and qualified to NESCACs last year.

Chris Millman
Chris is a Chemistry major with a minor in Math. He is a CA, WMHB radio DJ, co-President of Mules Against Violence, and is a trained peer educator for sexual violence prevention. He focuses on mid-distance events in track.

Stefan Sandreuter
Stefan is a Geology major and German minor. He was a NESCAC qualifier in the Steeplechase last year and he also runs cross country in the fall. He is a COOT leader and volunteers at the Waterville Humane Society. He competes in the 1500, mile, 3k, 5k, as well as the steeple in track.

SOPHOMORES-
Tom Barry
Tom is an Economics major and Education minor. He is a member of CCAK. He focuses on the 800-1500 in track. This past spring, Tom was a member of the 4x800m team that broke Colby’s school record.

David Chelimo
David is undecided on his major. He was All Region last year for XC and NESCAC rookie of the year. He also qualified to NCAAs in the 1500, and qualified to the final where he placed 12th.

Sam Crimmins
Sam is a double major in Government and Economics. He focuses on the 3k and 5k in track.

Silas Eastman
Silas was All Region last year in XC, as well as second team All-NESCAC. He also is on the Nordic Ski Team at Colby. Silas was also an Academic All American in XC last year.

Griffin Gagnon, First year
Griffin is an Econ major. He focuses on the 1500 and mile, but will try the 3k and 5k, as well in track. He was part of the top 7 that qualified to NCAAs last year!
2014 Men’s Bios

Nathan Madeira
Nathan is undecided about his major. He is a CCAK mentor, COOT leader, and member of the Jazz band. He is also on the swim team. He will compete in the distance events in track.

Tom O’Donnell
Tom is undecided on his major. He writes for the Colby Echo. He focuses on the 5k and 10k in track.

Tom O’Shea
Tom is undecided on his major. He competes in the distance events in track.

Alan Ottenstein
Alan is undecided on his major. He is a Presidential scholar. He will focuses on the 3K-10K in track and is thinking of trying steeple.

FIRST YEARS
Keith Barnatchez
Keith is from West Yarmouth, MA. He is planning on majoring in Econ and Math.

Jason Beland
Jason is from South Berwick, ME. He wants to be an Econ major and plans to join the club ski team.

Julian Boed
Julian is from Wassenaar, Netherlands. He plan to major in Econ and participate in the Outing club.

Noel Feeney
Noel is from Braintree, MA. He is undecided about what to major in.

Isaac Galton
Isaac is from Burnsville, NC. He is planning on majoring in Global Studies and participating in Saving Maine’s Lakes.

Tommy Griffith
Tommy is from Simsbury, CT. He is planning on majoring in Environmental Science.
2014 Men’s Bios

Michael Hilton
Michael is from Bingham, ME. He is undecided about what he wants to major in.

Benard Kibet
Benard is from Nakuru, Kenya. He is undecided about what he wants to major in.

Jake Lester
Jake is from Medfield, MA. He plans on majoring in Psychology. He wants to join the Outing club, Jazz Band, and volunteer programs on campus.

Andrew Li
Andrew is from Salt Lake City, UT. He plans on majoring in Econ or Bio.

Jimmy O’Donnell
Jimmy is from Melrose, MA. He is considering majoring in Econ.

Ian Patterson
Ian is from Manhattan, NY. He plans to go Pre-Med. He will also join the outing club and the Hillel.

Sam Sinkler
Sam is from Minneapolis, MN. He is undecided in what he wants to major in. He is also a member of the Nordic Ski Team.
2014 Women’s Bios

CAPTAINS-

Anna Doyle

Anna is a Theatre and Psychology double major. She spent last semester studying off campus at the Eugene O’Neill National Theater Institute. At Colby, she is also a Presidential Scholar and a member of Feminist Alliance.

Maggie Parrish

Maggie is a Biology major. Maggie primarily does cross country in the fall, but has also run the 3k during Indoor track.

Kylie VanBuren

Kylie is a Government and Women’s, Gender, and Sexuality Studies double major. She is a NESCAC qualifier in the 10K and Co-President of Feminist Alliance.

SENIORS-

Maddy Borek

Maddy is a Biology Major and Neuroscience Minor. She is part of ROTC at UMaine, founder of the Colby triathlon club, CCF, and Cycling Club. She competes in the distance events in track. This is her first year doing XC.

Emily Harper

Emily is a English and Women’s and Gender Studies Major, and a Japanese minor. She studied abroad last year in Kyoto. She competes in the 5k and the 10k in track.

Kiki Katsarakes

Kiki runs the 5k during track and also runs cross country in the fall.

JUNIORS-

Kate Alden

Kate is a Computer Science major. She is in French Club and Colby Republicans. She competes in the 800 in track.

Dylan Alles

Dylan is a Government major and an Education and Managerial Economics double minor. She was part of the top 7 for cross country last year, and she has been a NESCAC qualifier in the 1500. Dylan also is a tour guide for admissions and volunteers at a local preschool.
2014 Women’s Bios

Krista Brown
Krista joined Colby for the first time last year after transferring from Colorado. She focuses on the distance events in track.

Hallie Jester
Hallie is a Biology major with a Neuroscience concentration, and she is premed. She volunteers at the hospital and is a mentor at a local school for a Boys to Men group. She focuses on the 800, 1500, and mile in track.

Alanna McDonough
Alanna is an Environmental Science major and Education minor. She holds school records in the DMR (12:05.09) and the 4x800 (9:20.43). She qualified to NCAAs last year in XC as an individual, where she placed 44th. She also qualified to NCAAs in outdoor track in the steeplechase, where she placed 10th. She was All Region last year in XC.

Shannon Oleynik
Shannon is an Environmental Policy Major. She is also a COOT leader and the Eco-Rep of Dana Dorm. She competes in the distance events.

Kate Riley
Kate is a Psychology/Neuroscience and French double major. She participates in Hardy Girls Healthy Women, teaches baking classes at the homeless shelter, is a member of Four Winds Native American Alliance, and member of French club. She was a NESCAC qualifier in the 400 and high jump, and placed in the high jump last year at NESCACs.

Emily Tolman
Emily is a Neurobiology and Russian double major. She holds the school record in the 4x400 (3:44.74) and is a three time All-American in the 4x400 so far at Colby. She is also a member of CCAK.

Laurel Whitney
Laurel is an Environmental Science major. She is a CCAK volunteer and a Presidential Scholar. She competes in the 5k, 10k, and Steeple in track.

Sophomores-

Acadia Brooks
Acadia will be joining XC for the first time this year. She focuses on the 400, 600, 800 in track.
2014 Women’s Bios

Maggie Hojlo
Maggie is undecided about what she wants to major in at Colby. She is part of the Admissions Ambassadors and SPB. She competes in the 400H and 800 in track. This will be her first year on XC.

Kate Kerin
Kate is joining XC for the first time this year. She is from Lyme, NH.

Lina Makino
Lina is thinking of majoring in Latin American Studies and Women, Gender, and Sexuality. She focuses on the 1000 and mile in track.

Katie Metayer
Katie is a Molecular Biology major. She was a member of Medlife, is involved with Student Health on Campus and volunteers at Thayer Medical Center. She focuses on the 3k, 5k, and 10k in track.

Erin Purcell Maillet
Erin is undecided about what she wants to major in. She is in Ballroom dancing club, SPB, and Paw Pals. She will focus on the 400 and 800 for track. This is her first year doing XC.

Elisa Stern
Elisa is from Walnut Creek, CA. She is undecided about what to major in.

FIRST YEARS
Tristan Burfield
Tristan is from Naples, FL. She plans on majoring in Math and Studio Art.

Adrienne Carmack
Adrienne is from Veazie, ME. She plans on majoring in Psychology and Education. She also plans to join the Outing Club.

Margaret Giles
Margaret is from Concord, MA. She is undecided about what to major in.

Taylor Kennedy
Taylor is from Hanson, MA. She plans on majoring in Biology with a concentration in Neuroscience.

Angie Peterson
Angie is from Silver Spring, MD. She plans on majoring in Global Studies/Government and participate in Spoken Word Poetry, Mock Trial, and CCAK.

Micaela Reilly
Micaela is from Morristown, NJ. She is undecided about what to major in.
Colby XC Coaches

Deb Aitken—Women’s Head Cross Country Coach-

Coach Aitken is in her 30th year coaching Cross Country at Colby! She has created quite the storied tradition for Women’s XC at Colby. The Women have qualified to NCAAs a total of 8 times as a team (93, 94, 96, 2000, 04, 05, 07, and 08) and have finished as high as 5th place at the NCAA championships (04 and 05!!). Twelve individuals have qualified to NCAAs since 1997 and there have been a total of 15 All-Americans in Coach Aitken’s time at Colby!

Jared Beers—Men’s Head Cross Country Coach-

The Mules have finally arrived! Coach Beers has worked on turning the program around since he took over 9 years ago. After finishing 11th from 2007-2010, the Mules finished 10th in 2011, 9th in 2012, and then vaulted to 5th in 2013. The icing on the cake of their 5th place finish in 2013 was Colby’s first ever trip to NCAAs in school history! Clearly all of Coach Beers’ hard work finally paid off! He also won the NESCAC coach of the year award for the 2013 season. With 5 of his top 7 returning, it will be exciting to see what the Mules can do this year!