2013-2014 Highlights

Team Results-Men
Indoor
State-4th of 5
New England DIIIs-11th of 26
Open New Englands-23rd of 37
ECACs-18th of 62
Outdoor
State Meet-3rd of 5
NESCACs-5th of 11
New England DIIIs-7th of 32
Open New Englands-21 of 38
NCAA qualifiers-
David Chelimo-1500-qualified to final and placed 12th

Team Results-Women
Indoor
State-3rd of 6
New England DIIIs-9th of 28
Open New Englands-25th of 36
ECAC-26th of 61
Outdoor
Alohas-2nd of 7
NESCACs-4th of 11
New England DIIIs-7th of 33
Open New Englands-25 of 39
NCAA-
Indoor-4x400-Placed 7th -3:51.74-
All-Americans!
Outdoor-Alanna McDonough-Steeple finished 10th
Leigh Fryxell-Javelin-finished 13th
Annabelle Hicks-Long jump-Finished 21st
2013-2014 Highlights

School Records:
Men-
1000-2:26.33-Dylan Nisky
4x800-7:33.56 (Tom Barry-1:56.1, Chris Greenlee-1:53.67, Kevin Clarke-1:53.28, Matt White-1:50.10)
Women-
Annabelle Hicks-Long Jump-5.71-18’8.8”

NESCAC champs-
Ethan Druskat-100-10.96
Justin Owumi-Triple Jump-13.75-45’1”
Alanna McDonough-Steeplechase-10:56.86
Leigh Fryxell-Javelin-41.55-136’4”
2013-2014 Highlights

All NESCAC (top 3 in each event)
Pedro Caballero (4x800)
Kevin Clarke (4x800)
David Chelimo (1500, 4x800)
Ethan Druskat (100, 200)
Justin Owumi (Triple Jump)
Matt White (4x800)

McKayla Blanch (4x400)
Emily Doyle (400, 4x400)
Leigh Fryxell (Javelin)
Cat McClure (10k)
Alanna McDonough (Steeple)
Frances Onyilagha (200, 4x400)
Emily Tolman (4x400)

All New England (top 8 in each event)
Tom Barry (4x800)
Pedro Caballero (4x800)
David Chelimo (5k)
Kevin Clarke (4x400)
Ethan Druskat (100, 4x400)
Chris Greenlee (4x800)
Caleb Harris (4x400)
Chris Millman (4x800)
Justin Owumi (110H, Triple Jump)
Matt White (800, 4x400)

McKayla Blanch (4x400)
Emily Doyle (400, 4x400)
Leigh Fryxell (Javelin)
Annabelle Hicks (100, Long jump)
Kate MacNamee (Hammer)
Frances Onyilagha (200, 4x400)
Emily Tolman (4x400)
Keltie Vance (Pole vault)
2013-2014 Academic Highlights

Men-
Team Academic-All-American GPA-3.42
Individual Academic All-American: (GPA of 3.30 or higher and finished ranked in the top 35 in the nation for an individual event or top 25 for a relay)
Ethan Druskat-3.50
Caleb Harris-3.69
Justin Owumi-3.37
Matt White-3.37
CoSIDA/Capital One Academic All-American Brett Sahlberg
Phi Beta Kappa-Brett Sahlberg, Chris Greenlee
Women-
Team Academic All-American GPA-3.41
Individual Academic All-American:
Michaela Athanasopoulos-3.52
Leigh Fryxell-3.56
Annabelle Hicks-3.48
Kate MacNamee-3.64
Frances Onyilagha-3.43
Emily Tolman-3.59
Phi Beta Kappa-Katie Curran

Academic All-NESCAC:
Dylan Alles
Emily Arsenault
Lori Ayanian
Chase Brown
Sarah Carrigan
Dylan Ciccarelli
Kate Connolly
Katie Curran
Nick D'Agostino
Robin Doroff
Ethan Druskat
Meg Fortier
Leigh Fryxell
Chris Greenlee
Caleb Harris
Annabelle Hicks
Sarah Higgins
Hallie Jester
Kate Kimball
Kayla Lewkowicz
Sara LoTemplio
Caitlin Lyons
Kate MacNamee
Sean Madigan
Chris Millman
Dave Murphy
Nick Murphy
Frances Onyilagha
Justin Owumi
Kate Riley
Brett Sahlberg
Misha Strage
Emily Tolman
Jeff Tucker
Bethany Weitzman
Laurel Whitney
Mules in the Community

Head of COOT-
Ben Lester
COOT leaders-
Charlie Coffman
Jeff Hale
Cat McClure
Shannon Oleynik
Stefan Sandreuter

Josh Hews
Kate Kimball
Caitlin Lyons
Andy Martinez
Brett Sahlberg
Elena Schreiner
Emily Tolman
Laurel Whitney

Co-President of Hillel-
Ben Zurkow

CA (Dorm advisors)-
Jessie Batchelder
Emily Harper
Malik Horton
Chris Millman
Billy Parker
Landon Summers

Co-Leader Teaching Poetry in Schools-
Morgan Gallagher
Assistant Director of Colby Volunteer Center
Laurel Whitney

Colby Emergency Response Team
Nolan Dumont

Co-President of MAV-
Chris Millman
Members of MAV-
Jamaal Grant
Zach O'Connor
Will Wisener

CCAK-
Tom Barry
Sarah Carrigan
Dylan Ciccarelli
Robin Doroff
Meg Fortier
Michaela Garrett
Andrew Herwig
The Indoor Track was redone over the summer of 2012. It is a full 200m, four lane indoor track, with the same surface as the outdoor track. On the inside of the track are a full 8 lanes for the 60m dash and 60m hurdles. The track also has a weight/shot cage and circle, a long/triple jump runway and pit, and a pole vault runway and pit.

The men's and women's track and field programs got an entirely new outdoor facility when Harold Alfond Stadium opened in September 2008.

The 400-meter all-weather track was completely redone. There is now a separate area for the long and triple jump positioned near the 100m start. A new discus and hammer cage is in place, and there are separate areas for shot put and javelin competition. New fencing and landscaping completed the project. The synthetic turf field can also be used by the football, soccer, and lacrosse teams. The installation of modern, efficient stadium lighting made evening practices and meets possible. Scoreboards and timing equipment also were updated. Colby's track and field teams have one of the top collegiate track and field facilities in New England.
2013-2014 Top Performances

Indoor:
60-6.95-Ethan Druskat
200-22.36-Ethan Druskat
400-49.24-Brian Sommers
600-1:21.70-Brian Sommers
800-1:53.04-Matt White
1000-2:26.33-Dylan Nisky
Mile-4:23.62-Griffin Gagnon
3k-8:41.35-Jeff Hale
5k-14:51.47-Jeff Hale
60H-8.54-Justin Owumi
4x400-3:25.22
4x800-7:56.90
DMR-10:07.94
HJ-1.79-5’10.5”-Andrew Herwig
PV-3.55-11’7.8”-Josh Hews
LJ-6.56-21’6.3”-Brian Sommers
TJ-13.31-43’8”-Justin Owumi
SP-12.36-40’6.6”-Caleb Harris
Hep-4200-Andrew Herwig

Outdoor:
100-10.69-Ethan Druskat
200-22.41-Ethan Druskat
400-50.11-Matt White
800-1:53.50-Matt White
1500-3:49.97-David Chelimo
5k-14:47.39-David Chelimo
10k-31:24.53-Jeff Hale
110H-15.29-Justin Owumi
400H-55.96-Brett Sahlberg
Steeple-10:02.01-Nolan Dumont
4x100-43.88
4x400-3:21.13
4x800-7:33.56
HJ-1.77-5’9.7”-Andrew Herwig
PV-3.55-11’7.8”-Andrew Herwig
LJ-6.15-20’2.1”-Jamaal Grant
TJ-14.28-46’10.2”-Justin Owumi
SP-12.03-39’5.6”-Caleb Harris
DT-34.39-112’9.9”-Andrew Herwig
JT-45.98-150’10.2”-Ben Zurkow
Decathlon-5517-Andrew Herwig
2013-2014 Top Performances

Indoor:
55m-7.41-Frances Onyilagha
60m-7.98-Annabelle Hicks
200m-25.37-Frances Onyilagha
400-59.37-Emily Doyle
600-1:43.73-Erin Purcell Maillet
800-2:24.25-Erin Purcell Maillet
1000-3:09.85-Alanna McDonough
Mile-5:11.37-Kate Connolly
3k-10:21.77-Alanna McDonough
5k-17:34.02-Alanna McDonough
55H-8.48-Brittany Reardon
60H-9.12-Brittany Reardon
4x200-1:46.85
4x400-3:51.74
4x800-10:12.31
DMR-13:24.67
HJ-1.57-5’1.8”-Robin Doroff
PV-3.51-11’6.2”-Brittany Reardon
LJ-5.20-17’1”-Annabelle Hicks
TJ-10.14-33’3.2”-Misha Strage
SP-10.39-34’1”-Leigh Fryxell
WT-13.60-44’7.4”-Kate MacNamee
Pent-2990-Jenna Athanasopoulos

Outdoor:
100-12.43-Frances Onyilagha
200-25.02-Frances Onyilagha
400-57.64-Emily Doyle
800-2:25.17-Erin Purcell Maillet
1500-4:47.52-Kate Connolly
5k-17:49.58-Kate Connolly
10k-36:50.15-Cat McClure
100H-15.09-Brittany Reardon
400H-1:07.09-Michaela Athanasopoulos
3K Steeple-10:53.07-Alanna McDonough
4x100-48.63
4x400-3:53.91
4x800-10:01.98
HJ-1.58-5’2.2”-Kate Riley
PV-3.42-11’2.6”-Keltie Vance
LJ-5.71-18’8.8”-Annabelle Hicks
TJ-10.30-33’9.5”-Misha Strage
SP-11.24-36’10.5”-Leigh Fryxell
DT-32.84-107’8.9”-Bethany Weitzman
HT-49.30-161’9”-Kate MacNamee
JT-41.75-136’11.7”-Leigh Fryxell
Hep-3888-Jenna Athanasopoulos
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<th>Name</th>
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<td>Nolan Dumont</td>
<td>Distance</td>
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<td>Lincoln, ME/Gould Academy</td>
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<td>Melissa Meyer</td>
<td>Pole vault</td>
<td>JR</td>
<td>Tokyo, Japan/American School in Japan</td>
</tr>
<tr>
<td>Veronica Mitchell</td>
<td>Mid-d/H/HJ</td>
<td>JR</td>
<td>Poland, ME/Deering</td>
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<tr>
<td>Shannon Oleynik</td>
<td>Distance</td>
<td>JR</td>
<td>Deerwood, MD/Col. Zadok Magruder</td>
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<tr>
<td>Kate Riley</td>
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<td>JR</td>
<td>La Crosse, WI/Aquinas</td>
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<tr>
<td>Misha Strage</td>
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<td>JR</td>
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<tr>
<td>Olivia Thurston</td>
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<td>Emily Tolman</td>
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<td>SO</td>
<td>Fitzwilliam, NH/Monadnock Reg</td>
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<td>Sprints/PV</td>
<td>SO</td>
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<td>Acadia Brooks</td>
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<td>Lina Makino</td>
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<td>Katie Metayer</td>
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<td>Wilbraham, MA/Minnechaug Reg</td>
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<td>Maddy Ojerholm</td>
<td>Sprints</td>
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<td>Worcester, MA/Worcester Academy</td>
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<td>Keltie Vance</td>
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<td>FY</td>
<td>Lexington, MA/Gann Academy HS</td>
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<td>Jumps</td>
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<td>Makawao, HI/King Kekaulike HS</td>
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<td>Adrienne Carmack</td>
<td>Distance</td>
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<td>Veazie, ME/John Bapst</td>
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<td>Arianna Cohen</td>
<td>Multi</td>
<td>FY</td>
<td>East Greenwich, RI/Moses Brown School</td>
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<td>Emily Geske</td>
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<td>Margaret Giles</td>
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<td>Hailey Hampson</td>
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<td>FY</td>
<td>Boulder, CO/Boulder HS</td>
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<td>Catherine Haut</td>
<td>Jumps</td>
<td>FY</td>
<td>Andover, MA/Andover HS</td>
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<td>Loan Heilner</td>
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<td>Johannesburg, South Africa/Roedean</td>
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<td>Taylor Kennedy</td>
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<td>FY</td>
<td>Hingham, MA/Notre Dame Academy</td>
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<td>Shawna Meserve</td>
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<td>FY</td>
<td>Standish, ME/Bonny Eagle HS</td>
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<td>Liz Paulino</td>
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<td>Worcester, MA/Bancroft School</td>
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<td>Angie Peterson</td>
<td>Distance</td>
<td>FY</td>
<td>Bethesda, MD/Chevy Chase HS</td>
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<td>Micaela Reilly</td>
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<td>Morristown, NJ/Morristown-Beard HS</td>
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<td>Julia Rembetsy-Brown</td>
<td>Sprints/Jumps</td>
<td>FY</td>
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2014-2015 Men’s Bios

SENIORE
Charlie Coffman-
Charlie is an Economics and Math double major, and 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.

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

Seth Gilbane-
Seth returns to Colby after attending Dartmouth for a year. Seth is doing the Colby/Dartmouth 2-1-1-1 engineering program. He focuses on the 1500 and 5k in track.

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

Caleb Harris-
Caleb is an Environmental Science major with a concentration in Ecology. He also plays football at Colby and was named to the National Team of the week for totaling four sacks in one game last year. He competes in the Decathlon and placed at the Open New England Championships in 2013. He also runs the 4x400 and has been all New England for the last two years. He was also an Academic All American last year for his 400 leg of the DMR.

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. Andrew’s. 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 competes in the mid-distance events in track.

Kush Jadeja-
Kush is an Economics major with a concentration in Financial Markets. He is also an Environmental Studies and Administrative Sciences double minor. Kush is only in his second year of track ever. He competes in the 200 and 400 in track.

Ben Lester-
Ben is a Math and Spanish major and a Physics minor. Ben was the Head of COOT this year. He competes in the 5k in track.

Sean Madigan-
Sean is an English major and Music minor. He is the music director of WMHB Colby radio, and is a bassist in the 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 year he ran XC for the first time.

Brett Sahlberg-
Brett is a Biology major and Economics minor. He has been All NESCAC and All NE DIII several times. He was also a Capital One Academic All-American in track last year. He is also a CCAK mentor.

Ben Zurkow-
Ben is a Physics major. He also plays on the football team. He is Co-President of Hillel and is a TA/tutor for math and physics. He is a multi-time qualifier to NESCACs in Javelin.

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

Dylan Ciccarelli-
Dylan is a Government major and a Russian and Women's Gender, and Sexuality Studies minor. He has been a multi time NESCAC and NE DIII qualifier in the 400H. He also scored at the NESCAC meet for the first time last year in the triple jump! Dylan is also a CCAK mentor. He is abroad this fall in Capetown, South Africa.

Ethan Druskat-
Ethan is a Physics major and Math minor. He was the NESCAC champ and All NE DIII last year in the 100. He was also Academic All-American last year. He is abroad this fall studying in Salamanca, Spain.

Andy Estrada-
Andy is a Government major. He competes in the 1500 and has qualified to NESCACs. He will be studying abroad this Spring.

Jamaal Grant-
Jamaal is a Neurobiology major. He has been All New England and placed at NESCACs in the horizontal jumps. He is a member of Gentlemen of Quality, MOCHA, SOBHU, MAV, and the BlueLights. He is also a Biology tutor.

Andrew Herwig-
Andrew is a Physics and German Studies double major. He has placed at the NE DIII Championships and qualified to ECACs in the decathlon. He is also a CCAK mentor and physics tutor.

Chris Millman-
Chris is a Chemistry major with a minor in Math. He is CA, WMHB radio DJ, co-President of Mules Against Violence (MAV), and is a trained peer educator for sexual violence prevention. He focuses on the mid-distance events in track.
2014-2015 Men’s Bios

Billy Parker-
Billy is a Math major with a concentration in Stats, and is Pre Med. He is also a CA. This will be Billy’s second year ever participating in track and he will be focusing on the throws.

Stefan Sandreuter-
Stefan is a Geology major and German minor. He is a COOT leader and volunteers at the Waterville Humane Society. He has been a NESCAC qualifier in the steeplechase. He also competes in the 1500, mile, 3k, and 5k in track.

Jeff Tucker-
Jeff is a Environmental Studies major. He competes for the Nordic Ski Team in the winter and then does Outdoor track in the spring. He focuses on the 1500 in track and has been a NESCAC qualifier.

SOPHOMORES-
Tom Barry-
Tom is an Economics major and Education minor. He is a member of CCAK. He focuses on the 800-1500. This past spring, Tom was a member of the Colby 4x800 that broke the school record.

Greyson Butler-
Greyson is a Biology major. He is a presidential scholar and is doing research with professor Russell Johnson. He also plays the viola in the orchestra. Greyson competes in the 100-400.

Pedro Caballero-
Pedro is a Global Studies and Economics double major. He participates in CCOR and paw pals. He competes in the mid-distance events in track and was All NESCAC and All NE DIII last year in the 4x800. He is also involved in CCOR and Paw Pals.

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. He has already received National Athlete of the Week Honors once for this XC season.

Sam Crimmins-
Sam is a double major in Government and Economics. He focuses on the 3k and 5k in track.
2014-2015 Men’s Bios

Roy Donnelly-
Roy is an Economics major and a classics minor. He was a New England qualifier in the 100 last year.

Andy Fullerton-
Andy is a Biology major and Environmental Studies minor. Andy is only in his second year ever competing in track. He focuses on the high jump.

Griffin Gagnon-
Griffin is an Economics and Spanish double major. He was part of Colby’s first ever XC team qualifying to NCAAAs last fall. He focuses on the 1500 and mile in track.

Josh Hewitt-
Josh is a Math and Computer Science double major and a Japanese minor. He is a member of CCAK and volunteers with the Rising Readers Program. He competes in the pole vault.

Malik Horton-
Malik is a Government and Education double major. He is a Community Advisor, participates in Mayflower chill (a capella group), Board member of AEATAE, and General Manager of Mule Mob Rentals. He competes in the short sprints.

Leo McGuinness-
Leo is undecided about what to major in. He competes in the short sprints.

Tom O’Donnell-
Tom is an Economics major and Cinema Studies minor. He writes for the Colby Echo. Tom focuses on the 5k and 10k in track.

Tom O’Shea-
Tom is a Biology and Government double major. He focuses on the distance events in track.

Alan Ottenstein-
Alan is a Physics and Math double major. He is a Presidential scholar. He focuses on the distance events and the steeple in track.

Nathaniel Rees-
Nathaniel is undecided on his major. He competes in the 5k and 10k in track.

Jamie Ross-
Jamie is a Biology major. He is also in CER, Colby Mountaineering Club, and a Research assistant for Professor Judy Stone. He focuses on the mid-distance events in track.

Brian Sommers-
Brian is an Environmental Studies major. He focuses on the long sprints in track.
2014-2015 Men’s Bios

Landon Summers-
Landon is a Government major. He is also a Community Advisor. Landon focuses on the hurdles in track. He qualified to NE DIIIis in the 110H last year.

FIRST YEARS
Keith Barnatchetz-
Keith plans to double major in Economics and Math. He will focus on the mid-distance events in track.

Jason Beland-
Jason plans to major in Economics. He is a member of the club ski team. He will focus on the distance events in track.

Julian Boed-
Julian plans to major in Economics. He is a member of the Outing club. He will focus on the distance events in track.

Noel Feeney-
Noel is undecided about what to major in. He will focus on the distance events in track.

Isaac Galton-
Isaac plans to major in Global Studies. He participates in Saving Maine’s Lakes. He will focus on the mid-distance events in track.

Tommy Griffith-
Tommy plans to major in Environmental Science. He will focus on the distance events in track.

Chris Hale-
Chris is undecided about what to major in. He will focus on the high jump in track.

Michael Hilton-
Michael is undecided about what to major in. He will focus on the distance events in track.

Marcques Houston-
Marcques is undecided about what to major in. He will focus on the long sprints and horizontal jumps.

Benard Kibet-
Benard is undecided about what to major in. He will focus on the distance events in track.

Jake Lester-
Jake plans to major in Psychology. He is a member of the Outing club and Jazz band. He will focus on the distance events in track.
2014-2015 Men’s Bios

Andrew Li-
Andrew plans to double major in Economics and Biology. He will focus on the distance events in track.

Mbasa Mayikana-
Mbasa plans to major in Economics. He is a member of the Colby football team and SAAC. He will focus on the jumps and sprints.

Zach O’Connor-
Zach plans to major in Engineering. He is an Admissions Ambassador, member of MAV and SPB. He will focus on the short sprints in track.

Jimmy O’Donnell-
Jimmy plans to major in Economics. He will focus on the mid-distance events in track.

Steven Parrott-
Steven is undecided on what to major in. He will focus on the throws in track.

Ian Patterson-
Ian plans to go Pre-Med. He is a member of the Outing Club and the Hillel. He will focus on the distance events in track.

Sam Sinkler-
Sam is undecided about what to major in. He is also a member of the Nordic Ski Team at Colby. He will focus on the distance events in track.

Chris Spencer-
Chris is undecided about what to major in. He will focus on the sprints and hurdles in track.

Will Wisener-
Will plans to major in Physics. He is also a member of MAV. He will focus on the pole vault.
2014-2015 Women's Bios

SENIORS-
Maddy Borek-
Maddy is a Biology major. 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.

Morgan Gallagher-
Morgan is an English major and Environmental Studies minor. She is Co-Leader of the Club Teaching Poetry in schools, a Pequot Writing and Pequot Art committee member, and a Student assistant at Miller Library. She is also helping to create lesson plans for college level animal behavior classes. She competes in the triple jump and shot put.

Emily Harper-
Emily is an English, and Women's and Gender Studies double major, and a Japanese minor. She studied abroad in Kyoto last year. She competes in the 5k and 10k in track.

Kate Kimball-
Kate is a Psychology major and a Human Development minor. She is also a CCAK mentor and a research assistant in the Psychology department. She competes in the short sprints and long jump.

Caitlin Lyons-
Caitlin is a Global Studies and Russian double major. She is a member of CCAK and has studied abroad in St. Petersburg, Russia. She focuses on the throws in track.

Elena Schreiner-
Elena is a History major and religious studies minor. She is a CCAK mentor and a member of the Colbyettes (a capella group). Elena focuses on the hurdles in track.

Caitlin Sperzel-
Caitlin is a Spanish major and Education minor. She studied abroad in Spain last fall. She is a CVC program leader and a member of SAAC. Caitlin competes in the steeple in track.

Kylie VanBuren-
Kylie is a Government and Women’s, Gender, and Sexuality Studies double major. She is also Co-President of Feminist Alliance. Kylie focuses on the 5k and 10k in track.

JUNIORS
Kate Alden-
Kate is a Computer Science major. She is in French club and Colby Republicans. She competes in the mid distance events in track.

Dylan Alles-
Dylan is a Government major and an Education and Managerial Economics double minor. She is also a tour guide for admissions and volunteers at a local preschool. She just helped the Colby Women's XC team win the State title. She focuses on the 1500 in track.
2014-2015 Women’s Bios

Krista Brown-
Krista is an Economics major. She is the number two runner for Colby XC this year, who just won the Women’s State meet! She will focus on the distance events in track.

Sarah Carrigan-
Sarah is a Psychology major and Education and Chinese minor. She is a CCAK mentor, Educare Volunteer interim leader, and volunteers in a local school. She focuses on the mid-distance and distance events in track.

Robin Doroff-
Robin is a Biology and Economics double major with a concentration in finance. She is co-President of LuziCare and a member of CCAK. She has been an All New England qualifier. She focuses on the short sprints and high jump in track.

Emily Doyle
Emily is a Psychology major. She holds school records in the 400 (56.45) and 4x400 (3:44.74). She has also been a three time All-American in the 4x400.

Meg Fortier-
Meg is an American Studies major and Managerial Economics minor. She is a writer for insideColby and CCAK Student Board and Member. She focuses on the mid-distance events in track.

Sarah Higgins-
Sarah is a Global Studies and French double major and Economics minor. She is also a Colby Admissions Ambassador, member of French Club, and member of the Goldfarb Center Student Associate Committee. She competes in the 1500 in track.

Hallie Jester-
Hallie is a Biology major with a neuroscience concentration and she is pre-med. She volunteers at the local 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.

Sara LoTempio-
Sara is a Psychology and Environment Studies double major. She joined track for the first time last year and focuses on the throws.

Cat McClure-
Cat is a Biology and Environmental Science double major. She holds the school record in the DMR (12:05.09) She has qualified to NCAAs twice, once in indoor track in the 5k, and once in XC last fall (after playing the whole soccer season for Colby). She is also a Volunteer at Mid-Maine Homeless Shelter, ASE leader, and COOT leader.

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 has qualified twice to NCAAs, once in XC last fall, and once this past spring in the steeplechase. She is also the number one runner in XC this year that just won the State Meet!
2014-2015 Women’s Bios

Melissa Meyer-
Melissa is a History Major and East Asian Studies minor. She is President of Four Winds Native American Alliance and is on the Financial committee. She competes in the pole vault.

Veronica Mitchell-
Veronica is a Biology major with a Neuroscience concentration. She participates in Amnesty International. She focuses on mid-distance, hurdles, and high jump in track.

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 in track.

Kate Riley-
Kate is a Psychology 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 a member of French Club. She placed in the high jump at NESCACs last year. She will focus on the high jump and mid-distance events.

Misha Strage-
Misha is a Psychology and Sociology double major. She placed at NESCACs last year in the triple jump. She is also part of the Field Hockey team and was named to the 2012 National Field Hockey Coaches Association DIII National Academic Team. She is also a Volunteer at Hope’s place. She competes in the sprints, as well as triple jump.

Olivia Thurston-
Olivia is Psychology major. She is involved in SPB and Colby Museum of Art. She focuses on mid-distance, hurdles, and triple jump in track.

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. She is also a member of CCAK.

Laurel Whitney-
Laurel is an Environmental Studies major and Pre-Med. She is the Assistant Director of the Colby Volunteer Center, Main Concussion Management Student Research Assistant, volunteer at the hospital, and CCAK mentor. She competes in distance events and steeple in track.

SOPHOMORES

Jenna Athanasopoulos-
Jenna is a Psychology major with a concentration in Neuroscience. Jenna placed at NESCACs in 100H and was All New England in the Heptathlon. She focuses on the hurdles and the multi in track.

Michaela Athanasopoulos-
Michaela is a Psychology major. She was an All-American in the 4x400 last year. She competes in the hurdles, long sprints, and mid-distance events in track.
2014-2015 Women’s Bios

Jessie Batchelder-
Jessie is an Environment Science major. She is part of the Outing Club, and a CA. She competes in the short sprints and the pole vault in track.

McKayla Blanch-
McKayla is an Art and Psychology double major. She is also a member of the Field Hockey team at Colby. She was All NESCAC and All NE DIII last year in the 4x400. She competes in the sprints during track.

Acadia Brooks-
Acadia is a History major. She competes in the mid-distance events in track and also joined XC for the first time this year.

Grace Dunn-
Grace is undecided about what to major in. She will focus on the long sprints and hurdles in track.

Michaela Garrett-
Michaela is undecided on what she wants to major in. She is also a CCAK mentor. Michaela focuses on the throws in track.

Kaleigh Hoffman-
Kaleigh is a Government major. She is also a member of the Colby Field Hockey team. She will focus on the throws this year in track.

Maggie Hojlo-
Maggie is a Psychology major. She is part of the Admissions Ambassadors and SPB. She did XC for the first time this year and will focus on the mid-distance events and hurdles in track.

Lina Makino-
Lina is a Latin American Studies and Women, Gender, and Sexuality double major. She focuses on the 1000 and mile in track.

Katie Metayer-
Katie is a Biochemistry major and pre-med. She is a student liaison to the Health Center for Student Health on Campus, a biology tutor, a member of Medlife, a volunteer at Thayer Hospital, and a member of SAAC. She is the number 4 runner on the cross country team and helped them to a win at the State meet this season. She focuses on the distance events in track.

Maddy Ojerholm-
Maddy is an Economics major. She was a New England Qualifier last year and an integral part of our 4x100 and 4x200 last year. She helped the 4x100 score at NESCACs.

Erin Purcell Maillet-
Erin is undecided about what she wants to major in. She is in Ballroom dancing club, SPB, and Paw pals. She focuses on the mid distance events in track.
Keltie Vance-
Keltie is a Government and Global Studies double major. She is also a member of the Outing Club and works in the bookstore. She placed at NESCACS last year, was two time All New England, and a two time ECAC qualifier. She competes in the pole vault.

FIRST YEARS
Joebelle Bonete-
Joebelle is a Biology major. She is a member of Newman Council, German club, Asian Student Association, Biology club, Ralph Bunche Scholar Program, and First Generation to College Student Program. She will focus on the Horizontal jumps.

Adrienne Carmack-
Adrienne is a Psychology and Education double major. She is a member of the Outing club. She will focus on the distance events in track.

Arianna Cohen-
Arianna is undecided about what to major in. She will focus on the Multi events in track.

Emily Geske-
Emily is undecided about what to major in. She will focus on the pole vault in track.

Margaret Giles-
Margaret is undecided about what to major in. She will focus on the mid-distance events and hurdles in track.

Hailey Hampson-
Hailey is undecided about what to major in. She is a member of the Colbyettes (a capella group). She will focus on the multi events in track.

Catherine Haut-
Catherine is a Spanish major. She participates in the Newman Council and Mindfulness club. She will focus on the Horizontal jumps in track.

Loan Heilner-
Loan is considering a Government major. She will focus on the high jump in track.

Taylor Kennedy-
Taylor is a Biology major with a concentration in Neuroscience. She has been the number 3 runner in XC and helped the XC win the State meet this fall.

Shawna Meserve-
Shawna is undecided about what to major in. She will focus on the mid distance events in track.

Liz Paulino-
Liz is a Biology major. She is Dorm President of Marriner/Williams, a member of the Outing club, Power and Wig, and also a member of the DAUFA flag football team. She will focus on the long sprints in track.
 Angie Peterson-
Angie is a Global Studies and English double major. She is in the fall play and is a member of Mock trial. She will focus on the distance events in track.

Micaela Reilly-
Micaela is undecided about what to major in. She will focus on the distance events in track.

Julia Rembetsy-Brown-
Julia is undecided about what to major in. She will focus on the short sprints and horizontal jumps in track.
2014-2015 Coaches Bios

Jared Beers, a 2001 Colby College graduate, will begin his ninth year as head coach of the Colby men’s cross country/track and field programs in the 2013-14 academic year.

In his time as a coach at Colby, Beers has seen school records broken in the 60m, 100m, 200m, 400m, 600m, 1000, indoor 800m, 1500, 10K, Pole vault, triple jump, and 4x800. He has had national qualifiers in the 800, 1500, 5k, 10k, and 2 athletes in cross country. Beers has had All-Americans in the 400 and triple jump, and has a National Champion in the 60 and 100. His cross country team qualified to NCAA's for the first time in school history last year and placed 22nd. Coach Beers also earned NESCAC coach of the year for last XC season.

Beers spent three years as an assistant coach for the Colby indoor and outdoor track and field teams before becoming head coach of the cross country and track and field programs.

Beers held Colby’s 400-meter record at one time during his collegiate career and still is part of the 1,600-meter relay team school record of 3:19.71. Beers, who captained the Mules during his junior and senior years, won numerous track and field titles during his collegiate career. He was the NESCAC champion in the 400 meters in his final year at Colby in 2001 and won the New England Division III title in the 400 on Colby’s Alfond Track in 1999.

Beers, a native of Kittery, Maine, earned the track and field team’s J. Seelye Bixler Award for the senior who contributes the most to track and field at Colby.

Beers resides in Waterville with his wife Jess (an '02 Colby grad) and two daughters, Ruby Adelaide and Violet Lovejoy.

Emily Hackert, a Bowdoin College graduate, is in her fourth year with the Mules: three years as an assistant coach and first year as Interim Women’s Head Coach.

Hackert’s position with the Mules concentrate on hurdles, horizontal jumps, and sprints. In her time with the Mules, she has helped coach a 2 time National Champ, a National runner up 4x400 relay, 8 additional All-Americans, and three additional National qualifiers. The Mules have also broken records in the Men’s 60, 100, and 200, and in the Women’s 200, 400, 4x100, 4x200, 4x400, 400H, 100H, and long jump.

She was responsible for coaching the horizontal jumps, hurdles, and high jump as an assistant coach at Washington and Jefferson College from 2007 to 2009. Hackert was a graduate assistant coach --- she earned her master’s degree in December 2012 --- while coaching the hurdles, sprints, and high jump at Springfield College from 2009 to 2011. A versatile athlete during her track and field career at Bowdoin, Hackert competed in numerous events for the Polar Bears. She earned All-New England honors four times, All-NESCAC once, and All-ECAC twice.
2014-2015 Coaches Bios

Will Barron, Throws Coach. Barron is in his second season coaching the throws for the Mules. In his first year with the Mules, he helped Leigh Fryxell win a NESCAC title in the javelin and qualify to NCAAs for the first time in her career. She placed 13th at NCAAs after qualifying in at 22nd. He also helped Kate MacNamee come within striking distance of qualifying in the Hammer. She finished in the top 35 and earned Academic All-American honors. He is a 2001 graduate of Colby College and still is in the top 5 all time performances in the shot put for the Mules, and is ranked 2nd all time in performances for the discus. He brings a wealth of knowledge from his years as a competitive thrower. Barron is an active thrower and currently ranks 17th in the professional class for the Caledonian throwing events in North America.

Ian Wilson, Multievents/Pole vault/High jump. Coach Wilson, who has won 25 Maine State Championships in track and field while head coach at Waterville High School, will be an assistant coach for the Colby College track and field programs during the 2014-15 academic year. Wilson, a Bates College graduate, was one of the more decorated high school coaches in Maine in any sport. He has 25 Maine Track and Cross Country Coaches Association Coach of the Year honors and 24 Kennebec Valley Athletic Conference (KVAC) Coach of the Year accolades in indoor and outdoor track and field. The head coach at Waterville since 1997, he won 10 Maine titles in indoor track and field and 15 more championships during the outdoor season. Wilson won a stunning 56 Kennebec Valley Athletic Conference titles in boys’ outdoor (16), indoor (17), and girls’ outdoor (11) and indoor (12) track and field. Wilson earned Waterville Morning Sentinel Track and Field Coach of the Year honors on eight occasions.

Wilson also has had success with the Waterville girls’ soccer team. He started coaching the team in the 2008 season and won two Maine State Championships and four Kennebec Valley Athletic Conference titles. Wilson is a five-time winner of the Morning Sentinel Coach of the Year honor for soccer. He also earned four KVAC Coach of the Year awards for soccer. Wilson was the interim head coach for the Thomas College women’s soccer team for the 2001 season.

An English teacher at Waterville High since 1996, Wilson is expected to finish up his master’s degree in Kinesiology from the University of Texas, Permian Basin in 2014. He will continue to teach at Waterville High and coach soccer in the fall.
2014-2015 Coaches Bios

Matt Hanhold, assistant distance. Coach Hanhold joins the Mules for the first time this year and will assist Coach Beers with the distance groups. He has been the Defensive Line Coach and Academic Coordinator for the Colby Football team for the last three years, and added Recruiting Coordinator to his roles this year.

Hanhold coached defensive end Ryan Veillette, an All-Region and All-NESCAC selection, in 2012 and helped then junior CT Harris earn All-NESCAC honors in 2013. In February 2014, Hanhold participated in the NFL/NCAA Coaches Academy in Phoenix, Ariz. He was selected from hundreds of applicants and was the lone NESCAC coach to attend. He spent four seasons at Buffalo State College and has experience coaching offense and defense. Hanhold was the wide receivers coach, the video coordinator, and facilities assistant at Buffalo State. He also was the head coach of the Bengals’ junior varsity team and the squad’s offensive coordinator. Buffalo State broke nearly every passing and offensive record in school history during his time as receivers coach and three receivers earned All-New Jersey Athletic Conference honors. Hanhold also was the head of community service relations and coordinated alumni relations for the football program. Hanhold, a native of Youngstown, Ohio, also coached at Clarion University. He earned a master’s degree in rehabilitative sciences/counseling and was a graduate assistant for the Clarion football team for two years. He coached the defensive secondary for the 2006 season and then worked with the wide receivers for the 2007 season. He coached three All-Pennsylvania State Athletic Conference selections and was influential in the development of Alfonzo Hoggard, an All-American and the 2007 PSAC Rookie of the Year. Hanhold, who earned a bachelor’s degree in political science from Westminster College, played on the defensive line in his collegiate playing days. He earned 2005 Presidents Athletic Conference All-League honors and was a team captain.

Kevin Bright, Intermediate hurdles. Kevin is a 2006 graduate of Middlebury College, where he was a member of the Football, Indoor, and Outdoor Track teams. His primary event on the track was the 400m Intermediate Hurdles in which he earned All American honors three times. In his senior spring, Kevin set a PR in the event in at the NCAA championships with a national runner-up time of 51.95. In addition to the hurdles, Kevin also competed in the 100m, 200m, 4x100m, 4x400m, and Long Jump. Now in his first year with the Mules, Kevin graduated from Middlebury with a double major in Environmental Studies and Geology and has since received his Masters in Energy and Environmental Analysis from Boston University. Originally from Sharon, MA, Kevin currently lives in Oakland and works in the Office for Sustainability at Colby College.