2012-2013 Highlights

National Qualifiers:
Indoor-Dom Kone-60m Dash, Cat McClure 5K
Outdoor-Abbott Matthews Hammer

All-Americans-
Indoor-Women’s 4x400 4th-3:51.58
Outdoor-Women’s 4x400 2nd-3:44.74

New School Records:
600 Matt White-1:21.54
200 Fran Onyilagha-24.99
400 Emily Doyle-56.45
400H Brittney Bell-1:02.73
Women’s 4x400-3:44.74
Emily Doyle, Fran Onyilagha, Emily Tolman, Brittney Bell
Women’s 4x800-9:20.43
Laura Duff, Alanna McDonough, Ginny Keesler, Morgan Lingar
2012-2013 Highlights

All NESCAC:
Dylan Nisky-800
Brittney Bell-4x100, 4x400
Kate Connolly-10K
Emily Doyle-400, 4x100, 4x400
Leigh Fryxell-Javelin
Alanna McDonough-400H
Fran Onyilagha-100, 200, 4x400
Brittany Reardon-100H, 4x100
Emily Tolman-4x100, 4x400

All New England DIII Indoor:
60m-Dom Kone, Ethan Druskat
600-Matt White
4x800-Kevin Clarke, Matt White, Chris Greenlee, Dylan Nisky
400-Emily Doyle, Brittney Bell
600-Emily Tolman
5k-Cat McClure
55H-Brittany Reardon
4x400-Emily Doyle, Alanna McDonough, Emily Tolman, Brittney Bell
4x800-Ginny Keesler, Layne Schwab, Laura Duff, Morgan Lingar
DMR-Morgan Lingar, Laura Duff, Ginny Keesler, Kate Connolly
Pole Vault-Brittany Reardon

All New England DIII Outdoor:
Javelin-Leigh Fryxell
Hammer-Abbott Matthews, Kate Macnamee
Pole Vault-Brittany Reardon
10K-Cat McClure
100H-Brittney Reardon
5k-Kate Connolly
4x800-Ginny Keesler, Layne Schwab, Alanna McDonough, Morgan Lingar
4x400-Emily Doyle, Fran Onyilagha, Emily Tolman, Brittney Bell
Decathlon-Andrew Herwig
Hammer-John Gilboy
Long jump-Jamaal Grant
Shot put-John Gilboy
Pole vault-Harry Geldermann
4x400-Caleb Harris, Randy Person, Andy Martinez, Matt White
2012-2013 Team Results

Men’s Team-Indoor
State Meet-4th place
New England DIII-11th place
Outdoor-
State Meet-4th place
NESCACs-7th place
New England DIII-15th place

Women’s Team-Indoor
State Meet-3rd place
New England DIII-7th place
Outdoor-
NESCACs-3rd place
New England DIII-3rd place
Facilities

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 full weight/shot cage and circle, as well as a long/triple jump runway and pit. It also has a full pole vault runway and pit.

The men's and women's track and field programs had an entirely new outdoor facility when Harold Alfond Stadium opened in September 2008. The 400-meter all-weather track was rebuilt and there is now a separate area for the long and triple jump slightly away from the track. A new discus and hammer cage is in place and there is separate areas for shot put and javelin competition. New fencing and landscaping will 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 will make 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.
Academic Accolades

**Academic All-American:**
Colby Men’s Track and Field Team
Colby Women’s Track and Field Team

**Individual Academic All-American:**
Abbott Matthews
Cat McClure
Fran Onyilagha
Emily Tolman

**Capital One Academic All-American:**
Brian Desmond

**Capital One Academic All-District I:**
Brian Desmond
John Gilboy

**NESCAC All-Academic:**
Emily Arsenault
Lori Ayanian
Charlie Coffman
Brittany Colford
Kate Connolly
Katie Curran
Brian Desmond
Berol Dewdney
Anna Doyle
Laura Duff
Leigh Fryxell
Seth Gilbane
John Gilboy
Chris Greenlee
Emily Harper
Caleb Harris

Chris Henderson
Kim Johnson
Kiki Katsarakes
Ginny Keesler
Kate Kimball
Ben Lester
Tom Letourneau
Kayla Lewkowicz
Morgan Lingar
Caitlin Lyons
Megan Mackenzie
Kate MacNamee
Abbott Matthews
Will McCarthy
Maeve McGovern
Brett Sahlberg
Layne Schwab
Bethany Weitzman
Trent Wiseman

**Phi Beta Kappa:**
Brian Desmond
Laura Duff
Ginny Keesler
Abbott Matthews

**Presidential Scholars:**
Greyson Butler
Alan Ottenstein
Laurel Whitney
Mules in the Community

Student Government Association
Justin Deckert, Class of 2015
Dylan Ciccarelli, Marriner Dorm
Landon Summers, Taylor Dorm
Kylie VanBuren, Mary Low Dorm

Community Advisors:
Chris Millman
Billy Parker
Kate Connolly

COOT Leaders:
Dylan Ciccarelli
Gabi Cortez
Chris Greenlee
Jeff Hale
Andrew Herwig
Kim Johnson
Cat McClure
Shannon Oleynik
Stefan Sandreuter
Matt White

Assistant Director of the Volunteer Center:
Brittany Reardon

Founder of Muleprep (SAT prep course for local high school students)
Matt White

CCAK (Colby Cares About Kids-Mentor local elementary and middle school students)
Lori Ayanian
Sarah Carrigan
Dylan Ciccarelli
Kevin Clarke
Katie Curran
Robin Doroff
Emily Doyle
Meg Fortier
Josh Hews

President of SAAC:
Kayla Lewkowicz

Writers for the Colby Echo:
Sarah Barrese (Editor)
Tom O’Donnell
Kylie VanBuren

Co-President of Hillel:
Ben Zurkow

EMTs on Campus:
Chris Greenlee
Nolan Dumont

Colby Mules at the Freaky 5K supporting Hardy Girls Healthy Women
2012-2013 Men’s Top Performances

Indoor-
55m-Ethan Druskat-6.57
60m-Dom Kone-6.82
200m-Ethan Druskat-23.45
400m-Matt White-52.03
600m-Matt White-1:21.54
800m-Matt White-1:54.90
1000m-Chris Greenlee-2:35.46
Mile-Charlie Coffman-4:23.06
3k-Jeff Hale-8:53.90
5k-Jeff Hale-15:36.88
55H-Justin Owumi-8.15
60H-Justin Owumi-8.80
4x200-1:36.60
4x400-3:31.55
4x800-7:45.32
DMR-10:50.13
High jump-Andrew Herwig-1.77m
Pole Vault-Harry Geldermann-4.30
Long jump-Jamaal Grant-6.43m
Triple jump-Justin Owumi-13.51m
Shot Put-John Gilboy-14.92m
Weight Throw-John Gilboy-14.99m
Heptathlon-Andrew Herwig-4017

Outdoor-
100m-Dom Kone-11.03
200m-Randy Person-22.61
400m-Matt White-49.85
800m-Dylan Nisky-1:52.67
1500m-Dylan Nisky-4:06.07
5k-Charlie Coffman-15:11.23
10k-Will McCarthy-33:40.26
110H-Justin Owumi-15.43
400H-Brett Sahlberg-56.81
3k Steeple-Stefan Sandreuter-10:12.78
4x100-43.92
4x400-3:23.14
4x800-7:49.31
DMR-11:05.53
High jump-Andrew Herwig-1.77m
Pole Vault-Trent Wiseman-4.51m
Long jump-Jamaal Grant-6.82m
Triple Jump-Justin Owumi-13.53m
Shot Put-John Gilboy-14.92m
Discus Throw-John Gilboy-33.77m
Hammer –John Gilboy-51.73m
Javelin-Shaq Huntt-51.90m
Decathlon-Andrew Herwig-5889
2012-2013 Women’s Top Performances

Indoor-
55m-Fran Onyilagha-7.57
60m-Annabelle Hicks-8.16
200m-Fran Onyilagha-25.60
400m-Emily Doyle-58.17
600m-Emily Tolman-1:38.12
800m-Laura Duff-2:19.41
1000m-Morgan Lingar-3:04.76
Mile-Cat McClure-5:08.91
3k-Berol Dewdney-10:19.98
5k-Cat McClure-17:18.48
55H-Brittany Reardon-8.70
60H-Brittany Reardon-8.98
4x200-1:49.67
4x400-3:51.58
4x800-9:20.50
DMR-12:05.09
High jump-Robin Doroff-1.53m
Pole Vault-Brittany Reardon-3.40m
Long jump-Emily Tolman-5.14m
Triple jump-Misha Strage-9.94m
Shot Put-Alison Grover-8.20m
Weight Throw-Abbott Matthews-13.80m
Pentathlon-Alison Grover-2498

Outdoor-
100m-Fran Onyilagha-12.48
200m-Fran Onyliagha-24.99
400m-Emily Doyle-56.45
800m-Alanna McDonough-2:18.82
1500m-Morgan Lindar-4:46.19
5k-Cat McClure-17:26.97
10k-Cat McClure-36:56.78
110H-Brittany Reardon-14.71
400H-Brittney Bell-1:02.73
3k Steeple-Berol Dewdney-11:26.08
4x100-48.08
4x400-3:44.74
4x800-9:20.43
High jump-Robin Doroff-1.53m
Pole Vault-Brittany Reardon-3.56m
Long jump-Emily Tolman-5.14m
Triple Jump-Misha Strage-10.61m
Shot Put-Bethany Weitzman-10.05
Discus Throw-Caitlin Lyons-31.37m
Hammer –Abbott Matthews-50.87
Javelin-Leigh Fryxell-37.35m
Heptathlon-Alison Grover-3515
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<th>Name</th>
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## 2013-2014 Women’s Track and Field Roster

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<td>Distance</td>
<td>JR</td>
<td>Lincoln, ME/Gould Academy</td>
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<td>Andy Estrada</td>
<td>Distance</td>
<td>SO</td>
<td>Riverside, RI/LaSalle Academy</td>
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<td>Distance</td>
<td>FY</td>
<td>Hollis, NH/Bishop Guertin</td>
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<td>Distance</td>
<td>JR</td>
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<td>JR</td>
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<td>JR</td>
<td>Mattapan, MA/Boston College HS</td>
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<td>Distance</td>
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<td>Sprints</td>
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<td>Jamie Ross</td>
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<td>Brunswick, ME/Brunswick</td>
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<td>Throws</td>
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<td>FY</td>
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<td>Ben Zurkow</td>
<td>Sprints/Javelin</td>
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Women’s Track and Field

Captains:

Kate Connolly
Senior, Captain
She is majoring in history and minoring in geology. She runs mid and long distance in track and also runs cross country. Her favorite events are the 10k and the mile. Kate was All-New England last year in the 5K.

Katie Curran
Senior Captain
Biology Major
Education and Math Minor
Participates in CCAK, Muleprep, and Feminist Alliance. Competes in the High jump and has placed at the State meet and qualified to NESCACs.

Leigh Fryxell
Senior, Captain
She is a biology major. She was all NESCAC in the javelin in 2013. She is also the PPD Recycling Coordinator. In the past, Leigh was a pentathlete / heptathlete, and now she chooses to focus on just the javelin.

Brittany Reardon
Senior Captain
Sociology and Human Development Major
Holds the school records in the 60H (9.98), 100H (14.49), PV (11’8”), and 4x100 (47.70). She has qualified to Nationals twice, once in the PV and once in the 100H. She is also the Assistant Director of the Volunteer Center and is a program leader for Hardy Girls and Healthy Women.

Seniors:

Emily Arsenault, Senior
Biology: Ecology and Evolution, and Environmental Studies Majors, and minors in Creative Writing.
Emily has been a NESCAC qualifier, New England DIII qualifier, and ECAC qualifier. She runs the 3K in indoor track, and the 5K in both indoor and outdoor track.

Lori Ayanian, Senior
Economics and Psychology major
In addition to running Indoor and Outdoor Track as a NESCAC All-Academic Athlete, Lori is the Student Government Association Treasurer. She chairs the Finance Committee, mentors with Colby Cares About Kids, hosts a WMHB 89.7FM radio show, and tutors/serves as a research mentor for the Psychology Department. She competes in the 100 and 200.

Sarah Barrese, Senior
English Major, STS minor
She is the local news editor for the Colby Echo, and she also runs Cross country. She runs distance events during track.
Women’s Track and Field

Annabelle Hicks
Senior
Annabelle is a French and Music Double Major. She has qualified to the NESCAC, NE DIIIs, ECAC, and Open NE Championships. She was part of the 4x100 relay two years ago that narrowly missed qualifying to Nationals. She competes in the 60m through the 400 as well as both horizontal jumps. She also sings in the Eve a capella group. She was part of the 4x100 that holds the school record (47.70).

Kim Johnson,
Senior.
Kim is an English major with a concentration in Creative writing, as well as a Psychology major with a concentration in Neuroscience. She is also on the cross country and wim teams, is a COOT leader, a member of the Colbyettes a capella group, an Outing club officer and Photo Club President. She competes in the 5k in track.

Kayla Lewkowicz, Senior
Kayla is a Government and Global studies major and Art minor. She is President of SAAC, a member of the Colby outing club, and has been Academic All-NESCAC. She competes in the 200 and 400.

Maeve MacGovern, Senior. Maeve is a double major is Art and Biology with a double major in Ecology and Evolution. She has been a NESCAC qualifier in the 10k and NESCAC all-academic.

Kate MacNamee, Senior
Kate is a Neuroscience and German studies major. She is blacksmith teaching assistant, music director of Eve a capella, member of Power and Wig Theater Company, and Senior event consultant for Media Resources. Kate placed at NESCACs and NE DIIIs, and qualified to ECAC and Open NE in the Hammer. She also was a NE DIII qualifier in the weight throw.

Fran Onyilagha, Senior
Fran is a Neuroscience Major. She competes in everything from the 60 to the 4x400. She holds the school record in the 200 (24.99), the 4x100 (47.70), and the 4x400 (3:44.74). She was part of the 4x400 last year that placed fourth at Indoor NCAAs, and was National Runner up at the Outdoor NCAAs.

Jess Moore, Senior
Jess is a Biology Major and Biochemistry minor, as well as German minor. She competes in the mid-distance. Jess is also just returned from studying abroad in Germany. She is a German teaching assistant and Biology lab assistant. Jess also volunteers at the Mid-Maine Homeless shelter and is a member of the Feminist Alliance.
Women's Track and Field

Sophie Weaver, Senior
Sophie is a Biology major with an Ecology and Evolution Concentration. She is a Geology and Environmental Studies minor. She is also a cross country runner and steeplechaser in track, CCAK Mentor, Cross Country Captain.

Bethany Weitzman, Senior
Bethany is an American Studies major and Cinema Studies minor. She has qualified to NESCACs and NE DIIIs. She competes in the shot put and discus.

Anna Doyle, Junior
Anna is a Theatre and Psychology double major. She is also a member of the cross country team, where she has been the number 2 runner for Colby at the ECAC meet, and fourth for Colby at the NESCAC championships in past seasons. During track she competes in the 5K.

Morgan Gallagher, Junior
Morgan is an English major. She competes in the triple jump and has qualified to the NESCAC championship. Morgan also thoroughly enjoys distance running in the offseason.

Emily Harper, Junior
Emily is a English and Women's and Gender Studies Major, and a Japanese minor. She is currently studying abroad in Kyoto. She competes in the 5k and the 10k in track.

Juniors:

Maddy Borek, Junior
Maddy joins the track team for the first time this year. She 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 will compete in the distance events in track.

Kiki Katsarakes, Junior
Kiki runs the 5k during track and also runs cross country in the fall. She is going abroad this spring.
Women’s Track and Field

Kate Kimball, Junior
Kate is a Psychology major with a minor in human development. She has been a NESCAC qualifier in the 100. She is also a CCAK mentor, and a research assistant in the Psychology department. She also competes in the 60m, long jump, and 200 in track.

Caitlin Lyons, Junior
Caitlin is a Global Studies and Russian double major. She is a NESCAC qualifier in the discus, member of CCAK, and currently studying abroad in St. Petersburg, Russia. She also competes in the shot put.

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

Elena Schreiner, Junior
Elena is a History major and religious studies minor. She is a CCAK mentor, and in the Colbyettes a capella group. She has qualified to NESCACS and placed at the Aloha meet. She concentrates on the 55H and 100H.

Cassandra Smith, Junior
Cassandra is an Anthropology and Environmental Studies major with a concentration in Policy. She competes in the Shot put, Hammer, Discus, and Weight throw.

Caitlin Sperzel, Junior
Caitlin is a Spanish major and Education minor. She is abroad in Spain for the fall. She is a CVC program leader and member of SAAC. Caitlin competes in the Steeplechase.

Kylie VanBuren, Junior
Kylie is a Government and Women’s, Gender, and Sexuality Studies double major. She is a NESCAC qualifier in the 10K, SGA member where she is a Dorm President, Co-President of Feminist Alliance, and on the Echo News Staff.
Women’s Track and Field

Sophomores:

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

Dylan Alles, Sophomore
Dylan is a Government major and an Education and Managerial Economics double minor. She also runs in the top 7 for cross country, and she has been a NESCAC qualifier in the 1500. Dylan also is a tour guide for admissions and volunteers at a local preschool.

Krista Brown, Sophomore
Krista joins Colby for the first time this year after transferring from Colorado. She will be running the distance events in track, and has been running in the top 3 for the cross country team this season.

Sarah Carrigan, Sophomore
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 also runs cross country and focuses on the 1000 and 1500 in track, but has done all the middle distance races.

Gabi Cortez, Sophomore
Gabi is an Anthropology major and Cinema Studies minor. She has been a NESCAC qualifier in the Hammer. She is a member of the Hillel Board, Hardy Girls Healthy Women, a COOT leader, and member of the Oak Student Committee.

Robin Doroff, Sophomore
Robin is a Biology and Economics double major with a concentration in Finance. She has been a NE DIII qualifier and placed at the State meet. She is a member of SPB, Luzicare club, and CCAK. She runs all the sprints, and does high jump.

Emily Doyle, Sophomore
Emily is a Psychology major. She holds the school record in the 400 (56.45) and 4x400 (3:44.74). She won the open 400 at NESCACs and was second at NE DIIIs. Emily was also part of the 4x400 relay that placed fourth at Indoor Nationals, and second at Outdoor Nationals.
Women’s Track and Field

Meg Fortier, Sophomore
Meg is an American Studies major and Managerial Economics minor. She is a writer for insideColby and CCAK Student Advisory Board and Member. She focuses on the 800 during track.

Alison Grover, Sophomore
Alison is an Architecture Independent Major, and Anthropology minor. She is a member of the Colby Outing Club and she qualified to NE DIIIs in the Heptathlon and 400H.

Sarah Higgins, Sophomore
Sarah is a Global Studies and French major and an 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.

Hallie Jester, Sophomore
Hallie is a Biology major with a Neuroscience concentration, and she is premed. She is a member of the Medlife club and also runs cross country. She focuses on the 800, 1500, and mile in track.

Cat McClure, Sophomore
Cat is a Biology and Environmental Science double major. She holds the school record in the DMR (12:05.09), qualified for Indoor Nationals in the 5k, and was 4th at the Outdoor NE DIII meet in the 10K. She is also a Volunteer at Mid-Maine Homeless Shelter, ASB leader, and COOT leader.

Alanna McDonough, Sophomore
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 was all NESCAC, all NE DIII. She also is running the top 2 for the women’s cross country team. She focuses on the 800 and 400H in track.

Melissa Meyer, Sophomore
Melissa is a History Major and East Asian Studies minor. She is also the President of Four Winds Native American Alliance and is on the Financial Committee. She competes in the Pole vault.
Women’s Track and Field

Veronica Mitchell, Sophomore
Veronica is Biology Major with a Neuroscience concentration. She is a NESCAC qualifier. She also participates in Amnesty International. She competes in the mid-distance, hurdles, and High jump.

Shannon Oleynik, Sophomore
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, Sophomore
Kate is a Psychology Neuroscience and French double major. She is also in Hardy Girls Healthy Women, teaches baking classes at the homeless shelter, member of Four Winds Native American Alliance, and member of French club. She was a NESCAC qualifier in the 400 and high jump.

Misha Strage, Sophomore
Misha is a Psychology and Sociology double major. She was a NESCAC and NE DIII qualifier for triple jump, and placed second at Alohas. She is a Volunteer for Hope’s place. She also is part of the Field Hockey team and was named to the 2012 National Field Hockey Coaches Association Division III National Academic team. She competes in the sprints, as well as the triple jump.

Olivia Thurston, Sophomore
Olivia is a Psychology major. She is involved in SPF and Colby Museum of Art. She qualified to NESCACs in both the 100H and 400H, as well as the triple jump.

Emily Tolman, Sophomore
Emily is a Neurobiology and Russian double major. She holds the school record in the 4x400 (3:44.74) and was part of the relay that was fourth at Indoor Nationals and second at Outdoor Nationals. She is also a member of CCAK. Emily also competes in the long jump.
Women’s Track and Field

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

First years:

Jenna Athanasopoulos, First year
Jenna is learning towards majoring in Biology or Neuroscience. She was NH All-State 6 times in high school and State Champion in the 55H in 2013. She will be competing in the sprints/hurdles/long jump and multi.

Michaela Athanasopoulos
Michaela is undecided about what she wants to major in. She was NH All State 9 times in High school. She was State champion twice in the long jump, once in the 300H, 100H, 400, and 800. She was the Meet of Champions Champion in the 300H. She will compete in the hurdles/mid-distance/long jump and multi.

Jessie Batchelder, First year
Jessie is an Environmental Science major. She is part of the Colby Outing Club, and an avid skier. She is going to compete in the short sprints, hurdles, and pole vault.

McKayla Blanch, First year
McKayla is joining track for the first time this year. She is a member of the field hockey team and will be doing the short sprints during track.

Acadia Brooks (Not pictured), First year
She will be competing in the 200 and 400.

Anna Donovan, First year
Anna is an undecided major, but she wants to focus on Chemistry, French, and Environmental Studies. She has been a ski instructor at Sugarloaf for the past three years and she lifeguards at the AC. She also runs cross country and focuses on the 800 in track.
Women’s Track and Field

Grace Dunn, First year
Grace is undecided on her major. She participates in iPlay soccer in the off-season. She plans on running the 400H, 4x400, 4x100, and doing the heptathlon.

Michaela Garrett, First year
Michaela is undecided about what she wants to study at Colby. She was third at ME states in the Javelin. She holds her high school record in the Javelin, Shot put, and Discus. She will compete in all three events at Colby.

Hannah Hearn, First year
Hannah is going to major in Latin American Studies and is also Premed. She also is on the Field Hockey team at Colby. She plans to compete in the distance events.

Kaleigh Hoffman, First year
Kaleigh is going to compete in the Javelin, the long jump, and the short sprints. She is also a member of the Field Hockey team at Colby.

Maggie Hojlo, First year
Maggie is undecided about what she wants to major in at Colby. She is part of the Admissions Ambassadors and SPB. She plans on competing in the 400H and 800 in track.

Melissa Jean, First year
Melissa intends to double major in French and Biology. She used to be mid-distance runner, but will be moving down to the sprints in college.

Eleanor Knutzen (not pictured), First year
Eleanor will be doing the sprints this year. She will be on the Ice Hockey team in the Winter.
Women’s Track and Field

Lina Makino, First year
Lina is thinking of majoring in Global Studies. She ran at States all four years of high school, and regionals all fours year in cross country. She also runs on our cross country team and will focus on the 1000 and mile in track.

Katie Metayer, First year
Katie is going to major in Molecular Biology. She was an All-State qualifier in XC, Indoor, and Outdoor track in high school. She is a member of Medlife and also does cross country. She will focus on the 3k, 5k, and 10k in track.

Maddy Ojerholm, First year
Maddy is going to be an Economics major. She will compete in the 60, 100, 200, and 4x100 for track.

Erin Purcell Maillet, First year
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.

Keltie Vance, First year
Keltie is going to double major in Government and Global Studies. She placed at State her Sophomore, Junior, and Senior year in high school. She was all-State academic three times. She is a member of the Outing Club and works in the bookstore. She will focus on the pole vault.
Men’s Track and Field

Captains:

Chris Greenlee
Senior, Captain
He is a Biology Major, with a Biochem concentration, and he is minoring in Math. He has been a COOT leader and part of Colby’s on-campus EMT service. He runs mid-distance with a focus on the 800 and 1500, and he also runs Cross Country.

Justin Owumi
Senior, Captain
Chemistry and Biochemistry major, Education minor. He is a Student representative on Financial Aid and Admissions Committee for the Board of Trustee, Mules Against Violence Executive Board, CCAK mentor, Student representative for Bias Incident Prevention and Response Team, Maine State Champ in Triple Jump. Competes in the 60H/110H/Triple jump.

Matt White, Senior, Captain.
He is an English Major with Minors in Education and Women’s, Gender, and Sexuality Studies. He is a Maine Philanthropy Award Recipient as Founder of MulePrep—a free SAT prep and college counseling service for local high school students. 600m and 400m State Champ. All-NE DIII in the 600. He competes in the 400/800, 4x400 and 4x800.

Seniors:

Kevin Clarke, Senior
He is a Physics and Mathematical Sciences Major. Kevin is NESCAC, NE DIII, and ECAC qualifier. He is a member of CCAK and Students for Education reform. He has a PR of 51.24 in the 400 and 1:54.56 in the 800.

Dylan Nisky, Senior
He is a Psychology major with a concentration in neuroscience. He qualified to the Indoor NCAA championships in 2012 in the 800. Dylan is also a 2 time ECAC qualifier, 3 time all DII New England, and has been All NESCAC. He has a PR in the 800 of 1:52.33 indoors, and 1:52.67 outdoors.

Dave Murphy, Senior
Dave is a Global Studies major and Women, Gender, and Sexuality Studies minor. Dave also runs for the cross country team, where he has competed at the ECAC championship.
Men’s Track and Field

Randy Person, Senior
Randy is a sociology major. He also plays on the football. Last year he was All NE DIII in the 4x400.

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

Juniors:

Charlie Coffman, Junior
Charlie is an Economics and Math double major, and a Physics and Administrative Sciences double minor. He is a cross country captain and runs in their top 5. He is the Associate Director of the CSIA. He has been NESCAC all academic and he competes in the 1500 and 5k.

Nick D’Agostino, Junior
Nick is an English major and a Cinema Studies and Italian Studies double minor. He is studying abroad in Siena for the fall. Nick competes in the mid-distance/distance and steeple in track.

Justin Deckert, Junior
Justin is a Government major and Education minor. He is in SGA, and is the Junior class president. Justin competes in the sprints and Javelin, and added the discus last year.

Jeff Hale, Junior
Jeff is a Psychics major and a math minor. He is a COOT leader and a cross country captain. In track he runs the 3k, 5k, and 10k. He has been in the top 3 for cross country this year.

Caleb Harris, Junior
Caleb is an Environmental Science major with a concentration in Ecology. He also plays football at Colby and was recently named to the National Team of the week for totaling four sacks in one game. He competes in the Decathlon and placed at the Open New England Championships last year. He was all NE DIII in the 4x400 last year.

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

Dan Hyszczak, Junior
Dan is a Economics and English double major. He is the Men’s team stats coordinator. He also runs cross country and competes in the Mid-distance events in track.

Nick Joseph, Junior
Nick is a Physics major and an Administrative Sciences minor. He also plays for the football team. Last year Nick was a NE DIII qualifier in the triple jumps, and placed at the NESCAC championships.

Ben Lester, Junior
Ben is a Math and Spanish major and a Physics minor. Ben also runs cross country and has been consistently in the top 7 for us. He competes in the 5k in track.

Sean Madigan, Junior
Sean is an English major and Music minor. He competed in the DMR at NESCACs in 2013. He is the music director of WMHB Colby radio, and is a bassist in jazz ensemble. He competes in everything from the 600-1500.

Andy Martinez, Junior
Andy is an Economics major and Human Development minor. He has been All NESCAC and All NE DIII. Andy is a CCAK mentor and is studying abroad in Australia for the fall. He competes in the 400,400H, and long jump.

Will McCarthy, Junior
Will is an English major and Education minor. He also runs cross country and has been running in their top 7. He is planning on studying abroad for the spring. He competes in the 5k and 10k in track.

Brett Sahlberg, Junior
Brett is a Biology major and Economics minor. He has been All NESCAC and All NE DIII in the 4x100, and a NE DIII qualifier in the 400H. He also competes in the long jump and is a CCAK mentor.

David White, Junior
David is an Economics major and East Asian Studies and Cinema Studies double minor. He is studying abroad for the fall in China. He competes in the 1500 in track.
Men’s Track and Field

Ben Zurkow, Junior
Ben is a Physics major. He also plays for the football team. He is the Co-President of Hillel and is a TA/tutor for math and physics. He has qualified to NESCACs twice in the Javelin.

Sophomores:

Chase Brown, Sophomore
Chase is a Global Studies major and German minor. He also runs cross country where he runs in the top 7. He competes in the 5k in track and was a NESCAC qualifier.

Dylan Ciccarelli, Sophomore
Dylan is a Government major and Russian and Women’s, Gender, and Sexuality Studies minor. He scored at the State meet, and qualified to NESCACs and NE DIIIs in the 400H. Dylan is also in SGA as the Marriner Dorm President, COOT leader, CCAK mentor. Competes in the hurdles and short sprints.

Ethan Druskat, Sophomore
Ethan is a Physics major and Math minor. He competes in the short sprints. Last year is was the State champion in the 55 indoors and placed at the NE DIII championships meet.

Andy Estrada, Sophomore
Andy is a Government major. He also runs cross country and has been in the top 7 for the team this year. He competes in the 1500 in track, and qualified to NESCACs last year.

Jamaal Grant, Sophomore
Jamaal is a Neurobiology major. He placed fourth in the long jump last year at NE DIIIs and was an ECAC qualifier. He is a member of Gentleman of Quality, MOCHA, SOB-HU, MAV, and the Bluelights. He is also a Biology tutor. He will compete in the shorts sprints, long jump, and the triple jump.

Andrew Herwig, Sophomore
Andrew is a Physics and German Studies double major. He placed at NE DIIIs Championships in the Decathlon last year, and qualified to ECAC. He is a CCAK mentor and member of MAV.
Men’s Track and Field

Chris Millman, Sophomore
Chris is a Chemistry major and Math minor. He is a CA and Executive Board member of MAV, where he is the head of “Party with Consent”. He also runs cross country and focuses on the 800-1500 in track.

Billy Parker, Sophomore
Billy is a Math major with a concentration in Stats, and is Pre-med. He joins the track team for the first time this year, and will compete in the throws. He is also on the football team, and is a Community Advisory.

Ryan Ruiz, Sophomore
Ryan is undecided on his major. He is also on the football team and competes in the throws in track.

Stefan Sandreuter, Sophomore
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 lead and volunteers at the Waterville Humane Society. He competes in the 1500, mile, 3k, 5k, as well as the steeple in track.

First years:
Tom Barry, First year
Tom is undecided on what to major in at Colby. He was the top finisher for Colby at their Home invitational this fall. He was all State in RI for cross country in high school, and 3 time all state in track (2 times in the 1000, and once in the 1500). He will compete in everything from the 800-mile in track.

Grant Burfiend (not pictured), First year
Grant will compete in the sprints/jump at Colby. He is studying abroad in France for the fall, and is undecided about his major.

Jake Burns, First year
Jake is undecided on his major. He holds his high school 55H and 300H records. He is a State champion for ME in high school in the 300H, and 4x100. He also placed fifth in the 110H and second in the 4x400 at States. He will compete in the sprints and hurdles for Colby this year.

Greyson Butler, First year
Greyson is undecided on his major. He is a Presidential Scholar and is doing research with professor Russell Johnson. He also plays the viola. He will compete in the 100-400 this year in track.
Men’s Track and Field

Pedro Caballero, First year
Pedro is undecided on his major. He also runs on the cross country team will compete in the 400 and mid distance events this year in track.

David Che-limo, First year
David is undecided on his major. He also runs cross country and has been the number one runner for Colby this year, placing third at the State Championships. He will compete in the distance events for track.

Sam Crimmins, First year
Sam is a double major in Government and Economics. He also runs on the cross country team and will focus on the 3k and 5k in track.

Griffin Gagnon, First year
Griffin is a considering Economics as a major. His PRs are 4:06 for the 1500 and 4:21 for the mile. He will focus on the 1500 and mile, but will try the 3k and 5k, as well in track. He also runs cross country where he has been in the top 7.

Josh Hews, First year
Josh is considering Biology as a major. He is a member of CCAK and volunteers with the Rising Readers Program. He placed at the prep school New England’s in high school. He will compete in the Pole vault at Colby.

Malik Horton, First year
Malik is undecided about his major at Colby. He will also be on the baseball team. Malik will compete in the short sprints in track.

Leo McGuinness, First year
Leo is a undecided about his major, but considering Chinese as a minor. He competed in the 400 and down in high school, but wants to focus on the 200 in college.

Roy Donnelly, First year
Roy is undecided on his major. He will compete in the short sprints for Colby.
Men’s Track and Field

Nathan Madeira, First year
Nathan is undecided about his major. He also competes on the cross country team and swim team. He will compete in the distance events in track.

Tom O’Donnell, First year
Tom is undecided on his major. He plans to write for the Colby Echo. He also does cross country and plans to compete in the 5k and 10k in college.

Tom O’Shea, First year
Tom is undecided on his major. He also runs cross country and plans to compete in the distance events in track.

Alan Ottenstein, First year
Alan is undecided on his major. He is a Presidential scholar and also runs cross country. He will focus on the 3K-10K in track and is thinking of trying steeple.

Nathaniel Rees, First year
Nathaniel is considering Studio Art as a major. He also runs cross country and plans to compete in the 5k and 10k in track.

Jamie Ross, First year
Jamie is undecided on his major. He was All New England last year in outdoor track in high school and was also a Indoor National qualifier in the 800. He holds his school record in the 800. He also runs cross country and plans on focusing on the 800 in track.

Brian Sommers, First year
Brian is undecided on his major. He was the 400m New England champion in high school. He holds his high school records in the 200, 300, 400, 600, and long jump. He plans on competing in the sprints and long jump in track.

Landon Summers, First year
Landon is undecided on his major. He is a Dorm president in SGA. He was district champion in the 110H in high school and went to state in the 110H and 300H. He plans on focusing on the 110H and 200 in college.

Henry Wallrapp, First year
Henry is undecided about his major. He also plays on the football team and plans to compete in the throws in track.
Colby Track and Field Head Coaches

Deb Aitken begins her 29th season on Mayflower Hill as head coach of the women’s cross country and track and field programs during the 2013-14 academic year.

In her tenure the Skowhegan, Maine, native has led the to state, regional, and NESCAC honors. Aitken has had 15 cross country runners earn All-America honors.

She had one of her most successful track and field seasons this past year, guiding her team to 3rd place finishes at NESCACs and the New England Division III Championships.


Aitken has coached 121 National Qualifiers in track, with 64 reaching All-American Status. She has had one National Champion, Cindy Pomerleau, in the Heptathlon.

A graduate of Plymouth State College, Aitken was named NESCAC and NCAA Regional Coach of the Year for the 2004 season. Aitken earned a master’s in education from Frostburg State in Maryland. Before coming to Colby in 1984 she coached at SUNY-Cortland for six years.

Aitken also has earned NESCAC Women's Track and Field Coach of the Year honors as well.

Aitken resides in Fairfield with her husband, Mike. They have two kids, and three grandkids, with one more grandkid on the way!

Jared Beers, a 2001 Colby College graduate, will begin his eighth 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, indoor 800m, 1500, 10K, Pole vault, and triple jump. 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 broke into the National rankings this year for the first time, reaching as high as top 25 so far this 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.
Colby Track and Field Assistant Coaches

Will Barron, Throws Coach. Barron joins the Mules coaching staff for the first time this season. 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.

Gene Roy
Pole vault Coach
Gene has been coaching Cross Country and Track since 1974. Gene came to Colby in 2006 and has helped some of our men vault as high as 15’7” and the women as high as 11’8”. He also hikes, runs, sails, skis, bikes, canoes, kayaks and once in a while, pole vaults. He also works as a trail maintenance volunteer, and directs and helps out at road races.

Jose "Eric" Garcia, a collegiate 400-meter runner, joined the staff in 2006. Garcia brings several years of track coaching experience, knowledge, and great enthusiasm. He is responsible for coaching the Javelin throwers, but also assists with the sprinters. He also serves as an assistant football coach in the fall.

Emily Hackert, a Bowdoin College graduate, is in her third year as an assistant coach with the Mules in the 2013-14 academic year. 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 (who also finished fourth at Indoor Nationals), and two 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, and 100H.

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 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.