

Appalachian State

Men's Cross Country 2008 Results

August 29 • Covered Bridge Open • Boone, N.C. • 8000m • 12 teams, 114 runners, Team Record: 9-2

(9) Josh Houser- JR 26:20, (10) Mike Walker -SO 26:27, (14) Asmeron Desta- SR 26:33, (15) Phil Mitchell- JR 26:39, (17) Sean Soderman- FR 26:43 (24) Sam Mordecai- SO 27:03, (25) Ryan O'Keefe- SR 27:09, (26) Alec Meyer- JR 27:10, (30) Andrew Yarchin- JR 27:22, (32) Mason Campbell- FR 27:27, (55) Colin Davis- FR 28:11, (77) Chris Moen- FR 28:57, (79) Nick O'Keefe- SO 28:57, (81)- Brooks Forsyth- FR 29:11

Team Scores: 1st- Florida State (34), 2nd- Queens Charlotte (36), **3rd- Appalachian State(62)**, 4th- Clemson (95), 5th- North Florida (155), 6th- Charlotte B (170), 7th- Mars Hill (196), 8th- Winthrop (246), 9th- Lees-McRae (252), 10th- Spartanburg Methodist (289), 11th- USC Upstate (300), 12th- Valdosta State- 320

September 20• Asics Winthrop Invitational • Rock Hill, S.C. • 8000m • 14 teams, 122 runners, Team Record: 21-3

(2) Phil Mitchell- JR 24:59, (6) Asmeron Desta- SR 25:15, (13) Alec Meyer- JR 25:35, (14) Josh Houser- JR 25:36, (15) Sean Soderman- FR 25:27, (16) Ryan O'Keefe- SR 25:41, (19) Mike Walker- SO 25:43, (22) Sam Mordecai- SO 25:47, (27) Chris Moen- FR 26:02, (30) Bud Galloway- JR 26:13, (31) Andrew Yarchin- SO 26:15, (48) Mason Campbell- FR 26:51, (56) Nash Dunn- FR 27:01, (63) Colin Davis- FR 27:17

Team Scores: 1st- Louisville (23), **2nd- Appalachian State (42)**, 3rd- Elon (96), 4th- UNC Greensboro (121), 5th- Davidson (139), 6th- Campbell (169), 7th- Winthrop (182), 8th- UNC Wilmington (198), 9th- USC Upstate (304), 10th- Wofford (310), 11th- Winston-Salem State (339), 12th- N.C. Central- 360, 13th- Presbyterian (373), 14th- South Carolina State (419)

October 3• Paul Short Run • Bethlehem, Pa. • 8000m • 45 teams, 298 runners, Team Record: 53-15

(59) Asmeron Desta- SR 24:48, (66) Phil Mitchell- JR 24:53, (78) Alec Meyer- JR 24:57, (97) Josh Houser- JR 25:09, (125) Mike Walker- 25:24, (151) Ryan O'Keefe- SR 25:41, (172) Sean Soderman- FR 25:51

Team Scores: 1st-Wisconsin (52), 2nd- Syracuse (96), 3rd- Villanova (173), 4th- Iona (190), 5th- Cornell (201), 6th- UMass (229), 7th- Duquesne (288), 8th- Guelph (298), 9th- Cortland (313), 10th- Liberty (351), 11th- Richmond (377), 12th- UPenn (393), **13th- Appalachian State (425)**, 14th- Army (466), 15th- Lehigh (469), 16th- American (482), 17th- Charlotte (494), 18th- St. Josephs (512), 19th- Stony Brook (514), 20th- Binghamton (526), 21st- Marist (565), 22nd- Delaware (570), 23rd- Edinboro (572), 24th- Pitt (643), 25th- Princeton (654), 26th- Bucknell (683), 27th- Haverford (707), 28th- Ship (829), 29th- VCU (848), 30th- TCNJ (851), 31st- Loyola (854), 32nd- VMI (864), 33rd- La Salle (907) 34th- Buffalo (913), 35th- Colgate (927), 36th- Temple (931), 37th- Rider (944), 38th- Monmouth (995), 39th- Coastal Carolina (1028), 40th- GWU (1147), 41st- S. Florida (1178), 42nd- Lafayette (1183), 43rd- Canisius (1279), 44th- Niagra (1289), 45th- Bonaventure (1450)

October 3 • Paul Short Run • Bethlehem, Pa. • 8000m • JV Race • 434 runners

(51) Bud Galloway- JR 25:55, (54) Sam Mordecai- So 26:00, (168) Andrew Yarchin- SO 27:15,

October 3 • Lenoir Rhyne Invitational• Newton, N.C. • 8000m • 7 teams, 74 runners, Team Record: 53-15

(7) Colin Davis - FR 27:01, (9) Nash Dunn- FR 27:19, (16) Nick O'Keefe- SO 27:43, (23) Mason Campbell- FR 28:01

October 17 • Blue Ridge Open• Boone, N.C. • 8000m • 26 teams, 210 runners, Team Record: 75-18

(12) Phil Mitchell- JR 24:57, (30) Asmeron Desta- SR 25:34, (33) Josh Houser- JR 25:37, (43) Mike Walker- SO 25:48, (45) Sean Soderman- FR 25:52, (49) Ryan O'Keefe- SR 25:55, (60) Bud Galloway- JR 26:07, (76) Chris Moen- FR 26:32, (105) Alec Meyer- JR 27:05,

Team Scores: 1st- North Carolina (43), 2nd- Queens University (53), 3rd- Duke (62), **4th- Appalachian State (119)**, 5th- Clemson (164), 6th- High Point (172), 7th- Elon (243), 8th- Virginia Military (257), 9th- Campbell (270), 10th- Davidson (276), 11th- UNC Greensboro (288), 12th- Mars Hill (399), 13th- Milligan (400), 14th- Western Carolina (434), 15th- UNC Wilmington (444), 16th- Coastal Carolina (471), 17th- Lees McRae (506), 18th- Longwood (525), 19th- Miami (533), 20th- College of Charleston (552), 21st- UNC Asheville (567), 22nd- Roanoke (613), 23rd- USC Upstate (651), 24th- Lenoir Rhyne (682), 25th- Gardner-Webb (707), 26th- Wofford (734)

October 17 • Blue Ridge Open • Boone, N.C. • 8000m • Open Race, 95 runners

(9) Andrew Yarchin- JR 27:03, (12) Colin Davis- FR 27:10, (14) Nick O'Keefe- SO 27:21, (17) Nash Dunn- FR 27:28, (20) Mason Campbell- FR 27:34

November 1 • Southern Conference Championships • Spartanburg, S.C. • 8000m •11 teams, 88 runners, Team Record: 85-18

&(2) Asmeron Desta- SR 24:45, &(5) Phil Mitchell- JR 24:59, !(9) Ryan O'Keefe- SR 25:25.2, !(10) Josh Houser- JR 25:25.9,!(14) Alec Meyer- JR 25:33, #(15) Sean Soderman- FR 25:34, (16) Mike Walker- SO 25:37, (36) Chris Moen- FR 26:33, (42) Bud Galloway- JR 26:39

Team Scores: **1st- Appalachian State (40)**, 2nd- Chattanooga (57), 3rd- Furman (70), 4th- Samford (124), 5th- UNC Greensboro (126), 6th- Elon (132), 7th- Western Carolina (197), 8th- Davidson (198), 9th- College of Charleston (275), 10th- The Citadel (286), 11th- Wofford (342)

* Coach Curcio (SoCon Coach of the Year)

& First team all-SoCon, ! Second team all-SoCon, # SoCon all-freshman team

November 15 • NCAA Southeast Regionals• Winston-Salem, N.C.. • 10,000m • 29 teams, 212 runners, Team Record: 99-32

!(20) Asmeron Desta- SR 31:14.5, (92) Ryan O'Keefe- SR 33:08.4, (93) Mike Walker- SO 33:08.8, (95) Sean Soderman- FR 33:09.2, (101) Josh Houser- JR 33:15.8, (108) Alec Meyer- JR 33: 25.5,

Team Scores: 1st- William and Mary (66), 2nd- Virginia (67), 3rd- North Carolina State (111), 4th- Duke (146), 5th- Liberty (156), 6th- Eastern Kentucky (187), 7th- Virginia Tech (197), 8th- Richmond (208), 9th- Louisville (253), 10th- Clemson (286), 11th- North Carolina (291), 12th- Charlotte (305), 13th- Kentucky (323), 14th- High Point (389), **15th- Appalachian State (391)**, 16th- George Mason (416), 17th- Morehead State (444), 18th- VMI (512), 19th- Elon (536), 20th- Furman (559), 21st- Davidson (619), 22nd- UNC Greensboro (625), 22nd- Western Kentucky (625), 24th- Campbell (631), 25th- East Carolina (665), 26th- Coastal Carolina (718), 27th- UNC Wilmington (827), 28th- UNC Asheville (835), 29th- The Citadel (851)

! all-Region