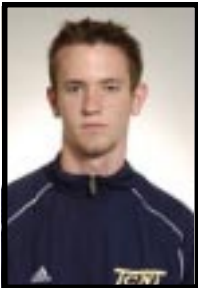




NEW JERSEY ATHLETIC CONFERENCE
MEN'S CROSS COUNTRY RUNNERS OF THE WEEK

WEEK ENDING 11/8/09



RUNNER OF THE WEEK

ALEX YERSAK • The College of New Jersey
Sophomore • Marlton, NJ/Cherokee

Yersak becomes the second different Lion to earn NJAC Men's Cross Country Runner of the Week honors after traveling to Williamstown, MA to compete at the ECAC Division III Championship contested at Mt. Greylock Regional High School. He placed 48th in a field of 296 total competitors in the 8K race with a time of 28:11. Yersak's performance helped propel the Lions to a ninth place finish in the 43-team ECAC Championship.



ROOKIE OF THE WEEK

MATT HERNBERG • The College of New Jersey
Freshman • Linwood, NJ/Mainland Regional

Hernberg becomes the fourth different Lion to earn NJAC Men's Cross Country Rookie of the Week honors after traveling to Williamstown, MA to compete at the ECAC Division III Championship contested at Mt. Greylock Regional High School. He placed 51st in a field of 296 total competitors in the 8K race with a time of 28:14. Hernberg's performance helped propel the Lions to a ninth place finish in the 43-team ECAC Championship.