



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

WEEK ENDING 9/13/09



RUNNER OF THE WEEK

FRANK IWANICKI • Rutgers University-Camden
Senior • Edgewater Park, NJ/Holy Cross

Iwanicki earns NJAC Men's Cross Country Runner of the Week honors after traveling to Annville, PA to compete at the Lebanon Valley College Invitational. He placed third overall in a field of 64 total competitors on the 8,050 meter course with a time of 27:41. Iwanicki's performance helped propel the Scarlet Raptors to a second place team finish in the seven-team meet.



ROOKIE OF THE WEEK

ANDY HERSCHMAN • The College of New Jersey
Freshman • Hazlet, NJ/Raritan

Herschman earns NJAC Men's Cross Country Runner of the Week honors after traveling to West Hartford, CT to compete at the Trinity College Invitational. He placed 19th overall in a field of 86 total competitors on the 5K course with a time of 16:52. Herschman's performance helped propel the Lions to a second place team finish in the nine-team meet.