



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

WEEK ENDING 9/20/09



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 for the second consecutive week after traveling to Carlisle, PA to compete at the Dickinson Invitational. He placed 18th overall in a field of 171 total competitors on the 4K course with a time of 12:50. Iwanicki's performance helped propel the Scarlet Raptors to a 14th place team finish in the 30-team meet.



ROOKIE OF THE WEEK

TIM PAZIORA • Ramapo College
Freshman • Newton, NJ/Pope John XXIII

Paziora earns NJAC Men's Cross Country Rookie of the Week honors after traveling to Farmingdale, NY to compete at the Running of the Bears Invitational hosted by New York Institute of Technology at Bethpage State Park. He placed 16th overall in a field of 160 total on the 8K course with a time of 26:43. Paziora's performance, which represented the fourth fastest time of any Division III runner, helped propel the Roadrunners to the best finish among the four Division III teams in the meet.