

# Wilkes Cross Country 2016 Media Guide



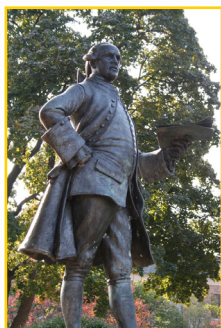


# COLONELS

## CROSS COUNTRY

### This is Wilkes University

Location: Wilkes-Barre, PA  
 Founded: 1933  
 Enrollment: 2,200  
 Conference: Middle Atlantic  
 Nickname: Colonels  
 Colors: Navy and Gold



### Coaching Staff



**Head Coach**  
**Nick Wadas**  
**9th Season**

Nick Wadas enters his ninth season in 2016 as the men's and women's cross country coach at Wilkes University. A graduate of Misericordia University with a Bachelor's degree in health sciences and a Master's degree in occupational therapy, Wadas has revived a program that took a 13-year layoff

from competition before coming back in 2008.

During the last six seasons, Wadas coached MAC Scholar-Athlete Award winner Michelle Wakeley, who was a three-time All-MAC performer, including first team as a sophomore in 2009 and senior in 2011. Also in 2013, both the men's and women's teams earned Academic All-American status by the USTFCCA. In 2014, the Colonel men captured their highest finish in the Middle Atlantic Conference Championships, finishing ninth of seventeen teams in the race.

While at Misericordia, Wadas was a four-year member of the cross country team. He earned second team All-Pennsylvania Athletic Conference honors in 2000, 2001 and 2002. Wadas was a five-time member of the PAC All-Academic Team and was chosen as a Division III Academic All-American in 2002.

Wadas - who has a technical certification from the USTFCCA, along with a level one certification and a level two certification in endurance - was an assistant cross country coach for both the men's and women's teams at Misericordia in 2006 and 2007.

### Kirby Park

Kirby Park is located across the Market Street Bridge from Wilkes-Barre. Built in 1921, Kirby Park is used for cross country races, festivals and other community events. With a total size of 52 acres, Kirby Park also includes tennis courts, a fitness trail, pond, walking paths, softball fields and pavilions.



### Wilkes Sports Information

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### Colonels Key Runners



**Kendrick Schell**

**Junior**

**Northampton, PA / Northampton**

Ran a personal-best in 8k of 31:35 at the Dickinson Invitational... Finished 47th out of 90 runners at the Dutchman Invitational in 32:47.



**Jeremiah Bower**

**Sophomore**

**Wilkes-Barre, PA / Meyers**

Finished with a personal-best time of 37:24 at the MAC Championships. Finished 37th at the Alvernia Invitational, an event in which the Colonels finished in first place.



**Morgan Jones**

**Sophomore**

**Huntley, MT/ Huntley Project**

Broke the program-record for the 6k with a time of 23:59 at the MAC Championships, good for a 9th place finish and First Team-All MAC... Finished first out of 37 runners at the Alvernia Invitational and 9th out of 115 runners at the Dutchman Invitational.



**Alexis Nicholson**

**Junior**

**Allentown, PA / Allentown Central Catholic**

Competed in eight meets for the Lady Colonels in 2015...Ran a personal best time of 28:02 at the NCAA Regionals last season... Crossed the line at 28:56 at the Middle Atlantic Conference Championships.

### 2016 Schedule

Date	Opponent	Time
9/1	Misericordia Invite	6 p.m.
9/10	Dutchmen Invitational at LVC	10:15 a.m.
9/24	Messiah Invitational	10:30 a.m.
10/8	DeSales Invitational	10:30 a.m.
10/15	Inter-Regional Border Battle at Rowan	11:45 a.m.
10/21	LVC Last Chance Run Fast	4:30 p.m.
10/29	MAC Championships at Messiah	12 p.m.
11/12	NCAA Mideast Regional at DeSales	12:30 p.m.

For more information on Wilkes Cross Country, go to

[www.gowilkesu.com](http://www.gowilkesu.com)