

Empire 8 names AU's Clemens top rookie in women's cross country

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ROCHESTER NY Alfred University freshman McKenzie Clemens (Lowville, NY/Lowville) has been named Empire 8 women's cross country Rookie of the Year. Clemens was among three runners from the Alfred University men's and women's cross country teams to be named Empire 8 all-stars, the conference announced Monday. All-conference selections were determined by using the performances of runners from conference schools participating in the RPI Invitational Saturday in Saratoga. The top seven runners from Empire 8 schools in the women's race and the men's race earned First Team all-star honors, while those placing 8-14 among Empire 8 runners earned Second Team honors. In addition to being named Rookie of the Year as the fastest freshman runner in the women's field with a time of 18:24 Clemens earned First Team all-star honors for being the fifth-fastest Empire 8 women's runner. She finished 10th among all runners in the race, marking the third straight race she has placed in the top-10. Senior Kate Ciccone (Brooktondale, NY/Ithaca) was named a Second Team women's all-star. She finished 13th among Empire 8 runners and 30th overall with a time of (19:18). Senior Fontana Fluke (Shaftsbury, VT/Mt. Anthony Union) garnered Second Team men's all-star honors. He was 13th among conference runners and placed 36th overall, in 26:59. Fluke earned Second Team honors in 2005 as well. A men's and women's runner from each Empire 8 institution was awarded Sportsperson of the Year honors. Honorees, chosen by their coaches, exhibited outstanding sportsmanship in keeping with the conference's mission of "competing with honor and integrity." Fluke is AU's men's honoree; Ciccone is the honored AU woman. The AU cross country teams are in action next on Nov. 4 at the New York State championship meet at St. Lawrence University.