NEWCOMERS:

Name: Cl. Ht. Wt. Hometown/High School
Marshall Berninghausen: SO 6-3 220 Brasher Falls, N.Y. / St. Lawrence
Jacob Boissonnault: FR 5-10 143 Biddedfort, Maine / Biddeford
Cameron Brown: FR 5-8 160 South Portland, Maine / South Portland
Andrew D'Ovidio: FR 5-10 160 Walpole, Mass. / Walpole
Zach Hirst: FR 6-1 155 Old Orchard Beach, Maine / Old Orchard Beach
Kevin McWilliams: FR 5-9 140 Biddedfort, Maine / Biddeford
Ben Plante: FR 5-6 140 Biddeford, Maine / Biddeford
Connor White: FR 5-8 145 Bayport, N.Y. / McDonn-Mercy

ON THE RETURNERS:

Name: Cl. Ht. Wt. Hometown/High School
Nick Shuckrow: SR 5-11 150 Augusta, Maine / Cony
Lucas Fisher*: JR 5-8 153 Strafford, N.H. / Coe-Brown Northwood
Jacob Boissonnault: SR 5-8 153 Winslow, Maine / Winslow
Connor Dufour

RETURNERS:

Name: Cl. Ht. Wt. Hometown/High School
Conor Dufour: SR 5-7 150 Augusta, Maine / Cony
Lucas Fisher*: JR 5-8 153 Strafford, N.H. / Coe-Brown Northwood
Nick Shuckrow*: SR 5-8 153 Winslow, Maine / Winslow

TOP 5 TIMES IN PROGRAM HISTORY (8K EQUIVALENT):

Name | Date | Event | Dist | #R | Time | OV | TM | 8K EQ
--- | --- | --- | --- | --- | --- | --- | --- | ---
2. Garcia | Sep. 27, 1984 | Catholic Championship | 5.0 mi. | 37 | 24:28 | 11 | 1 | 24:19
3. Garcia | Sep. 22, 1984 | SJ Inv. | 4.5 mi. | 37 | 21:57 | 1 | 1 | 24:19
5. Garcia | Oct. 8, 1983 | Catholic Bowl | 5.0 mi. | 24:48 | 8 | 2 | 24:39
9. Garcia | Nov. 15, 1986 | NCAA DIII Regions | 5.0 mi. | 25:00 | 5 | 1 | 24:49
10. Garcia | Nov. 8, 1986 | NCAA DIII Regions | 5.0 mi. | 25:01 | 3 | 1 | 24:52
11. Bouchard | Oct. 21, 1983 | Bates Inv. | 5.1 mi. | 25:34 | 1 | 1 | 24:53
15. Garcia | Nov. 29, 1983 | UNH Inv. | 5.0 mi. | 25:17 | 4 | 1 | 25:08
22. Roberts | Nov. 19, 1988 | NCAA Championship | 5.0 mi. | 25:11 | 14 | 1 | 25:11

STAFF:

Head Coach: Scott Hutchinson (1st Season)
Assistant Coach: Tom Adam (7th Season)
Assistant Coach: Jude DiSalvo (1st Season)
Captains (*): Nick Shuckrow & Lucas Fisher

ON THE RETURNERS:
We have three returners, seniors Nick Shuckrow and Conor Dufour and junior Lucas Fisher, who will lead this fall... Shuckrow, a 2014 All-Conference performer, battled injuries throughout his junior season but looks to be healthy this fall and had a great season... Fisher, a two-time All-Conference performer and 2014 GNAC Rookie of the Year, is primed to have a big junior season... Dufour is expected to step up and have a great year also...this trio has worked really well together so far.

ON THE NEWCOMERS:
Four newcomers - Kevin McWilliams, Ben Plante, Jacob Boissonnault, and Connor White - are talented and will have the opportunity to make an immediate impact this season... This group consistently ran the 5k in the low 17's - low 19's range in high school and have been working hard...I look forward to seeing how they've grown from race to race... Zach Hirst and Andrew D'Ovidio have great speed in the mid-distance events and could be a pleasant surprise.

ON THE SCHEDULE:
We hope to make significant jumps in these three key races: the Maine State Collegiate Championship, the GNAC Championship, and NCAA DIII Regional Championship... our goals are to place sixth or seventh in the Maine Championship, facing great competition, finish in the top three in the GNAC Championship, and make a 10-place jump at New England's... We are in the mindset of taking one race at a time, continue to grow and learn and simply get better race to race.