University at Albany
Track & Field/Cross Country
Wall of Fame
Dr. Kevin Williams is one of UAlbany’s most successful cross country coaches, guiding the program for 14 years from 1994-2001. He also was an assistant track coach, mentoring the distance program, from 1988 until 2001. Williams coached the Great Danes to two third-place team finishes at the NCAA Division II National Cross Country Championships. He coached 14 All-Americans, including two individual national champions in Howie Sellers (800m) and Scott Carroll (steeplechase). Williams was named the New England College Conference Coach of the Year in 1997 and 1998, and was the Collegiate Track Conference Coach of the Year in 1994 and 1997. Six of his former student-athletes are members of the UAlbany Athletics Hall of Fame - Sellers, Carroll, Tonya Dodge, Bill Vanos, Joe McCullen, and Samantha Cohen.

Williams, who is currently the Vice Provost and Dean for Graduate Education and a psychology professor at UAlbany, was the Chair of the Psychology Department from 2007-2011.

Barbara “Bobbi” Palma is one of the most influential people for women’s athletics at UAlbany. Palma, who was an inaugural member of the USATF Officials Hall of Fame, started the UAlbany women’s track and field program - before the NCAA recognized women’s sports - and was also the advisor for a successful student-sponsored petition to start the women’s soccer program. She was a physical education professor at UAlbany, developing new classes such as officiating courses and self-defense, and also coached women’s basketball and softball. The women’s championship race of the UAlbany Cross Country Invitational is named in her honor.

Palma’s reach extends far beyond the UAlbany campus. She also founded the Albany AAU Track Club and the Electric City Athletic Club for Girls, has been a member of the NYS Speakers Committee on Sport and Physical Fitness, was the coordinator of the first women’s Olympic Marathon Trials and established the Track & Field Officials Committee for Adirondack USATF. Palma was the Director of Track & Field for the Empire State Games for ten years. She was also on the staff for several international meets, including two World Championships, the Pan Am Games and the World University Games. Palma has also worked at several Olympic Trials, the Paralympic Trials and was an official at the 1996 Olympics and Paralympics in Atlanta. She has been involved in NCAA National Championships at all levels.

Robert Keith Munsey is the architect of UAlbany men’s cross country and track & field programs. He is a 2010 member of the UAlbany Athletic Hall of Fame, after being a coach for the Great Danes from 1958-1985. Munsey’s cross country teams won SUNY Athletic Conference titles in 1971, 1972, 1973, 1977 and 1984. The 1973 team finished second at the NCAA Division III Cross Country Championships. His teams qualified for Nationals 11 times, and had six top-20 finishes. In 24 cross country seasons, Munsey’s teams were 182-65. In 18 outdoor track & field seasons, his teams were 137-34-1. Seven athletes who were coached by Munsey are also members of the UAlbany Athletic Hall of Fame, and five student-athletes earned All-America honors. The men’s championship race of the UAlbany Cross Country Invitational is named in his honor.

The first of five athletes to be inducted, Carlo Cherubino was a member of the 1973 cross country team that finished second in the NCAA Division III Championship. Already a member of the UAlbany Athletic Hall of Fame, Cherubino still holds the program’s 5.05-mile cross country record (25:03.4) and is tied for the five-mile record (24:38). Cherubino is the sixth-best all-time cross country runner, based on the mile pace for races at or near 8k, with a 4:57.78 mile pace. He was an NCAA College Division All-American in 1974 and was the first Great Dane to win the UAlbany Cross Country Invitational in 1975.

Cherubino also competed in the Olympic Trials in the marathon in 1976, and was the Age Group National Record Holder in the 30 kilometers that same year. In 1979, he was ranked the fourth-best 30-kilometer runner in the US by Runners World and Track & Field News. In more recent years, Cherubino has been a soccer and track & field coach at the Academy of Holy Names. He has led the track & field team to 16 Colonial Council League titles, and the cross country team to four CCL championships. Cherubino’s indoor and outdoor programs have won 17 Section II championships and he has coached several individual and relay NYS Track & Field Champions, along with several All-Americans.
**Dr. Tim Hoff** was a two-time NCAA Cross Country National Championship participant, in 1984 and 1986, and finished fifth overall at the 1986 NCAA Regional meet. He had eight top-five finishes in SUNYAC Championship events, and earned three SUNYAC titles, en route to being named to the SUNYAC Cross Country Hall of Fame. Hoff set three school records, including being a member of the 4x800 relay team that set a NYS Division III Collegiate Track Conference record that stood for 25 years until 2011. He is ninth all-time on the UAlbany Cross Country list for 5.05 miles and is on four program top ten lists. As a captain of the cross country and indoor & outdoor track programs in 1986-87, Hoff was second at the NYS Division III Indoor Championship Meet in the 3,000 meters and was seventh at the NYS Division III Cross Country Championship Meet. Hoff was also a member of the 4x800 relay team that won its heat at the 1987 Olympic Invitational and took third in its head at the Millrose Games, setting two school records.

Professionally, Hoff has been a professor at the UAlbany School of Public Health since 1998, in the field of Health Policy and Management. He has published over 40 academic articles and has written a book on the U.S. Primary Care System. A two-time winner of the UAlbany School of Public Health’s Excellence in Teaching Award, Hoff has been identified nationally as one of the “Top 100 Most Influential Professors of Public Health.”

**Deborah Rohrmiller-Baronowski** was a two-year member of the UAlbany track & field program, graduating in 1979 with a degree in social welfare. She was a two-year captain of the cross country program and was captain of the indoor and outdoor track & field teams for one season. As a senior, Baronowski was named the team MVP of all three programs, en route to earning UAlbany’s Sportswoman of the Year award. She set school records in the 440m, 880m, 400m, 800m, 1-mile relay, and 2-mile relay, and was inducted into the UAlbany Athletic Hall of Fame in 1989.

As an athlete, **Teresa Covert** was the first NCAA Division I Women’s Qualifier, as she was a six-time America East Conference Champion and the ECAC Champion in the 100HH. A team captain, Covert is the school record holder in the indoor 60HH and outdoor 100HH. She also has the top times in school history in the 100m (11.55) and the 100HH (13.30). Covert appears on the UAlbany top ten lists ten times, and is the third-best scorer in America East history with 107 points.

The most recent graduate of the inaugural Wall of Fame Class, **Joe Greene** was a three-time NCAA Division I All-American. He holds school records in the indoor 400m, outdoor 400m and 400IH individually, and is a member of two indoor relay record-setting teams (4x400m, DMR) and three outdoor relay record-holders (4x200m, 4x400m, SMR). He is on the program’s top ten lists six times, earning four IC4A Championships and 11 America East Conference Championships. He is the second-best scorer in America East Championships with 112 points.
If anyone set the tone for the women’s championship pedigree, it was Feyisara “Fey” Adaramola. A former team captain, Fey led the Great Danes to their first Division I conference championships, setting the championship expectations across a multitude of events, including the 60m, 200m, and 4x400m relay. Adaramola excelled at the 200m, and as one of the first women at UAlbany to break the 24-second barrier in the event, she earned a qualifying berth into the regional championships.

Fey holds indoor school records in three events. She is an eight-time America East champion, a 14-time America East All-Conference selection, and a three-time ECAC scorer. Adaramola earned a runner-up finish in the ECAC 100m in 2009. She ranks 13th among UAlbany women in America East Championship scoring with 86 career points.

Fey has been working as a Physical Therapist at Orthopaedic and Neurosurgery Specialists “ONS” since the completion of her clinical doctoral degree. Fey has training in the McKenzie method for treating spinal disorders, and has sought continued education in the sports realm. Fey’s experience as a former Division I athlete gives her valuable insight for her competitive athletes and patients returning from a musculoskeletal injury.

Fey volunteers at the New York City ING Marathon, and has run clinics and provided services during a medical mission in Kenya.

As a fearless competitor, Gered Burns proved that UAlbany could win at levels exceeding that of their conference. A four-time IC4A champion, Burns elevated the level of competition for the team, bringing it into a higher echelon previously unseen within the program. Burns was a member of the relay team that won the program’s first-ever IC4A championship.

He was one of the first Great Danes to take his training to the next level by traveling west to train with the Oregon Track Club, during which time he was seen as one of the premier middle distance runners in the country. A local product, his development through the program was tremendous, and solidified an expectation that the team continue to perform with the elite talent in the NCAA any beyond.

Burns holds two individual school records, and holds two additional records as a member of a relay team. He is a two-time NCAA qualifier, earning indoor All-America honors in 2005. He is a 10-time America East champion and a 12-time America East All-Conference selection. Burns ranks 15th among UAlbany men in America East Championship scoring with 80.5 points.

Burns left for Eugene, Oregon in the summer of 2007 to train with world-renowned middle distance coach Frank Gagliano and the Oregon Track Club leading up to the 2008 Olympic Trials. In 2009, Burns returned to UAlbany as a volunteer coach and to once again train under Roberto Vives and Matt Jones. For the past 4 years Burns has been pursuing a career in the field of environmental science while working at a small environmental consulting firm in Colonie, New York. Burns currently lives in Colonie with his long-time girlfriend Natalie and his rescued greyhound Bodhi.

When Samantha “Sam” Cohen competed at UAlbany, the women’s teams were referred to as “Lady Danes.” She continues to sign her emails, “Always a Lady Dane”. Cohen, who served as team captain during her time at UAlbany, was a pillar of the program’s Division II era, contributing to many championship teams. A premier United States race walk competitor, Cohen helped push the program to looking at the national, and even Olympic level. Post collegiately, Cohen finished fourth in several U.S. Olympic trials in her signature event. She remains inspired by a quote from legendary UCLA basketball coach John Wooden, “Success is a peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best you are capable.”

Cohen holds school records across four separate race walking distances. In national competitions, Cohen placed fifth in the 3,000m race walk at the 1998 USA Indoor Track & Field Championships, and finished sixth in the same event the following year. She later moved to Wisconsin to train full time. In 2007, Cohen was the national champion in the indoor 3,000m and the outdoor 5,000m race walks, and went on to represent the United States at the Pan American Cup. She was a Team USA member at the 2008 IAAF Race Walk World Cup in Russia, and competed in the 20,000m race walk in four U.S. Olympic Trials, including two fourth-place finishes in 2008 and 2016. She has been on nine U.S. National Teams and numerous international teams, and has been a national champion many times over. Cohen continues to train and compete at a top level, while raising her family, and teaching full time.

Cohen earned a B.A. in English with a dual minor in Spanish and General Education Studies and has an M.S. in Teaching from Pace University. She teaches English Literature at Washington Park High School in Racine, Wisconsin. Cohen and her husband, Joshua Slamka, have three children, Ephraim (11), Helina (7), and Hadasa (4).
An inspiration to her teammates, Xiomara “Cimo” Davila Diaz was a member of the first women’s Division II ECAC Championship in 1998. She had the ability, through her athletic feats and huge personality, to galvanize her teammates and to get everyone around her to believe they were better than they thought they were. A cornerstone of the transition period between Division III and Division II, during which time she served as team captain, Diaz made a difference in bringing the women’s program forward and equal with the men’s program despite the men’s 10-year head start. The impact she left on the program continues to resonate today. She competed for Club Santurce in Puerto Rico, paving the way for the recruiting relationship that has brought Grace Claxton to UAlbany. She competed in three events, the 55m, 200m, and 400m, at indoor national championships. And, she held the school record in the 400m intermediate hurdles, an off-event she tried and found success, leading the way for such UAlbany champions as Kamilah McShine, Joe Greene, Alie Beauvais, and Grace Claxton to follow the same path.

Diaz is a four-time NCAA Division II All-American, an NECC indoor champion, and was named both ECAC Division II and NECC Athlete of the Year in 1999. She earned Master’s Degrees in Sports Administration and Divinity, and an Associate’s Degree from the School of Cytotechnology at the Albany Medical College. Diaz is a Captain Chaplain in the United States Air Force, and has founded the Spa City Running Club, a nonprofit club for Capital District youth, serving athletes from Ballston Spa, Shenendehowa, Burnt Hills, and Lansingburgh. Finally, she established athletic performance training company Creations X LLC. Diaz lives with her spouse, Venus Diaz, and their children, Drelyn O. Van Deinse-Diaz, and Elijah L. M. Diaz.

If track & field is a family, perhaps no one encompasses that better than Winsome “Angela” Foderingham. A UAlbany Hall of Famer and 13-time All-American, Foderingham began her career with Coach Vives at Lehman College in the Bronx. She followed him to UAlbany upon his initial hiring, where she would ultimately serve as team captain. Although the men’s and women’s programs were separated at that time, meaning Coach Vives would no longer have the same level of involvement with her development he once did, Foderingham helped the team start moving up into the upper levels of Division III, culminating in a three-event, 26-point effort at Division III nationals, where her efforts earned UAlbany a fourth-place team finish, despite Foderingham being the Great Danes’ sole competitor at the meet. Her life at UAlbany started in tandem with Coach Vives, and here they both remain after all these years.

Foderingham is a three-time NCAA Division III National Champion, winning the 200m twice and the 100m high hurdles once. She is a five-time ECAC Division III champion, a nine-time SUNYAC champion, a two time NYSAIAW champion, and a six-time NYSWCCA champion. As a junior, Foderingham competed in the 100m high hurdles at the Jamaica Olympic Trials, where she placed fourth overall attempting to qualify for the 1998 Summer Olympic Games in Seoul, South Korea.

After her junior year, Foderingham ceased competing, electing to focus on other areas of interest. Her senior year saw her serve as a student government officer in the Student Association for Minority Affairs. Foderingham received a Bachelor of Arts in 1989 and a Master’s in Public Administration in 1992 from UAlbany. She then started her professional career in Albany, N.Y. as a nonprofit manager before moving into higher education administration and philanthropy. After working at UAlbany for a decade, Winsome took a role in Community Relations and corporate philanthropy for Bank of America’s Charitable Foundation. In 2007, she returned to UAlbany, where she is currently the Associate Director for Corporate and Foundation Relations. As a university administrator, she is active in university service and continues to give back to students and student-athletes to support their academic, athletic, personal and career success. She has volunteered on local several local nonprofit boards, and speaks to youth and business groups annually.

The foundational jumping coach of the UAlbany program, Paul Mance was one of the first individuals Coach Vives met upon his initial arrival. Then, Mance was one of the top level SUNYAC long and triple jumpers. He committed a lot of time to the program, including four years as an undergraduate student-athlete, and then 10 more years as a coach. All of the success the program had during his tenure, including the second-place team finish in Division III championships, was in large part due to Mance’s coaching and his love of the jumping events. As an athlete, Mance was a seven-time member of the All-State track team and a four-time member of the All-SUNYAC team. He placed second in the triple jump at the 1984 New York State Indoor Championships, and placed third in both the long jump and the triple jump at the 1985 New York State Outdoor Championships. As a coach, he groomed several All-American performers and contributed to multiple conference championship teams, including one runner-up team finish at NCAA Championships.

Currently, Mance is the horizontal jumps coach at the Christian Brothers Academy in Albany, N.Y. In the last year, one of his athletes broke the Section 2 freshman record in the long jump with a mark of 21-10.00, which ranked second among New York State freshmen and 25th among national freshmen. Mance also coached modified girls basketball at Stephen and Harriet Myers Middle School in Albany, N.Y., compiling a 43-4 record over four seasons, including an undefeated 2011-12 season, and three Big Ten Championships.

Mance was a part-time instructor for a coaching theory course for the Division of Physical Education in Athletics and Recreation, specializing in the horizontal jumps. He assisted in the development of eight national champions, 36 All-Americans, and numerous conference and state champions. In 2014, Mance received the City School District of Albany’s Golden Apple Award, which recognizes an outstanding teacher who demonstrates excellence in instruction and leadership within the school community.
The ultimate teammate, Kamilah McShine played a major role in the program’s America East conference success. She was the first member of the women’s team to break the 59-second barrier in the 400m intermediate hurdles. Her ability to do it all, and at an exceedingly high level, saw her compete successfully at the conference level, the ECAC level, and the national level, where she was a regional semifinalist in the 400m intermediate hurdles.

McShine’s time as a scholar-athlete at UAlbany exposed her to the importance of patience, passion, and perseverance. McShine’s passion for athletics combined with her desire to help improve both physical health and personal esteem led her to pursue a Master’s degree in Exercise Science & Wellness at Old Dominion University. Upon graduation, McShine went on to develop community-based interventions to prevent chronic diseases and promote health and wellness in the community through Wellness education programs and workshops. When McShine is not working with the community, she serves as the Senior Wellness Coordinator for Houston Methodist Hospital where she guides the employee population towards their personal health and wellness goals through the development of skills that help them overcome obstacles and remain persistent in their pursuit towards a healthy and fulfilling lifestyle. McShine continues to break ground in the Holistic Health & Wellness field, working to ensure all individuals have access to resources that can positively influence not only their health, but the health of their family, friends, and community.

When he transferred to UAlbany from William and Mary, James “Jay” Nixon joined a program that did not have a dedicated pole vault coach on the staff. But always eager to make the best of any situation, Nixon did not complain. Instead, he worked with Coach Vives, teaching him how to coach the pole vault, ultimately helping Coach Vives help him. He brought out the most of the limited facilities that the program had to offer a pole vaulter of his caliber. A member of the fourth-place Division III championship team, and a driven competitor, Nixon earned All-America honors in both his signature pole vault and in the decathlon.

Nixon is a four-time NCAA Division III All-American in the pole vault. In 1993, Nixon won the pole vault, long jump, and decathlon at the NYSSCT&F Championships, and later that year won the decathlon at the Empire State Games.

Nixon graduated magna cum laude from UAlbany in 1995. Following his graduation, Nixon attended Albany Law School of Union University, graduating in 1998. Nixon passed the New York State bar exam in 1998 and was admitted to practice law in February of 1999. That same year he joined the Albany County District Attorney’s Office as a trial attorney and compiled an amazing record of over 20 jury convictions with only one defeat over a span of approximately three years. Following his stint in the public sector, Nixon joined the private sector and began focusing his practice on his two passions in life — “kids and cars”. He opened his own practice in 2004, the same year his first child was born.

Nixon has represented hundreds of families across upstate New York whose children have been afflicted with childhood lead poisoning. He currently holds one of the largest recorded verdicts for a lead poisoning case in New York State. His firm also represents several car dealerships throughout upstate New York. Nixon is married to former track star Laura Nixon (née Somes), who still holds the school record in the women’s shuttle hurdle relay. They have 3 children, Olivia (11), Ashley (9) and Eric (5) and live in Utica, New York. All of the Nixon’s children love track and field, and hope to compete at the collegiate level one day.

Nixon’s last official track and field competition was in 2003 where he competed in the open men’s decathlon at the age of 32.

A team cannot succeed without the right mentality, and no one provided the right mentality better than Arnold “Arnie” Shell. A member of the very first UAlbany indoor track team, and one of the first Division III track teams in the country, Shell was a product of Boys High in Brooklyn, now known as Boys & Girls High. The institution’s reputation for developing elite talent is legendary, and Shell brought with him that elite mentality to UAlbany. Shell was a member of the Boys High 2-mile relay team that set the national record and won the Championship of America at the Penn Relays.

At UAlbany, Shell served two seasons as team captain, in 1971 and 1972. He qualified for the small-school national championships in the 880y and in the 1-mile relay in 1971 and 1972. Now a coach at Lincoln High School in Yonkers, Shell has coached five All-Americans in his 25 year career. He is also the head coach of the Yonkers Public School Track team. He retired from teaching in 2012 after 30 years at the Yonkers Public School. Shell’s influence continues to resonate with the program to this day, as he sends some of his finest student-athletes upstate to be Great Danes.
When UAlbany transitioned from Division II to Division I, University Police Chief Frank Wiley told Coach Vives that the only team that was Division I-ready on day one was track and field. The mentality Jeffrey “Jeff” York brought to the team contributed mightily to that readiness.

In Coach Vives’ office on campus, there hangs a photograph of one of York’s 110m high hurdles races. The photo depicts York racing in the Penn Relays Championship of America finals, next to University of Connecticut’s Dudley Dorival, who would go on to win the bronze medal in the 110m high hurdles at the 2001 World Championships, and a hurdler from Seton Hall running in the 13.30s. In the photo, York is matching the two elite talents to his right step for step.

York is perhaps the winningest hurdler in NCAA history at any level. He has five NCAA Division III championships indoors and outdoors, and holds the Division III Championship meet record in the 110m hurdles. As a Division III athlete, York won the Division I IC4A championship in the 55m high hurdles. His ability to compete with anyone instilled in the program a belief that it could compete on any level. He volunteered as a coach for several years following his graduation, and still makes the occasional appearance at UAlbany practice to offer his wisdom to the current Great Dane hurdlers. York remains a staunch supporter of the program.

York holds two school records, in addition to one freshman record. He is an eight-time NCAA scorer, a two-time IC4A scorer, a CTC champion, a two-time NYSCT&F champion, and an Empire State Games champion. Currently, York is an Information Systems Project Manager for Albany Medical Center where he is responsible for the implementation of a new HIPAA training program. The majority of his work has been in the field of healthcare and in the development and implementation of classroom and one-on-one training curricula. He is the father of a delightful 13-year-old daughter who attends Troy Prep Charter School, who is looking forward to attending UAlbany one day and setting records in the classroom and on the track.
Considered the all-time best sprinter in program history, Junior Burnett’s contributions to UAlbany Track & Field extend far beyond his graduation. As an athlete, Burnett changed the mentality of the Great Dane sprinters, elevating the program for the first time to not only compete but to excel at the highest levels in the conference. Where before UAlbany sprinting meant 100m times around 11.1, Burnett’s performances brought the expectation that a Great Dane can run 10.6.

Burnett currently ranks 13th in school history in scoring with 93.75 points. He is a five-time America East champion, 16x America East All-Conference representative, two-time IC4A scorer, eight-time IC4A qualifier, and winner of the America East Coaches’ Award, given to the highest-scoring individual competitor at a single conference championship meet.

As a coach, Burnett has continued to improve the sprints program by leaps and bounds. His greatest contribution has been the specific development of and attention to the short sprinters, who no longer would have to train as 400m runners, as Burnett himself did as a student-athlete. Through his instruction, the short sprinters under Burnett have set new school records in five of seven individual short sprint events and in five of six sprint relays.

Since graduating UAlbany, Burnett has been baptized and ordained as a Deacon in the Apostolic Ark Church. He has been married to his wife Alphya for five years, and together they have a two-year-old son named Omar. Burnett earned his Master’s degree in Geography and GIS in 2011.

The America East prides itself on the distance talent that permeates the conference. Before Laura Cummings’ arrival, UAlbany found itself on the outside looking in on some of the top distance programs among its rival institutions. Cummings, a tremendous talent who transferred from the University of North Carolina, helped change the mentality of the program that Great Danes could compete in the distance events, backing up her talent with results.

Never one to back down from a challenge, the coaching staff leaned heavily on Cummings’ talent to score in multiple events as the cornerstone of their championship lineups. Holding a rare ability to see the bigger picture, she would do whatever she was asked as best as she possibly could for the success of the group. Her selflessness and unrelenting drive drove the distance program to new heights.

Cummings currently ranks 15th in school history in scoring with 76.75 points. She was the 2009 America East Champion in the 3,000m Steeplechase, a 15-time America East All-Conference representative, a two-time ECAC scorer, a six-time ECAC qualifier, an America East Scholar Athlete, an ECAC Merit Scholar Athlete, and an NCAA Academic All-American.

Cummings graduated from UAlbany magna cum laude with a 3.51 GPA. Post-collegiately, she continued her track & field career, setting personal records in the 3,000m steeplechase, 5,000m, 10,000m, and 3,000m. Additionally, Cummings spent time as a high school and collegiate track & field coach. She returned to school and earned a certification as a Registered Diagnostic Medical Sonographer, and currently works as a cardiac sonographer and pharmacy technician.

A New York State Champion from Troy High School, Bradley “Brad” Dean was one of the most talented throwers to come through the program. A staple of the Division III era, Dean earned multiple Division III All-America honors helping to lead the team to top-five finishes at outdoor championships.

Despite competing during the Division III era, Dean’s marks would still be competitive today. His school record in the discus, originally set in 1994, held up for a decade before it was surpassed. Perhaps most impressively, Dean excelled in the discus during a time when the program did not have a dedicated throws coach. Even so, in his time, Dean in large part drove the success of the program at the national level.

In his signature event, Dean is a two time CTC Outdoor Champion, a two-time NYSCT&FA Outdoor Champion, a two-time IC4A qualifier, a two-time NCAA Division III All-American, and a four-time NCAA Division III qualifier.

After graduating UAlbany, Dean moved to Charlotte, N.C. to train for the 1996 Olympic Games in Atlanta. He met his wife, Lisa Jean Michienzi, in Durham and the two have been married for 20 years. Together they have an 11-year-old son, Evan. Dean is a Certified Registered Nurse Anesthetist, having returned to Albany to earn his Master’s in Anesthesia Science, and currently works at Duke Hospital in Durham, N.C. His hobbies include cycling, triathlons, and carting around his son for basketball games. Evan will carry on his father’s discus tradition after Dean purchased Evan’s first discus when Evan was eight years old.
Perhaps nothing encapsulates Ricardo Estremera’s unwavering competitive spirit than his path to becoming UAlbany’s first All-American in the steeplechase. A massive thunderstorm interrupted the outdoor national championship meet, forcing the competitors and attendees from the facility. Lost in the crowd, Estremera was left behind by the team van, only to reunite with his teammates and coaches hours later. Hungry, tired, and frustrated, Estremera learned that his semifinal race would go on as planned, at midnight. Where the easy thing to do would have been to pack it in, Estremera stepped to the line, ran a school record, and qualified for the next day’s final round, where he would place 11th to become an All-American.

Estremera currently ranks 23rd in school history in scoring with 65.25 points. He is a six-time America East Champion, a 17-time America East All-Conference representative, a one-time IC4A scorer, a five-time IC4A qualifier, and the current freshman record holder in the indoor mile.

By the time Jennifer “Jenn” Gurrant arrived at UAlbany, the men’s team had started to separate somewhat from the women’s team in terms of success. Gurrant played a major role in elevating the women’s program to the same level.

An unconventional horizontal jumper and long sprinter hybrid, Gurrant saw the importance of having to double and triple at championship meets to make up for the thinner numbers on the women’s roster. Primarily a jumper, Gurrant also contributed to the 400m, despite not ever training for the event. She knew that UAlbany had to offset the scoring of the other America East schools that had depth in the distance events. And once Gurrant bought in to competing in multiple events, her teammates followed her lead. Never one to complain, Gurrant’s talent and competitive attitude played a major role in the development of both the jumps and sprints programs.

Gurrant currently ranks sixth in school history in scoring with 99.25 points. She is a two-time America East champion, a 15-time America East All-Conference representative, a two-time ECAC Champion, a five-time ECAC scorer, a two-time NCAA Division I qualifier, a two-time NCAA Division I Regional Qualifier, and a one-time USATF National Championships qualifier.

Gurrant graduated from the University at Albany in 2009 with a Bachelor’s Degree in Communications and Business. After another two years of triple jumping and assistant coaching at the university, Gurrant made the leap from track & field to corporate America. Her job as a Project Manager at Quadax, Inc., a medical software company, brought her to their headquarters in Cleveland, Ohio. When Gurrant is not at the gym trying a new workout, you can find her downtown watching the Cavaliers and Indians games with friends or picking out her next favorite fashion must-have. The memories and friendships that were made at UAlbany are lifelong. Everything that she learned and the values that were instilled are a daily reminder of all the amazing people who had an impact on her life during her four years on the track team.

A graduate of Shenendehowa High School and University at Albany Hall of Famer, Janna Johnston is the first woman in school history to exceed 5,000 points in the heptathlon. With an ability to compete and score in multiple events, Johnston contributed heavily to the program’s Division II ECAC Championship teams.

At the 1999 ECAC Championships at George Mason, Johnston needed to run 2:24 in the 800m, the final event of the heptathlon, to break 5,000 points. Before the race, her best mark in the 800m was 2:28. Johnston ended up running 2:23 for a final score of 5,008 points, a school record that still stands today.

Johnston is an NCAA Division II All-American, an ECAC Division I Runner-Up, a CTC Outdoor Champion, a two-time NECC Indoor Champion, and a GTE District I Academic All-American.

Johnston majored in Mathematics with Minors in Physics and Computer Science while at UAlbany. She currently works at State Farm as a Fire Underwriter. She enjoys spending time with her family, including 11 nephews and one niece, gardening, kayaking, swimming, and hosting dinner parties. On July 29, 2017, Johnston married Timothy Skinner and has kept busy with the fun of combining two households.
The four-minute mile is arguably the most prestigious barrier in track & field. Paul Lagno, who holds the school record in both the indoor and outdoor mile run, has come the closest of any Great Dane before or since.

A 4:28 miler in high school, Lagno improved all the way to 4:01, showing that a four-minute mile could come out of UAlbany. Where before Great Dane milers would run around 4:10 or 4:12, Lagno moved forward the middle distance program and started to make people believe that four minutes was possible.

Lagno’s range stretched from one to five miles. He is the program’s first and only 1,500m IC4A champion, a race in which he led start to finish, and was a member of the only team in program history to win the America East cross country team title. Following his graduation, Lagno used his final season of eligibility to help Florida State’s cross country team finish seventh at national championships.

Lagno currently ranks 54th in school history in scoring with 38.25 points. He is a five-time America East Champion, an 11-time America East All-Conference representative, a one-time IC4A Champion and scorer, and a four-time IC4A qualifier.

Lagno just began his third year as head coach of track & field and cross country at Daemen College, a Division II school in Buffalo. During his time there, Lagno led the women’s cross country team to two runner-up finishes at the East Coast Conference Championships, and two fourth-place finishes at the NCAA Division II East Regional Championships. Under his guidance, the team broke into the East Regional rankings for the first time, and standout runner Mackenzie Donahue became the first Daemen student-athlete to compete in a Division II national championship. A native of Millbrook, N.Y., Lagno came to Daemen from Northwood University in West Palm Beach, Fla. where he served as the Head Men’s and Women’s Cross Country Coach and Assistant Men’s and Women’s Track and Field Coach from January through July, 2015. Prior to his appointment at Northwood, Lagno cut his teeth at Florida State University in Tallahassee, Fla., working as the Operations Assistant for the Seminoles’ men’s cross country and track and field programs from December 2012 through December 2014. While there, Lagno was primarily responsible for assisting with the day-to-day operations of the NCAA Division I cross country and track and field programs.

A graduate of Bishop Maginn high school, Alyssa Lotmore led the women’s distance program during her four-year tenure. A fair runner in high school, Lotmore really developed during her college years, ultimately to the point where she would hold school records from the mile to the 5,000m. She was the program’s first woman to break 17:00 in the 5,000m, and ran under 5:00 in the mile.

A fearless competitor, Lotmore did the work to get the results. She would do each workout to perfection, hitting the exact time her coaches wanted. Unafraid of poor conditions or hurting during a race, Lotmore would compete at the front of the field in the 3,000m and 5,000m, and continued the distance legacy set by her UAlbany predecessors.

A former school record holder in five events, Lotmore currently ranks 11th in school history in scoring with 89.00 points. She is a two-time America East Indoor Champion, a 15-time America East All-Conference representative, a two-time ECAC scorer, a five-time ECAC qualifier, an America East Scholar Athlete, and an NCAA Academic All-American.

After graduating in 2007 with her BSW degree, Alyssa continued to compete, winning races such as the Hudson Mohawk Road Runner’s Club’s Half Marathon, the Troy Turkey Troy 10K, and other area competitions. She earned two more degrees from UAlbany: a MSW degree in 2008 and a Certificate of Online Learning and Teaching in 2016. She currently works at the University in the School of Social Welfare. She is the proud mother of a little five-year-old athlete, Tessa Francesca.

Though he used to run around Prospect Park in Brooklyn, William “Bill” Vanos never ran track in high school. Yet, the week he joined the UAlbany cross country team at the urging of his friends, he finished second on the team. As he continued to develop, he was a member of two third-place teams at NCAA championships and finished second in the 10,000m at ncaa championships. His school record in the 5,000m, originally set in 1994, lasted until 2017.

A former school record holder in two events, Vanos is a one-time NCAA Division III Runner-Up, a four-time NCAA Division III National Qualifier, a three-time CTC Champion, a one-time NYSCT&FA Outdoor Champion, and a one-time Capital District Indoor Champion.

Now competing on the master’s circuit, Vanos can boast a 2:30 marathon. He has continued his support of the UAlbany program through the years and was an integral part in establishing the Jason DeJoy alumni race, named for one of Vanos’ teammates.

Vanos is a partner at the law firm of Lowndes, Drosdick, Doster, Kantor & Reed in Orlando, Florida where he focuses commercial real estate transactions. He and his wife Stephanie have three daughters, Elizabeth, Annie and Lea.
A competitive thrower at all of UAlbany’s conference championships, Joy Williams was one of the first women consistently in the 40-foot range in the shot put. Before Williams there wasn’t really much of a throws program, with most of the best results ranging around 35’. But Williams started putting marks out there that turned heads, instigating a change in the mentality among the throwers. A consistent contributor to the success of the team, Williams jumpstarted the throwing program that has resulted in the bulk of the current shot putters matching her range and now thinking about competing on the regional or national level.

Williams currently ranks 32nd in school history in scoring with 44.00 points. She is the 2004-05 America East Indoor Champion in the shot put, a seven-time America East All-Conference representative, a one-time ECAC Division I scorer, and a four-time ECAC Division I qualifier.

Born in Honolulu, Williams and her family relocated to New Rochelle when she was two years old, where she stayed until relocating to Portsmouth, Virginia, this summer. For the last 12 years, Williams as worked as an educator and is currently teaching kindergarten. She holds a Master’s degree in Education, which she earned in 2016. A mother of two beautiful girls, Rhylei and Jenesis, Williams enjoys playing the violin at church and family functions and with her students. Williams served the First White Plains Seventh Day Adventist Church as a Youth Leader, and was a volunteer coach for the United Flyers Track Club.