



**Matt Folk**  
**Assistant Cross Country Coach**  
**Seventh Season**  
**Youngstown State, 1999**

Matt Folk, a former U.S. Olympic Trials qualifier and Youngstown State alumnus, enters his seventh season as assistant cross country coach and distance coach in track and field.

In his 11 seasons as a Penguin as a coach and student-athlete, Folk has brought national recognition to the program and has been directly linked to 10 of YSU's 13 conference championships.

At the coaching ranks, Folk has helped lead the Penguins to five Horizon League Track and Field Championships in the past three years.

In the 2003 indoor season, YSU's men's squad captured the school's first-ever Horizon League Championship in any sport. Kurt Michaelis won the mile at the meet and was later named the Horizon League Track and Field Athlete of the Year. He also became YSU's first-ever Division I All-American with a ninth-place finish at the NCAA Championship.

The women's squad began a string of four-straight Horizon League titles in the 2004 indoor season. Emily Cicero won the mile and Lisa Davies finished second in the 3,000m and the 5,000m and sixth in the mile at the meet. Cicero came up big again in the outdoor season, finishing second in the steeplechase, third in the 1,500m and fifth in the 5,000m. She also qualified for the NCAA Mideast Regional in the steeplechase a week later and became YSU's first female distance runner to compete at the meet.

The Penguins continued their dominance in 2005 by winning both the indoor and outdoor conference titles for the second straight season. In the indoor season, Cicero earned third-place finishes in the 1,000m and the mile while Marielle Glanz finished third in the 800m. Cicero added a victory in the mile and a fourth-place finish in the 10,000m while Glanz was fourth in the 800m.

Folk's distance group has also been solid in cross country. Cicero has been named First-Team All-Horizon League three times and YSU's men's squad has finished third or better at the conference meet in six of his seven seasons.

At YSU, Folk qualified for the 1998 Division I Cross Country National Championships and was YSU's first male cross country runner to compete at the national level. He was a nine-time Mid-Continent Conference All-Academic selection and helped the cross country and track and field program to win five Mid-Con titles. Folk, who was a two-time individual conference champion, was also named The Vindicator's Male Athlete of the Year in 1999. Folk currently holds three school records - the five mile run and in the 10K in cross country and the outdoor 10,000m.

Folk continued to train after graduating and in October 2003, Folk qualified for the Olympic Trials in the marathon by running a time of 2:21.10.

Folk graduated from YSU with a degree in accounting in 1999 and received a master's degree in business in August 2001. Folk is currently employed at Second Sole Athletic Footwear in Boardman.