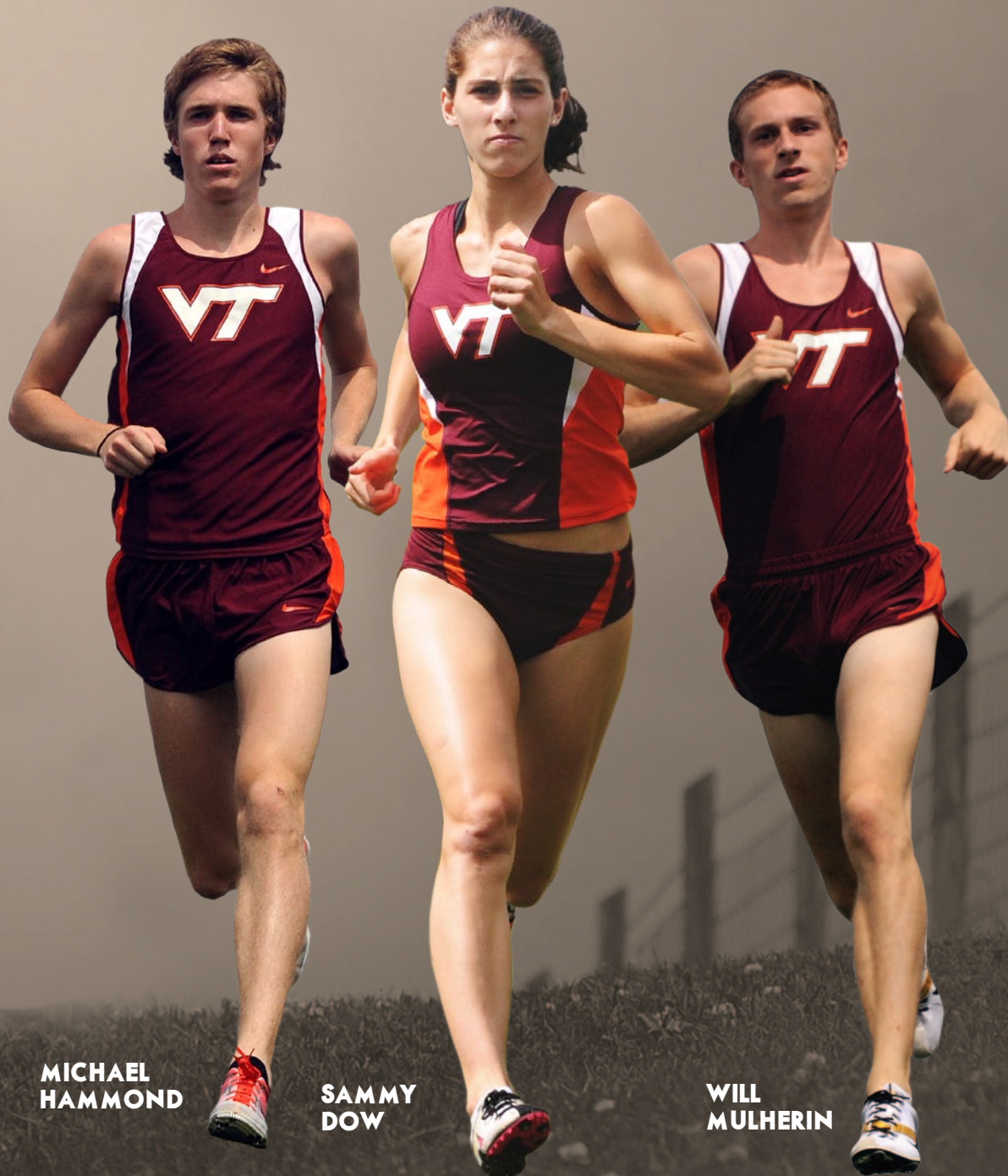


VIRGINIA TECH

CROSS COUNTRY

THE 2010 SEASON



**MICHAEL
HAMMOND**

**SAMMY
DOW**

**WILL
MULHERIN**



**WILL
MULHERIN**



**MICHAEL
HAMMOND**



**SAMMY
DOW**

HOME OF THE HOKIES

VIRGINIA TECH • BLACKSBURG, VA

2010 CROSS COUNTRY

{ UNIVERSITY INFORMATION }

Location.....Blacksburg, Va.
 Founded.....1872
 Enrollment.....30,000
 Colors.....Chicago maroon & burnt orange
 Nickname.....Hokies
 Conference.....Atlantic Coast
 President.....Dr. Charles Steger
 Director of Athletics.....Jim Weaver
 Associate A.D./Cross Country Administrator.....Tom Gabbard

{ CROSS COUNTRY INFORMATION }

Director of Track & Field and Cross Country.....Dave Cianelli
 Cross Country Coach.....Ben Thomas
 Assistant Cross Country Coach.....Jennifer McGranahan
 Technical Director.....Stacey Vidt
 Cross Country Office Phone.....(540) 231-9978
 Cross Country Office Fax.....(540) 231-6686
 Secretary.....Alva Slusher

{ 2009 CROSS COUNTRY RESULTS }

ACC Championships.....Men (5th) and Women (10th)
 NCAA Southeast Regional.....Men (8th) and Women (15th)

{ ATHLETICS COMMUNICATIONS STAFF }

Assistant A.D. for Athletics Communications.....Dave Smith
 Associate Directors, Athletics Communications.....Bill Dyer, Torye Hurst,
 Bryan Johnston
 Publications Director.....Anne Panella
 Photography Coordinator.....Dave Knachel
 Graphic Designer.....Allison Jarnagin
 Graphic Designer.....Mary Frances Czarsty
 Cross Country on the Internet.....www.hokiesports.com/cc
 Athletics Communications Phone.....(540) 231-6726
 Athletics Communications Fax.....(540) 231-6984
 Mailing/Shipping Address.....460 Jamerson Athletic Center
 Blacksburg, VA 24061
 Cross Country Contact.....Nathan Sheehan
 Email.....nsheehan@vt.edu
 Office Phone.....(540) 231-6892
 Cell Phone.....(847) 846-9894

{ 2010 CROSS COUNTRY GUIDE CREDITS }

This media guide is a publication of the Virginia Tech Athletics Communications Office and was written by Nathan Sheehan. The guide was edited by Nathan Sheehan. Cover, internal design and layout by Mary Frances Czarsty. Photography by Dave Knachel and Mike Saunders. Additional photography by Kristin Hart and Ivan Morozov. Printing by Southern Printing Company of Blacksburg, Va.

{ DIRECTIONS TO TECH }

The Virginia Tech campus is located in Blacksburg, Va., about 40 miles southwest of Roanoke. To reach campus from Interstate 81, take Exit 118B (Christiansburg) onto U.S. Route 460 West. Follow the 460 Blacksburg bypass and turn right onto Rt. 314 (Southgate Dr.).

2010 SCHEDULE

Date	Meet	Site
Sep. 3	Virginia Tech Cross Country Relays	Blacksburg, Va.
Sep. 17	Virginia Tech Alumni Invitational	Blacksburg, Va.
Oct. 1	at UNC Charlotte Invitational	Charlotte, N.C.
Oct. 15	at Appalachian State Invitational	Boone, N.C.
Oct. 30	at ACC Championships	Boston, Mass.
Nov. 5	Hokie Open	Blacksburg, Va.
CHAMPIONSHIPS		
Nov. 13	at NCAA Southeast Region	Louisville, Ky.
Nov. 22	at NCAA Championships	Terre Haute, Ind.

*Home Meets in Bold

TABLE OF CONTENTS

2010 Schedule, Quick Facts.....	1
Meet the Coaches.....	2-4
2010 Season Preview.....	5
Women's Roster.....	6
Women's Bios.....	7-10
Men's Roster.....	11
Men's Bios.....	12-15
2009 Season Review.....	16
2009 Results.....	17
2009 Honors and Awards.....	18
Tech Cross Country Course.....	19
History and Records.....	20-21
Hokie Trails.....	22
Blacksburg, Va.....	23
Track Facilities.....	24
Other Athletic Facilities.....	25
Athletic Support Staff.....	26-27
Administration.....	28



DAVE CIANELLI

{ DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY }

THE CIANELLI FILE

{ VIRGINIA TECH (2001-PRESENT) }

- Eight NCAA individual champions, the first in Virginia Tech history
- Eighty All-Americans



- Six NCAA East Region championships
- Four ACC team championships
- Seventy-eight ACC individual champions
- Twelve BIG EAST Conference champions
- Had 14 athletes earn All-America Honors in

2007, the most in his coaching tenure.

- 2007 and 2008 ACC Women's Indoor, Outdoor and East Region Coach of the Year
- 2010 ACC Men's Outdoor Coach of the Year

{ SOUTHERN METHODIST UNIVERSITY (1988-2001) }

- Eight top-10 finishes at the women's NCAA Track & Field Championships
- Seven top-10 finishes at the men's NCAA Track & Field Championships
- 1995 men's and women's Southwest Conference cross country champions
- Individual achievements included 19 Olympic and World Championships competitors, 27 NCAA champions, 123 All-Americans, 95 conference champions

{ CAL-POLY SAN LUIS OBISPO (1985-1988) }

- 1985-87 NCAA Division II women's cross country champion
- 1985-87 NCAA Division II women's outdoor track runner-up
- 1985-87 CCAA women's cross country conference champion
- 1985-88 CCAA women's outdoor track conference champion
- Individual achievements include one NCAA Division II Champion and 13 All-Americans

CIANELLI BY THE NUMBERS

- 206 All-Americans
- 173 Conference champions
- 100 Percent graduation rate at Virginia Tech
- 36 NCAA champions
- 125 School records at Virginia Tech
- 23 Olympic and World championship qualifiers
- 20 Top-10 women's NCAA finishes
- 13 Top-10 men's NCAA finishes
- 3 NCAA Division II cross country national championships
- 3 NCAA Division II outdoor track runners-up

Entering his tenth year as Director of Virginia Tech Track & Field and Cross Country, Dave Cianelli has built the Hokie program into one of the elite programs in the Atlantic Coast Conference and the nation. Since Cianelli's arrival in the fall of 2001, Virginia Tech athletes have produced eight NCAA individual titles, 80 NCAA All-Americans and 78 conference champions. In addition, Hokie teams have finished in the national top-10 four times and the national top-20 14 times since 2005.

NCAA, REGIONAL AND ACC SUCCESS

The 2010 Hokies finished their season in record-breaking style at the NCAA Outdoor Championships. The women's team's fifth-place finish is the highest of any Tech squad in history, and the men's tenth-place finish is the best of any men's team in Virginia Tech history. Senior Queen Harrison became the first athlete in NCAA history to sweep both the 100- and 400-meter hurdles, earning her second and third national titles of 2010. At the NCAA Indoor Championships, Harrison earned a title in the 60-meter hurdles, helping to lead the women to a tenth-place finish while the men placed 17th. The men's and women's teams placed third at the ACC Indoor Championships, while the men and women placed second and sixth, respectively, at the Outdoor competition.

USA AND INTERNATIONAL SUCCESS

Jared Berman represented the Hokies well on the national and international stage during the summer of 2010. Berman placed second in the 3,000-meter steeplechase at the USA Junior Outdoor Track and Field Championships. His performance there earned him a bid to the IAAF World Junior Championships in New Brunswick, Canada, where he advanced to the finals and placed tenth.

Queen Harrison made history in June 2008 when she earned a spot on the U.S. Olympic team, by finishing second in the 400-meter hurdles at the U.S. Olympic Trials to qualify in the event. Harrison was the first Tech track and field athlete to represent any country in the Olympics and only the second Hokie to become an American Olympian in any sport, following Bimbo Coles who represented the United States in basketball in 1988.

COACH OF THE YEAR HONORS

Cianelli's illustrious career is proven by the awards he has collected throughout his career. This past season, he was named 2010 ACC Men's Outdoor Coach of the Year. In 2008 he won the ACC Women's Indoor, ACC Women's Outdoor and East Region Women's Coach of the Year honors for the second straight year. Cianelli also won his second consecutive USTFCCCA indoor women's Southeast Region Coach of the Year honor in 2008.

Cianelli has assembled one of the most accomplished coaching staffs in America. Associate head men's and women's track & field coach Greg Jack was named USFTCCCA Regional Coach of the Year in 2010 and National Throws Coach of the Year in 2006. Former Hokie and NAIA Region XII Coach

of the Year Ben Thomas is the cross country coach. Thomas is assisted by former All-SEC runner Jen McGranahan. Long-time assistant, Bob Phillips, a former All-American for the Hokies, coaches the pole vaulters. Tech introduced Charles Foster as the sprints, hurdles and jumps coach in the fall of 2009. Foster quickly made a reputation for himself, earning USTFCCCA Regional Coach of the Year honors for the women's sprints and hurdles. Foster is a former world record holder in the 110-meter hurdles and a U.S. Olympian in 1976. Foster was honored in 2008 by the USTFCCCA as Men's National Coach of the Year for sprints and hurdles.

ACADEMIC EXCELLENCE

The Virginia Tech track & field and cross country programs continue to achieve at a high level in the classroom. For the 2010 track season, eight individuals either earned USTFCCCA All-Academic honors or ACC All-Academic honors, with six athletes earning both. In addition, both men's and women's cross country teams have been USTFCCCA All-Academic Teams for six consecutive years.

PREVIOUS COACHING EXPERIENCE

Prior to Tech, Cianelli gained plenty of experience in 13 seasons as an assistant coach at Southern Methodist University in Dallas, Texas. With the Mustangs, Cianelli worked with 19 Olympic and World Championship competitors, 27 NCAA individual champions, 123 All-Americans and 95 individual conference champions. Cameron Taylor of New Zealand was a quarterfinalist in the 200m at the 1992 Olympics, and Tytti Reho won the 2000 NCAA championship in the 800m.

In cross country, both the men's and women's teams captured the 1995 Southwest Conference titles and earned a spot in the NCAA Championships. During 13 years at SMU, the track & field teams finished in the top 10 nationally 15 separate times.

Cianelli served as the assistant women's track & field and cross country coach at Cal Poly-San Luis Obispo from 1985-88, where he helped the cross country team to the NCAA Division II National Championship three consecutive seasons; and the outdoor track & field teams finished as the runner-up at the NCAA Division II Championships three years in a row. Individual honors during his four years included 13 All-Americans and one NCAA champion.

Cianelli started his coaching career at San Marcos High School in Santa Barbara, Calif., as the head track & field coach from 1982-84. In three seasons, he coached seven junior national qualifiers in the heptathlon and decathlon.

PERSONAL

A native of Bethesda, Md., Cianelli was a student-athlete at Bowling Green State University, competing in sprints, the decathlon and the long jump. He graduated in 1977 with a B.S., in physical education.

Cianelli and his wife, Ellen, have a daughter Mariah (15) and son Sebastian (11).

BEN THOMAS

{ HEAD CROSS COUNTRY COACH }

THE THOMAS FILE

{ VIRGINIA TECH (2001-PRESENT) }

- Eleven NCAA All-Americans (cross country, 2003, 2007, 2008; 1,500m, 2004; DMR, 2007; 5,000m, 2008, 2010; mile, 2009)



- 18th-place women's team finish at 2006 NCAA Cross Country Championships
- Eleven NCAA Championships cross country participants
- Nineteen NCAA All-Region cross country runners

- Eight All-ACC cross country runners
- One All-BIG EAST cross country runner
- Thirteen ACC Champions (track)
- One BIG EAST Champion (track)
- Twenty-three school records (track)

{ BREVARD COLLEGE (1999-01) }

- Two NAIA Cross Country All-Americans
- One three-time NAIA National Champion
- One two-time Olympian
- Two Cross Country World Championship qualifiers
- 2000 NAIA Region XII men's and women's team champions
- 1999 NAIA Region XII Coach of the Year
- 1999 NAIA Region XII men's team champion

{ APPALACHIAN STATE (1995-99) }

- One NCAA Cross Country All-American
- One two-time NCAA National Champion
- 1996, 98 & 99 North Carolina Collegiate team champion
- 1996 Southern Conference champion
- 1996 Southern Conference Coach of the Year

TECH'S COACHING HISTORY

{ MEN }

- Doug Divers
1959-63
- Martin Pushkin
1964-73
- Russ Whitenack
1974-81
- Todd Scully
1982-90
- Steve Taylor
1991-2000
- Ben Thomas
2001-present

{ WOMEN }

- Todd Scully
1982-90
- Lori Taylor
1991-2000
- Ben Thomas
2001-present

Ben Thomas has been Virginia Tech's head cross country coach since 2001 and now has 14 years of collegiate coaching experience. During nine seasons of coaching at Tech, the Hokies have emerged as contenders in not only the Atlantic Coast Conference and the NCAA Southeast Region but in the entire nation. Thomas is familiar with the Hokie program, having competed in cross country and middle distance for Tech from 1988 to 1992.

YEAR-BY-YEAR SUCCESS AT TECH

In 2009, Thomas led the men's squad to a fifth-place finish at the ACC Championships, with Will Mulherin placing seventh as Tech's highest finisher. Devin Cornwall earned all-region honors for his performance at the NCAA Southeast Regional, and Sammy Dow set a new Tech Cross Country Course record in the 4,000-meters.

Under Thomas' tutelage in 2008, Tasmin Fanning put together one of the best seasons ever for a Tech cross country runner. The Charlottesville, Va., native won the NCAA Southeast Regional, a Hokie first, placed second at the ACC Championships and secured Tech's highest individual finish ever at the NCAA Championships with a third-place showing. Thomas also helped the men's squad to a third-place effort at the ACC Championships, the best finish for the Tech men since joining the ACC. The Hokie women took fifth at the meet, and both squads placed seventh at the NCAA Southeast Regional.

In 2007, Thomas guided Fanning to an All-American performance at the NCAA Championships, where she placed 12th out of 255 runners. She became the second NCAA cross country All-American in school history and the first since 2003. Led by Fanning, the women's squad barely missed a second straight trip to the national meet, earning fifth place at the NCAA Southeast Regional. The men's squad took seventh place in a field of 29 teams at the regional meet. Both teams placed fifth at the ACC Championships.

Thomas led the women's squad to the best season in program history in 2006 by posting an 18th-place finish in their first-ever appearance at the NCAA Championships. The Hokie women reached the national meet following a third-place effort at the NCAA Southeast Regional behind an unprecedented five all-region performers. The Hokies also earned a fifth-place finish at the ACC Championships and an all-time high ranking of No. 20 in the USTFCCCA poll.

The men captured their best-ever point total at the ACC Championships and had their best performance in the NCAA Southeast Regional since 1995. Paul LaPenna became the first Hokie to earn all-region honors since 2003, while Devin Cornwall was named the ACC Freshman of the Year.

The women's team placed 12th at the 2005 NCAA Southeast Regional Championships as Fanning earned all-region honors after her 22nd-place finish. The Tech men's team improved two

spots from the previous season with a 13th-place finish at the regional meet and finished sixth at the ACC Championships, a three-place improvement from the previous season.

The women's squad placed seventh in its first-ever ACC Championship meet in 2004, when Jessica Fanning became Tech's first All-ACC runner with a 13th-place finish. Thomas also guided that team to a top-10 NCAA regional finish while helping Jessica Fanning earn all-region honors.

Marlies Overbeeke became Tech's first NCAA All-American on the women's side in 2003, and the men saw the first Hokie since 1999 earn all-region honors.

In Thomas' first season at the helm, the women's team finished seventh in the 26-team field at the 2002 NCAA Regional Championships. Stacey Vidt and Jessica Morris earned All-Region honors, with Vidt qualifying for the NCAA National Championships. Vidt and Morris were the first all-region honorees for the program in over a decade.

On the track, Thomas has coached a distance crew that has broken 19 school track records.

PREVIOUS COACHING EXPERIENCE

Thomas served as the men's and women's distance coach at the University of Georgia for six months before arriving in Blacksburg. Prior to that, he was the head track & field and cross country coach at Brevard College in North Carolina for a year and a half. At Brevard, Thomas was named 1999 NAIA Region XII Coach of the Year after leading the men's cross country team to the NAIA Region XII title. The team went on to place fifth at the NAIA Cross Country National Championships. In 2000, the men's team took fourth at nationals while the women finished 14th. He coached four All-Americans during his stint at Brevard, including three-time NAIA national champion Alexis Sharangabo.

Before Brevard, Thomas was the women's cross country coach and assistant track coach at Appalachian State University from 1995-1999. He coached several all-conference performers, including the 1999 and 2001 NCAA 1,500m champion, Mary Jayne Harrelson. The ASU women were Southern Conference champions in 1996 and North Carolina Collegiate Conference champions in 1996 and 1998.

PERSONAL

A native of Lynchburg, Va., Thomas earned a B.A., in English from Virginia Tech in 1992 before completing coursework for an M.A., in education from Lynchburg College in 1999. Thomas began his coaching career with the track & field team at E.C. Glass High School (1992-94) in Lynchburg and later coached cross country at Blacksburg High School (1994-95).

Thomas, his wife, Ann McGranahan, and their 6-month-old daughter, Reilly Kathleen Thomas, reside in Blacksburg.

JENNIFER McGRANAHAN

{ ASSISTANT COACH }

Jennifer McGranahan enters her second year as the assistant cross country coach and assistant distance coach for the Hokies.



McGranahan comes to Tech from Pensacola, Fla., where she served as a personal trainer for her own business, Swiftly Running, and head coach for a specialty running store, in 2008 and 2009. She coached the My First 5k, the Pensacola Double Bridge 15k and the My First 10k programs, in addition to creating and implementing new 12-16 week training programs to help adults progress their running fitness.

From 2006-07, McGranahan was a graduate assistant coach for the cross country and track and

field men's and women's teams at the University of West Florida. She was charged with the day-to-day training, recruitment of athletes and travel arrangements for the Argonauts. She also was a graduate assistant for the exercise science department and taught the lab, "Exercise Testing and Prescription" to undergraduates.

While at West Florida, McGranahan worked at an internship with the Wellness Center at NAS Pensacola. She implemented training programs for active, dependent and retired personnel as assistant to the head trainer at the base.

Prior to her time at West Florida, McGranahan served as the head girls' and boys' cross country coach at St. Mary's High School in Colorado Springs, Colo., and worked at The Country Club of Colorado as aquatics manager and youth swim coach from 2003-05.

In 2002-03, McGranahan coached at Carmichael

Training Systems, a coaching service that improves all levels of an athlete's endurance and aerobic development, in Colorado Springs, Colo.

As an athlete at the University of Florida, McGranahan was an All-SEC and All-Regional cross country runner. She also achieved All-SEC honors in the 5,000- and 10,000-meters in track. She was also the top Gator runner at the 1997 NCAA cross country meet, finishing 31st, and placed second at the National Junior Cross Country Championships as a freshman.

At Pensacola High School, McGranahan broke the meet record in the Vulcan cross country meet, clocking a time of 17:10 in the 5k race.

McGranahan received her bachelor's degree in sports management from the University of Florida in 2002 and earned her master's in exercise science from University of West Florida in December of 2007.

STACEY VIDT

{ TECHNICAL DIRECTOR }

Former Tech cross country runner Stacey Vidt is in her sixth year with the cross country and track & field teams, and her second as technical director. Vidt assumed the role of technical director in the summer of 2009, after spending 2005-09 as the assistant distance coach. Vidt competed as a distance runner for Tech's cross country and track & field teams from 1999-2003.



As technical director, Vidt handles the operations aspects of the squad. Her responsibilities include the team travel itineraries and budget, travel arrangements, team liaison to the equipment room and compliance departments, administrative duties on recruitment of athletes and more. Her position is essential to the successful operation of the program.

During her first year as assistant cross country coach, Vidt worked with all-region performer Tasmin Fanning. In her second season, Vidt guided the 2006 women's team, which produced five NCAA All-Southeast Region performers and qualified for the NCAA National Championships. In 2007, Vidt helped Fanning become Tech's fourth female, second NCAA and eighth overall All-American in cross country. Vidt and Fanning followed that up in 2008 with another All-America

honor in cross country, and a Southeast Regional championship, a first for a Tech runner, male or female.

A four-time cross country team MVP as a student-athlete at Tech, Vidt ended her collegiate career in 2002 as an NCAA All-Southeast Region runner with a 19th-place finish and qualified for the NCAA Cross Country Championships.

On the track, Vidt was a provisional qualifier for the 2001 NCAA Championships in the 3,000-meter steeplechase and indoor distance medley relay. She also qualified for the 2003 NCAA Southeast Regional in the 5,000-meter. She set five school track records, three indoor and two outdoor, during her career and was a member of the indoor 4x800m relay that still holds the school record.

Vidt has recently competed in five marathons. She ran her personal-best time of 2:59.03 at the Marine Corps Marathon on Oct. 28, 2007, in Washington, D.C., where she ran with a combined 99 other Hokies. Their effort raised over \$100,000 for the Hokie Spirit Memorial Fund.

Vidt, a human nutrition, foods and exercise graduate in the spring of 2003, went on to earn a master's degree in muscle physiology from Virginia Tech in 2007.

A native of Allison Park, Pa., Vidt attended Hampton High School, where she set school records in the 800-meter, 1,600-meter and

3,200-meter events. Her 800-meter record is still standing.

She was inducted into Hampton High School's Hall of Fame in September 2005.

VIDT'S RESUME

AS AN ASSISTANT COACH....

- Eleven All-Region cross country runners since 2006
- School records in thirteen track events
- 2008, 2009 Tasmin Fanning All-American in 5,000m and cross country
- 2007 All-America DMR team
- 2009 Natalie Sherbak All-American in the mile

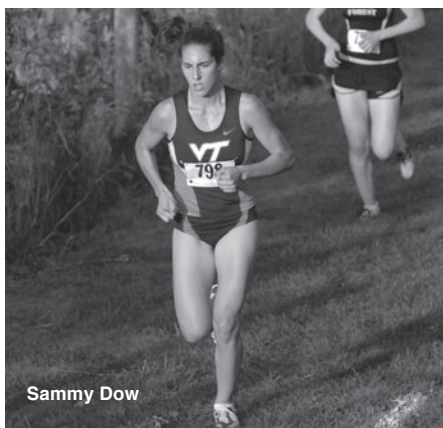
AS AN ATHLETE....

- NCAA national championship qualifier in 2002
- NCAA All-Southeast performer in 2002
- Four-time MVP while at Tech for cross country (1999-2002)
- Held five school records

THE 2010 HOKIES

Virginia Tech's cross country teams will both be relying on a balance of experienced leaders and talented newcomers to come together in order to contend for ACC and national prominence. Both teams will be building on strong performances during the 2010 track & field season and months of hard work during the off-season. If these experienced runners can help the newcomers transition to cross country distances, head coach Ben Thomas sees this as their formula for success this season.

{ WOMEN }



Sammy Dow

A women's team that was relatively inexperienced last season comes back with more cross country experience under its belt in 2010.

"We had some young talented middle distance runners," said head cross country coach Ben Thomas. "It was tough for them to come in as freshmen and sophomores, lead the team, and transition to the 6k distance at the ACC level when they thought of themselves as 800-meter runners. The team has gotten better and they certainly know what they're into by now."

Junior Sammy Dow will be one key veteran that Thomas' squad will be counting on. During the 2009 cross season, Dow set a Tech Cross Country Course record with her win at the Hokie Open in the 4,000-meters (14:24.3), earning ACC Performer of the Week honors. This past spring, Dow placed fourth at the ACC Outdoor Championships in the 3k steeplechase.

Senior Jessica Trapeni will be looking to build on her 2009 success, as she was the Hokies' top finisher in five meets. She earned an individual

win at the Dual at the Elk and was part of the winning 10k relay at the Tech Relays.

There is plenty of incoming talent that will be expected to contribute immediately as well. Thomas believes the transition might be a little easier for this year's class than last year's.

"This incoming freshman class is a more cross country oriented group. They've had a lot of cross country success in high school. I think they'll help us out right away to be a much better cross country team."

Paige Kwartunas, a Springfield, Va., native, was a National Foot Locker finalist this past fall, earning All-State indoor honors in the mile and two-mile. A pair of runners from Glen Allen, Va. also highlight the incoming class. Madalyn Nuckols notched 2009 All-South Region recognition at the Foot Locker Cross Country Championships and is a three-time All-State honoree. Courtney Dobbs earned All-South Region honors as well and placed third in the two-mile competition at the 2009 Virginia State AAA outdoor meet.

{ MEN }



Michael Hammond

Despite the loss of key seniors to graduation, a cross country squad that finished fifth at last year's ACC Championships will look to build upon its success with a good mix of proven veterans and raw talented newcomers.

Junior Michael Hammond will look to contend for a cross country title, after finishing 15th at the ACC Championships his freshman year. Hammond will be riding on the momentum of earning an ACC title in the indoor mile this past season and qualifying for the NCAA East Regionals in the 1,500 meters.

Fellow junior Will Mulherin was All-ACC in cross country in 2009 and earned a fifth place finish in the 5,000 meters at the NCAA Outdoor Championships during the spring. Head cross country coach Ben Thomas sees a lot of promise in his third year returner.

"He's an all-American now and three-time ACC Champion on the track and he has the ability to go after the ACC cross country title," he said.

Other third year returners expected to step up and lead this season are Eddie Judge, Brian Welch, Chris Walizer, and Jason Cusak.

Track standout Jared Berman will compete in his first cross country season after suffering an injury last fall. Berman is coming off of

a good track season and a very productive summer, highlighted by a 10th place finish in the 3,000-meter steeplechase finals at the World Junior Championships.

Thomas knows success will only come from significant contributions from his freshmen as well as his experienced student-athletes.

"For us to contend for an ACC title or go to nationals as a team, it's going to take some new, young, rather inexperienced individuals to transition and step up right away."

Kevin Dowd comes to Virginia Tech as a National Foot Locker finalist out of Fairfax, Va. who was named the 2009 Gatorade Virginia Cross Country Runner of the Year. A consistent mile and two-mile runner, Dowd will have to adjust to the longer 8k and 10k distances of collegiate cross country, but has the potential to make an impact right away. Yazid Zouaimia is an indoor two-mile state champion out of Clifton, Va., who will also be adjusting to the jump in distance and looking to contribute immediately. Richmond, Va. native Grant Pollock is another key addition, building on a senior prep season where he earned AAA All-State honors in cross country and was a 2010 Virginia AAA Central Region Champion in track in the 1,000 meters.



Lauren Pinkston



JULIANNE BIGLER

FRESHMAN
ALEXANDRIA, VA.
WEST POTOMAC H.S.
PR: 1,600M - 5:13.0, 3,200M - 11:03.39

High School: Was a 2008 Virginia AAA All-State selection in cross country...received Washington Post All-Meet honors in cross country and track & field in 2008... Placed third in 3,200-meters at 2009 Virginia Northern Region Championships. ... Also ran as part of runner-up 4x800-meter relay squad... Earned personal bests of 5:13 in the mile and 11:03.39 in the 3,200m.

Personal: Born April 16, 1992, in Arlington, Va. ... Daughter of Jeff and Julie Bigler ... has one brother, James (15) ... Member of National Honors Society ... Biological sciences major.



STEPHANIE CARIO

FRESHMAN
MECHANICSVILLE, VA.
LEE DAVIS H.S.
PR: 1,600M - 5:13.54, 3,200M - 11:00.62

High School: Lettered four years in cross country and track ... District Runner of the Year in cross country ... Earned All-Region honors and Most Valuable Runner and Most Outstanding Runner awards ... All-Region and district runner-up in the 3,200-meters in indoor track ... Distance Runner of the Year and All-Region in outdoor track ... Has personal bests of 18:39 in the 5,000-meters, 5:13.54 in the 1,600m and 11:00.62 in the 3,200m.

Personal: Born September 7, 1991, in Atlanta, Ga. ... Daughter of John and Sandra Cario ... has one brother, John (16) ... Member of National Honor Society ... Majoring in human nutrition foods and exercise.



TAYLOR CROSSON

FRESHMAN
FAIRFAX STATION, VA.
JAMES W. ROBINSON H.S.
PR: 1,600M - 5:03.21, 3,200M - 10:59.66

High School: Lettered four years for cross country, three for track ... Helped cross country team to three-time Concorde District Championship in 2006, 2008, and 2009 ... 2009 district runner-up and Booster Club award winner ... Six-time all-district in track ... 2010 indoor and outdoor district champion in the 1,600- and 3,200-meters and three-time All-Region in both events ... 2010 All-State in the indoor and outdoor 3,200m ... Earned personal bests of 5:03.21 in the 1,600m and 10:59.66 in the 3,200-meters.

Personal: Born Sept. 11, 1992, in Fairfax, Va. ... Daughter of Jean Crosson ... has one brother, Thomas (26) ... Majoring in business.



COURTNEY DOBBS

FRESHMAN
GLEN ALLEN, VA.
DEEP RUN H.S.
PR: 1,600M - 4:55.59, 3,200M - 10:36.69

High School: Earned All-South Region honors at 2009 Foot Locker Cross Country Championships ... Placed third in 3,200-meters at 2009 Virginia State AAA outdoor meet ... Won 1,600m in the 2010 Virginia Central Region Indoor Championships ... Earned personal bests of 4:55.59 in the mile and 10:36.69 in the 3,200m.

Personal: Born September 17, 1992, in Richmond, Va. ... Daughter of George and Susan Dobbs ... Has two sisters, Erica (17) and Laura (16) ... Former high school teammate of Tech freshman Madalyn Nuckols ... Majoring in finance..



SAMMY DOW

JUNIOR
MIDLOTHIAN, VA.
MIDLOTHIAN H.S.
PR: 5K XC-18:33.49, 6K XC-22:16.26
3,000M STEEPLECHASE - 10:35.01,
3,000M - 9:47.21

2009: Won the Hokie Open with a 4k time of 14:24.3, garnering her ACC Performer of the Week honors ... Competed in the NCAA Southeast Regional and ACC Championships on the year ... Finished 66th out of 237 athletes at the regional meet ... Was the first Hokie finisher at the VT Alumni Invite, placing 15th ... The second Hokie across the line at the Blue Ridge Open, taking 18th overall out of 133 runners.

2008: Paired up with Lauren Pinkston to take second at the Virginia Tech Relays, running a 6k split of 22:37 ... Took 59th out of 231 runners at the ACC Championships ... Competed at the NCAA Southeast Regional, clocking a 6,000-meter time of 23:55.4

High School: Earned all-state honors as a junior ... Four-time all-region and all-district honoree ... Helped Midlothian to three VHSL AAA cross country state titles ... Tallied 16 letters in her high school career, including four in cross country ... Holds personal best time of 18:40 in a 5,000-meter cross country race ... Was a member of the National Honor Society and a Richmond Sports Backers Scholar-Athlete finalist ... Coached by Stan Morgan.

Personal: Born Nov. 9, 1990, in Schenectady, N.Y. ... Daughter of Kathleen and Glenn Dow ... Has one brother, Kyle ... Went to same high school as teammate Erin Stehle and men's cross country runners Michael Hammond and Billy Berlin ... Biology major.



FRANCES DOWD

R-FRESHMAN
FAIRFAX, VA.
FAIRFAX H.S.
PR: 5K XC-18:31, 3-MILE XC - 18:01
800M - 2:12.09

2009: Redshirted

High School: Two-time all-region in cross country ... Achieved first-team all-district in cross country as a sophomore ... Named team MVP for cross country squad as a junior and senior ... Won Rookie of the Year honors as a freshman and Most Improved accolades as a sophomore ... Virginia AAA Outdoor State champion in the 800-meter run in 2009 ... First-team All-Northern Region in the 800-meters ... Set school records in the 800 and 1,600-meters ... Earned eight letters in high school career ... Coached by Mark Whalley.

Personal: Born Sept. 25, 1990, in Fairfax, Va. ... Daughter of Ken and Donna Dowd ... Has three sisters, Katie, Amy, Anna and one brother, Kevin ... Went to same high school as teammate Jessica Trapeni ... Majoring in business management.



CASEY GRESHAM

SOPHOMORE
CHESAPEAKE, VA.
WESTERN BRANCH H.S.
PR: 4.6K XC-17:11.7, 6K XC - 23:42.4
5,000M - 17:27.10

2009: Ran in six meets on the year, including the ACC Championships ... Coupled with fellow teammate Kelly Kavanaugh for sixth place out of 27 pairs

at the Virginia Tech relays, running a combined time of 38:45 ... Ran a 5k split of 19:23 in the race.

High School: Received all-state, all-region and all-district honors in cross country in 2009 ... Won the Marine Corps Female Athlete Award as a senior ... Named Most Outstanding distance runner her junior and senior years ... Helped team to third-place finish at state meet as a junior ... Three-time scholar athlete ... Member of the National Honor Society ... Earned a combined 12 letters in cross country and track ... Coached by Ryan Carroll in cross country and Claude Toukene in track.

Personal: Born January 31, 1991 ... Daughter of Don and Robin Gresham ... Has two brothers Dillon and Bradley ... Majoring in history.



PAIGE KVARTUNAS

FRESHMAN
SPRINGFIELD, VA.
WEST SPRINGFIELD H.S.
PR: 5K XC - 17:22
1,600M - 4:51.40
3,200M - 10:37.34

High School: 2009 National Foot Locker Cross Country Finalist... earned 2009 First-Team All-Met honors...Named 2009 Footlocker All-South selection...Won the individual Northern Region Cross Country Championship...Earned All-State indoor honors in 1,600- and 3,200-meters...Earned prep bests of 4:51.40 in the mile, 10:37.34 in the 3,200m, and 17:22 in the 5,000m in cross country...Former high school teammate of fellow Tech freshman Alex Watt.

Personal: Born October 25, 1991, in Alexandria, Va. ... Daughter of Michael Kvartunas and Temple Gracza...Former high school teammate of Tech freshman Alex Watt...Majoring in human nutrition, foods and exercise.



LAUREN LEMIEUX

SOPHOMORE
HUNTSVILLE, ALA.
VIRGIL I. GRISSOM H.S.
PR: 5K XC - 19:03.51, 6K XC - 22:24.9
800M - 2:13.37, 1,500M - 4:27.84

2009: Tallied best finish of the year with a runner-up effort at the Dual in the Elk ... Was the second-best Hokie finisher at the ACC Championships, taking 63rd with a 6k career-best time of 22:24.9 ... Finalist in ACC Championship round of the 1,500-meters ... Finished 20th out of 93 athletes at the VT Alumni Invite ... Placed third at the Hokie Open.

2008: Competed in track and field ... Primarily a middle distance runner for the Hokies ... Clocked a career-best 2:13.37 in the Final Qualifier's 800-meter run ... Won the 800-meters at the Liberty Twilight with a time of 2:14.20 ... Finalist in ACC Championship round of the 1,500-meters ... Ran a personal-best 4:32.82 in the 1,500-meters at the HP Vertklasse Meet to finish first.

High School: Clocked career best 19:36 for a 5,000-meter cross country race as a junior ... Received All-Metro Runner honors her senior and junior years ... Member of National Honor Society ... Recipient of Tim Byrne Scholar Athlete Award... Was Vice President of National English Honor Society ... Coached by David Yates.

Personal: Born Dec. 18, 1989 ... Daughter of Victoria and Gregory Lemieux ... Her father, Gregory, ran cross country and track for the Hokies from 1977-80 ... Has one sister, Andrea, and two brothers, Gregory and Eric ... Majoring in engineering science and mechanics.



JACKIE MERRICK

R-JUNIOR
WEST CHESTER, PA.
HENDERSON H.S.
PR: 4K XC - 15:22, 4.6K XC - 18:13.7
800M - 2:16.43, 1,500M - 4:42.95

2009: Redshirted ... Competed in two meets as an unattached runner.

2008: Earned sixth and 19th at the Hokie Open and the Virginia Tech Invitational, respectively.

2007: Placed fourth at the Hokie Open with a time of 15:22.

High School: Named MVP of cross country squad in 2006 ... Helped cross country team place third in state cross country meet as a sophomore ... Ran on indoor state champion distance medley relay squad ... Earned first-team PTFCA distance medley relay ... Member of school-record distance medley relay unit ... Recorded prep bests of 18:42 in the 5,000-meter cross country run, 11:40.17 in the 3,200-meter run and 5:12.14 in the 1,600-meter run ... Member of National Honor Society ... Coached by Bill Lott.

Personal: Born June 18, 1989 ... Daughter of Carl and Lori Merrick ... Has one brother, Mike ... Majoring in mechanical engineering.



MADALYN NUCKOLS

FRESHMAN
GLEN ALLEN, VA
DEEP RUN H.S.
PR: 1,600M - 5:03.17, 3,200M - 10:45.43

High School: 2009 All-South Region honoree at the Footlocker Cross Country Championships ... Three-time All-State honoree, once in cross country and twice in track ... Placed third and fourth in the 3,200- and 1,600-meters, respectively, at the 2010 State AAA Indoor Championships ... Named team MVP during 2010 indoor track season ... Earned prep bests of 5:03.17 in the mile and 10:51.05 in the 3,200m.

Personal: Born Sept. 2, 1991, in Glen Allen, Va. ... Daughter of Laura Nuckols...Has two sisters, Lacy (20) and Paige (15) ... Undecided major.



LAUREN PINKSTON

JUNIOR
HERNDON, VA.
HERNDON H.S.
PR: 5K XC - 19:10.6, 6K XC-22:44.2
800M - 2:11.43

2009: Paired up with teammate Sammy Dow to finish third out of 27 pairs in the opening meet of the season, the Virginia Tech Relays ... Ran a combined 10k time of 37:22.5 and a 5k split of 19:10.6 ... Continued her strong season the next week, taking 30th out of 93 runners at the VT Alumni Meet ... Also competed in the ACC Championships and the NCAA Southeast Regional.

2008: Competed at the NCAA Southeast Regional, finishing 99th out of 231 runners ... Ran a career-best 6k time of 22:49.3 en route to a 69th-place effort at the ACC Championships ... Paired up with Sammy Dow to take second at the Virginia Tech Relays, running a 6k split of 23:24.

High School: Member of regional championship squad as a senior ... Ran a personal best of 19:44.96 in the 5,000-meters cross country race ... Earned six varsity letters in high school career ... Coached by Peter Sherry ... Achieved academic award for maintaining a 3.5 grade point average all seasons ... Member of National Honor Society.

Personal: Born Sept. 1, 1990, in Houston, Texas ... Daughter of Tom and Sherry Pinkston ... University studies major.



TARYN SCHRADER

R-FRESHMAN
VIRGINIA BEACH, VA.
BISHOP SULLIVAN CATHOLIC
PR: 5K XC - 18:46

2009: Redshirted

High School: Won Virginia State Catholic and Tidewater Conference of Independent Schools championship all four years ... Four-time, first-team VISAA honoree ... Took second in the Footlocker Senior Race ... Named team MVP all four years of her career ... Competed in swimming and soccer as well ... Lettered 13 times at Bishop Sullivan Catholic ... Coached by Marty Campbell ... Member of National Honor Society, German National Honor Society and Bishop Sullivan's 2009 Academic Athlete.

Personal: Born Jan. 29, 1991, in Norfolk, Va. ... Daughter of Steve and LJ Schrader ... Has three sisters, Meghan, Mandy, Colleen and one brother, Ryan ... Majoring in biological sciences.



ERIN STEHLE

JUNIOR
MIDLOTHIAN, VA.
MIDLOTHIAN H.S.
PR: 6K XC - 23:43.02, 4.6K XC - 17:26.8
5,000M - 18:03.64

2009: Ran in all seven meets on the year ... Clocked career-best 6k time of 23:43.02 at the NCAA Southeast Regional ... Crossed the line in 67th out of 133 runners at the Blue Ridge Open ... Notched best finish of the season with a sixth-place showing at the Hokie Open.

2008: Coupled with Chrissy Sane to earn sixth place out of 20 pairs at the Virginia Tech Relays ... Clocked a 23:40 6k split and combined with Sane to run a 12k effort of 48:15.

High School: Was a four-time all-district and all-region honoree ... Earned all-state honors as a sophomore ... Received Coaches Award as a senior ... Helped lead team to state championships as a senior ... Awarded 12 letters in cross country and track and field combined ... Coached by Stan Morgan.

Personal: Born Feb. 12, 1990, in Midlothian, Va. ... Daughter of Richard and Diana Stehle ... Has one brother, Eric, who was swimmer at George Mason ... Went to same high school as teammate Sammy Dow and men's cross country runners Billy Berlin and Michael Hammond ... Human nutrition, foods and exercise major.



JESSICA TRAPENI

SENIOR
FAIRFAX, VA.
FAIRFAX H.S.
PR: 4.6K XC - 17:35.3, 6K XC - 22:02
5,000M - 17:25

2009: Consistently the Hokies' top runner on the year ... Was the top Hokie finisher in five events on the year ... Recorded a 55th-place finish out of 237 runners at the NCAA Southeast Regional ... Placed 49th out of 109 runners in a 6k career-best time of 22:02 at the ACC Championships ... Took first at the Dual in the Elk ... Teamed up with Lindsey King to run a combined 10k time of 37:22.5 to win the Virginia Tech Relays ... Ran a 5k split of 19:01.4 at the Relays ... Clocked a personal-best 5k cross country time of 18:20.26 en route to a 14th-place effort at the Blue Ridge Open ... Finished runner-up at the Hokie Open.

2008: Won ACC Women's Performer of the Week on Nov. 10 after capturing first the Hokie Open with a time of 17:42 ... Competed at the NCAA Southeast Regional ... Ran a career-best 6k cross country time of 22:49 at the Chile Pepper Invite ... Crossed the line in 74th at the ACC Championships ... Paired up with Lindsey King for fourth place at the Virginia Tech Relays with a combined 12k time of 46:59 ... Ran a 23:15 6k split at the meet.

2007: Ran 15:13 for second place in the Hokie Open.

High School: Earned spot on All-American Track and Field Team in 4x100m relay at Nike Outdoor Nationals ... Placed second at AAA VHSL State Meet in the two-mile ... Earned 11 letters ... School record holder in cross country three-mile and 5k ... Member of Athletic Honor Roll all four years ... Earned VHSL State Competition Award of Excellence in 1600m during freshman year ... Selected to Virginia High School Coaches Association All-State Team ... Voted school's Most Outstanding Athlete during senior year ... Had cross country team's highest GPA (3.917) ... Member of National Honor Society and Science Honor Society.

Personal: Born April 5, 1989, in Washington, D.C. ... Daughter of Joseph and Marilyn Trapeni ... Attended same high school as teammate Frances Dowd ... Biochemistry major.



JENNIFER VAN DERSLOOT

SOPHOMORE
MORGANTOWN, W. VA.
UNIVERSITY H.S.
PR: 5K XC - 20:16

2009: Competed in four meets on the year ... Tallied 68th place out of 133 runners at the Blue Ridge Open ... Ran in the three home meets, the Virginia Tech Relays, the Virginia Tech Alumni Invite and the Hokie Open.

High School: Notched all-conference honors in cross country her freshman season ... Won the 1600-meter conference crown as a senior ... Was a conference and regional champion in the 800-meters in 2007 ... Earned eight letters combined in cross country and track and field ... Coached by Ed Frohnapfel ... Member of the National Honor Society ... National Merit Scholar winner.

Personal: Born June 22, 1991, in Medicine Hat, Alberta, Canada ... Daughter of Paul and Patricia van der Sloom ... Has one sister, Kathryn, and two brothers, Thomas and Samuel ... Majoring in architecture.



MARY CATHERINE SOWDER

FRESHMAN
ROANOKE, VA.
HIDDEN VALLEY H.S.
PR: 4.6K XC - 17:42.7

High School: Lettered four years in cross country ... competed in the Nike Cross Nationals team qualifiers in 2009, placing 13th ... AA State Champions in 2009 and runners-up in 2008 ... Region IV Champions 2007-09 ... Individually earned All River Ridge District (2006-09) and All Region IV (2007-09) honors...Lettered five times in track, four outdoor and one indoor ... Part of two-time All-State 4x800 relay...Earned All-District honors in the mile (2008-10) and two-mile (2007-10) as well as All-Region honors in the mile (2009) and two-mile (2008-09) ... Lettered three years in swimming.

Personal: Born May 22, 1992, in Roanoke, Va. ... Daughter of Jeff and Marlene Sowder...Has one sister, Laura (15) ... Majoring in human nutrition, foods and exercise.



ALEX WATT

FRESHMAN
SPRINGFIELD, VA.
WEST SPRINGFIELD H.S.
PR: 4.6K XC - 17:18.9
1,600M - 5:08.38, 3,200M - 11:03.69

High School: Is a three-time all-region honoree in cross country ... Earned cross country all-state accolades in 2009 ... 2009 Footlocker All-South Region selection...Former high school teammate of fellow Tech freshman Paige Kvartunas...Earned prep bests of 5:08.38 in the mile and 11:03.69 in the 3,200-meters.

Personal: Born Nov. 25, 1991, in Washington, D.C. ... Daughter of Dave and Debbie Watt ... Has one brother, Jeffery ... 2009 National Honor Society member ... Majoring in architecture.



ERIKA WEIDMAN

SOPHOMORE
ALEXANDRIA, VA.
T.C. WILLIAMS H.S.
PR: 4.6K XC - 18:41.9, 5K XC - 20:17
800M - 2:13.04

2009: Participated in one meet for the Hokies, and one as an unattached athlete on the year ... Finished 16th at the Hokie Open.

High School: Won the Alexandria City Cross Country Championship as a sophomore ... Three-time all-state and all-region honoree in track ... Competed in eight Virginia AAA Indoor and Outdoor Track State meets ... Named team MVP for track her freshman, sophomore and junior years ... Was team captain for track and field team as a sophomore, junior and senior ... Received Alexandria/Arlington All-Extra first-team honors ... Also played soccer in high school ... Garnered all-met honorable mention and first-team all-district recognition ... Coached by Michael Hughes in cross country and Marshall Edmonds in track ... Member of National Honor Society, National Junior Honor Society, Math Honor Society and Art Honor Society ... Received VHSL Academic Excellence Award, Scholar-Athlete All District Award and Barbara Bartnek Scholar-Athlete Award ... Lettered three times in cross country and eight times in track and field.

Personal: Born Feb. 21, 1991, in Washington, D.C. ... Daughter of Allen and Lisa Weidman ... Has one brother, Stephen ... Majoring in biochemistry.

hokiesports.com

The official site of the Virginia Tech Hokies.
Providing outstanding coverage of 21 varsity sports.

MEN'S ROSTER

NAME	CLASS	HOMETOWN	HIGH SCHOOL	MAJOR
Jared Berman	So.	Fairfax, Va.	James Robinson	Engineering
Jason Cusack	So.	Griswold, Conn.	Griswold	Industrial Design
Tihut Degfae	So.	Yirgalem, Ethiopia	Thomas A. Edison	University Studies
Kevin Dowd	Fr.	Fairfax, Va.	Fairfax	Business
Doug Fenstermacher	So.	Gloucester, Va.	Gloucester	University Studies
Ryan Hagen	So.	Sterling, Va.	Potomac Falls	Human Nutrition, Foods and Exercise
Michael Hammond	Jr.	Midlothian, Va.	Midlothian	Economics
Eddie Judge	Sr.	Virginia Beach, Va.	F.W. Cox	Business
Will Mulherin	Jr.	Yorktown, Va.	Tabb	Engineering
Joseph Murray	So.	Fredericksburg, Va.	Stafford	Geoscience
Grant Pollock	Fr.	Richmond, Va.	Mills Godwin	Human Nutrition, Foods and Exercise
Chris Walizer	Jr.	Hershey, Pa.	Hershey	Finance
Brian Welch	Jr.	Richmond, Va.	Mills Godwin	University Studies
Ryan Witt	Sr.	Winchester, Va.	Sherando	Engineering
Yazid Zouaimia	Fr.	Clifton, Va.	Centreville	Computer Science

HOKIES BY CLASS

Seniors (2)

Eddie Judge, Ryan Witt

Juniors (4)

Michael Hammond, Will Mulherin, Chris Walizer, Brian Welch

Sophomores (6)

Jared Berman, Jason Cusack, Tihut Degfae, Doug Fenstermacher, Ryan Hagen, Joseph Murray

Freshmen (3)

Kevin Dowd, Grant Pollock, Yazid Zouaimia

HOKIES BY STATE

Hokies By State/Country

Connecticut (1)

Griswold Jason Cusack

Ethiopia (1)

Yirgalem Tihut Degfae

Pennsylvania (1)

Hershey Chris Walizer

Virginia (12)

Clifton Yazid Zouaimia
 Fairfax Jared Berman, Kevin Dowd
 Fredericksburg Joseph Murray
 Gloucester Doug Fenstermacher
 Midlothian Michael Hammond
 Richmond Grant Pollock, Brian Welch
 Sterling Ryan Hagen
 Virginia Beach Eddie Judge
 Winchester Ryan Witt
 Yorktown Will Mulherin



Eddie Judge

**JARED BERMAN**

SOPHOMORE
FAIRFAX, VA.
JAMES ROBINSON SECONDARY
PR: 8K XC - 26:07.64
MILE - 4:10.44,
3,000M STEEPLECHASE - 8:55.33

2009: Ran a 26:07.64 for 36th place out of 154 runners at the 8,000-meter Blue Ridge Open ... Competed at the Virginia Tech Relays and VT Alumni Invite unattached.

High School: Notched all-region honors in cross country twice ... Two-time all-district in cross country ... Won the Concorde District Championship for cross country, the mile and the 1,000-meters as a senior ... Northern Region champion in the mile run ... Achieved all-state recognition in the indoor mile ... Honorable mention all-met his senior year ... Earned All-America honors in the sprint medley relay in 2008 ... Won the Athletic Boosters Award for most outstanding season as a senior ... Lettered 10 times in prep career ... Coached by Jeremy Workman ... Member of National Honor Society ... Awarded Scholar-Athlete status 10 times in prep career ... Three-time academic letterwinner.

Personal: Born Feb. 9, 1991, in Fairfax, Va. ... Son of Deborah Berman and Matt Robinson ... Attended same high school as women's cross country runner Kelly Kavanaugh ... Majoring in engineering.

**JASON CUSACK**

SOPHOMORE
GRISWOLD, CONN.
GRISWOLD H.S.
PR: 8K XC - 25:42.1
10K XC - 32:26.85
3,000M STEEPLECHASE - 9:08.28

2009: Teamed up with Chris Walizer to win the Virginia Tech Relays with a combined 14,000-meter time of 45:05 ... Ran a 7,000-meter split of 22:20.1 at the meet ... Took 74th at the ACC Championships, clocking 25:42.1 ... Placed ninth out of 94 runners at the VT Alumni Invite ... Was the top Hokie finisher at the Hokie Open, coming in second with a time of 18:50.6 ... Also ran at the Chile Pepper Invite.

2008: Competed in the outdoor track and field season ... Placed fifth at the ACC Outdoor Championships in the 3,000-meter steeplechase, clocking a personal-best 9:15.68 ... Ran career-best 4:17.35 in the mile at the Final Qualifier.

High School: Ran on three state championship cross country squads ... Led team to Connecticut-record eighth consecutive state championship with an all-state performance ... Named Cross Country Athlete of the Year ... Eleven-time all-area athlete in cross country and track ... Ran on two state championship and three indoor conference championship teams in track ... Recorded four all-state honors in high school career ... Won Principal's

Award, honoring the highest grade point average on the team, for cross country twice ... Coached by Gerry Chester and Mike Flynn.

Personal: Born on August 18, 1990 ... Son of Nancy and Mike Cusack ... Has one brother Brendan ... Majoring in industrial design.



TIHUT DEGFAE

SOPHOMORE
YIRGALEM, ETHIOPIA
THOMAS A. EDISON H.S.
PR: 7.6K XC - 24:55.7
800M - 1:51.78

2009: Competed in five meets on the season ... Coupled with Doug Fenstermacher to take third at the Virginia Tech Relays with a combined 14,000-meter time of 45:17.9 ... Ran a 7000-meter split of 22:43.9 at the meet ... Took 35th out of 154 runners at the Blue Ridge Open, the top Hokie finisher in the race.

High School: Ran for Thomas A. Edison High School in Alexandria, Va. ... Achieved All-America honors twice as a junior in track and field ... Three-time all-state performer and five-time all-region winner ... Broke five district records in career ... Earned all-district honors six times ... Received all-met recognition during indoor and outdoor track seasons his senior year ... Lettered 12 times at Thomas Edison High ... Coached by Bernadette Flynn and Ivan Chirinos.

Personal: Born on March 6, 1990 ... Son of Degfae Setegn and Aselefech Elala ... Has one brother, Leoule, who runs for Tennessee ... Enrolled in university studies.



KEVIN DOWD

FRESHMAN
FAIRFAX, VA
FAIRFAX H.S.
PR: 7.6K XC - 24:33.9
1,600M - 4:17.36, 3,200M - 9:23.94

High School: 2009 Gatorade Virginia Cross Country Runner of the Year ... 2009 National Footlocker Finalist ... Finished 18th at Footlocker Cross Country Championships, earning All-South Region honors ... First team all-region in 1,600- and 3,200-meters during the 2009 track season ... Earned a prep best of 14:54 in the 5,000-meters in cross country

Personal: Born April 23, 1992 ... Son of Kenneth and Donna Dowd ... Brother of Tech cross country and track athlete, sophomore Frances Dowd...Business major.



DOUG FENSTERMACHER

SOPHOMORE
GLOUCESTER, VA.
GLOUCESTER H.S.
PR: 7.6K XC - 24:32.8
10K XC - 31:58.86

2009: Paired up with Tihut Degfae for a combined 14,000-meter time of 45:17.9 ... Clocked a 7000-meter split time of 21:34.2 at the meet ... Finished 80th at the ACC Championships ... Came in 78th out of 243 runners at the Chile Pepper Invite ... Earned 11th out of 94 runners at the VT Alumni Invite.

2008: Competed in the outdoor track and field season ... Ran a time of 15:20.96 in the 5,000-meter run at the Fred Hardy Invitational.

High School: Was all-state as a senior in cross country ... Eastern Region AAA Champion as a senior ... Two-time district champion ... Named

all-state in track in the 1,600-meters his senior season ... Won all-region honors four times and all-district six times in high school track career ... Lettered a combined 12 times in cross country and track ... Coached by Heidi Overbay.

Personal: Born March 17, 1990 ... Son of Scott and Perri Fenstermacher ... Has one brother, Phillip, who attended Virginia Tech ... Enrolled in university studies.



RYAN HAGEN

SOPHOMORE
STERLING, VA.
POTOMAC FALLS H.S.
PR: 7.6K XC - 24:29.5
800M - 1:51.80
MILE - 4:12.63

2009: Competed in four meets on the season, two as an unattached athlete ... Clocked personal-best, 800-meter cross country time of 26:18.15 at the Blue Ridge Open.

High School: Named all-state and all-region in cross country as a senior ... Four-time all-district honoree in cross country ... Received all-state, all-region and all-district honors in track and field as a sophomore, junior and senior ... Honorable mention all-met selection as a senior ... Set school record in the 800-meters, as well as a member of school-record 4x400-meter, 4x800-meter and distance medley relay squads ... Earned Potomac Falls High School Athlete of the Year in 2007 and 2008 ... Won Loudon Prep Sports Athlete of the Year award as a senior ... Was MVP of cross country squad his junior and season year ... Also was a regional champion wrestler ... Coached by Dolph Null in cross country and Courtney Cornwall in track ... Lettered 11 times in high school career.

Personal: Born July 24, 1991, in Falls Church, Va. ... Son of Tim and Elizabeth Hagen ... Has one sister, Rachel ... Majoring in human nutrition, foods and exercise.



MICHAEL HAMMOND

JUNIOR
MIDLOTHIAN, VA.
MIDLOTHIAN H.S.
PR: 7.6K XC - 23:44.7 10K XC - 30:49.90,
1,500M - 3:42.17, MILE - 4:03.80

2009: Placed 27th out of 243 runners at the Chile Pepper Invite with a career-best, 10,000-meter cross country time of 30:49.90 ... Was the third Hokie across the line, and 62nd overall at the NCAA Southeast Regional ... Earned 16th out of 94 runners at the VT Alumni Invite.

2008: Ran at the NCAA Southeast Regional, placing 61st with a time of 32:27 in the 10,000-meter race ... Posted a 15th-place finish, clocking a 24:54.3 at the ACC Championships ... Clocked a personal-best 30:52 in the 10k Chile Pepper Invite for 45th place out of 257 runners ... Received Academic All-ACC honors.

High School: Was a Foot Locker Finalist in cross country as a senior ... All-state honoree in 2007 ... Named all-district and all-region two times ... Holds personal bests of 4:16 in the 1,600-meters and 9:19 in the 3,200-meters ... Earned 10 letters in cross country and track and field combined for coach Stan Morgan ... Member of National Honor Society.

Personal: Born Nov. 7, 1989, in Houston, Texas ... Son of Tom and Marianna Hammond ... Has two brothers, Stephen and Brian ... Brother Stephen runs cross country and track for Western Carolina ... Went to same high school as teammate Billy Berlin and women's cross country runners Sammy Dow and Erin Stehle ... Economics major.



EDDIE JUDGE

SENIOR
VIRGINIA BEACH, VA.
F.W. COX H.S.
PR: 8K XC – 24:42.3
10K XC – 31:50.04
1,500M - 3:46.80

2009: Ran in six meets on the year including the NCAA Southeast Regional and the ACC Championships ... At the conference meet, clocked an 8,000-meter cross-country personal-best time of 24:42.3 for 34th place ... Crossed the 10,000-meter finish line at the Chile Pepper Invite in a personal record 31:50.04 ... Finished 10th out of 94 athletes at the VT Alumni Invite ... Combined with teammate Ryan Witt to take second place at the Virginia Tech Relays.

2008: Took 77th place at the ACC Championships with an 8k personal-best time of 26:41.8 ... Earned 20th out of 75 runners at the Virginia Tech Invitational, clocking 25:04.4 in the 7.6k race ... Finished 95th out of 257 runners at the Chile Pepper Invite.

2007: Finished in the top-10 at both of Tech's home meets: seventh at the VT Invitational with a 6k time of 19:00 and sixth at the Hokie Open, completing 6k in 19:43 ... Tied for 19th place at the Wake Forest Relays, combining with Chris Padilla for a 23:22 7k time ... 12th-place finisher at the Lenoir-Rhyne Invitational, completing 8k in 28:20 ... Took 49th at the William & Mary Inter-Regional with an 8k time of 26:15 ... 112th finisher with a 33:04 time in the 10k race at the Chile Pepper Invitational.

High School: Earned All-America status after finishing fifth in the 1,600m race at the Nike National Indoor Track Championships as a senior ... Finished fourth at the Virginia State AAA Cross Country meet last season after winning a regional championship ... Three-time all-state honoree ... Has won six regional titles during career ... Honor student.

Personal: Born January 5, 1989 ... Son of Joseph and Katherine Judge ... Business major.



WILL MULHERIN

JUNIOR
YORKTOWN, VA.
TABB H.S.
PR: 8K XC – 23:34.4, 10K XC – 30:23.64
MILE - 4:00.93, 5,000M - 13:50.76

2009: Garnered All-ACC honors for the first time in his cross country career with a team-best, seventh-place finish at the ACC Championships ... Recorded best finish of the season with a third-place showing at the VT Alumni Invite ... Placed 16th out of 243 athletes at the Chile Pepper Invite ... Earned fourth place at the Dual in the Elk.

2008: Competed at the NCAA Southeast Regional, finishing 96th out of 212 runners ... Finished 20th out of 103 competitors at the ACC Championships, clocking an 8,000-meter time of 25:12.8 ... Was the second Hokie runner across the line, with a seventh-place showing at the Virginia Tech Invitational ... Ran a career-best 10k time of 30:45 at the Chile Pepper Invite, placing 42nd ... Coupled with Logan Collins to clock a 16k time of 50:49 for fifth place at the Virginia Tech Relays ... Ran a 25:17 8k split at the Relays.

High School: Finished third in the VHSL AA Cross Country State Championships with a time of 15:23 in the 5,000-meter race ... Named all-state as a senior ... Three-time all-region and all-district honoree ... Earned most outstanding honors in cross country as a junior and senior ... Was team MVP as a sophomore ... Awarded 10 letters in cross country and track and field combined for coach George Coulter ... Member of National Honor Society.

Personal: Born March 14, 1990, in Newport News, Va. ... Son of Matthew and Elizabeth Mulherin ... Has three brothers, Ben, Tim and Matthew ... Engineering major.



GRANT POLLOCK

FRESHMAN
RICHMOND, VA
MILLS GODWIN H.S.
PR: 7.6K XC - 24:57.6
1,000M - 2:29.37, 1,600M - 4:18.85

High School: 2009 Virginia AAA All-State in cross country ... 2010 Virginia AAA Central Region Champion in track in the 1,000-meters ... Placed third at the state meet in the 1,000m ... Earned personal bests of 2:29.37 in the 1,000m, 4:18.85 in the 1,600m, and 9:30.88 in the 3,200m

Personal: Born July 20, 1992 ... son of Chris and Claire Pollock...Human nutrition, foods and exercise major.



CHRIS WALIZER

JUNIOR
HERSHEY, PA.
HERSHEY H.S.
PR: 8K XC - 25:22.8
10K XC - 32:49.13
1,500M - 3:45.30

2009: Ran at the NCAA Southeast Regional for the Hokies ... Finished 53rd out of 109 athletes at the ACC Championships ... Registered career-best, 10,000-meter cross country time of 32:49.13 at the Chile Pepper Invite ... Combined with teammate Jason Cusack to win the Virginia Tech Relays ... Ran 7,000-meter split of 22:45.2 in the race ... Finished 13th at the VT Alumni Invite.

2008: Competed in track and field, but not cross country ... Ran career-best 1:51.82 in the 800-meter at the Tar Heel Classic ... Clocked personal record of 3:53.16 in the 1,500-meters at the Georgia Tech Invite ... Earned runner-up finish at the Liberty Twilight's 1,500-meters with time of 3:56.03 ... Placed second, running 4:01.27, in the 1,500-meter run at the Duke Invitational ... Finished 16th at the ACC Championships' 800-meter run with a time of 1:57.90.

High School: Member of school record 4x800-meter relay squad that crossed the line in 7:56 ... Competed on three-time Mid Penn Keystone Division Team Champion squad ... Three-time state qualifier ... Also played football ... Lettered seven times ... Coached by Kevin Stover ... Received President's Education Award ... Earned PA Certificate of Distinctions for PSSA in both reading and mathematics ... Member of National Honor Society.

Personal: Born Jan. 11, 1989, in Hershey, Pa. ... Son of Curtis and Rebecca Walizer ... Has three sisters, Stephanie, Brooke and Alyssa ... Majoring in finance.



BRIAN WELCH

JUNIOR
RICHMOND, VA.
MILLS E. GODWIN H.S.
PR: 7.6K XC – 23:55.9
3,000M - 8:19.11, 5,000M - 14:29.96

2009: Earned 45th place out of 231 athletes at the NCAA Southeast Regional ... Tallied 58th-place effort at the ACC Championships with 8,000-meter, cross country career-best time of 25:22.8 ... Took 47th out of 243 runners at the Chile Pepper Invite ... Notched best finish of the season with a fifth-place showing at the VT Alumni Invite.

2008: Ran at the NCAA East Regional, earning 55th out of 212 runners ... Placed 41st at the ACC Championships out of 103 runners with an 8k time of 25:44.3 ... Clocked 31:01 in the 10k Chile Pepper Invite for 51st place ... Was the third Hokie across the finish line at the Virginia Tech Invitational,



Ryan Witt

taking eighth with a 76k time of 24:19 ... Paired up with Matt Saunders for ninth place at the Virginia Tech Relays ... Combined with Saunders for a 16k time of 51:40 ... Ran an 8k split of 25:16 at the Relays.

High School: Set seven school records at Godwin High School ... Ran personal best 15:39 in the 5,000-meter Foot Locker Cross Country South Regional race ... Earned all-state honors as a senior ... Claimed all-region and all-district honors three times each ... Named team's MVP three times ... Won the Richmond Times-Dispatch Scholar-Athlete Award ... Named six times to Richmond Times-Dispatch "All-Metro Team" ... Won Central Virginia Bank Athlete of the Month Award ... Coached by Frank Wagner ... Member of VHSL AAA State Championship squad in tennis as a freshman.

Personal: Born June 4, 1990, in Flemington, N.J. ... Son of Kevin and Karen Welch ... Has one brother, Scott ... University studies major.



RYAN WITT

SENIOR
WINCHESTER, VA.
SHERANDO H.S.
PR: 8K XC - 26:23, 10K XC - 31:24
800M - 1:50.06, MILE - 4:05.00

2009: Teamed up with teammate Eddie Judge to finish runner-up at the Virginia Tech Relays with a combined time of 45:15.9 ... Ran a 7,000-meter split of 22:49.7 in the race ... Recorded best finish of the year with a third-place showing at the Hokie Open.

2008: Won the Hokie Open, running 19:42 in the 6k race ... Crossed the line in 66th at the ACC Championships ... Finished 18th out of 75 runners at the Virginia Tech Invitational ... Placed 64th at the Chile Pepper Invite with a 10k time of 31:24.

2007: Earned third place on the 6k course at the Hokie Open in a time of 19:11 ... Finished 11th at the Lenoir-Rhyne Invitational with an 8k time of 28:13.

High School: Member of All-Area and All-District First Team three times ... Voted Second Team All-Area for sophomore season ... Earned All-State cross country honors and All-District and All-Region II recognition in 3,200m during junior year ... Named all-state five times, all-region nine times along with two district titles in the 800m and 1600m ... Two-time all-state honoree in indoor 500m ... Named Northern Virginia Daily Track Athlete of the Year for junior season ... Member of district's first-team all-academic squad.

Personal: Born April 3, 1989, in Winchester, Va. ... Son of Tom and Sarah Witt ... Engineering major.



YAZID ZOUAIMIA

FRESHMAN
CLIFTON, VA.
CENTREVILLE H.S.
PR: 7.6K XC - 24:35.7
1,600M - 4:16.29, 3,200M - 9:15.67

High School: 2009 Virginia AAA All-State selection in cross country ... 2010 Virginia State AAA Indoor Champion in the 3,200-meters ... Captured 2010 Virginia Northern Region title in the 1,000m ... Holds prep bests of 4:16.66 in the mile and 9:15.67 in the 3,200m.

Personal: Born January 1992, in Annaba, Algeria ... Son of Robert and Annessa McFarland ... Has two siblings, Sadek (19) and Ramzi (9) ... Won 2009 Scholar Athlete Award...Business management major.

hokiesports.com

2009 IN REVIEW

The 2009 Virginia Tech cross country squad overcame youth and inexperience to post many strong team and individual performances throughout the season. The men's squad featured only two seniors, Devin Cornwall and Paul LaPenna, and 11 underclassmen, while the women's team had only three upperclassmen, juniors Jessica Trapeni, Lindsey King and Jackie Merrick, and ran 10 freshmen. The experience the young runners gained last year will help provide a foundation for the programs for years to come.

One of the few seniors in the men's program, Cornwall capped his cross country career with an all-region performance at the NCAA Southeast Regional in Louisville, Ky. Cornwall finished 18th to tally his first all-region honor in his cross country career. The Hokie men placed eighth as a team at the meet with 238 points, while the Tech women earned 15th with 474 points. Trapeni crossed the line first for the Hokies, taking 55th overall.

Will Mulherin stole the show in Cary, N.C., at the ACC Championships for the Hokies, recording a seventh-place effort to lead the Tech men to a fifth-place finish overall with 122 points. Cornwall took 13th, and Matt Kroetch, Eddie Judge and LaPenna all placed in the top-45 at the meet. Mulherin notched his first All-ACC accolade in his cross country career, while Cornwall earned All-ACC recognition for the second time. The Hokie women finished in 10th at the meet with 284 points. Trapeni led the way for the women, coming in 49th place overall.

Prior to the regional meet, the Hokies hosted one last home meet, where Sammy Dow set a new Tech record in the 4,000-meter race, clocking 14:24.3 to win the race. Dow claimed the ACC Women's Cross Country Performer of the Week Award following the meet for her effort. Trapeni and King registered second and third place, respectively, at the Hokie Open. On the men's side, Jason Cusack secured Tech's top finish, taking second place overall.

The Tech men also competed in the prestigious Chile Pepper Invite in Fayetteville, Ark., where the squad duplicated their 2008 effort, finishing fourth out of 29 teams with 98 points. Cornwall snagged 15th-place out of 243 runners to pace Tech, and Mulherin finished right behind him in 16th. The Hokie women competed in the Blue Ridge Open in Boone, N.C., where the team placed second out of 15 squads. Trapeni and Dow placed 14th and 18th, respectively, to lead the Hokies.



Jess Trapeni



Devin Cornwall

Along with the Hokie Open, Tech hosted two other meets on the year, the Virginia Tech Relays and the VT Alumni Meet. The Tech men won both meets, while the women captured the Relays' title and came in third at the Alumni Invite. At the Virginia Tech Relays, Chris Walizer and Cusack teamed up to win the men's race with a 14,000-meter combined time of 45:05. The pair of Judge and Ryan Witt came in second. King and Trapeni coupled up to acquire the women's crown with a combined 10,000-meter time of 37:22.5. Four Hokies earned top-ten finishes for the men's unit at the VT Alumni Invite, led by Mulherin in third place, Brian Welch in fifth place, Kroetch in seventh and

Cusack in ninth. Dow was the top competitor for the Hokie women, coming in 15th place overall.

The Hokies paralleled their success on the course in the classroom in 2009, as both squads registered USTFCCCA All-Academic Team honors. The women's team compiled a team grade point average of 3.14 and the men's unit accumulated a team grade point average of 3.10 throughout the semester. Individually, Cornwall and LaPenna received ACC All-Academic status for the third time in their careers. In addition to the conference honor, Cornwall achieved USTFCCCA All-Academic recognition, one of 58 cross country runners around the nation to do so.

{ 2009 SEASON RESULTS }

Men

	VIRGINIA TECH RELAYS	VT ALUMNI INVITE	DUAL IN THE ELK	BLUE RIDGE OPEN	CHILE PEPPER INVITE	ACC CHAMPIONSHIPS	HOKIE OPEN	NCAA SE REGIONAL
DISTANCE	14k [7k]	76k	6k	8k	10k	8k	6k	10k
DATE	9/4/09	9/18/09	10/3/09	10/16/09	10/17/09	10/30/09	11/6/09	11/14/09
FIELD	27 pairs	94 runners	19 runners	154 runners	243 runners	109 runners	22 runners	231 runners
<i>Davis Barry</i>	46:54.9 [23:06.5] (10)	26:03.3 (51)	DNC	27:15.36 (95)	DNC	DNC	19:11.1 (7)	DNC
<i>Jared Berman</i>	45:25.3 [22:45.4] (4)	25:10.8 (22)	DNC	26:07.64 (36)	DNC	DNC	DNC	DNC
Devin Cornwall	DNC	DNC	20:26 (3)	DNC	30:22.99 (15)	23:42.5 (13)	DNC	30:49.81 (18)
Jason Cusack	45:05.0 [22:20.1] (1)	24:30 (9)	20:47 (7)	DNC	32:26.85 (103)	25:42.1 (74)	18:50.6 (2)	DNC
Tihut Degfae	45:17.9 [22:43.9] (3)	25:36.3 (36)	22:22 (16)	26:07.33 (35)	DNC	DNC	19:05.8 (5)	DNC
Doug Fenstermacher	45:17.9 [21:34.2] (3)	24:46.5 (11)	21:23 (14)	DNC	31:58.86 (78)	25:55.7 (80)	19:04.5 (4)	DNC
<i>Ryan Hagen</i>	45:25.3 [22:40.7] (4)	25:46 (42)	DNC	26:18.15 (48)	DNC	DNC	19:08.2 (6)	DNC
Michael Hammond	DNC	25:00 (16)	20:37 (6)	DNC	30:49.90 (27)	DNC	DNC	32:14.85 (62)
Eddie Judge	45:15.9 [22:26.3] (2)	24:38.6 (10)	20:53 (8)	DNC	31:50.04 (71)	24:42.3 (34)	DNC	33:34.02 (134)
Matt Kroetch	DNC	24:10.3 (7)	20:26 (2)	DNC	30:53.21 (30)	24:37.5 (31)	DNC	31:21.87 (30)
Paul LaPenna	DNC	DNC	20:26 (1)	DNC	31:01.47 (32)	25:04.4 (45)	DNC	32:43.85 (84)
Will Mulherin	DNC	23:46.9 (3)	20:26 (4)	DNC	30:23.64 (16)	23:34.4 (7)	DNC	DNC
Chris Walizer	45:05.0 [22:45.2] (1)	24:52.9 (13)	21:01 (11)	DNC	32:49.13 (131)	25:14.5 (53)	DNC	32:55.95 (100)
Brian Welch	DNC	23:57.9 (5)	20:26 (5)	DNC	31:23.67 (47)	25:22.8 (58)	DNC	31:44.83 (45)
Ryan Witt	45:15.9 [22:49.7] (2)	26:19.9 (57)	21:29 (15)	DNC	DNC	DNC	18:51.8 (3)	DNC
Team Finish	1st/4 (6 pts.)	1st/8 (29 pts.)	1st/2 (15 pts.)	N/A	4th/29 (98 pts.)	5th/12 (122 pts.)	N/A	8th/35 (238 pts.)

Women

	VIRGINIA TECH RELAYS	VT ALUMNI INVITE	DUAL IN THE ELK	BLUE RIDGE OPEN	ACC CHAMPIONSHIPS	HOKIE OPEN	NCAA SE REGIONAL
DISTANCE	10k [5k]	4.6k	4k	5k	6k	4k	6k
DATE	9/4/09	9/18/09	10/3/09	10/16/09	10/30/09	11/6/09	11/14/09
FIELD	27 pairs	93 runners	17 runners	133 runners	109 runners	21 runners	237 runners
<i>Sammy Dow</i>	37:53.0 [18:42.8] (3)	17:17.5 (15)	16:23 (3)	18:33.49 (18)	22:24.3 (62)	14:24.3 (1)	22:16.26 (66)
Frances Dowd	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Casey Gresham	38:45 [19:23.0] (6)	18:13.6 (35)	16:53 (8)	20:00.12 (81)	23:42.4 (91)	15:28.9 (9)	DNC
Kelly Kavanaugh	38:45 [19:21.0] (6)	18:45.2 (50)	16:33 (5)	19:03.17 (28)	22:56.2 (77)	14:36.7 (4)	23:24.94 (153)
Lindsey King	37:22.5 [18:21.1] (1)	17:43.6 (19)	DNC	DNC	23:19.2 (83)	15:17.4 (8)	DNC
Lauren Lemieux	DNC	17:47.8 (20)	16:22 (2)	19:03.51 (29)	22:24.9 (63)	14:26.9 (3)	22:51.32 (107)
Julianne Levy	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Jackie Merrick	DNC	20:32.1 (69)	DNC	DNC	DNC	16:22.6 (15)	DNC
Katelyn Oldham	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Lauren Pinkston	37:53.0 [19:10.6] (3)	18:06.9 (30)	16:43 (7)	DNC	22:44.2 (74)	14:42.5 (5)	22:49.49 (105)
Taryn Schrader	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Erin Stehle	39:08.0 [19:38.3] (8)	18:49.3 (52)	18:00 (12)	19:47.82 (67)	24:07.3 (98)	14:53.6 (6)	23:43.02 (172)
Jessica Trapani	37:22.5 [19:01.4] (1)	17:51.3 (23)	16:18 (1)	18:20.26 (14)	22:02.0 (49)	14:26.5 (2)	22:02.81 (55)
Jennifer van der Sloot	39:08.0 [19:29.9] (8)	19:33.1 (64)	DNC	19:48.69 (68)	DNC	15:44.6 (12)	DNC
Anne Vaughan	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Erika Weidman	DNC	20:51.3 (72)	DNC	DNC	DNC	16:37.3 (16)	DNC
Natalie Woodford	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Team Finish	1st/5 (10 pts.)	3rd/8 (100 pts.)	1st/2 (18 pts.)	2nd/15 (104 pts.)	10th/12 (284 pts.)	N/A	15th/35 (474 pts.)

Runners in italics competed unattached.

2009 ACC CHAMPIONSHIP TEAM RESULTS (MEN)

1. NC State	3	4	8	19	22	23	29	=56
2. Virginia	1	2	15	25	28	31	33	=71
3. Florida State	5	9	10	21	27	35	45	=72
4. Duke	6	14	16	18	20	24	26	=74
5. Virginia Tech	7	13	30	32	40	47	50	=122
6. North Carolina	11	12	36	38	41	53	55	=138
7. Maryland	17	39	44	58	61	62	63	=219
8. Georgia Tech	42	43	49	51	54	66	68	=239
9. Wake Forest	37	56	57	64	67	69	74	=281
10. Boston College	46	52	59	60	70	72	76	=287
11. Clemson	34	48	65	71	75	77	78	=293
12. Miami	73	79	80	81	82	83		=395

2009 ACC CHAMPIONSHIP TEAM RESULTS (WOMEN)

1. Florida State	1	3	6	13	14	16	20	=37
2. Duke	5	10	12	21	23	25	27	=71
3. Virginia	2	4	17	18	43	50	58	=84
4. NC State	7	15	19	31	37	49	53	=109
5. North Carolina	8	28	29	33	39	60	72	=137
6. Boston College	11	30	32	35	36	46	48	=144
7. Maryland	26	38	40	41	47	54	59	=192
8. Wake Forest	22	24	44	52	62	64	68	=204
9. Clemson	9	34	51	61	66	73	81	=221
10. Virginia Tech	45	55	56	63	65	69	74	=284
11. Georgia Tech	42	57	67	70	76	80	84	=312
12. Miami	71	75	77	78	79	82	83	=380



Paul LaPenna



Jess Trapeni

{ 2009-2010 HONORS & AWARDS }

2009-2010 ACADEMIC AWARDS

ALL-ACC ACADEMIC TEAM

Devin Cornwall
Paul LaPenna

USTFCCCA ALL-ACADEMIC

Team Honors - Men's and Women's
Individual Honors - Devin Cornwall

VIRGINIA TECH ALL-ACADEMIC TEAM

Men
Paul LaPenna

Women
Erin Stehle

ACC HONOR ROLL

Men
Jason Cusack
Devin Cornwall
Paul LaPenna
Jared Berman
Michael Hammond
Chris Walizer

Women
Frances Dowd
Katelyn Oldham
Lauren Pinkston
Erin Stehle
Jennifer Van Der Sloom
Erika Weidman

2009-2010 TEAM AWARDS

MEN

MVP
Devin Cornwall

Coaches' Award
Will Mulherin

Rookie of the Year
Tihut Degfae

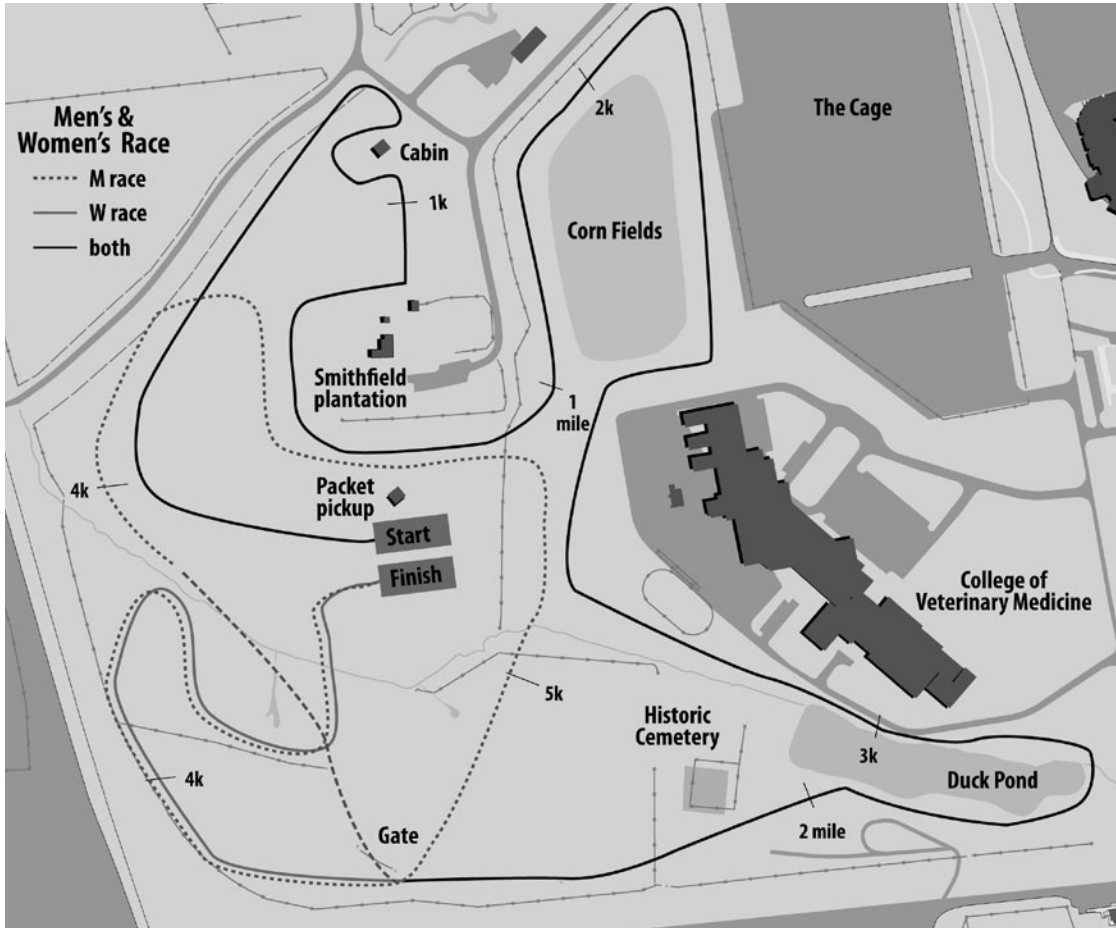
WOMEN

MVP
Jessica Trapeni

Coach's Award
Sammy Dow

Rookie of the Year
Lauren Lemieux

THE COURSE



During the past 17 years, Virginia Tech's cross country course has provided many benefits to the program and has paid dividends for the Tech cross country team. The course has attracted several of the nation's top programs and been the site of some of the state's largest high school meets.

"In conjunction with our indoor and outdoor track facilities, the cross country course makes Virginia Tech unsurpassed in the quality of facilities," said Director of Track & Field and Cross Country Dave Cianelli. "The training aspect of the course is also great."

Tech has the luxury of competing and training on a course designed solely for cross country competition, affording the team an opportunity to have exclusive rights to the use of the facility.

Over the years, the all-grass course has provided an ideal surface for racing and training. Located on the southwest end of campus near the corner of Southgate Drive and Route 460, the terrain gently rolls through the cornfields and wooded locations typical

of the Tech surroundings.

Opened for racing in 1993, the course now starts and finishes behind the Virginia-Maryland Regional College of Veterinary Medicine. It covers a total of 3.1 miles, passes historical Smithfield Plantation and crosses Stroubles Creek. There is also a five-mile version of the course for the men.

"I think it's one of the nicest settings for a cross country course I have ever seen," Cianelli said. "The fact that it is on campus makes it ideal for our teams to train and compete."

Another key trait of the course is its proximity to campus facilities. Rector Field House allows athletes to warm up in perfect conditions.

The Hokies will host three meets on their home course this year, starting with the Virginia Tech Cross Country Relay on Sept. 5.

"There are very few schools with a cross country course and two tracks so close together," cross country coach Ben Thomas said. "The competition facilities here are unbeatable."

COURSE RECORDS

MEN (SHORT COURSE - 6K)

18:48.00 - Chris Padilla (Virginia Tech), set at the Hokie Open on Nov. 3, 2007

MEN (LONG COURSE - 7.6K)

23:37.3 - Will Mulherin (Virginia Tech) set at VT Alumni Invite on Sept. 17, 2010

WOMEN (SHORT COURSE - 4.1K)

14:24.30 - Sammy Dow (Virginia Tech), set at the Hokie Open on Nov. 6, 2009

WOMEN (LONG COURSE - 4.7K)

15:55.3 - Tasmin Fanning (Virginia Tech), set at the Virginia Tech Invitational on Sept. 19, 2008

HISTORY & RECORDS

NCAA ALL-REGION

MEN

2009	Devin Cornwall (18th)
2008	Phillip Padilla (23rd)
2006	Paul LaPenna (21st)
2003	Mike Lawson (21st)
1999	Chris Seaton (18th)
1997	Matt Zacharias (17th)
1995	George Probst (16th)
1994	John Hawthorne (12th)
	Matt Zacharias (16th)
1993	Tom Lankowicz (25th)
1992	Travis Walter (13th)
1990	David Tonkin (21st)
1989	Brian Walter (9th)
	Tim Covington (17th)
1987	Steve Taylor (3rd)
	Tony Williams (8th)
	Greg Cobb (14th)
	Thomas Harding (22nd)
1984	Mark Stickley (6th)
1980	Richard Greer (23rd)

WOMEN

2008	Tasmin Fanning (1st)
	Erin Reddan (20th)
2007	Tasmin Fanning (3rd)
	Natalie Sherbak (10th)
	Jessica Fanning (22nd)
2006	Fiona Gentles (11th)
	Kelly Clark (12th)
	Tasmin Fanning (18th)
	Natalie Sherbak (20th)
	Jessica Fanning (25th)
2005	Tasmin Fanning (22nd)
2004	Jessica Fanning (14th)
2003	Marlies Overbeeke (5th)
2002	Stacey Vidt (19th)
	Jessica Morris (20th)
1990	Heidi Allen (7th)
1987	Roxann Polo (13th)
	Louise Schweitzer (16th)
1984	Linda King (14th)
	Cheryl Tuosto (24th)

The Tech women competed at the AIAW Division II level before being elevated to an NCAA Division I varsity sport in 1982. Tech's 1981 squad placed fifth at the AIAW Division II National Championships.

NCAA REGION CHAMPIONSHIPS

MEN (TEAM)

2009	8th
2008	7th
2007	7th
2006	6th
2005	13th
2004	14th
2003	15th
2002	9th
2001	9th
2000	9th
1999	10th
1998	10th
1997	10th
1996	8th
1995	5th
1994	5th
1993	8th
1992	7th
1990	10th
1989	10th
1987	1st
1986	4th
1985	9th
1984	11th
1983	15th
1980	8th
1977	16th
1976	15th
1975	12th

WOMEN (TEAM)

2009	15th
2008	7th
2007	5th
2006	3rd
2005	12th
2004	10th
2003	6th
2002	7th
2001	12th
2000	12th
1999	10th
1998	14th
1997	9th
1996	25th
1995	18th
1994	t-22nd
1993	23rd
1992	14th
1990	15th
1989	10th
1987	10th
1986	11th
1985	8th
1984	5th
1983	7th

ALL-AMERICANS

MEN

1989	Brian Walter
1987	Tony Williams
1987	Steve Taylor
1982	Steve Hetherington

WOMEN

2008	Tasmin Fanning
2007	Tasmin Fanning
2003	Marlies Overbeeke
1981	Lori McKee (Taylor)
	Tracy Deely

NCAA CHAMPIONSHIPS

MEN (TEAM)

1987	4th
1982	14th
1970	35th
1969	25th

WOMEN (TEAM)

2006	18th
------	------

CONFERENCE CHAMPIONSHIPS

MEN (TEAM)

1997	Atlantic 10 Conference
1996	Atlantic 10 Conference
1994	Metro Conference
1989	Metro Conference
1988	Metro Conference
1987	Metro Conference
1986	Metro Conference
1985	Metro Conference
1984	Metro Conference
1983	Metro Conference
1981	Metro Conference
1980	Metro Conference

WOMEN (TEAM)

1987	Metro Conference
1986	Metro Conference
1985	Metro Conference

CONFERENCE CHAMPIONSHIPS

MEN

Southern Conference

1960 Louis Castagnola
 1959 Louis Castagnola

Metro Conference

1990 Todd Pehowski
 1989 Brian Walter
 1987 Gary Cobb
 1986 Steve Taylor
 1985 Roy Mascolino

Atlantic 10

1999 Chris Seaton
 1997 Matt Zacharias

WOMEN

Metro Conference

1991 Heidi Allen
 1990 Heidi Allen
 1988 Gwen Roller
 1987 Roxann Polo
 1986 Gwen Roller



Tasmin Fanning

ALL-CONFERENCE HOKIES

MEN

Southern Conference

1955 Charles Catlett
 1956 Charles Catlett
 1957 Bob Bowman
 1959 Louis Castagnola
 1960 Louis Castagnola
 Gene Simpson
 1961 Gene Simpson
 1962 Gene Simpson

Metro Conference

1978 Greg Lemieux
 Gene Crane
 1978 Robbie White
 1979 Steve Hetherington
 Steve Pinard
 Robbie White
 1980 Ricky Greer
 Steve Hetherington
 Dave Peterson
 Greg Lemieux
 Steve Pinard
 Ray McDaniels
 Mark Stickley
 1981 Steve Hetherington
 Pat Henner
 Mark Stickley
 Ray McDaniels
 Dave Peterson
 1982 Steve Hetherington
 Ken Coddington
 David Montgomery
 Doug Law
 1983 Tony Williams
 Doug Law
 Bob Herndon
 Dave Hamilton
 1984 Mark Stickley
 Tony Williams

1985 Roy Mascolino
 Howard Nippert
 Dan Foran
 Paul Millradt
 Peter Schultz
 1986 Steve Taylor
 Tony Williams
 Todd Giszack
 Tom Harding
 1987 Gary Cobb
 Ron Voigt
 Howard Nippert
 Brian Walter
 1988 Tim Covington
 Brian Walter
 Ron Voigt
 Jorge Pardo
 1989 Brian Walter
 Tim Covington
 Travis Walter
 Wally Granville
 David Tonkin
 1990 Todd Pehowski
 David Tonkin
 Wally Granville
 Travis Walter
 Drew Saunders
 Adam Small
 1991 Todd Pehowski
 Wally Granville
 Travis Walter
 1992 Travis Walter
 Ben Hester
 John Hawthorne
 1993 Joe Edwards
 George Probst

1994 John Hawthorne
 Tom Lankowicz
 Matt Zacharias
 Marshall Ferguson

Atlantic 10 Conference

1995 John Hawthorne
 George Probst
 1996 Van Arnold
 Mike Cox
 Wes Schilling
 Jason Dowdy
 Mark Rumble
 1997 Matt Zacharias
 Jay Johns
 Jason Dowdy
 Mike Cox
 Van Arnold
 1998 Chris Seaton
 Van Arnold
 1999 Chris Seaton
 Van Arnold
 Paul Hayes

Atlantic Coast Conference

2007 Paul LaPenna
 2008 **Devin Cornwall**
 Billy Berlin
 2009 **Will Mulherin**
 Devin Cornwall

WOMEN

Metro Conference

1985 Gwen Roller
 Nancy Klumb
 Cindy Guenzel
 Carol Richardson
 Maggie Lasaga
 Cherie Alexander

1986 Gwen Roller
 Maggie Lasaga
 Nancy Klumb
 Louise Schweitzer
 Cherie Alexander
 1987 Roxann Polo
 Louise Schweitzer
 Jennifer Smith
 Elizabeth Fleming
 1988 Gwen Roller
 Louise Schweitzer
 1989 Gwen Roller
 Alice Gaines
 1990 Heidi Allen
 1991 Heidi Allen
 1992 Heidi Allen
 Michelle Barrett
 1993 Melissa Ward

Atlantic 10 Conference

1995 Tracy Shea
 1996 Stephenie Ingersoll
 1997 Jennifer Conner
 Lauren Carr
 1998 Johanna Stumpf
 Stephenie Ingersoll
 1999 Stacey Vird

BIG EAST Conference

2003 Marlies Overbeeke

Atlantic Coast Conference

2004 Jessica Fanning
 2007 Tasmin Fanning
 Natalie Sherbak
 Kelly Clark
 2008 Tasmin Fanning

Current team members in bold type.

HOKIE TRAILS



Packed with miles of scenic off-road trails, Blacksburg and Montgomery County are ideal locations for cross country running. Virginia Tech is located in Blacksburg, Va., a town nestled 2,100 feet above sea level on a plateau between the Blue Ridge and Allegheny Mountains of Southwest Virginia.

This location not only offers beautiful scenic views, it also rewards the Tech cross country team with an excellent place to train. Blacksburg is a small college town with miles of bike paths and quiet roads that provide ideal places to run within the town and the campus itself. However, just a short trip down the road there are more options for Hokie runners.

The Jefferson National Forest lies just three miles outside of the Blacksburg town limits and houses a favorite training ground of the Tech cross country team. The Pandapas Pond recreation area and the surrounding forest, which includes Brush and Gap Mountains, are covered with miles of trails perfect for off-road running. Complete with hills, flat trails, technical terrain and wonderful views,

the national forest is a frequent stop for mountain bikers, horseback riders and avid runners alike.

"This is an ideal environment for the cross country and distance runner," Dave Cianelli said. "The availability of trails, hills and our on-campus cross country course is very impressive."

The Pandapas area even plays host to an annual trail race, the Brush Mountain Breakdown, which offers a 6-mile and 16-mile race course. Former Tech runner Jason Dowdy holds the 16-mile course record. The forest service works in conjunction with the local runners, bikers and recreational users to maintain and build the trails, which are also the site of an annual mountain bike race and are close to many camping locations.

Just a half-hour out of town is another great location loaded with trails and even more breathtaking views. Mountain Lake and its resort are located northwest of Blacksburg on top of Salt Pond Mountain. The lake, one of just two natural lakes in Virginia and the surrounding area, boasts miles of trails and views that have been

another popular location for training. Mountain Lake was where the movie "Dirty Dancing" was filmed and is the destination of an annual run from campus that the team holds each August. The 17-mile trek includes a 7-mile climb to the peak at the end and is a popular event for many of the local runners as well.

In addition to these locations are many other wooded getaways including the nearby Appalachian Trail, New River Trail State Park (a 55-mile long railroad bed converted to a trail along the New River) and the Carvin's Cove trail system in Roanoke County. The trails and bike paths surrounding Blacksburg offer a great place to run without the hassle of traffic or the uncomfortable terrain of city streets and sidewalks. This makes the town a perfect location for outdoors lovers, including cross country runners.

"Virginia Tech offers a great combination of trails and competitive competition," Cross Country Coach Ben Thomas said. "There is no better place for training. This is the best environment you can find and we can use it daily."

BLACKSBURG

One of America's best college towns, Blacksburg is a perfect setting for a great university like Virginia Tech.

Located in Southwest Virginia on a plateau between the Blue Ridge and Alleghany Mountains, Blacksburg combines the laid-back lifestyle of a small town with the amenities one would expect to find around a major center of higher education.

Together, the town and university have worked hard to create a progressive community that ranks among the nation's elite living environments. Virginia Tech and the Town of Blacksburg gained national and international attention by creating the world's first "electronic village." Businesses and industries have been drawn by the potential of the quaint town.



Established in 1798 by John and William Black, the town is surrounded by scenic mountain views that accentuate the area. Since its founding, Blacksburg has grown to become the largest town in Virginia. The nearly 43,000 residents (including students) enjoy a close proximity to a variety of recreation areas such as the Blue Ridge Parkway, Appalachian Trail, Claytor Lake and the New River. The region features a moderate climate and four distinct seasons.

Blacksburg's location (adjacent to major interstate highways) provides convenient access to most points in the southern and eastern parts of the country. More information on Blacksburg can be found on the web site of the Blacksburg Electronic Village, www.bev.net or the town's web site, www.blacksburg.va.us.

INDOOR & OUTDOOR FACILITIES



TRACK & FIELD FACILITIES

Tech's trio of outstanding track and cross country facilities was completed with the addition of the Johnson-Miller Outdoor Track Complex. In the summer of 2010, the outdoor track received a new state-of-the-art surface. The Beynon Tuned BSS 1,000 provides student-athletes with a world-class training surface.

"The facilities enable us to attract and develop the highest level of talent available," Director of Track & Field and Cross Country Dave Cianelli said. "Our facilities have helped our program reach elite rankings at the conference and national level."

The complex includes a pole vault pit, long and triple jump areas, steeplechase lanes and areas for shot put, discus, hammer throw, javelin and high jump. For sprints, 10 lanes have been placed in one stretch at the south side of the track. In addition, Tech uses the state-of-the-art Finish Lynx timing system for quick and accurate results.

A nine-foot berm on the south side of the track ultimately will be terraced to provide seating.

Tech boasts what many believe is the finest track complex in America. A 200-meter, banked indoor track, one of only a very few of its kind in the U.S., was installed in the Rector Field House and used for the first time during the 1996-97 season.

The indoor track has been host to several of the east coast's top invitationals, attracting many of the



nation's best teams. Tech has also brought in some of the nation's finest athletes. Many Olympians have competed in Rector Field House during recent years, including 2008 Olympic hurdler, Queen Harrison, and four-time NCAA Champion thrower Spyridon Jullien.

The Johnson-Miller Outdoor Track Complex was dedicated in honor of Stuart Johnson and Jack William Miller, Jr., two former Hokie track stars from Richmond, Va., whose loyalty and support made the construction of the track possible.

"Our program is indebted to these two individuals," Cianelli said. "Their generosity has allowed us to have

world-class facilities right on our campus."

Johnson, Tech's "Mr. Track" in 1952, was the first man elected to the Virginia Tech Hall of Fame solely on his records in track and field. Miller was co-captain of the 1953 track team. Johnson ran the 440-meter, 220-meter and mile relay. Miller competed in a number of events, but his specialty was the mile.

"Based on my years of coaching and traveling, I believe our facilities rank with any in the country," Cianelli said. "Of all the facilities I have seen, Tech's rank at the top."

ATHLETIC FACILITIES

LANE STADIUM



CASSELL COLISEUM



TECH SOFTBALL PARK



ENGLISH FIELD



BURROWS-BURLESON TENNIS CENTER



ACADEMIC SUPPORT

Whether in the classroom or on the field, expectations placed on Virginia Tech student-athletes remain consistently high year after year. In collaboration with the Tech Athletics Department, Student-Athlete Academic Support Services (SAASS) works tirelessly to help Hokie student-athletes achieve their full potential. Services available include tutors, study assistance, computer and technology aid as well as individual skill development programs. In addition, SAASS integrates its services with those of the Virginia Tech community, assisting students in arranging appointments with various University departments, such as their academic advisors, the Registrar, the Office of Scholarships and Financial Aid, dean's offices, Career Services, Cook Counseling Center, Cranwell International Center and the Center for Academic Enrichment and Excellence. The department is committed to providing a comprehensive academic and personal development program for student-athletes, offering academic counseling in combination with university academic advising to ensure students receive a complete system of support.

Stakeholders of the office's mission include

student-athletes and their families, the university community, coaches and athletics administrators. SAASS seeks to develop relationships with its stakeholders, founded on trust and respect, and provides the following services to accommodate their needs:

- University and NCAA information
- Orientation
- Academic assessment
- Development of an effective student life program
- Appropriate referrals
- Monitored study environments
- Tutorial programs
- State-of-the-art technological learning assistance
- Student-athlete academic performance evaluations

Each team at Virginia Tech is assigned an academic counselor to coordinate individualized support efforts for every team member. Together, SAASS department members assist approximately

500 student-athletes in all areas of academic assistance.

In addition, student-athletes have access to the department's spacious facilities, located in the West Side of Lane Stadium. Opened during the 2006-07 academic year, the SAASS suite, located in the Quillen Family Academic Center, features 18 private tutor rooms, a state-of-the art classroom, a 36-station computer lab with printer access, a conference room, three quiet areas for reading and studying and a reference library. The office is available between classes, after practice and in the evenings.

Jermaine Holmes is in his second year at Virginia Tech as the director of Student-Athlete Support Services. As director, Holmes provides leadership for SAASS, and along with a staff of seven, oversees the development and execution of programs aimed to help Hokie student-athletes balance their academic and athletic demands and achieve success in both areas.

Terrie Repass enters her 36th year of service at Tech as the office secretary and first contact person for SAASS.

STUDENT LIFE

At Virginia Tech, student-athletes don't just play sports. With help from the Athletics Office of Student Life, Hokie student-athletes work outside the athletic arena to develop into community assets and responsible adults. Inspired by the NCAA/CHAMPS (Changing Athletes' Minds for Personal Success) Life Skills Program, the Athletics Office of Student Life creates programs designed to enhance student-athletes in five areas of commitment: athletic excellence, academic excellence, personal and leadership development, community service and career development. The program has been previously honored for its commitment to serving the good of the student-athletes by the Division I-A Athletic Director's Association as a program of excellence.

Led by the Virginia Tech Student Athlete Advisory Committee, Hokie student-athletes volunteered countless hours in the local community last year. In addition, over 300 Virginia Tech student-athletes earned a 3.00 grade point average during one or both semesters. The accomplishments in the classroom and the community are all the more impressive given the Hokie student-athletes' success in the 2009-2010 season.

The office is under the guidance of Assistant Athletics Director for Student Life Reyna Gilbert. She

is assisted by Student Services Coordinator Danny White.

STUDENT ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. The SAAC also offers input on the rules, regulations and policies that affect student-athletes' lives on NCAA member institution campuses. Two members of each sports team serve on SAAC each academic year.

PERSONAL DEVELOPMENT

The Office of Student Life aims to help student-athletes lead balanced lifestyles, encouraging emotional well-being, personal growth and decision-making skills. To do so, each team attends two personal development workshops during the year. The workshops educate them in healthy living, service learning, career development, diversity and life skills.

CAREER DEVELOPMENT

Virginia Tech student-athletes savor their collegiate athletic experiences with the understanding that upon graduation, they will need to secure a job.

The Student Life Office worked with Becca Scott in the Virginia Tech Career Services Center to create programs designed to teach student-athletes why they are much sought after for their transferable skills (resiliency, time management, teamwork, competitiveness and ambition).

ACADEMIC EXCELLENCE

The Virginia Tech Athletics Office of Student Life is responsible for nominating student-athletes for academic honors and awards. Athletes are nominated for on-campus, Atlantic Coast Conference and national awards. Student-athletes with a 3.0 GPA are rewarded each semester by being honored on the Athletic Director's Honor Roll. In 2009-2010, 370 student-athletes were named to this prestigious list.

COMMUNITY OUTREACH

Virginia Tech student-athletes are involved more than ever in the local community. Having volunteered many hours in the schools, community groups and hospitals, student-athletes are setting a high precedent for all involved with the program. Under the "Hokies with Heart" umbrella, each sports team has a community partner with which they volunteer their time.

PERFORMANCE

SPORT PSYCHOLOGY

Virginia Tech offers another important service to all of its student-athletes – sport psychology. Dr. Gary Bennett coordinates the sport psychology department, which offers psychological and performance enhancement services for student-athletes. Bennett also works closely with the Cook Counseling Center.

Bennett meets with student-athletes on an individual basis for personal counseling and to discuss the mental aspects of the game. He also works on team building, communication and performance enhancement.



Dr. Gary Bennett

Mike Gentry, assistant AD for athletic performance, said, "I've always felt that (sport psychology) was an important element. We want to be a holistic model of an athletics department, and we wanted to and needed to include sport psychology in that model."

"We try to address all the various factors that affect student-athletes' performance on and off the field," Bennett said. "We believe we can help athletes perform better by addressing those concerns."

The sport psychology department also offers an injury group to afford injured athletes the opportunity to meet with other injured athletes and talk about their recovery process. Injured athletes may also meet individually with the sport psychologist. On average, Bennett conducts 30 individual sessions per week and meets weekly with teams as the need arises.

One of the sport psychology resources is the Dynavision 2000, a unique conditioning and training program designed to increase focus and concentration, improve coordination and visuomotor reactions and increase peripheral awareness. Virginia Tech is

privileged to be one of only a handful of schools with this cutting-edge technology.

The response to the sport psychology program has been positive. The student-athletes are very receptive to the services offered by the doctors. The sport psychology office reaches out to athletes who may not have considered going to the counseling service that is offered to all students at Virginia Tech.

"It is a great resource for our coaches and our athletes," Gentry said. "We've improved a lot in areas of strength and conditioning, nutrition and in sport psychology. It's all about becoming a well-rounded athletic program and helping student-athletes. We want to give them all the resources we can, to put them in a position to be successful."

SPORTS NUTRITION

Eating healthy and choosing nutritious diets are important aspects of a Virginia Tech student-athlete's life and that's why in July 2002, the athletics department implemented the sports nutrition program. Amy Freel serves as the director. Freel, who is one of 16 full-time college dietitians in the country, also serves on the nutrition and performance committee with Dr. Gary Bennett.



Amy Freel

Freel works individually with student-athletes to provide them with information they need on their diet. She provides individual players with diet counseling on issues such as gaining lean muscle mass, losing body fat, and eating choices to improve performance.

Also in July 2002, the Virginia Tech Athletics Department purchased the BodPod body composition

system. Tech is one of a handful of college athletic departments using this type of technology. The BodPod is found in many professional training facilities, such as the NFL and Major League Baseball. It accurately measures body composition (percent of body fat, lean muscle mass and fat mass) within five minutes through air displacement. Research has shown that an increase in lean muscle mass will increase athletic performance. The Sports Nutrition Program has helped countless Tech athletes maximize their athletic performance.

SPORTS MEDICINE

The Sports Medicine Department at Virginia Tech is constantly evolving to incorporate new ideas utilizing state-of-the-art resources for the betterment of all Hokie student-athletes. Under the leadership of Assistant Athletics Director for Athletic Training Mike Goforth, the department is constantly improving and developing new strategies to provide the most current and comprehensive care.

Their team of certified athletic trainers, orthopaedic surgeons, Board Certified primary care physicians, chiropractors, physical therapists, sport psychologists, nutritionists, massage therapists and orthotists are available on site to manage the health care needs of Tech athletes.

Tech is entering its ninth full year in the 4,300-square-foot Eddie Ferrell Memorial Training Room. The facility gives the training staff a centralized area to care for the needs of all Virginia Tech student-athletes.

Over the past 11 years, Tech has developed the reputation for producing top-level certified athletic trainers. Graduates are now employed in positions across the country at various levels of the profession.

{ SUPPORT STAFF }



Alva Slusher
Cross Country
Secretary



Sean Collins
Athletic Trainer



Nathan Sheehan
Athletics Communications
Contact



Megan McGinnis
Marketing



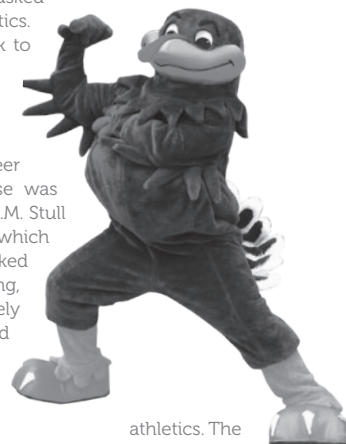
Shawn Fizer
Assistant Equipment
Manager



Damian Salas
Webmaster

WHAT IS A HOKIE?

That's the most often-asked question in Virginia Tech athletics. The answer leads all the way back to 1896 when Virginia Agricultural and Mechanical College changed its name to Virginia Polytechnic Institute. With the change came the necessity for writing a new cheer and a contest for such a purpose was held by the student body. Senior O.M. Stull won first prize for his "Hokie" yell which still is used today. Later, when asked if "Hokie" had any special meaning, Stull explained the word was solely the product of his imagination and was used only as an attention-getter for his yell. It soon became a nickname for all Tech teams and for those people loyal to Tech athletics. The official school colors – Chicago maroon and burnt orange – also were introduced in 1896. They were chosen because they made a "unique combination" not worn elsewhere at the time.



JIM WEAVER

{ DIRECTOR OF ATHLETICS }

James C. Weaver, whose innovative ideas and work as a reformer have made him one of college athletics' most popular administrators, is the director of athletics at Virginia Tech.



Weaver, 65, was appointed on Sept. 24, 1997, and has been a tireless leader on behalf of Tech athletics. His efforts were recognized in

2009 when he accepted the prestigious John L. Toner Award, which is presented annually by the National Football Foundation & College Hall of Fame. The award is given to a director of athletics who has demonstrated superior administrative abilities and shown outstanding dedication to college athletics and particularly college football.

In his 13 years on the job at Tech, Weaver has taken steps to place increased emphasis on projects benefiting student-athletes. Under his leadership, the athletics department entered into a comprehensive agreement with NIKE beginning in 2007-08 which provides uniforms, clothing and equipment for all Virginia Tech varsity teams over an eight-year period. He created a comprehensive awards program for letterwinners and has initiated and funded an annual awards banquet. The Monogram Club

was revitalized in 1998 and provides several benefits to former Hokie athletes, trainers and managers.

A top personal priority for Weaver is the continuing improvement of Tech's facilities. Progress is evident in a number of new facilities now in use or currently under construction.

A new football locker room and lounge building has been constructed adjacent to Jamerson Athletic Center. The three-story building was completed in August and features a spacious locker room for players and coaches, as well as a lounge on the second floor and a wrestling facility on the third floor. The vacated space in Jamerson is being renovated to provide expanded weight training, sports medicine and locker room facilities for Olympic sport teams.

The remodeling of Lane Stadium's west side was completed in time for Tech's 2006 home opener. It involved the construction of additional new luxury suites, a new President's area, four private club seating areas, a ticket office, athletic fund offices, a memorabilia area and a new student academic services area.

Tech's basketball staffs and teams moved into their new practice facility in August 2009. The \$20 million building boasts two practice gyms, a 3,000 square-foot basketball weight room, coaches' offices, film rooms and locker rooms.

Weaver presided over Tech's move into the Atlantic Coast Conference in 2004-05, when Virginia Tech and Miami were officially

introduced as the 10th and 11th members of the ACC, effective July 1, 2004.

Weaver renegotiated Tech's multimedia rights contract with ISP Sports, creating an agreement which went into effect in 2008-09 and extends for 10 years to provide enhanced revenue for the athletics department. In the Fall of 2000, Weaver arranged a joint venture with ISP to commit \$2 million to purchase new scoreboards, upgrade sound systems, install an L.E.D. video display screen at Lane Stadium (which was enlarged for the 2005 season) and place two wall-mount L.E.D. video screens in Cassell Coliseum.

Weaver came to Tech from Western Michigan University where he was director of athletics from January 1996 until he came to Blacksburg. Prior to that, he was AD for three and a half years at UNLV, where he reconstructed a troubled athletic department.

Weaver graduated from Penn State in 1967 with a bachelor's in psychology and rehabilitation education. He received a master's in college counselor education, also from Penn State, in 1968. Weaver drew rave reviews at UNLV for his fund-raising expertise. He generated nearly \$15 million in his time there and built a new athletic complex.

While at Western Michigan, Weaver announced creation of a \$7 million football center, stabilized fluctuating revenues and installed a CHAMPS Life Skills program.

Weaver and his wife Traci have four sons – Josh, Paul, Cole and Craig.

ADMINISTRATION

{ ATHLETICS ADMINISTRATORS }



Sharon McCloskey
Sr. Associate A.D.,
Sr. Woman
Administrator



Tim East
Associate A.D.,
External Affairs



Tom Gabbard
Associate A.D.,
Internal Affairs



Chris Helms
Associate A.D., for
Olympic Sports



Jon Jaudon
Associate A.D.,
Administration



John Ballein
Associate A.D.,
Football Operations



Mike Gentry
Assistant A.D.,
Athletic Performance



Reyna Gilbert
Assistant A.D.,
Student Life



Mike Goforth
Assistant A.D.,
Athletic Training



Lu Merritt
Dir. of Development for
Intercollegiate Athletics



Tim Parker
Senior Assistant A.D.,
Compliance



Lisa Rudd
Assistant A.D.,
Financial Affairs



Dave Smith
Assistant A.D.,
Athl. Comm.



Sandy Smith
Assistant A.D.,
Ticketing Services



Jeremy Wells
Assistant A.D.,
Marketing & Promotions



HOME OF THE HOKIES

VIRGINIA TECH • BLACKSBURG, VA



