

VIRGINIA TECH



VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY

2001 CROSS COUNTRY

VIRGINIA TECH 2001 Cross Country



Kim Milbourne, Cas Sadosky and Michelle VanHorn race through Tech's beautiful on-campus cross country course.

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HOKIE QUICK FACTS

University Information

Location Blacksburg, Va.
 Founded 1872
 Enrollment 25,000
 Colors Chicago maroon & burnt orange
 Nickname..... Hokies
 Conference..... BIG EAST
 President Dr. Charles Steger
 Director of Athletics..... Jim Weaver
 Associate A.D./XC Administrator Tom Gabbard

On The Covers

The front cover features women's team members Stacey Vidt, last season's MVP and Chelsea Alverson, last year's coach's award winner. From the men's squad is the 2000 team MVP Paul Hayes and Kevin Rhue.

On the back cover is a collage of action shots from Tech's 2000 home meets including Josh Davis (#631), Cas Sadosky (#625) and Holly Hunter (#618).

This media guide was written by assistant Jason Dowdy of the Virginia Tech Sports Information Office, with contributions from Cheri McMahan. The guide was designed and edited by Dowdy and David Knachel. Action photos and head shots by Knachel. Printing by Southern Printing Company of Blacksburg, Va.

The Men's Roster

Name	Cl.	Hometown	H.S./College	Major
David Atkiss	Fr.....	Hatfield, Pa.....	North Penn.....	Management Information Systems
Edward Altman III	Fr.....	Midlothian, Va.....	Clover Hill.....	University Studies
Patrick Bringardner.....	Fr.....	Gettysburg, Pa.	Gettysburg Area	University Studies
Eric Callendar.....	r-Fr	Springfield, Va.	West Springfield.....	Engineering
Josh Davis	So.	Chambersburg, Pa.	Chambersburg Area	Engineering
Casey Frazier	So.	Woodbridge, Va.....	Woodbridge.....	Architecture
Larry Gooss	r-Fr	Glen Allen, Va.....	Hermitage	Biology & Psychology
Paul Hayes	Sr.	Dillsburg, Pa.....	Northern.....	Marketing
Jason Hettenbaugh	r-So.....	Lima, N.Y.....	Honeoye Falls - Lima	Education
Micheal Lawson.....	Fr.....	Foster, R.I.....	Ponaganset.....	Engineering
Jeremy Lowery	Jr.	North Canton, Ohio	Ashland University	Finance & Accounting
Andrew Mandiville	Fr.....	Cumberland, R.I.....	Cumberland	Engineering
Eric Necciai.....	Sr.	Mt. Airy, Md.	Linganore	Biology
Josiah Oliver.....	So.	Richmond, Va.....	Governor's School	Engineering
Kevin Rhue	Jr.	Virginia Beach, Va.	Princess Anne	Finance
Justin Skaare.....	Fr.....	Mechanicsburg, Pa.	Cumberland Valley	Psychology
L.A. Snead.....	Fr.....	Burke, Va.....	James W. Robinson	Engineering
Matt Thomas.....	r-So.....	Sewickley, Pa.	Quaker Valley.....	Engineering
Matt Taylor	r-Sr	Colonial Heights, Va.....	Thomas Dale.....	Masters of Business Administration



The Women's Roster

Name	Cl.	Hometown	H.S./College	Major
Chelsea Alverson.....	Sr.	Middletown, Va.	Sherando	Hospitality/Tourism Management
Lindsey Ausherman.....	Fr.	Chambersburg, Pa.	Chambersburg	Early Childhood Education
Annie Carobine.....	Fr.	Virginia Beach, Va.	Ocean Lakes	Engineering
Michelle Cullum.....	Fr.	Williamsburg, Va.	Marine Academy	English
Martha Drinkard.....	So.	Madison, W.Va.	Scott	Early Childhood Development
Ashley Etue.....	So.	Columbia, Md.	Wilde Lake	Biology
Dayna Friedman.....	Sr.	Tampa, Fla.	Lewis University	Family and Childhood Development
Jessica Hammack.....	Fr.	Chesterfield, Va.	Manchester	Biology
Holly Hunter.....	So.	Fairmont, W.Va.	East Fairmont	Human Nutrition and Foods
Stephanie Malone.....	So.	Verona, Va.	Fort Defiance	Psychology
Karen McGrath.....	So.	State College, Pa.	State College Area	Psychology
Kim Milbourn.....	Jr.	Fairfax, Va.	James W. Robinson	Human Services
Jessica Morris.....	Fr.	Coatesville, Pa.	Great Valley	Economics
Kristin Reedy.....	So.	Hampton, Va.	Bethel	Biology
Kelly Repair.....	Sr.	Natural Bridge, Va.	Rockbridge County	Political Science
Catherine Sadosky.....	r-Sr.	Charlotte, N.C.	Henderson (Pa.)	Marketing
Tera Travis.....	So.	Hampton, Va.	Bethel	Mechanical Engineering
Michelle VanHorn.....	Jr.	Shenandoah Junction, W.Va.	Jefferson	Horticulture
Stacey Vidt.....	Jr.	Allison Park, Pa.	Hampton	Human Nutrition and Foods



Men's & Women's 2001 Schedule

Date	Meet	Site	Host
Sept. 1	Alumni Meet	Virginia Tech Cross Country Course; Blacksburg, Va.	Virginia Tech
15	Virginia Tech Invitational	Virginia Tech Cross Country Course; Blacksburg, Va.	Virginia Tech
29	Greensboro Invitational	Hagan Stone Park; Greensboro, N.C.	Greensboro Pacesetters
Oct. 13	Pre-Nationals	Furman University Golf Course; Greenville, S.C.	Furman
26	BIG EAST Championships	Van Cortlandt Park; Bronx, N.Y.	St. John's
Nov. 10	NCAA District III Championships	Furman University Golf Course; Greenville, S.C.	Furman
19	NCAA Championships	Furman University Golf Course; Greenville, S.C.	Furman



At Van Cortlandt Park, where this year's BIG EAST Championships will be run, the men won their first Atlantic 10 title in 1996.

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.

MEDIA OUTLETS & INFO

News releases will be sent to the following media outlets which cover Virginia Tech cross country. Results will be posted on hokiesportsinfo.com after each event.

Outlet	Phone	Fax
The Associated Press, Richmond	(804) 643-6646	(804) 643-6223
Roanoke Times	(540) 981-3221	(540) 981-3392
Richmond Times-Dispatch	(804) 649-6554	(804) 775-8085
Bristol Herald-Courier	(540) 669-2181	(540) 669-3696
Blacksburg Sentinel	(540) 382-6171	(540) 382-3009
The News Messenger, Christiansburg	(540) 382-6171	(540) 382-3009
Collegiate Times, Blacksburg	(540) 231-9867	(540) 231-5057
The News & Advance, Lynchburg	(804) 385-5554	(804) 385-5538
Bluefield Daily Telegraph	(304) 327-2811	(304) 327-6179
Virginian Pilot, Norfolk	(800) 446-2012	(804) 533-9004
Daily Press, Newport News	(804) 247-4600	(804) 247-9420
WDBJ-TV, Roanoke	(540) 985-3623	(540) 343-7269
WSLS-TV, Roanoke	(540) 981-9126	(540) 343-2059
WSET-TV, Lynchburg	(804) 528-1315	(804) 847-8800

Please schedule all interviews through the Virginia Tech Sports Information Office.

For interviews with head coaches or any of the Hokie runners, contact Richard Skopal at the Sports Information Office (540) 231-2228.



The 1999 Tech women on the Furman course at the district championships in Greenville, S.C.

THE COACHING STAFF

Dave Cianelli



DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY

Just one year after Virginia Tech entered the BIG EAST Conference for cross country and track & field, major changes continue in the cross country and track offices. In order to gain a competitive edge, the entire coaching structure was changed. This led to the hiring of the Hokies' first director of track & field and cross country, Dave Cianelli.

"We have one goal and that is to be the best in the BIG EAST," Cianelli said. "The fact that our conference is one of the strongest nationally will automatically put us at a top level nationally if we achieve our goal. We plan to accomplish this goal by recruiting and developing better and better talent."

As the new director, Cianelli will oversee all aspects of both the men's and women's programs for cross country and track & field, in addition to supervising four assistant coaches and a graduate assistant. Cianelli's staff includes cross country coaches Ben Thomas and Mary Jayne Harrelson, Terry Winston, who will oversee the sprinters, and Greg Jack, who will work with the throwers. Cianelli will also be responsible for coaching the multi-event performers during the track season, in addition to his duties as director.

"My role with the cross country team is to facilitate the coaches in their jobs in order to develop the program to the highest level," Cianelli said.

Cianelli is no stranger to coaching or the sport of cross country, as he comes to Tech after serving as the women's cross country and distance coach for the last five years at Southern Methodist University. Cianelli maintained the program's records and assisted with meet management and administrative functions while at SMU, in addition to serving as the SMU Cross Country Invitational meet director each September in Dallas.

Among the standout athletes he coached at SMU was 1992 Olympic 200-meter quarterfinalist, Cameron Taylor of New Zealand, as well as several other All-American performers. During the 2000 season under the guidance of Cianelli, Tytti Reho won the 800-meter title at the NCAA Outdoor Championships in addition to four other All-American honors throughout her career.

While at SMU, Cianelli worked with 19 Olympic and World Championship competitors, 27 NCAA individual champions, 123 All-Americans and 95 individual conference champions. From a team standpoint, in 1995 the men's and women's cross country teams both captured the Southwest Conference title and competed at

the NCAA Championships. In total during his 13 years with SMU, the men's and women's teams finished in the top 10 nationally 15 different times.

Prior to his tenure at SMU, Cianelli was the assistant women's cross country and track and field coach at Cal Poly-San Luis Obispo from 1985-88. His cross country teams captured the NCAA Division II National Championship three consecutive seasons starting in 1985. The women's outdoor track team also finished as the runner-up at the NCAA II Championships three years in a row. Individually, Cianelli coached one NCAA champion as well as 13 All-Americans during his four years.

Cianelli's coaching career began at San Marcos High School in Santa Barbara, Calif., where he was the head track and field coach from 1982-84. During his three years, he coached seven junior national qualifiers in the heptathlon and decathlon. One of those individuals, Dori Tressler, was a two-time Mt. SAC Relays champion and still holds the prep record at the event with a score of 4,917 points.

Cianelli earned a bachelor's degree in physical education at Bowling Green in 1977. While at Bowling Green, he competed in sprints, the long jump and decathlon. He received his master's in physical education from Cal Poly-SLO in 1988. A native of Bethesda, Md., Cianelli attended Bethesda-Chevy Chase High School.

Cianelli and his wife, Ellen, have two children, a daughter Mariah (5) and a son Sebastian (1).

"What attracted me to Blacksburg and Virginia Tech was the fact that there was a tremendous amount of support from the community for the university and that support runs both ways," Cianelli said.

Program Accomplishments with Coach Cianelli

SMU

- Eight top-10 finishes at the women's NCAA Track and Field Championships
- Seven top-10 finishes at the men's NCAA Track and Field Championships
- 1995 SWC men's and women's cross country champions
- 1995 NCAA women's cross country championships - 15th
- 1995 NCAA men's cross country championships - 21st
- Individual achievements — 19 Olympic and World Championship competitors ... 27 NCAA Champions ... 123 All-Americans ... 95 conference champions

Cal-Poly-SLO

- 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 1985-87
- CCAA women's outdoor track conference champion 1985-88
- Individual achievements — one NCAA Division II Champion ... 13 All-Americans



Ben Thomas

CROSS COUNTRY COACH

A familiar face has returned to the Virginia Tech cross country program as the new cross country coach for the men and women. Former Tech cross country and middle distance runner Ben Thomas is back at his alma mater to join the director of cross country Dave Cianelli on the track and cross country staff. Thomas has seven years of collegiate coaching experience to go with his five years of college running background, giving him the promising traits to guide the Tech squads to new levels in the BIG EAST and NCAA ranks.

"It's a dream come true," Thomas said. "This is where I decided I wanted to coach and it's a real blessing to be back in Blacksburg."

Thomas is in charge of both the men's and women's distance and cross country runners and will be assisted by a former athlete of his, Mary Jayne Harrelson. Thomas' goals for the team are right in line with the rest of the program's goals and include rising in the ranks of the BIG EAST and making an impact at the NCAA level.

"We want to take the program from where it is and improve through recruiting top athletes," Thomas said. "The entire staff has the goal of reaching the top three in the next couple of years and we all have had success at the conference level."

Thomas has had his share of coaching success at the conference level and beyond during his experience. Thomas came to Tech after a short six-month stay at the University of Georgia where he served as the coach for men's and women's distance events.

Prior to his time at Georgia, Thomas served as the head men's and women's cross country and track coach at Brevard College in North Carolina during the 1999-2000 season and fall 2000 season. While at Brevard, Thomas was named NAIA Region XII Coach of the Year in 1999 after leading the Brevard College men's cross country team to the 1999 NAIA Region XII Championship 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 were 14th. He also guided four All-Americans, including three-time NAIA national champion Alexis Sharangabo to a cross country title and two track national championships.

The four years previous to his tenure at Brevard, he held the women's cross country coach and assistant track coach position at Appalachian State University. From 1995-1999,

Thomas' Coaching Accomplishments

- Two-time NCAA Champion
- Three-time NAIA National Champion
- Cross Country World Championships Qualifier
- 1999 NAIA Region XII Coach of the Year
- 1999 NAIA Region XII Team Champion
- 1996, 1998 & 1999 N.C. Collegiate Team Champion
- 1996 Southern Conference Team Champion
- 1996 Southern Conference Coach of the Year



Thomas coached several all-conference performers including his most successful athlete, Mary Jayne Harrelson, the 1999 and 2001 NCAA 1,500-meter NCAA champion. Harrelson also earned top-six finishes in the 800 and 1,500-meter runs at the 2000 U.S. Olympic Trials while under the guidance of Thomas. The ASU women were Southern Conference champions in 1996 and North Carolina Collegiate champions in 1996 and 1998 under Thomas.

Before Thomas entered coaching as a full-time profession he served as the head cross country and track coach at Blacksburg High School in Blacksburg, Va., for one year. He began his coaching career as the assistant track coach at E.C. Glass High School in Lynchburg, Va., where he coached for two years.

Thomas knows Tech and Blacksburg well, having spent his career as an athlete in the Hokies' uniform. While at Tech, Thomas primarily competed in the 800 and 1,500. He was an all-conference performer in the 800 in 1992 and holds the record in the Draper Mile, a local road race. He graduated from Tech in 1992 earning a bachelor's degree in English and communication studies. He then continued his education, earning a master's in education from Lynchburg College in 1999. Thomas is a native of Lynchburg, Va., where he attended E.C. Glass High School.

"I'm ecstatic," Cianelli said. "Ben represents one of the best young coaches in the country and he has proven his ability to develop athletes to elite levels. The fact that he is also a Virginia Tech alumnus and a native of Southwest Virginia makes Ben a perfect fit for our program."



Mary Jayne Harrelson

ASSISTANT CROSS COUNTRY COACH

Joining the Virginia Tech cross country staff is the newly named assistant coach Mary Jayne Harrelson. The North Carolina native begins her first year as a full-time distance coach but has plenty of experience and accolades as a runner. Harrelson joins the Tech program after a remarkable career at Appalachian State University where she won two NCAA titles at the 1,500-meter distance, was a six-time All-American and was a top-six finisher at the Olympic Trials in two events. Harrelson was coached by current cross country coach Ben Thomas and knows his system well. She also served as a volunteer assistant coach for Thomas at the University of Georgia beginning in May of 2001.

"She will bring high energy and enthusiasm to the team," Thomas said. "She is all about the team and has been at the top level."

One of Harrelson's most recent accomplishments came at the 2001 Outdoor Championships when she became only the second woman ever to win two NCAA 1,500-meter titles. She



was also recently named the NCAA Woman of the Year for the state of North Carolina and finished fourth at the 2001 World University Games in the 1,500. In 2000, she made the finals in two events at the U.S. Olympic Trials, earning fifth in the 1,500 and sixth in the 800. She was named the Southern Conference Female Athlete of the Year in 1999 and 2001 and was a 23-time conference champion. She was also third at the USATF indoor championships in the mile that year. Harrelson has competed at the World Cross Country Championships at the 4k distance and the World University Games twice. She has also been a runner-up at the NCAA Championships on two occasions and was an NCAA All-American in cross country in 1999.

Her personal records include a 4:07.37 1,500, a 4:34.14 mile and a 2:02.35 800 and she is only in her fourth year of competitive running. Harrelson's personal goals include a spot on the 2004 Olympic team at either the 1,500 or 5,000-meter distance.

"It's encouraging because in high school she ran times much like the women on the team and look at what she accomplished," Thomas said. "This is a great time for her to begin coaching but her goals for the future include a spot on the World Championship team and the Olympic team."

Harrelson graduated from Appalachian State in 2001 with a bachelor's degree in criminal justice.

Harrelson's Highlights

- 2000 Olympic Trials - 5th in 1,500; 6th in 800
- 2000-01 NCAA Woman of the Year for North Carolina
- 3rd place at USATF indoor mile in 2000
- NCAA Champion in the 1,500-meters, 1999 & 2001
- NCAA Runner-up in the 800, 2001
- NCAA Runner-up in the mile, 1999
- 4th-place at World University Games 1,500 in 2001
- Two-time Southern Conference Female Athlete of the Year
- Four-time NCAA All-American as a junior
- 2000 World Cross Country Championships Qualifier, 4k

SUPPORT STAFF



Ashley Marshall
Graduate Assistant



Katie Hocter
Trainer



Diane Price
Secretary



Denie Marie
Facilities Manager
(Field House)



Richard Skopal
Sports Information
Cross Country Contact

2001 Men's Outlook

Many Changes Have Surrounded the Tech Men but the Hokies' Determination to Succeed Remains

After the landmark move to the BIG EAST Conference last season, the Virginia Tech men's cross country program has seen another major restructuring, this time within its own walls. An entirely new coaching staff will now guide the Tech squad toward its goals in its relatively new conference.

Tech's new coaching staff includes director of cross country Dave Cianelli, cross country coach Ben Thomas and his assistant Mary Jayne Harrelson. Although the changes are significant the most important aspect, the athletes, remains the same.



"The team has discipline and I want to continue that," Thomas said. "The workouts and philosophy will be different, but I know I can work well with this group."

Last season the men's squad finished eighth at the conference championships and even though the team is relatively young, the plans are to improve on last year's performance. The men will also look to continue their five-meet home unbeaten streak from the past two years through the first two competitions of this season.

The squad welcomes the return of last season's MVP, Paul Hayes, for his final season in orange and maroon. Hayes, an experienced veteran, will be looked to for leadership on and off the course. Joining Hayes as returning front runners are junior Kevin Rhue and sophomore Josh Davis. Rhue consistently ran in the top five last season and Davis, last year's rookie of the year, will be vying with Hayes and Rhue for the top spot this season.

Adding to the depth of the squad is junior Pete Lindner, redshirt sophomores



Matt Thomas and Jason Hettenbaugh and sophomores Casey Frazier and Josiah Oliver. All four runners shared time in the top seven last season and will need to once again provide the support for a successful team. Adding to the experience level is Jeremy Lowery, a junior transfer from Ashland University.

This year's freshman class is one of the most impressive in recent years and brings the promise of an exciting future for the cross country team. L.A. Snead, Patrick Bringardner, Justin Skaare, Michael Lawson and David Atkiss lead the new class and should all be in the mix for the top seven positions. Snead, Bringardner and Skaare were all sub 4:20 milers in high school in addition to their successful cross country seasons. Lawson and Atkiss also carry impressive resumés into their first season at the collegiate level.

"There is a good mixture of senior leadership and youth on this team," Thomas said. "The freshmen coming in have talent, giving us the ingredients to have depth and leadership on this year's team."

The Hokie men begin their season with the traditional competition against former Hokie runners at the Alumni Meet and then remain at home for the second meet of the season, the annual Virginia Tech Invitational.

The Hokies then return to the Greensboro Invitational where they placed third two years ago. The Tech men then travel to the exciting pre-national meet at Furman University for what will likely be the best competition of the season for the squad. The end of October marks the championship season, beginning with the BIG EAST Championships and is followed by the NCAA District III Championships and the NCAA Championships.

The relatively young men's team will face many challenges during the course of the season, but with a new style of guidance and plenty of talent on their side, the Hokies will be ready to show they belong.

"I think we have some excellent leaders on this team and the freshmen are also eager and willing to work hard," Thomas said. "We can be good by the end of the year and really good next year."

2001 Women's Outlook

The Tech Women are Poised to Make an Impact as the Program Continues to Improve



For the second season in a row the Virginia Tech women's cross country team will face some major changes, however, the core of the squad, the runners themselves, are as strong as ever. With a completely new coaching staff, the Tech women enter the year with a new and optimistic horizon awaiting them. This season marks the second year of competition in the BIG EAST. After placing seventh last year and with the return of six of the eight that competed in the event last year, the opportunity for improvement is very realistic.

"If we get some consistency and the seniors improve on last year's performances, then the chance for improving is almost certain," said coach Ben Thomas.

Tech's new coaching staff includes director of cross country Dave Cianelli, Thomas, who is the cross country coach and his assistant Mary Jayne Harrelson. Although the staff is completely different, the runners at the front of the pack are the same faces. Led by the return of last season's top two performers, Stacey Vidt and Chelsea Alverson, the team is poised for big things in 2001.

Vidt, a junior, was named the most

valuable performer for the second straight season as a sophomore and enters her third year with plans of continuing that trend. Senior Alverson was last season's coach's award winner and is one of the team's most consistent runners. This tandem should once again lead the way along with the team's most experienced runner, fifth-year senior Cas Sadosky.

Sadosky is one of the team's top middle distance runners but has transitioned well over the years to become a valuable top seven performer. Joining her and Alverson in the senior leadership role are team veterans Kelly Repair and Dayna Friedman. Repair has seen action in the team's top seven on many occasions and Friedman was a Division



II All-American in track two years ago while attending Lewis University.

"The primary concern for the team is coming together as a team and the younger runners will look to the senior leaders," Thomas said. "I will look to the seniors as assistant coaches in a lot of ways."

Two more of Tech's upperclassmen who have seen plenty of action over their first two years are Michelle VanHorn and Kim Milbourn. These two juniors have been very valuable during the previous two seasons and will continue to make an impact during the 2001 season. Tech also has a solid corps of sophomores that will add considerable depth to the team. Holly Hunter, Ashley Etue, Karen McGrath, Stephanie Malone and Martha Drinkard all saw action in several meets last year and should see plenty more this season.

For years Tech's freshman classes have provided front running talent and this year that tradition is likely to continue. Jessica Morris, Michelle Cullum, Jessica Hammack and Annie Carobine are among the group that will be vying for spots in Tech's top seven.

"There is a big range of talent with the freshmen and it is going to be a big adjustment," Thomas said.

"It will be a year for learning how to compete at this level for the freshmen and hopefully they can surprise some people."

As usual, the season begins with the annual challenge against former Hokie runners at the Alumni Meet and is followed by the second home competition of the season, the Virginia Tech Invitational. In late September the Hokies head south to the Greensboro Invitational where the team placed second in 1999. The Tech women then travel to the pre-national meet at Furman University for what may be the best competition of the season for both teams. At the end of October, the attention will be turned to the championship portion of the season, which includes the BIG EAST Championships, the NCAA District III Championships and the NCAA Championships.

Last year's youthful team is now a squad of veteran runners who are poised to make an impact in the 2001 season.

"These runners wouldn't be at Tech if they didn't want to compete at the highest level," Thomas said.



This VIRGINIA CROSS



is GREAT COUNTRY



Meet the Hokie Men



Josh Davis
Sophomore
Chambersburg, Pa.
Chambersburg Area
H.S.

Has moved into the role of one of the team's top runners after an outstanding freshman season.

2000-01: Stepped up quickly in his first season and earned team rookie of the year honors ... Showed his consistency by placing in Tech's top five in every race of the season ... Best finish came at the Virginia Tech Invitational where he was fifth ... Set a personal record of 25:15 at the Disney Classic ... Finished in the top 50 at both the BIG EAST and IC4A Championships ... Ran a 15:21.23 in the 5,000 while redshirting the indoor season ... Redshirted the outdoor season.

High School/Other: Only competed in one year of cross country but managed to place 14th in the state and get named to the Chambersburg Cross Country Hall of Fame ... Earned one varsity letter for Coach John Ambrosio after playing soccer his sophomore and junior years of high school ... A three-time state medalist and letterwinner in track ... Took ninth in the 3,000 at the Penn Relays and is the school record holder at that distance with a time of 8:47 ... Enrolled in engineering.



Casey Frazier
Sophomore
Woodbridge, Va.
Woodbridge H.S.

Surprised some people with a strong freshman season and looks to continue that trend into the 2001 season.

2000-01: Was one of just three members of the team to complete all eight competitions during the season ... Recorded four top 15 finishes ... Best performance was an 8k personal record of 25:32 at the Disney Classic ... Held the fastest times for Tech in the 3,000 and 3,000 SC during outdoor track ... Claimed fifth at the CNU Invitational and 15th at the BIG EAST Championships in the steeplechase.

High School/Other: A four-year letterwinner in cross country, indoor and outdoor track while at Woodbridge H.S. ... Earned all-state honors as a member of the 4x800 team for Coach Jim Rodgers ... All-district and all-region in cross country, mile and two mile during junior and senior years ... Enrolled in architecture.



Paul Hayes
Senior
Dillsburg, Pa.
Northern H.S.

Enters his senior season as a proven leader and front runner with his eyes on all-conference and all-district honors.

2000-01: Was the team leader and MVP during Tech's first season in the BIG EAST ... Was the Hokies' top finisher at both the BIG EAST Championships and the NCAA District III Championships ... Best finish of the season came at the Disney Classic with a personal record of 24:47, which was good for third ... Placed in the top five on three occasions during the season ... Ran a 2:58 1,200 leg on the school record setting DMR that placed 10th at NCAAs during indoor ... Won the 1,000 at the Pepsi Invitational, defeating two All-Americans on his way to a 2:25.93 ... Took second in the 1,000 at the BIG EAST Championships during indoor and fourth in the 800 during outdoor ... Won the UNCC Invitational with a 1:50.84 in the 800.

1999-2000: Proved to be one of Tech's top middle distance track runners as well as one of the Hokies' strongest cross country runners ... Earned all-conference honors after a 10th-place finish at the A-10 Championships ... Finished in the top 10 on four occasions including fifth at the Tech Invitational and the Ohio Invitational ... Enjoyed his best indoor track season by winning the conference title in the 1,000 and running on the victorious 4x800-relay team ... Also placed fourth in the 1,000 (2:25.09) at IC4As to help Tech to a second-place finish.

1998-99: Twice named A-10 rookie of the week ... Placed in the top 10 in three of the Hokies' meets ... Named Tech's rookie of the year ... Had an outstanding track season highlighted by a win in the 1,500 at the outdoor conference championships with a time of 3:54.29 ... Placed third in the 1,000-meters at the A-10 Indoor Championships and eighth at the IC4A finals ... Posted the team's top time in the 1,000-meters ... Anchored the conference indoor champion 4x800 relay team.

High School/Other: Mid-Penn conference champion at Northern High School ... Placed 15th in the Pennsylvania state meet ... Conference champion in the 800 in outdoor track ... Earned 10 letters in 10 seasons including two as a member of the soccer team ... Named *Carlisle Sentinel* Runner of the Year ... Majoring in marketing.



Kevin Rhue

Junior
Virginia Beach, Va.
Princess Anne H.S.

Steps into a leadership role as a third year veteran with proven success.

2000-01: Continued to make an impact as one of Tech's front runners during his second season ... Ran a career-best of 24:54 at the Disney Classic to finish third ... Ran in Tech's top five on five different occasions ... Finished in the top six three times ... Ran the fastest 1,500 of the outdoor season with a 3:50.80 performance ... Claimed ninth in the 1,500 at the conference championships ... Captured third at the UNCC Invitational in the 1,500 and fifth in the 800 at the CNU Invitational during outdoor ... Took fourth in the 1,000 at the Last Chance Meet.

1999-2000: Earned A-10 rookie of the week honors after taking third at the Ohio Invitational in a personal-best time of 25:33 ... Was a member of Tech's top five at six different meets ... Had a breakthrough race in the mile at the A-10 championships indoors by taking third with a 4:12.38 and qualifying for IC4As ... Was the team's top miler and second best 1,500 and 1,000 runner during the track seasons.

High School/Other: A three-year letterwinner, three-time team MVP and three-time captain for Coach Joseph Panchik at Princess Anne H.S. ... Earned all-district and all-region honors three times and all-state one year ... Was district and regional champion and state runner-up in the 1,000 with a personal-best of 2:29.89 ... Two-time state runner-up in the 1,600, recording a personal-best of 4:14 ... Named 1999 Virginia Beach Sports Club Athlete of the Year ... Won the 1998-99 Orval Auhl Memorial Award for excellence in athletics and contributions to the community ... Enrolled in finance.



Jason Hettenbaugh

r-Sophomore
Lima, N.Y.
Honeoye Falls-Lima

The team will rely on this talented runner for his front running ability and leadership this season.

2000-01: Competed in three meets during the year after a late start due to an early season injury ... Earned a spot in the top seven with a 16th place at the Hall of Fame Invitational, which was the first race of his season ... Ran a season-best of 26:34 at the BIG EAST Championships, just his second meet of the season ... Took 19th in the 3,000 SC at the BIG EAST Championships ... Qualified for IC4As in the 1,000 with a time of 2:29.08.

1999-2000: Redshirted his first season of cross country at Tech ... Proved his ability during the outdoor season by placing second at the A-10 Championships in the steeplechase (9:16.00) and qualifying for IC4As at the same time ... Qualified for IC4As indoor in the 1,000 with a 2:29.25 performance ... Held times in the team's top three in the steeplechase, mile, 1,500 and 1,000.

High School/Other: Named all-county three years and all-section for a second-place finish one year ... Earned three letters at Honeoye Falls-Lima High School under Coach Bernie Gardner ... Competed in Nordic skiing, also known as cross country skiing ... Finished fourth at the New York state meet his senior year ... Competed for Mid-Atlantic Junior National Ski Team in Alaska in 1999 ... New York state meet runner-up in 1998 ... Qualified for Junior Nationals with a 9:39 in 1998 ... Two-time Section Five champion in the 1,600 and 3,000 steeple ... Majoring in education.



Jason
Hettenbaugh



Matt Taylor

r-Senior

*Colonial Heights, Va.
Thomas Dale H.S.*

Returns to the line-up as a fifth-year senior who brings leadership, speed and experience to a young team.

2000-01: Did not compete during the cross country and track seasons.

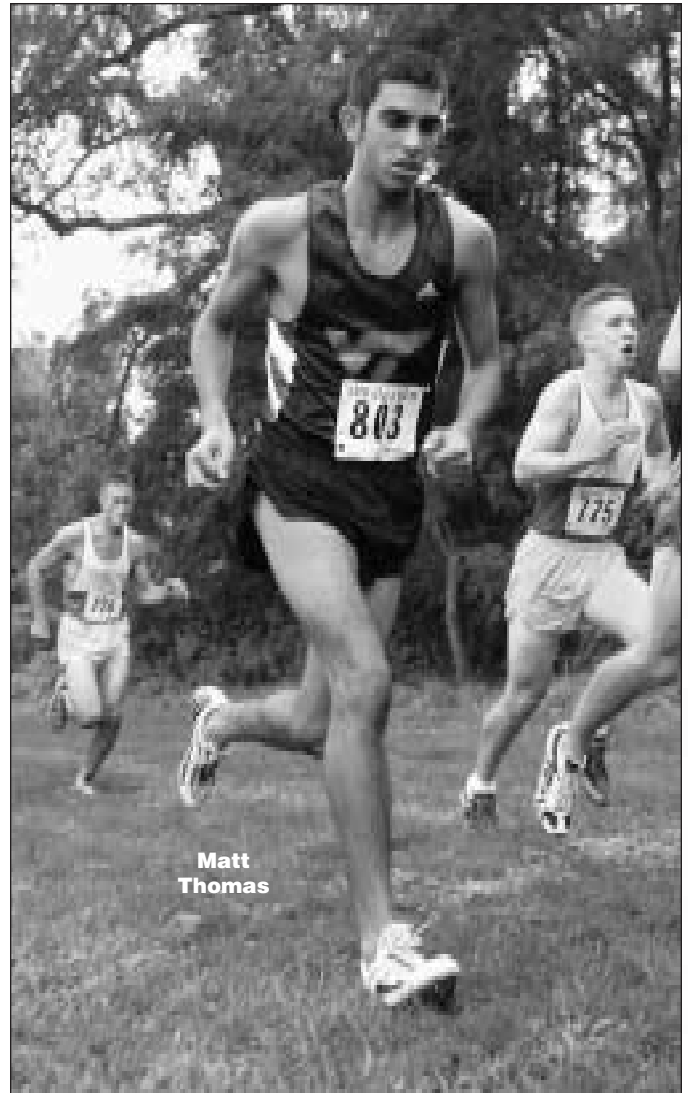
1999-2000: Finished eighth at the Virginia Tech Invitational with his season-best time of 26:38 ... Recorded top 20 finishes three times ... Redshirted the outdoor track season but performed well during indoor ... Was a member of the all-conference team indoors twice after his win in the 800 and his anchor leg on the victorious 4x800 relay at the conference championships ... Was a member of Tech's three fastest relays in the 4x800 and DMR.

1998-99: Earned a letter as a freshman by placing in the top seven in Tech's first three meets ... Best finish was ninth at the Virginia Tech Alumni Meet ... Best time came at the Virginia Tech Invitational where his 26:35.8 was good for a 16th-place finish ... Was an important contributor in the middle distances in track.

High School/Other: A four-year letterwinner at Thomas Dale High School where he qualified for the state meet three times ... Named team's most valuable performer ... Earned all-state honors in outdoor track ... Has graduated and is working toward a Masters of Business Administration.



Matt Taylor



Matt Thomas

Matt Thomas

r-Sophomore

*Sewickley, Pa.
Quaker Valley H.S.*

Will be looked upon to bring the intensity into his second season that earned him a letter during his first season of cross country.

2000-01: Came from nowhere to capture seventh at the Virginia Tech Invitational for his highest finish of the season ... Ran in Tech's top seven in five of his six meets during the season ... Best time came at the Disney Classic with a 26:14 ... Missed the 2001 track season while he served in a cooperative education position.

1999-2000: Redshirted the season.

High School/Other: Only ran senior year for Coach Dave Noyes while at Quaker Valley High School ... Finished 9th in WPIAL Championships and 25th in PIAA State Championships ... In track finished third in the district and 10th in the 3,200 ... Earned the scholar athlete award during senior year ... Also played soccer and basketball ... Enrolled in engineering.

MEN'S TEAM NEWCOMERS



David Atkiss

*Freshman
Hatfield, Pa.
North Penn H.S.*

Has impressive range from 800 to 3,200 and big meet experience which will help his transition to collegiate racing.

High School/Other: Two-time third place finisher at the PIAA state cross country championships while attending North Penn High School ... Three-time letterwinner and senior captain for Coach Ron Jaros ... Two-time North Penn booster club and *North Penn Reporter* MVP ... Has a 5k personal record of 15:36 and the Neshaminy H.S. course record of 15:39 ... First team all-league three straight years ... Nike National Championship and indoor state champion at 4x800-relay in track... A 2001 All-American in the 4x800 ... League champion in the 3,200 ... Enrolled in management information systems.



Patrick Bringardner

*Freshman
Gettysburg, Pa.
Gettysburg Area H.S.*

A talented high school runner who will be looked upon to make a quick transition to the collegiate level.

High School/Other: Three-time state qualifier and once an all-state performer in cross country ... Mid Penn Conference and District III champion ... Has a personal record of 15:56 ... Bull Run Invitational and State College Invitational winner ... Lettered four times in cross country and track for Coach Jack Harbaugh Earned fifth place in the 1,600 at the state competition ... Holds the Gettysburg Area H.S. 1,600 school record with a 4:18.4 ... Team MVP for three years in track and cross country ... Enrolled in university studies.

Student Population at a Glance

Virginia Tech is a comprehensive university with diversity in programs, faculty and staff, and its student body.

The most popular majors for incoming freshmen in the fall of 2001 are: university studies, general engineering, computer science, biology, business, communication studies, business information technology, animal and poultry sciences, architecture and psychology.

Seventy countries and 44 states (plus Washington D.C., the Virgin Islands and Puerto Rico) are represented in the Tech student population. Fifty-nine percent of the student population is male and 41 percent female.



Michael Lawson

*Freshman
Foster, R.I.
Ponaganset H.S.*

Has proven he can run well in big meet situations and has promise to develop into a top performer at the college ranks.

High School/Other: A first team All-New England, all-state, all-class and all-division performer for Coach Jim Caron ... Led Ponaganset High School to a third-place team finish with a fifth overall at the New England Championships ... Earned letters in each of his four seasons of cross country ... Rhode Island state indoor track champion in the 3,000 (8:50) ... Three-time state runner-up in the 3,000 during outdoor track ... School MVP in cross country and track ... Enrolled in engineering.



Justin Skaare

*Freshman
Mechanicsburg, Pa.
Cumberland Valley H.S.*

Will add to the group of incoming runners with the potential to make a significant impact in his first season.

High School/Other: All-county team member and two-time letterwinner for Coach Steve Koons in cross country ... District Champion and sixth-place finisher at the state meet with a 4:18 in the 1,600 ... Anchored All-American DMR team ... A member of the Cumberland Valley H.S. 4x800 team that were state runners-up, district champions, sixth at Penn Relays and fifth in the nation with a 7:43 time ... Two-time member of the *Sentinel* all-track and field team ... Also played soccer as a freshman and sophomore ... Enrolled in psychology.



Leonard (L.A.) Snead IV

*Freshman
Burke, Va.
James W. Robinson H.S.*

Should be one to watch in his first season after an impressive high school career.

High School/Other: Was a three-time all-state cross country performer for Coach Jeremy Workman at the well recognized J.W. Robinson High School program ... Two-time district champion and three-time letterwinner ... Helped team to a state title in 1999 with a 13th-place finish ... *All-Met* second team during junior and senior years ... Was a seven-time all-state and six-time district champion performer during indoor and outdoor track ... Placed second in the 1,600 at the indoor state championships in 2000 ... Holds personal records of 4:13.72 for 1,600 and 9:23.91 for 3,200 ... Also competed in swimming two years and was his senior class vice president ... Enrolled in engineering.

Meet the Hokie Women



Chelsea Alverson

Senior
Middletown, Va.
Sherando H.S.

Brings experience as one of Tech's top runners in her first three seasons, with the hopes of even bigger and better

things for 2001.

2000-01: Was one of the Hokies most consistent performers throughout the season ... Captured top five finishes in four meets during the season and was among Tech's top three in all eight competitions ... Best finish was a third at both the Virginia Tech Invitational and the Alumni Meet, while best time was an 18:00.85 at the Disney Classic ... Was Tech's top finisher at the conference championships and scored a top 30 finish at the NCAA Regionals ... Struggled with an injury during much of the track season ... Placed sixth at the Spring Gobbler Invitational in the 1,500 ... Competed at the outdoor conference championships on the ninth place 4x800-relay team.

1999-2000: Was a top five runner the entire season for the Hokies ... Placed in the top 10 three times and in the top 20 on three other occasions ... Ran a season-best of 18:39 at the Ohio Invitational ... Had her most successful track and field season as a Hokie during the 2000 season ... Broke the school record in the 1,000, finishing 14th at the ECAC championships with a time of 2:54.56 ... Placed third in the 1,500 at the A-10s ... Recorded personal records of 4:37.39 for 1,500 and 2:13.22 for the 800.

1998-99: Made quite an impact as a freshman by consistently running in the Hokies' top three ... Finished the season with seven top 20 performances including a third at the Virginia Tech Alumni Meet ... Best time of the season was an 18:57 at the NCAA regionals ... Named Tech's rookie of the year for the women.

High School/Other: Was all-district, all-region and all-state for Coach Bill Stewart at Sherando High School ... Helped lead Sherando to the 1997 Group AA state championship ... Placed 17th in the senior race of the Footlocker Championships ... Also earned all-district, all-region and all-state honors as a trackster at Sherando ... Selected as the team's most valuable runner as a junior and



a senior ... Named the *Winchester Star* Runner of the Year in 1997 ... Captured the district title in both the 400 and 800-meter events in 1997 ... Enrolled in hospitality and tourism management.



Martha Drinkard

Sophomore
Madison, W.Va.
Scott H.S.

A young runner who will gain more experience and post faster times in her second collegiate season.

2000-01: Competed in Tech's three home meets ... Earned 20th-place finishes at both the Alumni Meet and Virginia Tech Invitational ... Qualified for the BIG EAST Championships in the mile with a 5:26.24 at the Kroger Invitational ... Placed eighth in the 5,000 at the Virginia Tech Challenge ... Took fourth in the 5,000 at the Spring Gobbler Invitational and 11th in the 800 and the Coastal Carolina Invitational during the outdoor season.

High School/Other: Earned four letters in cross country and track for Coach John Porter while at Scott High School ... Qualified for state meet three straight years, finishing 11th in her senior year ... Was one of 10 seniors selected in W.Va., to participate in the Mid-East Cross Country Regionals ... Qualified for state meet in the 3,200-meters all four seasons with highest finish of seventh ... Holds school records in the 800, 1,600 and 3,200 ... Named most athletic senior ... Also played basketball during her freshman and sophomore year ... Enrolled in early childhood development.



Ashley Etue

Sophomore
Columbia, Md.
Wilde Lake H.S.

Despite her limited experience in collegiate cross country, looks to add depth to a veteran squad.

2000-01: Ran in two races as a freshman ... Placed in the top 15 with a season-best time of 20:57.39 in the Virginia Tech Invitational ... Enjoyed a solid rookie year in track, finishing sixth in the 1,000 at the Last Chance Meet while earning a second-best indoor team performance of 3:05.58.

High School/Other: A four-time letterwinner while at Wilde Lake High School for Coach Nora McPhee ... A member of the state championship cross country team ... An all-county performer ... Team captain and student athlete award winner for cross country ... Also won eight letters in outdoor and indoor track in addition to earning the student athlete award in both sports ... A member of the National Honor Society ... Enrolled in biology.



Dayna Friedman

*Senior
Tampa, Fla.
Lewis University*

No longer a newcomer, expected to make tremendous strides and bring consistency to a talented team.

2000-01: Competed in four meets in her first season at Tech ... Highest finish was 11th at the Virginia Tech Invitational followed one week later by a season-best 19:47.4 at the Great American Festival ... Ran consistently as a member of the 4x800-meter relay during indoor ... Placed 10th in the 800 at the Yellow Jacket Invitational in 2:17.92.

Lewis University: Was an NCAA Division II All-American in 1998 in the 800 ... Placed seventh in the finals of the 800-meter run at NCAAs ... Was a member of the Drake Relays champion sprint medley relay team in 1998 ... Holds personal records of 2:10 for 800 and 4:34 for 1,500-meters ... Took third-place in the 400-meter dash at the World Youth Games in Sweden in 1998. Was an NCAA Division II All-American after placing seventh in the 800-meter run.

High School/Other: State 800-meter champion and two-time regional winner while at Bartlett High School in Anchorage, Alaska ... Earned four letters for Coach Dennis Hall and was named Most Valuable Track and Field Athlete in 1997 ... Enrolled in family and childhood development.



Kim Milbourn

*Junior
Fairfax, Va.
James W. Robinson H.S.*

Brings experience as one of Tech's top returnees, with hopes for a record year.

2000-01: Continued her success as a Hokie, placing in the top 20 in four races during the season ... Her highest finish was fourth at the Alumni Meet ... Finished 12th in the Disney Classic with a season-best of 18:31.26 ... During indoor, placed 25th at the BIG EAST Championships in the mile ... Captured fourth in the 5,000 at the Virginia Tech Challenge while running 18:34.10 ... Held the top team performance in the 10,000 with a 37:59.74 at Raleigh Relays.

1999-2000: Joined with teammate Stacey Vidt to make up one of the most successful pairs of freshmen in team history ... Named the team's outstanding rookie performer last season ... Placed in the top 10 three times including a fifth-place finish at the Virginia Tech Invitational where she ran 18:41 ... Finished 21st overall at the conference championships ... Captured third in her first 10,000 on the track at the Atlantic 10 Championships ... Ran a personal record 18:08.42 in the 5,000 during outdoor track.

High School/Other: Was part of a successful program in high school earning three letters at James W. Robinson High School under the guidance of Coach Jeremy Workman ... Finished 10th in the Junior/Senior race at the FootLocker Regionals ...

Was an important member of the 1997 state championship team ... Named an All-Met honorable mention in 1997 ... As a track runner she possessed range from the 800 to the 3,200 ... Earned All-American honors for a second-place finish in the DMR at the indoor national scholastic meet ... Was a member of the 1997 indoor Virginia State 4x800 championship relay ... Finished 12th in the 3,200 in outdoor track at the state meet, ending the season with a top time of 11:19 in that event ... Was a member of the National Honor Society ... Majoring in human services.



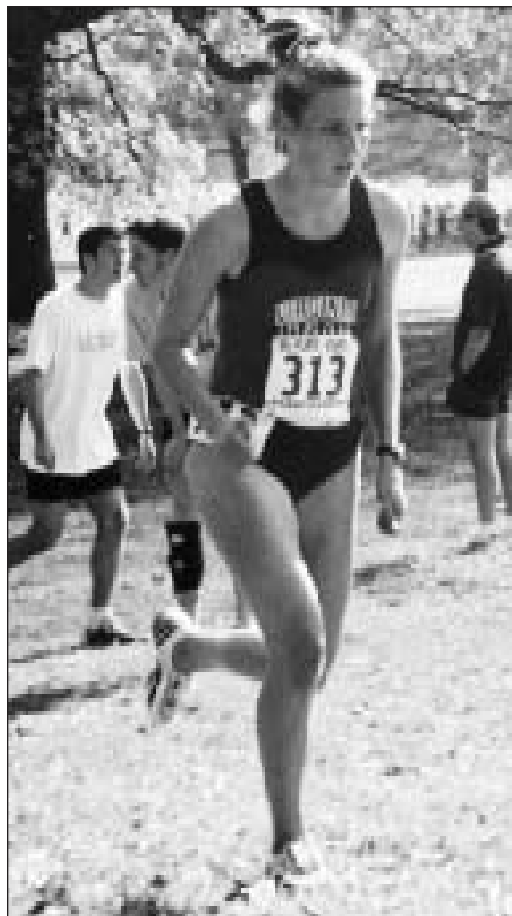
Holly Hunter

*Sophomore
Fairmont, W.Va.
East Fairmont H.S.*

Will be looked to as one of the team's top runners in just her second season.

2000-01: After an injury-plagued start, Hunter made an immediate impact as a rookie ... Placed in Tech's top seven in each of her races and as a top five performer three times ... Highest finish was 12th at the Hall of Fame Invitational ... Earned another top 15 performance with a season-best 18:32.96 at the Disney Classic ... Held the best outdoor performance on the team in the 3,000 with a time of 10:40.97 at Sea Ray Relays ... Captured fourth in the 800 at the CNU Invitational.

High School/Other: Was a state cross country champion in three of her four high school seasons ... Was a four-year letterwinner and four-time NCAC Runner of the Year for Coach Sallie Hunter ... Top performance at the 5k distance is 18:21 and is the owner of several course records in her home state ... State champion and undefeated in four years of high school track ... Holds state records in the 800 (2:17), 1,600 (5:02) and 3,200 (11:04) ... A Wendy's High School Heisman State finalist, All-South Footlocker cross country runner, and senior athlete of the year at East Fairmont ... Was also an all-state swimmer in several events ... Enrolled in human nutrition and foods.





Jessica Morris

Freshman
Coatesville, Pa.
Great Valley H.S.

Has a strong athletic background but lacks cross country experience.

High School/Other: Did not compete in cross country but has several years of track experience ... Team captain for Coaches Michael Kelley and Paul Hadzor while at Great Valley High School ... League champion in the 3,200 and runner-up in the 1,600 and 800 during senior year ... First team all-league three seasons ... Earned three letters and three outstanding distance runner honors ... Personal records include 3,200 (11:26:8); 1,600 (5:19); 800 (2:20) ... National qualifier in the 4x800 ... Was a standout soccer player and swimmer during all four seasons of high school competition ... Enrolled in economics.



Kristin Reedy

Sophomore
Hampton, Va.
Bethel H.S.

Has limited cross country experience but plenty of talent.

2000-01: Redshirted the cross country season ... Recorded the second fastest time of the indoor season in the 500 with a 1:23.40 mark ... Placed 13th in the 800 at the Spring Gobbler Invitational ... Ran the 800 leg on Tech's two fastest sprint medley relays.

High School/Other: District and regional champion in both the 1,600 and 1,000 while attending Bethel High School ... Was a two-year captain for Coach Eddie Williams ... Placed eighth at the state meet in the 500 during indoor and the 800 during outdoor ... Has a personal record of 3:03.4 in the 1,000 ... A team MVP and was the first-ever from her high school to advance to the state meet in cross country ... Enrolled in biology.



Kelly Repair

Senior
Natural Bridge, Va.
Rockbridge County H.S.

Enters her senior season as one of the Hokies most experienced runners and hopes to make her final campaign her best.

2000-01: Cracked a spot as a top seven runner in two meets as a junior ... Placed a season-high 10th at the Virginia Tech Invitational ... Competed in the Disney Classic with a season-best 18:49.25 ... During the indoor season, finished fifth at the Virginia Tech Challenge in the 5,000 ... Set a personal record of 39:49.36 in the 10,000 at Raleigh Relays.

1999-2000: Followed up her solid rookie season with another year as a key player in the Tech top seven ... Recorded two top 15 finishes, each coming on Tech's home course ...



Ran a season-best time of 19:25 at the Ohio Invitational ... Came on strong late in the season with performances good enough for the team's top seven ... Took fourth-place in the 5,000 at the Spring Gobbler Invitational ... Placed 11th in the 5,000 at the A-10 Championships in both indoor and outdoor track.

1998-99: Competed in every Tech race of the season in her freshman year ... Best finish came at the Virginia Tech Alumni Meet with a 19:53.1, which was good for seventh ... Ran a 19:31.0 at the Clemson Invitational for a season-best.

High School Other:

Was a two-year letterwinner for her father Jon Repair at Rockbridge County High School ... Earned most valuable runner honors two straight years ... Earned all-district, all-region and all-state honors ... Placed fourth in the 1997 Virginia Tech High School Invitational ... Also earned three letters each in indoor and outdoor track ... Student athlete advisory committee representative ... Majoring in political science.



Cas Sadosky

r-Senior
Charlotte, N.C.
Henderson H.S. (Pa.)

Will guide the Hokies to new levels as the team's veteran fifth-year senior.

2000-01: Earned top 10 finishes in three meets during the season ... Set a personal record of 18:46.07 at the Disney Classic ... Ran the 800 leg on the school record-setting and NCAA provisional qualifying distance medley relay ... Was a finalist in the 800 at the BIG EAST Championships during indoor ... Qualified for ECACs in the 800 during indoor and was the top team performer in the 1,000 with a 2:57.19 ... Claimed fifth in the 400 at the Spring Gobbler Invitational ... Earned top team honors in the 800 with a gutsy performance of 2:12.43 at the Sea Ray Relays.

1999-2000: Recorded a season-high finish of eighth-place at the Virginia Tech Invitational ... Ran a season-best of 18:55 to finish second on the team at the district championships ... Claimed a top 20 finish in four races during the season ... Enjoyed her best outdoor track season last year in the 800 ... Turned in a second-place finish with a near miss of the school record at the A-10 Championships with a time of 2:11.89.

1998-99: Surprised a lot of people with an impressive sophomore season ... Was among the Hokies' top five in every race of the season ... Best finish was fifth at the Virginia Tech Alumni Meet followed two weeks later by a best time of 18:53.3 at the Tech Invitational ... Placed in the top 15 in Tech's first four meets.

1997-98: Ran in only the Tech Alumni Meet during the cross country season ... In track, set the indoor school record in the 800-meters with a time of 2:14.49 for fifth-place at the Virginia Tech Last Chance Meet ... Placed ninth in the 800-meters at the Atlantic 10 Indoor Championships ... Placed seventh in the 800 event at the South Carolina Outdoor Invitational ... Registered the Hokies' third-best time of the season in the 1,500-meters at the Raleigh Relays.

High School/Other: Lettered four years in cross country for Coach John Hay at Henderson ... Served as team captain as a senior ... Proved to be the team's top runner three-consecutive years ... Also lettered in outdoor and indoor track four and three years, respectively ... Won the 800-meter event at the state outdoor meet as a senior in a time of 2:12 ... Grabbed top finishes in the 4x800, 4x400, 400 and 800-meter events at outdoor league meet ... Helped lead the team to the league outdoor title ... Finished third in the 800-meters at the state indoor meet ... Majoring in marketing.



Michelle VanHorn

Junior

Shenandoah Junction, W.Va.

Jefferson H.S.

Has performed consistently during her first two seasons and will be relied on for a third season in the top seven.

2000-01: Competed in all of Tech's eight meets with her best finish coming at the Virginia Tech Invitational where she was fifth ... Ran a personal record of 19:00 at the Hall of Fame Invitational ... Added strength to the 800 conference relay team during indoor and outdoor ... Captured a top 15 performance at the Last Chance Meet in the 800 ... Victorious in the 800 at the Christopher Newport Invitational with a time of 2:15.07.

1999-2000: Came up big in her first collegiate meet placing in the top 15 ... Ran a season-best of 19:42 at the Alumni Meet ... Ran in five of Tech's meets, breaking the 20 minute barrier

twice ... Placed ninth in the 1,000 at the A-10 Conference Indoor Championships ... Ran a leg on the bronze medal winning 4x800-relay at the outdoor conference championships.

High School/Other: Coach Bob Rizzo's top female runner at Jefferson High School ... Earned a position on the all-state team in cross country and track ... Named Outstanding Female Runner by the *Martinsburg Journal* her senior year ... Runner-up at the state meet in the mile during her junior season ... Named Jefferson High School's outstanding female track runner her junior and senior seasons ... Enrolled in horticulture.



Stacey Vidt

Junior

Allison Park, Pa.

Hampton H.S.

Enters her junior year after earning MVP honors during her first two seasons as a Hokie.

2000-01: Proved her ability and consistency once again as Tech's MVP for the second straight season ... Was the team's top finisher in five meets including a win at the Alumni Meet and a top 30 at the NCAA Regional competition ... Ran a cross country 5k personal record of 17:53.5 at the Great American Festival ... Established a Tech cross country record of 22:35 for the new 6k distance ... Qualified provisionally for NCAAs in the steeplechase with a school record performance of 10:59.35, which earned her fifth at the BIG EAST Championships ... Ran the 1,600 leg on the DMR that provisionally qualified for the indoor NCAA Championships ... Qualified for ECACs with a team-best of 17:34.08 in the 5,000 ... Also held times in the team's top three in the mile and 3,000.

1999-2000: In just her first season, Vidt was named the team's outstanding runner ... Earned a place on the all-conference team after taking ninth at the A-10 Championships ... Took second-place in the first cross country meet of her collegiate career, running a season-best time of 18:17.19 at the Alumni Meet ... Finished in the top 10 three times and the top 20 five times during the season ... Was the Hokies' top finisher at the conference and district championships ... Set a new school record in the mile (5:02.43) and was the top runner in the 3,000 (10:09.51) during indoor track ... Ran a personal record 17:47.66 to finish fifth at the Sea Ray Relays during outdoor.

High School/Other: Gave up soccer to become a cross country runner, earning two letters at Hampton High School ... Two-time member of all-state first team with a best finish of fourth coming in her junior year ... Twice the WPIAL champion and team MVP for Coach Tom Tobin ... Earned third-team all-northeast region honors for her 21st-place finish at the Foot Locker Regionals in 1998 ... Ran a personal best of 18:16 for 5K ... Was an outstanding track runner as well ... Holds four school records including a 5:05 in the 1,600 and a 10:55 for the 3,200 ... Picked up four letters and four MVPs in track ... Three-time WPIAL champion ... Placed fifth at the PIAA state meet in the 3,200 in 1999 ... Recorded a seventh-place finish in the mile at the prestigious Penn Relays her senior year ... Named female athlete of the year in 1999 for her high school ... Played soccer during freshman and sophomore years ... Member of the National Honor Society ... Majoring in human nutrition and foods.

OTHERS TO WATCH IN THE CROSS COUNTRY PROGRAM



Edward Altman III

Freshman
Midlothian, Va.
Clover Hill H.S.



Eric Callendar

r-Freshman
Springfield, Va.
West Springfield H.S.



Larry Gooss

r-Freshman
Glen Allen, Va.
Hermitage H.S.



Jeremy Lowery

Junior
North Canton, Ohio
Ashland University



Andrew Mandiville

Freshman
Cumberland, R.I.
Cumberland H.S.



Erik Necciai

Senior
Mt. Airy, Md.
Linganore H.S.



Josiah Oliver

Sophomore
Richmond, Va.
Governor's School for Government
and International Studies



Lindsey Ausherman

Freshman
Chambersburg, Pa.
Chambersburg H.S.



Annie Carobine

Freshman
Virginia Beach, Va.
Ocean Lakes H.S.



Michelle Cullum

Freshman
Williamsburg, Va.
Marine Academy of Science and
Technology



Jessica Hammack

Freshman
Chesterfield, Va.
Manchester H.S.



Stephanie Malone

Sophomore
Verona, Va.
Fort Defiance H.S.



Karen McGrath

Sophomore
State College, Pa.
State College Area H.S.



Tera Travis

Sophomore
Hampton, Va.
Bethel H.S.

2000 Season in Review

Tech's teams captured seven victories last season

The Virginia Tech cross country teams got things started for Olympic sports in BIG EAST championship competition last fall. Both teams expected to finish mid-pack as the women took seventh and the men were eighth at the conference championships. Two weeks later at the NCAA District III Championships, the women's team recorded its highest finish in over a decade with eighth place, while the men took ninth. At the season finale IC4A and ECAC championships the women recorded their best finish ever, ending up fourth as freshman Kristin Price led the team with an impressive fourth-place finish overall.

Both the men's and women's teams opened their seasons with perfect scores in a dual meet versus VMI. Stacey Vidt won the women's race, covering the two-mile course in 11:39.97. Mike Christman was the top men's finisher earning sixth place. In an unofficial competition, the men's alumni team beat the varsity for the first time, by one point.

At the Virginia Tech Invitational, both Hokie squads once again scored perfect in the field of five teams. Two new Hokies won their first races in orange and maroon as freshman Kristin Price prevailed in the women's race and Mike Christman was the best of the men's field.

In the third meet of the season, Tech competed at the Great American Festival in Charlotte, N.C., against many of the nation's top schools. The men were fifth while the women took

seventh. Paul Hayes led Tech in the men's race with a 36th-place-finish time of 25:22, while Stacey Vidt led the women's team with a personal record of 17:53, good for 24th-place.

The Hokies continued their winning ways at the Walt Disney World Classic in Orlando, Fla., as Tech won both the men's and women's races, scoring 30 and 33 points, respectively. Stacey Vidt once again led the women's team with a 17:53.5, third-place finish. Chelsea Alverson and Kristin Price also finished in the top 10. For the men, Paul Hayes set the pace taking third with a personal record of 24:52. He was followed by Kevin Rhue, who was fifth, and ninth-place Josh Davis.

The following weekend, on an ideal day for cross country, the Tech men's team remained perfect at home for the season, winning the Hall of Fame Invitational. Tech put together an impressive team performance with its top three runners finishing within two seconds of each other. Mike Christman led the way, taking fourth (first in the team scoring) with a time of 26:04.58. Paul Hayes and Kevin Rhue were close behind, in fifth and sixth, respectively.

The Tech women were a close second behind Liberty in the women's team race. Stacey Vidt was the first Hokie to cross the line,

taking second with a time of 18:12.29. Chelsea Alverson was fifth, Cas Sadosky took seventh, Leah McBride claimed eighth and Michelle VanHorn was 10th to complete the Hokie scoring.

The BIG EAST Championships took place in Boston, Mass., in late October as the women put up 248 points, 88 behind sixth-place Notre Dame. The men scored 220 points, just seven back from Connecticut for seventh-place.



Josiah Oliver was one of many young runners who contributed to the Hokies' success last year.

The Tech women were led by Chelsea Alverson's 38th-place finish, just ahead of teammates Stacey Vidt and Kristin Price, who also claimed top 50 performances with 49th and 50th, respectively. On the men's side, Paul Hayes led the Hokies, covering the course in 24:52 to finish in 28th-place overall. Mike Christman and Josh Davis also finished in the top 50 at 43rd and 49th. Boston

College took the women's team title, while Providence was the men's team champion.

At the NCAA District III Championships in Greenville, S.C., Stacey Vidt and Chelsea Alverson nearly broke into the top 25 and all-district honors with 29th- and 30th-place finishes, respectively. Both runners recorded times of 22:35 for the 6k distance.

Paul Hayes was again the top performer for the Tech men's squad as he used his closing speed to move up from the mid 30s to 27th over the last several hundred meters, coming up just a few seconds short of an all-district spot. His time of 31:37 was a personal record for the 10k. Mike Christman was the second Hokie, coming in at 46th.

New York City's Van Cortlandt Park was the site of the IC4A/ECAC Championships, the season's final meet. Kristin Price had the best race of her young collegiate career, running a personal record of 17:57 to finish fourth. Stacey Vidt captured 14th in 18:24 and Chelsea Alverson was close behind in 16th at 18:31.

The day for the men's team was not as bright. Paul Hayes was the top Hokie, crossing the line in 28th, at 25:43. Freshman Josh Davis was the second runner for the team coming in at 47th. Chris Seaton, who was redshirting the season, competed during the IC4A weekend in the Richmond 8k. He finished sixth overall in a huge personal record of 23:32, clocking an impressive 4:28 over his final mile.

2000 Results

MEN'S

	Alumni Meet	Virginia Tech Invitational	Great American Festival	Walt Disney World Classic	Hall of Fame Invitational	BIG EAST Championships	NCAA Regionals	IC4A Championships
Distance	4.1 miles	5 miles	5 miles	5 miles	5 miles	5 miles	10 kilometers	5 miles
<i>Eric Callendar</i>	23:06.32 (17)	29:59.73 (24)	DNR	DNR	29:17.39 (31)	DNR	DNR	DNR
Michael Christman	21:22.48 (6)	26:35.86 (1)	25:43.3 (48)	25:33 (13)	26:04.58 (4)	25:15 (43)	32:19 (46)	DNF
Brian Coefficient	24:05.62 (22)	29:50.50 (23)	28:16.9 (143)	28:22 (78)	29:33.64 (33)	DNR	DNR	DNR
Josh Davis	21:32.96 (9)	27:09.70 (5)	26:05.9 (63)	25:15 (9)	26:33.73 (9)	25:25 (49)	33:26 (87)	26:06.4 (47)
<i>Ben Dowdy</i>	20:52.27 (4)	26:39.35 (2)	DNR	DNR	26:08.43 (7)	DNR	DNR	DNR
Casey Frazier	21:52.10 (13)	27:32.92 (11)	27:10.3 (105)	25:32 (12)	27:03.32 (13)	26:50 (95)	33:49 (101)	27:49.8 (99)
<i>Larry Gooss</i>	23:08.20 (18)	28:25.46 (16)	DNR	DNR	28:02.36 (22)	DNR	DNR	DNR
Jason Griscom	21:42.81 (11)	27:24.33 (9)	26:10.6 (67)	26:20 (25)	27:23.46 (14)	27:33 (106)	DNR	DNR
Paul Hayes	21:24.81 (7)	26:53.58 (3)	25:22.6 (36)	24:47 (3)	26:05.46 (5)	24:52 (28)	31:37 (27)	25:43.9 (28)
Jason Hettenbaugh	DNR	DNR	DNR	DNR	27:31.34 (16)	26:34 (86)	36:34 (177)	DNR
Pete Lindner	21:30.25 (8)	26:57.15 (4)	25:48.3 (50)	DNR	27:36.86 (18)	25:50 (65)	33:20 (85)	DNR
Josiah Oliver	21:36.20 (10)	27:23.09 (8)	26:11.6 (68)	26:10 (22)	28:13.59 (24)	DNR	DNR	27:10.1 (83)
Kevin Rhue	21:44.26 (12)	27:17.11 (6)	26:49.8 (96)	24:54 (5)	26:06.18 (6)	25:36 (55)	33:27 (89)	DNR
<i>Chris Seaton</i>	20:30.92 (2)	DNR	DNR	DNR	24:53.17 (2)	DNR	DNR	DNR
Matt Thomas	22:17.05 (16)	27:22.25 (7)	26:37.4 (81)	26:14 (24)	26:58.79 (11)	26:33 (85)	DNR	27:29.6 (92)
Team Finish	VT - 15 VMI - 50	1st of 5 Teams	5th of 21	1st of 20	1st of 4	8th of 14	9th of 31	14th of 16

Athletes in italics redshirted the season but competed unattached.

WOMEN'S

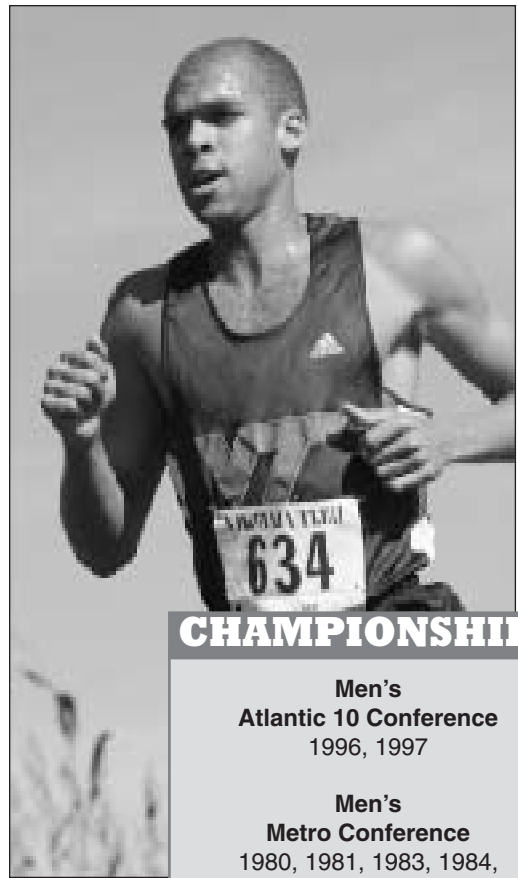
	Alumni Meet	Virginia Tech Invitational	Great American Festival	Walt Disney World Classic	Hall of Fame Invitational	BIG EAST Championships	NCAA Regionals	ECAC Championships
Distance	2 miles	3.1 miles	3.1 miles	3.1 miles	3.1 miles	3.1 miles	6 kilometers	3.1 miles
Chelsea Alverson	12:05.16 (3)	18:43.69 (3)	18:05.2 (31)	18:00.85 (4)	18:29.16 (5)	18:21 (38)	22:35 (30)	18:31.5 (16)
Martha Drinkard	13:45.03 (20)	22:47.77 (20)	DNR	DNR	22:18.22 (38)	DNR	DNR	DNR
Ashley Etue	13:33.46 (17)	20:57.39 (14)	DNR	DNR	DNR	DNR	DNR	DNR
Dayna Friedman	13:03.56 (13)	20:25.70 (11)	19:47.4 (109)	DNR	19:51.62 (20)	DNR	DNR	DNR
Holly Hunter	DNR	DNR	18:50.1 (60)	18:32.96 (13)	19:03.54 (12)	18:54 (56)	24:09 (100)	DNR
Stephanie Malone	13:46.51 (22)	20:50.91 (13)	20:52.9 (152)	DNR	20:29.93 (30)	DNR	DNR	DNR
Leah McBride	12:18.21 (5)	18:56.50 (4)	18:57.9 (68)	18:43.42 (21)	18:50.66 (8)	19:31 (80)	23:45 (80)	19:31.9 (38)
Karen McGrath	13:40.43 (19)	21:22.92 (16)	21:00.5 (156)	DNR	21:16.19 (34)	DNR	DNR	DNR
Kim Milbourn	13:13.31 (4)	19:16.89 (6)	18:52.4 (63)	18:31.26 (12)	19:02.45 (11)	DNR	DNR	DNR
Kristin Price	11:53.99 (2)	18:26.75 (1)	DNR	18:10.70 (6)	19:11.50 (14)	18:40 (50)	22:42 (34)	17:57.0 (4)
Kelly Repair	12:55.90 (11)	20:19.59 (10)	19:46.2 (107)	18:49.25 (26)	19:48.35 (19)	19:43 (86)	DNR	20:07.5 (50)
Cas Sadosky	12:24.06 (8)	19:48.82 (8)	18:55.6 (66)	18:46.07 (23)	18:46.34 (7)	19:20 (69)	24:26 (115)	DNR
Michelle VanHorn	12:21.78 (7)	19:12.46 (5)	19:02.5 (71)	19:20.27 (47)	19:00.00 (10)	19:22 (71)	24:08 (98)	20:04.0 (49)
Stacey Vidt	11:39.97 (1)	18:32.92 (2)	17:53.5 (24)	17:54.07 (3)	18:12.29 (2)	18:40 (49)	22:35 (29)	18:24.9 (14)
Jamie Weikle	DNR	22:10.01 (18)	20:26.4 (140)	DNR	20:29.07 (29)	DNR	DNR	DNR
Team Finish	VT-15 VMI-50	1st of 5 Teams	7th of 21	1st of 25	2nd of 4	7th of 14	8th of 31	4th of 10

Honors and Awards

2000 TEAM AWARDS

	Men	Women
Outstanding Performer	Paul Hayes	Stacey Vidt
Rookie of the Year	Josh Davis	Kristin Price
Coach's Award	Mike Christman	Chelsea Alverson
Captains	Chris Seaton & Paul Hayes	Cas Sadosky & Chelsea Alverson

Stacey Vidt (near right) was the women's team MVP for the second straight year. Paul Hayes (far right) was the MVP of the men's team last season.



00-01 ACADEMIC HONORS

BIG EAST Academic All-Star Team

Men	Women
Mike Christman	Chelsea Alverson
Casey Frazier	Leah McBride
Paul Hayes	Kim Milbourn
Josiah Oliver	Kristin Price

Dean's List

Men	Women
Eric Callendar	Chelsea Alverson
Casey Frazier	Martha Drinkard
Todd Grignon (4.0)	Ashley Etue
Larry Gooss	Kristin Price
Josiah Oliver	
Chris Seaton	

Virginia Tech All-Academic Team

Men	Women
Chris Seaton	Kim Milbourn

Howard Nippert competed in the World Championships at the 100k distance for the third consecutive year, placing 13th in the race. Nippert, who was a member of the 1987 Tech team, has emerged as one of the country's top ultra-distance runners and was the national champion at 100k last year.



CHAMPIONSHIPS

**Men's
Atlantic 10 Conference**
1996, 1997

**Men's
Metro Conference**
1980, 1981, 1983, 1984,
1985, 1986, 1987, 1988,
1989, 1990, 1994

**Women's
Metro Conference**
1985, 1986, 1987

Virginia Tech's Outstanding Coaches

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

Virginia Tech ^{at the} NCAAAs



ALL-AMERICANS

Men

Steve Hetherington, 1982

Steve Taylor, 1987

Tony Williams, 1987

Brian Walter, 1989

Women

Tracy Deely, 1981

Lori McKee (Taylor), 1981

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.

NCAAs

Men

1982, 14th

1987, 4th

In 1987, Virginia Tech's men's cross country team took fourth at the NCAA Championships — the program's highest finish ever at NCAAAs. That team (pictured above left, clockwise from the top left) included Coach Todd Scully, Tom Harding, Gary Cobb, Tim Covington, Ron Voight, All-American Tony Williams, Howard Nippert and All-American Steve Taylor.



Steve Hetherington (above) was the first member of the Tech men's squad to earn All-America honors. Brian Walter (above, right) was Tech's most recent All-American. He garnered the achievement in 1989 after placing 30th at the NCAA Championships in Annapolis, Md. Walter still lives in the area and helps run Tech's indoor track invitationals.



Steve Taylor (above) is Tech's most decorated cross country runner of all time. He finished eighth at the NCAA Championships in 1987 and went on to become one of best distance runners in the U.S. Both he and his wife Lori (left) are Virginia Tech Hall of Fame members and served as the head cross country coaches at Tech from 1991 to 2000.

All-Conference Hokies

MEN'S ALL-CONFERENCE

Southern Conference

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

Metro Conference

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



Tony Williams

Bob McCauley.....	1984
Todd Giszack.....	1984
Ron Kulik.....	1984
Tom Harding.....	1984
Roy Mascolino.....	1985
Howard Nippert.....	1985
Dan Foran.....	1985
Paul Millradt.....	1985
Peter Schultz.....	1985
Steve Taylor.....	1986
Tony Williams.....	1986
Todd Giszack.....	1986
Tom Harding.....	1986
Gary Cobb.....	1987
Ron Voigt.....	1987
Howard Nippert.....	1987
Brian Walter.....	1987
Tim Covington.....	1988
Brian Walter.....	1988
Ron Voigt.....	1988
Jorge Pardo.....	1988
Brian Walter.....	1989
Tim Covington.....	1989
Travis Walter.....	1989
Wally Granville.....	1989
David Tonkin.....	1989
Todd Pehowski.....	1990
David Tonkin.....	1990
Wally Granville.....	1990
Travis Walter.....	1990
Drew Saunders.....	1990
Adam Small.....	1990
Todd Pehowski.....	1991
Wally Granville.....	1991
Travis Walter.....	1991
Travis Walter.....	1992
Ben Hester.....	1992
John Hawthorne.....	1992
Joe Edwards.....	1993
George Probst.....	1993



Travis Walter

Individual Conference Champions

Men

Southern Conference

Louis Castagnola.....	1959
Louis Castagnola.....	1960

Metro Conference

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

Atlantic 10

Matt Zacharias.....	1997
Chris Seaton.....	1999

Women

Metro Conference

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

Marshall Ferguson.....	1993
John Hawthorne.....	1994
Tom Lankowicz.....	1994
Matt Zacharias.....	1994
Marshall Ferguson.....	1994

Atlantic 10 Conference

John Hawthorne.....	1995
George Probst.....	1995
Van Arnold.....	1996
Mike Cox.....	1996
Wes Schilling.....	1996

Jason Dowdy.....	1996
Mark Rumble.....	1996
Matt Zacharias.....	1997
Jay Johns.....	1997
Jason Dowdy.....	1997
Mike Cox.....	1997
Van Arnold.....	1997
Chris Seaton.....	1998
Van Arnold.....	1998
Chris Seaton.....	1999
Van Arnold.....	1999
Paul Hayes.....	1999

WOMEN'S ALL-CONFERENCE

Metro Conference

Gwen Roller.....	1985
Nancy Klumb.....	1985
Cindy Guenzel.....	1985
Carol Richardson.....	1985
Maggie Lasaga.....	1985
Cherie Alexander.....	1985
Gwen Roller.....	1986
Maggie Lasaga.....	1986

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



Maggie Lasaga

Atlantic 10 Conference

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

The Cross Country Course

Tech Course Designed Solely for Racing and Training

During the past eight years, Virginia Tech's cross country course has provided many benefits to the program and has paid dividends for the Tech cross country team. Over the years, the course has attracted several of the nation's top programs and has 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," Dave Cianelli said. "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.

The course is on all grass, which over the years has settled to provide an ideal surface for racing and training. Located on the southwest end of campus near the corner of Southgate Drive and Route 460, the course gently rolls through



the corn fields and wooded locations typical of the Tech surroundings.

The course, opened for racing in 1993, starts and finishes behind the Virginia-Maryland Regional College of Veterinary Medicine. Overall, it covers a total of 3.1 miles, and passes historical Smithfield Plantation and crosses Stroubles Creek. There is also a 5-mile version of the course for the men.

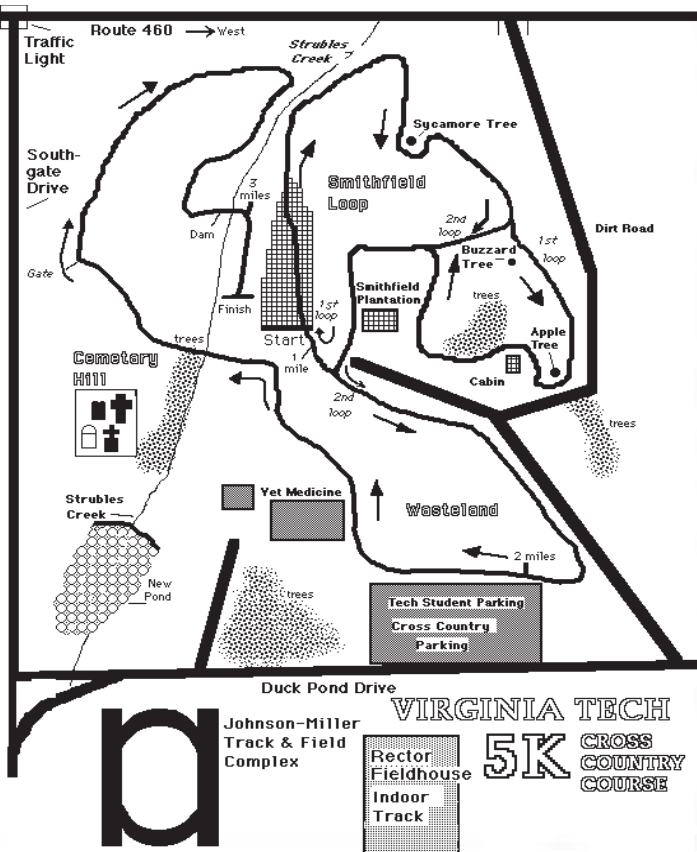
"I think it's one of the nicest settings for a cross country course I have ever seen," Cianelli said. "The fact that it is on campus makes it ideal for our teams to train and compete."

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

The Hokies will race twice on their home course this year, with the home

and season opening Alumni Meet starting things off on September 1.

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



Course Records

Men

Mike Cox
Virginia Tech Alumni
24:37.25 (5 miles)
at the Virginia Tech
Hall of Fame Invitational
Oct. 14, 2000

Women

Catherine Berry
East Tennessee State
17:26.2 (3.1 miles)
at the Virginia Tech
Invitational
Sept. 27, 1997



Tech alumnus Mike Cox holds the men's course record.

Track & Field Facilities

A Combination of Tracks that Is as Good as Any in the Country

The Hokies' indoor and outdoor track facilities are among the nation's best.

The latest addition was the Johnson-Miller Outdoor Track Complex. The oval track has eight 42-inch lanes and is identical to the track at the Atlanta stadium on which the Olympic Games athletes participated in 1996. Tech's school colors, burnt orange and Chicago maroon, are featured on alternating lanes.

"The facilities enable us to attract and develop the highest level of talent available," Cianelli said.

"This will enable our program to reach the 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 events. 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 at the south end of the track ultimately will be terraced to provide six rows of seating.

The outdoor track, coupled with a similar indoor track, gives Tech what many believe is the finest track complex in America. The 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 2000 Olympic gold medalist 400-meter hurdler Angelo Taylor, 2000 Olympic silver medalist pole vaulter Lawrence Johnson, Olympian distance

runner Julie Henner, two-time NCAA champion shot putter Andy Bloom and high school mile record holder Alan Webb.

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 possible the construction of the new track.

"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, 220 and mile relay. Miller competed in a number of events, but his specialty was the mile run.

"Throughout my years of college coaching I have seen many university track and field facilities," Cianelli said. "I believe what we have at Virginia Tech ranks up there with the best in the country."



Hokie Trails

Packed With Miles of 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 Alleghany 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 which provide ideal places to run within the town and campus itself. However, just a short trip down the road are several more superior training grounds for the Hokie runners.

The Jefferson National Forest lies just three miles outside of the Blacksburg town limits and within the forest is one of the favorite places for the Tech cross country team to train. The Pandapas Pond recreational area and the surrounding forest, which includes Brush and Gap Mountains, are

covered with miles of trails perfect for off-road running. A popular spot for mountain bikers, horseback riders and a favorite of the Tech cross country team, the area surrounding Pandapas Pond boasts all varieties of trails. Complete with hills, flat trails, technical terrain and wonderful views, the national forest is a frequent stop for Tech runners.

"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 racecourse. Former Tech runner Jason Dowdy was last year's winner and 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 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 is one of just two natural lakes in Virginia

and the surrounding area has countless miles of trails and views that have been another popular location for training. Mountain Lake was the location 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 outdoor lovers.



The beautiful countryside around Blacksburg provides many great running trails.

Virginia Tech Adapts to the Challenges of the Future

Since its founding in 1872, Virginia Polytechnic Institute and State University, commonly known as Virginia Tech, has grown to become the state's largest university and its top research institution. It has evolved into a comprehensive university of national and international prominence.

Recognizing that higher education is a key force behind the quality of American life, its economic competitiveness, and our democratic form of government, President Charles W. Steger has now challenged the university to become one of the nation's top 30 research schools by the end of the decade. Even before Steger's challenge, Tech was making sure it wasn't standing still.

Among recent innovations, Tech teamed with the University of Virginia and Carilion Health System to form the Carilion Biomedical Institute to improve health care worldwide and to increase economic development opportunities in Southwest Virginia. The Virginia

The University



Bioinformatics Institute is leading the way in helping scientists merge computers and biotechnology to sort through complicated genetic material to speed research. And Torgersen Hall brings together campus organizations devoted to developing and applying instructional, communication, and information technologies.

Virginia Tech was established as an all-male military school dedicated

to the original land-grant mission of teaching agriculture and engineering. Today it is a co-educational, top-50 research institution with recognized programs in music, business, architecture, and the humanities, as well as its traditional strengths in the sciences, engineering, and technology.

The university is organized into eight colleges: Agriculture and Life Sciences, Architecture and Urban Studies, Arts and Sciences, Pamplin College of Business, Engineering, Human Resources and Education, Natural Resources, and Virginia-Maryland Regional College of Veterinary Medicine. Together, they offer about 170 bachelor's, master's, and doctoral degree programs.

The university's 2,600-acre main campus has more than 100 campus buildings, hundreds of research laboratories, the Donaldson

Brown Hotel and Conference Center, and an airport. Next to campus is the 120-acre Corporate Research Center, home to more than 100 companies. Within five miles of campus is a 1,700-acre research farm.

Many of Virginia Tech's traditions and strengths are rooted in the university's motto, *Ut Prosim*: "That I May Serve," and its land-grant missions of instruction, research, and solving the problems of society through public service and outreach activities. Through the generation of new knowledge and the outreach mandate, Virginia Tech disseminates practical knowledge through the classroom and to society as a whole. It is a university that puts knowledge to work.

Instruction

Eight colleges offer more degree programs than any other university in the state, with 60 undergraduate and about 110 graduate programs.

Research

With annual research expenditures of about \$192.7 million, Virginia Tech consistently ranks among the top 50 research universities in the United States. With more than 100 research centers, the university also consistently ranks among the top institutions in industry-supported research and in the top 10 in the number of patents issued each year.

Public Service

As part of its public service mission, Virginia Tech is involved in a multitude of wide-ranging outreach projects.



The pleasant campus and outstanding academics at Virginia Tech create an ideal collegiate experience.

Support Services

STUDENT ATHLETE ACADEMIC SUPPORT SERVICES

The success of Virginia Tech's athletic program rests largely on the academic progress of each student-athlete. The academic performance of Tech student-athletes has improved each year due in part to the Student Athlete Academic Support Services (SAASS).

Student-athletes devote many hours to practice, conditioning and training that are not required of all students. Due to their time commitment and their high visibility, it is an obligation and in the best interest of the university to supply these students with services which will allow them to maximize their academic potential.

SAASS provides programming for all student-athletes from their freshman

year through graduation. This includes a comprehensive orientation to Tech, study hall, mentoring, tutoring, academic monitoring, academic recognition and eligibility education. Additionally, student-athletes are referred to and encouraged to take advantage of other campus agencies charged with helping students in their academic pursuits.

Academic facilities for student-athletes include the Monogram Room, a large room used as a study hall area adjacent to the SAASS office in Cassell Coliseum. The HEAT (Hokies Engaging in Advanced Technology) Lab houses over 26 computers on the second floor of Cassell Coliseum and laptop computers are also available for Tech athletes to use when travelling to away

contests. The athletic department also provides areas for private, quiet study for the athletes' convenience.

Additionally, student-athletes can use the Center for Academic Enrichment and Excellence site offices, located in Hillcrest and Femoyer Halls.

With the help of these resources, the Virginia Tech graduation rate for student-athletes has risen significantly in recent years and reached 67 percent in 2001 as compared to the national average of 58 percent. The projected 2002 student-athlete graduation rate is over 70 percent which will mark the fourth time in the last nine years that Tech has reached that level.



Chris Helms



Katie Ammons

Chris Helms, in his third year at Tech, is the director and is responsible for the development and leadership of the SAASS office. Helms oversees an office comprised of associate directors Lois Berg and Colin Howlett, assistant directors Katie Ammons (who oversees the coordination for the cross country teams), Renie Edwards and Becky Kolenbrander, and secretary Terrie Repass.

OFFICE OF STUDENT LIFE

The Office of Student Life at Virginia Tech provides assistance to student-athletes in a number of areas. This office, which is run by Jermaine Holmes, director of student life, and Amy Freel, coordinator of student life, is dedicated to enhancing the quality of the student-athlete experience through many programs it implements.

One program the office sponsors is the HiTOPS CHAMPS/Life Skills Program (Hokies Turning Opportunities



into Personal Success), which provides a well-rounded program for student-athletes to develop the individual skills necessary to lead successful and productive lives.

This program's goal is to enhance five areas of commitments that are vital to personal growth of student-athletes. Those areas are service; academic excellence; career development; athletic excellence; and personal development.

Hokies With Heart
Hokies With Heart is a new program of the Office of Student Life which promotes involvement of student-athletes in community service activities. In the past year, Virginia Tech athletes were involved in over 45 community service projects.

Hokies With Heart

VT-SAAC
Virginia Tech Student-Athlete Advisory Committee

VT-SAAC

(VT-SAAC) promotes effective communication between athletics administration and student-athletes to better serve their needs. The program is completely run by student-athletes and each team has two representatives.

This program also encourages involvement of student-athletes on campus and in the community. The student-athletes help to design and provide programs that encourage academic success, health promotion, social responsibility and general awareness.

Outstanding Student-Athletes
Each month, the Office of Student Life awards recognition to a student-athlete for their participation in community service projects and their dedication to the "Hokies with Heart" program.

Outstanding Student-Athletes

Holmes is in his third year as the director of student life. Holmes oversees the day to day operation of the office of student life, directs the HiTOPS CHAMPS/Life Skills Program and serves on various student-related committees on campus. He earned his bachelor's degree in marketing management in 1996 and his master's in consumer studies in 1998, both from Virginia Tech.

Freel is in her third year as the coordinator of student life at Virginia Tech. Freel serves as the community service coordinator and assists with the development and implementation of alcohol, tobacco, and drug awareness programs.

Freel graduated from Ball State University in Muncie, Ind., with her bachelor's in dietetics in 1996 and received her master's in the same field from Ball State in 1998.

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ATHLETIC PERFORMANCE / STRENGTH & CONDITIONING

Under the direction of Assistant Athletic Director for Athletic Performance Mike Gentry, Ed.D., the Virginia Tech strength and conditioning program is among the best in the nation.

Gentry is in his 14th year as the Hokies' director of strength and conditioning. His duties include overseeing the strength and conditioning training of athletes in all 21 varsity sports at Virginia Tech. A native of Durham, N.C., Gentry received his bachelor's degree in physical education from Western Carolina University in 1979 and his master's from the University of North Carolina at Chapel Hill in 1981. He received his doctorate in curriculum and instruction, with an emphasis in motor behavior, from Virginia Tech in 1999. In 1995 and 1996, Gentry was recognized by the National Strength and Conditioning Association as a finalist for the National Strength and Conditioning Professional of the Year.

The cross country teams train in the Jim "Bulldog"

Haren Weight Room. Located in Jamerson Athletic Center, the 5,000 square foot weight room was officially dedicated in September 1985 to Haren, a former Hokie player and long-time supporter of the Virginia Tech Athletics Department.

Assisting Gentry in the weight room this year are three full-time assistant strength and conditioning coaches: Jay Johnson, assistant director of strength and conditioning, Terry Mitchell, strength and conditioning coordinator of men's Olympic sports and Emily Chones, strength and conditioning coordinator for women's Olympic sports. Chones is responsible for working with the cross country teams.

Gentry will also have the services of three graduate assistants – Erin O'Neil, Tim Ralph and Shannon Turly.

There's much more to athletic performance than

weight training. Always striving to stay on the cutting edge, Virginia Tech has added two more services for its student-athletes in the past couple of years. At Tech, sports psychology and nutrition are also a part of the student-athlete's preparation – not just for game day, but also for life after college.

The Training Edge

In addition to her responsibilities as coordinator of student life, Amy Freel is the athletics department's sports nutritionist.

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

The sports nutritionist works with the "Training Edge," a dining option for health-conscious students and athletes, to design menus for training tables and daily menu selections.

Sports Psychology

A new addition to the athletics department as of August 2000 is sports psychology. The licensed psychologists, Dr. Brenna Chirby, Dr. Gary Bennett, and Dr. Robert Miller, associate director of the Thomas E. Cook Counseling Center, counsel student-athletes either individually or as a team.

"I've always felt that (sports psychology) was an important element. We want to be a holistic model of an athletics department and we wanted to and needed to include sports psychology in that model," Gentry says.

"These are great resources for our coaches and our athletes," Gentry adds. "We've improved a lot in areas of strength and conditioning, nutrition and in sports 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 MEDICINE DEPARTMENT

The Virginia Tech Sports Medicine Department, under the leadership of Dr. Duane Lagan, director of sports medicine, and Mike Goforth, director of athletic training, is constantly evolving to incorporate new ideas and state-of-the-art resources



for the betterment of student-athletes. A staff including general

practitioners, orthopedic surgeons, certified athletic trainers, physical therapists, chiropractors, massage therapists, sports psychologists, nutritionists and orthotists, are available to manage the health care of athletes.

As part of the evolution, the department is completing the first year of development and data collection for a strategic health care planning grant. This grant, titled "The Center for Performance and Sports Medicine Excellence," was initiated by Dr. Charles Baffi, Dr. Kerry Redican, Dr. Mike Gentry and Goforth and was awarded last fall to develop a multidisciplinary model for Division I health care.

"Our goal with this program is to formally provide our athletes with the most effective

and efficient health care delivery system possible," Goforth said. "This grant will serve as a framework for universities across the country to provide high-level health care services for their athletes, and at the same time, creates the first collaboration between academic research and athletics here at Virginia Tech."

Another aspect of this constantly evolving department is a new athletic training room in the Jamerson Athletic Center. When completed after the first of the new year, the 4,300 square foot Eddie Ferrell Memorial Training Room will consolidate existing training rooms in the Merryman Center and Cassell Coliseum. The new facility gives the training staff a centralized area to care for the needs of all Virginia Tech student-athletes.

The new room, which will nearly double the size of the current Merryman Center facility, will also allow that training room to be used for physical therapy, chiropractic care and massage therapy. When completed, Virginia Tech will have more than 10,000 square feet dedicated to sports medicine, placing Tech in the top five percent nationally.

The range of benefits athletes have access to include custom orthotics, custom mouth guards, specialized prophylactic bracing and many other options to help prevent or protect them from injuries. The sports medicine staff also takes great pride in treating the athlete year-round.

"Our goal is to provide the same high level of health care that professional and Olympic athletes receive," Goforth said.



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, 56, was appointed on September 24, 1997 and has been a tireless leader in behalf of Tech athletics. In his four years on the job at Tech, Weaver has taken steps to place increased emphasis on projects benefiting student-athletes. He created a comprehensive awards program for letterwinners and has initiated and funded an annual awards banquet.

Weaver's biggest accomplishment thus far has been getting Tech admitted into an all-sports conference. Tech entered competition in the BIG EAST Conference for most sports during the 2000-2001 season.

A top personal priority for Weaver is the area of facilities, where he has major plans for the expansion of Lane Stadium/Worsham Field.

Virginia Tech contracted with GreenTech, Inc., of Richmond, Va., to install its highly innovative, ITM natural grass sports field system in Lane Stadium/Worsham Field for the 2001 season. Under Weaver's direction, lighted football practice fields — conveniently located in the center of the athletics complex — were completed during the spring.

With the football team moving to the new practice complex, the former football practice field will be used for the Tech men's and women's soccer teams this fall and the women's lacrosse team in the spring.

"Jim Weaver was the unanimous choice of our search committee,"

retired Tech President Paul Torgersen said at a Blacksburg news conference when the new AD was introduced. "The committee was searching for someone with extensive Division I experience, a commitment to compliance,

a commitment to gender equity, a commitment to all 21 varsity sports and a vision for conference alignment."

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



Sharon McCloskey
Senior Associate
Director of Athletics



David Chambers
Senior Associate AD
for External Affairs



Tom Gabbard
Associate AD for
Internal Affairs



Jon Jaudon
Associate AD for
Administration



John Ballein
Assistant AD for
Football Operations



Tim East
Assistant AD for
Marketing & Promotions



Tim Parker
Assistant AD for
Compliance



Mike Gentry
Assistant AD for
Athletic Performance

The BIG EAST Conference

Virginia Tech became the 14th full member of the BIG EAST Conference in 2000-01.

The BIG EAST became a reality on May 31, 1979, following a meeting of athletic directors from Providence College, St. John's, Georgetown and Syracuse Universities. Seton Hall, Connecticut and Boston College completed the original seven-school alliance.

After one season, Villanova was added and began play in

1980-81. Two seasons later, Pittsburgh joined the group and started competition in '82-83.

Miami was admitted in 1990 and began BIG EAST competition in '91-92. Rutgers, West Virginia and Notre Dame joined in '94 and began play in 1995-96.

While the membership has increased, the focus of the BIG EAST remains unchanged. It is a group that reflects a tradition of broad-based programs, led

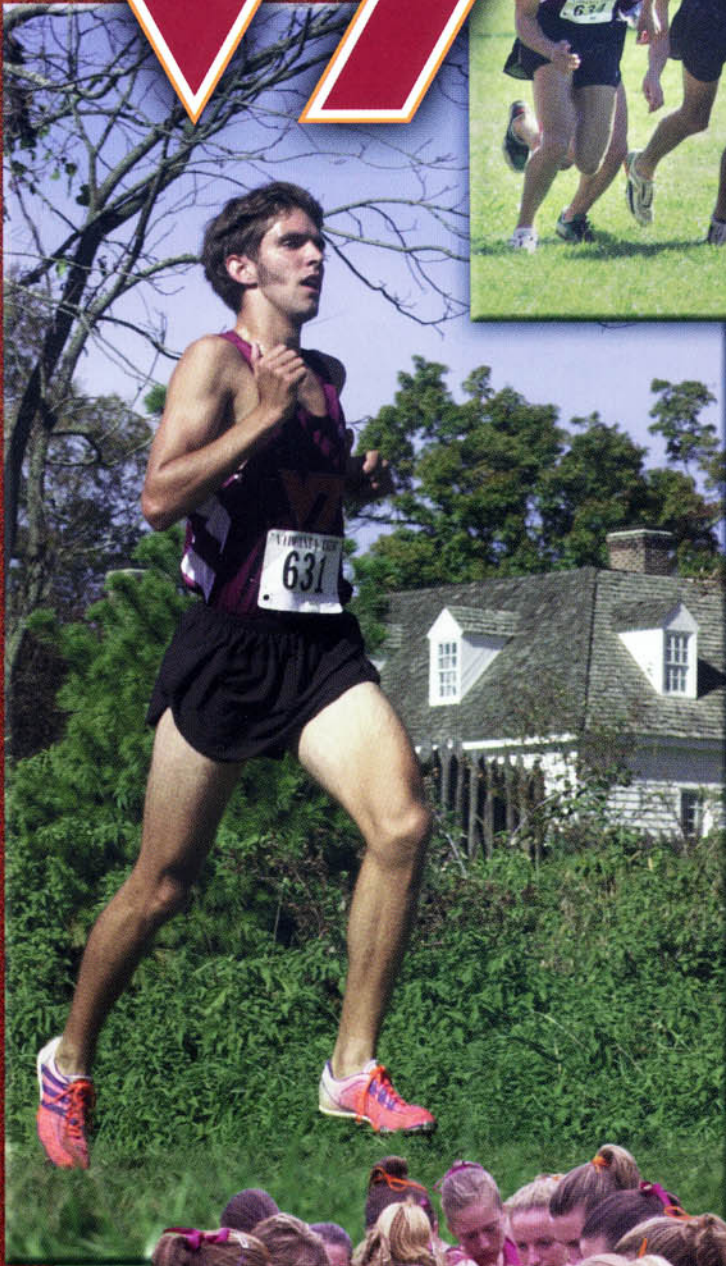
by administrators and coaches who place a constant emphasis on academic integrity.

BIG EAST sports attract the interest of followers in the nation's largest media markets including New York, Chicago, Philadelphia, Boston, Washington, D.C., Miami, Pittsburgh and Hartford. The league has long been considered a leader in innovative concepts in promotion and publicity,

particularly regarding television. Those efforts have resulted in unparalleled visibility for BIG EAST student-athletes.

More than 450 BIG EAST athletes have earned All-America recognition and dozens have won individual NCAA national championships.

The BIG EAST has its headquarters in Providence, R.I., where the conference administers to more than 5,000 athletes in 21 sports.



HOKIES