

# VIRGINIA TECH



Tasmin Fanning

## 2007 CROSS COUNTRY



Natalie Sherbak



Paul LaPenna



Kelly Clark



Devin Cornwall



# VIRGINIA TECH

## 2007 CROSS COUNTRY

### □ QUICK FACTS

#### University Information

Location ..... Blacksburg, Va.  
 Founded ..... 1872  
 Enrollment ..... 28,000  
 Colors ..... Chicago maroon & burnt orange  
 Nickname ..... Hokies  
 Conference ..... Atlantic Coast  
 President ..... Dr. Charles Steger  
 Director of Athletics ..... Jim Weaver  
 Associate A.D./Cross Country Administrator ..... Tom Gabbard

#### Team Information

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

#### 2006 Results

ACC Championships ..... Men (6th) and Women (5th)  
 NCAA Southeast Regional ..... Men (6th) and Women (3rd)



### □ ATHLETICS COMMUNICATIONS STAFF

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### □ SCHEDULE

Date	Meet	Site
Aug. 31	Wake Forest Relays	Winston-Salem, N.C.
Sept. 8	Virginia Tech Invitational	Blacksburg, Va.
Sept. 21	Lenoir-Rhyne Invitational	Newton, N.C.
Sept. 29	William & Mary Invitational	Williamsburg, Va.
Oct. 13	Chile Pepper Invitational	Fayetteville, Ark.
Oct. 27	ACC Championships	Charlottesville, Va.
Nov. 3	Hokie Open Race	Blacksburg, Va.
Nov. 10	NCAA Southeast Regional Championships	Louisville, Ky.
Nov. 19	NCAA Championships	Terre Haute, Ind.

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### □ 2007 CROSS COUNTRY GUIDE CREDITS

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### □ DIRECTIONS TO TECH

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

# VIRGINIA TECH C

VIRGINIA TECH CROSS COUNTRY



# CROSS COUNTRY

VIRGINIA TECH CROSS COUNTRY



# DAVE CIANELLI

## DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY



### THE CIANELLI FILE

#### Virginia Tech (2001-Present)

- Four NCAA individual champions, the first in Virginia Tech history
- Thirty-nine All-Americans
- One NCAA East Region championship
- Two ACC team championships
- Twenty-two ACC individual champions
- Twelve BIG EAST Conference champions
- Had the most track & field athletes earn All-America honors in a single season during his coaching tenure in 2007 (14)
- 2007 ACC Women's Indoor Coach of the Year
- 2007 ACC Women's Outdoor Coach of the Year
- 2007 NCAA East Region Women's Coach of the Year

#### Southern Methodist University (1988-2001)

- Eight top-10 finishes at the women's NCAA Track & Field Championships
- Seven top-10 finishes at the men's NCAA Track & Field Championships
- 1995 men's and women's Southwest Conference cross country champions
- 1995 women's NCAA cross country championships, 15th-place finish
- 1995 men's NCAA cross country championships, 21st-place finish
- Individual achievements included 19 Olympic and World Championships competitors, 27 NCAA champions, 123 All-Americans, 95 conference champions

#### Cal-Poly San Luis Obispo (1985-1988)

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

□ Entering his seventh year as Director of Virginia Tech Track & Field and Cross Country, Dave Cianelli has built the Hokie program into one of the elite programs in the Atlantic Coast Conference and NCAA East Region. Since Cianelli's arrival in the fall of 2001, Virginia Tech athletes have produced four NCAA individual titles, 39 NCAA All-Americans and 34 conference champions. In addition, Hokie teams have finished in the national top 20 six times since 2005.

#### TO THE TOP OF THE ACC AND NCAA EAST REGION

2007 represented the program's finest year as the women's track & field team captured both the Indoor and Outdoor ACC Championships. The women's Indoor ACC title was the first by an Olympic sport team at Virginia Tech since joining the conference in 2004. The women went on to capture their first NCAA East Regional Championship, beating perennial powers South Carolina, Florida, Georgia and Penn State while the men continued their string of top-10 NCAA East Regional finishes. The women followed their effort at the ACC Indoor Championships with a performance that will not soon be forgotten, as they won the ACC Outdoor Championships in College Park, Md.

#### USA AND INTERNATIONAL SUCCESS

The success continued past the NCAA Championships as both Kristi Castlin and Queen Harrison won USA Junior titles in the 100m hurdles and 400m hurdles, respectively, while Sherlenia Green was a USA Senior finalist in the 400m hurdles. All three represented the United States at championship meets in July. At the Pan-American Junior Championships in Brazil, Castlin and Harrison captured gold medals, both setting meet records. Green won the bronze medal in the 400m hurdles at the North American, Central American and Caribbean Championships. In addition to setting a new American Junior Record in the 100m hurdles (12.91), Castlin ended 2007 as the top-ranked junior 100m hurdler in the world and No. 4 on the all-time world list. Harrison finished the year as the No. 1-ranked junior 400m hurdler in the world as well as the No. 2-ranked 100m hurdler. Harrison's marks of 12.98 in the 100m hurdles and 55.81 in the 400m hurdles ranks her as the No. 2 combination hurdler of all time.

#### COACH OF THE YEAR HONORS

In 2007, Cianelli was named the NCAA East Region Women's Coach of the Year as well as the NCAA Southeast Region Indoor Coach of the Year by the USTFCCA. In addition, Cianelli was also named the Women's Coach of the Year by the ACC during both the indoor and outdoor seasons.

Cianelli has assembled one of the most accomplished coaching staffs in America. Associate head men's track & field coach Greg Jack was named National Throws Coach of the Year in 2006 and associate head women's track and field coach Lawrence Johnson followed suit in 2007 by being dubbed the National Women's Sprint/Hurdles Coach of the Year. Former Hokie and NAIA Region XI's Coach of the Year, Ben Thomas is the cross country coach. Thomas is assisted by former Tech NCAA All-Southeast region cross country runner, Stacey Vidt. Long-time assistant, Bob Phillips, a former All-American for the Hokies, coaches the pole vaulters.

#### ACADEMIC EXCELLENCE

The Virginia Tech Track & Field and cross country

programs continue to achieve at a high level in the classroom, leading the ACC in Academic All-Conference selections. Additionally, both men's and women's cross country teams have been USTFCCA All-Academic Teams for three consecutive years. The men's and women's track & field teams ended 2007 with the highest team GPA's in the history of the program, with the women finishing the 2007 spring semester with a 3.45 GPA while the men earned a 3.06.

Gunild Krebs and Joe Samaniuk were selected to the *ESPN The Magazine*/CoSIDA Academic All-American team and Adam Bingaman won an NCAA Post-Graduate Scholarship for his outstanding academic record in engineering.

#### PREVIOUS COACHING EXPERIENCE

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

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

Cianelli served as the assistant women's track &

### DAVE CIANELLI

#### By the Numbers

175	All-Americans
129	Conference champions
100	Percent graduation rate at Virginia Tech
32	NCAA champions
92	School records at Virginia Tech
22	Olympic and World championship qualifiers
17	Top-10 women's NCAA finishes
12	Top-10 men's NCAA finishes
3	NCAA Division II cross country national championships
3	NCAA Division II outdoor track runners-up

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

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

#### PERSONAL

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

Cianelli and his wife, Ellen, have a daughter Mariah (12) and son Sebastian (8).

# BEN THOMAS

## HEAD CROSS COUNTRY COACH



### □ THE THOMAS FILE

#### Virginia Tech (2001-Present)

- Three NCAA All-Americans (cross country, 2003; 1,500m, 2004; DMR, 2007)
- 18th-place women's team finish at 2006 NCAA Cross Country Championships
- Nine NCAA cross country participants
- Thirteen NCAA All-Region cross country runners
- One All-ACC cross country runner
- One All-BIG EAST cross country runner
- Three ACC Champions (track)
- One BIG EAST Champion (track)
- Eighteen school records (track)

#### Brevard College (1999-01)

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

#### Appalachian State (1995-99)

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

### TECH'S COACHING HISTORY

#### Men

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

#### Women

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

□ Ben Thomas has been Virginia Tech's head cross country coach since 2001 and now has 11 years of collegiate coaching experience. During six seasons coaching at Tech, the Hokies have emerged as contenders in not only the Atlantic Coast Conference and the NCAA Southeast Region but the entire nation. Thomas is extremely familiar with the Hokie program, having competed in cross country and middle distance for Tech from 1988 to 1992.

### YEAR-BY-YEAR SUCCESS AT TECH

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

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

The women's team placed 12th at the 2005 NCAA Southeast Regional Championships as Tasmin Fanning earned all-region honors after her 22nd-place finish. The Tech men's team improved two spots from the previous season with a 13th-place finish at the regional meet and finished sixth at the ACC Championships, a three-place improvement from the previous season.

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

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

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

On the track, Thomas has coached a distance crew that has broken school track records in the outdoor 800m, 1,000m, 1,500m, 3,000m steeplechase, mile and indoor 5,000m and 4x800m, 4x1,500m and distance medley relays. Last season, his distance medley relay team took fourth place to earn All-America honors at the 2007 NCAA Indoor Championships and he had numerous athletes qualify for the NCAA Southeast Regional Championships, sending three individuals to the NCAA Outdoor Championships.

### PREVIOUS COACHING EXPERIENCE

Thomas served as the men's and women's distance coach at the University of Georgia for

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

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

### PERSONAL

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

Thomas and his wife, Ann McGranahan, a volunteer assistant coach with the program, reside in Blacksburg.



MEET THE COACHES

# STACEY VIDT

## ASSISTANT CROSS COUNTRY COACH



□ Former Tech cross country runner Stacey Vidt is in her third year with the cross country and track & field teams. Vidt joined the coaching staff in the spring of 2005 as the assistant distance coach after competing as a distance runner from 1999-2003.

"Stacey Vidt is a perfect fit for our coaching staff," Director of Track & Field and Cross Country Dave Cianelli said. "She believes in our program and the direction we are heading. Stacey's work ethic and can-do attitude represent what Virginia Tech is all about."

During her first year coaching the cross country team, Vidt worked with all-region performer Tasmin Fanning. In her second season, Vidt guided the 2006 women's team, which produced five NCAA All-Southeast Region performers and qualified for the NCAA National Championships.

A four-time cross country team MVP as a student-athlete at Tech, Vidt ended her collegiate career in 2002 as an NCAA All-Southeast Region runner with a 19th-place finish and qualified for the NCAA Cross Country Championships. She earned all-conference honors as a freshman after a ninth-place finish at the 1999 Atlantic-10 Championships and was Tech's top runner at the regional meet that year.

On the track, Vidt was a provisional qualifier for the 2001 NCAA Championships in the 3,000m steeplechase and indoor distance medley relay. She also qualified for the 2003 NCAA Southeast Regional in the 5,000m. Vidt recorded a fourth-place finish in the 10,000m and two fifth-place finishes at the BIG EAST Conference Championships. She set five school track records, three indoor and two outdoor, during her career and was a member of the indoor 4x800m relay that still holds the school record.

Vidt was Tech's cross country MVP all four years and she was also named the Blacksburg Sports Club Outstanding Senior in 2003 as well as the track & field team's Rookie of the Year in 2000. She had personal bests of 4:34.1 in the 1,500m, 10:03.79 in the 3,000m, 16:52 in the 5,000m and 36:28.40 in the 10,000m.

Vidt has recently competed in two marathons. In May of 2006 in Cleveland, Ohio, she completed her second marathon in 3:08:31, finishing 74th out of 1,801 competitors. Vidt was the eighth female to finish and was the first in the 25-29 age group.

Vidt, a human nutrition, foods and exercise graduate in the spring of 2003, went on to earn a master's degree in muscle physiology from Virginia Tech in 2007. Her academic awards are just as numerous as her athletic honors, including recognition as a BIG EAST Academic All-Star as well as inclusion on the Athletic Director's Honor Roll in 2003. She also made the 2002-03 Dean's List.

A native of Allison Park, Pa., Vidt attended Hampton High School, where she was a two-time letterwinner and MVP in cross country and a four-time letterwinner and MVP for track.

Vidt was a two-time first-team all-state selection in cross country with a fourth-place finish in the state meet during her junior year. She won the WPIAL Regional cross country meet two years in a row. After her senior year, she was named Female Athlete of the Year.

Vidt was a three-time WPIAL regional track champion in the 800m, 1,600m and the 3,200m and set four school records. Her school records in the 800m, 1,600m and 3,200m are still standing.

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

### □ THE VIDT FILE

#### As a coach...

- Six All-Region cross country runners since 2005
- School records in eight track events
- 2007 All-America DMR team

#### As an athlete...

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



# 2007 SEASON PREVIEW

2006-07 was an incredible year for Virginia Tech athletics as a whole, but the group that got it all started was the men's and women's cross country teams.

□ **The women** had all-time best finishes of third and fifth in the NCAA Southeast Regional Championships and the ACC Championships, respectively. They had an unprecedented five runners named to the all-region team to help them earn a No. 20 national ranking – the highest in the program's history. To cap it all off, they were invited to the NCAA National Championships for the first time in school history, where they exceeded expectations by finishing 18th.

The men, also had a best-ever point total at the ACC Championships by placing sixth, and followed with a sixth-place performance at the NCAA Southeast Regional – their best ranking since 1995. Individually, the men's team featured its first All-Region runner since 2003 and an ACC Freshman of the Year award.

Add it all up, and you have one of the best seasons in Virginia Tech cross country history. What can they possibly do for an encore in 2007? The answer for this year's version of the Hokies is quite simple – bring nearly everybody back and do it again.

Each group loses only one runner from its top seven performers at each of the postseason meets.

"Last fall was a big step in the right direction for our women's team," head coach Ben Thomas said. "The girls are very determined to come back and put Virginia Tech cross country on both the ACC and NCAA maps in a big way."

The women's team could very well keep improving for years to come, as six of the seven Hokies that ran in the national meet return in 2007, with only one of them – Natalie Sherbak – entering her senior campaign.

"Experience and maturity-wise, Natalie has been our captain," Thomas said. "She's always been consistent, and she is the natural leader."

Sherbak, along with the sister duo of juniors Jessica and Tasmin Fanning, have produced in years past, but they were joined by a standout group of freshmen in 2006 that will be back for more. One of those newcomers – Kelly Clark – was the second Tech finisher at both the regional and conference meets, and she is joined by Lisa MacPherson, who placed among the Hokies' top seven in each of the postseason events.

"Kelly had an unbelievable year as a freshman, and I think she's only going to get better," Thomas said. "Plus, our sixth and seventh runners from last year – [junior] Erin Reddan and Lisa MacPherson – were pretty consistent and we're hoping they can move up and continue to improve."



Paul LaPenna



Natalie Sherbak

The one absentee from last season is Fiona Gentles, who had to return to her native Scotland due to her exchange program. However, the coaching staff is excited about an incoming freshman, Kristy Tobin, who was the Virginia state champion in the mile and is someone who could contribute right away.

"We have some girls coming in that can develop over this year and next to create some much-needed depth," Thomas said. "But Kristy's probably the most likely to make an immediate impact."

□ **The men's team** also returns all but one of its key contributors, including six of the top seven from both the Southeast Regional meet and ACC Championships. This year's squad will be an experienced one, as eight juniors and seniors will headline a group that made great strides a season ago.

"The key for the men's team will be getting some of our third-year guys to step up," Thomas said. "James Scheiner, Zach Thomas and Rider Clauss all need to perform well. If they can step in, solidify our top five and push to be in the top 30 or 40 at regionals, we'll have a good chance of making it to nationals as a team."

The goal is to get a pack to follow close behind the Hokies' top three returners – Billy Berlin, Devin Cornwall and Paul LaPenna. Cornwall comes back after finishing as the ACC's top freshman at the conference championships a year ago, and LaPenna became the first men's all-region runner in three years, and just the second since 1999, when he placed 21st at the regional championships. Berlin qualified for the NCAA Outdoor Track & Field Championships in the 1,500m after earning All-ACC honors in the 800m.

"Their summers have been awesome," Thomas said of the men's crew. "Devin's all about it – he's training really well, and so is Paul. They're all coming into the season in better shape than they've ever been following a summer of training. Billy's matured tremendously with all the success he had in the spring."

Phil Padilla also made a lot of progress last year, and incoming freshman Eddie Judge should help fill the void left by the departing Andrew Montgomery.

"Our men's team could be much improved again in 2007," Thomas said. "The guys are hungry to get into the top four at ACC's and at the Southeast Region Championships. We couldn't seem to find a consistent fifth runner last year, but if these guys step in where they need to be, we could be running in a nice, tight pack like we had with the women last year."

2007 SEASON PREVIEW



# MEN'S ROSTER

Name	Class	Hometown	High School	Major
Billy Berlin	r-Jr.	Midlothian, Va.	Midlothian	Business Information Technology
Rider Clauss	Sr.	Madison, Wis.	Madison West	Mechanical Engineering
Devin Cornwall	So.	Culpeper, Va.	Culpeper County	Psychology
Eddie Judge	Fr.	Virginia Beach, Va.	F.W. Cox	Business
Matt Kroetch	So.	Oakton, Va.	Oakton	University Studies
Paul LaPenna	Jr.	Londonderry, N.H.	Londonderry	Human Nutrition, Foods and Exercise
Kieran Lee	Fr.	Glen Allen, Va.	Hermitage	Engineering
Jeff Miller	Fr.	Lorton, Va.	South County	University Studies
Alex Nissen	Fr.	Herndon, Va.	Oakton	Biological Sciences
Chris Padilla	Jr.	Shelton, Conn.	Shelton	Industrial Design
Phillip Padilla	Jr.	Shelton, Conn.	Shelton	Industrial Design
Matt Saunders	Fr.	Oak Hills, Va.	Oakton	Industrial Design
James Scheiner	Sr.	Centreville, Va.	Westfield	Building Construction
Zach Thomas	Jr.	Sewickley, Pa.	Quaker Valley	Mining Engineering
Ryan Witt	Fr.	Winchester, Va.	Sherando	Engineering

## MEN'S ROSTER BREAKDOWN

### HOKIES BY CLASS

#### Seniors (2)

Rider Clauss, James Scheiner

#### Juniors (5)

Billy Berlin, Paul LaPenna, Chris Padilla, Phillip Padilla, Zach Thomas

#### Sophomores (2)

Devin Cornwall, Matt Kroetch

#### Freshmen (6)

Eddie Judge, Kieran Lee, Jeff Miller, Alex Nissen, Matt Saunders, Ryan Witt

### HOKIES BY STATE

#### Connecticut (2)

Shelton ..... Chris Padilla  
Phillip Padilla

#### New Hampshire (1)

Londonderry..... Paul LaPenna

#### Pennsylvania (1)

Sewickley ..... Zach Thomas

#### Virginia (10)

Centreville ..... James Scheiner  
Culpeper..... Devin Cornwall  
Glen Allen ..... Kieran Lee  
Herndon ..... Alex Nissen  
Lorton..... Jeff Miller  
Midlothian..... Billy Berlin  
Oak Hills ..... Matt Saunders  
Oakton ..... Matt Kroetch  
Virginia Beach..... Eddie Judge  
Winchester..... Ryan Witt

#### Wisconsin (1)

Madison ..... Rider Clauss





## BILLY BERLIN

**R-JUNIOR  
MIDLOTHIAN, VA.  
MIDLOTHIAN H.S.  
PR: 800M-1:49.51; 1,500M-3:41.88;  
10K XC-31:17**

**2006:** Finished 24th at the ACC Championships with an 8k time of 25:23 ... Placed 31st at the William & Mary Inter-Regional in 25:32 ... Ran 10k in 31:17 at the Chile Pepper Invitational.

**2005:** Placed 10th at the VT Alumni Meet with a time of 25:54.01 ... Did not compete the rest of the season due to an injury.

**2004:** Finished 82nd at the NCAA Southeast Regional Championships with a time of 32:21.70 ... Clocked an 8k time of 26:44.9 for 53rd place at the ACC Championships ... Had top-10 finishes at the Bobcat Invitational (8th) and at the Festival in the Fields (10th).

**High School:** Two-year letterwinner in cross country and three-year letterman in track at Midlothian under Coach Stan Morgan ... Named cross country team MVP and led team to a state championship title ... Earned all-district, all-region, all-state and all-south cross country honors ... Midlothian, Dominion District and Central Region and Ashe Center record holder in the 1,000m ... Only athlete in Virginia to earn all-state honors in all five distance events (800m, 1,000m, 1,600m, 3,200m and 5,000m) in 2004 ... Named team MVP and captain for indoor and outdoor track ... Was a two-time national champion in the 4xmile at NIC ... Was the central region 4x800m and 1,000m champion ... SCA Representative and named to the Distinguished Honor Roll.

**Personal:** Born April 7, 1986 in Richmond, Va. ... Son of Russell and Beverly Berlin ... His grandfather is Harold Robert Berlin, Lehigh University's record holder in the cross country two mile ... Billy's uncle, Don, was the Virginia state champion in the backstroke ... Business information technology major.

## RIDER CLAUSS

**SENIOR  
MADISON, WIS.  
MADISON WEST H.S.  
PR: 3K STEEPLECHASE-9:05.55;  
5,000M-14:35**

**2006:** Finished 76th at the NCAA Southeast Regional with a 10k effort of 32:46 ... Was runner-up and team's highest finisher at the Hokie Open in 19:35 ... Took 10th place at the Wake Forest Relays with a 22:24 time ... With a time of 25:46, he finished 37th at the William & Mary Inter-Regional ... Placed 67th at the ACC Championships in 26:38.

**2005:** Placed 11th at the Virginia Tech Invitational with a time of 19:57.19 ... Finished fourth at the VT Alumni Meet with a time of 25:16.63 ... Was eighth at the Mountaineer Open with a time of 20:20.15 ... Placed 97th with a time of 26:50 at the Penn State Invitational ... Finished 54th at the ACC Championships with a time of 25:29.1 ... Was 102nd at the NCAA Southeast Regional Championships with a time of 32:33.9.

**2004:** Recorded a 49th-place finish at the ACC Championships in a time of 26:37.20 ... Finished 107th at the NCAA Southeast Regional Championships with a time of 32:34.0 ... Had top-25 performances during the season at the Bobcat Invitational (6th), the Festival in the Fields (12th) and the Lou Onesty Invitational (25th) ... Finished with a time of 18:28 at the Bobcat Invitational.

**High School:** Was a three-year letterwinner in cross country and a four-year letterman in track under Coach Thomas Kaufman at Madison West ... Team captain ... Was a three-time all-city and all-conference and a two-time all-state cross country selection ... Placed fourth individually and his team finished runner-up at the 2003 state cross country meet ... Holds the 5k school record with a time of 16:01 ... Was a two-time team captain for track

& field ... Two-time state qualifier in the 1,600m and a state qualifier in the 3,200m and the 4x800m relay ... Finished ninth in 2003 and sixth in 2004 in the 1,600m at the state meet ... Anchored 4x800m relay which finished fifth at the 2004 state meet ... Competed for Team Wisconsin at Midwest Senior All-Star meet.

**Personal:** Born November 4, 1985 in Cincinnati, Ohio ... Son of Allen and Arrietta Clauss ... Mechanical engineering major.

## DEVIN CORNWALL

**SOPHOMORE  
CULPEPER, VA.  
CULPEPER COUNTY H.S.  
PR: 3,000M-8:24; 5,000M-14:26;  
10K XC-31:05**

**2006:** Named ACC Freshman of the Year ... Took third place at the Wake Forest Relays with a time of 22:16 ... Finished 27th at the ACC Championships in 25:31 ... Crossed the finish line in 32:08 to place 45th at the

NCAA Southeast Regional meet ... Ran 8k in 25:07 for 15th-place finish at the William & Mary Inter-Regional meet ... Finished 60th at the Chile Pepper Invitational with a time of 31:05.

**High School:** Three-year letterwinner in cross country ... Also lettered in soccer, indoor track and outdoor track ... Northwest Region champion and Cedar Run District champion during his senior cross country season ... Commonwealth District champion his junior year ... All-Northwest Region

his junior year ... All-district his sophomore cross country season ... Owns the school and course record for the 5k ... All-region in the 1,600m and 3,200m ... Owns the school record in the 1,600m and 3,200m ... All-district in the 800m and 1,600m in outdoor track ... Member of the National Honor Society.

**Personal:** Born December 26, 1987 in Hartford, Conn. ... Son of Bruce and Patricia Cornwall ... Psychology major.

## EDDIE JUDGE

**FRESHMAN  
VIRGINIA BEACH, VA./F.W. COX H.S.  
PR: 1,600M-4:15; 5K XC-15:30**

**High School:** Earned All-America status after finishing fifth in the 1,600m race ... At the Nike National Indoor Track Championships as a senior ... Finished fourth at the Virginia State AAA Cross Country meet last season after winning a regional championship ... Five-time all-state honoree

... Won eight regional titles during career ... State champion in outdoor 1,600m ... Honor student.

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





**MATT KROETCH**

**SOPHOMORE  
OAKTON, VA./OAKTON H.S.  
PR: 8K XC-25:30; 10K- 30:37**

**2006:** At Longwood University, earned All-East honors with eighth-place finish IC4A University Division Men's Cross Country Championships ... Owns school record with a personal best of 30:37.53 in 10K ... Has personal best of 14:56.61 in 5K and 4:02.99 in the 1500m.

**High School:** Earned All-America honors in 5K ... Owns the Oakton High School outdoor track 5K record ... Named to all-district teams eight times, all-region six times and all-state four times during career ... First team all-district in cross country during senior season as well as first team all-region, first team all-state, Washington Post First Team, All-Metropolitan and All-South ... Indoor 3200m District Champion and MVP during senior season ... Outdoor District 3200m champion and MVP.

**Personal:** Born May 23, 1982 in Alexandria, Va. ... Son of Brent and Mary Kroetch ... University studies major.

**PAUL LAPENNA**

**JUNIOR  
LONDONDERRY, N.H.  
LONDONDERRY H.S.  
PR: 3,000M-8:26; 10K XC-30:04**

**2006:** Named to USTFCCA Southeast All-Region team ... Finished 21st in both the ACC Championships (25:08) and NCAA Southeast Regional (31:27) ... Registered a pair of top-10 finishes ... One of five Hokies to finish in top 10 at the Wake Forest Relays with a sixth-place finish in 22:35 ... Was team's second-highest finisher at the William & Mary Inter-Regional meet with a 24:56 effort for 10th place ... Took 28th at the Chile Pepper Invitational with a time of 30:04.

**2005:** Was fourth at the Virginia Tech Invitational in 19:24.89 ... Placed fourth overall at the Mountaineer Open with a time of 19:56.23 ... Was 34th at the ACC Championships with a time of 24:55.8 ... Garnered 71st place at the NCAA Southeast Regional Championships with a time of 32:04.9 ...

Named to the All-ACC Academic team.

**High School:** Reached high school All-America status during his senior season with a fourth-place finish in the mile (4:17.08) at the 2005 National Scholastic Indoor Championships ... Three-time state champion and state record holder in the 1,000m ... Finished as the runner-up at the Disney Cross Country Classic ... Helped Londonderry and coaches Larry Martin and Paul Dutton capture six team state championships ... Placed fourth at the Class L championships at 1,600m... Finished third at Loucks Games (N.Y.) in the 1,600m with a time of 4:20 ... Personal bests are 1:53.08 in the 800 meters, 2:31.45 for the 1,000m and 4:17.08 for the mile ... 5,000m cross country personal best is 15:38.

**Personal:** Born December 25, 1985 in Lowell, Mass. ... Son of Patricia LaPenna ... Human nutrition, foods and exercise science major.



**KIERAN LEE**

**FRESHMAN  
GLEN ALLEN, VA.  
HERMITAGE H.S.  
PR: 1,000M-2:34; 1,600M-4:24.77**

**High School:** Two-time team captain ... Helped team win a regional championship as well as a pair of district championships as well as a pair of fourth place finishes at Virginia AAA State championships the last two seasons... Voted to the all-district team during junior and senior seasons ... Won Most Improved Award during sophomore year ... *Richmond Times-Dispatch* Scholar-Athlete Award ... Member of the National Honor Society, Mu Alpha Theta Math Honor Society, Tri-M Music Honor Society and BETA Club ... Honor Key Award recipient.

**Personal:** Born August 31, 1989 in Richmond, Va. ... Son of Fred and Robyn Lee ... Engineering major.

**JEFF MILLER**

**FRESHMAN  
LORTON, VA.  
SOUTH COUNTY SECONDARY H.S.  
PR: 800M-1:53.7; 1,000M-2:32.1**

**High School:** Finished third in the 1,000m race at the Virginia State Indoor Championships ... Six-time Northern Regional and District champion ... Captain of regional championship team ... State runner-up in 800m ...

**Personal:** Born August 15, 1989 ... Son of Jean Miller ... University studies major ... Intends to major in engineering.

**ALEX NISSEN**

**FRESHMAN  
HERNDON, VA.  
OAKTON H.S.  
PR: 1,600M-4:21; 5K-16:05**

**High School:** Eleven-time all-district and three-time all-region honoree during high school career ... Team won Eastern States championship during junior year and state championships at the Virginia AAA meet during junior season and runner-up during senior season ... Team also won the Northern

Region and Concorde District championships last two seasons ... Nine-time scholar-athlete ... Member of Japanese Honor Society.

**Personal:** Born March 24, 1989 in Herndon, Va. ... Son of Larry and Mary Anne Nissen ... Biological Sciences major.

**CHRIS PADILLA**

**JUNIOR  
SHELTON, CONN.  
SHELTON H.S.  
PR: 800M-1:55; 1,600M-4:26**

**2006:** Was fourth finisher at the Tech Invitational in a time of 20:47 ... Took sixth place at the Hokie Open (20:39).

**2005:** Finished 17th at the VT Alumni Meet in 26:33.56 ... Was 25th at the Mountaineer Open with a time of 21:30.71.

**High School:** Won the 800m and the

4x800m relay titles at the SCC Championships ... Was all-state in the 4x800m relay and the 800m open ... All-New England in the 4x800m relay for indoor and outdoor ... Set seven school records ... Team captain his senior year ... Two-time Coaches Award of Excellence recipient ... Member of the Spanish Honor Society.

**Personal:** Born on February 6, 1987 in Derby, Conn. ... Son of Oswald and Dorothy Padilla ... Industrial design major.



## PHILLIP PADILLA

**JUNIOR  
SHELTON, CONN.  
SHELTON H.S.  
PR: 3,000M-8:40; 10K XC-31:38**

**2006:** One of five Hokies to place in top 10 at the Wake Forest Relays, with a ninth-place effort in 22:42 ... Took 55th place at the ACC Championships at 26:17 ... Finished 43rd in the William & Mary Inter-Regional with a time of 26:04 ... Placed 78th at

the NCAA Southeast Regional meet in 32:49 and 84th at the Chile Pepper Invitational in 31:38.

**2005:** Finished 14th at the Virginia Tech Invitational with a time of 20:04.92 ... Placed 16th at the VT Alumni Meet in 26:32.14 ... Was 16th at the Mountaineer Open with a time of 20:44.51.

**High School:** Won the 1,600m and the 4x800m relay titles at the SCC Championships ... Four-time cross country MVP ... Two-time all-area and all-conference ... Two-time outdoor MVP and one-time indoor MVP ... Holds the school record for 1,600m and 4x800m relay ... Member of the Spanish Honor Society.

**Personal:** Born February 6, 1987 in Derby, Conn. ... Son of Oswald and Dorothy Padilla ... Industrial design major.



## MATT SAUNDERS

**FRESHMAN  
OAK HILL, VA.  
OAKTON H.S.  
PR: 3-MILE-15:16; 3,200M-9:33**

**High School:** Earned six letters during career ... First-team all-region and all-district in senior season ... Voted team's Most Improved Athlete ... All-district in indoor 3,200m during both junior and senior seasons ... All-region for indoor 3,200m ...

Voted all-district and all-region for outdoor 3,200m.

**Personal:** Born January 17, 1989 in Reston, Va. ... Son of Michael and Nancy Saunders ... Industrial design major.



## JAMES SCHEINER

**JUNIOR  
CENTREVILLE, VA.  
WESTFIELD H.S.  
PR: 1,500M-3:46; 8K-24:59  
3,000M-8:20**

**2006:** Team's second-highest finisher with a third-place effort at the Hokie Open (19:35) ... Ran season-best 32:01 in 10k at the Chile Pepper Invitational ... Finished 59th in 32:32 at the NCAA Southeast

Regional ... Took 39th with a 25:52 time at the William & Mary Inter-Regional.

**2005:** Finished 10th at the Virginia Tech Invitational with a time of 19:56.13 ... Was second at the VT Alumni Meet in 25:03.26 ... Had a fifth-

place finish at the Mountaineer Open with a time of 20:07.92 ... Placed 70th at the Penn State Invitational with a time of 26:36 ... Was 35th at the ACC Championships with a time of 24:59.3 ... Was 137th at the NCAA Southeast Regional Championships in 33:14.4.

**2004:** Ran in four meets ... Finished 102nd in the 10k NCAA Southeast Regional Championships with a time of 32:47.70 ... Was 70th in the 8k race at the ACC Championships (27:29.50) ... Took 37th place at Virginia's Lou Onesty Invitational in a time of 26:30.50 ... Was 65th at the Chile Pepper Invitational.

**High School:** A four-year letterman in cross country and track under coaches Scott Berquist and Emily Utter at Westfield ... Member of the national and state champion 4x800m relay team ... Three-time All-American ... Named All-Met, all-region, all-district and all-state ... Voted team captain and team MVP.

**Personal:** Born March 18, 1986 in Ridge Crest, Calif. ... Son of Zoë Rann and John Scheiner ... Has a brother, Joshua, 23; and a sister, Katherine, 21 ... Building construction major.



## ZACH THOMAS

**SOPHOMORE  
SEWICKLEY, PA.  
QUAKER VALLEY H.S.  
PR: 8K XC-25:34; 10K-30:53**

**2006:** Clocked in a season-best time 10k time of 31:25 at the Chile Pepper Invitational ... Ran 10k in 33:00 for 94th-place at the NCAA Southeast Regional meet ... Took 52nd at the ACC Championships with a 26:11 effort ... Completed 8k in season-best time of 25:34

for 32nd place at the William & Mary Inter-Regional ... Finished 15th at the Wake Forest Relays with a time of 23:03.

**2005:** Redshirted.

**2004:** Finished 63rd at the ACC Championships in a time of 27:14.60 ... Was seventh in the Bobcat Invitational with a 6.4k time of 18:33 ... Took 11th place at Tech's Festival in the Fields.

**High School:** Four-year letterwinner in cross country and track under coach David Noyes at Quaker Valley ... Two-time team captain for cross country ... WPIAL District individual champion in 2003 and a member of the three-time WPIAL championship team (2000, 2001 and 2002) ... Also a three-time state medalist ... WPIAL District individual champion in the 3,200m in 2003 ... Three-time WPIAL runner-up in the 3,200m ... Sixth-place PIAA state medalist ... Holds the school record in the 3,200m.

**Personal:** Born September 27, 1985 in Pittsburgh, Pa. ... Son of Joseph and Deborah Thomas ... Younger brother of former Hokie distance runner Matt Thomas ... Mining engineering major.



## RYAN WITT

**FRESHMAN  
WINCHESTER, VA.  
SHERANDO H.S.  
PR: 800M-1:57.46; 1,600M-4:20;  
5K-16:16**

**High School:** Named all-state five times, all-region nine times along with four district titles in the 800m and 1600m ... Member of all-area and all-district first team three times ... 2006 state champion

in the 1,600m ... Voted second team all-area for sophomore season ... Earned all-state cross country honors and all-district and All-Region II recognition in 3,200m during junior year ... Won two district titles in both the 800m and 1,600m ... Two-time all-state honoree in indoor 500m ... Named *Northern Virginia Daily Track Athlete of the Year* for junior season ... Member of district's first-team all-academic squad.

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

# WOMEN'S ROSTER

WOMEN'S ROSTER

Name	Class	Hometown	High School	Major
Erin Bragg	Fr.	Richmond, Va.	Deep Run	University Studies
Kelly Clark	So.	Salem, Va.	Glenvar	University Studies
Jessica Fanning	r-Jr.	Charlottesville, Va.	Western Albemarle	Architecture
Tasmin Fanning	Jr.	Charlottesville, Va.	Western Albemarle	Human Nutrition, Foods and Exercise
Samantha Ference	Sr.	Clifton, Va.	James Robinson	Urban affairs and planning
Lindsey King	Fr.	Norcross, Ga.	Norcross	Civil Engineering
Lisa MacPherson	So.	Powhatan, Va.	Jefferson Forest	Human Nutrition, Foods and Exercise
Jackie Merrick	Fr.	West Chester, Pa.	Henderson	Engineering
Erin Reddan	Jr.	Bricktown, N.J.	Brick Township	Human Nutrition, Foods and Exercise
Natalie Sherbak	Sr.	Virginia Beach, Va.	Kellam	Marketing
Kristy Tobin	Fr.	Chesapeake, Va.	Great Bridge	University Studies
Jessica Trapeni	Fr.	Fairfax, Va.	Fairfax	Biochemistry
Ashley Zanko	Fr.	Dublin, Ohio	Coffman	Biomedical Engineering

## WOMEN'S ROSTER BREAKDOWN

### HOKIES BY CLASS

#### Seniors (2)

Natalie Sherbak, Samantha Ference

#### Juniors (3)

Jessica Fanning, Tasmin Fanning, Erin Reddan

#### Sophomores (2)

Kelly Clark, Lisa MacPherson

#### Freshmen (6)

Erin Bragg, Lindsey King, Jackie Merrick, Krsity Tobin,  
Jessica Trapeni, Ashley Zanko

### HOKIES BY STATE

#### New Jersey (1)

Bricktown ..... Erin Reddan

#### Georgia (1)

Norcross ..... Lindsey King

#### Ohio (1)

Dublin ..... Ashley Zanko

#### Pennsylvania (1)

West Chester ..... Jackie Merrick

#### Virginia (11)

Charlottesville ..... Jessica Fanning, Tasmin Fanning  
Chesapeake ..... Kristy Tobin  
Clifton ..... Samantha Ference  
Fairfax ..... Jessica Trapeni  
Powhatan ..... Lisa MacPherson  
Richmond ..... Erin Bragg  
Salem ..... Kelly Clark  
Virginia Beach ..... Natalie Sherbak





## ERIN BRAGG

**FRESHMAN**  
**RICHMOND, VA./DEEP RUN H.S.**  
**PR: XC 5K-18:36; 3,200M-11:37;**  
**1,600M- 5:22.55; 800M- 2:23**

**High School:** Member of Central Region champion outdoor 4x800m relay during senior season ... Five-time all-region honoree ... Three-time all-district and team MVP in cross country ... Earned all-district distinction in both indoor and outdoor track & field through all four years ... Earned all-academic honors in each season in which she participated ... Honor Roll student ... Member of Beta Club during junior and senior years ... Earned Silver Key Award for scholastic writing as a sophomore.

**Personal:** Born November 8, 1988 in Richmond, Va. ... Daughter of Don and Patsy Bragg ... Business major.



**KELLY CLARK**  
**SOPHOMORE**  
**SALEM, VA./GLENVAR H.S.**  
**PR: 3,000M-9:41; 5,000M-16:50**  
**6K XC- 21:05**

**2006:** Was Tech's fourth finisher at the national championships, finishing 94th in team scoring and 125th overall in 22:20 ... Was Tech's second finisher at both the NCAA Southeast Regional and the ACC Championships ... Took 12th at the Southeast Regional in a personal-best time of 21:05 to earn all-region honors ... Placed 17th at the ACC meet in 21:59 ... Crossed the line 37th at Chile Pepper Invite in 21:33 ... Teamed up with Tasmin Fanning to finish as the top duo at the 5k Wake Forest Relays, while turning in the fourth-best individual time of 17:24 ... Named to the All-ACC Academic Team.

**High School:** Three-time first-team all-state honoree... Three-time member of the all-district team ... Two-time member of the All-Timesland Conference first team ... First-team All-Met her junior season ... Had a personal best in the three-mile with a time of 17:37.00 at the Region C meet her senior campaign.

**Personal:** Born June 5, 1988 in Salem, Va. ... Daughter of Craig and Nancy Clark ... Human development major.



## JESSICA FANNING

**R-JUNIOR**  
**CHARLOTTESVILLE, VA.**  
**WESTERN ALBEMARLE H.S.**  
**PR: 1,500M-4:26; 3,000M-9:39**  
**6K XC-20:51**

**2006:** Tech's third finisher at the NCAA Championships, finishing 91st in team scoring and 121st overall in 22:19 ... Earned the second all-region honor of her career after placing 25th overall in at the



NCAA Southeast Regional in 21:28 ... Also finished 25th at the ACC Championships in 22:16 ... Took 39th at the Chile Pepper Invite (21:35) and 10th at the William & Mary Inter-Regional (22:23) ... Recorded a ninth-place individual time at the 5k Wake Forest Relays (18:00) as a part of the second-place duo with Natalie Sherbak.

**2005:** Finished third at the

Virginia Tech Invitational with a time of 15:23.00 ... Was second at the VT Alumni Meet with a time of 17:17.77 ... Was granted a medical redshirt.

**2004:** Earned all-region honors after her 14th-place finish at the NCAA Southeast Regional Championships ... Became Tech's first All-ACC runner with her 13th-place finish at the conference championships with a time of 22:38.90 ... Notched her first collegiate 5k race win at the Lou Onesty Invitational in a time of 18:06.10 and closed the season as Tech's top finisher in five out of the six races in which she ran ... Was honored twice as Virginia Tech's Athlete of the Week for her accomplishments.

**High School:** Four-year letterwinner in cross country and track at Western Albemarle ... Led her high school to six team state titles in cross country and track ... Two-time all-state member, team captain and MVP in cross country ... Named Jefferson District Runner of the Year in 2002 ... In 2001, named Dulles District Runner of the Year and honored with the Coaches Award ... Earned first-team Dulles District honors for cross country in 2000 and named Most Improved ... All-American at Indoor Nationals for the distance medley relay and finished 10th in the mile run at the Indoor National Meet in 2004 ... In 2003, named to the all-state indoor track team for the 1,600m, 4x800m and the 4x400m relays, earned All-America honors at Indoor Nationals for the 4x800m relay and named team MVP ... Named Most Improved for track in 2001 ... Four-time member of the all-state outdoor track team for the 1,600m as she finished second place all four years ... A two-time member of the all-state outdoor track team for the 4x800m and the 4x400m relays ... Named MVP for track and took 15th place in the mile at Outdoor Nationals in 2003 ... Holds high school records in the 1,600m, 400m, 4x800m and 4x400m relays.

**Personal:** Born March 20, 1986 in Seattle, Wash. ... Daughter of Elizabeth Fanning ... Sister, Tasmin, runs cross country for Virginia Tech ... Architecture major.



**TASMIN FANNING**

**JUNIOR**  
**CHARLOTTESVILLE, VA.**  
**WESTERN ALBEMARLE H.S.**  
**PR: 1,500M-4:17.79; 5,000M-16:14**  
**6K XC-21:05**

**2006:** Led Tech at the NCAA Championships with an individual finish of 77th, taking 61st in team scoring with a time of 21:55 ... Earned all-region for the second straight year at the NCAA Southeast



Regional, finishing 18th in 21:10 ... Claimed 42nd at the ACC Championships in 22:48 ... Took 50th at the Chile Pepper Invite in 21:49, and ninth at the William & Mary Inter-Regional in 22:19 ... Turned in the second individual time of 17:04 at the 5k Wake Forest Relays while pairing with Kelly Clark to finish as the top team, and earned ACC Performer of

the Week honors for her efforts ... Was named to both the All-ACC Academic Team and the USTFCCCA NCAA Division I All-Academic Team.

**2005:** Earned all-region honors at the NCAA Southeast Regional Championships for her 22nd-place performance with a time of 21:05.7 ... In her first collegiate race, won the VT Alumni Meet with a time of 17:12.91 ... Won the 5k Mountaineer Open in 18:03.98 ... Was the top Tech runner at the Penn State Invitational, finishing the 6k course in 22:10, earning 42nd place ... Finished 19th at the ACC Championships with a time of 20:17.2.

**High School:** Voted team captain and MVP in 2004 ... A four-time all-state cross country runner ... Led the cross country team to three AA Virginia state titles and the track team to three AA state championships ... Was the 2004 Jefferson District and Region II cross country champion ... Also won the Fork Union, Woodberry Forest and Charles Lauck Invitationals ... At the AA Virginia state cross country championships, claimed the runner-up spot in 2004 and was third in 2003 ... Her track accomplishments include being a four-time AA Virginia state champion in the 4x800m relay, an all-state performer 13 times for the indoor and outdoor seasons and Nike Indoor Classic All-American for her fourth-place showing in the 800m ... Won the district title in the 800m and the 4x800m relay ... Took second at the Region II Championships in the 800m and 4x800m relay ... Holds the 800m, 4x400m relay, 4x800m relay and the distance medley relay records at Western Albemarle ... Personal records include a 2:14.37 in the 800m, 5:02.09 in the 1,600m and a 18:33.78 in the 5,000m ... Was a member of the National Honor Society and graduated with honors.

**Personal:** Born August, 27 1987 in Seattle, Wash. ... Daughter of Elizabeth Fanning ... Sister, Jessica, runs cross country for Virginia Tech ... Human nutrition, foods and exercise major and communication minor.



**SAMANTHA FERENCE**

**SENIOR**  
**CLIFTON, VA./JAMES ROBINSON H.S.**  
**PR: 1,500M-4:39; 800M-2:13.9**

**2006:** Ran season-best 4.7k race in 16:29 at the VT Invite ... Finished in third place at the Hokie Open, completing 4.7k in 18:04 ... Completed 6k at the William & Mary Inter-Regional in 25:21.

**2005:** Finished in 18:17.93 at the VT Alumni Meet, earning ninth place ... Was 99th at the Penn State Invitational with a time of 23:04 ... Took 74th at the ACC Championships with a time of 22:09.0 ... Was 135th at the NCAA Southeast Championships with a time of 23:32.5.



**2004:** Ran in three meets for Tech ... Took sixth place in 6.4k race with a time of 18:47 at the Bobcat Invitational ... Finished 23rd in Tech's first meet, Festival in the Fields ... Was 26th at Virginia's Lou Onesty Invitational.

**2003:** Competed in five meets, finishing 66th at the BIG EAST meet with a 6k time of 23:51.00 ... Was 126th at NCAA regionals ... Finished 17th at the Blue Ridge Open ... Was 10th at the season-opening Virginia

Tech Invitational ... Member of the school record-setting 4x1,500m relay team at the Sea Ray Relays.

**High School:** A four-year letterwinner in track and cross country for Coach Jeremy Workman at James W. Robinson High School ... Twice earned all-state honors in cross country ... Team won the state AAA Cross Country Championship in 2001 ... A three-time all-state performer in the 1,600m ... Won four state championships as a member of the 4x800m relay team ... Twice named a Nike All-American in the 4x800 ... Received *Washington Post* all-Met honors.

**Personal:** Born September 14, 1985 in Fairfax, Va. ... Daughter of Bill and Brenda Ference ... Urban affairs and planning major.



**LINDSEY KING**

**FRESHMAN**  
**NORCROSS, GA./NORCROSS H.S.**  
**PR: XC 5K-19:10; 2-MILE-11:53;**  
**MILE-5:47; 800M-1:08**

**High School:** Earned all-state honorable mention as well as team MVP, all-county, All-Metro recognition ... Finished fifth at the regional meet and qualified for state ... Placed eighth at state meet ... Won Team

Coaches Award twice ... Received team's Most Dedicated Award during sophomore year ... Also played basketball, soccer and participated in two seasons of track & field ... Scholar-Athlete in each season throughout career ... Graduated with honors and was a member of the Senior Beta Club.

**Personal:** Born May 3, 1989 in Atlanta, Ga. ... Daughter of Chuck and Cindy King ... Civil engineering major.



**JACKIE MERRICK**

**FRESHMAN**  
**WEST CHESTER, PA.**  
**HENDERSON H.S.**  
**PR: 800M-2:18.88; 1,600M-5:12.14**  
**5K XC-18:42**

**High School:** Four-year letterwinner in cross country, indoor and outdoor track and field ... Cross country MVP during senior year ... Member of First team PTFCA Indoor Distance Medley Relay which also established a new school record last season ... Member of first-place PTFCA 4x800m relay team which also set the school record during junior season ... Helped team to third place in at state cross country meet during sophomore season ... Member of National Honor Society.

**Personal:** Born June 18, 1989 in Coon Rapids, Minn. ... Daughter of Carl and Lori Merrick ... Engineering major.



**LISA MACPHERSON**

**SOPHOMORE**  
**POWHATAN, VA.**  
**JEFFERSON FOREST H.S.**  
**PR: 5,000M-17:52; 6K XC-22:19**

**2006:** Was one of Tech's competitors at the NCAA Championships, finishing 212th among team participants and 250th overall in 24:33 ... Placed 70th at the NCAA Southeast Regional in 22:22 ... Was sixth among Hokie finishers at the ACC

Championships, crossing the line 64th in 23:37 ... Took 76th at the Chile Pepper Invite (22:19), 30th at the William & Mary Inter-Regional (23:25) and 27th at the 5k Wake Forest Relays (19:16) ... Claimed second at the Virginia Tech Invitational (4.7k) in 15:56.

**High School:** Three-time letterwinner for cross country, indoor track and outdoor track ... Two-time all-state performer



for cross country ... Two-time all-region runner ... Three-time all-district student-athlete for cross country ... Two-time district runner of the year ... Member of the National Honor Society ... Member of the Mu Alpha Theta math honor society.

**Personal:** Born November 25, 1987 in Richmond, Va. ... Daughter of Bob and Ann Carter MacPherson ... Human nutrition, foods and exercise major.



**ERIN REDDAN**

**SOPHOMORE**  
**BRICKTOWN, N.J.**  
**BRICK TOWNSHIP H.S.**  
**PR: 3K-10:43; 1,500M-4:36;**  
**5,000M-16:57**

**2006:** Finished sixth at the Virginia Tech Invitational with a time of 15:41.12 ... Was fourth at the VT Alumni Meet with a time of 17:34.43 ... Had a second-place finish at the 5k Mountaineer Open in 18:33.46 ... Finished

121 st at the Penn State Invitational with a time of 23:26 ... Was 68th at the ACC Championships with a time of 21:47.2 ... Was 125th at the NCAA Southeast Region Championships with a time of 23:20.4.

**High School:** Four-year letterwinner on the cross country team under coaches Don Blair and Kathleen C. Meehan at Brick Township ... Voted captain her senior year ... Named second-team all-county in 2002 and



2004 ... Shore Coaches Champions in 2002 ... Team placed second at 2002 county championships ... Roxbury Invitational team champions in 2003 ... Anchored her team's school-record-setting distance medley relay team (12:16) ... Ran a 5:10 split for 1,600m ... Placed fourth at indoor MOC in the 3,200m with 11:10 in 2005 ... Finished fourth at the Ocean County Championships in a time of 5:12 ... Took third place in the 3,200m at the Ocean Counties and Shore Conference meets in 2005.

**Personal:** Born June 17, 1987 in Long Branch, N.J. ... Daughter of Scott and Margaret Reddan ... Human nutrition, foods and exercise major.





**NATALIE SHERBAK**  
**SENIOR**  
**VIRGINIA BEACH, VA./KELLAM H.S.**  
**PRS: 5,000M-16:32; 6K XC-21:08;**  
**10K-34:35**

**2006:** Scored for the Hokies at the NCAA Championships, running a 22:23 to take 101st among team competitors and 133rd overall ... Earned all-region honors at the NCAA Southeast Regional with a 20th-place finish in 21:21 ... Led Tech at the ACC Championships

in 16th place, crossing the finish line in 21:55 ... Was second for the Hokies at the Chile Pepper Invite in 21:08 to finish 26th ... Claimed second of 102 runners at the William & Mary Inter-Regional in 21:46 ... Recorded a fifth-place individual time at the 5k Wake Forest Relays (17:28) as a part of the second-place team with Jessica Fanning ... Was named to both the All-ACC Academic Team and the USTFCCCA NCAA Division I All-Academic Team.

**2005:** Garnered a 29th-place finish at the NCAA Southeast Region Championships, recording a time of 21:16.4 ... Finished fourth at the Virginia Tech Invitational in 15:31.65 ... Was third at the VT Alumni Meet with a time of 17:3.43 ... Had a fifth-place finish at the 5k Mountaineer Open, recording a time of 19:04.96 ... Finished 80th at the Penn State



Invitational with a time of 22:47 ... Tied for 48th at the ACC Championships with a time of 20:59.1.

**2004:** Was Tech's second finisher in the regional and conference meets ... Placed 37th with a 6k time of 21:24.2 at the NCAA Southeast Regional Championships ... Finished 30th at the ACC Championships in a time of 23:13.00 ... Took 24th at the Chile Pepper Invitational ... Finished sixth at Virginia's Lou Onesty Invitational with a time of 18:39.60.

**High School:** Three-year letterwinner in cross country and a four-year letterman in track for Coach William Bernard at Kellam ... Capped her senior year with six state titles ... 2003 Virginia AAA cross country champion with a time of 18:37.7 and was the first Beach District runner since 1979 to win the state cross country meet ... 2004 state champion in the indoor 1,000m and 4x800m relay ... Also the state champion in the outdoor 4x800m, 1,600m and the 800m ... In 2002, placed fifth at the state cross country championships with only one underclassman before her ... Finished sixth in the 2001 Eastern Region cross country meet (19.23) while her team took second place ... Earned All Eastern District, all-regional and all-state honors ... Voted team captain and team MVP ... Honored with the Coaches Award.

**Personal:** Born December 20, 1985 in Jacksonville, Fla. ... Daughter of Todd and Rebecca Motely and Michael Sherbak ... Sister to Rachel, Susan, Emma and Hanna Sherbak, and Abigail, Julia and Caroline Motley ... Marketing major.



**KRISTY TOBIN**  
**FRESHMAN**  
**CHESAPEAKE, VA./**  
**GREAT BRIDGE H.S.**  
**PR: 800M-2:12; 1,600M-4:53;**  
**5K XC-18:11**

**High School:** Won the indoor Virginia State AAA 1,600m championship during junior and senior seasons ... 1,600m personal best ranks as the 16th-best time of any returning athlete in the nation ... Accumulated eight individual regional championships as well as 11 district championships ... Honored as the Outstanding Female High School Cross Country Runner by the Tidewater Striders ... Named 2005 Outstanding Metropolitan Cross Country Runner by the Norfolk Sports Club ... Received VHSL Academic Excellence Award from 2003-05.

**Personal:** Born September 30, 1988 ... Daughter of Michael and Patricia Tobin ... University studies major.

**JESSICA TRAPENI**

**FRESHMAN**  
**FAIRFAX, VA./FAIRFAX H.S.**  
**PR: 1,600M- 5:11; 3,200M-11:04; 3-MILE-18:23; 5K- 19:07**

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

**Personal:** Born April 5, 1989 in Washington, D.C. ... Daughter of Joseph and Marilyn Trapeni ... Biochemistry major.

**ASHLEY ZANKO**

**FRESHMAN**  
**DUBLIN, OHIO/COFFMAN**  
**PR: XC 5K-18:56; 3,200M-11:29;**  
**1,600M-5:19.04; 800M-2:25.6**



**High School:** Qualified for state meet three times ... OHSAA Scholar-Athlete ... Member of 4x800m relay that qualified for state during senior season ... First team All-Ohio Capital Conference selection in both cross country and track during all four years ... Named to *Columbus Dispatch* Track Honor Roll during last three seasons ... Member of National Honor Society ... Wendy's High School Heisman State Nominee and member of Ohio Capital Conference Scholar-Athlete.

**Personal:** Born November 28, 1988 in Virginia Beach, Va. ... Daughter of Phil and Kim Zanko ... Biomedical engineering major.

# 2006 SEASON REVIEW

□ The Virginia Tech cross country program made tremendous strides of improvement from 2005 to 2006 and its climb up the standings of both the Atlantic Coast Conference and NCAA Southeast Regional Championships reflected the Hokies' many hours of training and preparation. The women's team appeared in the final four USTFCCA polls of the season and ranked 20th in the final poll while the men's team was rated each week and finished 29th. Tech built on the success of individuals during recent years to construct a solid team foundation that consistently performed well, and will hopefully continue into the 2007 season.

Thanks to a third-place finish at the regional meet, the women's team qualified for its first-ever appearance at the NCAA Championships where it finished 18th. The Hokies totaled 417 points as Tasmin Fanning led the way with a 77th-place finish in 21:55. Fiona Gentles accompanied her in the top 100 of the individual standings, crossing the finish line 90th with a time of 22:05.

The women's team followed a 12th-place finish at the 2005 NCAA Southeast Regional Championships by placing third out of 32 teams at last season's meet, beating out ACC foes Virginia, Wake Forest, North Carolina and Clemson. Five Hokies placed among the top 25 to secure all-region recognition, led by Gentles in 11th place with a 6k time of 21:00 followed immediately by Kelly Clark in 12th (21:05). Natalie Sherbak finished 20th (21:21) and Jess Fanning was 25th (21:28) to earn All-Southeast Region recognition.

The men's team finished 13th at the regional meet in 2005 and improved to sixth place last season against 31 other schools, led by Paul LaPenna, whose 31:27 10k effort finished 21st and secured the first all-region honor of his career. LaPenna was followed by Devin Cornwall in 45th place with a time of 32:08.

In one of the most challenging meets of the season which featured a combined nine teams appearing in the national rankings, Virginia Tech responded with the best performance in the school's three-year history at the ACC Championships. The women's team had four runners in the top 25 and finished fifth with 123 points, a four-position improvement from its ninth-place performance in 2005 and finished just five points shy of fourth-place Florida State. After finishing 48th in 2005, Natalie Sherbak was Tech's highest finisher with a time of 21:55 in 16th place while Clark (21:59) followed in 17th with the second-fastest time of any true freshman.

On the men's side, the Hokies accumulated 145 points to take sixth, which was a 29-point improvement from 2005 and fell just 13 points shy of fifth-place Clemson. LaPenna withstood a lingering injury to finish 21st and lead the Hokies in a time of 25:08 while Billy Berlin had a season-best time of 25:23 to finish 24th.

Cornwall became the first Hokie to ever win the Freshman of the Year award after completing the race as the conference's top freshman finisher in 27th place with an 8k time of 25:31.

Leading up to the ACC Championships, the



*Fiona  
Gentles*



*Andrew  
Montgomery*

most competitive meet of the season was the Chile Pepper Invitational, where both teams registered top-10 finishes among very deep fields on a course that would be as long as any they would compete on the entire season. The women's team earned fourth place out of 43 schools while the men were seventh out of 34. Gentles registered her personal-best 6k time of 20:54 to become Tech's highest finisher with a 16th-place finish. LaPenna completed the 10k course in 30:04 and was followed by Andrew Montgomery's 44th-place finish in 30:40. Tech also sent a corps of runners to the VMI Invitational on the same weekend and the Hokies responded with a first-place finish, turning in four of the top seven individual performances. Nicole Pederson won the first meet title of her career with a 5k time of 19:06 and Erin Reddan followed in third (19:28). No team score was recorded for the men but all four Tech runners finished among the top 35, led by a 14th-place performance by Chris Padilla (27:21).

The Tech women ran well on the 6k course at the William & Mary Inter-Regional meet, finishing behind only Georgetown. Four Hokies were in the top 10 with Sherbak as the highest finisher in second place effort at 21:46.

The Hokies started the season with impressive performances at both the Wake Forest Relays and the Virginia Tech Invitational. The women captured first place behind the top-finishing duo of Clark and Tasmin Fanning while the men also won their race with three pairs finishing in the top five, led by the combo of LaPenna and Andrew Montgomery, who placed second among the men's groups followed by Rider Clauss and Cornwall who took third.

Tech finished off the regular season by hosting the Hokie Open where the women took the top seven places while the men's team placed four runners in the top five. Reddan won the event title on the women's side and Clauss finished as the meet's runner-up to lead the men's team.

## **There was a lot of success for both teams during the 2006 season:**

Gentles, Clark, Tasmin Fanning, Sherbak and Jess Fanning all garnered NCAA All-Southeast region recognition. Gentles was Tech's highest finisher in three meets (Virginia Tech Invitational, Chile Pepper Invitational and NCAA Southeast Regional Championships) while Tasmin Fanning (Wake Forest Relays and NCAA Championships) and Sherbak (William & Mary Inter-Regional and ACC Championships) both led the way twice. Every runner except Gentles will be back this fall so an even bigger improvement in team performance is possible.

In addition to earning NCAA All-Southeast Region honors on the men's side, LaPenna was Tech's first finisher in each of the last three races he ran. Cornwall became the first Tech athlete to earn All-ACC Freshman of the Year honors and was Tech's highest finisher at the Wake Forest Relays. Both LaPenna and Cornwall return with six others so the Hokies will have plenty of experience heading into the 2007 season.

# 2006 SEASON RESULTS

2006 SEASON RESULTS

□ MEN	Wake Forest Relays	Virginia Tech Invitational	William & Mary Inter-Regional	Chile Pepper/ *VMI Invite (B)	ACC Championships	Hokie Open	NCAA Southeast Regional
Distance	5 miles	6.1k	8k	10k/*8k	8k	6.1k	10k
Date	9/1/06	9/9/06	9/30/06	10/14/06	10/28/06	11/4/06	11/11/06
Field	38 runners	26 runners	80 runners	289/*45 runners	91 runners	15 runners	222 runners
Christian Barlow	23:14 (18th)	20:28 (1st)	27:32 (67th)	*27:45 (21st)	DNR	20:30 (5th)	DNR
Billy Bertin	DNR	DNR	25:32 (31st)	31:17 (68th)	25:23 (24th)	DNR	DNR
Rider Clauss	22:24 (10th)	DNR	25:46 (37th)	DNR	26:38 (67th)	19:35 (2nd)	32:46 (76th)
Devin Cornwall	22:16 (3rd)	DNR	25:07 (15th)	31:05 (60th)	25:31 (27th)	DNR	32:08 (45th)
Kyle Guglielmo	23:48 (21st)	20:34 (2nd)	26:37 (55th)	*28:14 (30th)	DNR	20:47 (7th)	DNR
Paul LaPenna	22:35 (6th)	DNR	24:56 (10th)	30:04 (28th)	25:08 (21st)	DNR	31:27 (21st)
Brian Markley	DNR	20:59 (6th)	27:39 (B race)	*28:24 (32nd)	DNR	DNR	DNR
Brian McVey	23:53 (24th)	20:57 (5th)	DNR	DNR	DNR	DNR	DNR
Andrew Montgomery	22:22 (4th)	DNR	24:53 (8th)	30:40 (44th)	25:29 (26th)	DNR	31:52 (35th)
Chris Padilla	24:06 (25th)	20:47 (4th)	26:25 (50th)	*27:21 (14th)	DNR	20:39 (6th)	DNR
Phil Padilla	22:42 (9th)	DNR	26:04 (43rd)	31:38 (84th)	26:17 (55th)	DNR	32:49 (78th)
James Scheiner	DNR	DNR	25:52 (39th)	32:01 (127th)	DNR	19:35 (3rd)	32:32 (59th)
Ian Shreckengast	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Zach Thomas	23:03 (15th)	DNR	25:34 (32nd)	31:25 (74th)	26:11 (52nd)	DNR	33:00 (94th)
Duncan Vick	DNF - injured	22:06 (15th)	DNR	DNR	DNR	22:17 (12th)	DNR
Jason Vick	23:13 (17th)	DNR	25:31 (29th)	31:56 (102nd)	26:41 (69th)	20:23 (4th)	DNR
Team Finish	1st (of 4)	1st (of 3)	4th (of 10)	7th of 34/*NTS	6th (of 12)	no team scoring	6th (of 32)

□ WOMEN	Wake Forest Relays	Virginia Tech Invitational	William & Mary Inter-Regional	Chile Pepper/ *VMI Invite (B)	ACC Championships	Hokie Open	NCAA Southeast Regional	NCAA Champion-
ships								
Distance	5k	4.7k	6k	6k/*5k	6k	4.7k	6k	6k
Date	9/1/06	9/9/06	9/30/06	10/14/06	10/28/06	11/4/06	11/11/06	11/20/06
Field	35 runners	27 runners	102 runners	349/*42 runners	93 runners	9 runners	215 runners	253 runners
Kelly Clark	17:24 (4th)	DNR	DNR	21:33 (37th)	21:59 (17th)	DNR	21:05 (12th)	22:20 (125th)
Samantha DeAlto	21:13 (32nd)	17:31 (9th)	25:50 (90th)	*20:03 (8th)	DNR	DNR	DNR	DNR
Jenn Dietz	18:51 (20th)	16:17 (4th)	23:59 (45th)	*19:50 (7th)	DNR	18:37 (5th)	DNR	DNR
Jess Fanning	18:00 (9th)	DNR	22:23 (10th)	21:35 (39th)	22:16 (25th)	DNR	21:28 (25th)	22:19 (121st)
Tasmin Fanning	17:04 (2nd)	DNR	22:19 (9th)	21:49 (50th)	22:48 (42nd)	DNR	21:10 (18th)	21:55 (77th)
Samantha Ference	18:52 (21st)	16:29 (6th)	25:21 (83rd)	DNR	DNR	18:04 (3rd)	DNR	DNR
Heather Fisher	19:31 (28th)	16:57 (7th)	24:56 (74th)	*20:27 (15th)	DNR	20:00 (7th)	DNR	DNR
Fiona Gentles	DNR	15:04 (1st)	21:55 (4th)	20:54 (16th)	22:11 (23rd)	DNR	21:00 (11th)	22:05 (90th)
Lisa MacPherson	19:16 (27th)	15:56 (2nd)	23:25 (30th)	22:19 (76th)	23:37 (64th)	DNR	22:22 (70th)	24:33 (250th)
Ashley Morgenstern	18:43 (18th)	DNR	23:43 (39th)	22:44 (103rd)	24:36 (77th)	18:20 (4th)	DNR	DNR
Jamie Nichols	18:52 (22nd)	16:08 (3rd)	24:12 (53rd)	*19:44 (6th)	DNR	18:40 (6th)	DNR	DNR
Nicole Pederson	18:40 (17th)	DNR	24:06 (49th)	*19:06 (1st)	23:58 (72nd)	17:48 (2nd)	DNR	DNR
Erin Reddan	19:02 (23rd)	16:26 (5th)	24:05 (48th)	*19:28 (3rd)	DNR	17:37 (1st)	22:21 (66th)	24:25 (246th)
Natalie Sherbak	17:28 (5th)	DNR	21:46 (2nd)	21:08 (26th)	21:55 (16th)	DNR	21:21 (20th)	22:23 (133rd)
Team Finish	1st (of 4)	1st (of 3)	2nd (of 8)	4th of 43/*1st of 5	5th (of 12)	no team score	3rd (of 32)	18th (of 31)

## □ 2006 ACC CHAMPIONSHIP TEAM RESULTS (MEN)

1.	NC State	4	5	6	7	9	=	31
2.	Florida State	2	10	16	19	32	=	79
3.	Virginia	3	14	15	21	34	=	87
4.	Duke	11	17	30	31	35	=	124
5.	Clemson	1	8	33	41	49	=	132
6.	Virginia Tech	20	23	25	26	51	=	145
7.	Boston College	12	39	40	50	55	=	196
8.	North Carolina	24	27	47	56	59	=	213
9.	Wake Forest	28	43	44	45	57	=	217
10.	Maryland	29	46	53	64	69	=	261
11.	Georgia Tech	22	58	76	77	82	=	315
12.	Miami	52	67	72	78	79	=	348

## □ 2006 ACC CHAMPIONSHIP TEAM RESULTS (WOMEN)

1.	NC State	1	4	9	13	32	=	59
2.	Duke	3	7	22	26	30	=	88
3.	Virginia	5	8	10	28	53	=	104
4.	Florida State	6	15	24	35	38	=	118
5.	Virginia Tech	16	17	23	25	42	=	123
6.	North Carolina	11	14	21	44	48	=	138
7.	Boston College	12	19	33	37	49	=	150
8.	Wake Forest	2	31	41	45	47	=	166
9.	Georgia Tech	20	27	29	55	63	=	194
10.	Maryland	18	36	50	56	57	=	217
11.	Clemson	52	68	70	76	77	=	343
12.	Miami	66	75	80	81	82	=	384

# 2006-07 HONORS & AWARDS

## 2006-07 ACADEMIC AWARDS

### All-ACC Academic Team

#### Men

Paul LaPenna  
Andrew Montgomery  
Zach Thomas

#### Women

Kelly Clark  
Fiona Gentles  
Natalie Sherbak

### USTFCCCA All-Academic Team

#### Men

Paul LaPenna

#### Women

Tasmin Fanning  
Fiona Gentles  
Natalie Sherbak

### Virginia Tech All-Academic Team

#### Men

Jason Vick

#### Women

Jenn Dietz

### VT Skelton Award for Academic Excellence in Athletics

Andrew Montgomery

### Athletic Director's Honor Roll

#### Men

Christian Barlow  
Rider Clauss  
Paul LaPenna  
Brian Markley  
Andrew Montgomery  
Chris Padilla  
Phillip Padilla  
Zach Thomas  
Duncan Vick  
Jason Vick

#### Women

Kelly Clark  
Samantha DeAlto  
Jenn Dietz  
Jessica Fanning  
Tasmin Fanning  
Samantha Ference  
Fiona Gentles  
Lisa MacPherson  
Ashley Morgenstern  
Jamie Nichols  
Nicole Pederson  
Erin Reddan  
Natalie Sherbak  
Amber Sholl



Samantha Ference

## 2006-07 TEAM AWARDS

### Men

#### MVP

Paul LaPenna

#### Coach's Award

Andrew Montgomery

#### Rookie of the Year

Devin Cornwall

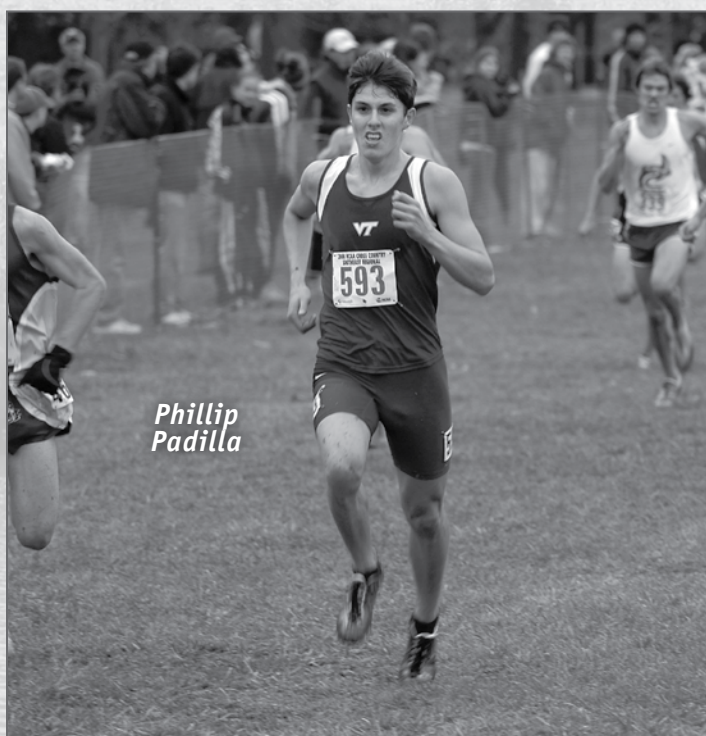
### Women

#### Coach's Award

Kelly Clark  
Jessica Fanning  
Tasmin Fanning  
Fiona Gentles  
Natalie Sherbak



Rider Clauss



Phillip Padilla

2006-07 HONORS & AWARDS

# HISTORY

HISTORY

## □ NCAA ALL-REGION

**Men**

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

**Women**

2006	..... Fiona Gentles (11th)
	..... <b>Kelly Clark (12th)</b>
	..... <b>Tasmin Fanning (18th)</b>
	..... <b>Natalie Sherbak (20th)</b>
	..... <b>Jessica Fanning (25th)</b>
2005	..... <b>Tasmin Fanning (22nd)</b>
2004	..... <b>Jessica Fanning (14th)</b>
2003	..... Marlies Overbeeke (5th)
2002	..... Stacey Vidt (19th)
	..... Jessica Morris (20th)
1990	..... Heidi Allen (7th)
1987	..... Roxann Polo (13th)
	..... Louise Schweitzer (16th)
1984	..... Linda King (14th)
	..... Cheryl Tuosto (24th)

Current team members in **bold type**

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.

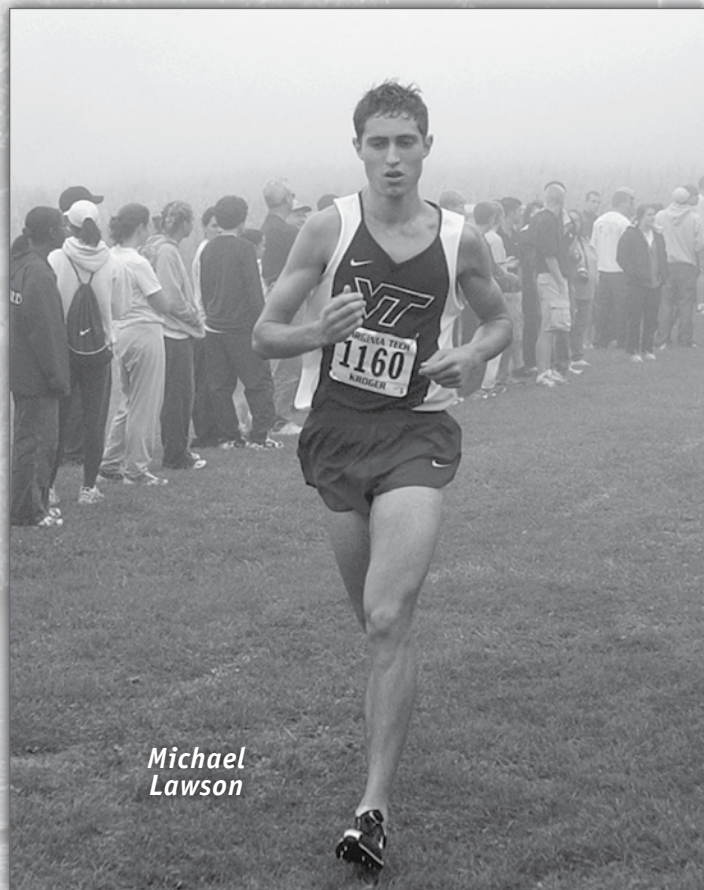
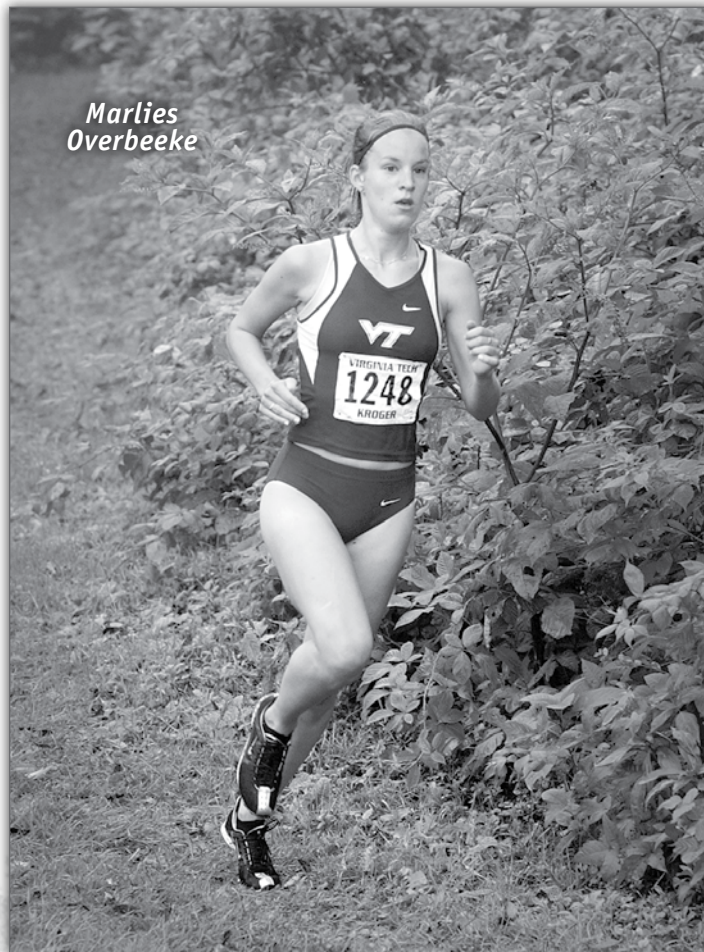
## □ ALL-AMERICANS

**Men**

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

**Women**

2003	..... Marlies Overbeeke
1981	..... Lori McKee (Taylor)
	..... Tracy Deely



## □ NCAA CHAMPIONSHIPS

**Men (Team)**

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

**Women (Team)**

2006	..... 18th
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## □ NCAA REGION CHAMPIONSHIPS

**Men (Team)**

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

**Women (Team)**

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

☐ CONFERENCE CHAMPIONSHIPS

**Men (Team)**

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

**Women (Team)**

1987..... Metro Conference  
 1986..... Metro Conference  
 1985..... Metro Conference

☐ CONFERENCE CHAMPIONS

**Men**

**Southern Conference**  
 1960..... Louis Castagnola  
 1959..... Louis Castagnola

**Metro Conference**

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

**Atlantic 10**

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

**Women**

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



*In 1987, the Hokies men finished fourth at the NCAA Championships. (right)  
 In 2006, The Tech women finished 18th in Their first-ever appearance at the  
 NCAA Championships. (below)*



**MEN**

**Southern Conference**

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

**Metro Conference**

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

□ **ALL-CONFERENCE HOKIES**

1983..... Bob Herndon  
 1983..... Dave Hamilton  
 1984..... Mark Stickley  
 1984..... Tony Williams  
 1984..... Bob McCauley  
 1984..... Todd Giszack  
 1984..... Ron Kulik  
 1984..... Tom Harding  
 1985..... Roy Mascolino  
 1985..... Howard Nippert  
 1985..... Dan Foran  
 1985..... Paul Millrad  
 1985..... Peter Schultz  
 1986..... Steve Taylor  
 1986..... Tony Williams  
 1986..... Todd Giszack  
 1986..... Tom Harding  
 1987..... Gary Cobb  
 1987..... Ron Voigt  
 1987..... Howard Nippert  
 1987..... Brian Walter  
 1988..... Tim Covington  
 1988..... Brian Walter  
 1988..... Ron Voigt  
 1988..... Jorge Pardo  
 1989..... Brian Walter  
 1989..... Tim Covington  
 1989..... Travis Walter  
 1989..... Wally Granville  
 1989..... David Tonkin  
 1990..... Todd Pehowski  
 1990..... David Tonkin  
 1990..... Wally Granville  
 1990..... Travis Walter  
 1990..... Drew Saunders  
 1990..... Adam Small

1991..... Todd Pehowski  
 1991..... Wally Granville  
 1991..... Travis Walter  
 1992..... Travis Walter  
 1992..... Ben Hester  
 1992..... John Hawthorne  
 1993..... Joe Edwards  
 1993..... George Probst  
 1993..... Marshall Ferguson  
 1994..... John Hawthorne  
 1994..... Tom Lankowicz  
 1994..... Matt Zacharias  
 1994..... Marshall Ferguson

**Atlantic 10 Conference**

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

**WOMEN**

**Metro Conference**

1985..... Gwen Roller  
 1985..... Nancy Klumb

1985..... Cindy Guenzel  
 1985..... Carol Richardson  
 1985..... Maggie Lasaga  
 1985..... Cherie Alexander  
 1986..... Gwen Roller  
 1986..... Maggie Lasaga  
 1986..... Nancy Klumb  
 1986..... Louise Schweitzer  
 1986..... Cherie Alexander  
 1987..... Roxann Polo  
 1987..... Louise Schweitzer  
 1987..... Jennifer Smith  
 1987..... Elizabeth Fleming  
 1988..... Gwen Roller  
 1988..... Louise Schweitzer  
 1989..... Gwen Roller  
 1989..... Alice Gaines  
 1990..... Heidi Allen  
 1991..... Heidi Allen  
 1992..... Heidi Allen  
 1992..... Michelle Barrett  
 1993..... Melissa Ward

**Atlantic 10 Conference**

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

**BIG EAST Conference**

2003..... Marlies Overbeeke

**Atlantic Coast Conference**

2004..... **Jessica Fanning**  
*Current team members in bold type*



# ACC-TRADITION OF EXCELLENCE



*Jim Weaver shakes hands with ACC Commissioner John Swofford on July 1, 2003 as Virginia Tech is officially introduced as the 10th member of the Atlantic Coast Conference. The Hokies officially joined the ACC on July 1, 2004.*

ACC

## □ THE TRADITION

Consistency. It is the mark of true excellence in any endeavor.

However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now in its 55th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 105 national championships, including 56 in women's competition and 49 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 139 times in men's competition and 86 times in women's action.

## □ 2006-07 IN REVIEW

The 2006-07 academic year concluded with league teams capturing five national team titles and 24 individual NCAA crowns. In all, the ACC has won 39 national team titles over the last 11 years. The ACC has won two or more NCAA titles in 25 of the past 27 years.

A total of 137 ACC teams placed in NCAA post-season competition in 2006-07. League teams compiled a 102-64-7 (.610) mark against

non-conference opponents in NCAA championship competition. In addition, the ACC had 181 student-athletes earn first team All-America honors this past year. Overall, the league had 247 first, second or third team All-Americans. In addition, the ACC produced nine national Player of the Year and six national Coach of the Year honorees.

## □ THE CHAMPIONSHIPS

The conference is conducting championship competition in 25 sports during the 2007-08 academic year — 12 for men and 13 for women.

The first ACC championship was held in swimming on Feb. 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Women's sports were initiated in 1977 with the first championship meet being held in tennis at Wake Forest University.

Championships for women are currently conducted in cross country, volleyball, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing.

## □ A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members — Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest — drawing up the conference by-laws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

Suggestions from fans for the name of the new conference appeared in the region's newspapers prior to the meeting in Raleigh. Some of the names suggested were: Dixie, Mid South, Mid Atlantic, East Coast, Seaboard, Colonial, Tobacco, Blue-Gray, Piedmont, Southern Seven and the Shoreline.

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses.

On Dec. 4, 1953, conference officials met again at Sedgefield and

officially admitted the University of Virginia as the league's eighth member. The first and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.

The ACC operated with seven members until April 3, 1978, when the Georgia Institute of Technology was admitted. The Atlanta school had withdrawn from the Southeastern Conference in January of 1964.

The ACC expanded to nine members on July 1, 1991, with the addition of Florida State University.

The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Polytechnic Institute and State University. On Oct. 17, 2003, Boston College accepted an invitation to become the league's 12th member starting July 1, 2005.

## □ 2006-2007 NATIONAL CHAMPIONSHIPS

Field Hockey .....	Maryland
Women's Soccer .....	North Carolina
Women's Tennis .....	Georgia Tech
Women's Golf.....	Duke
Men's Track & Field.....	Florida State



# HOKIE TRAILS

## HOKIE TRAILS

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

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

The Jefferson National Forest lies just three miles outside of the Blacksburg town limits and houses a favorite training ground of the Tech cross country team. The Pandapas

Pond recreation area and the surrounding forest, which includes Brush and Gap Mountains, are covered with miles of trails perfect for off-road running. Complete with hills, flat trails, technical terrain and wonderful views, the national forest is a frequent stop for mountain bikers, horseback riders and avid runners alike.

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

The Pandapas area even plays host to an annual trail race, the Brush Mountain Breakdown, which offers a 6-mile and 16-mile race course. Former Tech runner Jason Dowdy holds the 16-mile course record. The forest service works in conjunction with the local runners, bikers and

recreational users to maintain and build the trails, which are also the site of an annual mountain bike race and are close to many camping locations.

Just a half-hour out of town is another great location loaded with trails and even more breathtaking views. Mountain Lake and its resort are located northwest of Blacksburg on top of Salt Pond Mountain. The lake, one of just two natural lakes in Virginia and the surrounding area, boasts miles of trails and views that have been another popular location for training. Mountain Lake was where the movie *Dirty Dancing* was filmed and is the destination of an annual run from campus that the team holds each August. The 17-mile trek includes a 7-mile climb to the peak at the end and is a popular event for many of the local runners as well.

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

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



# COLLEGE TOWN, U.S.A.

## BLACKSBURG, VIRGINIA

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

Located in Southwest Virginia on a plateau between the Blue Ridge and Alleghany Mountains, Blacksburg combines the laid-back lifestyle of a small town with the amenities one would expect to find around a major center of higher education. Together, the town and university have worked hard to create a progressive community that ranks among the nation's elite living environments.

Virginia Tech and the Town of Blacksburg gained national and international attention by creating the world's first "electronic village." Businesses and industries have been drawn by the potential of the quaint town.

Established in 1798 by John and William Black, the town is surrounded by scenic mountain views that accentuate the area. Since its founding, Blacksburg has grown to become the largest town in Virginia.

The nearly 42,000 residents (including students) enjoy a close proximity to a variety of recreation areas such as the Blue Ridge Parkway, Appalachian Trail, Claytor Lake and the New River. The region features a moderate climate and four distinct seasons.

Blacksburg's location (adjacent to major interstate highways) provides convenient access to most points in the southern and eastern parts of the country.



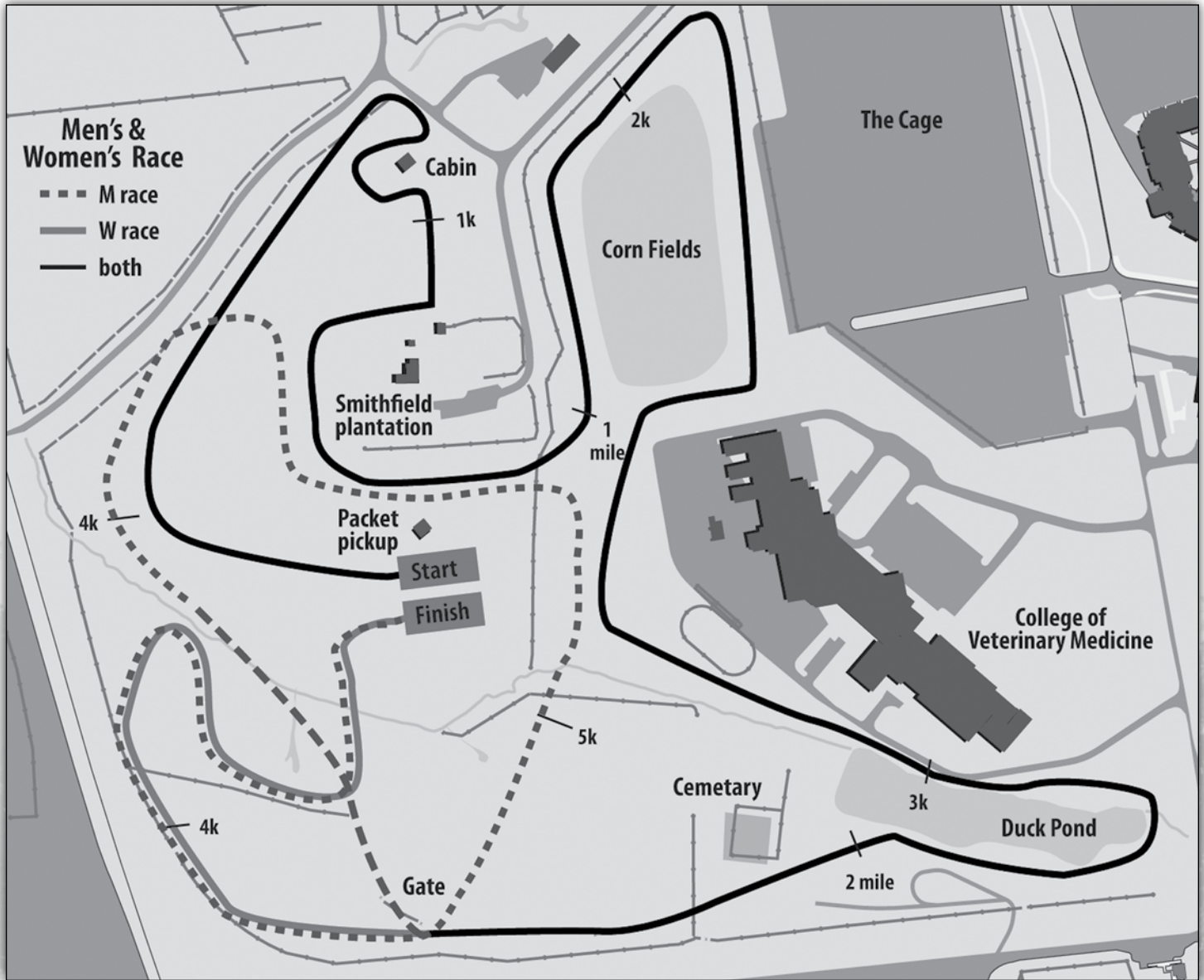
**BLACKSBURG, VA**



# FACILITIES

## HOKIES BENEFIT FROM EXCELLENT ON-CAMPUS CROSS COUNTRY COURSE

FACILITIES



□ During the past 14 years, Virginia Tech's cross country course has provided many benefits to the program and has paid dividends for the Tech cross country team. The course has attracted several of the nation's top programs and been the site of some of the state's largest high school meets.

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

Tech has the luxury of competing and training on a course designed solely for cross country competition,

affording the team an opportunity to have exclusive rights to the use of the facility.

Over the years, the all-grass course has 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 terrain gently rolls through the cornfields and wooded locations typical of the Tech surroundings.

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

the men.

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

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

The Hokies will host two meets on their home course this year, starting with the Virginia Tech Invitational on September 8.

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

### COURSE RECORDS

**MEN (SHORT COURSE - 6K)**  
**18:55.00** - Josh McDougal (Liberty), set at the Festival in the Fields on Sept. 14, 2004

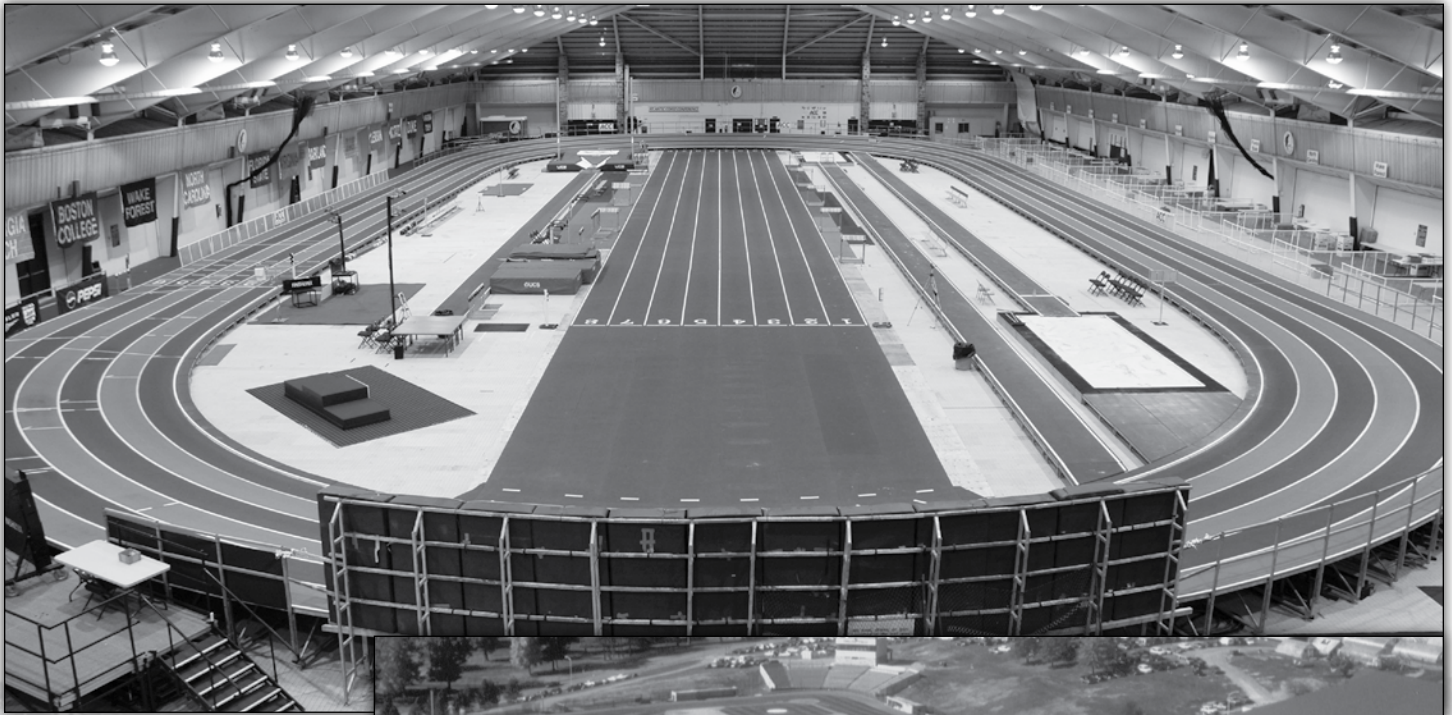
**MEN (LONG COURSE - 8K)**  
**24:28.31** - Goran Nava (Radford), set at the Virginia Tech Invitational on Sept. 20, 2003

**WOMEN (SHORT COURSE - 4.1K)**  
**14:24.50** - Marlies Overbeeke (Virginia Tech), set at the Alumni Meet on Sept. 7, 2002

**WOMEN (LONG COURSE - 4.7K)**  
**16:48.32** - Marlies Overbeeke (Virginia Tech), set at the Hokie Invitational on Sept. 20, 2003

# INDOOR & OUTDOOR TRACK FACILITIES

RANKED AMONG THE BEST IN THE COUNTRY



FACILITIES

□ Tech's trio of outstanding track and cross country facilities was completed with the addition of the Johnson-Miller Outdoor Track Complex. The outdoor oval track, has eight 42-inch lanes and is identical to the track used in Atlanta's Olympic stadium during the 1996 Olympic games. 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," Director of Track & Field and Cross Country Dave 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. For sprints, 10 lanes have been placed in one stretch at the south side of the track. In addition, Tech uses the state-of-the-art Finish Lynx timing system for quick and accurate results.

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

The outdoor track, coupled with a similar indoor track, gives Tech what many believe is the finest track complex in America. The 200 meter,



banked indoor track, one of only a very few of its kind in the U.S., was installed in the Rector Field House and used for the first time during the 1996-97 season.

The indoor track has been host to several of the east coast's top invitationals, attracting many of the nation's best teams. Tech has also brought in some of the nation's finest athletes. Many Olympians have competed in Rector Field House during recent years, including 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 the construction of the new track possible.

"Our program is indebted to these two individuals," Cianelli said. "Their generosity has allowed us to have world-class facilities right on our

campus."

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

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

# ATHLETIC FACILITIES

ATHLETIC FACILITIES

The swimming and diving teams compete in War Memorial Pool, located in the middle of campus

Cassell Coliseum — home to the basketball, wrestling and volleyball teams, as well as the soccer offices

The Merryman Center and Jamerson Athletic Center house the department offices as well as strength, training and academic support facilities

66,233-seat Lane Stadium is home to the Hokies' football team and recently underwent major expansion

The Merryman Center and Jamerson Athletic Center house department offices

Virginia Tech Soccer Stadium, an outstanding facility, was built in 2003 at this location in the center of the athletic complex, and an artificial surface practice field was added last summer

Tech Softball Park

Rector Field House provides a full-size indoor practice facility and houses Tech's state-of-the-art indoor track

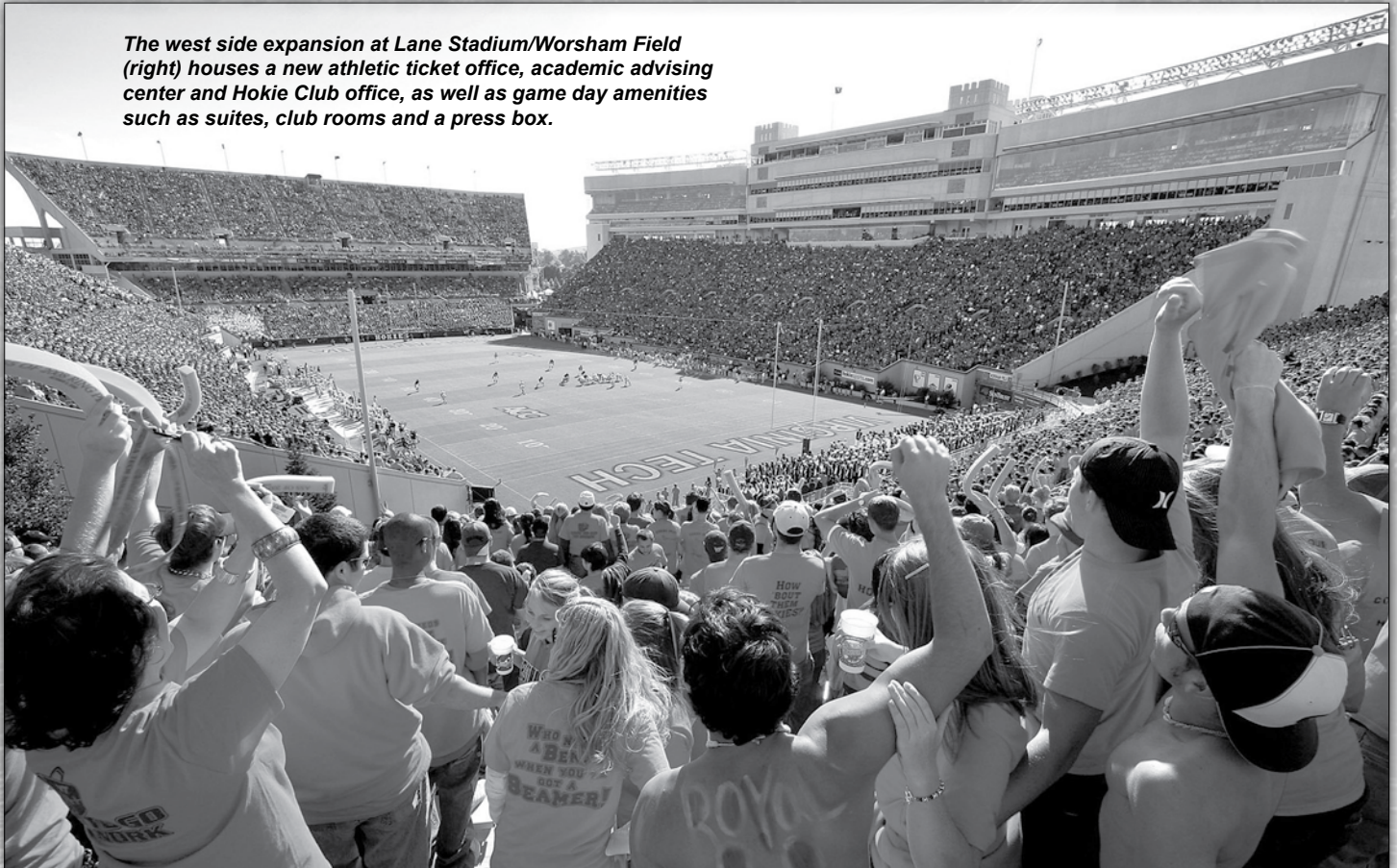
The Johnson-Miller Outdoor Track Complex

English Field is home to the Tech baseball team

The golf team enjoys privileges at The River Course of Virginia Tech and four other nearby courses

Tech's cross country course is located on the west side of campus

The west side expansion at Lane Stadium/Worsham Field (right) houses a new athletic ticket office, academic advising center and Hokie Club office, as well as game day amenities such as suites, club rooms and a press box.





*Cassell Coliseum rocks for Hokie basketball games*



*The Merryman Center Weight Room*



*The Merryman Center*



*The Pete Dye River Course of Virginia Tech*



*War Memorial Pool*



*Tech Softball Field*



*Rector Pavilion and outdoor courts at Burrows-Burleson Tennis Center*



*Virginia Tech Soccer Stadium*



*Rector Field House*

# SUPPORT SERVICES

## □ STUDENT ATHLETE ACADEMIC SUPPORT SERVICES

The success of Virginia Tech's cross country 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).

The Virginia Tech graduation rate for student-athletes has risen significantly in recent years and will be a school-best 76 percent for 2007, with the football program leading the way with an 80 percent rate. This marks the fourth time in the last six years that Virginia Tech's student-athlete graduation rate has been 70 percent or better.

In addition to posting impressive graduation figures, current Virginia Tech student-athletes continue to excel in the classroom. For the 2006 calendar year, 449 3.0 GPA's were earned by student-athletes, student trainers, student managers, cheerleaders and HighTechs. These student-athletes and students from support areas were recognized at the Athletic Director's Honors Breakfast last spring.

Student-athletes are the most visible student component of a university. They entertain thousands of fans, students and alumni. Their athletic abilities and achievements are the primary focus for national media attention. Athletic events bring back not only faithful alumni, but are a welcome mat for potential new students.

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.

The Virginia Tech Student Athlete Academic Support Services office is committed to providing fundamental and supplemental programming, consistent with university and NCAA policy, aimed at enhancing each student-athlete's educational experience.

Stakeholders of the office's mission include student-athletes and their families, the university community, coaches and athletics administrators. SAASS seeks to develop relationships with its stakeholders that are founded on trust and respect, and provides the following services to accommodate their needs:

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

The expectations of the Virginia Tech community are that each student-athlete achieves their maximum academic and athletic potential. With the proper assistance, facilities and encouragement, these potentials can become a reality.

SAASS provides programming for 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.

During the summer of 2006, the SAASS office moved to the West Side of Lane Stadium. Here, student-athletes have access to state-of-the-art technology, quiet study facilities, individualized tutorial rooms, and direct access to the SAASS staff.

This complex is the focal point for the Athletics Department, both aesthetically and pragmatically, and provides a centralized place for student-athlete services.

## □ ATHLETICS OFFICE OF STUDENT LIFE

Led by the Virginia Tech Student Athlete Advisory Committee, Hokie student-athletes volunteered over 1,400 hours in the local community in the past year. In addition, over 400 Virginia Tech student-athletes earned a 3.00 grade point average during one or both semesters in 2006. The accomplishments are even more amazing in the context of the 2006-2007 athletic seasons being some of the most successful in Virginia Tech history.

Patricia Lovett, who came to Tech from Murray State, is the Coordinator of Student Life. The programs and services implemented by the Virginia Tech Athletics Office of Student Life are inspired by the NCAA/CHAMPS Life Skills Program. The program was honored for its commitment to serving the good of the student-athletes by the Division I-A Athletic Director's Association as a Program of Excellence.

Virginia Tech student-athletes have welcomed numerous speakers to campus. Topics covered in these presentations include appropriate campus and community conduct, media relations, sport psychology, drug and alcohol education, sports agent relations, gambling and healthy relationships.

Student-athletes are offered workshops on topics such as resumé design, career fair etiquette, interview skills, interview attire and mini-career fairs. Student-athletes are encouraged to participate in on-campus interviewing and eRecruiting along with securing internships and co-ops during their college careers.

The Virginia Tech Athletics Office of Student Life is responsible for nominating student-athletes for academic honors and awards. Athletes are nominated for on-campus, Atlantic Coast Conference and national awards. Student-athletes with a 3.0 GPA are rewarded each semester by being honored on the Athletic Director's Honor Roll. The 2006 calendar year listed 449 student-athletes with this honor, a 20 percent increase from the 2005 calendar year.

Andrew Montgomery (men's cross country) and Jessica Botzum (women's swimming and diving) received the Skelton Award for Academic Excellence in Athletics. The recipients of the award receive a \$5,000 scholarship donated by Dr. Bill and Peggy Skelton.

SAAC promotes effective communication between athletic administration and student-athletes. SAAC is comprised of two representatives from each sport. These representatives meet twice a month to discuss issues and concerns regarding their sports, department of athletics, ACC and NCAA legislation. The student-athletes encourage their teammates to get involved both on campus and in the community. Each year SAAC sponsors a canned food drive during the basketball season.

The Athletics Office of Student Life community outreach program is "Hokies with Heart." Student-athletes are encouraged to volunteer throughout their college experience. In collaboration with the Virginia Tech Corp of Cadets and student leadership, the "Hokies with Heart" program works together with the Montgomery County Public Schools System to visit with local school kids about the importance of education and character development.



**Dr. Gary Bennett**

**SPORT PSYCHOLOGY**

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

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

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

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

The sport psychology department also offers an injury group to afford injured athletes the opportunity to meet with other injured athletes and talk about their recovery process. Injured athletes may also meet individually with the sport psychologists if they do not feel comfortable in the group or cannot make the sessions. On average, the psychologists conduct 20 individual sessions per week and also meet weekly with teams as the need arises.

A recent addition to the sport psychology resources is the Dynavision 2000, a unique conditioning and training program designed to increase focus and concentration, improve coordination and visuomotor reactions, and increase peripheral awareness. Virginia Tech is privileged to be one of only a handful of schools with this cutting-edge technology.

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

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

**SUPPORT STAFF**

**Cross Country Athletic Trainers**

- Sean Collins
- Drew Grissom
- Katie Rovtar



**Alva Slusher**  
Cross Country Secretary



**RaeLynn McAfee**  
Marketing



**Mike DeVine**  
SID Contact



**Tommy Rapier**  
Equipment Manager



**Damian Salas**  
Webmaster



**Amy Freel**

**SPORTS NUTRITION**

Eating healthy and choosing nutritious diets are important aspects of a Virginia Tech student-athlete’s life, and that’s why in July 2002, the athletics department implemented the sports nutrition program. Amy Freel serves as the director.

Freel works individually with student-athletes to provide them with information 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 eating choices to improve performance.

“It is extremely beneficial for our student-athletes to have nutrition education and counseling available to them in order for them to remain successful in their sports and outside of athletics,” Freel said. “The individualized nutrition education allows me and the athletes to get very specific on their nutritional, personal and sport-specific goals.”

Also in July 2002, the Virginia Tech Athletics Department purchased the BOD POD body composition system. Tech is one of a handful of college athletic departments using this type of technology. The BOD POD is found in many professional training facilities, such as the NFL and Major League Baseball. It accurately measures body composition (percent of body fat, lean muscle mass and fat mass) through air displacement within five minutes. Research has shown that an increase in lean muscle mass will increase athletic performance. The sports nutrition program has helped countless Tech athletes maximize their athletic performance.

**SPORTS MEDICINE**

The Virginia Tech Sports Medicine Department is an ever-changing and developing unit that strives to provide the most current and comprehensive care to all student-athletes. The department is constantly evolving to incorporate new ideas and state-of-the-art resources for the betterment of student-athletes.

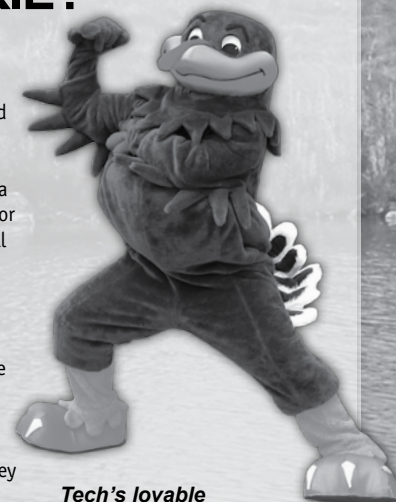
A professional staff — including primary care physicians who are Board certified in family medicine and sports medicine, orthopedic surgeons, certified athletic trainers, physical therapists, chiropractors, massage therapists, sports psychologists, nutritionists and orthotists — is available to manage the health care of athletes.

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

Virginia Tech now has more than 10,000 square feet dedicated to sports medicine, placing it in the top five percent nationally.

**BY THE WAY, 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.



**Tech’s lovable mascot – The HokieBird**



# ADMINISTRATION

ADMINISTRATION



## 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, 61, was appointed on Sept. 24, 1997 and has been a tireless leader on behalf of Tech athletics.

In his 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. The Monogram Club was revitalized in 1998 and provides several benefits to former Hokie athletes, trainers and managers.

A top personal priority for Weaver is the continuing improvement of Tech's facilities. Progress is evident in a number of projects which have recently concluded, while several major endeavors are on the horizon.

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

A \$20 million basketball practice facility has been approved by the Board of Visitors. It will boast two practice gyms, a 10,000 square-foot Olympic Sport weight room, a 3,000 square-foot basketball weight room, coach's offices, film rooms and locker rooms. Groundbreaking is projected for summer 2008 so as to be finished in time for the 2009 basketball season.

Weaver presided over Tech's move into the Atlantic Coast Conference in 2004-05, when Virginia Tech and Miami were officially introduced as the 10th and 11th members of the ACC, effective July 1, 2004.

Weaver renegotiated Tech's multimedia rights contract with ISP Sports, creating a new business relationship and enhanced revenue for the athletics department. In the Fall of 2000, Weaver arranged a joint venture with ISP to commit \$2 million to purchase new scoreboards, upgrade

sound systems, and install L.E.D. video display screens at both Lane Stadium and Cassell Coliseum.

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

Weaver brings a "Penn State mentality" to the position. He says that various schools' interest in him as a reformer through the years can be traced to Penn State and its reputation for how it conducts business in intercollegiate athletics.

It was with the Nittany Lions' football team that Weaver first made a name for himself in athletics. He was a center and linebacker on Penn State teams coached by the legendary Rip Engle and Joe Paterno.

A native of Harrisburg, Pa., Weaver was recruited to Penn State by Engle. He played three seasons under Engle and one under Paterno, who is still the coach of the Nittany Lions.

Weaver graduated from Penn State in 1967 with a bachelor's in psychology and rehabilitation education. He received a master's in college counselor education, also from Penn State, in 1968.

Weaver started a coaching career as an assistant at Penn State for six seasons, and was later the offensive coordinator at Iowa State and head coach for one season at Villanova in 1974. He also spent five years as an assistant professor at Clarion State and three years as director of franchise sales at Athletic Attic.

Prior to landing the athletic director's job at UNLV, Weaver spent nine years at the University of Florida. He was a strong force at Florida in the field of compliance and concluded his time there as associate athletics director.

Weaver drew rave reviews at UNLV for his fund-raising expertise. He generated nearly \$15 million in his time there.

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

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



**Sharon McCloskey**  
*Senior Associate  
Director of Athletics,  
SWA*



**Tim East**  
*Associate Director of  
Athletics for  
External Affairs*



**Tom Gabbard**  
*Associate Director  
of Athletics for  
Internal Affairs*



**Jon Jaudon**  
*Associate Director  
of Athletics for  
Administration*



**Randy Butt**  
*Associate Director  
of Athletics for  
Financial Affairs*



**John Ballein**  
*Associate Director  
of Athletics for  
Football Operations*



**Tim Parker**  
*Assistant Director  
of Athletics for  
Compliance*



**Mike Gentry**  
*Assistant Director  
of Athletics for  
Athletic Performance*



**Dave Smith**  
*Assistant A.D.  
for Athletics  
Communications*



**Sandy Smith**  
*Assistant Director  
of Athletics for  
Ticketing Services*

# BLACKSBURG, VA

## AND THE NEW RIVER VALLEY

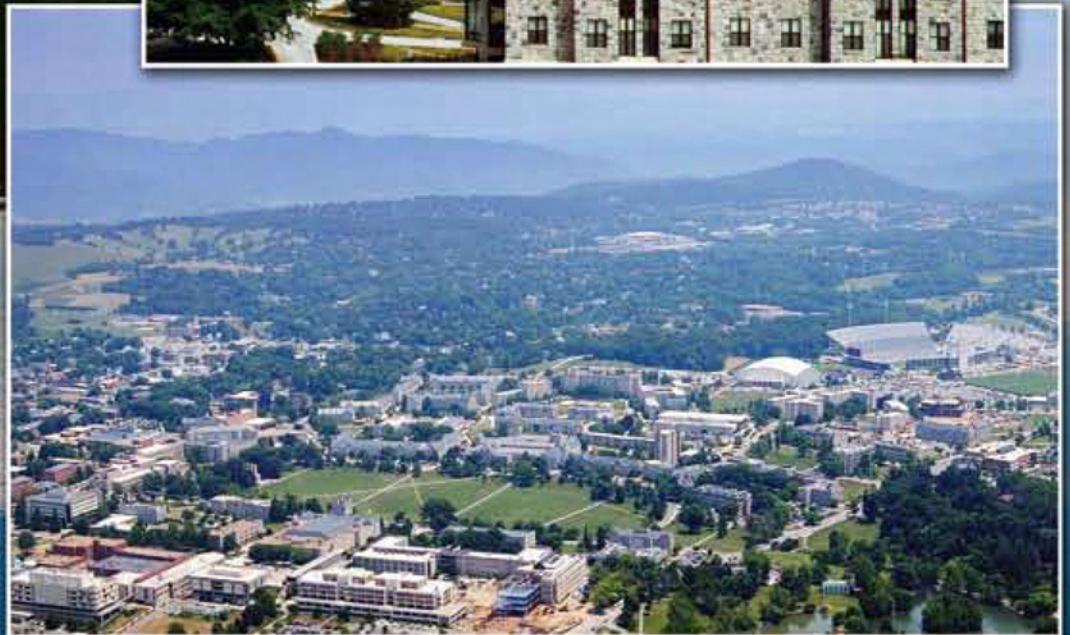
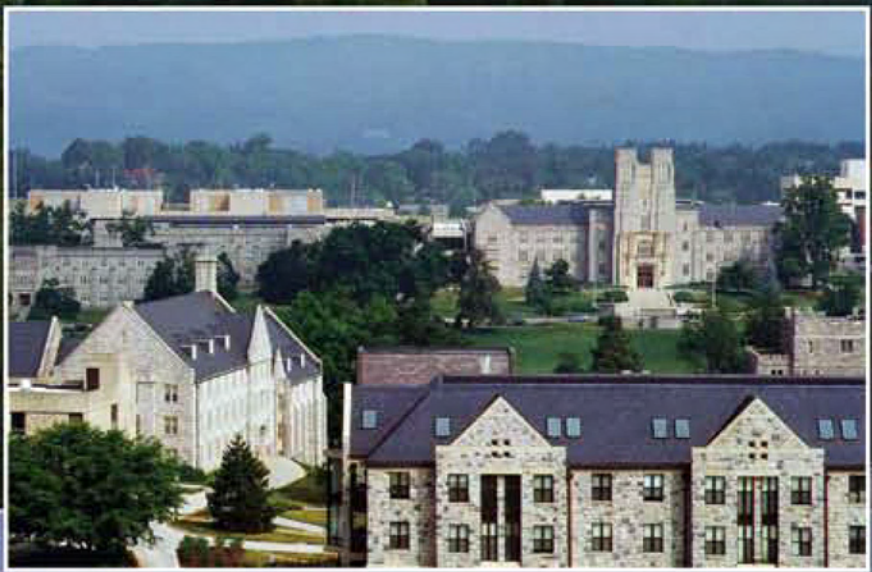




# Virginia Tech

*Invent the Future™*

Beginning in 1872 with 132 students and two programs of study, Virginia Polytechnic Institute and State University, popularly known as Virginia Tech, has evolved into a comprehensive university of national and international prominence. With about 26,000 full-time students in Blacksburg and more than 2,000 other students statewide, the university produces world-class scholarship in a challenging academic environment. University tradition is firmly rooted in our motto, *Ut Prosim* (That I May Serve), and our historic land-grant mission is brought to life through learning, discovery, and engagement.





*The Virginia Tech cross country teams have an outstanding on-campus course (background) which they use to train and compete. There are also many beautiful places to run nearby.*



# THE HOKIES