

# VIRGINIA TECH



**2002  
CROSS  
COUNTRY**

*This Is*  
**Virginia  
Tech** *Putting  
Knowledge  
To Work*

Since its founding in 1872, Virginia Polytechnic Institute and State University, popularly known as Virginia Tech, has grown from a small college of 132 students into Virginia's largest university and its top research institution. During its 130 years of existence, Virginia's premiere land-grant institution has evolved into a comprehensive university of national and international prominence.

Recognizing that higher education is a key force behind the quality of American life, our economic competitiveness, and our democratic form of government, President Charles W. Steger has challenged the university to become one of the country's top 30 research institutions by the end of the decade.

Virginia Tech is organized into eight colleges — Agriculture and Life Sciences, Architecture and Urban Studies, Arts and Sciences, Pamplin College of Business, Engineering, Human Resources and Education, Natural Resources, and Virginia-Maryland Regional College of Veterinary Medicine. Plans have been approved to restructure the university, which will result in the creation of a College of Biological, Mathematical, and Physical Sciences next year. Together, the colleges offer about 175 bachelor's, master's, and doctoral degree programs to approximately 26,000 undergraduate and graduate students.

Many of Virginia Tech's traditions and strengths are rooted in the university's motto, *Ut Prosim* ("That I May Serve") and its land-grant missions of instruction, research, and outreach. By generating new knowledge through research and through its outreach mandate, Virginia Tech disseminates practical knowledge both in and out of the classroom, reaching beyond its student body to affect society as a whole. Virginia Tech — a university that puts knowledge to work.



# VIRGINIA TECH

## 2002 CROSS COUNTRY



### Quick Facts

#### University Information

Location ..... Blacksburg, Va.  
 Founded ..... 1872  
 Enrollment ..... 26,000  
 Colors ..... Chicago maroon & burnt orange  
 Nickname ..... Hokies  
 Conference ..... BIG EAST  
 President ..... Dr. Charles Steger  
 Director of Athletics ..... Jim Weaver  
 Associate A.D./XC Administrator ..... Tom Gabbard

#### Cross Country Information

Director of Cross Country and Track & Field ..... Dave Cianelli  
 Cross Country Coach ..... Ben Thomas  
 Assistant Cross Country Coach ..... Mary Jayne Harrelson  
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#### Directions to Virginia Tech

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

Virginia Tech does not discriminate against employees, students, or applicants on the basis of race, color, sex, sexual orientation, disability, age, veteran status, national origin, religion, or political affiliation. Anyone having questions concerning discrimination should contact the Equal Opportunity and Affirmative Action Office at (540) 231-7500.

### Men's and Women's 2002 Schedule

Date	Meet	Site
Sept. 7	Alumni Meet	Blacksburg, Va.
21	Hokie Invitational	Blacksburg, Va.
Oct. 4	Appalachian State Invitational	Boone, N.C.
19	Auburn Invitational	Auburn, Ala.
Nov. 1	BIG EAST Championships	Boston, Mass.
16	Southeast Region Championships	Greenville, N.C.
25	NCAA Championships	Terra Haute, Ind.

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#### On The Covers

The front cover features women's team members Marlies Overbeeke, Stacey Vidt and Jessica Morris, as well as the men's top returners, Casey Frazier and David Atkiss.

On the back cover (clockwise from top left) are Michael Lawson, Maureen Hagan, Justin Skaare, Katie Danyko and L.A. Snead (center).

#### Credits

This media guide was written by assistants Melissa McKeown and Rich Skopal of the Virginia Tech Sports Information Office, with other contributions from Jason Dowdy. The guide was designed and edited by McKeown and David Knachel. Action photos and head shots by Knachel. Printing by Southern Printing Company of Blacksburg, Va.

# VT VIRGINIA TECH

*A Great Place  
To Grow and Learn*

Since its founding in 1872, Virginia Polytechnic Institute and State University, popularly known as Virginia Tech, has grown from a small college of 132 students into Virginia's largest university and its top research institution. During its 130 years of existence, Virginia's premiere land-grant institution has evolved into a comprehensive university of national and international prominence.

Recognizing that higher education is a key force behind the quality of American life, our economic competitiveness, and our democratic form of government, President Charles W. Steger has challenged the university to become one of the country's top 30 research institutions by the end of the decade.

Although Virginia Tech is currently organized into eight colleges — Agriculture and Life Sciences, Architecture and Urban Studies, Arts and Sciences, Pamplin College of Business, Engineering, Human Resources and Education, Natural Resources, and Virginia-Maryland Regional College of Veterinary

Medicine — plans have been approved to restructure the university, which will result in the creation of a College of Biological, Mathematical, and Physical Sciences next year. Together, the colleges offer about 175 bachelor's, master's, and doctoral degree programs to approximately 26,000 undergraduate and graduate students who hail from 48 states, the District of Columbia, Virgin Islands, Puerto Rico, and 118 other countries.

Many of Virginia Tech's traditions and strengths are rooted in the university's motto, *Ut Prosim* ("That I May Serve") and its land-grant missions of instruction, research, and solving the problems of society through outreach and extension activities. By generating new knowledge through research and through its outreach mandate, Virginia Tech disseminates practical knowledge both in and out of the classroom, reaching beyond its student body to affect society as a whole. Virginia Tech: a university that puts knowledge to work.



## Virginia Tech at a Glance

- ▶ Eight colleges – with a ninth approved – and a graduate school
- ▶ 60+ bachelor's degree programs
- ▶ 115 master's and doctoral degree programs
- ▶ 15:1 student-faculty ratio
- ▶ Main campus includes 100 buildings, 2,600 acres of land, and an airport
- ▶ Computing and communications complex for worldwide information access
- ▶ Currently ranked 51st among the nation's research institutions
- ▶ Has adjacent Corporate Research Center

### Student Population

- ▶ The most popular majors for incoming first year students in the fall of 2002 were engineering, university studies, business, computer science, biology, communication studies, animal poultry science, psychology, architecture and marketing.
- ▶ 118 countries and 48 states, plus Washington, D.C., the Virgin Islands, and Puerto Rico are represented in the student population. 59 percent of the student population is male, while 41 percent is female.

### Fun Facts

- ▶ Virginia Tech's buildings consist of more than 8-million-square-feet under 100 acres of roof.
- ▶ The university's maintained grounds cover 2,000 acres.
- ▶ Ten miles of electric cable keep the lights on and the computers humming.
- ▶ With 8,500 students housed in 44 residence halls, Tech has the 14th largest housing program in the country.
- ▶ Creating a true global village, Tech delivers voice, video, and high-speed Ethernet service to each residence hall room.
- ▶ The university boasts the 11th largest dining program in the country, serving 17,000 students, faculty, and staff 3.6-million meals per year.
- ▶ Housing and feeding Virginia Tech students takes \$36 million and 1,540 employees. Compared to other Virginia universities and colleges, housing and dining are competitively priced, ranking among the lowest in the state.

# Tech's Outstanding Athletic Facilities



More information about Virginia Tech's cross country and track & field facilities can be found on pages 29-30

# VT COACHING STAFF



**Dave Cianelli • Director of Track & Field and Cross Country**

Virginia Tech athletics took a landmark step two years ago by entering the BIG EAST Conference for competition in all sports. Membership in such a major conference brings with it a new level of potential for performance and recruiting. The athletic department felt that to maximize this potential

in the areas of track & field and cross country, one person should oversee all aspects of the programs. This led to the hiring of the Hokies' first director of track & field and cross country, Dave Cianelli.

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

An entirely new coaching staff was brought in to help Cianelli achieve this goal. Former South Carolina hurdler Terry Winston is the sprints coach and Greg Jack was brought in from the University of Pittsburgh to serve as the throws coach. Former Hokie and NAIA Region XII Coach of the Year Ben Thomas is the cross country coach and his assistant is two-time NCAA champion Mary Jayne Harrelson. Cianelli coaches the multi-event performers in addition to his duties as director.

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

Cianelli came to Tech with plenty of cross country experience, having served as the women's cross country and distance coach for five years at Southern Methodist University in Dallas, Texas. He also maintained the program's records, assisted with meet management and administrative duties, and annually served as the SMU Cross Country Invitational meet director.

While at SMU, Cianelli worked with 19 Olympic and World Championship competitors, 27 NCAA individual champions, 123 All-Americans and 95 individual conference champions. Among these standout athletes were 1992 Olympic 200-meter quarterfinalist Cameron Taylor of New Zealand and Tytti Reho, 2000 NCAA champion at 800 meters. From a team standpoint, both the men's and women's teams captured the 1995 Southwest Conference title and earned a spot at the NCAA Championships. During his 13 years with SMU, the track & field teams finished in the top 10 nationally 15 different times.

A native of Bethesda, Md., Cianelli competed in sprints, the decathlon and the long jump at Bowling Green University. He graduated with a B.S. degree in physical education from Bowling Green in 1977.

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

Cianelli's coaching campaign started at San Marcos High School in Santa Barbara, Calif., where

he was the head track & field coach from 1982-84. During these three years, he coached seven junior national qualifiers in the heptathlon and decathlon. One of those individuals, Dori Tressler, was a two-time Mt. SAC relays champion in the heptathlon and still holds the prep meet record for the event with a score of 4,917 points.

Cianelli is married to the former Ellen Lawrence. They have a daughter Mariah, who is 7, and a son Sebastian, who is 3.

"What attracted me to Blacksburg and Virginia Tech was the tremendous amount of support that runs between the community and the university," Cianelli said.



## Program Accomplishments with Coach Cianelli

### SMU

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

### Cal-Poly-San Luis Obispo

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



## Ben Thomas • Head Cross Country Coach

Former Hokie Ben Thomas returned to Blacksburg last season as the new cross country coach for the men and women. Thomas ran both cross country and middle distance for Tech in the early '90s.

"Ben is one of the best young coaches in the country and he has proven his ability to develop athletes. The fact that he is also a Virginia Tech alumnus and a native of Southwest Virginia makes Ben a perfect fit for our program," said Director of Track & Field and Cross Country Dave Cianelli.

Thomas is assisted by an athlete he previously coached, Mary Jayne Harrelson. Their goals for the team are right in line with Cianelli's program goals, including being the best in the BIG EAST and making an impact at the NCAA level.

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

In Thomas' first season at Tech, the Hokies have already begun to show signs of progress toward that goal. At the BIG EAST Championships, the women placed sixth, while the men finished seventh — both teams moving up a spot from the previous year. Additionally, the women took 12th place at the NCAA District III Championships, while the men finished in ninth place for the second consecutive year. With a new class coming in and several key runners returning, the Hokies should continue to improve.

Thomas has had his share of success throughout his eight year coaching career. Before coming back to Tech, he served as the men's and women's distance coach at the University of Georgia for six months. Prior to this, he was the head track and field and cross country coach at Brevard College in North Carolina for a year and a half. While 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 also coached four All-Americans, including three-time NAIA national champion Alexis Sharangabo.

Before his tenure at 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 there including the 1999 and 2001 NCAA 1,500-meter champion, Mary Jayne Harrelson, who now serves as his assistant coach. The ASU women were Southern Conference champions in 1996 and North Carolina collegiate champions in 1996 and 1998.

Thomas began his coaching career serving as the assistant track coach at E.C. Glass High School in Lynchburg, Va., for two years. He then was the head cross country

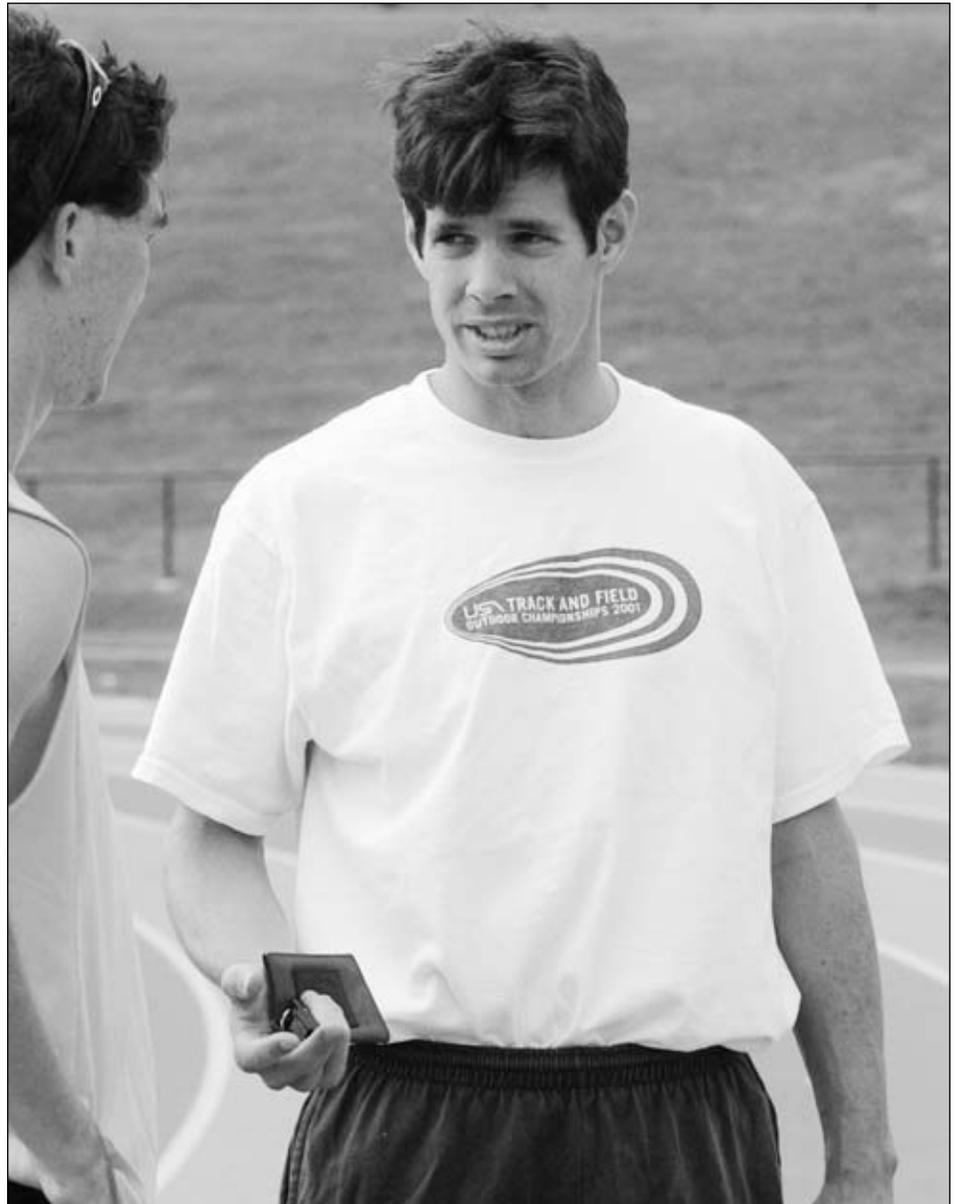
coach at Blacksburg High School for a year before moving on to ASU.

A native of Lynchburg, Va., Thomas earned a B.S. in English and communication studies from Tech in 1992. Thomas holds personal bests of 3:49.23 for 1500m and 1:51.22 for 800m. He also won the Draper Mile, a local road race, on four occasions.

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

### Thomas' Coaching Accomplishments

- One two-time NCAA Champion
- One three-time NAIA National Champion
- One Cross Country World Championships Qualifier
- 1999 NAIA Region XII Coach of the Year
- 1999 NAIA Region XII Team Champion
- 1996, 1998 & 1999 North Carolina Collegiate Team Champion
- 1996 Southern Conference Team Champion
- 1996 Southern Conference Coach of the Year





**Mary Jayne Harrelson • Assistant Cross Country Coach**

Mary Jayne Harrelson enters her second season as the assistant cross country coach for Virginia Tech. She had a banner track career at Appalachian State University, where she was coached by Tech cross country coach Ben Thomas.

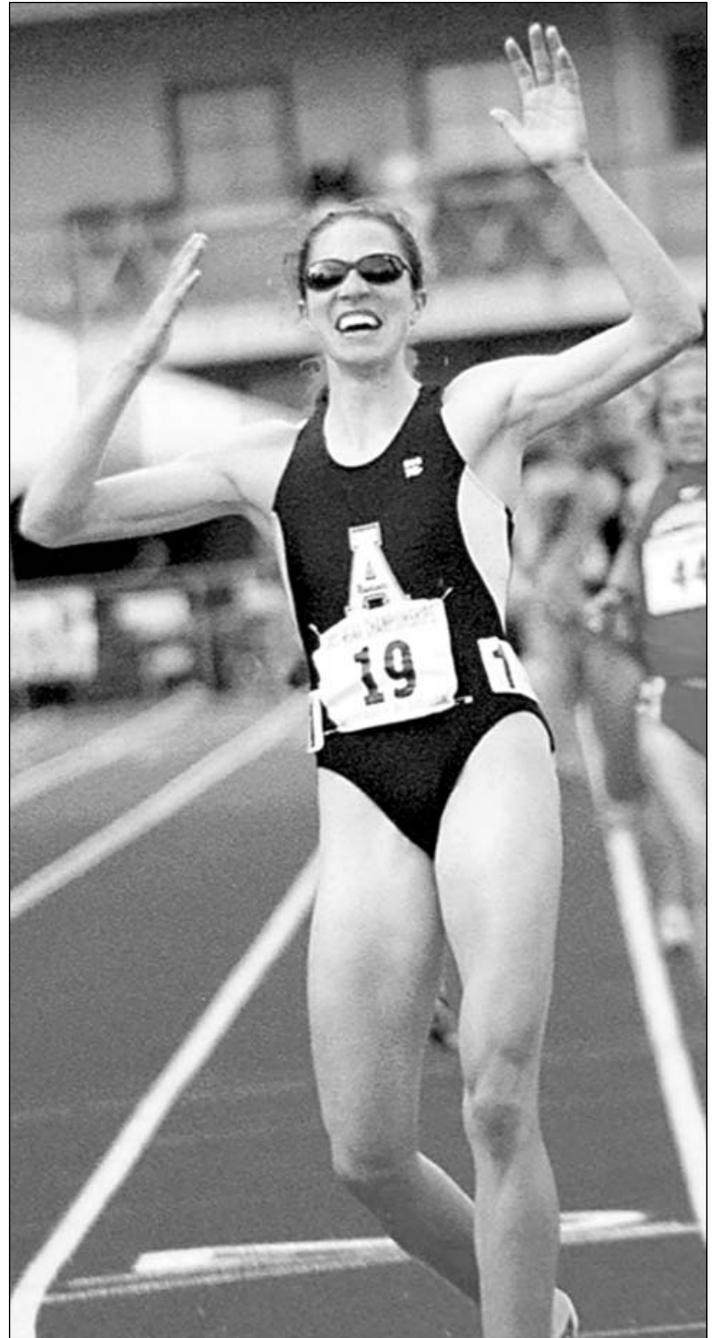
“She brings high energy and enthusiasm to the team,” Thomas said. “She is all about the team and has been at the top level.”

Harrelson was a six-time All-American and won two NCAA 1,500-meter titles at ASU. On top of that, she was named 2001 NCAA Woman of the Year for the state of North Carolina and made the finals in two events at the U.S. Olympic Trials. She was also named the Southern Conference Female Athlete of the Year in 1999 and 2001 on top of winning 23 conference championships. For her accomplishments, she was tabbed the 2001 Amateur Athlete of the Year for the North Carolina Hall of Fame.

Now in her second year as a post-collegiate runner, Harrelson is continuing to train in addition to coaching, and her hard work is paying off. Harrelson competed in the Cross Country World Championships held in Dublin, Ireland, this past March as a member of the 2002 USA Cross Country team. She also produced second-place finishes in both the mile and the 800 at the 2002 USA Track and Field Championships, running personal records in both events. Furthermore, she broke the Rector Field House record in the 800 at the Last Chance Invitational in February. Her personal goals include a spot on the 2004 Olympic team at either the 1,500 or 5,000-meter distance.

“It’s encouraging, because in high school Mary Jayne ran times much like the women on our team and look at what she has accomplished,” Thomas said. “This is a great time for her to continue coaching, but her goals for the future include a spot on the World Championship team and the Olympic team.”

A native of Roxboro, N.C., Harrelson graduated from Appalachian State in 2001 with a B.S. in criminal justice.



**Harrelson’s Highlights**

- 2nd place in 800 and mile at 2002 USATF Championships
- 2000 Olympic Trials - 5th in 1,500; 6th in 800
- 2000-01 NCAA Woman of the Year for North Carolina
- 3rd place at USATF indoor mile in 2000
- NCAA Champion in the 1,500-meters, 1999 & 2001
- NCAA Runner-up in the 800, 2001
- NCAA Runner-up in the mile, 1999
- 4th place at World University Games 1,500 in 2001
- Two-time Southern Conference Female Athlete of the Year
- Six-time NCAA All-American
- 2000 and 2002 World Cross Country Championships Qualifier, 4k

**SUPPORT STAFF**



**James DeMarco**  
Volunteer  
Assistant Coach



**Alexis Sharangabo**  
Volunteer  
Assistant Coach



**Diane Price**  
Secretary



**Melissa McKeown**  
Sports Information  
Cross Country Contact



**Katie Hocter**  
Cross Country  
Athletic Trainer

# VT SUPPORT SERVICES

## Student Athlete Academic Support Services

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

Chris Helms, in his fourth year at Tech, is responsible for the development and leadership of the SAASS office. Helms oversees an office comprised of associate directors Lois Berg and Colin Howlett, assistant directors Katie Ammons, Renia Edwards and Becky Kolenbrander, and secretary Terrie Repass. Ammons oversees the academic progress of the cross country and track & field teams.

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



**Chris Helms**



**Katie Ammons**

services which will allow them to maximize their academic potential.

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

Academic facilities for student-athletes include the Monogram Room, a large room used as a study hall adjacent to the SAASS office in Cassell Coliseum. The HEAT Lab (Hokies Engaging in Advanced Technology) houses over 26 computers on the second floor of Cassell Coliseum and laptop computers are also available for Tech athletes to use when traveling to away contests. The athletic department also provides areas for private, quiet study for the athletes' convenience. Additionally, student-athletes can use the Center for Academic Enrichment and Excellence site offices, located in Hillcrest and Femoyer Halls.

With the help of these resources, the Virginia Tech graduation rate for student-athletes has risen significantly in recent years and reached 71 percent in 2002 as compared to the national average of 58 percent. The 71-percent student-athlete graduation rate marks the fourth time in nine years that Tech has reached that level.

## Office of Student Life

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

One program that the office sponsors is the HiTOPS CHAMPS/Life Skills Program (Hokies Turning Opportunities Into Personal Success), which provides a well-rounded program for student-athletes to develop the individual skills necessary to lead successful and productive lives. The goal of this program is to enhance five areas of commitment that are vital to personal growth of student-athletes. Those areas are service, academic excellence, career development, athletic excellence and personal development. This program attempts to build individual confidence, promote respect for diversity, enhance interpersonal relationships, develop leadership skills, and enable each person to make a valuable contribution to the community.

### Hokies With Heart

Another program developed by the Office of Student Life, Hokies With Heart, promotes the involvement of student-athletes in community service activities. In the past year, Virginia Tech athletes participated in nearly 50 community service projects. This program has a major local impact because the different service projects help to build a positive relationship between student-athletes and the surrounding community.



**Jermaine Holmes**

### VT-SAAC

The Virginia Tech Student Athlete Advisory Committee (VT-SAAC) promotes effective communication between the athletics administration and student-athletes to better serve their needs. The program is completely run by student-athletes and each team has two representatives. The representatives then report back to the team on any issues that the team should be aware of or discuss.

This program also encourages involvement of student-athletes on campus and in the community. The student-athletes help to design and provide programs that encourage academic success, health promotion, social responsibility and general awareness. SAAC also attempts to enhance the overall image of student-athletes to those outside of the Virginia Tech athletic family by serving as positive role models.

### Outstanding Student-Athletes

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

The student-athletes of the month are chosen based on their willingness to be involved with the community. "If a student-athlete comes to us wanting to do community service without us having to approach them first, we think it's great and want to commend the athletes for doing so," said Holmes, who is in charge of the program. "We also look at the sheer number of times that the athlete goes out in the community to do service activities and their willingness to go out when they are asked to do so."

## Athletic Performance

There's much more to athletic performance than weight training. Always striving to stay on the cutting edge, Virginia Tech has added two more services for its student-athletes in the past couple of years. At Tech, nutrition and sports psychology are also part of the student-athlete's preparation – not just for athletic competition, but also for life after college. Virginia Tech tries to provide the best services, facilities and support staff for all of its student-athletes, to make them better athletes and better people.

### Strength & Conditioning

Thanks to the direction of Assistant Athletics Director for Athletic Performance Mike Gentry, the Virginia Tech strength and conditioning program is among the best in the nation.

Gentry is in his 15th year as the Hokies' director of strength and conditioning. His duties include overseeing the strength and conditioning training of athletes in all 21 varsity sports at Virginia Tech. A native of Durham, N.C., Gentry received a bachelor's degree in physical education from Western Carolina University in 1979 and a Master's from the University of North Carolina at Chapel Hill in 1981. He received his doctorate in curriculum and instruction, with an emphasis in motor behavior, from Virginia Tech in 1999. In 1995 and 1996, Gentry was recognized by the National Strength and Conditioning Association as a finalist for the National Strength and Conditioning Professional of the Year.

The cross country and track & field teams train in the Jim "Bulldog" Haren Weight Room. Located in Jamerson Athletic Center, the Haren Weight Room is a 5,000-square foot weight room officially dedicated in September 1985 to Haren, a former Hokie player and long-time supporter of the Virginia Tech Athletics Department.

Assisting Gentry in the weight room this year are three full-time assistant strength and conditioning coaches: Jay Johnson, assistant director of strength and conditioning, Terry Mitchell, strength and conditioning coordinator of men's Olympic sports, and Emily Chones, strength and conditioning coordinator for women's Olympic sports, who handles the cross country program. Gentry will also have the services of five graduate assistants — Erin O'Neil, Lisa Guarneri, Keith Short, Gabe Teeple and Ken Oxendine.



Emily Chones

### Sports Nutrition

A new program was added to the athletics department in July 2000 — sports nutrition. The department is continually evolving to best serve the student-athlete.

In July 2002, Amy Freel, former coordinator of student life, became the full-time sports nutritionist in the Athletics Department.

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



Amy Freel

"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 educations allow me and the athletes to get very specific on their nutritional, personal and sport specific goals."

### Sports Psychology

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

The psychologists meet with student-athletes on an individual basis for personal counseling, performance enhancement and to discuss the mental aspects of the game. As a team, the sports psychologists work on team building, communication and performance enhancement.

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

"One of the dangers of sports psychology is that it can be totally about sports and there is that perception," Miller says. "We try to be more holistic and talk about a variety of issues, such as nutrition or academics. We want to be broader and help the person as a whole, not just with performance."

"We see those other outside things as interfering with an athletes' ability to perform," Bennett says. "We feel we can help athletes perform better by addressing those concerns."

The psychologists also offer 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 sports 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.

## 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, under the leadership of Gunnar Brolinson, D.O., Delmas Bolin, M.D., and Mike Goforth, director of athletic training, is constantly evolving to incorporate new ideas and state-of-the-art resources for the betterment of student-athletes. A professional staff — including primary care physicians who are Board certified in family medicine and sports medicine, orthopaedic surgeons, certified athletic trainers, physical therapists, chiropractors, massage therapists, sports psychologists, nutritionists and orthotists — is available to manage the health care of athletes.

As part of the evolution, Tech recently completed the Eddie Ferrell Memorial Training Room. This 4,300-square-foot area

consolidated the training rooms that existed in the Merryman Center and Cassell Coliseum. The new facility gives the training staff a centralized area to care for the needs of all Virginia Tech student-athletes. There is state-of-the-art equipment and a unique style of architecture in the facility.

The new room, which nearly doubles the size of the former Merryman Center facility, also allows the staff to utilize that room for physical therapy, chiropractic care and massage therapy. Virginia Tech now has more than 10,000 square feet dedicated to sports medicine, placing Tech in the top five percent nationally.

Student-athletes can also go to Schiffert Student Health Center to be seen by a practitioner or see an orthopaedic surgeon, if necessary. If physical therapy is needed, student-athletes can rehab at the Merryman Center.



**Charles W. Steger • University President**

When Charles W. Steger became Virginia Tech's 15th president in January 2000, it did not take long for this three-time Hokie alum to turn it up a notch. Setting his sights on joining the nation's truly elite universities, President Steger has challenged the university community to become ranked among the top

30 research universities.

"If you're not moving quickly forward, you might as well be standing still," he said upon his installation more than two years ago.

The signature initiative of his administration likely will be the Virginia Bioinformatics Institute, a new interdisciplinary research center formed by the convergence of computer science and biological research. Populated by world class researchers, the VBI already has built a contract base of more than \$20 million.

Saying that future growth will come only through strategic partnerships, Steger led the formation of the World Institute for Disaster Risk Management (DRM). DRM is a partnership with the

Swiss Federal Institutes of Technology (ETH) and Virginia Tech, in conjunction with the World Bank Disaster Management Facility.

Within the past year the university has joined hands to form the Virginia Tech Wake Forest School of Biomedical Engineering. Rising out of the ground now at the Virginia Tech Corporate Research Center is the Via College of Osteopathic Medicine.

A registered architect and former dean of Tech's college of architecture and urban studies, Steger was the architect of a different sort as the leader of the university's successful fund raising campaign. Under his leadership as vice president for development and university relations, the Campaign for Virginia Tech raised \$337 million.

Steger's ties to Virginia Tech span four decades as a student, professor, dean, vice president, and now president. While on the faculty, he twice won teaching excellence awards. When he became dean of the college in 1981, he was the youngest architecture dean in the nation at 33 years of age.

Steger received his Bachelor and Master of Architecture and a Ph.D. in Environmental Science and Engineering from Virginia Tech.



**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, 57, was appointed on September 24, 1997 and has been a tireless leader on behalf of Tech athletics. In his five 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.

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

A top personal priority for Weaver is the continuing improvement of Tech's facilities, where major plans for the expansion of Lane Stadium/ Worsham Field are underway. When it comes to athletic facilities, Weaver has a simple philosophy. "As soon as you sit still in terms of facilities, you have taken a step backward," he says.

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.

A native of Harrisburg, Pa., Weaver was a center and linebacker on Penn State football teams coached by the legendary Rip Engle and Joe Paterno.

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. He later was 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, which was sanctioned by the NCAA in 1983. He was a strong force at Florida in the field of compliance and concluded his time there as associate athletic director.

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

**Athletic Administration**



**Sharon McCloskey**  
Senior Associate  
Director of Athletics



**David Chambers**  
Senior Associate AD  
for External Relations



**Tom Gabbard**  
Associate AD  
for Internal Affairs



**Jon Jaudon**  
Associate AD  
for Administration



**John Ballein**  
Associate AD for  
Football Operations



**Randy Butt**  
Assistant AD  
for Financial Affairs



**Tim East**  
Assistant AD for  
Marketing & Promotions



**Mike Gentry**  
Assistant AD for  
Athletic Performance



**Tim Parker**  
Assistant AD  
for Compliance



**Sandy Smith**  
Assistant AD for  
Ticketing Services

# VT 2002 OUTLOOK

## *Hokies prepare to have best season yet in BIG EAST*

The Virginia Tech cross country team will have an excellent opportunity to put together a successful season in 2002, the Hokies' third year in the BIG EAST. Both the men and women had young teams in 2001, a season in which the Hokies had to endure many changes. With an entirely new coaching staff coming in, the roster saw a lot of shakeup, which created room for an influx of young runners to gain valuable experience. Now second year head coach Ben Thomas and his assistant, Mary Jayne Harrelson, have a legitimate shot at taking the team to a top three spot at the BIG EAST Championships.

The men will return key members of the squad that finished seventh in the conference last season. Last season's MVP, junior Casey Frazier, and rookie of the year, sophomore David Atkiss, headline this group. They were the Hokies' top two finishers in every meet last season. Joining them at the top will be sophomores Justin Skaare and L.A. Snead, both of whom have the potential to produce a top ten time at any given meet.

Providing the depth necessary for success will be junior Josiah Oliver, sophomore Michael Lawson and Pittsburgh transfer Darrell Curtis. They all gained valuable experience last year and should be consistent contributors throughout the season for the Hokies.

This year's freshman class could be a very productive group. Alex Johnson, Antoine Harris and Jason Havinga lead the newcomers. They all have impressive resumes and will push the upperclassmen for a spot in Tech's top seven positions. Combine these freshmen with the returnees, and the Hokie men have the ability to make a serious run at a conference title.

The women may be even stronger this year, despite the loss of senior Chelsea Alverson, last season's Coach's Award winner. They return a solid nucleus from the team that finished sixth in the conference. Senior Stacey Vidt is the clear leader of this group. She has been honored as the team's MVP in all three of her seasons at Tech and will be looking to attain all-conference status after a 21st place finish at last year's BIG EAST meet. Joining Vidt at the top will be last season's



**Junior Casey Frazier is expected to lead the men in their quest for a top three finish at the BIG EAST Championships.**

rookie of the year, sophomore Jessica Morris, who had an exceptional freshman campaign.

There will be plenty of competition to determine the rest of the top seven. Michelle VanHorn returns for her senior season and will provide valuable leadership, while Kim Milbourn, returning to the lineup after redshirting the 2001 season, will bring added experience. In addition, the incoming class will likely carry on the budding tradition of providing front running talent. Headlining this year's crop of newcomers is Marlies Overbeeke, a graduate student from the Netherlands, as well as freshman Katie Danyko and junior college transfer Kristy VanCour.

Overbeeke is the current Dutch national student cross country champion, while Danyko was named Ms. Cross Country for the state of Michigan and VanCour is a two-time national NJCAA champion. These three talented runners, along with freshmen Maureen Hagan, Mary Hogan, Moriah O'Brien and Lindsey Schultz have the potential to produce right away.

The Hokies will begin their season at home in the annual Virginia Tech Alumni Meet on Sept. 7. The team will remain in Blacksburg for

their second meet, as Tech hosts the Hokie Invitational on Sept. 21. A few weeks later, head coach Ben Thomas and assistant coach Mary Jayne Harrelson will return to familiar territory when the Hokies travel to Boone, N.C., for the Appalachian State Invitational on Oct. 4. The team will then participate in the Auburn Invitational on Oct. 19 before the championship season begins in November. The Hokies will first compete at the BIG EAST Championships, where the men finished seventh and the women finished sixth last season. Tech will then be headed to Greenville, N.C., for the Southeast Region Championships, followed by the NCAA Championships in Terra Haute, Ind.

With the experience gained over last season, an entire year under the guidance of the new coaching staff and an exceptional recruiting class, Tech's third year in the BIG EAST should be the finest yet for the Hokies.



**Three-time MVP Stacey Vidt aims for all-conference honors in her last season at Tech.**

# VT THE HOKIE MEN

Name	Cl.	Hometown	H.S./College	Major
David Atkiss	So.	Hatfield, Pa.	North Penn	Business Information Technology
Darrell Curtis	So.	Carlisle, Pa.	University of Pittsburgh	Biology
Mike D'Amato	Fr.	Midlothian, Va.	Midlothian	Accounting
Casey Frazier	Jr.	Woodbridge, Va.	Woodbridge	Architecture
Larry Gooss	r-So.	Glen Allen, Va.	Hermitage	Biology
Antoine Harris	Fr.	Queens, N.Y.	Holy Cross	Computer Science
Jason Havinga	Fr.	Springfield, Va.	West Springfield	University Studies
Alex Johnson	Fr.	Phoenix, Ariz.	Brophy	Engineering
Michael Lawson	So.	Foster, R.I.	Ponaganset	Engineering
Jeremy Lowry	Sr.	North Canton, Ohio	Ashland University	Finance & Accounting
Michael McNamara	Fr.	Chesapeake, Va.	Indian River	Engineering
Josiah Oliver	Jr.	Richmond, Va.	T.J./Governor's School	Math
Justin Skaare	So.	Mechanicsburg, Pa.	Cumberland Valley	Business
Chris Sloane	So.	North Potomac, Md.	Quince Orchard	Architecture
L.A. Snead	So.	Burke, Va.	James W. Robinson	Engineering



## Men's Profiles



## David Atkiss

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

Following a strong freshman campaign, he returns as one of Tech's top runners.

**2001-02:** Named the team's rookie of the year ... Top runner for Tech at the District III Championships, finishing 59th overall ... Best time of the season came at the Greensboro Invitational with a 25:43 ... Finished 38th at the BIG EAST Conference Championships ... Also ran well in the spring ... Set a personal record of 14:58 in the 5k outdoors event ... Took fifth place at the BIG EAST Conference Championships in the 10k outdoors with a time of 31:00.04.

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



David Atkiss

**Personal:** David Jeffrey Atkiss was born August 12, 1982 in Lansdale, Pa. ... Son of Sally and Donald Atkiss ... Majoring in business information technology.



## Darrell Curtis

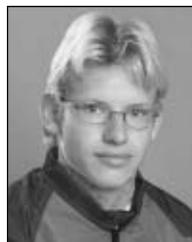
*Sophomore  
Carlisle, Pa.  
University of Pittsburgh*

Transfer who hopes to make an immediate impact at Tech.

**Pittsburgh:** One of the Panthers' most consistent runners in his first year ... Season-best time of 26:07.93 came at the Paul Short Run ... Notched a top twenty finish at the Duquesne Invitational ... Placed 56th at the BIG EAST Conference Championships.

**High School:** A two-year letterwinner in cross country at Cumberland Valley High School ... A first-team all-state performer for Coach Steve Koons ... Placed sixth at the Pennsylvania state meet as a senior ... Also earned two letters for track ... Competed in the 4x800, DMR and 3,200 meters for Coach Bill Bixler ... District III champion in the 3,200 ... Member of the 4x800 relay team that took second place at the state championships in his senior year... Team captured the AAA state championship the same year ... Also earned Adidas All-America honors in the DMR for a sixth-place finish at Nationals.

**Personal:** Darrell M. Curtis was born January 11, 1983 in Harrisburg, Pa. ... Son of Darrell and Pat Curtis ... Majoring in biology.



## Casey Frazier

*Junior  
Woodbridge, Va.  
Woodbridge H.S.*

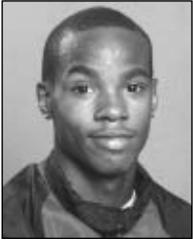
One of the most experienced runners for the Hokies, he starts his junior year as the team's top returner.

**2001-02:** Honored as the MVP of the team ... Finished second overall at the Greensboro Invitational ... Was Tech's top runner in four out of the season's five meets ... Best time of 25:00 came at the Great American Festival ... Finished 25th at the BIG EAST Conference Championships ... Member of the BIG EAST Academic All-Star team ... Named to the Verizon Academic All-America District III first-team.

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

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

**Personal:** Casey Frazier was born September 16 ... Son of James and Janet Frazier ... Majoring in architecture.



## Antoine Harris

*Freshman  
Queens, N.Y.  
Holy Cross H.S.*

A talented miler who hopes to succeed in the longer distances.

**High School:** A four-year letterwinner in cross country at Holy Cross High School ... Ran in the mile, half mile, and quarter mile for Coach James Wilkerson ... A city champion in the indoor mile.

**Personal:** Antoine Harris was born October 9, 1984 in Brooklyn, N.Y. ... Son of Wanda and Russell Harris ... Majoring in computer science.



## Jason Havinga

*Freshman  
Springfield, Va.  
West Springfield H.S.*

Should perform well for the Hokies in his first year of collegiate competition.

**High School:** Earned nine letters in cross country and indoor and outdoor track over four years at West Springfield High School ... Competed in the 400, 500, 800 and 1,000 for Coach Duke Baird ... District champion in the 800 in 2001 and 2002 ... An all-state performer in the 800 as a senior ... Also earned all-district, all-region and all-state accolades in the 1,000 in 2001 and 2002 ... Received all-district honors in the 500-meter event his senior year ... Member of an all-state 4x800 relay team in 2001 ... Received recognition as a student-athlete for his 3.5 GPA.

**Personal:** Jason Havinga was born October 28, 1983 in Fairfax, Va. ... Son of Al and Diane Havinga ... Enrolled in university studies.



## Alex Johnson

*Freshman  
Phoenix, Ariz.  
Brophy College Prep.*

Will rely on his quickness to excel in his freshman campaign for Tech.

**High School:** Only ran one year of cross country at Brophy College Preparatory ... Earned a letter for Coach Michael Keahon ... Also a two-time letterwinner in track, competing in the 100, 200,

# hokiesports.com

*Tech's official web site features  
schedules, results and game stories on  
all 21 varsity sports at Virginia Tech!*

400, 800, 4x400 and 4x800 ... Voted Most Valuable Sprinter as a junior ... Named the Most Improved Athlete his senior year ... Received all-state accolades in the 800 as a senior ... Finished second at the Arizona Meet of Champions ... His time of 1:54.9 in the 800 set a new school record ... Also earned the distinction of scholar athlete.

**Personal:** Alexander Louis Johnson was born October 9, 1984 in Phoenix, Ariz. ... Son of Robert and Rita Johnson ... Majoring in engineering.



## Michael Lawson

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

Gained valuable experience as a freshman, and looks to be a top performer for the Hokies.

**2001-02:** Competed in all five meets for the Hokies as a freshman ... Finished in Tech's top six in each race ... Best performance of the season was at the Greensboro Invitational with a time of 26:10 ... Posted the third-highest finish for the Hokies at the BIG EAST Conference Championships, placing 53rd.

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

**Personal:** Michael James Lawson was born May 24, 1983 in Providence, R.I. ... Son of Jim and Gail Lawson ... Majoring in engineering.



## Josiah Oliver

*Junior  
Richmond, Va.  
Thomas Jefferson/Governor's School*

Looks to be a top competitor for the Hokies in his third season.

**2001-02:** Competed in all five meets for the Hokies ... Best performance of the season came at the Great American Festival, where he posted a career-best time of 26:00 and finished second for Tech ... Named a BIG EAST Academic All-Star ... Also named to the Virginia Tech All-Academic Team.

**2000-01:** Ran in six of eight meets for Tech as a freshman ... Best finish of the season came at the Virginia Tech Invitational where he placed eighth ... Posted a season-low time of 26:10 at the Walt Disney World Classic, where he finished 22nd ... Was the third-best runner for the Hokies at the IC4A Championships.

**High School:** A three-year letterwinner in track for Coach Jim Holdren at Thomas Jefferson/Governor's School ... Earned a top 15 finish in the district meet ... Also lettered four years in indoor and outdoor track, competing in the 800 and 1,600 meter events ... Placed ninth in the state in the 1,600 ... Colonial District runner-up in both the 800 and the 1,600.

**Personal:** Josiah M. Oliver was born April 16, 1982 in Richmond, Va. ... Son of Marcus and Carol Oliver ... Majoring in math.



Justin Skaare



## Justin Skaare

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

After a solid freshman year, will look to remain one of the team's top runners.

**2001-02:** Competed in four meets for the Hokies as a freshman ... Was one of Tech's top seven runners in three races ... Posted his best time of the season at the Greensboro Invitational with a 26:57 ... Placed 58th at the BIG EAST Championships ... Named a BIG EAST Academic All-Star.

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

**Personal:** Justin Skaare was born in Pittsburgh, Pa. ... Son of Richard and Jane Skaare ... Majoring in business.



## L.A. Snead

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

Looks to step up for the Hokies this season as part of a strong sophomore class.

**2001-02:** Competed in two meets as a freshman ... Best time of the season came at the Greensboro Invitational with a 26:56.

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

**Personal:** Leonard Alexander Snead IV was born October 24, 1982 in Norfolk, Va. ... Son of Alex and Susan Snead ... Majoring in engineering.

## OTHERS TO WATCH



## Mike D'Amato

*Freshman  
Midlothian, Va.  
Midlothian H.S.*



## Larry Gooss

*r-Sophomore  
Glen Allen, Va.  
Hermitage H.S.*



## Jeremy Lowry

*Senior  
North Canton, Ohio  
Ashland University*



## Michael McNamara

*Freshman  
Chesapeake, Va.  
Indian River H.S.*



## Chris Sloane

*Sophomore  
North Potomac, Md.  
Quince Orchard H.S.*



# This Is VIRGINIA Cross





# TECH & Country



# VT THE HOKIE WOMEN

Name	Cl.	Hometown	H.S./College	Major
Lindsay Ausherman	So.	Chambersburg, Pa.	Chambersburg	Biology/Pre-Med
Courtney Black	Sr.	Greensboro, N.C.	Grimsley	Psychology
Tamara Burns	Fr.	Virginia Beach, Va.	Ocean Lakes	University Studies
Katie Campbell	Fr.	Bristol, Va.	John Battle	Animal & Poultry Science
Katie Danyko	Fr.	Sterling Heights, Mich.	Stevenson	University Studies
Ashley Etue	Jr.	Columbia, Md.	Wilde Lake	Biology
Maureen Hagan	Fr.	Springfield, Va.	West Springfield	University Studies
Jessica Hammack	So.	Chesterfield, Pa.	Manchester	Biology/Pre-Med
Mary Hogan	Fr.	Alexandria, Va.	Pope Paul VI	Engineering
Stephanie Malone	Jr.	Verona, Va.	Fort Defiance	Psychology
Kim Milbourn	r-Jr.	Fairfax, Va.	James W. Robinson	Chemistry/HNFE
Jessica Morris	So.	Coatesville, Pa.	Great Valley	HNFE
Moriah O'Brien	Fr.	Woodbridge, Va.	Osborn Park	University Studies
Marlies Overbeeke	Jr.	Rotterdam, The Netherlands	Erasmus University	Sociology
Lindsey Schultz	Fr.	Langley, Va.	Langley	Business
Rebecca Slivka	Fr.	Danville, Va.	G.W. Danville	Animal & Poultry Science
Kristy VanCour	Jr.	Evans Mills, N.Y.	SUNY Cobleskill	Dairy Science
Michelle VanHorn	Sr.	Harper's Ferry, W.Va.	Jefferson	Horticulture
Stacey Vidt	Sr.	Allison Park, Pa.	Hampton	HNFE
Ashley Walker	Fr.	Chesterfield, Va.	Hickory	Political Science



## Women's Profiles



## Katie Danyko

*Freshman  
Sterling Heights, Mich.  
Stevenson H.S.*

Expected to be a top runner in her first season at Tech.

**High School:** A four-time letterwinner in cross country for Coach Kevin Hanson at Stevenson High School ... Was the county, conference and regional champion ... Placed fourth at the Division I state meet ... Named Ms. Cross Country for the state of Michigan ... Finished 10th at the Midwest Meet of Champions and 20th at the



Katie Danyko

Footlocker Regionals ... An all-state and all-Midwest performer in cross country ... Placed 19th at the World Cross Country trials ... Also lettered in track for four years, competing in the one mile, two mile, two mile relay and 800 ... Was named the county, conference and regional champion in the mile ... Earned all-state honors by placing second in the two mile event at the Division I state meet ... Finished ninth in the 5k at the 2002 USA Junior Championships ... Also participated in the World Cross Country Trials and Nike Classic ... Received Outstanding Senior Athlete honors from the U.S. Marine Corps ... Was named a Stevenson Academic Ace (3.7 GPA or higher) ... Member of the National Honor Society.

**Personal:** Kathryn Marie Danyko was born December 14, 1983 in Royal Oak, Mich. ... Daughter of Dave and Bobbie Danyko ... Enrolled in university studies.



## Maureen Hagan

*Freshman  
Springfield, Va.  
West Springfield H.S.*

Talented freshman who should contribute immediately for the Hokies.

**High School:** Ran for coaches Ed Linz and Duke Baird at West Springfield High School ... Won four letters each in cross country, indoor track and outdoor track ... Earned all-district, all-region and all-state honors ... Also received honorable mention all-Met honors four times ... Member of the relay team which won the 4x800 event at the state championships in her senior year.

**Personal:** Maureen Elizabeth Hagan was born January 20, 1984 in Fort Leavenworth, Kan. ... Daughter of Sharon and Gary Hagan ... Enrolled in university studies.



## Jessica Hammack

*Sophomore  
Chesterfield, Va.  
Manchester H.S.*

Young runner who should gain more experience in her second season.

**2001-2002:** Ran in four races for the Hokies as a freshman ... Earned a top 10 finish in her first collegiate competition, placing ninth at the Alumni Meet ... Best performance of the season came at the Greensboro Invitational, with a time of 19:49 ... Also ran at the BIG EAST Conference Championships ... Named to the BIG EAST Academic All-Star Team.

**High School:** A four-year letterwinner in cross country for Coach Paul Kline at Manchester High School ... Was a recipient of the Coach's Award ... Member of team that won the AAA cross country state meet ... Lettered four years in indoor and outdoor track as well ... Received Rookie of the Year honors in outdoor track ... Also competed in the Junior Olympics in swimming ... Member of the National Honor Society.

**Personal:** Jessica Brooke Hammack was born July 6, 1983 in Chesterfield, Va. ... Daughter of Mike & Mary Jo Hammack ... Majoring in biology.



## Mary Hogan

*Freshman  
Alexandria, Va.  
Pope Paul VI H.S.*

Expected to have a strong freshman campaign for the Hokies.

**High School:** A three-year letterwinner in cross country at Pope Paul VI High School ... Two-time MVP for Coach Melanie Kiernan ... Received all-conference honors all three years ... Also received honorable mention all-Metro accolades for three years ... Catholic State Champion in 1999 ... Won the WCAC conference championship in 2000 ... Also a four-time letterwinner in indoor and outdoor track for Coaches Kiernan and Dennis Hudson ... A two-time MVP in indoor track ... Named to the all-conference team in outdoor track all four years ... Won the Catholic state championship in the 1,600 in 1999 and 2000 ... Also was the Catholic State Champion in 3,200 meters in 2000 and 2001 ... Member of the National Honor Society.

**Personal:** Mary Regina Hogan was born February 3, 1984 in Fairfax, Va. ... Daughter of James and Regina Hogan ... Majoring in engineering.



## Kim Milbourn

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

After a strong indoor season, returns to the cross country lineup to give the Hokies added experience.

**2001-02:** Redshirted the cross country and outdoor track seasons ... Competed during the indoor track season ... Recorded the team's season-best time of 17:56.82 in the 5,000-meter run, earning second place at the Virginia Tech Challenge ... Ran a season-best time of 10:17.60 in the 3,000 at the Tech Last Chance Meet ... Also placed sixth in the mile at the Rod McCravy Memorial Track & Field Meet.

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

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

**High School:** Was part of a successful program in high school, earning three letters at James W. Robinson High School under the guidance of Coach Jeremy Workman ... Finished 10th in the Junior/Senior race at the Foot Locker Regionals ... Was an important member of the 1997 state championship team ... Honorable mention All-Met in 1997 ... As a track runner she possessed range from the 800 to the 3,200 ... Earned All-America honors for a

second-place finish in the DMR at the indoor national scholastic meet ... Was a member of the 1997 indoor Virginia state 4x800 championship relay ... Finished 12th in the 3,200 in outdoor track at the state meet, ending the season with a top time of 11:19 in that event ... Member of the National Honor Society.

**Personal:** Kimberly Michelle Milbourn was born November 1, 1980 in Fairfax, Va. ... Daughter of Chip and Rae Ann Milbourn ... Double majoring in chemistry and human nutrition, foods and exercise.



## Jessica Morris

*Sophomore  
Coatesville, Pa.  
Great Valley H.S.*

Should be a team leader after only one year of cross country experience.

**2001-02:** Competed in all five meets as a freshman and was named the women's rookie of the year ... Finished third for the Hokies in all five meets ... Best time of 18:24 came at the Greensboro Invitational, where she finished third overall ... Finished 41st at the BIG EAST Championships ... Member of the BIG EAST Academic All-Star Team.

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

**Personal:** Jessica Anne Morris was born May 10, 1983 ... Daughter of Joseph and Anne Morris ... Majoring in human nutrition, foods and exercise.



Jessica Morris



# Marlies Overbeeke

*Junior  
Rotterdam, The Netherlands  
Erasmus University*

Internationally experienced runner who will be one of the top competitors for the Hokies.

**Erasmus:** Competed in national meets for PAC Rotterdam ... Member of Dutch national team ... Dutch national student cross



Marlies Overbeeke

country champion ... Finished fourth at cross country nationals ... Also placed fourth at nationals in the indoor 800m ... Had a sixth-place showing at nationals in the outdoor 1,500m ... Earned an M.B.A. from the Rotterdam School of Management at Erasmus University ... Graduated cum laude.

**High School/Other:** A four-year letterwinner in track at the International School Hamburg for Coach Gary Jones ... Broke four regional tournament records in her senior year ... Named Sportsperson of the Year in 1995, 1996 and 1997 ... Also lettered two years in basketball, volleyball and swimming.

**Personal:** Marlies Overbeeke was born June 25, 1980 in Amsterdam, The Netherlands ... Daughter of Nico and Tine Overbeeke ... Majoring in sociology at the graduate level.



# Lindsey Schultz

*Freshman  
Langley, Va.  
Langley H.S.*

Will look to bring depth to the women's roster in her first year of collegiate competition.

**High School:** Won four letters in cross country at Langley High School ... Member of team that won district championship for Coach Margie Shapiro in 1998 and 1999 ... Also lettered in indoor and outdoor track for four years ... Captain of both track squads as a senior ... Placed fourth in the National Indoor Meet in the 4x mile and sixth in the 4x800 in 2001 ... Captured second place in the 4x800 at the state championship in 2001 ... During the 2002 outdoor track season, claimed the district championship in the mile, 800 and 4x400 ... Also competed in the 4x400 and 4x800 at the Penn Relays in 1999, 2000 and 2002 ... Member of the National Honor Society.

**Personal:** Lindsey Elizabeth Schultz was born July 7, 1984 in Washington, D.C. ... Daughter of Ray and Leisa Schultz ... Sister, Leslie, is a member of the cross country team at the University of Virginia ... Majoring in business.



# Kristy VanCour

*Junior  
Evans Mills, N.Y.  
SUNY Cobleskill*

A junior college standout who is expected to perform well for the Hokies.

**SUNY Cobleskill:** A two-year letterwinner and team captain for Coach Mitch Tomaskewicz ... A two-time conference champion ... National NJCAA Champion in 2000 and 2001 ... Member of national championship team in 2000 ... Also earned two letters in track for Coach Steve Patrick ... Recipient of the Coach's Award ... Garnered All-America and Academic All-America honors in both cross country and track ... Named the SUNY Cobleskill Female Athlete of the Year in 2001.

**High School:** Ran cross country for three years at Indian River Central High School ... Team captain for Coach Jim Mattingly ... Named MVP of the squad in her sophomore, junior and senior years.

**Personal:** Kristy Marie VanCour was born June 15, 1982 in Watertown, N.Y. ... Daughter of Lawrence VanCour ... Majoring in dairy science.



# Michelle VanHorn

*Senior  
Harper's Ferry, W.Va.  
Jefferson H.S.*

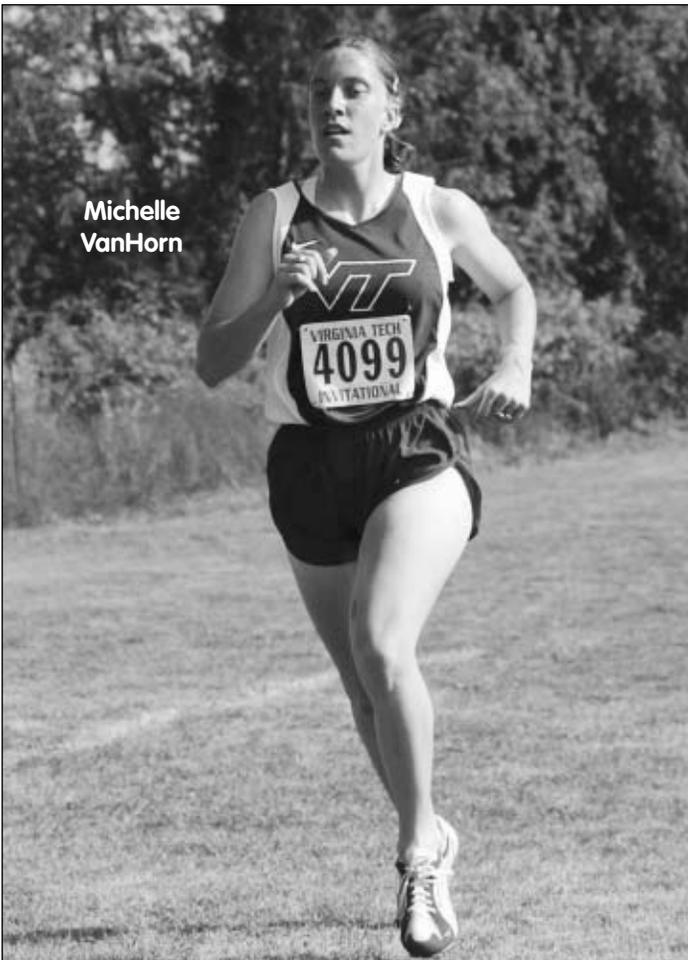
As a senior, she will be looked to as a leader on the team.

**2001-02:** Competed in four meets for the Hokies ... Finished in Tech's top six in each race and was a top-five runner for the Hokies in three meets ... Ran a season-best 19:21 at the Greensboro Invitational ... Also competed at the BIG EAST Championships and NCAA Regionals.

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

**1999-2000:** Came up big in her first collegiate meet placing in the top 15 ... Ran a season-best of 19:42 at the Alumni Meet ... Ran in five of Tech's meets, breaking the 20-minute barrier twice ... Placed ninth in the 1,000 at the A-10 Conference Indoor Championships ... Ran a leg on the bronze medal winning 4x800-relay at the outdoor conference championships.

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



Michelle VanHorn

in the mile during her junior season ... Named Jefferson High School's outstanding female track runner her junior and senior seasons.

**Personal:** Michelle VanHorn was born June 30, 1981 in Leesburg, Va. ... Daughter of Monty and Donna VanHorn ... Majoring in horticulture.



Stacey Vidt



# Stacey Vidt

*Senior  
Allison Park, Pa.  
Hampton H.S.*

A three-time MVP for the Hokies, her senior year could be her best yet.

**2001-02:** Returns for her senior season as a three-time team MVP ... Won the Greensboro Invitational with a season best time of 18:16 ... Was the Hokies' top runner in three of the five meets, finishing second for the team in the other two meets ... Finished 21st at the BIG EAST Conference Championships, setting a new school record with a time of 21:29 at the 6k distance ... Took second place

at the Alumni Meet ... Also ran well in the spring ... Set a new personal record of 10:03 in the 3,000 ... Ran a 4:56.3 mile, the second-fastest time in Tech history ... A member of the 4x800 team which set a new school record at the indoor BIG EAST Conference Championships.

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

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

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

**Personal:** Stacey Elizabeth Vidt was born July 24, 1980 in Pittsburgh, Pa. ... Daughter of Dr. Louis and Pamela Vidt ... Majoring in human nutrition and foods.

**OTHERS TO WATCH**



**Lindsay Ausherman**

*Sophomore  
Chambersburg, Pa.  
Chambersburg H.S.*



**Courtney Black**

*Senior  
Greensboro, N.C.  
Grimsley H.S.*



**Tamara Burns**

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



**Katie Campbell**

*Freshman  
Bristol, Va.  
John Battle H.S.*



**Ashley Etue**

*Junior  
Columbia, Md.  
Wilde Lake H.S.*



**Stephanie Malone**

*Junior  
Verona, Va.  
Fort Defiance H.S.*



**Moriah O'Brien**

*Freshman  
Woodbridge, Va.  
Osborn Park H.S.*



**Rebecca Slivka**

*Freshman  
Danville, Va.  
G.W. Danville H.S.*



**Ashley Walker**

*Freshman  
Chesterfield, Va.  
Hickory H.S.*

# VT 2001 REVIEW

## *Inexperienced Hokies made the most of unstable season*

The Virginia Tech cross country program had many obstacles to overcome during the 2001 season. The coaching structure was overhauled over the summer, with Dave Cianelli coming on as the director of track and field and cross country. With this change came the decision to have a single head coach for cross country, where in the past there were separate coaches for the men's and women's teams. Ben Thomas was brought on board in mid-August to be this head coach. Shortly after Thomas arrived, Mary Jayne Harrelson was hired as the assistant cross country coach. As a result of the coaching change, the roster underwent some changes, which opened the door for many young runners to gain valuable meet experience.

The season got under way on Sept. 1 with the annual Alumni Meet, held on Tech's home cross country course. The women ran a two-mile course, with Chelsea Alverson gaining her first career victory in a time of 12:03. Stacey Vidt ran well and took second place in 12:14.

Freshman Jessica Morris, in her first collegiate performance, came in third. Holly Hunter and Cas Sadosky rounded out the top five runners for the women. In the men's race, Casey Frazier collected his first victory as well, covering the 5k course in 16:08. Matt Thomas came in second, followed by Josiah Oliver, Mark Manny and David Atkiss.

The Hokies saw a long layoff before their next meet. The only other home meet of the season, the Virginia Tech Invitational, was cancelled due to the tragic events of Sept. 11. To make up for the lost competition, the coaches decided to enter a meet not on the original schedule. They chose the Great American Festival in Charlotte, N.C. Alverson was again the top finisher for the Tech women at this meet. She covered the 3.1 mile course in a team season-best time of 17:57. Vidt and Morris produced good times as well, and the women finished 10th out of 31 teams. Frazier was the first Hokie to cross the finish line on the men's side, completing the five-mile course in 25:00. Oliver and Atkiss rounded out Tech's top three, and the men came in 11th out of a field of 29.

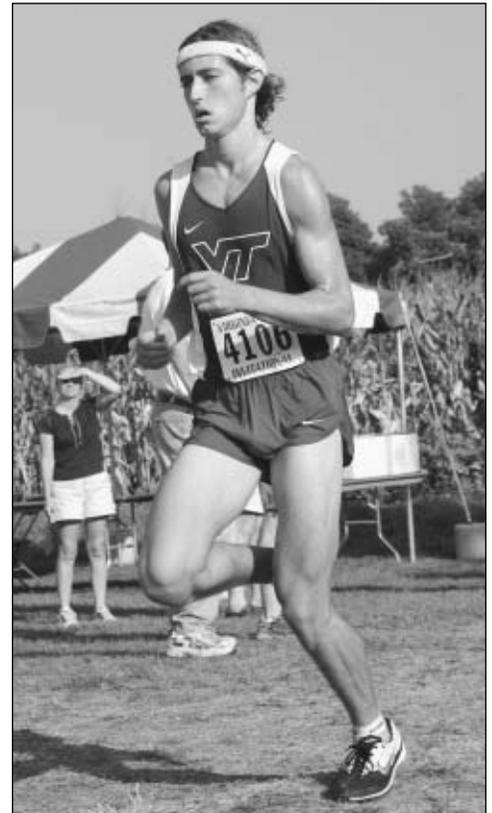


**Senior Chelsea Alverson was one of the Hokies' top two finishers in every meet in 2001.**

In the third meet of the season, the Hokies had their best performance of 2001. Vidt led the Tech women to victory at the Greensboro Invitational, winning the race in a season-best time of 18:16. Alverson and Morris finished second and third overall as the women produced the top three finishers of the race. The men turned in a good performance also, finishing third as a team. Frazier claimed second place overall, while Atkiss took home sixth place.

At the BIG EAST Championships, held at Van Cortlandt Park in Bronx, N.Y., both the women and the men improved one spot from their performances in the 2000 meet, with the women moving up to sixth place and the men moving up to seventh place. The women had four top fifty performers. Vidt and Alverson just missed all-conference honors, finishing 21st and 23rd overall. Morris continued her stellar freshman campaign with a 41st-place finish, while Dayna Friedman had her season-best time to finish 50th. For the men, Frazier just missed all-conference honors as well, finishing 25th overall in 25:48 as he continued to lead the Hokies. Atkiss filled his usual spot in second place for Tech, finishing 38th in 26:16. Michael Lawson (53rd), Kevin Rhue (54th) and Thomas (55th) finished within four seconds of each other to complete the Hokies' top five.

The 2001 season came to a close at the NCAA District III Championships, held at Furman University in Greenville, S.C. Vidt completed the 6k course in 22:48 and finished 39th overall. Alverson and Morris rounded out the top three for the women, making this trio the Hokies' top three finishers in every meet of the season. Atkiss stepped up and produced the top time for the men. He completed the 10k course in 32:22, good for 52nd overall. Frazier (32:48) was second for the Hokies, marking the only time in the season he was not the top performer. Thomas finished ten seconds later at 32:58 to round out Tech's top three. Overall, the women finished 12th in the region out of 26 teams, while the men claimed ninth place out of 29 teams.



**Michael Lawson performed solidly for Tech as a freshman, placing 53rd at the BIG EAST Championships.**

## 2001 CROSS COUNTRY RESULTS

## Men's Team

	<b>Alumni Meet</b>	<b>Great American Festival</b>	<b>Greensboro Invitational</b>	<b>BIG EAST Championships</b>	<b>NCAA Regionals</b>
<b>Distance</b>	5 kilometers	5 miles	5 miles	5 miles	10 kilometers
David Atkiss	16:47 (5)	26:02	25:43 (6)	26:16 (38)	32:22 (52)
Pat Bringardner	16:57 (8)	26:29	26:35	DNR	DNR
Eric Callender	18:02 (14)	DNR	DNR	DNR	DNR
Josh Davis	17:02 (9)	27:19	26:47	DNR	DNR
Casey Frazier	16:08 (1)	25:00	25:16 (2)	25:48 (25)	32:48 (65)
Larry Gooss	17:23 (10)	26:49	27:44	DNR	DNR
Jason Hettenbaugh	DNR	26:47	26:53	28:01	DNR
Michael Lawson	16:51 (6)	26:23	26:10	26:50 (53)	34:18 (121)
Mark Manny	16:45 (4)	26:10	26:17	27:03 (60)	33:08 (77)
Erik Necciai	17:57 (13)	DNR	DNR	DNR	DNR
Josiah Oliver	16:41 (3)	26:00	26:41	27:44	34:38 (134)
Kevin Rhue	17:42 (11)	26:14	26:08	26:51 (54)	DNR
Justin Skaare	16:52 (7)	DNR	26:39	26:57 (58)	33:13 (81)
L.A. Snead	DNR	27:23	26:56	DNR	DNR
Matt Thomas	16:33 (2)	26:30	26:13	26:54 (55)	32:58 (70)
Team Finish	N/A	11th of 29	3rd of 14	7th of 14	9th of 29

## Women's Team

	<b>Alumni Meet</b>	<b>Great American Festival</b>	<b>Greensboro Invitational</b>	<b>BIG EAST Championships</b>	<b>NCAA Regionals</b>
<b>Distance</b>	2 miles	3.1 miles	3.1 miles	6 kilometers	6 kilometers
Lindsay Ausherman	13:24 (7)	20:09	19:46	23:50 (69)	DNR
Chelsea Alverson	12:03 (1)	17:57	18:20 (2)	21:49 (23)	23:01 (52)
Annie Carobine	13:51 (11)	20:21	20:11	DNR	DNR
Michelle Cullum	14:45 (15)	DNR	DNR	DNR	DNR
Martha Drinkard	13:54 (14)	DNR	DNR	DNR	DNR
Ashley Etue	13:51 (10)	DNR	DNR	DNR	DNR
Dayna Friedman	13:53 (13)	DNR	DNR	23:02 (50)	DNR
Jessica Hammack	13:50 (9)	20:30	19:49	24:37	DNR
Holly Hunter	13:09 (4)	19:42	19:07	DNR	24:24
Stephanie Malone	13:23 (6)	20:02	19:27	24:25	DNR
Karen McGrath	15:01 (17)	DNR	DNR	DNR	DNR
Kim Milbourn	DNR	DNR	DNR	DNR	DNR
Jessica Morris	12:57 (3)	18:42	18:24 (3)	22:34 (41)	23:35 (60)
Kristin Reedy	13:53 (12)	DNF	20:12	DNR	DNR
Kelly Repair	13:43 (8)	20:02	19:33	23:53 (70)	24:49 (108)
Cas Sadosky	13:16 (5)	19:53	19:35	DNR	24:18 (86)
Tara Travis	14:45 (16)	DNR	DNR	DNR	DNR
Michelle VanHorn	DNR	19:56	19:21	23:33 (59)	24:48 (107)
Stacey Vidt	12:14 (2)	18:23	18:16 (1)	21:29 (21)	22:48 (39)
Team Finish	N/A	10th of 31	1st of 14	6th of 14	12th of 26



Jessica Morris was last year's Rookie of the Year and was on the Dean's List and BIG EAST Academic All-Star team.

**2002 Cross Country Team Awards**

<b>MVP</b> <b>Coach's Award</b> <b>Rookie of the Year</b>	<b>Men</b>	<b>Women</b>
	Casey Frazier	Stacey Vidt
	Matt Thomas	Chelsea Alverson
	David Atkiss	Jessica Morris



Stacey Vidt received her third straight team MVP award from Coach Dave Cianelli at last year's athletics department all-sports banquet.

**2001-2002 Academic Honors**

**BIG EAST Academic All-Star Team**

<b>Men</b>	<b>Women</b>
Casey Frazier	Chelsea Alverson
Jason Hettenbaugh	Jessica Hammack
Josiah Oliver	Jessica Morris
Justin Skaare	

**Dean's List**

<b>Men</b>	<b>Women</b>
Edward Altman	Chelsea Alverson
Patrick Bringardner	Lindsey Ausherman
Casey Frazier	Martha Drinkard
Jeremy Lowry	Ashley Etue
Josiah Oliver	Stephanie Malone
Justin Skaare	Jessica Morris

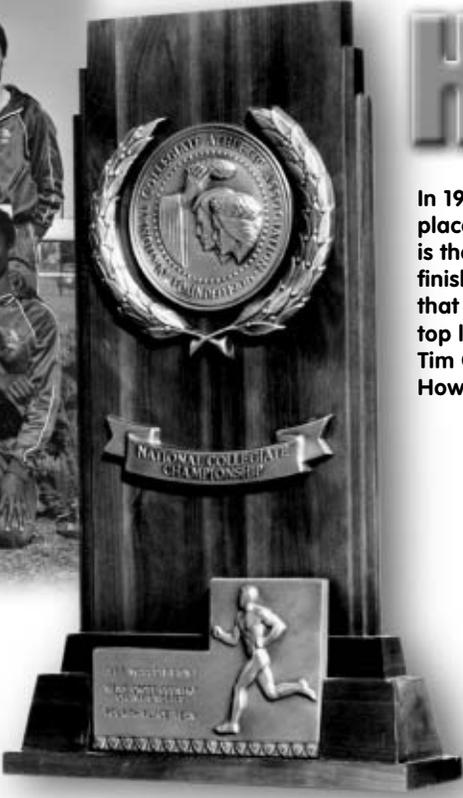
**Virginia Tech All-Academic Team**

<b>Men</b>	<b>Women</b>
Josiah Oliver	Martha Drinkard



Casey Frazier, who was named to the Verizon Academic All-America District III first team, was one of the Hokies' top student-athletes last season, as he also made Dean's List and was on the BIG EAST Academic All-Star team.

# VT CROSS COUNTRY HISTORY



In 1987, the Tech cross country men finished in fourth place at the NCAA Championships. Pictured to the left is the trophy, which represents the program's highest finish ever at NAAs. To the left of that, the members of that impressive team are pictured: (clockwise from the top left) Coach Todd Scully, Tom Harding, Gary Cobb, Tim Covington, Ron Voight, All-American Tony Williams, Howard Nippert, and All-American Steve Taylor.

## All-Americans

### Men

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

### Women

- Tracy Deely, 1981
- Lori McKee (Taylor), 1981

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

## NCAA Championships

### Men

1982 .....	14th
1987 .....	4th

Lori McKee Taylor (right) and Tracy Deely (not pictured) earned AIAW All-America honors in 1981.



Steve Hetherington (above) was the first member of the Tech men's squad to earn All-America honors. Brian Walter (right) was tabbed an All-American in 1989 after placing 30th at the NCAA Championships in Annapolis, Md.



## Conference Championships

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

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

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

### All-Conference Hokies

#### Southern Conference Men

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

#### Metro Conference Men

Greg Lemieux .....	1978
Gene Crane .....	1978
Robbie White .....	1978
Steve Hetherington .....	1979
Steve Pinard .....	1979
Robbie White .....	1979
Ricky Greer .....	1980
Steve Hetherington .....	1980
Dave Peterson .....	1980
Greg Lemieux .....	1980
Steve Pinard .....	1980
Ray McDaniels .....	1980
Mark Stickley .....	1980
Steve Hetherington .....	1981
Pat Henner .....	1981
Mark Stickley .....	1981
Ray McDaniels .....	1981

Dave Peterson .....	1981
Steve Hetherington .....	1982
Ken Coddington .....	1982
David Montgomery .....	1982
Doug Law .....	1982
Tony Williams .....	1983
Doug Law .....	1983
Bob Herndon .....	1983
Dave Hamilton .....	1983
Mark Stickley .....	1984
Tony Williams .....	1984
Bob McCauley .....	1984
Todd Giszack .....	1984
Ron Kulik .....	1984
Tom Harding .....	1984
Roy Mascolino .....	1985
Howard Nippert .....	1985
Dan Foran .....	1985
Paul Millrad .....	1985
Peter Schultz .....	1985
Steve Taylor .....	1986
Tony Williams .....	1986
Todd Giszack .....	1986
Tom Harding .....	1986
Gary Cobb .....	1987
Ron Voigt .....	1987
Howard Nippert .....	1987
Brian Walter .....	1987
Tim Covington .....	1988
Brian Walter .....	1988
Ron Voigt .....	1988
Jorge Pardo .....	1988
Brian Walter .....	1989
Tim Covington .....	1989
Travis Walter .....	1989
Wally Granville .....	1989
David Tonkin .....	1989
Todd Pehowski .....	1990
David Tonkin .....	1990
Wally Granville .....	1990
Travis Walter .....	1990
Drew Saunders .....	1990
Adam Small .....	1990
Todd Pehowski .....	1991
Wally Granville .....	1991
Travis Walter .....	1991
Travis Walter .....	1992
Ben Hester .....	1992
John Hawthorne .....	1992
Joe Edwards .....	1993
George Probst .....	1993
Marshall Ferguson .....	1993
John Hawthorne .....	1994
Tom Lankowicz .....	1994
Matt Zacharias .....	1994
Marshall Ferguson .....	1994



Tony Williams

### Coaching History

#### Men

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

#### Women

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

### Individual Conference Championships

#### Southern Conference Men

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

#### Metro Conference Men

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

#### Metro Conference Women

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

#### Atlantic 10 Men

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

#### Metro Conference Women

Gwen Roller .....	1985
Nancy Klumb .....	1985
Cindy Guenzel .....	1985
Carol Richardson .....	1985
Maggie Lasaga .....	1985
Cherie Alexander .....	1985
Gwen Roller .....	1986
Maggie Lasaga .....	1986
Nancy Klumb .....	1986
Louise Schweitzer .....	1986
Cherie Alexander .....	1986
Roxann Polo .....	1987
Louise Schweitzer .....	1987
Jennifer Smith .....	1987
Elizabeth Fleming .....	1987
Gwen Roller .....	1988
Louise Schweitzer .....	1988

Gwen Roller .....	1989
Alice Gaines .....	1989
Heidi Allen .....	1990
Heidi Allen .....	1991
Heidi Allen .....	1992
Michelle Barrett .....	1992
Melissa Ward .....	1993

#### Atlantic 10 Conference Men

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

#### Atlantic 10 Conference Women

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



Maggie Lasaga

# VT FACILITIES

*Hokies have an excellent on-campus cross country course*

During the past nine 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. Overall, it covers a total of 3.1 miles, passes historical Smithfield Plantation and crosses Stroubles Creek. There is also a 5-mile version of the course for the men.

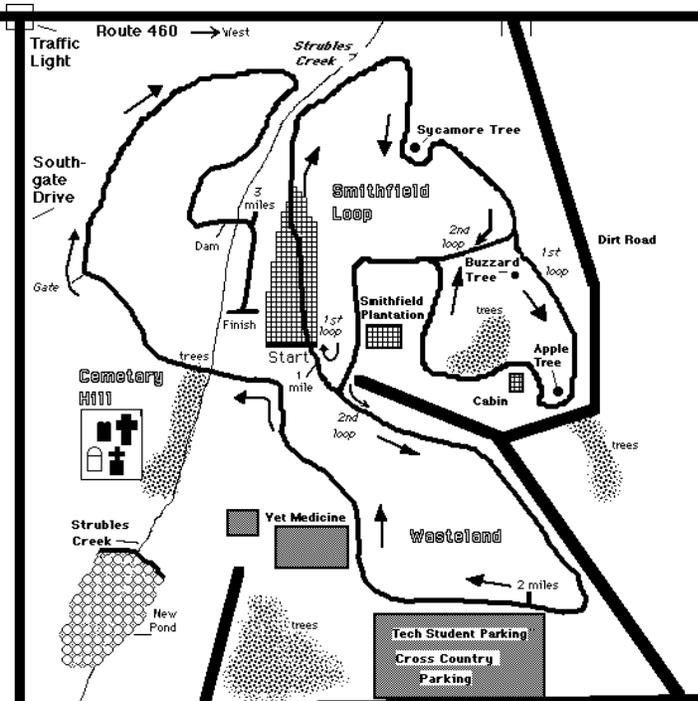
"I think it's one of the nicest settings for a cross country course I have ever seen," Cianelli said. "The fact that it is on campus makes it ideal for our teams to train and compete."

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

The Hokies host two meets on their home course this year.

"There are very few schools with a cross country course and

two tracks so close together," Ben Thomas said. "The competition facilities here are unbeatable."



## Course Records

### Men

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

### Women

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



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

Duck Pond Drive

Johnson-Miller Track & Field Complex

Rector Fieldhouse Indoor Track

5K CROSS COUNTRY COURSE

VIRGINIA TECH

## *Tech's outstanding indoor and outdoor tracks rank among the best track & field facilities in the nation*

Virginia Tech's indoor and outdoor track facilities are considered to be among the nation's elite. The latest addition, the Johnson-Miller Outdoor Track Complex, is identical to the track used at the 1996 Olympic Games in Atlanta.

"These facilities will enable us to attract and develop the highest level of talent available," Tech Director of Track & Field and Cross Country Dave Cianelli said. "In turn, this will enable our program to achieve elite rankings at both the conference and national levels."

The oval track has eight 42-inch lanes with the school colors of burnt orange and Chicago maroon colored on alternating lanes. The complex includes a two pole vault pits, steeplechase lanes, and areas for shot put, discus, hammer throw, javelin and all of the jump events. Ten lanes have been laid down on one stretch of the south side of the track for sprints. Bleacher seating is installed above this area to provide six rows of



seating for spectators. The state-of-the-art Finish Lynx timing system is used for quick and accurate results.

This outdoor track, coupled with a similar indoor track, gives Tech what some believe is the finest track complex in America. The indoor track was installed in the Rector Field House and used for the first time during the 1996-97

season. There are few like it in the U.S. today.

The indoor facility has hosted several of the east coast's top invitationals that attract the nation's top programs. Tech has also brought in some of the nation's finest athletes. Several Olympians and high profile athletes have recently competed in Rector Field

House. 2000 Olympic gold medalist Angelo Taylor (400-meter hurdles), 2000 Olympic silver medalist Lawrence Johnson (pole vault), Olympian distance runner Julie Henner, two-time NCAA shot put champion Andy Bloom, and high school mile record holder Alan Webb are all on that list.

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

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

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

"I have seen a number of facilities throughout my years of college coaching," Cianelli said. "Out of them all, I believe Tech's rank at the top."



# *Packed with off-road trails and secluded byways, the beautiful area around Tech is a runner's delight*

Blacksburg and Montgomery County are packed with miles of off-road trails, and 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. The 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. Just a short trip down the road, however, there are several more options Hokie runners have to choose from.

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 recreational 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 racecourse. 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 is 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," Ben Thomas said. "There is no better place for training. This is the best environment you can find and we can use it daily."



Residents and visitors to Blacksburg have long thought of it as a great place to live. Recently, *Outside* magazine clued in the rest of the world with an article naming the home of Virginia Tech as one of 10 dream towns in America.



# VT The BIG EAST Conference



## *League provides Tech excellent cross country competition*

In the fall of 2000, the Virginia Tech cross country teams began competition in the BIG EAST Conference. As the Conference enters the 2002-03 season, only the 24th in its history, it takes pride in its long list of accomplishments. Providing opportunities to excel amongst the nation's best, both athletically and academically, continues to be its mission.

There was plenty of evidence of that mission being accomplished during the 2001-02 season. The BIG EAST had undefeated national champions in football and women's basketball, 32 student-athletes who earned Academic All-America honors, and two student-athletes who were named the national player of the year in their sports.

Miami won the Rose Bowl to cap a perfect 12-0 season for its fifth national title and second for the league. The Connecticut women's basketball team garnered its third national title with a record-setting 39-0 mark. That national championship gave the

Conference a three-peat in women's basketball following the Huskies' second title in 2000 and Notre Dame's crown in 2001. BIG EAST teams have won 10 national championships since 1995 in six different sports.

UConn's Sue Bird was the consensus women's basketball player of the year and Erin Elbe of Georgetown was honored with the women's lacrosse player of the year award. The Notre Dame baseball team became the first conference team to play in the College World Series. The BIG EAST was the only conference to have eight teams compete in the NCAA Women's Soccer Championship.

Whether it's the student-athletes or the league as a whole, moving forward successfully and exploring new horizons have been the norm rather than the exception for the conference that opened its doors in 1979.

Most recently the league welcomed Virginia Tech as its 14th full member in 2000-01. In the spring of 2001, the BIG EAST added women's lacrosse to its growing list of sports.

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

While the membership has increased, the focus of the BIG EAST remains unchanged. It is a group that reflects a tradition of broad based programs, led by administrators and coaches who place a constant emphasis on academic integrity. The BIG EAST Conference has enjoyed a leadership role nationally. Its student athletes own significantly high graduation rates and their record of scholastic achievement notably reflect a balance between intercollegiate athletics and academics.

Any successful consortium enjoys outstanding leadership. Michael Tranghese, the league's first full-time employee, and for 11 years the associate of Dave Gavitt, took over the commissioner's reins in June, 1990.

BIG EAST sports attract the interest of followers in the nation's largest media markets including New York, Chicago, Philadelphia, Boston, Washington, D.C., Miami, Pittsburgh and Hartford. The league has long been considered a leader in innovative concepts in promotion and publicity, particularly regarding television. Those efforts have resulted in unparalleled visibility for BIG EAST student athletes.

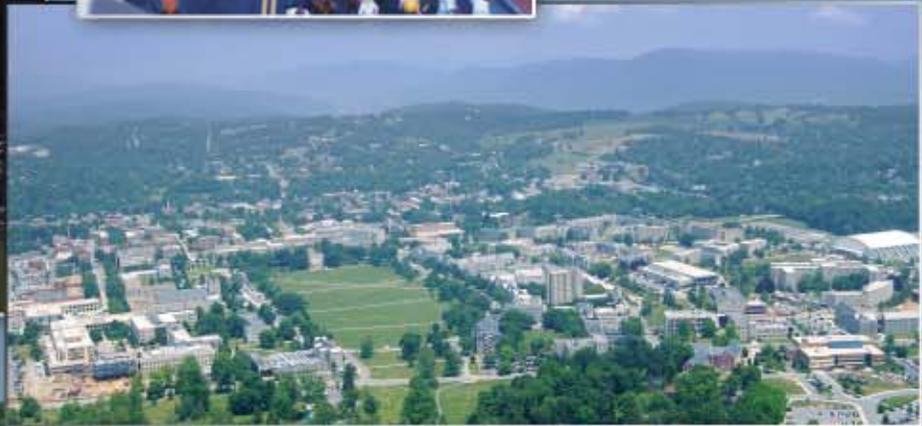
More than 475 BIG EAST athletes have earned All America recognition and dozens have won individual NCAA national championships. The BIG EAST has been well represented in U.S. or foreign national and Olympic teams, with several athletes earning gold medals in the summer Olympiads in Sydney in 2000, Atlanta in 1996, Barcelona in 1992, Seoul in 1988 and Los Angeles in 1984.

The BIG EAST has its headquarters in Providence, R.I., where the conference administers to more than 5,000 athletes in 22 sports.



The men's and women's teams each finished higher in their second year in the BIG EAST and look to improve again this year.

# Blacksburg Virginia College Town U.S.A.



One of America's classic college towns, Blacksburg is a perfect setting for 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. Blacksburg was recently named one of the Top 10 places to live by *Outside* magazine.

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 quaint town's potential.

Established in 1798 by John and William Black, the town is surrounded by scenic mountain views that accentuate the area. The nearly 40,000 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.



