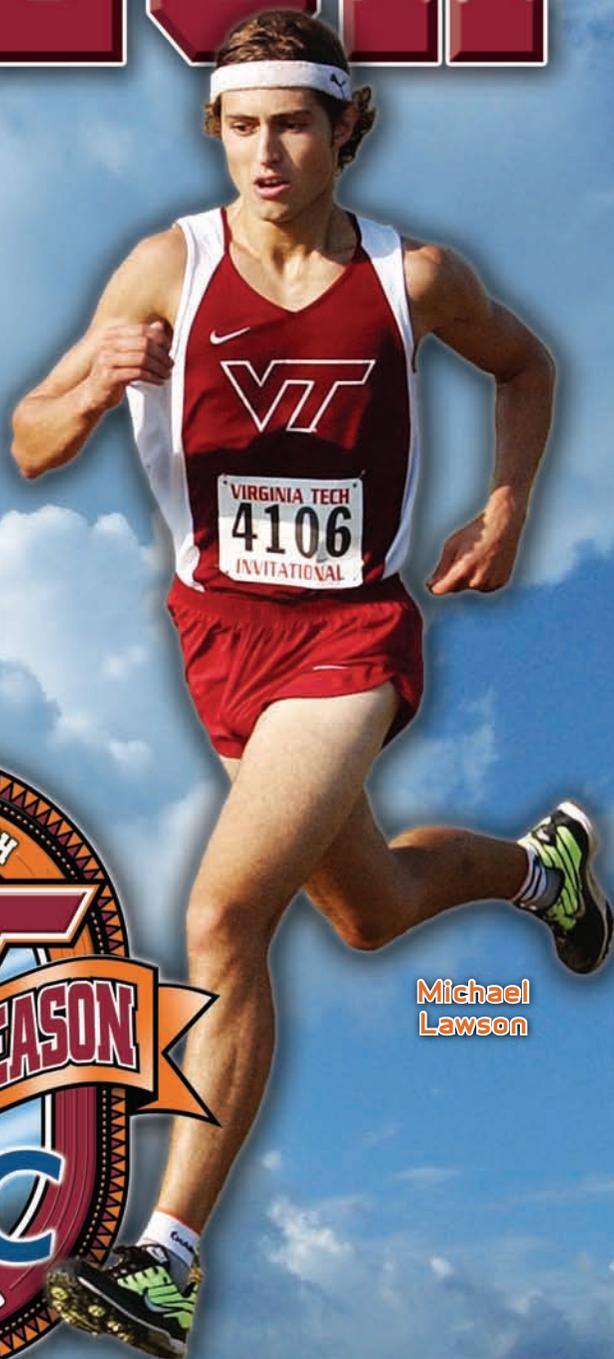


VIRGINIA TECH

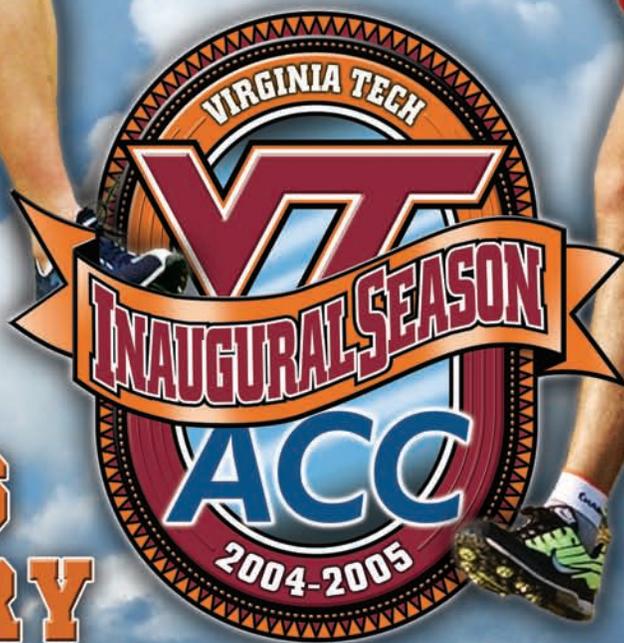


Jessica
Morris



Michael
Lawson

2004
CROSS
COUNTRY



VIRGINIA TECH

2004 Cross Country



THE 2004 SCHEDULE

Date	Meet	Site
Sept. 4	Festival in the Fields	Blacksburg, Va.
Sept. 18	UVa Invitational	Charlottesville, Va.
Oct. 2	Lees-McRae Invitational	Lenoir, N.C.
Oct. 9	VT Invitational	Blacksburg, Va.
Oct. 16	Chile Pepper Invitational	Fayetteville, Ark.
Oct. 30	ACC Championships	College Park, Md.
Nov. 13	NCAA Southeast Regionals	Greenville, N.C.
Nov. 22	NCAA National Championships	Terre Haute, Ind.



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2004 Cross Country Guide Credits

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DIRECTIONS TO TECH

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

HOKIE QUICK FACTS

University Information

Location	Blacksburg, Va.
Mailing/Shipping Address	460 Jamerson Athletic Center Blacksburg, VA 24061
Founded	1872
Enrollment	28,000
Colors.....	Chicago maroon & burnt orange
Nickname.....	Hokies
Conference.....	Atlantic Coast
President	Dr. Charles Steger
Director of Athletics	Jim Weaver
Associate A.D./Cross Country Administrator.....	Tom Gabbard

Cross Country Information

Director of Track & Field and Cross Country.....	Dave Cianelli
Cross Country Coach	Ben Thomas
Assistant Cross Country Coach	Mary Jayne Harrelson
Secretary	Diane Buckland
Cross Country Office Phone	(540) 231-9978
Cross Country Office Fax	(540) 231-6686

2003 Cross Country Results

BIG EAST Championships	Men (9th) and Women (6th)
NCAA Southeast Regional	Men (15th) and Women (6th)
NCAA Championships	Marlies Overbeeke, 29th

SPORTS INFORMATION STAFF

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THIS VIRGINIA CROSS



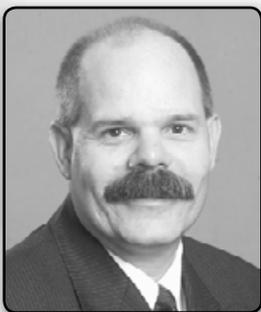
IS TECH COUNTRY



THE COACHING STAFF

Dave Cianelli

DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY



Three years ago, Dave Cianelli was brought to Blacksburg to direct the Virginia Tech track and field program into the BIG EAST Conference. This season Cianelli finds himself in a similar position as he holds the enviable goal of guiding the Hokies into the Atlantic Coast Conference.

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

If Cianelli's first three years at the reins are any indication, the future is certainly bright for Tech's track & field and cross country programs. During the past three

years, Cianelli has six All-Americans and 12 conference champions, seven of them in 2004 alone.

Cross country has also enjoyed a resurgence during Cianelli's tenure as the women had their first NCAA All-American last season and their highest-ever BIG EAST and NCAA Regional finish.

Cianelli has the luxury of working with one of the nation's most accomplished coaching staffs. 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 and 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., 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 set the prep meet record for the event with a score of 4,917 points.

Cianelli and his wife, Ellen, have a daughter Mariah, who is 9, and a son Sebastian, who is 5.

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

CIANELLI'S COACHING RESUMÉ

Virginia Tech (2001-Present)

- 12 BIG EAST Champions
- The largest single-season improvement in the history of the BIG EAST for Tech's men's track and field program in 2003
- Six All-Americans
- Highest women's cross country regional finish in school history
- Highest women's track and cross country GPA in school history
- Highest men's cross country GPA in school history

SMU (1988-2001)

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

Cal-Poly San Luis Obispo (1985-1988)

- 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 include one NCAA Division II National Champion, 13 All-Americans



Ben Thomas

HEAD CROSS COUNTRY COACH

Former Hokie Ben Thomas returned to Blacksburg in 2001 as the cross country and distance coach for the men and women. Thomas ran both cross country and middle distance for Tech in the early '90s.

"What Coach Thomas and the women's team has accomplished recently hasn't happened around here since the 1980s," said Director of Track & Field and Cross Country Dave Cianelli. "I know he and Mary Jayne Harrelson can flat out coach."

Last season, Thomas guided the women's cross country team to its best season in 18 years. The Hokies finished sixth in the NCAA Southeast Region, their best finish in school history. Marlies Overbeeke finished fifth, qualifying her for the NCAA Championship where she garnered All-America honors, finishing 29th. Junior Michael Lawson was the first Hokie on the men's side since 1999 to earn NCAA All-Region honors.

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

honorees for the program in over a decade.

Over the past three seasons, Thomas has coached a distance crew that broke school track records in the 800 meters, 1,000 meters, 1,500 meters, mile and 3,000 meter steeplechase along with the 4x800 meter and the 4x1,500 meter relays. The women's team also advanced four athletes to the NCAA Regional Championships, competing in the 800 meters, 1,500 meters, 5,000 meters and 3,000-meter steeplechase.

Before coming to Tech, Thomas served as the men's and women's distance coach at the University of Georgia for six months. Prior to that, he was the head track & field and cross country coach at Brevard College in North Carolina for a year and a half. 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.

Prior to 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.

A native of Lynchburg, Va., Thomas earned a B.A. in English from Virginia Tech in 1992. He also completed coursework for an M.A. in education from Lynchburg College in 1999. Thomas began his career coaching track at E.C. Glass High School (1992-94) in Lynchburg, and then cross country

at Blacksburg High School (1994-95). He has also won the Draper Mile, a local road race, on four occasions.

"Being at Virginia Tech 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 RESUMÉ

Virginia Tech (2001-Present)

- One NCAA All-American in 2003
- Two NCAA cross country qualifiers
- Four NCAA All-Region cross country runners

Brevard College (1999-01)

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

Appalachian State (1995-99)

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

TECH'S COACHING HISTORY

Men

- Doug Divers, 1959-63
- Martin Pushkin, 1964-73
- Russ 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





Mary Jayne Harrelson

ASSISTANT CROSS COUNTRY COACH

Mary Jayne Harrelson enters her fourth 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."

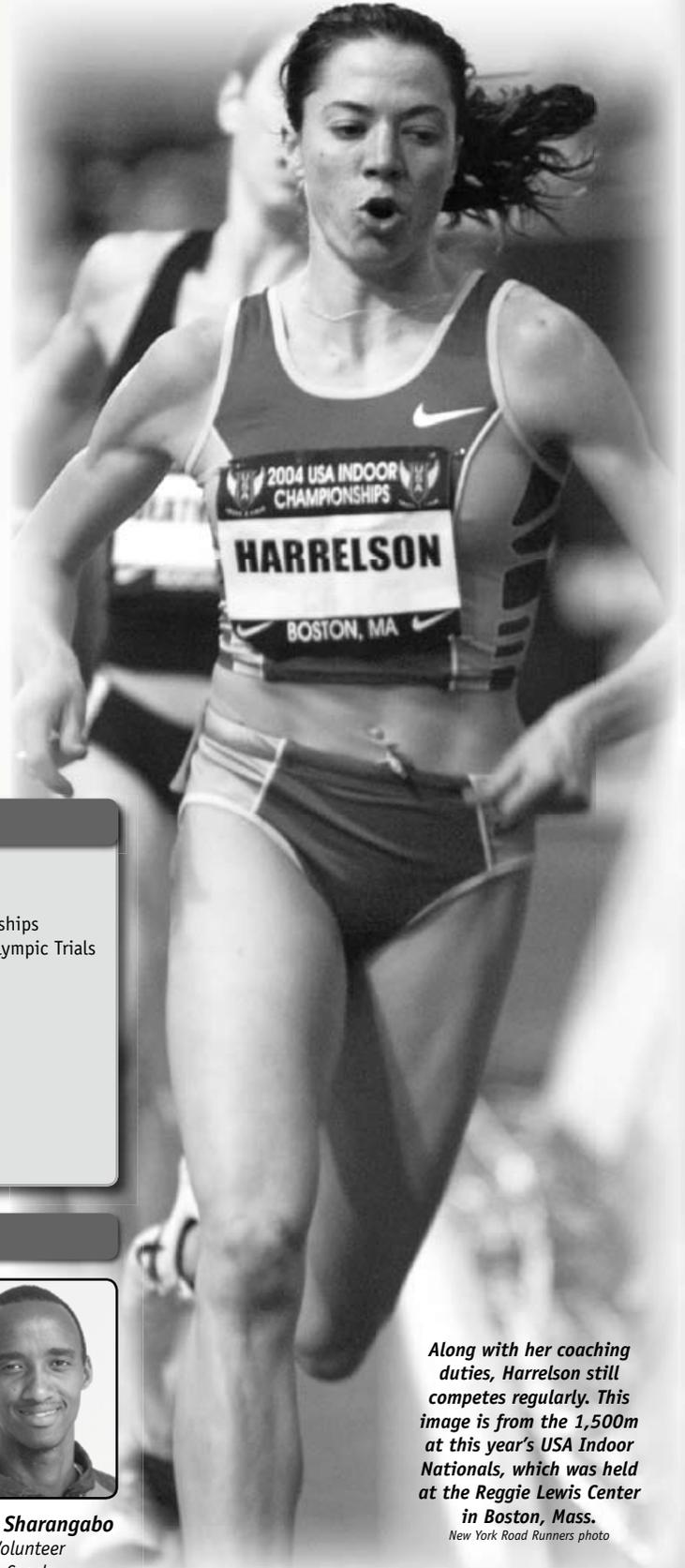
Harrelson was a six-time All-American and won two NCAA 1,500-meter titles at ASU. On top of that, she was named 2001 NCAA Woman of the Year for the state of North Carolina and made the finals in two events at the U.S. Olympic Trials. She was also named the Southern Conference Female Athlete of the Year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

In her fourth year as a post-collegiate runner, Harrelson is

continuing to train in addition to coaching, and her hard work is paying off. Her most recent accomplishment included finishing fifth in the 1,500m finals of the 2004 U.S. Olympic Track and Field Team Trials in Sacramento. In 2003, Harrelson represented the United States in the Pan-American Games, winning a silver medal in the 1,500 meters. She produced second-place finishes in both the mile and the 800 at the 2002 USA Indoor 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 2002.

"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.



Along with her coaching duties, Harrelson still competes regularly. This image is from the 1,500m at this year's USA Indoor Nationals, which was held at the Reggie Lewis Center in Boston, Mass.

New York Road Runners photo

HARRELSON'S RESUMÉ

- Fifth place in the 1,500 meters at the 2004 U.S. Olympic Team Trials
- Silver medalist in the 1,500 meters at the 2003 Pan-American Games
- Second place in the 800 meters and mile at the 2002 USATF Indoor Championships
- Fifth place in the 1,500 and sixth place in the 800 meters at the 2000 U.S. Olympic Trials
- 2000-01 NCAA Woman of the Year for North Carolina
- Third place at the USATF indoor mile in 2000
- Two-time NCAA national champion in the 1,500 meters, 1999 & 2001
- 2001 NCAA runner-up in the 800 meters
- 1999 NCAA runner-up in the mile
- Fourth place in the 1,500 meters at the 2001 World University Games
- Two-time Southern Conference Female Athlete of the Year
- Six-time NCAA All-American
- 2000 and 2002 World Cross Country Championships qualifier

SUPPORT STAFF



Diane Buckland
Track and Cross Country
Secretary



Laura Culbertson
Sports Information
Intern



Amy Davis
Cross Country
Athletic Trainer



Alexis Sharangabo
Volunteer
Coach

THE OUTLOOK

After one of the most successful seasons in recent history, head coach Ben Thomas feels this year's cross country team has the potential to be even better as the youthful squad lays the foundation for what could become one of the premier programs in the Atlantic Coast Conference.

In 2004 the Hokies will begin competition in the ACC after spending four seasons in the BIG EAST. Tech's new conference will provide a high level of competition for a squad that Thomas feels is much improved over last year's team. Even though the women's team is much deeper, it will have to overcome the loss of All-American Marlies Overbeeke. While that is an unenviable task, Tech returns two all-district caliber runners in Jessica Morris and Morgan Ekemo.

Last season, Morris had Tech's second-best individual finish at the BIG EAST Championships, coming in 17th. Ekemo was 34th at the NCAA Regional Championships, narrowly missing all-district honors in her freshman season. With an additional year of training, Ekemo will be in excellent position to have a breakout sophomore season.

Joining the veterans will be an outstanding recruiting class that features the Virginia AAA state cross country champion, Natalie Sherbak, a Virginia Beach native. In addition, Heather Fisher of Herndon, Va., will join the Hokies. Fisher led Herndon to the Virginia AAA state championship. Tech also landed top recruit Jessica Fanning. Fanning led Western Albemarle to the Virginia AA state championship title. Thomas believes these

three athletes can come in and compete at a high level right away. "Plus they're accustomed to winning," Thomas said.

Tina Tremmel will join the team as a newcomer, but provides tremendous experience after winning the German national championship in the steeplechase last year.

This combination of experienced veterans and talented newcomers gives Thomas a team that is solid from the first to seventh runner. This depth is something Thomas admits has been missing the past few years. "Now we have seven runners who can run at a level that can help us

immediately. I think we have much better potential as a team, both at the conference and district meets," he said.

The men's team is similar to the women's in that talented newcomers will provide the depth that eluded the Hokies last year. Tech returns nearly all members of last year's squad, including Mike Lawson and Dave Atkiss. Lawson earned all-district honors last season, becoming the first Hokie to do so in four years. Atkiss sat out most of the 2003 season due to injury but should be primed to add much needed veteran leadership

to what will be a young squad. Also returning are two of Tech's top freshmen from last season in Duncan Vick and Christian Barlow. Both worked themselves into the Hokies' lineup last year and are expected to contribute at a greater level with the additional collegiate training.

Tech's incoming talent includes two Virginia AAA all-state cross country selections in Midlothian's Billy Berlin and Westfield's James Scheiner. While they may be new to collegiate running, they are certainly accustomed to winning, as Berlin led Midlothian to the 2003 Virginia AAA state championship and was a member of the 2002 and 2003 National Scholastic Invitational champion 4x1,600-meter relay team. Scheiner was a member of the 4x800-meter relay team that set



Dave Atkiss

the Virginia state record en route to the state title and was also the 2004 Virginia Northern Region 3,200 meter champion at Westfield High School.

With the influx of fresh talent and the move into the ACC, Thomas feels that this squad's added depth gives them the potential to be a top-five team in the league. "Finishing in the top half of the league would be great," Thomas said. "With the team we have now, we will definitely be deeper than we were last year."

Tech's continued improvement bodes well for the Hokies. Add to that a group of strong returnees and one of the best in-state recruiting classes in recent history, and Tech appears to be on the cusp of becoming one of the premier programs in the ACC.



Morgan Ekemo

THE HOKIE MEN

Name	Class	Hometown	High School	Major
David Atkiss	Sr.	Hatfield, Pa.	North Penn	Business information technology
Christian Barlow	So.	Springfield, Pa.	St. Joseph's	Engineering
Billy Berlin	Fr.	Midlothian, Va.	Midlothian	Business information technology
Rider Clauss	Fr.	Madison, Wisc.	Madison West	Engineering
Mike D'Amato	Jr.	Midlothian, Va.	Midlothian	Accounting
Dan Forgeng	Fr.	Hatboro, Pa.	Hatboro-Horsham	Engineering
Michael Lawson	Sr.	Foster, R.I.	Ponaganset	Engineering
Brian Markley	So.	Lovettsville, Va.	Loudoun Valley	Biology
Matt McGroarty	Fr.	Linwood, N.J.	Mainland Regional	Human nutrition, foods and exercise
Brian McVey	Fr.	Arlington Hts, Ill.	Buffalo Grove	Engineering
Andrew Montgomery	Fr.	Falls Church, Va.	George Mason	Architecture
James Scheiner	Fr.	Centreville, Va.	Westfield	University studies
Chris Scott	So.	Virginia Beach, Va.	F.W. Cox	University studies
Zach Thomas	Fr.	Sewickley, Pa.	Quaker Valley	Engineering

MEN'S ROSTER BREAKDOWN

Hokies By Class

Seniors (2)

David Atkiss, Michael Lawson

Junior (1)

Mike D'Amato

Sophomores (3)

Christian Barlow, Brian Markley,
Chris Scott

Freshmen (8)

Billy Berlin, Rider Clauss, Dan Forgeng,
Matt McGroarty, Brian McVey, Andrew Montgomery,
James Scheiner, Zach Thomas

Hokies By State

Illinois (1)

Arlington Hts. Brian McVey

New Jersey (1)

Linwood Matt McGroarty

Pennsylvania (4)

Hatboro..... Dan Forgeng
Hatfield..... David Atkiss
Sewickley Zach Thomas
Springfield..... Christian Barlow

Rhode Island (1)

Foster Michael Lawson

Virginia (6)

Centreville James Scheiner
Falls Church Andrew Montgomery
Lovettsville..... Brian Markley
Midlothian Billy Berlin
Midlothian Mike D'Amato
Virginia Beach..... Chris Scott

Wisconsin (1)

Madison Rider Clauss



Michael Lawson



DAVID ATKISS

Senior

Hatfield, Pa./North Penn H.S.

PR: 10,000m-30:46.54

2003: Sat out the 2003 season due to injury.

2002: Competed in every meet for the Hokies ...

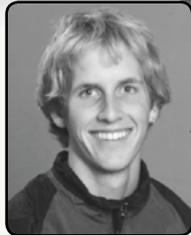
Earned team MVP honors ... Placed first at the Blue

Ridge Open, hosted by Appalachian State ... Tech's top runner at three meets, including the BIG EAST Championships, with a 25th-place showing, and the NCAA Southeast Regional, finishing 34th ... Recorded his best time of the season (8k) at the Auburn Invitational with a 24:49.74.

2001: 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 High School 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.

Personal: Born on August 12, 1982 in Lansdale, Pa. ... Son of Sally and Donald Atkiss ... Business information technology major.



BILLY BERLIN

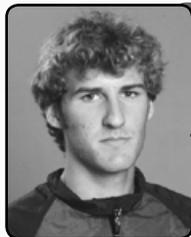
Freshman

Midlothian, Va./Midlothian H.S.

PR: 800m-1:55.20; 1,000m(i)-2:31.12

High School: Two-year letterwinner in cross country and three-year letterman in track at Midlothian High School under Coach Stan Morgan ... Named cross country team MVP and led team to a state championship title ... Earned all-district, all-region, all-state and all-south cross country honors ... Midlothian, Dominion District and Central Region and Ashe Center record holder in the 1,000m ... Was only athlete in Virginia to earn all-state honors in all five distance events (800m, 1,000m, 1,600m, 3,200m and 5,000m) in 2004 ... Named team MVP and captain for indoor and outdoor track ... Was a two-time national champion in the 4xmile at NIC ... was the central region 4x800 and 1,000m champion ... SCA Representative and named to the Distinguished Honor Roll.

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



RIDER CLAUSS

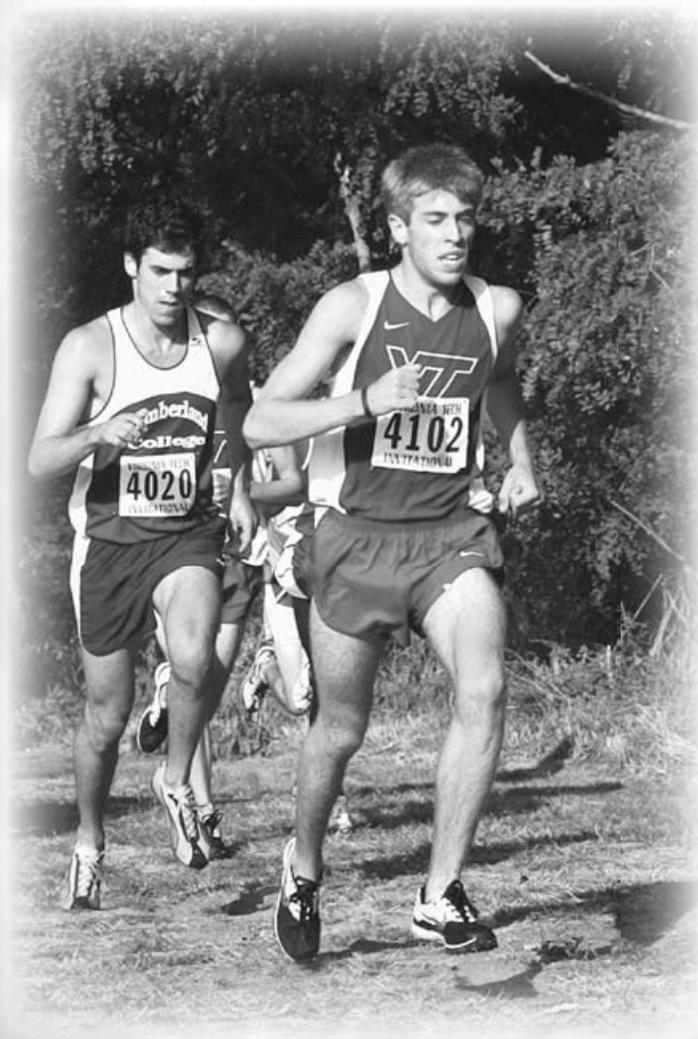
Freshman

Madison, Wisc./Madison West H.S.

PR: Mile-4:20; 3,200m-9:37

High School: Was a three-year letterwinner in cross country and a four-year letterman in track under Coach Thomas Kaufman at Madison West High School ... Named cross country team captain ... Was a three-time all-city and all-conference and a two-time all-state cross country member ... Placed fourth individually and his team finished runner-up at the 2003 state cross country meet ... Holds the 5K school record with a time of 16:01 ... Was a two-time team captain for track ... Two-time state qualifier in the 1,600m and a state qualifier in the 3,200m and the 4x800m ... Finished ninth in 2003 and sixth in 2004 in the 1,600m at the state meet ... Anchored 4x800m relay which finished fifth at the 2004 state meet ... Competed for Team Wisconsin at Midwest Senior All-Star meet.

Personal: Born on November 4, 1985 in Cincinnati, Ohio ... Son of Allen and Arrietta Clauss ... Engineering major ... Has two brothers, Arthur and Warren, 14 and two sisters, Anna, 20 and Eulalia, 16.



By the way ... what is a Hokie?

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



The HokieBird



MICHAEL LAWSON

Senior

Foster, R.I./Ponaganset H.S.

PR: Mile-4:09.86; 3,000m-8:18.30;

5,000m-14:47.56

2003: Was the Hokies' top runner all season, competing in five races ... Became the first male runner since 1999 to earn all-region honors with a 21st-place finish at the NCAA Regional ... Turned in a 10 kilometer time of 30:49.80 at the Regional Championship ... Finished 29th at the BIG EAST Championships with an eight kilometer time of 26:08 ... Was 28th at the Chile Pepper Invitational with a season-best 10 kilometer time of 30:45.62 ... Took top honors at the Blue Ridge Open's eight kilometer course with a time of 24:30.80 ... Finished second at the Hokie Invitational.

2002: Ran in every meet for the Hokies ... One of Tech's top three runners in five competitions ... Recorded three top 10 finishes, including a fourth-place showing at the Hokie Invitational ... Ran a season-best 25:50.3 at the Blue Ridge Open, hosted by Appalachian State ... Placed 52nd at the BIG EAST Championships.

2001: 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:

Born May 24, 1983 in Providence, R.I. ... Son of Jim and Gail Lawson ... Engineering major.



BRIAN MARKLEY

Sophomore

Lovettsville, Va./Loudon Valley H.S.

PR: 800m-1:56.30; 1,500m-4:02.87

2003: Finished 85th at the BIG EAST Championships ... Came in eighth at the Lees-McRae Invitational ... Finished 32nd at the eight kilometer Cavalier Open with a time of 28:25.90 ... Ran unattached in the first two meets, finishing 17th in the Virginia Tech Invitational and 22nd in the Hokie Invitational.

High School: Was a three-time all-district selection in cross country ... In track was all-state three times, all-region four times, and all-district seven times ... Finished fifth in the 800 meters at the state championships ... Was a member of the state champion 4x800-meter relay team ... Also earned two varsity letters in swimming.

Personal: Born on Feb. 2, 1985 in Savannah, Ga. ... Twin brother, Adam, runs track for VCU ... Son of Anthony and Nancy Markley ... Biology major.



JAMES SCHEINER

Freshman

Centreville, Va./Westfield H.S.

PR: 1,600m-4:13; 3,200m-9:20

High School: A four-year letterman in cross country and track under coaches Scott Berquist and Emily Utter at Westfield High School ... Member of the

national and state champion 4x800 meter relay team along with claiming the state championship title in track ... A three-time All-American ... Named All-Met, all-region, all-district and all-state ... Voted team captain and team MVP.

Personal: Born on March 18, 1986 in Ridge Crest, Calif. ... Son of Robin Rann and John Scheiner ... Has a brother, Joshua, 21; and a sister, Katherine, 19 ... University studies major.



CHRIS SCOTT

Sophomore

Virginia Beach, Va./F.W. Cox H.S.

PR: 800m-1:56.30; 1,500m-3:59.26

2003: Ran unattached in the first two meets of the season ... Finished 41st in the Hokie Invitational ... Came in 27th at the Virginia Tech Invitational with a six kilometer time of 22:02.39.

High

School: Was twice named Cox's most valuable distance runner ... Had a high school best five kilometer time of 16:24 ... Also played lacrosse at Cox.

Personal:

Born on June 8, 1985 in Pasadena, Calif. ... Son of Michael and Linda Scott ... Plays the cello ... University studies major.



ZACH THOMAS

Freshman

Sewickley, Pa./Quaker Valley H.S.

PR: 1,600m-4:30; 3,200m-9:22

High School: Four-year letterwinner in cross country and track under Coach David Noyes at Quaker Valley High School ... Two-time team captain for cross

country ... WPIAL District individual champion in 2003 and a member of the three-time WPIAL championship team (2000, 2001 and 2002) ... Also a three-time state medalist ... WPIAL District individual champion in the 3,200 meters in 2003 ... Three-time WPIAL runner up in the 3,200m ... Sixth-place PIAA state medalist ... Holds the school record in the 3,200m.

Personal: Born on September 27, 1985 in Pittsburgh, Pa. ... Son of Joseph and Deborah Thomas ... Engineering major ... Is the younger brother of former Hokie distance runner Matt Thomas.

OTHERS TO WATCH



CHRISTIAN BARLOW

Sophomore

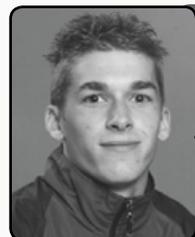
Springfield, Pa./St. Joseph's H.S.



MIKE D'AMATO

Junior

Midlothian, Va./Midlothian H.S.

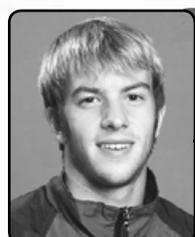


DAN FORGENG

Freshman

Hatboro, Pa./Hatboro H.S.

PR: 2 Mile-9:40; 5,000m-15:37



MATT MCGROARTY

Freshman

Linwood, N.J./Mainland Regional H.S.



BRIAN MCVEY

Freshman

Arlington Hts., Ill./Buffalo Grove H.S.

PR: 800m-2:00.1; Mile-4:23

ANDREW MONTGOMERY

Freshman

Falls Church, Va./George Mason H.S.

THE HOKIE WOMEN

Name	Class	Hometown	High School	Major
Meredith Brooks	So.	Burke, Va.	James W. Robinson	University studies
Tamara Burns	Jr.	Virginia Beach, Va.	Ocean Lakes	University studies
Katie Danyko	Jr.	Sterling Heights, Mich.	Stevenson	University studies
Kelly Dick	So.	Burke, Va.	Lake Braddock	University studies
Jenn Dietz	So.	Springfield, Va.	Robert E. Lee	University studies
Morgan Ekemo	So.	Eagle River, Alaska	Chugiak	University studies
Jessica Erickson	Fr.	Herndon, Va.	Herndon	Human nutrition
Jessica Fanning	Fr.	Charlottesville, Va.	Western Albemarle	Interior design
Samantha Ference	So.	Clifton, Va.	James Robinson	University studies
Heather Fisher	Fr.	Herndon, Va.	Herndon	Biology
Holly Hunter	Sr.	Fairmont, W.Va.	East Fairmont	Human development
Jessica Morris	Sr.	Coatesville, Pa.	Great Valley	Human nutrition
Heather Mullis	So.	Virginia Beach, Va.	F.W. Cox	Biology
Natalie Sherbak	Fr.	Virginia Beach, Va.	Kellam	Marketing management
Laurel Thomas	Fr.	Berkeley Springs, W.Va.	Berkeley Springs	University studies
Tina Tremmel	Jr.	Dossenheim, Germany	Gymnasium Netphen	Biochemistry

WOMEN'S ROSTER BREAKDOWN

Hokies By Class

Senior (2)

Jessica Morris, Holly Hunter

Juniors (3)

Tamara Burns, Katie Danyko, Tina Tremmel

Sophomores (7)

Meredith Brooks, Kelly Dick, Jenn Dietz, Morgan Ekemo, Samantha Ference, Catherine Jackson, Heather Mullis

Freshmen (5)

Jessica Erickson, Jessica Fanning, Heather Fisher, Natalie Sherbak, Laurel Thomas

Hokies By State/Country

Alaska (1)

Eagle River Morgan Ekemo

Michigan (1)

Sterling Heights Katie Danyko

Pennsylvania (1)

Coatesville..... Jessica Morris

Virginia (10)

Burke..... Meredith Brooks, Kelly Dick
 Charlottesville..... Jessica Fanning
 Clifton Samantha Ference
 Herndon..... Jessica Erickson, Heather Fisher
 Springfield..... Jenn Dietz
 Virginia Beach..... Tamara Burns, Heather Mullis, Natalie Sherbak

West Virginia (2)

Berkeley Springs..... Laurel Thomas
 Fairmont Holly Hunter

Germany (1)

Dossenheim Tina Tremmel



Jessica Morris



MEREDITH BROOKS

Sophomore

Burke, Va./James W. Robinson H.S.

PR: 800m-2:13.0

2003: Ran unattached in two meets, finishing 43rd at the Hokie Invitational and 35th at the Virginia Tech Invitational.

High School: Was a two-time district champion in the indoor 500 meters ... Finished third at regionals twice in the 500 meters ... Was a member of the state champion 4x800-meter relay team ... Placed sixth at the Nike Indoor Classic in the 4x400-meter relay.

Personal: Born Sept. 23, 1985 in Monterey, Calif. ... Daughter of James and Gail Brooks ... Father was a Delaware state champion in wrestling and wrestled for the U.S. Naval Academy ... University studies major.



TAMARA BURNS

Junior

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

PR: 1,500m-4:38.87

2003: Competed in one meet, the Lees-McRae Invitational, finishing second with a time of 27:54.00 on the 6.4-kilometer course.

2002: Competed in all six meets for the Hokies ... Finished in Tech's top seven in three races ... Recorded a time of 18:38.34 at the Auburn Invitational ... Placed 68th at the BIG EAST Championships.

High School: Lettered in cross country and track all four years ... Was the three-time MVP of her track team ... Named the most improved athlete in cross country ... Ran a leg on the 4x800-meter relay team that finished fourth in the state.

Personal: Born October 5, 1984 in Norfolk, Va. ... Daughter of Joel and Felicity Burns ... University studies major.



KATIE DANYKO

Junior

Sterling Hts., Mich./Stevenson H.S.

PR: 10k-37:32.1

2003: Competed unattached in the Virginia Tech and Hokie Invitationals, finishing 33rd and 32nd.

2002: Participated in all six meets for the Hokies ... One of Tech's top seven runners in every race ... Notched three top 10 finishes ... Best performance came at the Auburn Invitational, with a 5k time of 18:19.72 ... Finished 64th at the BIG EAST Championships.

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 Foot Locker 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 800m ... Was 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: Born December 14, 1983 in Royal Oak, Mich. ... Daughter of Dave and Bobbie Danyko ... University studies major.



KELLY DICK

Sophomore

Burke, Va./Lake Braddock H.S.

2003: Finished ninth at the Lees-McRae Invitational and 26th at the Cavalier Open ... Competed unattached and finished 25th and 10th in the Virginia Tech and Hokie Invitationals, respectively.

High School: Was part of Lake Braddock's 2000 state championship cross country team ... Ran the 800 meters for Braddock's first indoor state championship ... Competed in the district championship all four years and the regional championship two years.

Personal: Born August 9, 1985 in Fairfax, Va. ... Daughter of David and Carol Dick ... University studies major.



JENN DIETZ

Sophomore

Springfield, Va./Robert E. Lee H.S.

2003: Finished 79th at the BIG EAST meet with a time of 24:15 ... Won the Lees-McRae Invitational ... Came in 11th at the Hokie Invitational and 16th at the Virginia Tech Invitational ... Was 22nd at the Cavalier Open.

High School: Lettered four years in cross country for Coach Barry Mensh at Robert E. Lee High School ... Two-time all-district performer ... all-region and state qualifier ... Team captain and MVP for junior and senior years ... Earned *Washington Post* All-Metro honorable mention accolades ... Also lettered four years in indoor track and three years in outdoor track ... A four-time all-district performer in indoor track ... As a senior, finished first in the district in both the indoor 1,600m and 3,200m ... Earned all-region and all-state honors in the indoor 3,200m ... Turned in three all-district performances in outdoor track, winning the championships in the 1,600m and 3,200m ... An all-region performer in the outdoor 3,200m ... Named her high school's Sportswoman of the Year as a junior.

Personal: Born June 3, 1985 in Groton, Conn. ... Daughter of Stephen and Patricia Dietz ... University studies major.



Katie Danyko



MORGAN EKEMO

Sophomore

Eagle River, Alaska/Chugiak H.S.

PR: 800m-2:14.55; 1,500m-4:31.54;
3,000m-9:47.94; 5,000m-16:51.49

2003: Was the Hokies' second best finisher at the NCAA Eastern Regional Championships with a time of 21:14.80, finishing 34th ... Was 40th in the BIG EAST with a time of 22:40 ... Finished eighth at the Blue Ridge Open with a 5-kilometer time of 17:15.00 ... Came in 39th at the Chile Pepper Invitational ... Turned in 13th- and sixth-place performances to open the season at the Virginia Tech Invitational and Hokie Invitational ... Was an NCAA Regional qualifier in the 5,000 meters.

High School: Named the cross country MVP her junior and senior seasons ... Led her team to the 2002 state and region championship ... Named an All-American in the 3,200 meters at the 2003 Indoor National Scholastic Championships ... Was 10th in the 3,000 meters at the 2002 U.S. Junior Nationals ... Holds the school records in the 800, 1,600, and 3,200 meters ... Was also the state champion in the 3,200 meters and second in the 800 and 1,600 meters.

Personal: Born on February 14, 1984 in Anchorage, Alaska ... Daughter of Ronald and Elizabeth Ekemo ... University studies major.



SAMANTHA FERENCE

Sophomore

Clifton, Va./James W. Robinson H.S.

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

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

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

Personal: Born September 14, 1985 in Fairfax, Va. ... Daughter of Bill and Brenda Ference ... University studies major.



JESSICA FANNING

Freshman

Charlottesville, Va./Western Albemarle

PR: 800m-2:14; Mile-4:54; 2 Mile-11:03

High School: Four year letterwinner in cross country and track at Western Albemarle High School ... Led her high school to six team state titles in cross country and track ... Two-time all-state member, team captain and MVP in cross country ... Named Jefferson District Runner of the Year in 2002 ... In 2001, named Dulles District Runner of the Year and honored with the coaches award ... Earned first-team Dulles District for cross country in 2000 and named most improved ... All-American at Indoor Nationals for the distance medley relay (DMR) and finished 10th in the mile run at Indoor National Meet (NIC) in 2004 ... In 2003, named to the all-state indoor track team for the 1,600 meters, 4x800m and the 4x400m relays, earned All-America honors at Indoor Nationals for the 4x800m relay and named team MVP... Named most improved for track in 2001 ... Four-time member of the all-state outdoor track team for

the 1,600 meters as she finished second place all four years ... A two-time member of the all-state outdoor track team for the 4x800m and the 4x400m relays ... Named MVP for track and took 15th place in the mile at Outdoor Nationals in 2003 ... Holds high school records in the 1,600 meters, 400 meters, 4x800m and 4x400m relays.

Personal: Born on March 20, 1986 in Seattle, Wash. ... Daughter of Elizabeth Fanning ... Interior design major.



HEATHER FISHER

Freshman

Herndon, Va./Herndon H.S.

PR: 800m-2:17; 1,000m (i)-2:57.12;

Mile-5:02; 5k-18:21

High School: Was a four-year letterman in cross country and track under coaches Mike Mahoney, Pete Sherry and Sinclair Adam Seavy at Herndon High School ... A four-time all-district, six-time all-region and two-time all-state selection ... Named All-Met in 2003 ... Finished third at Glory Days Invite and was 25th at Southern Regionals in 2003 ... High school cross country team was the 2003 district champions, back to back regional champions and the 2003 state champions ... For indoor track, regional champs in the 4x800m relay in 2002 ... A 12-time all-district, six-time all-region and four-time all-state member ... A nine-time all-district, seven-time all-region and four-time all-state selection in outdoor track ... A member of the 4x800m relay team that competed in the championship race at the Penn Relays (2004) ... Regional champion in the mile and district champion in the outdoor 800m in 2003.

Personal: Born on November 16, 1985 in Arlington, Va. ... Daughter of Joseph and Patricia Fisher ... Biology major ... Has one brother, Joseph Fisher, Jr. (15).



JESSICA MORRIS

Senior

Coatesville, Pa./Great Valley H.S.

PR: 1,500m-4:34.05; 3,000m-9:46.90;

3k Steeple-10:50.45

2003: Ran in five meets, finishing 17th at the BIG EAST Championships with a six-kilometer time of 21:44.00 and the Hokies' second-best performance ... Was 42nd at the NCAA Southeast Regional Championship ... Finished 16th at the Chile Pepper Invitational ... Finished fourth at the Hokie Invitational.

2002: Competed in all six meets for the Hokies ... Finished in the top three for Tech in every race ... Along with teammate Stacey Vidt, became one of the first Tech women to earn all-district honors in the past 12 years, placing 20th at the NCAA Southeast Region Championships ... Narrowly missed capturing an at-large bid for the 2002 NCAA Cross Country Championships ... Captured four top-10 finishes on the season ... Placed in the top three at the Alumni Meet, the Hokie Invitational and the Blue Ridge Open ... Finished 30th at the BIG EAST Championships.

2001: Competed in all five meets as a freshman and was named the female 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 her 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: Born May 10, 1983 ... Daughter of Joseph and Anne Morris ... Human nutrition, foods and exercise major.



Jessica Morris



HEATHER MULLIS

Sophomore

Virginia Beach, Va./F.W. Cox H.S.

PR: 800m-2:09.96

2003: Competed unattached in two races, finishing 34th in the Virginia Tech Invitational and 46th in the Hokie Invitational ... Was an NCAA Regional qualifier in the 800m.

High School: Was named her high school's Most Outstanding Runner three years in a row ... Finished eighth in the 400 meters at the state championship ... Was fourth in the state in the indoor 500 meters ... Personal best times of 57.1 in the 400 meters and 1:18.3 in the 500 meters ... Also finished 13th in the district for cross country.

Personal: Born on February 7, 1985 in Virginia Beach, Va. ... Daughter of David and Rose Mullis ... Biology major.



NATALIE SHERBAK

Freshman

Virginia Beach, Va./Kellam H.S.

PR: 800m-2:14; Mile-4:54; 2 Mile-10:58

High School: Three-year letterwinner in cross country and a four-year letterman in track for Coach William Bernard at Kellam High School ... Capped her senior year with six state titles ... 2003 Virginia AAA cross country champion with a time of 18:37.7 and was the first Beach District runner since 1979 to win the Virginia state cross country meet ... 2004 state champion in the indoor 1,000m and the 4x800m relay ... Also the state champion in the outdoor 4x800m, 1,600m and the 800m ... In 2002, placed 5th at the state cross country championships with only one underclassman before her ... Finished sixth in the 2001 Eastern Region cross country meet (19.23) while team took second place ... Earned all-district, all-regional and all-state honors ... Voted team captain and team MVP ... Honored with the coaches award.

Personal: Born December 20, 1985 in Jacksonville, Fla. ... Daughter of Todd and Rebecca Motely and Michael Sherbak ... Business major.



TINA TREMMEL

Junior

Dossenheim, Germany

Gymnasium Netphen/Heidelberg Univ.

PR: 3,000m Steeple-10:18; 5,000m-16:35

Prior to Virginia Tech: A member of the 2004 German National Team that participated in the World Student Cross Country Championships ... In 2002, the German National Champion in the 3,000m steeple (10:18) ... has personal best of 2:17 in the 800m; 4:34 for the 1,500m (i); 9:35 in the 3,000m and 34:35 for the 10,000m (road race).

OTHERS TO WATCH



JESSICA ERICKSON

Freshman

Herndon, Va./Herndon H.S.



LAUREL THOMAS

Freshman

Berkeley, W.Va./Berkeley Springs H.S.

HOLLY HUNTER

Senior

Fairmont, W.Va./East Fairmont H.S.

THE REVIEW

2003 an unbelievable year for the Hokie women; men showed signs of improvement



Marlies Overbeeke capped her collegiate career as an NCAA All-American.

Virginia Tech's last year as a member of the BIG EAST Conference proved to be a memorable ending for the women's cross country team while the Hokie men struggled in 2003.

The Hokie women won three of the seven team-scored meets they competed in and placed sixth at the BIG EAST Championships. They even made history with their best-ever finish at the NCAA Southeast Regional Championships, claiming sixth place with 179 points. Tech finished behind William & Mary (165), Duke (158), Wake Forest (79), NC State (67) and champion North Carolina (52).

Senior Marlies Overbeeke (Rotterdam, The Netherlands) led Tech's women's team. Overbeeke closed out her two-year career as the Hokies' first woman cross country NCAA All-American. She was the Hokies' top collegiate

runner in every race, claiming titles at the Virginia Tech Invitational, Hokie Invitational, Blue Ridge Open and the Chile Pepper Invitational. Overbeeke then finished in eighth place at the BIG EAST Championships clocking 21.05 (6k). At the NCAA Southeast Regional Championships, she had the program's best individual finish, coming in at fifth place in the 6k race with a time of 20:20.00 and earned all-district honors for her efforts. Overbeeke finished the year 29th at the 2003 NCAA National Championships in Waterloo, Iowa.

Jessica Morris, Kim Milbourn, Morgan Ekemo and Moriah O'Brien all finished at the BIG EAST meet and NCAA Regionals. Morris (Coatesville, Pa.) crossed the finish line second for the Hokie women and took 17th place with a time of 21.44 at

the conference championships. Milbourn (Fairfax, Va.) placed 35th, Ekemo (Eagle River, Alaska) followed, finishing in 40th place, and O'Brien (Woodbridge, Va.) claimed 44th place.

At the Eastern Regional meet, Ekemo finished behind Overbeeke in 34th place and clocked a time of 21:14.80. Morris took 42nd place while Milbourn and O'Brien finished in 50th and 51st, respectively.

On the men's side, Tech won the Virginia Tech Invitational and took second place in the Hokie and the Lees-McRae Invitationals this past season. The men finished ninth with 250 points at the BIG EAST Championships and 15th with 456 points at the NCAA Eastern Regional Championships. They dropped two places after finishing seventh in the conference and 13th in the region in 2002.

Michael Lawson (Foster, R.I.) was the top runner for the Hokie men's team in 2003 and earned all-district honors for his 21st-place finish at the regional championships. Lawson won the Blue Ridge Open with a time of 24:30.80 (8k) and took second in the Hokie Invitational. He was Tech's first male finisher at the conference championships with a time of 26:08 in the 8k race.

L.A. Snead, Mike D'Amato, Christian Barlow and Josiah Oliver

were also consistent runners on the men's team. Snead (Burke, Va.) finished in 43rd place at the BIG EAST meet while D'Amato (Midlothian, Va.) ran the 8k conference meet in 27.04 for a 50th-place finish. Barlow took 62nd-place while Oliver grabbed 67th-place.

Snead once again was the second Hokie to cross the finish line in the men's race at the Southeast Regional Championships. He ran the 10k in 32:40.50 for an 88th-place finish. D'Amato took 121st-place, Oliver followed, claiming 136th-place, and Barlow finished in 151st-place.



Michael Lawson

2003 MEN'S RESULTS

	Virginia Tech Invitational	Hokie Invitational	Blue Ridge Open	Lees-McRae Invitational	Chile Pepper Invitational	BIG EAST Championship	Cavalier Open	NCAA Southeast Regional
Distance	6 kilometers	7.7 kilometers	8 kilometers	6.4 kilometers	10 kilometers	8 kilometers	8 kilometers	10 kilometers
Date	9/5/03	9/20/03	10/3/03	10/4/03	10/18/03	10/31/03	11/8/03	11/15/03
Field	42 runners	57 runners	78 runners	28 runners	262 runners	102 runners	36 runners	181 runners
David Atkiss	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Christian Barlow	DNR	26:36.02 (18)	DNR	22:29.00 (1)	33:49.49 (177)	27:40 (62)	DNR	34:27.20 (151)
Mike D'Amato	20:54.75 (8)	26:53.72 (23)	26:22.20 (31)	DNR	32:48.44 (134)	27:04 (50)	DNR	33:20.40 (121)
Antoine Harris	21:28.26 (16)	26:54.17 (24)	27:03.60 (41)	DNR	DNR	28:51 (92)	31:32.30 (35)	DNR
Alex Johnson	22:03.84 (29)	28:39.35 (42)	DNR	24:16.00 (10)	DNR	DNR	31:31.80 (34)	DNR
Michael Lawson	DNR	24:54.42 (2)	24:30.80 (1)	DNR	30:45.62 (28)	26:08 (29)	DNR	30:49.80 (21)
Brian Markley	21:28.46 (17)	26:51.93 (22)	DNR	23:34.00 (8)	DNR	28:16 (85)	28:25.90 (32)	DNR
Josiah Oliver	20:26.15 (5)	25:36.73 (9)	26:53.00 (38)	DNR	32:52.60 (136)	27:54 (67)	DNR	33:55.40 (136)
Phil Rogers	21:19.69 (12)	26:42.21 (19)	26:38.90 (36)	23:06.00 (7)	33:33.54 (170)	28:05 (73)	DNR	34:30.00 (154)
Justin Skaare	19:51.85 (2)	DNR	DNR	DNR	DNR	DNR	DNR	DNR
LA Snead	19:56.17 (3)	24:57.46 (3)	25:01.70 (6)	DNR	30:59.26 (42)	26:42 (43)	DNR	32:40.50 (88)
Duncan Vick	21:46.04 (22)	26:50.99 (20)	DNR	22:49.00 (4)	DNR	27:53 (66)	DNR	DNR
Team Finish	1st of 4	2nd of 6	4th of 8	2nd of 6	19th of 34	9th of 12	No scores	15th of 23

2003 WOMEN'S RESULTS

	Virginia Tech Invitational	Hokie Invitational	Blue Ridge Open	Lees-McRae Invitational	Chile Pepper Invitational	BIG EAST Championship	Cavalier Open	NCAA Southeast Regional
Distance	4 kilometers	4.6 kilometers	5.0 kilometers	6.4 kilometers	6 kilometers	6 kilometers	6 kilometers	6 kilometers
Date	9/5/03	9/20/03	10/3/03	10/4/03	10/18/03	10/31/03	11/8/03	11/15/03
Field	45 runners	66 runners	84 runners	35 runners	284 runners	113 runners	30 runners	188 runners
Amanda Boswell	16:39.62 (28)	18:34.77 (13)	DNR	27:41.00 (3)	23:32.61 (126)	DNR	DNR	DNR
Tamara Burns	DNR	DNR	DNR	27:54.00 (2)	DNR	DNR	DNR	DNR
Kelly Dick	16:28.36 (25)	18:22.47 (10)	DNR	29:05.00 (9)	DNR	DNR	24:59.50 (26)	DNR
Jenn Dietz	16:08.56 (16)	18:31.74 (11)	DNR	27:41.00 (1)	23:45.40 (133)	24:15 (79)	24:29.50 (22)	DNR
Morgan Ekemo	16:05.95 (13)	17:56.35 (6)	15:15.00 (8)	DNR	22:03.87 (39)	22:40 (40)	DNR	21:14.80 (34)
Sam Ference	15:56.52 (10)	DNR	18:40.80 (17)	DNR	23:02.09 (91)	23:51 (66)	DNR	23:20.50 (126)
Jessica Hammack	16:14.15 (19)	18:16.27 (9)	DNR	DNR	DNR	DNR	25:05.50 (28)	DNR
Cate Jackson	16:19.91 (22)	DNR	DNR	28:11.00 (4)	23:55.25 (141)	DNR	24:42.70 (23)	DNR
Abbey McGrath	16:19.31 (21)	DNR	19:25.00 (29)	DNR	24:11.91 (153)	DNR	DNR	DNR
Kim Milbourn	DNR	17:33.71 (3)	18:13.60 (8)	DNR	22:09.36 (43)	22:30 (35)	DNR	21:37.00 (50)
Jessica Morris	DNR	17:43.76 (4)	18:01.30 (2)	DNR	21:36.01 (16)	21:44 (17)	DNR	21:28.20 (42)
Moriah O'Brien	15:22.77 (2)	17:28.48 (2)	18:02.00 (3)	DNR	DNR	22:49 (44)	DNR	21:39.60 (51)
Marties Overbeeke	14:50.49 (1)	16:48.32 (1)	17:23.50 (1)	DNR	20:47.42 (1)	21:05 (8)	DNR	20:20.00 (5)
Kristy VanCour	15:34.77 (5)	17:49.30 (5)	18:12.00 (6)	DNR	22:48.46 (71)	23:20 (52)	DNR	23:01.40 (106)
Team Finish	2nd of 3	1st of 7	1st of 8	1st of 6	4th of 37	6th of 14	No scores	6th of 26

BIG EAST CHAMPIONSHIP TEAM RESULTS (MEN)

1.....	Georgetown	2	3	5	9	10	=	29
2.....	Notre Dame	6	7	12	20	21	=	66
3.....	Villanova	1	13	14	17	22	=	67
4.....	Providence	4	11	18	19	23	=	75
5.....	Connecticut	25	32	38	39	42	=	176
6.....	Boston College	27	37	40	41	46	=	191
7.....	Syracuse	8	44	45	53	63	=	213
8.....	Pittsburgh	31	48	54	55	59	=	247
9.....	Virginia Tech	29	43	50	62	66	=	250
10.....	Miami	35	51	58	60	64	=	268
11.....	Rutgers	34	47	52	68	75	=	276
12.....	Seton Hall	56	57	65	80	81	=	339

BIG EAST CHAMPIONSHIP TEAM RESULTS (WOMEN)

1.....	Notre Dame	3	6	14	16	20	=	59
2.....	Providence	1	2	21	25	31	=	80
3.....	Georgetown	5	9	15	26	29	=	80
4.....	Villanova	10	11	19	24	27	=	91
5.....	Boston College	4	13	28	34	41	=	120
6.....	Virginia Tech	8	17	35	40	44	=	144
7.....	West Virginia	7	12	36	47	50	=	152
8.....	Connecticut	18	23	45	48	59	=	193
9.....	Pittsburgh	22	38	56	69	72	=	257
10.....	Rutgers	30	51	60	64	70	=	275
11.....	Miami	46	62	67	77	79	=	331
12.....	Syracuse	57	58	74	75	80	=	344
13.....	Seton Hall	76	87	88	90	92	=	422
14.....	St. John's	81	86	89	91	95	=	442

2003 was Virginia Tech's final season in the BIG EAST before joining the ACC in 2004.

AWARDS & HONORS

2003-04 ACADEMIC AWARDS

CoSIDA Academic All-American

Marlies Overbeeke

Academic All-District

Josiah Oliver

BIG EAST/Aéropostale Scholar-Athlete Award

Josiah Oliver

BIG EAST Academic All-Star Team

Men

David Atkiss
Elige Grant
Alex Johnson
Michael Lawson
Brian Markley
Josiah Oliver
Phillip Rogers

Women

Meredith Brooks
Jennifer Dietz
Samantha Ference
Abby McGrath
Kim Milbourn
Jessica Morris
Heather Mullis
Moriah O'Brien
Marlies Overbeeke
Kristy VanCour

Dean's List

Men

Alex Johnson
Michael Lawson
Josiah Oliver
Phillip Rogers

Women

Katie Danyko
Kelly Dick
Jessica Hammack
Cate Jackson
Abbey McGrath
Kim Milbourn
Jessica Morris
Heather Mullis
Moriah O'Brien
Marlies Overbeeke
Rebecca Singh
Kristy VanCour

Virginia Tech All-Academic Team

Men

Josiah Oliver

Women

Jessica Morris

Skelton Award

Jessica Morris



Jessica Morris (center) with Bill and Peggy Skelton who make possible the prestigious Skelton Award, given annually to one men's and one women's student-athlete who excels in academics, leadership and community involvement.

Mike D'Amato



2003-04 TEAM AWARDS

MVP

Coach's Award

Rookie of the Year

Men

Michael Lawson
Mike D'Amato
Christian Barlow

Women

Marlies Overbeeke
Jessica Morris
Morgan Ekemo



Coach Dave Cianelli and Morgan Ekemo

HOKIES' HISTORY

NCAA CHAMPIONSHIPS

Men

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

ALL-AMERICANS

Men

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

Women

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

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.



In 1987, the Tech cross country men (left) finished in fourth place at the NCAA Championships. The members of that impressive team were (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.

NCAA REGION CHAMPIONSHIPS

Men

1987.....	1st
1989.....	10th
1990.....	10th
1992.....	7th
1993.....	8th
1994.....	5th
1995.....	5th
1996.....	8th
1997.....	10th
1998.....	None
1999.....	10th
2000.....	9th
2001.....	9th
2002.....	9th
2003.....	13th

Women

1987.....	10th
1989.....	10th
1990.....	15th
1992.....	14th
1993.....	23rd
1994.....	t-22nd
1995.....	18th
1996.....	25th
1997.....	9th
1998.....	14th
1999.....	10th
2000.....	12th
2001.....	12th
2002.....	7th
2003.....	6th

NCAA ALL-REGION

Men

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

Women

1984.....	Linda King (14th)
	Cheryl Tuosto (24th)
1987.....	Roxann Polo (13th)
	Louise Schweitzer (16th)
1990.....	Heidi Allen (7th)
2002.....	Stacey Vidt (19th)
	Jessica Morris (20th)
2003.....	Marlies Overbeeke (5th)

** prior to 1982 the Hokie women competed in the AIAW*



Marlies Overbeeke earned All-America honors in '03.

VIRGINIA TECH'S CONFERENCE CHAMPIONSHIPS

Men

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

Women

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

ALL-CONFERENCE HOKIES

Southern Conference Men

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

Metro Conference Men

1978.....	Greg Lemieux
1978.....	Gene Crane
1978.....	Robbie White
1979.....	Steve Hetherington
1979.....	Steve Pinard
1979.....	Robbie White
1980.....	Ricky Greer
1980.....	Steve Hetherington
1980.....	Dave Peterson
1980.....	Greg Lemieux
1980.....	Steve Pinard
1980.....	Ray McDaniels
1980.....	Mark Stickley
1981.....	Steve Hetherington
1981.....	Pat Henner
1981.....	Mark Stickley
1981.....	Ray McDaniels
1981.....	Dave Peterson
1982.....	Steve Hetherington
1982.....	Ken Coddington
1982.....	David Montgomery
1982.....	Doug Law
1983.....	Tony Williams
1983.....	Doug Law
1983.....	Bob Herndon
1983.....	Dave Hamilton
1984.....	Mark Stickley
1984.....	Tony Williams
1984.....	Bob McCauley
1984.....	Todd Giszack
1984.....	Ron Kulik
1984.....	Tom Harding
1985.....	Roy Mascolino
1985.....	Howard Nippert
1985.....	Dan Foran
1985.....	Paul Millradt
1985.....	Peter Schultz
1986.....	Steve Taylor
1986.....	Tony Williams



Brian Walter

1986.....	Todd Giszack
1986.....	Tom Harding
1987.....	Gary Cobb
1987.....	Ron Voigt
1987.....	Howard Nippert
1987.....	Brian Walter
1988.....	Tim Covington
1988.....	Brian Walter
1988.....	Ron Voigt
1988.....	Jorge Pardo
1989.....	Brian Walter
1989.....	Tim Covington
1989.....	Travis Walter
1989.....	Wally Granville
1989.....	David Tonkin
1990.....	Todd Pehowski
1990.....	David Tonkin
1990.....	Wally Granville
1990.....	Travis Walter
1990.....	Drew Saunders
1990.....	Adam Small
1991.....	Todd Pehowski
1991.....	Wally Granville
1991.....	Travis Walter
1992.....	Travis Walter
1992.....	Ben Hester
1992.....	John Hawthorne
1993.....	Joe Edwards
1993.....	George Probst
1993.....	Marshall Ferguson
1994.....	John Hawthorne
1994.....	Tom Lankowicz
1994.....	Matt Zacharias
1994.....	Marshall Ferguson



Tony Williams

TECH'S INDIVIDUAL CONFERENCE CHAMPIONS

Southern Conference Men

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

Metro Conference Men

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

Metro Conference Women

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

Atlantic 10 Men

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

Metro Conference Women

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

Atlantic 10 Conference Men

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



Stacey Viddt

Atlantic 10 Conference Women

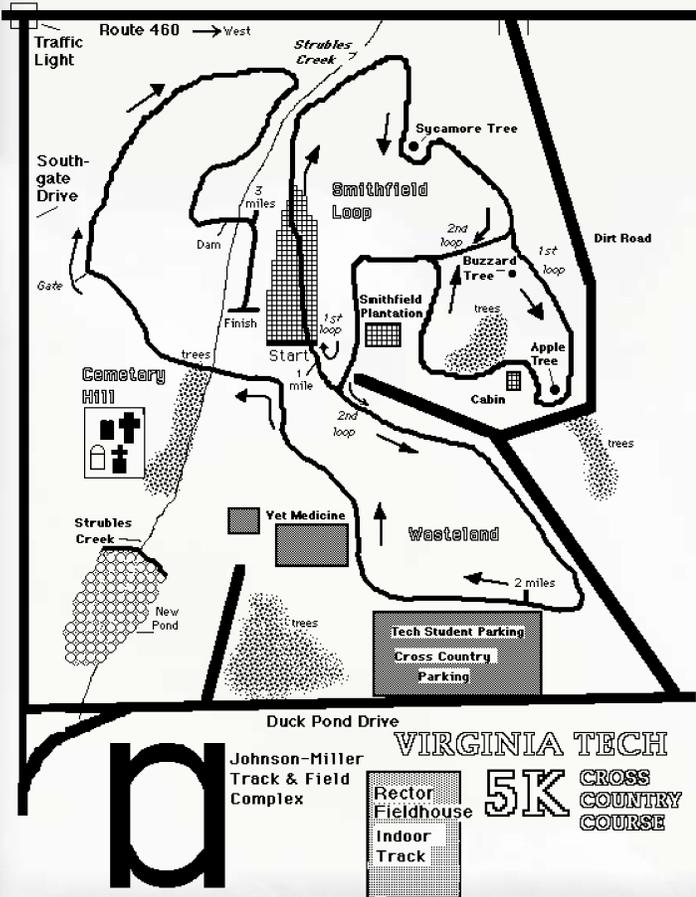
1995.....	Tracy Shea
1996.....	Stephenie Ingersoll
1997.....	Jennifer Conner
1997.....	Lauren Carr
1998.....	Johanna Stumpf
1998.....	Stephenie Ingersoll
1999.....	Stacey Viddt

BIG EAST Conference Women

2003.....	Marlies Overbeeke
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FACILITIES

Hokies benefit from excellent on-campus cross country course



During the past 11 years, Virginia Tech's cross country course has provided many benefits to the program and has paid dividends for the Tech cross country team. The course has attracted several of the nation's top programs and been the site of some of the state's largest high school meets.

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

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

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

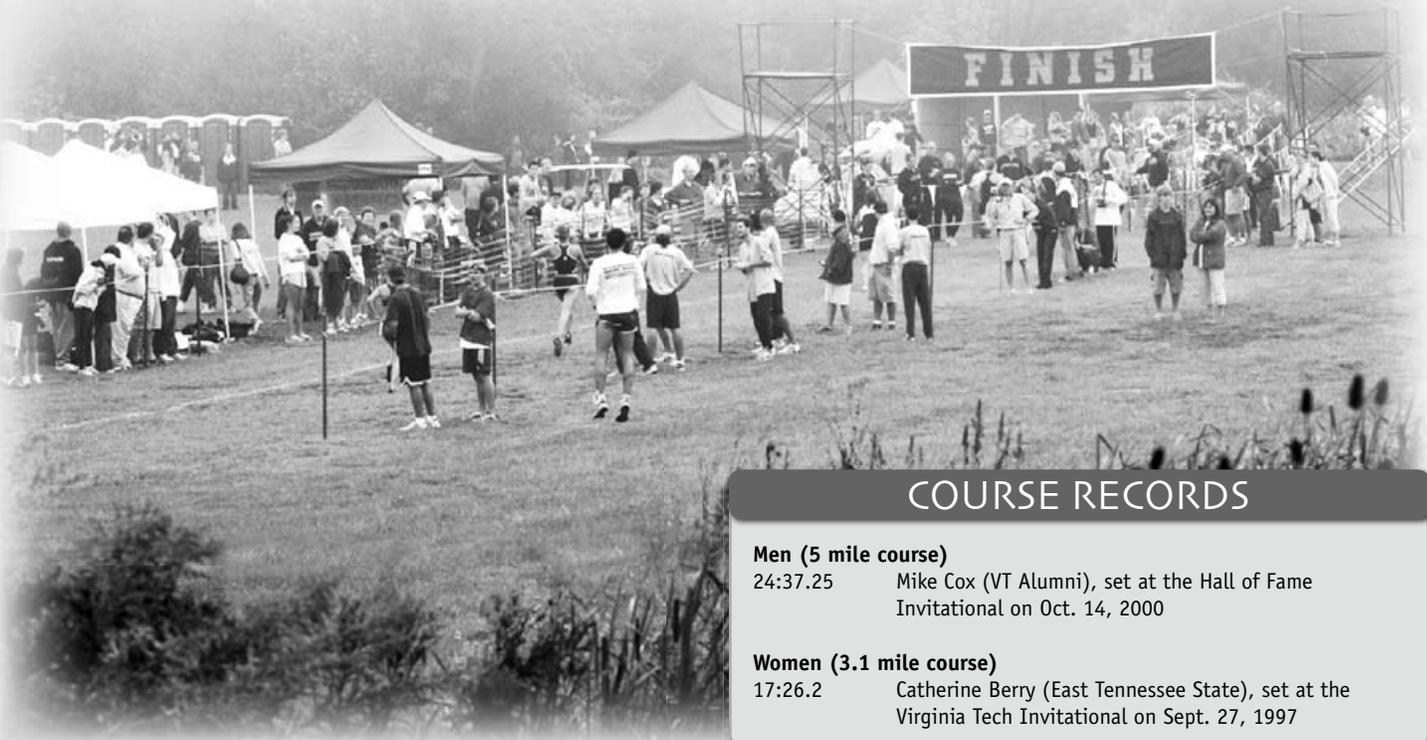
Opened for racing in 1993, the course now starts and finishes behind the Virginia-Maryland Regional College of Veterinary Medicine. It covers a total of 3.1 miles, passes historical Smithfield Plantation and crosses Stroubles Creek. There is also a 5-mile version of the course for the men.

"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 will host two meets on their home course this year, starting with the Festival in the Fields on September 4.

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



COURSE RECORDS

Men (5 mile course)

24:37.25 Mike Cox (VT Alumni), set at the Hall of Fame Invitational on Oct. 14, 2000

Women (3.1 mile course)

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

Tech's indoor and outdoor track facilities rank among the best in the United States

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

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

The complex includes a pole vault pit, long and triple jump areas, steeplechase lanes and areas for shot put, discus, hammer throw, javelin and high jump events. For sprints, 10 lanes have

been placed in one stretch at the south side of the track. In addition, Tech uses the state-of-the-art Finish Lynx timing system for quick and accurate results.

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

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

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

The indoor track has been host to several of the East Coast's top invitationals, attracting many of the nation's best teams. Tech has also brought in some of the nation's finest athletes. Many Olympians have competed in Rector Field House during recent years, including 2000 Olympic

silver medalist pole vaulter Lawrence Johnson, Olympian distance runner Julie Henner, two-time NCAA champion shot putter Andy Bloom and high school phenoms Alan Webb and Allyson Felix.

The indoor facility will also be the site of the 200X ACC Indoor Championships.

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

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

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

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



HOKIE TRAILS

Blacksburg's natural terrain and beauty make it a cross country athlete's paradise

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

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

The Jefferson National Forest lies just three miles outside of the Blacksburg town limits and

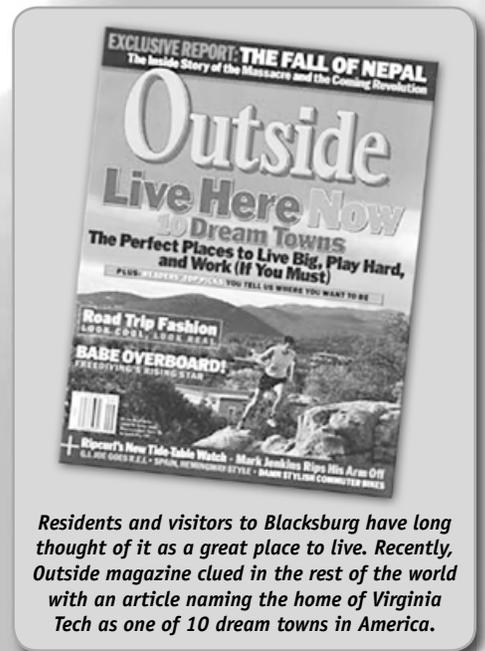
houses a favorite training ground of the Tech cross country team. The Pandapas Pond recreation area and the surrounding forest, which includes Brush and Gap Mountains, are covered with miles of trails perfect for off-road running. Complete with hills, flat trails, technical terrain and wonderful views,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

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

The Pandapas area even plays host to an annual trail race, the Brush Mountain Breakdown, which offers a 6-mile and 16-mile race course. Former Tech runner Jason

Dowdy holds the 16-mile course record. The forest service works in conjunction with the local runners, bikers and recreational users to maintain and build the trails, which are also the site of an annual mountain bike race and are close to many camping locations.

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



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.

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

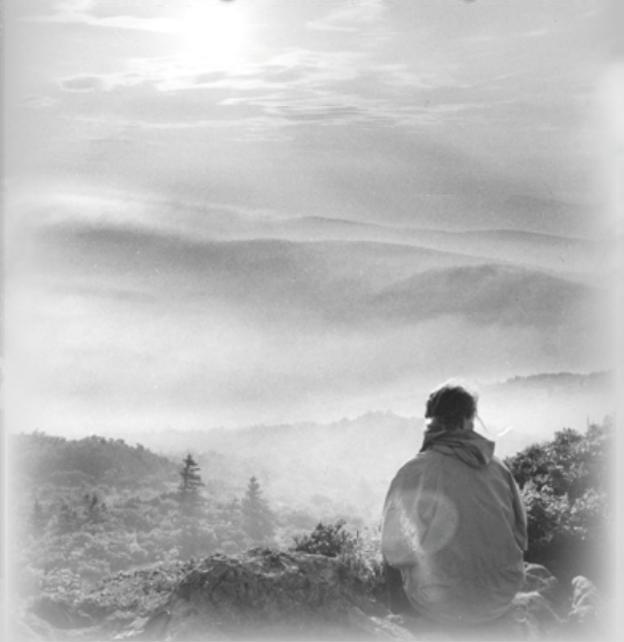
In addition to these locations are many other wooded getaways including the nearby Appalachian Trail, New River Trail State Park (a 55-mile long railroad bed converted to a trail along the New River) and the Carvin's Cove trail system in Roanoke County. The trails and bike paths surrounding Blacksburg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

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



BLACKSBURG, VA.

The hometown of Virginia Tech and the area surrounding it is a great place to spend a weekend, a college career, or a lifetime!



VIRGINIA TECH'S OUTSTANDING ATHLETIC COMPLEX

Cassell Coliseum (r) is home to the men's and women's basketball teams as well as volleyball and wrestling.



The men's and women's soccer teams and the lacrosse team have a beautiful new facility located in the center of Tech's athletic complex.



Rector Field House is the site of Virginia Tech's excellent indoor track facility.



The Virginia Tech cross country course is conveniently located on the west side of campus.

English Field is home to the Hokie baseball team.





65,115-seat Lane Stadium is undergoing further renovations to enlarge it and provide more premium seating.

The Merryman Center and Jamerson Athletic Center adjoin Cassell Coliseum and house the athletic department offices and support facilities.

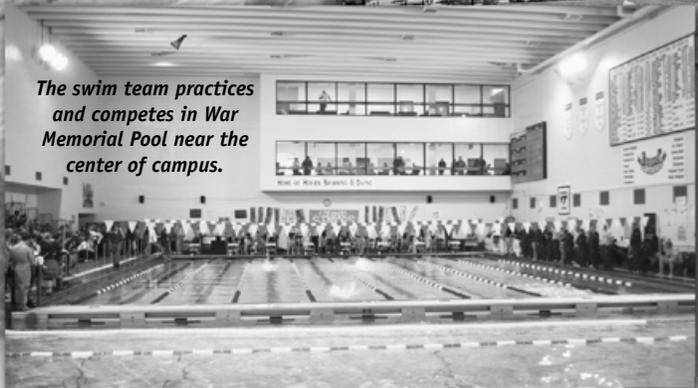


Virginia Tech Softball Park

The Johnson-Miller Track & Field Complex



The Burrows-Burleson Tennis Center is home to the men's and women's tennis teams and has been the site of NCAA events in recent years.



The swim team practices and competes in War Memorial Pool near the center of campus.

SUPPORT

STUDENT ATHLETE ACADEMIC SUPPORT SERVICES

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

The Virginia Tech graduation rate for student-athletes has risen significantly in recent years and reached 70 percent in 2003 as compared to the national average of 62 percent. The 70 percent student-athlete graduation rate marks the second straight year and five in the last 10 years that Tech has reached that level.

In addition to posting impressive graduation figures, Virginia Tech's student-athletes continue to excel in the classroom. For the sixth consecutive record setting year, 482 3.0 GPA's were earned by student-athletes, student trainers, student managers, cheerleaders and HighTechs during the 2003 calendar year. These student-athletes and students from support areas were recognized at the Athletic Director's Honors Breakfast last spring.

Student-athletes are the most visible student component

of a university. They entertain thousands of fans, students and alumni. Their athletic ability and achievement is the primary focus for national media attention. Athletic events bring back not only faithful alumni, but are a welcome mat for potential new students.

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

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

Stakeholders of the office's mission include student athletes and their families, the university community, coaches and athletics administrators. SAASS seeks to develop relationships with its

stakeholders that are founded on trust and respect, and provides the following services to accommodate their needs:

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

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

Academic facilities for student-athletes include the Monogram Room, a large room used as a study hall

area, adjacent to the SAASS office in Cassell Coliseum. The HEAT (Hokies Engaging in Advanced Technology) Lab and its satellite sites house over 40 computers on the second floor and third floors of Cassell Coliseum. Laptop computers are also available for Tech athletes to use when travelling to away contests. The athletic department also provides areas for private, quiet study for the athletes' convenience.

Chris Helms, in his sixth year at Tech, is the director and is responsible for the development and leadership of the Student Athlete Academic Support Services office.

Katie Ammons is an assistant director who begins her sixth year and works with the men's and women's cross country and men's and women's track programs.



Chris Helms



Katie Ammons

ATHLETICS OFFICE OF STUDENT LIFE

The Athletics Office of Student Life at Virginia Tech is committed to developing the total student-athlete. Megan Armbruster, Director of the Office of Student Life, is dedicated to enhancing the quality of the student-athlete experience through the programs that this office administers.

Last year, each athletic team was encouraged to complete two or more personal development



Megan Armbruster

workshops on a variety of different topics. Some subjects included How to Live Off-Campus, Media Relations, Alcohol 101

and Student-Athlete Scrutiny and Community Conduct. In addition, a Women's Sports Summit, attended by seven women's athletics teams, focused on issues such as healthy relationships and healthy body image.

In addition to workshops held by each team, Virginia Tech student-athletes participate in community outreach, with over 500 volunteer available opportunities just last year. Members of Hokie teams took trips to local hospitals and nursing homes, in addition to visiting numerous schools in Montgomery County. Student-athletes visited local high schools in November for American Education Week, middle schools in March for Read Across America Week and elementary schools in April for Winning Choices Week, impacting over 4,000 students.

A new outreach program, developed by the Office of Student Life, is the team community partners program, where each athletic team selects one local charity on which to focus its philanthropic efforts during the academic year.

The Virginia Tech Student Athlete Advisory Committee (VT-SAAC) promotes effective communication between athletic administration and student-athletes. SAAC is comprised of two representatives from each sport team who meet twice a month to discuss issues and concerns regarding their sports and the department of athletics.

The SAAC encourages their teammates to get involved both on campus and in the community. The SAAC Representatives help

to design and provide programs that encourage academic success, health promotion, social responsibility and general awareness.

In close collaboration with the Virginia Tech Career Services Center, programs and workshops are designed specifically for student-athletes. Resume design, career fair etiquette, mock interviews, interview attire and mini-career fairs are just a few examples of workshops hosted by the Athletics Office of Student Life.

Armbruster says, "The goal of our office is to provide students with the total college experience. When athletes graduate, I want them to look back and believe they had full access to a variety of opportunities while at Virginia Tech."

ATHLETIC PERFORMANCE

There's much more to athletic performance than weight training. Always striving to stay on the cutting edge, Virginia Tech has combined strength and conditioning with nutrition and sport psychology to the benefit of its student-athletes. At Tech, these areas are part of the student-athlete's preparation – not just for race day, 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 Athletic Director for Athletic Performance Mike Gentry, the Virginia Tech strength and conditioning program is among the best in the nation.

Gentry is in his 17th 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, director of strength and conditioning, Terry Mitchell, assistant strength and conditioning coordinator, and Jamie Meyer, strength and conditioning coordinator for Olympic sports, who works with the cross country team. Gentry will also have the services of four graduate assistants.

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



Jamie Meyer

fat, and how to eat to improve performance.

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

Sport Psychology

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

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

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

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

The sport psychology department also 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 sport psychologists if they do not feel comfortable in the group or cannot make the sessions. On average, the psychologists conduct 20 individual sessions per week and also meet weekly with teams as the need arises.

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

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

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



Dr. Gary Bennett



Amy Freel

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.

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

Virginia Tech now has more than 10,000 square feet dedicated to sports

medicine, placing it in the top five percent nationally.



Dr. Gunnar Brolinson



Dr. Delmas Bolin



Charles W. Steger

University President

Most people in the university community are keenly aware of Virginia Tech's aspiration to become a leading national research university. Setting his sights on joining the nation's truly elite universities, President Charles W. Steger intends for Virginia Tech to be ranked among the top research universities by

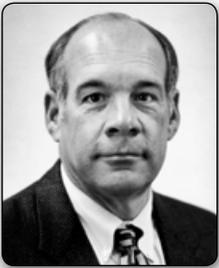
the end of the decade. His vision has energized the entire university community and has led to new educational and research initiatives across campus and throughout the state..

A registered architect and former dean of Virginia Tech's College of Architecture and Urban Studies, Steger was an architect of a different sort as the

leader of the university's successful fund raising campaign that concluded in 1998. Under his leadership, as vice president for development and university relations, the Campaign for Virginia Tech raised \$337 million. Last year, the university raised \$62 million, \$8 million more than it did the previous year.

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

Steger received his Bachelor of Architecture degree, Master of Architecture degree and 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, 59, was appointed on September 24, 1997 and has been a tireless leader on behalf of Tech athletics. In his years on the job at Tech, Weaver has taken steps to place increased emphasis on projects benefiting student-athletes.

Weaver is presiding over Tech's move into the Atlantic Coast Conference in 2004-05.

Last summer, Virginia Tech and Miami were officially introduced as the 10th and 11th members of the ACC, effective July 1, 2004.

"I'm excited for our fans and our constituency," Weaver said. "This membership is something that the fan base and alumni and friends of Virginia Tech have wanted for a long time. It's home for us. We've had prior relationships with these institutions for many years and this is something our fans are excited about. I'm happy for them, for our coaches and for our student-athletes."

A top personal priority for Weaver is the continuing improvement of Tech's facilities. 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.

The installation of 1,000 permanent seats has been completed on a regulation-size field for the men's and women's varsity soccer teams and the women's lacrosse team. The lighted game field is adjacent to two full-size practice fields.

Major renovations on the west side of Lane Stadium are currently underway. The fencing that surrounds the stadium will be replaced with an actual entrance, additional luxury suites will be constructed, as well as two private club seating areas, new concession stands, a new ticket office, new athletic fund offices, an Athletics Hall of Fame and a new student academic service area.

To meet a growing demand for Virginia Tech football, Weaver spearheaded the construction of the south end zone project to expand seating capacity to 65,115 for the 2002 season. The \$37 million expansion project includes an 11,000-seat double deck and provides 15 luxury suites, as well as club level seating and amenities.

A north end zone addition was completed prior to the 2001 season. That

section added over 5,000 permanent seats.

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 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.

ATHLETICS ADMINISTRATION



Sharon McCloskey
Senior Associate
Director of Athletics



David Chambers
Senior Associate
Director of Athletics for
External Affairs



Tom Gabbard
Associate Director
of Athletics for
Internal Affairs



Jon Jaudon
Associate Director
of Athletics for
Administration



Randy Butt
Associate Director
of Athletics for
Financial Affairs



John Ballein
Associate Director
of Athletics for
Football Operations



Tim East
Assistant Director of
Athletics for
Marketing
and Promotions



Tim Parker
Assistant Director
of Athletics for
Compliance



Mike Gentry
Assistant Director
of Athletics for
Athletic Performance



Sandy Smith
Assistant Director
of Athletics for
Ticketing Services

ACC CROSS COUNTRY

MEN'S CHAMPIONSHIP RESULTS

Championships by School

NC State	12
Maryland	11
North Carolina	9
Clemson	7
Duke	7
Wake Forest	4
Virginia	1

Championships by Coach

Rollie Geiger, NC State	11
Jim Kehoe, Maryland	8
Al Buehler, Duke	6
Dale Ranson, North Carolina	6
Sam Colson, Clemson	5
John Goodridge, Wake Forest	4
Dennis Craddock, North Carolina/Virginia	2
Bob Dean, Maryland	2
Bill Cason, Clemson	1
Paul Derr, NC State	1
Joe Hilton, North Carolina	1
Bill Lam, North Carolina	1
Norm Ogilvie, Duke	1
Stan Pitts, Maryland	1
Bob Pollock, Clemson	1

Individual Champions by School

North Carolina	14
Duke	11
Clemson	10
NC State	9
Maryland	3
South Carolina	2
Wake Forest	2

Championship Records

Most Consecutive Titles	6
Maryland, 1964-1969	

Widest Victory Margin	54
NC State (16) over Duke (70), 1999	

Smallest Victory Margin	2
North Carolina (34) over Duke (36), 1971	
NC State (46) over Wake Forest (48), 1992	

Lowest Team Total	16
NC State (1,2,3,4,6), 1999	

WOMEN'S CHAMPIONSHIP RESULTS

Championships by School

NC State	19-1
North Carolina	3
Virginia	2
Clemson	1
Wake Forest	0-1

Championships by Coach

Rollie Geiger, NC State	18-1
Michael Whittlesey, North Carolina	2
Annie Bennett, Wake Forest	0-1
Wayne Coffman, Clemson	1
Russ Combs, NC State	1
Joan Nesbit, North Carolina	1
Martin Smith, Virginia	1
John Vasvary, Virginia	1

ACC COACHES

Clemson	Bob Pollock (M)
	Marcia Fletcher-Noad (W)
Duke	Norm Ogilvie
Florida State	Bob Braman
Georgia Tech	Alan Drosky
Maryland	Trent Sanderson
Miami	Mike Ward (M)
	Amy Deem (W)
North Carolina	Michael Whittlesey
NC State	Rollie Geiger
Virginia	Randy Bungard
Virginia Tech	Ben Thomas
Wake Forest	Annie Bennett

ACC CROSS COUNTRY CONTACTS

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Wake Forest	Courtney Tysinger
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THE ACC.COM

The ACC official Web site can be accessed by visiting www.TheACC.com. The updated ACC Cross Country release can be found on TheACC.com every Tuesday, with other material updated daily. Links to each of the ACC schools' official athletic Web sites are also located on this site.

Individual Champions by School

NC State	9
North Carolina	7
Virginia	4
Wake Forest	3
Clemson	2
Maryland	1

Championship Records

Most Consecutive Titles	7
NC State, 1987-1993	

Widest Victory Margin	53 NC State (22) over
Clemson (75), 1985	

Smallest Victory Margin	3
NC State (38) over Wake Forest (41), 1992	

Lowest Team Total	20 Virginia, 1982
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SCHOOL AFFILIATIONS

Clemson

Charter member of the Southern Intercollegiate Athletic Association in 1894, a charter member of the Southern Conference in 1921, a charter member of the Atlantic Coast Conference (ACC) in 1953.

Duke

Joined the Southern Conference in December, 1928; charter member of the ACC in 1953.

Florida State

Charter member of the Dixie Conference in 1948; joined the Metro Conference in July, 1976; joined the ACC July, 1991.

Georgia Tech

Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of Southern Conference in 1921, charter member of the SEC in 1932, joined the ACC in April, 1978.

Maryland

Charter member of the Southern Conference in 1921, charter member of the ACC in 1953.

Miami

Charter member of the Big East Football Conference in 1991; joined the ACC in July, 2004.

North Carolina

Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of the Southern Conference in 1921, charter member of the ACC in 1953.

NC State

Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

Virginia

Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of the Southern Conference in 1921, resigned from Southern Conference in December 1936, joined the ACC in December, 1953.

Virginia Tech

Charter member of the Southern Conference in 1921; withdrew from the Southern Conference in June, 1965; became a charter member of the Big East Football Conference on Feb. 5, 1991; joined the ACC in July, 2004.

Wake Forest

Joined the Southern Conference in February, 1936, charter member of the ACC in 1953.

THE ATLANTIC COAST CONFERENCE

THE TRADITION

Consistency. It's the mark of true excellence in any endeavor.

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

Yet the Atlantic Coast Conference has defied the odds. Now in its 52nd year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 91 national championships, including 47 in women's competition and 44 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 116 times in men's competition and 57 times in women's action.

2003-04 IN REVIEW

The 2003-04 academic year concluded with the league pocketing three more national team titles and six individual NCAA crowns. In all, the ACC has won 48 national team titles over the last 14 years.

The ACC's 2003-04 national champions were Wake Forest in field hockey, North Carolina in women's soccer and Virginia in women's lacrosse. Overall, 66 ACC teams took part in post-season play compiling a 101-66-4 (.596) record.

A total of 169 student-athletes from the ACC earned first, second or third-team All-America honors this past year. In addition, the ACC produced nine national Players of the Year, two national Rookies of the Year and three national Coaches of the Year recipients.

The ACC placed at least one team in the top 10 nationally in 17 sports. In all, 31 ACC teams finished their season with a top 10 ranking.

THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2004-05 academic year - 12 for men and 13 for women.

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

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

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

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

A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgfield Inn near Greensboro,

N.C., with seven charter members - Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest - drawing up the conference by-laws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern

Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

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

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each

member institution assessed \$200.00 to pay for conference expenses.

On December 4, 1953, conference officials met again at Sedgfield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.

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

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

The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Tech. On October 17, 2003, Boston College accepted an invitation to become the league's 12th member starting with the 2005-06 academic year.



Tech AD Jim Weaver and ACC Commissioner John Swofford at the announcement that the Hokies would be joining the ACC.