

# VIRGINIA TECH



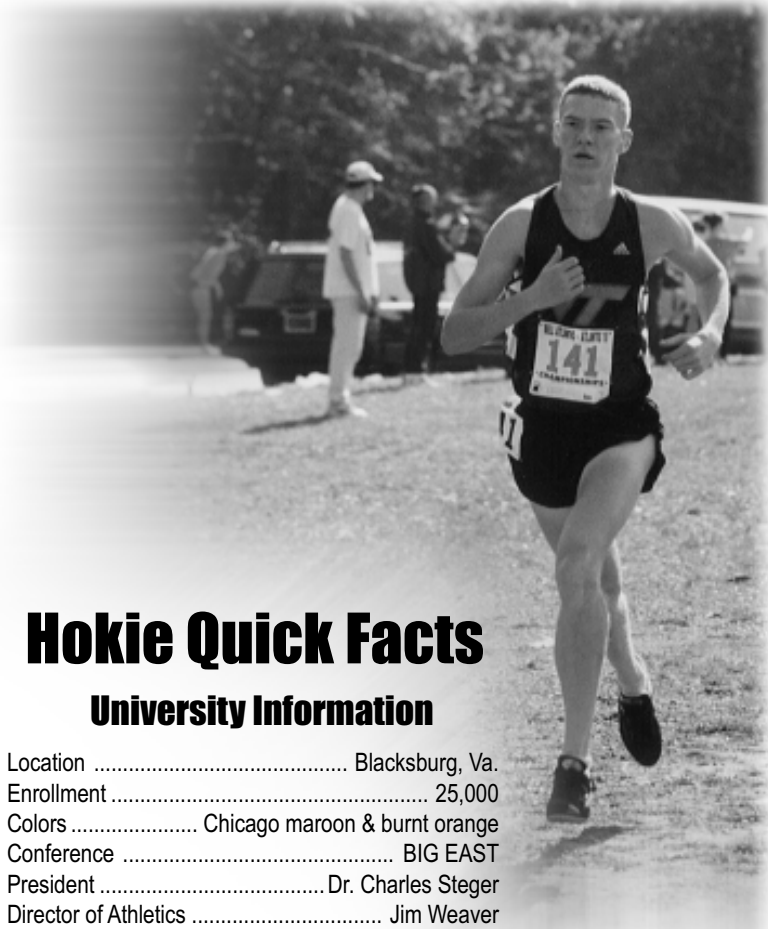
## 2000 Cross Country



VIRGINIA POLYTECHNIC INSTITUTE  
AND STATE UNIVERSITY



# VIRGINIA TECH 2000 Cross Country



## Hokie Quick Facts

### University Information

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

### Cross Country Information

Women's Cross Country Coach ..... Lori Taylor  
 Men's Cross Country Coach ..... Steve Taylor  
 Men's Volunteer Assistant ..... George Probst  
 Secretary ..... To be named  
 Cross Country Office Phone ..... (540) 231-5037  
 Cross Country Office Fax ..... (540) 231-6686

### Sports Information

Sports Information Director ..... Dave Smith  
 Associate ..... Anne Panella  
 Assistants ..... David Knachel, Bryan Johnston  
 Sports Information Phone ..... (540) 231-6726  
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 Hokies on the Web ..... [www.hokiesportsinfo.com](http://www.hokiesportsinfo.com)  
**Cross Country Contact** ..... Jason Dowdy, graduate student assistant  
 Dowdy's Office Phone ..... (540) 231-2228  
 Dowdy's Home Phone ..... (540) 961-1274  
 E-mail ..... [jadowdy@vt.edu](mailto:jadowdy@vt.edu)

**Chris Seaton  
 cruises to victory  
 at the A-10  
 Conference meet  
 last season.**

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### On The Covers

The front cover features juniors Paul Hayes and Chelsea Alverson. Hayes was a member of the all-conference team last year in cross country and indoor track and Alverson broke the 15-year old Tech record in the 1,000-meter run in indoor track. In the background is a shot of the sun setting over the mountains of the New River Valley.

On the back cover is last season's Tech Rookie of the Year Kevin Rhue and indoor 800-meter school record holder and team captain Cas Sadosky.

### Credits

This media guide was written by graduate student assistant Jason Dowdy of the Virginia Tech Sports Information Office. The guide was designed and edited by Dowdy, Anne Panella and David Knachel. Action photos by Knachel and Dowdy. Head shots by Knachel and the University Photo Lab. Printing by Southern Printing Company of Blacksburg, Va.

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**Mailing/Shipping Address:**  
 460 Jamerson Athletic Center  
 Blacksburg, Va. 24061-0502



**The 1999 Virginia Tech women's team poses for a team shot after the district championships in Greenville, S.C.**

# Men's and Women's *2000 Schedule*

Date	Meet	Site	Host
Sept. 2	Alumni Meet	Blacksburg, Va.	Virginia Tech
	15 Virginia Tech Invitational	Blacksburg, Va.	Virginia Tech
	22 Great American Festival	Charlotte, N.C.	McAlpine Park
Oct. 7	Walt Disney World Classic	Orlando, Fla.	Disney World
	14 Virginia Tech Hall of Fame Invitational	Blacksburg, Va.	Virginia Tech
	27 BIG EAST Championships	Boston, Mass.	Boston College
Nov. 11	NCAA District III Championships	Greenville, S.C.	Furman
	19 ECAC/IC4A Championships	New York, N.Y.	Van Cortlandt
	20 NCAA Championships	Ames, Iowa	Iowa State

## Media Outlets

A news release will be sent to the following media outlets which cover Virginia Tech cross country. Results will be posted on [hokiesportsinfo.com](http://hokiesportsinfo.com) after each event.

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



**The 1997 men's team won the Walt Disney World Classic and this year's team is hoping for a similar team photo as they return to Orlando.**



## Media Information

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

For interviews with head coaches or any of the Hokie runners, contact Jason Dowdy at the Sports Information Office (540) 231-2228, or at home (540) 961-1274.

**Mile one at the 1999 Alumni meet was tightly packed but Chris Seaton (489) and Ben Dowdy (483) pulled away for a 1-2 finish.**



# Women's Roster



Name	Cl.	Hometown (High School)	Major
Chelsea Alverson	Jr.	Middletown, Va. (Sherando)	Hospitality/Tourism Mgmt.
Martha Drinkard	Fr.	Scott, W.Va. (Scott)	Early Childhood Development
Ashley Etue	Fr.	Columbia, Md. (Wilde Lake)	Biology
Dayna Friedman	Jr.	Tampa, Fla. (Lewis University)	Family Child Development
Holly Hunter	Fr.	Fairmont, W.Va. (East Fairmont)	Human Nutrition and Foods
Stephanie Malone	Fr.	Verona, Va. (Fort Defiance)	Psychology
Leah McBride	So.	Woodbridge, Va. (Woodbridge)	Architecture
Karen McGrath	Fr.	State College, Pa. (State College Area)	Psychology
Kim Milbourn	So.	Fairfax, Va. (James W. Robinson)	Human Services
Kristin Price	Fr.	Harrison City, Pa. (Penn Trafford)	Chemistry
Kelly Repair	Jr.	Natural Bridge, Va. (Rockbridge County)	Political Science
Catherine Sadosky	r-Jr.	West Chester, Pa. (Henderson)	Marketing
Michelle VanHorn	So.	Shenandoah Junction, W.Va. (Jefferson)	Horticulture
Stacey Vidt	So.	Allison Park, Pa. (Hampton)	Human Nutrition and Foods
Jamie Weikle	Jr.	Front Royal, Va. (Warren County)	Psychology & English

**Chelsea Alverson (1) is one of Tech's top returning women.**



**It is almost go-time as the Hokies toe the line at last year's Alumni Meet. Tech won the season opener handily.**



# Men's Roster



**Paul Hayes turns a corner on Tech's beautiful home course.**

Name	Cl.	Hometown (High School)	Major
Eric Callender	Fr.	Springfield, Va. (West Springfield)	Engineering
Michael Christman	Sr.	Alexandria, Va. (Columbia University)	Electrical Engineering
Brian Coffield	r-Fr.	Norcross, Ga. (St. Pius X)	Engineering
Josh Davis	Fr.	Chambersburg, Pa. (Chambersburg Area)	Engineering
Ben Dowdy	Sr.	Roanoke, Va. (Cave Spring)	Finance
Casey Frazier	Fr.	Woodbridge, Va. (Woodbridge)	Architecture
Larry Gooss	Fr.	Glen Allen, Va. (Hermitage)	Biology & Psychology
Todd Grignon	Jr.	Burke, Va. (James W. Robinson)	Management Science
Jason Griscom	So.	Swedesboro, N.J. (Kingsway Regional)	Business
Paul Hayes	Jr.	Dillsburg, Pa. (Northern)	Marketing
Jason Hettenbaugh	r-Fr.	Lima, N.Y. (Honeoye Falls-Lima)	Education
Pete Lindner	So.	Williston Park, N.Y. (Chaminade)	Political Science
Jeff Maynard	Fr.	Sterling, Va. (Potomac Falls)	Forestry and Wildlife
Ali Najjar	So.	Hyattsville, Md. (Northwestern)	Fisheries
Eric Necciai	Jr.	Mt. Airy, Md. (Linganore)	Biology
Josiah Oliver	Fr.	Richmond, Va. (Governor's for Gov't and IS)	Engineering
Kevin Rhue	So.	Virginia Beach, Va. (Princess Anne)	Finance
Chris Seaton	Sr.	Richmond, Va. (Thomas Jefferson Governor)	Architecture
Matt Taylor	r-Jr.	Colonial Heights, Va. (Thomas Dale)	Management Science
Matt Thomas	r-Fr.	Sewickley, Pa. (Quaker Valley)	Engineering



**Hokies (l to r) Chris Seaton, Kevin Rhue, Paul Hayes, Jason Griscom and Van Arnold charge out to the lead at the start of the Alumni Meet last season.**

# This Is Virginia Tech Cross Country



# Women's Outlook

## Youth and Talent Are Trademarks of the BIG EAST-Bound Women's Team

As the Virginia Tech women's cross country squad heads into the 2000 season, one thing is common with all the runners – it is not their final season as a Hokie. The women's team has no seniors and only five juniors, but what they lack in years and experience they make up for in talent and hard work. The Hokies will need all the determination and ability they can get because the upcoming season marks the first in the much more competitive BIG EAST Conference. Unlike the Atlantic 10, the BIG EAST sent five teams to NCAAs last year. The Tech women will

find the competition difficult yet rewarding and expect to rise to the occasion at conference championship time.

"We've got to come in competitive and find our place and not be intimidated but be excited," Head Coach Lori Taylor said. "With our young team it is the perfect time to enter the BIG EAST."

Cas Sadosky is the most experienced Hokie on the squad as she enters her redshirt junior season. Sadosky, who is primarily an 800-meter runner in track, has shown improvement as a cross country runner in each of her seasons and looks to

make her third even better. Last season's outstanding performer Stacey Vidt returns for her sophomore season. Vidt was Tech's only all-conference performer last year and will once again strive for the honor in the BIG EAST. Kim Milbourn, who was Tech's outstanding rookie last year, will also be vying for a top spot on the young Hokie team. Chelsea Alverson, Jamie Weikle and Kelly Repair, are three of Tech's other juniors and will not only bring front running ability



**Last year's MVP Stacey Vidt returns for a shot at the BIG EAST's best runners.**

to the team, but will also provide much needed leadership and experience. Leah McBride and Michelle VanHorn are two other sophomores who made impacts early in their collegiate careers and will be counted on to perform at high levels once again.

At the conclusion of the 1999 season the future of the women's cross country team looked bright but Coach Taylor managed to make the future shine even brighter with an outstanding recruiting class. Kristin Price, Holly Hunter and Dayna Friedman lead a talented group of newcomers who should immediately impact the young team. Price was an all-state performer in Pennsylvania, Hunter was a

multi-time West Virginia State champion, while Friedman, a transfer from Lewis University, was an NCAA Division II All-American. All three athletes have several personal records on the track, which are comparable to the top Hokie returnees. Ashley Etue and Karen McGrath will also add to the mix and should make the battle for Tech's top seven somewhat interesting.

The women open their season with the annual Alumni Meet and follow up two weeks later with the Virginia Tech Invitational. The Hokies will host a

third meet in the middle of the season in honor of Taylor's Virginia Tech Hall of Fame induction. Tech also travels to West Virginia and the Walt Disney World Classic in which the Hokies competed in 1997. Making up the post season will be The BIG EAST championship, the ECAC championship and the NCAA District III championship.

With youth on its side, this Virginia Tech women's cross country team will be around for a while, and with the talent at hand the program will be noticed by many.

"It's all about stepping into the BIG EAST like we belong," Taylor said. "We need to be competitive but each runner needs to look deep inside to find that competitive edge."



**Cas Sadosky is the veteran Hokie on this year's women's squad.**



# Men's Outlook

After dominating the Atlantic 10 in cross country and track and field for five years, the Virginia Tech men's cross country team is entering a new era. In 13 Atlantic 10 conference championships the Hokie distance runners finished no worse than second and that only occurred three times. However, the Tech men will face a much greater challenge during the 2000 season as they enter a new and much more competitive conference – the BIG EAST.

Last season four teams from the new conference competed at the NCAA Championships, allowing Tech



**Ben Dowdy will lead the Hokies into the new conference for the 2000 season.**

## Hokie Men Strive for a New Challenge in One of the Country's Top Conferences

to face off against several of the nation's best teams in late October. The challenge will be formidable, but with the combination of the veteran Hokies and the young talent, Tech's hopes are optimistic.

Senior Chris Seaton, the 1999 conference champion, leads the Hokies' top seven.

Seaton has been an all-conference runner twice and figures to be in the hunt for a spot at the NCAA Championships. Joining Seaton, who was named the team's outstanding performer the past two seasons, are experienced front runners Paul Hayes, Matt Taylor and Ben Dowdy. Hayes was a member of last year's all-conference team and looks to repeat that feat in the new conference. Dowdy is coming off a summer of great training and looks stronger than ever as he enters his senior season and Taylor is a two-time letterwinner going after his third letter this season.

Steve Taylor's talented 1999 recruiting class now has a year of collegiate experience and will play a vital role in the depth of the relatively young team. Kevin Rhue, last year's outstanding newcomer to the team, leads this group of five. Jason Hettenbaugh, Pete

Lindner, Jason Griscom and Brian Coffield make up the



**Kevin Rhue worked the down hills as well as his competition during his freshman year.**

remaining four. Hettenbaugh redshirted the 1999 season but performed well during the track season, qualifying for IC4As in two events. Lindner and Griscom are now sophomores after each having impacted the team as sophomores. Lindner earned A-10 rookie of the week honors last year and Griscom surprised everyone by stepping into the top seven as a walk-on. Coffield is also a redshirt freshman, but spent

the summer in Blacksburg preparing for the upcoming season.

Joining Tech's returning runners are a solid group of freshman and one senior transfer. Michael Christman, a graduate student who transferred from Columbia University, will add instant experience and should make a significant impact based on his past performances. Josh Davis, Josiah Oliver, Casey Frazier and Jeff Maynard make up the freshman class who could figure into the top seven as rookies.

Once again the team will open its season with the annual Alumni Meet. The varsity has never been defeated by the alumni, but will again face a tough challenge from the former Hokies. Tech will also host two, rather than the usual one regular season meet. The Hokies head to West Virginia in late September for a battle with the neighboring state and now BIG EAST rivals, WVU. The Walt Disney World Classic, which the Hokies won in 1997, also appears on the schedule. The BIG EAST championship, the IC4A championship and the NCAA District III championship as usual will highlight the post-season competition.

"We are very excited about going into the BIG EAST Conference," head coach Steve Taylor said. "It is a very big step to move up to the level of the BIG EAST and there is going to be a transition period for the team but it will be for the better."

Only time will tell what the season holds for the Tech men, but one thing rests assured, the future of Virginia Tech cross country is heading in the right direction.

"We want to go into this season and continue on the path of quality performances from the past when we compete at the new conference level," Taylor said.

# Women's Head Coach *Lori Taylor*

Lori Taylor knows what it takes. Virginia Tech's 10th-year coach was an outstanding runner during her undergraduate days at Tech. She knows about the dedication and toughness needed to excel in cross country. Taylor will not rest until the Tech women's program is filled with runners who have learned the same lessons.

Taylor was an AIAW All-American in cross country in 1981. She earned All-America honors in track in the 3,000 meters the following year. She was a member of the indoor 4x1,500-meter team that set a school record which still stands.

These accomplishments over the course of her collegiate career earned her the biggest honor of her career. Last June, Taylor was selected to the Virginia Tech Hall of Fame. She is just the

second member from the women's cross country team to be bestowed with the honor. Taylor will be inducted during a ceremony in October.

The coach graduated from Virginia Tech in 1985 with a bachelor of science degree in technology education. In 1988, she earned a master's degree from Tech in vocational and technical education. Taylor began working on a doctorate in 1991 in vocational and technical education while coaching the women's cross country team as a graduate assistant.

She has taught technology education in five high schools in Virginia. Taylor began her coaching career as an assistant track coach while teaching at Deep Creek High School in Chesapeake in 1987. The Annandale, Va., native coached boys' and girls' cross country at Cave Spring High School in Roanoke in 1988 and 1989. The boys' and girls' teams at Cave Spring both won the Roanoke Valley District in 1988 and 1989. In 1989, the boys' team also won the

Northwest Region while the women finished second.

Taylor also coached the Cave Spring track teams in 1989 and 1990. The boys' team captured the Roanoke Valley District meet in 1990 and six athletes competed in the Class AAA state meet. In those two seasons, Taylor sent eight girls to the Group AAA state meet. The following season, she was the assistant track coach at Magna Vista High School in Henry County.

Taylor, who graduated from Annandale High School, also was the Tech women's track and field coach for nine years. Her outdoor teams claimed Atlantic 10



Championships in 1997 and 1998. The team won indoor conference championships in 1997 and 1999 while she garnered coach of the year honors in 1997 and 1998. She is married to Steve Taylor, men's cross country coach at Tech.

## Lori Taylor's Accomplishments

- 2000 Virginia Tech Hall of Fame
- 1998 Atlantic 10 Conference Outdoor Coach of the Year
- 1997 Atlantic 10 Conference Outdoor Coach of the Year
- 1997 Atlantic 10 Conference Indoor Coach of the Year
- 1985 Member of school record-setting 4x800-meter relay team
- 1985 Member of school record-setting distance medley team
- 1983 Member of school record-setting 4x1,500-meter relay team
- 1982 All-American in 3,000 meters
- 1981 AIAW All-American in cross country



Taylor was an All-American cross country runner in her collegiate years.



Lori Taylor gives her troops a post-race talk.

# Men's Head Coach *Steve Taylor*

After a successful five years in the Atlantic 10, Steve Taylor is ready to move on to the BIG EAST Conference. During just a handful of seasons in the conference, his Hokies earned two league titles and two individual champions were crowned. The Tech coach also cornered the market on A-10 Coach of the Year honors, winning two.

Taylor's distance runners also had their way with the conference foes during the track seasons. In just four years the distance crew picked up eight victories in the 5,000 and 10,000 at the conference championships. In addition to several more all-conference performers at the middle distance ranks, Taylor's men led the track teams to an undefeated 8-0 record at A-10 track and field championships.

Taylor has also advised several former Hokies in their post collegiate careers. Howard Nippert, Taylor's teammate in the 1980s, recently won the 100k national championships. George Probst, a former runner of Taylor's qualified for the World University games team in 1999 at the half marathon distance.

Taylor, a former member of the United States World Cup Marathon team that competed in Athens, Greece, has a program as dedicated to success as he is. Taylor has

declared that his goal is to make Tech a national powerhouse in cross country and, in his 10th year as coach, the program is on its way.

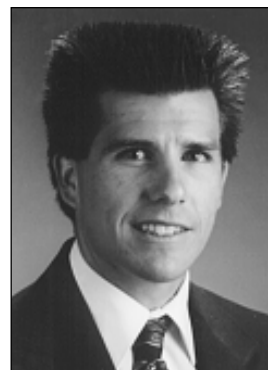
As a professional, he is as respected in the athletic world as any. During the summer of 1999, Taylor was afforded two prestigious honors. In June, he earned induction into the Mid-Ohio Valley Sports Hall of Fame. Last fall, Taylor took his place among the Hokie greats by being inducted into the Virginia Tech Sports Hall of Fame. He joined head football coach Frank Beamer as the only inductees voted in while still serving the Tech athletic department.

Taylor, 34, was one of Tech's finest athletes in the 1980s. He paced the 1987 Tech cross country team to a fourth-place finish in the

NCAA Championships while placing ninth among individuals. In 1986, he won the Metro Conference meet. Taylor earned All-America honors in track as a 10,000-meter runner and holds school records in the 3,000- and 5,000-meter runs.

He received a B.S. from Tech in 1988. Taylor earned his degree in education with a sports management option. The St. Mary's, W. Va., native attended West Virginia University two years before transferring to Tech. As a prepster, he was West Virginia's Track Athlete of the Year three consecutive seasons and was a two-time All-American in cross country.

Taylor was an assistant track coach at Cave Spring High School in Roanoke for two years and at Lord Botetourt in Daleville for one



season before returning to Blacksburg.

The Tech coach was also a professional runner. He finished sixth in the 1992 Olympic Marathon Trials held in Columbus, Ohio, and he was named an alternate to the Olympic team. In 1988, he won the TAC (USA Track & Field) national championship at 10,000 meters.

Taylor is married to the former Lori McKee who is currently the coach of the Virginia Tech women's cross country team.



**Steve Taylor at his induction into the Virginia Tech Sports Hall of Fame.**

## Steve Taylor's Accomplishments

- 1999 Virginia Tech Hall of Fame
- 1999 Mid-Ohio Valley Sports Hall of Fame
- 1997 Atlantic 10 Conference Coach of the Year
- 1996 Atlantic 10 Conference Coach of the Year
- 1995 U.S. World Marathon Cup Team
- 1994 Metro Conference Coach of the Year
- 1992 U.S. Olympic Marathon Trials — sixth place, 2nd alternate
- 1991 World Track & Field Team (Marathon)
- 1991 U.S. World Marathon Cup Team
- 1991 U.S. Marathon Leader (April-October)
- 1990 Fourth at U.S. Marathon Championships
- 1990 All-time Canadian National Record at Half-Marathon — 1:02:29
- 1988 The Athletics Congress National Champion — 10,000 meters
- 1988 RRCA National Champion — 10 miles
- 1988 U.S. Olympic Trials — 10,000-meter run
- 1988 Second-fastest 10K time in U.S. — 27:59 (T&F News, Feb. 1989)
- 1987 NCAA Division I All-America Team (cross country and track)
- 1986 National Age Group Record at Half-Marathon (21 years old)
- 1982-83 Two-time High School All-American (cross country and track)
- 1981-83 Three-time West Virginia Track Athlete of the Year
- 1980-83 11-time West Virginia State H.S. Champion (cross country & track)



# Cross Country Support Staff

## George Probst • Volunteer Assistant



George Probst is in his first year as the volunteer assistant for the Virginia Tech cross country team. Probst will be responsible for assisting with office and practice duties. He is also beginning a new position with the university as a lab assistant in the biological systems engineering lab.

In June, Probst earned his master's in industrial engineering with a concentration in human factors after receiving his bachelor's in industrial engineering in 1995.

Upon arriving at Tech in 1991, Probst was a member of the cross country and track teams for five years and has since remained in Blacksburg to complete his graduate degree. In his final year of cross country for Tech, the Burke, Va., native placed fifth in the conference meet and earned a spot on the all-district III team.

Probst has since gone on to enjoy a successful post-collegiate career. In July of 1999 he represented the United States at the World University games in Spain, competing in the half marathon. His dedication to the sport has become apparent over the last few years as Probst has enjoyed a successful post-collegiate career and should continue to do so for years to come.

## Heather Slivka • Trainer



Heather Slivka is heading into her fifth season and her third full-time as the cross country program's trainer. Slivka plays a vital behind-the-scenes role, keeping the runners out of the training room and on the course. Her duties include injury prevention, treatment and rehabilitation.

Slivka came to Tech after receiving her undergraduate degree in exercise physiology with a specialization in athletic training from West Virginia University in 1996. She received her master's degree in community health education from Tech in 1997 and is currently working on a Ph.D., in curriculum and instruction, specializing in health. She also received her NATA certification in 1996.

Slivka and her staff of student trainers are located in the new training room inside of Rector Field House. The facility provides a more convenient location for the cross country team by having the training staff and the state-of-the-art equipment in the same building where the team meets for practice. Her staff includes four student trainers, and graduate assistants Marianne Rubinburg and Amy Devere, who will be responsible for Slivka's other two sports, women's soccer and softball.

## Howard Nippert • Facilities Supervisor



A Virginia Tech staple, Howard Nippert remains on campus as the facilities supervisor. His duties include responsibilities over the football stadium and occasional help with the cross country team.

Nippert was a member of the 1987 Tech men's cross country team that finished fourth in the NCAA Championships. He ran for Hokie teams that won four Metro Conference titles. Nippert finished fourth in the 1985 and 1987 Metro meets and earned all-conference honors in 1985, '86 and '87. In 1986, the Warwick, N.Y., native won the 10,000-meter run at the Metro Outdoor Track & Field Championships. Nippert still holds the Tech freshman record in the 10,000-meters at 29:15.

This past March, Nippert won the 100K National Championships in Pittsburgh, Pa. He ran a time of 7:01:06 for the 62-plus mile race and will represent the United States in the 100K World Championships in Winschoten, Netherlands this September.

The former Tech standout also qualified for the 1996 U.S. Olympic Marathon Trials, finishing an impressive 21st overall. In 1993, Nippert ran for the U.S. Marathon Team in the World University Games. The previous year, he was a member of The Athletics Congress national half-marathon championship team. As a senior at Warwick Valley High School, Nippert's 3,000-meter time was listed as the fastest in the nation by *Track & Field News*.

Nippert graduated from Virginia Tech in 1988 with a B.S. in biology. In 1993, he was awarded a master's from the university in biology. Nippert is currently enrolled in Tech's doctoral program for exercise physiology.



**Tom Gabbard**  
Associate Athletics Director  
(XC and Track Administrator)



**Katie Ammons**  
Assistant Coordinator  
Academic Enrichment



**Denny Marie**  
Facilities Manager  
(Field House)



**Joyce Wynn**  
Meet Manager



**Jason Dowdy**  
Sports Information G.A.

# Meet the Hokies

## Women's Profiles



### Chelsea Alverson

Junior  
Middletown, Va.  
Sherando H.S.

**Taylor on Alverson:** "By example, Chelsea's work ethic, competitiveness and focus bring a calm confidence to the team."

Brings experience as one of Tech's top runners in her first two seasons, with the hopes of even bigger and better things for 2000.

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

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



**The 1999 rookie of the year, Kim Milbourn, will play a vital role on this year's squad.**

Tech's rookie of the year for the women.

**High School/Other:** Was all-district, all-region and all-state for Coach Bill Stewart at Sherando High School ... Helped lead Sherando to the 1997 Group AA state championship ... Placed 17th in the senior race of the Footlocker Championships ... Also earned all-district, all-region and all-state honors as a trackster at Sherando ... Selected as the team's most valuable runner as a junior and a senior ... Named the *Winchester Star* Runner of the Year in 1997 ... Captured the district title in both the 400 and 800-meter events in 1997 ... Enrolled in hospitality and tourism management.



### Kim Milbourn

Sophomore  
Fairfax, Va.  
James W. Robinson H.S.

**Taylor on Milbourn:** "Kim is a gutsy competitor and is always willing to do whatever it takes for the team."

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

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

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

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



### Leah McBride

Sophomore  
Woodbridge, Va.  
Woodbridge H.S.

**Taylor on McBride:** "Leah is willing to go where many others won't in her racing. She knows the true meaning of giving everything she has."

Was possibly the biggest surprise of the 1999 season and looks to bring even more surprises to her second season as a Hokie.

**1999-2000:** Was a member of Tech's top seven in each of her races and a top five performer four times ... Her highest finish of the season came at the Virginia Tech Invitational where she

*Continued*

# Women's Profiles

## McBride

*Continued from page 11*

covered the course in a season best 18:55 ... Opened her collegiate career with an eighth place at the Alumni Meet ... Placed fifth at the Atlantic 10 Outdoor Track Championships in the 10,000 in her first attempt at the distance on the oval ... Took third at the Spring Gobbler Invitational in the 5,000.

**High School/Other:** An all-state cross country runner at Woodbridge High School for Coach Jeff Custer ... A member of the all-state academic team in cross country and track six times ... Named an all-Metropolitan performer honorable mention by the *Washington Post* ... Played a role on the state championship cross country team in 1997 and 1999 ... Enrolled in architecture.



## Kelly Repair

**Junior**  
Natural Bridge, Va.  
Rockbridge County H.S.

**Taylor on Repair:** "Kelly has the experience and leadership to provide needed depth for this team."

Enters her junior season as one of the Hokies most experienced runners bringing valuable leadership to a young Hokie team.

**1999-2000:** Followed up

her solid rookie season with another year as a key player in the Tech top seven ... Recorded two top 15 finishes, each coming on Tech's home course ... Ran a season-best time of 19:25 at the Ohio Invitational ... Came on strong late in the season with performances good enough for the team's top seven ... Took fourth place in the 5,000 at the Spring Gobbler Invitational ... Placed 11<sup>th</sup> in the 5,000 at the A-10 championships in both indoor and outdoor track.

**1998-99:** Competed in

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

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



## Cas Sadosky

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

**Taylor on Sadosky:** "Cas is determined to combine middle distance speed with her developed endurance to provide the impact needed for our top five."

Returns for her fourth season at Tech as the Hokies' most experienced runner.

**1999-2000:** Recorded a season-high finish of eighth place at the Virginia Tech Invitational ... Ran a season best of 18:55 to finish second on the team at the district championships ... Claimed a

top 20 finish in four races during the season ...

Enjoyed her best outdoor track season last year in the 800 ... Turned in a second place with a near miss of the school record at the Atlantic 10 championships in a time of 2:11.89.

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

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

**High School/Other:**

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



Kelly Repair is one of Tech's veteran runners as she enters her junior season.



# Women's Profiles



## Michelle VanHorn

**Sophomore  
Shenendoah  
Junction, W.Va.  
Jefferson H.S.**

### Taylor on VanHorn:

*"Michelle is one of the hardest working, focused and most coachable athletes I have ever worked with. This combination always leads to success."*

Another one of Tech's early breakthrough freshmen last season, back for a second try.

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

### High School/Other:

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



**A surprise last year, Michelle VanHorn is back to prove herself in 2000.**

track runner her junior and senior seasons ... Enrolled in horticulture.



## Stacey Vidt

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

**Taylor on Vidt:** *"With her talent, mental toughness and work ethic, Stacey will continue to break her personal goals and become a top Division I competitor."*

Returns for her second season as a Hokie as Tech's top candidate for the number one spot.

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

### High School/Other:

Gave up soccer to become a cross country runner,

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

## Newcomers



## Ashley Etue

**Freshman  
Baltimore, Md.  
Wilde Lake H.S.**

**Taylor on Etue:** *"Ashley brings middle distance speed and team experience through her high school team's competitive 4x800-meter relay."*

Comes to Tech with hopes of adding to the depth of a solid freshman class.

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

*Newcomers, continued*

# Newcomers



## Dayna Friedman

**Junior  
Tampa, Fla.  
Lewis University**

**Taylor on Friedman:** "Dayna brings needed maturity and leadership to a young talented team. She is a transfer with great 800/1,500-meter speed and should develop into a top Division I cross country runner."

Adds instant experience and past success to a young women's squad.

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

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



## Holly Hunter

**Freshman  
Faimont, W.Va.  
East Fairmont H.S.**

**Taylor on Hunter:** "Holly is a multi-time West Virginia state champion in track and cross country. Her talent level, competitiveness and determination should allow her to step right into Division I competition."

A talented young runner who should certainly contribute to the team scoring, but may even challenge for the team's top position.

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



Kristin Price is a freshman who is expected to make a big impact on the women's squad.



## Kristin Price

**Freshman  
Harrison City, Pa.  
Penn Trafford H.S.**

**Taylor on Price:** "Kristin's talent, focus and confidence should allow her to not only step directly into Division I competition but place her at the front of it."

Despite her lack of cross country experience, will be looked to for added depth and talent on the young women's squad.

**High School/Other:** A three sport star while attending Penn Trafford High School ... Only competed in cross country for Coach Michael Allshouse one season ... Overcame a season-hampering stress fracture to place third at the WPIAL district meet her senior year ... Went on to take 15<sup>th</sup> at the state competition ... A two-time district champ and four year letterwinner in track ... Placed third in the mile at the state meet ... Was the Westmoreland County champion in the mile twice, and two-mile once ... MVP of the Hempfield Spartan Invitational ... Personal records include a 5:01 mile and 11:09 two-mile ... An all-section and all-district midfielder during her three years of soccer ... Named most athletic senior ... Enrolled in chemistry.



## Karen McGrath

**Freshman  
State College, Pa.  
State College Area H.S.**

**Taylor on McGrath:** "Karen joins us with no cross country experience, however, she has the tools as a competitive 800-meter runner and work ethic to develop her strength and move up to the 5k distance."

Lacks cross country experience but has a solid background as a track runner and relay specialist.

**High School/Other:** Did not compete in cross country but was an all-state performer in both indoor and outdoor track for Coach Steve Gentry ... A four-time district champion in the 800 ... Was also an all-state soccer player during three seasons in the sport ... Enrolled in psychology.

# Men's Profiles



## Ben Dowdy

**Senior**  
Roanoke, Va.  
Cave Spring H.S.

**Taylor on Dowdy:** "Ben has had a great summer of training. His dedication this year has enabled him to vastly improve his performances. He works hard in training and in the weight-room and that is why he was named the team's strength and conditioning athlete of the year this past season."

Has proven to be one of Tech's top performers in his first three seasons of cross country and looks to make his fourth as a Hokie even better.

**1999-2000:** Began and ended the 1999 season in top form ... Took second at the Alumni Meet with a time of 20:06 for the four mile distance ... Ended the season as Tech's number two runner at the district meet, finishing 46th overall with a 10k time of 31:36 ... Battled some illness during the middle of the season ... Placed seventh at the Virginia Tech Invitational ... Placed third in the 5,000 at A-10s indoor ... Enters the season with personal records of 31:25 for 10k and 25:00 for 8k after a strong summer on the roads ... Strength and conditioning athlete of the year.

**1998-99:** Brought home five top 15 finishes in seven races last season ... Best finish was a third-place mark at the Akron Invitational ... Consistently placed in the Hokies' top five throughout the season ... Ran a personal

record 26:10.7 at the Virginia Tech Invitational ... Finished third at the 1999 indoor Atlantic 10 championships in the 5,000.

**1997-98:** Posted four top 20 finishes as a freshman ... Placed 15th for his best finish of the season to help Tech claim first in the Walt Disney World Classic ... Ran a season-best time of 26:30.2 to finish 17th at the Virginia Tech Invitational ... Won the team's Digger Award as Tech's top newcomer ... Took bronze in the 10,000 at the outdoor A-10s.

**High School/Other:** Honored as *Timesland* Runner of the Year after an impressive senior campaign for Coach Troy Smith at Cave Spring High School ... Lettered four seasons, winning district championship as a junior and senior ... Also garnered all-state honors as a junior ... Honored as Cave Spring's most outstanding runner as a sophomore, junior and senior ... Broke the 14-



**Last year's biggest surprise on the men's team was Jason Griscom and he is out to prove himself again in the new season.**

year-old 1,600-meter record at the Cosmopolitan Track Meet as a senior ... Also broke brother Jason's 1,600-meter record at Cave Spring ... District champ in the 1,600 and 3,200 meters as a junior and senior ... Selected Cosmopolitan Track Team Senior Division Most Outstanding Runner ... Majoring in finance.



## Jason Griscom

**Sophomore**  
Swedesboro, N.J.  
Kingsway Regional H.S.

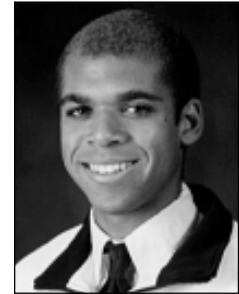
**Taylor on Griscom:** "The farther he races the stronger he gets. He was quite a surprise during last year's season. Jason continues to gain experience each time he races and I believe he has a lot more inside."

Enters his second year at Tech as a true sophomore with hopes of once again playing a role in the top seven.

**1999-2000:** Was possibly the biggest surprise of the 1999 cross country season ... As a freshman walk-on he found a spot in Tech's top seven in all six of the races he competed in ... Ran a season best 26:46 at both the Virginia Tech and Ohio Invitationals ... Highest finish was also at the Tech Invitational where he took 13<sup>th</sup> ... Showed he could be one of Tech's future stars in the distance ranks after competing in the 10,000 at the A-10 championships in outdoor.

**High School/Other:** A three-time county all-star while at Kingsway Regional

High School ... Was an all-state performer for Coach Tom Bergin ... Best times included a 15:53 for 5k and a 10:04 two-mile ... Enrolled in business.



## Paul Hayes

**Junior**  
Dillsburg, Pa.  
Northern H.S.

**Taylor on Hayes:** "Paul is a true competitor. He has been a dependable part of the distance program for the past two years. He is a fierce competitor. His specialty has been the middle distance events in track, but he has moved up to be very competitive in cross country."

Will be counted on to help carry the team into the BIG EAST championships as a seasoned junior.

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

**1998-99:** Twice named Atlantic 10 Rookie of the Week ... Placed in the top 10

*Continued*

# Men's Profiles

## Hayes

*Continued from page 15*

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

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



## Jason Hettenbaugh

**r-Freshman  
Lima, N.Y.  
Honeoye Falls-Lima**

**Taylor on Hettenbaugh:**  
*"Jason had very solid freshman track seasons. He is not afraid to race, he focuses his energy into a race and competes and he will lay it on the line when it is time."*

Will certainly be one of Tech's young runners to keep an eye on during the 2000 season.

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

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



**Jason Hettenbaugh clears the water jump in the steeplechase at A-10s. He was Tech's top steepler last year.**



## Pete Lindner

**Sophomore  
Williston Park, N.Y.  
Chaminade H.S.**

**Taylor on Lindner:** *"Pete has become a lot stronger since last year. He has made progress in becoming consistent in training and racing. He had a solid summer and is one of our athletes that has potential to run up front for the team this season."*

Made an immediate impact to the team as a freshman and will be counted on once again to perform at his best for 2000.

**1999-2000:** Earned A-10 rookie of the week honors for his 20<sup>th</sup> place performance at the Cal Poly State Invitational ... Ran in all seven races in his first season and was a member of the top seven on five of those occasions ... Highest finish was a 13<sup>th</sup> place at the Alumni Meet ... Also cracked the top 20 on two other occasions.

**High School/Other:** An all-state performer from New York's Chaminade High School ... Earned four letters under coach William Carriero in addition to a spot on the all-Long Island team and a regional championship in 1997 ... State finalist in the 1,600 in junior year of indoor track ... A member of the 4x800 relay team which qualified for the Milrose Games ... 1998 regional champion in outdoor track ... Empire State Games finalist in the 1,500 finishing fourth ... Majoring in political science.



## Ali Najjar

**Sophomore  
Hyattsville, Md.  
Northwestern H.S.**

**Taylor on Najjar:** *"Ali believes in fierce competition. He carried a level of intense training and racing last year. He works toward his goals and has a realistic view of what it takes to compete at this level."*

Brings talent and speed to the Tech squad as one of the team's most promising young runners.

**1999-2000:** Redshirted his freshman cross country season, but had an outstanding track season as the Hokies' top middle distance runner ... His season highlight came at the Atlantic 10 championships in outdoor where he went wire-to-wire, winning the 800 in 1:49.91 and as a result was named the meet's outstanding rookie performer ... Competed at Junior Nationals in the 800 in June ... Set a new school indoor record in the 500, running 1:03.58 ... Claimed second in the 500 at the A-10 indoor championships ... Was the team's top 800 runner indoors and outdoors and the top 500 runner indoors ... Met the IAAF world junior standard for the 800 meter run.

**High School/Other:** An all-county cross country runner for Roberta Leopold while attending Northwestern High School ... A team captain for two years ... A member of the 4x400-meter relay team that won the Penn Relays, the national championships and set a new state record at 3:12 ... Enrolled in fisheries.





**Kevin Rhue**  
**Sophomore**  
**Virginia Beach, Va.**  
**Princess Anne H.S.**

**Taylor on Rhue:** "Kevin is a student of the sport. He is very coachable and will listen to the purpose of workouts and will then proceed to accomplish that purpose."

The Hokies' outstanding rookie last year returns to improve on his freshman campaign.

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

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



**Chris Seaton**  
**Senior**  
**Richmond, Va.**  
**Thomas Jefferson**  
**Governor's School**

**Taylor on Seaton:** "Chris is a true distance runner and has no fear of competition. He has a great passion for the sport and trains at a level that it takes to be the best. He has a zero-tolerance for those who are not serious about the sport and he loves to win and hates to lose."

Ready for battle in a new conference in his senior season after ending the previous two seasons as Tech's most outstanding runner.

**1999-2000:** Claimed the Atlantic 10 individual title at last year's championships with a run of 25:01 ... Earned a spot on his first all-district team with a 17<sup>th</sup>-place finish at the District III championships (30:54) ... Won the first three races of his 1999 season including a personal record and near miss of the course record at the Ohio Invitational with a time of 24:55 ... Also won the Virginia Tech Invitational and Alumni Meet ... Has been Tech's top runner in every race for the past two seasons ... Named A-10 Student Athlete of the Year for cross country ... During the indoor track season Seaton won the A-10 5,000-meter title and was second in the 3,000 ...

Took fourth in the 3,000 at the IC4A championships indoor ... Also won the 5,000-meter races at both of Tech's larger indoor invitational.

**1998-99:** Ended the year with six top-10 finishes in eight tries, including a first-place finish at the Akron Invitational ... Earned his first All-Conference honor, leading the way for Tech with a sixth-place finish at the A-10 meet where he ran his best time of the season with a 25:40 ... Won the 1999 A-10 indoor track 5,000-meter title and finished third in the 10,000 outdoors ... Qualified for the IC4A indoor meet.

**1997-98:** Ran in five races as a freshman ... Placed 10th at the Tech Alumni Meet in his first race ... Placed 22nd at the Walt Disney World Classic ... Finished second with a time of 8:38.4 in the 3,000-meter race at the Virginia Tech Last Chance Meet ... Finished first in the 1,500-meters at the Virginia Tech Open ... Placed fifth in the 5,000-meters at the Atlantic 10 Outdoor Championships.

**High School/Other:** Served as team captain for Coach Jim Holden at Thomas Jefferson Governor's School ... Named to the All-City as well as the All-Colonial District teams ... Was the city cross country champion as a senior ... Ran a personal best 9:15 at the Virginia State Championships in the 3,200 meters ... First-team Virginia class AAA all-state ... Named third-team All-South after finishing 19th at the Footlocker Southeastern Cross Country Championships ... Holds six school records at Thomas Jefferson ... Excelled in the classroom as well, earning all-academic honors four consecutive years ... Majoring in architecture.



**Matt Taylor**  
**r-Junior**  
**Colonial Heights, Va.**  
**Thomas Dale H.S.**

**Taylor on Taylor:** "Matt is very talented. He needs to be consistent before he will be able to develop his potential. He has the quickest kick of any athlete on the team and when he uses it effectively his competition better watch out."

A valuable and experienced cross country runner who possesses speed when it counts.

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

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

**High School/Other:** A four-year letterwinner at Thomas Dale High School where he qualified for the state meet three times ... Named team's most valuable performer ... Earned all-state honors in outdoor track ... Majoring in management science and finance.

# Newcomers



## Michael Christman

**Senior**  
Alexandria, Va.  
Columbia University

**Taylor on Christman:** *"Even though Mike only has this cross country season remaining, he comes to Tech with a lot of experience. He understands the reason for specific workouts and I believe he will be one of our front runners this fall."*

Is expected to challenge for the number one position as a fifth year graduate student transfer from Columbia University.

**Undergraduate:** One of the most-improved distance runners in Coach Willy Wood's five years at Columbia ... As a senior, finished fourth at the Metropolitan Cross Country Championships (All-Met) ... Finished as high as team's No. 2 runner ... Met champion in the outdoor 10,000 ... His 25:35 at the Heptagonal Championships is 20th-fastest time ever for a Columbia runner at Van Cortlandt Park ... Was the team's No. 3 runner in cross country ... All-Metropolitan with seventh-place finish in cross country ... Ran bests of 8:27.08 for 3,000m and 14:51.63 for 5,000m indoors ... During outdoors he ran 30:47.90 for 10K.

**High School/Other:** A three time letterwinner at Hayfield High School ... All-

state in outdoor and indoor track and all-region in cross country as a senior ... Enrolled in electrical engineering.



## Josh Davis

**Freshman**  
Chambersburg, Pa.  
Chambersburg Area Senior H.S.

**Taylor on Davis:** *"Josh comes to us from a strong and respected Chambersburg High School program. He is willing to pay his dues and put in a tremendous base. He has a great work ethic and I believe that will make the difference in his career."*

Is a true distance runner who could make an impact on the young Hokie team in his first season.

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



## Jeff Maynard

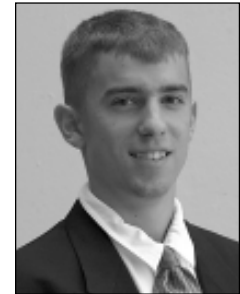
**Freshman**  
Sterling, Va.  
Potomac Falls H.S.

**Taylor on Maynard:** *"Jeff is a big question mark because of injuries he experienced during his high school career. If he gets healthy, it's possible that he will be an athlete that many people read about."*

Another one of Virginia's top high school cross country runners who will add to the Hokie attack.

**High School/Other:** An all-state cross country and track runner while at Potomac Falls High School under the guidance of Coach Brian Blubaugh ... County champ in cross

country one time ... Track county champion three times and county MVP once ... Name his school's outstanding cross country runner ... Winner of the 3,200 at the Langley Invitational in outdoor track ... Enrolled in forestry and wildlife science.



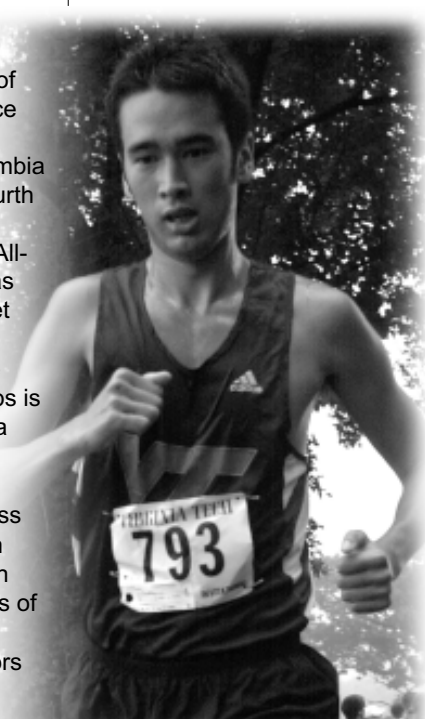
## Josiah Oliver

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

**Taylor on Oliver:** *"Josiah has a great background. He also understands and is willing to work for success. Josiah's performances from high school indicate that he has the ability to contribute to our program very early in his career."*

Brings speed and distance ability with room to develop into a solid cross country runner.

**High School/Other:** An all-district selection and a member of the fourth place team at the AAA state meet in 1998 ... Earned three varsity letters in cross country and eight in track for Coach Jim Holdren while at the Governor's School for Government and International Studies ... All-district, all-region and all-state in outdoor track ... Has an impressive high school personal record of 15:51 for 5k ... Enrolled in engineering.



**Mike Christman could very well play a significant role on this year's team.**



**Leah  
McBride**



**Matt Taylor**



**Jamie Weikle**



**Brian  
Coffield**

# *1999 Season Review*

The 1999 cross country season was the final chance for the men's and women's teams to compete in the Atlantic 10 Conference, and although the Hokies did not win the league title, there were many bright spots throughout the fall.

The men took second behind LaSalle University and the women were third out of 10 in the A-10 title meet. Van Arnold made his fourth all-conference team and was joined by teammates Chris Seaton and Paul Hayes in the top 10. For the women, freshman Stacey Vidt was the team's only all-conference performer. The seasons ended two weeks later at the NCAA District III Championships where the men broke into the top 10 by placing 10<sup>th</sup> and the women were 12<sup>th</sup>.

Both teams opened their seasons well by picking up victories in the first two meets. At the season-opening Alumni Meet, Tech had the opportunity to compete against an outside school for the first time, as both squads claimed solid victories over Division II powerhouse Shippensburg. The Hokies also had the opportunity to claim their first ever victories at the Virginia Tech Invitational two weeks later. Both the men's and women's teams won by significant margins over Appalachian State. The men's team was also victorious over six teams at the Ohio Invitational in early October.

The squads had the opportunity to venture out west during the mid-season. Tech traveled to San Luis Obispo,

Calif., for the California Poly State Invitational where the men placed third and the women took fourth.

As for individual performances on the season, Chris Seaton's accomplishments for the 1999 season made him the most decorated athlete to compete for Coach Steve Taylor. The junior won the conference title, in addition to three other meets, and was named the A-10's student athlete of the year. He also earned a spot on the all-district III team and was named a Coaches Association Academic All-American.

Stacey Vidt was named the women's team outstanding performer in just her freshman season, after leading the team at both the conference and district championships. Kim Milbourn

was named the rookie of the year and senior Cathy McNeeley was given the coach's award. Johanna Stumpf also made her final season a notable one. She won the season-opening Alumni Meet and placed in the top six in the first five meets of the season.

For the men, Kevin Rhue was named the rookie of the year and Paul Hayes earned the coach's award. Rhue had a solid freshman campaign with his best finish coming at the Ohio Invitational where he was third and as a result was given the A-10 Rookie of the Week for that performance.

Although the season had its ups and downs, the teams ended with high hopes, because each squad only lost one runner from the top seven for the 2000 season.

# 1999 Women's Results

	Alumni Meet	Virginia Tech Invitational	Greenboro Invitational	Ohio Univ. Invitational	Cal Poly St. Invitational	Atlantic 10 Championships	NCAA Regionals
<b>Distance</b>	3.1 miles	3.1 miles	3.1 miles	3.1 miles	3.1 miles	3.1 miles	3.1 miles
<b>WOMEN</b>							
Chelsea Alverson	(9) 19:20.97.5	(7) 18:56.3	(8) 19:18.25	(17) 18:39	(20) 19:03	(13) 19:01.9	(69) 18:56
Rebecca Britt	(20) 20:24.43	(19) 20:19.1	(59) 21:24.87	DNR	DNR	DNR	DNR
Lauren Carr	DNR	DNR	DNR	(55) 20:15	DNR	DNR	DNR
Debbie Flowers	(16) 20:04.12	(17) 20:08.3	(24) 20:14.59	(45) 19:51	DNR	(66) 20:50.0	DNR
Leah McBride	(8) 19:10.32	(6) 18:55.0	DNR	(33) 19:26	(37) 19:44	(36) 19:53.1	(115) 19:41
Catherine McNeeley	(29) 22:39.23	(20) 20:19.9	(18) 19:45.00	(28) 19:20	(67) 21:18	(51) 20:25.7	(79) 19:09
Kim Milbourn	(7) 19:09.07	(5) 18:41.4	(9) 19:18.87	(19) 18:42	(19) 19:00	(21) 19:21.9	(147) 20:15
Kelly Repair	(15) 19:54.38	(15) 19:57.9	(21) 19:49	(32) 19:25	(59) 20:42	(35) 19:52.8	(124) 19:50
Catherine Sadosky	(18) 20:09.89	(8) 19:21.8	(20) 19:48	(25) 19:02	(38) 19:45	(18) 19:16.8	(64) 18:55
Johanna Stumpf	(1) 18:13.40	(2) 18:27.5	(4) 18:28	(5) 18:09	(6) 18:25	(15) 19:04.7	DNR
Chekka Trupia-Lash	(22) 20:44.91	(23) 20:44.2	(48) 20:46.54	DNR	DNR	(81) 21:24.7	DNR
Michelle VanHorn	(13) 19:42.75	(16) 20:00.8	(33) 20:14.11	(41) 19:44	DNR	(58) 20:37.2	DNR
Stacey Vidt	(2) 18:17.19	(4) 18:39.5	DNR	(15) 18:30	(17) 18:57	(9) 18:49.7	(47) 18:35
Wendy Wagner	(25) 20:57.31	(22) 20:38.3	(53) 20:58.55	DNR	DNR	DNR	DNR
Jamie Weikle	(14) 19:45.99	(14) 19:42.0	(35) 20:19.44	(74) 21:07	DNR	(75) 21:09.7	DNR
Erica Wright	(19) 20:21.46	(25) 21:14.3	(52) 20:56.98	DNR	DNR	DNR	DNR
<b>Team Finish</b>	Virginia Tech-24 Shippensburg-31	Virginia Tech-24 Appalachian St.-34	2nd of 12	3rd of 9	4th of 11	3rd of 10	12th of 29



Kim Milbourn, Leah McBride, Michelle VanHorn and Chelsea Alverson (l-r) charge over a hill at the Virginia Tech Alumni Meet.



# 1999 Men's Results

	Alumni Meet	Virginia Tech Invitational	Greensboro Invitational	Ohio Univ. Invitational	Cal Poly St. Invitational	Atlantic 10 Championships	NCAA Regionals
<b>Distance MEN</b>	<b>4.1 miles</b>	<b>5 miles</b>	<b>5 miles</b>	<b>5 miles</b>	<b>5 miles</b>	<b>5 miles</b>	<b>5 miles</b>
Van Arnold	(11) 21:01.55	(4) 26:03.1	(13) 26:27	(4) 25:41	(11) 27:05	(6) 25:35.4	(80) 32:28
Brent Carter	DNR	DNR	(-) 28:22	(35) 27:45	DNR	DNR	DNR
Ben Dowdy	(2) 20:06.42	(7) 26:31.3	DNR	DNR	(27) 27:52	(57) 27:22.0	(46) 31:36
Jason Griscom	(15) 21:30.96	(13) 26:46.3	(33) 27:33	(20) 26:46	(35) 28:08	(47) 27:03.4	DNR
Paul Hayes	(9) 20:54.82	(5) 26:21.2	(19) 26:40	(5) 25:45	(29) 27:57	(10) 25:52.8	(90) 32:42
Matt Krycinski	DNR	DNR	(32) 27:25	(26) 26:59	DNR	DNR	DNR
Pete Lindner	(13) 21:20.70	(17) 27:09.3	(37) 27:38	(34) 27:41	(20) 27:27	(32) 26:37.4	(124) 33:45
Robert Pauley	(29) 22:53.03	(20) 28:43.0	(-) 29:35	DNR	DNR	DNR	DNR
Kevin Rhue	(12) 21:09.34	(12) 26:43.0	(22) 26:40	(3) 25:33	(24) 27:47	(23) 26:15.4	(60) 32:01
Chris Seaton	(1) 19:56.52	(1) 25:21.6	DNR	(1) 24:55	(3) 26:07	(1) 25:01.0	(18) 30:54
Matt Taylor	(16) 21:31.20	(8) 26:38.2	(23) 26:49	(18) 26:39	(47) 28:45	(37) 26:43.7	(89) 32:42
<b>Team Finish</b>	Virginia Tech-20 Shippensburg-42	Virginia Tech-21 Appalachian St.-34	3rd of 13	1st of 7	3rd of 8	2nd of 10	10th of 25

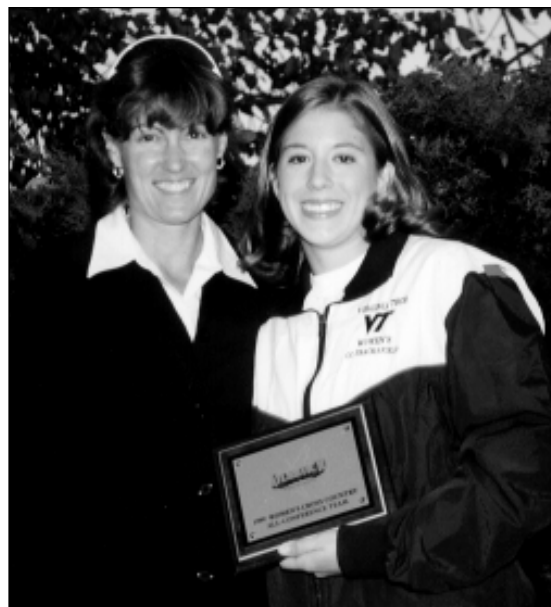


**Chris Seaton (141) led the way at the 1999 conference championships and was joined on the all-conference team by Paul Hayes (136), Kevin Rhue (140) and Pete Lindner (138) also factored into the Tech top five.**

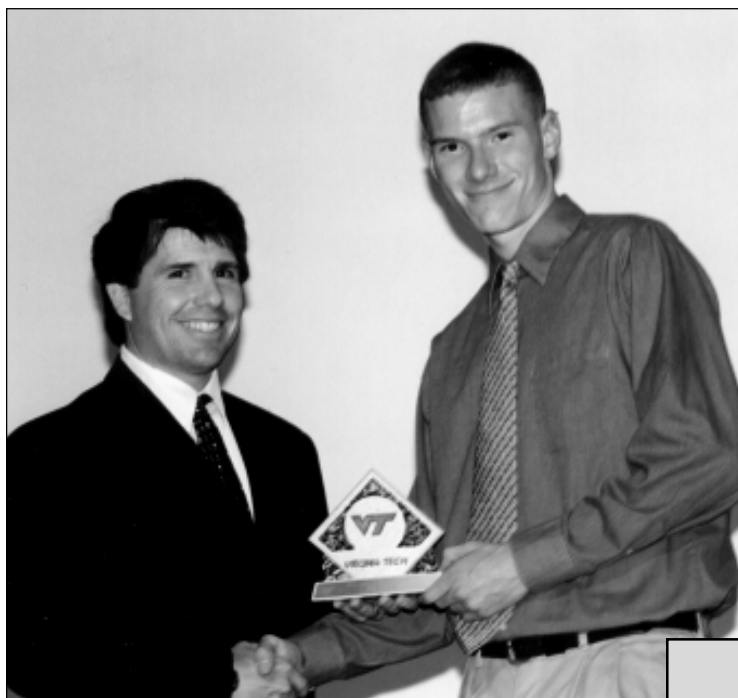
# 1999 Awards and Honors



Coach Steve Taylor (left) with Virginia Tech men's all-conference runners, Paul Hayes, Chris Seaton and Van Arnold.



Lori Taylor's and all-Atlantic 10 performer, Stacey Vidt.



1999 Cross Country Student Athlete of the Year, Chris Seaton (right), receives his award from Coach Steve Taylor.

## Chris Seaton

- Atlantic 10 Men's Champion
- Men's Student Athlete of the Year for Cross Country
- Cross Country Coaches Association Academic All-American

## A-10 All-Conference Performers

### Men

Van Arnold  
Paul Hayes  
Chris Seaton

### Women

Stacey Vidt

## A-10 Academic All-Conference Members

### Men

Chris Seaton  
Van Arnold

## Team Awards

### Men

**Rookie of the Year**  
**Coaches Award**  
**Outstanding Performer**  
**Captains**

Kevin Rhue  
Paul Hayes  
Chris Seaton  
Chris Seaton  
Paul Hayes

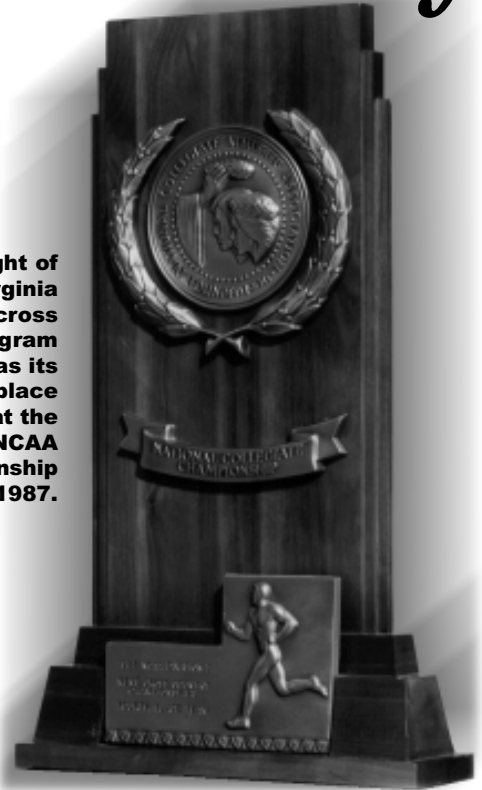
### Women

Kim Milbourn  
Cathy McNeeley  
Stacey Vidt  
Johanna Stumpf  
Stephenie Ingersoll  
Cathy McNeeley

# History of Tech Cross Country



A highlight of the Virginia Tech cross country program to date was its fourth place finish at the NCAA Championship in 1987.



The legendary 1987 men's team members were (above, clockwise from front left) All-American and current Tech head coach Steve Taylor, former coach Todd Scully, Tom Harding, track and field All-American Gary Cobb, Tim Covington, Ron Voight, All-American Tony Williams, and former Tech assistant Howard Nippert.

Lori Taylor, the current women's head coach, was an All-American in 1981, and will be inducted into the Virginia Tech Hall of Fame in October.

## All-Americans

### Men

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

### Women

Tracy Deely, Lori McKee (Taylor), 1981

## Conference Championships

### Men • Atlantic 10

1996, 1997

### Men • Metro

1980, 1981, 1983, 1984, 1985,  
1986, 1987, 1988, 1989, 1994

### Women • Metro

1985, 1986, 1987

## NCAA Championships

### Men

1982, 14th  
1987, 4th

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 with Tracy Deely and Lori Taylor earning All-America honors.

# *The Tradition Continues ...*



**Linda King was the first women's cross country runner to be inducted into the Virginia Tech Hall of Fame.**



**Current cross country volunteer assistant George Probst (left) has enjoyed a successful post-graduate career on the roads. Last year, he represented the United States in the World University Games in Spain, competing in the half marathon.**

**Howard Nippert (right) is the latest success story to come out of the pool of talented former Hokie runners. In March, Nippert won the 100k national title which took him to the world championships in Winschoten, Netherlands in September. The 33-year old also placed 21st in the 1996 U.S. marathon Olympic Trials.**



**Mike Cox (right), who represented the United States at the World Junior Cross Country Championships in Budapest, Hungary took time out to pose for a picture with 1992 Olympic 10,000-meter gold medalist Khalid Skah of Morocco.**





**Former Tech runner and American record holder at 15 kilometers, Mark Stickley, takes time out to sign an autograph for a young fan. Although the Tech cross country runners are not as famous as say Bruce Smith and Michael Vick, there are fans of the runners out there.**



**Roxanne Polo (right) and Cheryl Tuosto (above) each qualified for NCAAs in both cross country and track and field during their Tech years in the mid-80s.**



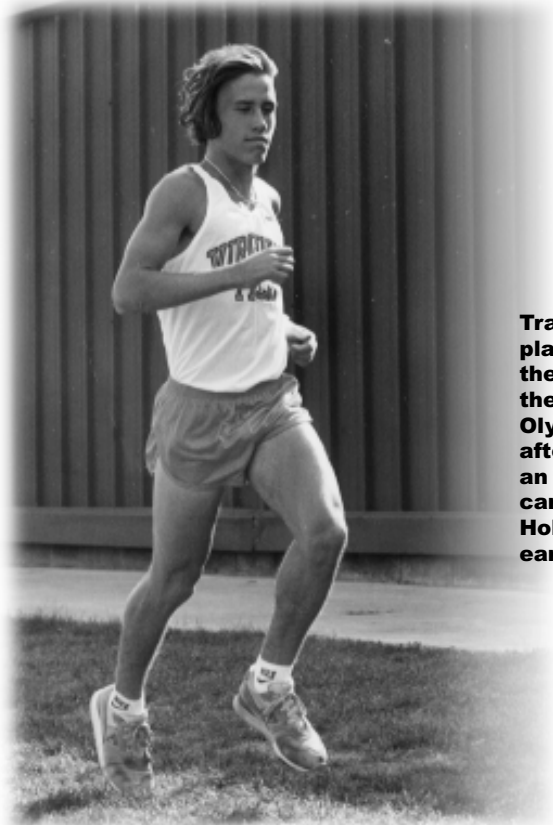
## Tech's Outstanding Coaches

### Men

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

### Women

Todd Scully, 1982-90  
 Lori Taylor, 1991-present



**Travis Walter placed sixth in the 10,000 at the 1996 Olympic trials after enjoying an impressive career as a Hokie in the early '90s.**



**Gary Cobb and Howard Nippert helped carry the 1987 men's team to new levels.**

# Tech's Cross Country Course

## The Hokie have top notch course on campus

Having a campus course of its own already has paid dividends for the Virginia Tech cross country team. Over the years, the course has attracted many of the nation's top programs and been the site of some of the state's largest high school meets.

"There are very few schools in the country that have their own cross country course and indoor and outdoor tracks. We have all three right here on campus," said Steve Taylor. "There is no question it's a big advantage for us."

Tech has the luxury of competing and training on a course designed solely for cross country competition and does not have to train on a section of a golf course or a horse track turned into a makeshift cross country course.

Taylor said, "We spent a lot of time building the course and we did not take any short cuts with it. When we started building the course, we wanted it to be the best one in the state."

The course, opened for racing in 1993, now starts and finishes behind the Virginia-Maryland Regional College of Veterinary Medicine. The course, which 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.

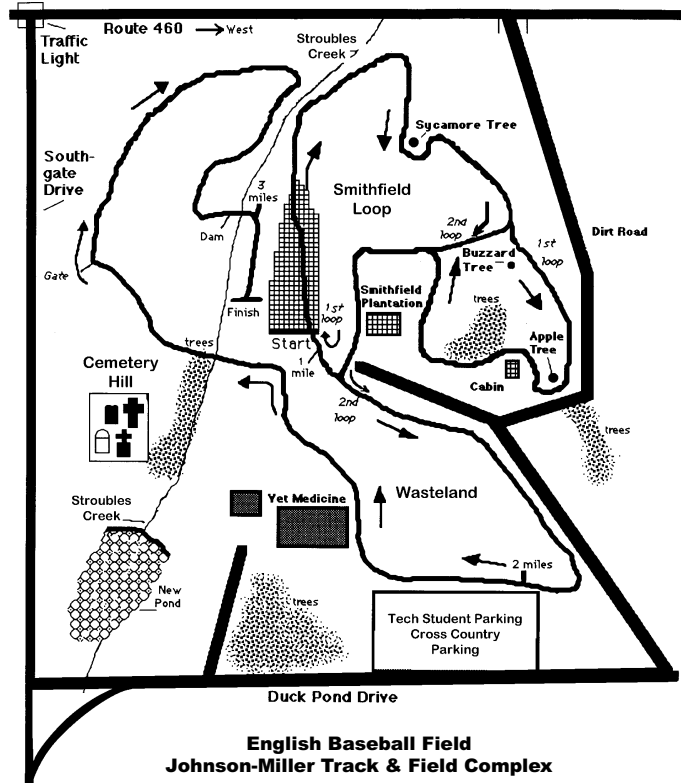
"The course allows our women athletes to run their races without overlapping sections of the course and provides spectators different vantage points to watch the race," said Lori Taylor.

Taylor also points out that

### Course Records

**Men:** Joe Gibson, Clemson University, 25:01.9 (5 miles), at the Virginia Tech Invitational Sept. 27, 1997

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



runners benefit from the proximity of campus facilities. Rector Field House allows athletes to warm up in perfect conditions.

Both the men's and women's teams will race their alumni on the home course September 2, in the first meet of the season for both squads.



Josiah Oliver (left) and Josh Davis close in on the finish line at Tech's 5-mile cross country course.

# Track & Field Facilities

## Tech's track combo is among the nation's best

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

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

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

The outdoor track, coupled with a similar indoor



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

The indoor track has been host to several of the east coast's top invitationals, attracting many of the nation's best teams. Tech has also brought in some of the

nation's finest athletes. Over 30 Olympians competed in Rector Field House last year, including former U.S. record holder in the pole vault Lawrence Johnson, Olympian distance runner Julie Henner and two-time NCAA champion shot putter Andy Bloom.

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.

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.

"Thanks to these gentlemen, we've got the biggest commitment to track and field in the country," said head men's track coach Russ Whitenack.

"In the past we've had great teams, but when I look to our future I see even better things," Whitenack said.

"I think we have one of the best combinations of indoor and outdoor facilities in the country," said women's head track coach Roosevelt Lofton. "What we have here is state-of-the-art and it is definitely one of the best and the fastest I have ever seen."



# Hokie Trails

The Jefferson National Forest is a popular running location for the Virginia Tech cross country team

Pandapas Pond and its surrounding woodlands are a favorite spot for the Hokie runners.



Not far from Blacksburg are many trails like these.

Virginia Tech is located in the middle of the Appalachian Mountains in Southwest Virginia. This location not only offers beautiful scenic views, it also provides the Virginia Tech cross country team with an excellent place to train. Blacksburg, Va., is a small town with miles of bike paths and quiet roads which make ideal places to run, right within the town and campus itself. However, just a short trip down the road are some even better training grounds for the Hokie runners.

The Jefferson National Forest lies just three miles outside of the Blacksburg town limits and within the forest is one of the favorite places for the Tech cross country team to train. The Pandapas Pond recreational area and the surrounding forest are covered with miles of trails perfect for off road running. A popular spot for mountain bikers and a favorite of the Tech cross country team, the area surrounding

Pandapas Pond has all types of trails. Complete with hills, flat trails and wonderful views, the national forest is a frequent stop for Tech runners.

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 on top of Salt Pond Mountain northwest of Blacksburg. The Mountain Lake area has countless miles of trails and views that have been another popular location for training.

In addition to these locations are many other wooded getaways, including the nearby Appalachian Trail and New River Trail State Park, a 55-mile long railroad bed converted to a trail along the New River. The trails and bike paths surrounding Blacksburg offer a great place for running without the hassle of traffic or the uncomfortable terrain of city streets and sidewalks.



# Administration



## Charles Steger • University President

Item: Virginia Tech applications up 15 percent. Entering students have highest SAT average ever. Virginia Tech competes for national championship in football. University announces two new mega bio-tech programs. Things are looking pretty rosy for

Virginia Tech, right?

Enter Charles W. Steger. His assessment? "We have to rev the engines even higher. If you're not moving quickly forward, you might as well be standing still," says the energetic 53-year-old president.

Appointed president by the university board effective January 7, Steger possesses the breadth and depth of experience to lead Virginia Tech at the point when higher education must learn to cope with major technology changes permeating education.

Steger has lofty goals for Virginia's leading research university. "I would like to see us ranked among the nation's top

30 universities before the end of the decade," says Steger.

A registered architect and former dean of Tech's college of architecture and urban studies, Steger was the architect of a different sort as the leader of the university's successful fund raising campaign. Under his leadership as vice president for development and university relations, the Campaign for Virginia Tech, which concluded in 1998, raised \$337 million, \$87 million over its goal.

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

Steger received his Bachelor and Masters of Architecture and a Ph.D. in Environmental Science and Engineering from Virginia Tech. He and his wife Janet, have two sons, David and Christopher.



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

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

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

Already complete is the expansion of the North end zone for the 2000 season that will total over 5,000 permanent seats. South end zone bleachers will be replaced by permanent double-deck stands with seating for approximately 12,000 fans.

Weaver will oversee the construction of new athletic fields, and video boards for both Lane Stadium and Cassell Coliseum in 2000-2001.

A native of Harrisburg, Pa., 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.

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

"Jim Weaver was the unanimous choice of our search committee," retired Tech President Paul Torgersen said at a Blacksburg news conference when the new AD was introduced. "The committee was searching for someone with extensive Division I experience, a commitment to compliance, a commitment to gender equity, a commitment to all 21 varsity sports and a vision for conference alignment."

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

## Athletics Administrators



**Sharon McCloskey**  
Senior Associate  
Director of Athletics



**David Chambers**  
Associate AD for  
External Affairs



**Tom Gabbard**  
Associate AD for  
Internal Affairs



**Jon Jaudon**  
Associate AD for  
Administration



**John Ballein**  
Assistant AD for  
Football Operations



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



**Tim Parker**  
Assistant AD for  
Compliance



**Mike Gentry**  
Assistant AD for  
Athletic Performance

# Strength and Conditioning

Under the direction of assistant athletic director for athletic performance Mike Gentry, a 13-year member of the Tech athletic department, and his staff, the Virginia Tech strength and conditioning program is among the best in the nation.

One of the main support centers of Tech cross country is the strength and conditioning program. The results of hard work by not only the staff but the student-athletes have paid huge dividends as the Hokies become stronger and faster every year.

The weight facilities include the beautiful 17,000-square foot training center on the first level of the Merryman Athletic Center. The weight room facility features new free-weight equipment, a full line of Hammer Strength equipment, 12 platforms and a 6,000-square foot state-of-the-art speed and agility room.

Tech cross country runners train in the Jim "Bulldog" Haren Weight Room. Located in Jamerson Athletic Center, the 5,000-square foot weight room was

officially dedicated in September 1985 to Haren, a former Hokie player and long-time supporter of the Virginia Tech Athletics Department. With the two facilities, the Hokies have over 22,000-square feet of strength and conditioning training space.

The strength and conditioning staff is also very involved in nutritional education and supplementation as related to athletic performance.

The "Training Edge" dining facility has been touted by visiting coaches as one of the best in the country. It features a comprehensive system of eating for championship performance.

"Our system of nutritional supplementation and performance-based eating has made a tremendous difference in the gains our athletes have experienced over the past year," Gentry said. "We plan to continue to improve and promote the 'Training Edge'.

"By the beginning of the 2000 season, a registered dietitian will be on staff as part of the athletic performance



team to assist the athletes with their sports nutritional goals."

A native of Durham, N.C., Gentry received his bachelor's degree in physical education from Western Carolina University in 1979 and received his master's from the University of North Carolina at Chapel Hill in 1981. He completed his doctorate in curriculum and instruction, with an emphasis in motor behavior from Virginia Tech in 1999.

Gentry worked as an assistant strength coach at



**Michelle Boswell**



**Jay Johnson**

UNC and as the head strength coach at East Carolina University prior to coming to Virginia Tech in 1987.

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.

Assisting Gentry this year are three full-time assistant strength and conditioning coaches: Sonny Sano, director of strength and conditioning, Jay Johnson, strength and conditioning coordinator of men's Olympic sports and Michelle Boswell, strength and conditioning coordinator for women's Olympic sports.

Johnson will handle the training of the men's team, while Boswell takes over for the women. They will be responsible for the strength and conditioning of the teams.

Gentry will also be assisted by four graduate assistants — Paula Allan, Angelo Gingerelli, Erin O'Neil and Danny Wheel.



**The Merryman Center weight room.**

# Academic Enrichment

The success of Virginia Tech's cross country program rests largely on the academic progress of each student-athlete. The academic performance of Tech student-athletes has improved each year due in part to the Student-athlete Office of Academic Enrichment Programs (SAOAEP).

Student-athletes are the most visible student component of a university. They delight and entertain thousands of fans, students and alumni. Their athletic ability and achievement is the primary focus for national media attention.

Athletic events not only bring back 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. To accommodate the many facets of assistance needed for student-athletes, Virginia Tech's mission is eight fold:

1. To provide our services to all student-athletes including any student participating in any varsity sport, managers, trainers, cheerleaders and HighTechs.

2. To provide academic support through tutoring programs, computer facilities and software which are necessary for the individual needs of each student

3. To require a mandatory study hall for students below expected QCA levels in order that we might better assist the at risk student-athletes.

4. To provide adequate



**Chris Helms**



**Katie Ammons**

study facilities and a computer lab which are conveniently located to the training areas and coaching areas.

5. To provide mentoring, counseling, academic assistance, advising and to work closely with other academic offices on campus for the welfare of our students.

6. To work closely with the athletic department for the academic welfare of each student-athlete and to help in the development of an effective student life program.

7. To closely monitor the academic success of each student to help ensure academic progress toward a degree and maintenance of academic and athletic eligibility.

8. To encourage former athletes to be actively involved with our present athletes and to provide our services to former athletes who did not graduate and assist them in their academic planning toward a degree.

The ultimate goal is for all student-athletes to successfully complete their degrees. 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. Tech has made tremendous strides in recent years. The 1999 NCAA

Division I Graduation Report states that for student-athletes who have exhausted their eligibility at Tech, 81 percent have graduated. Last spring, the Athletic Director's Honors Breakfast paid tribute to a record 358 student-athletes,

student trainers, student managers, cheerleaders and High Techs who posted 3.0 or greater QCAs in the 1999 calendar year.

The Student-Athlete Office of Academic Enrichment Programs provides programming for student-athletes from their freshman year through graduation. This includes a comprehensive orientation to Tech, study hall, mentoring, tutoring, academic monitoring, academic recognition and eligibility education.

Additionally, student-athletes are referred to and encouraged to take advantage of other campus agencies charged with helping students in their academic pursuits.

Academic facilities for student-athletes include the Monogram Room, a large room used as a study hall area adjacent to the SAOAEP office in Cassell Coliseum.

The HEAT (Hokies Engaging in Advanced Technology) Lab houses over 26 computers on the second floor of Cassell Coliseum. Room 160 in Cassell Coliseum provides an area for private quiet study for the athletes' convenience.

Additionally, student-athletes can use the Center for Academic Enrichment and Excellence site offices located in Hillcrest and Femoyer Halls. Together, these spaces provide the student-athlete with a variety of study environments conducive to

their success. Athletes can use these facilities between classes, after practice, or in the evenings, with flexible hours tailored to make the most of a student-athlete's limited time.

The coordinator, Chris Helms, begins his second year at Virginia Tech and is responsible for the development and leadership of the Student-Athlete Office of Academic Enrichment Programs.

Katie Ammons is an assistant coordinator who begins her second year and is in charge of the operation of the HEAT lab and other computing resources available for student-athletes. Ammons, who was a standout Hokie student-athlete, also oversees the academic advisement of the cross country teams with regard to satisfactory progress, eligibility and degree completion as set forth by the NCAA, BIG EAST and Virginia Tech.

Colin Howlett begins his fourth year with Virginia Tech as an assistant coordinator of the Student-Athlete Office of Academic Enrichment Programs. In addition to assisting the coordinator in all facets of the program, Howlett oversees the advisement of football and volleyball student-athletes.

Lois Berg, associate coordinator, begins her 12th year at Tech. She is primarily in charge of developing the freshman orientation program, which ensures the student-athlete a smooth transition from high school to the university.

Terrie Repass begins her 26th year of service at Virginia Tech. She serves as the office receptionist and "first contact" person for the Student-Athlete Office of Academic Enrichment Programs.



# BIG EAST Conference

The BIG EAST Conference is nothing new to the Virginia Tech fan due to football's presence and success in the league since 1991. However, as of the 2000-01 season, nearly all Hokie sports will have an opportunity to compete in the nationally respected conference.

During the summer of 1999, Virginia Tech received a proposal from the BIG EAST to join the conference as an all-sports member except for wrestling, which will remain in the prestigious Eastern Wrestling League. And finally on Aug. 24, 1999, Tech and the BIG EAST announced that the Hokies would join the

conference for all sports. Virginia Tech is the 14th member of the BIG EAST Conference, which conducts 20 championships in 16 men's and women's sports. Virginia Tech conducts varsity programs in 15 BIG EAST sports.

When BIG EAST rivals are mentioned most Hokies think of football powerhouses like Miami and Syracuse. In the cross country world though, many different names come to mind. Teams such as Georgetown, Villanova, Providence and Notre Dame have been the conference leaders at the NCAA level in recent years.

Tech will be joining the likes of these top caliber teams

along with Boston College, Connecticut, Miami, Pittsburgh, Rutgers, Seton Hall, St. John's, Syracuse, and West Virginia.

The BIG EAST for cross country is one of the most competitive conferences and for that reason is respected nation wide. At the 1999 NCAA Championships five teams represented the conference in the competition. Georgetown, Notre Dame, Villanova and Providence competed at the national championships for the men and women while Boston College was also in attendance for the women.

The first conference championships for cross country were held in 1979. The

women entered the BIG EAST championship event in 1982. In the meet's 21-year history two sites have played host to the title run. Boston's Franklin Park, which hosts this year's meet, and New York's Van Cortlandt Park, one of the most historic cross country sites in the world, are the two proving grounds for the championships.

The preseason polls once again are loaded with BIG EAST schools proving that this conference is nationally a force to be reckoned with. Virginia Tech is now afforded with the opportunity to compete with many of the nation's top schools in all sports including cross country.

## Tech's Office of Student Life

The Office of Student Life within the Virginia Tech Department of Athletics is dedicated to enhancing the quality of the student-athlete experience within the university setting through its various programs. The HiTOPS CHAMPS/Life Skills Program was created to achieve its mission.

The HiTOPS CHAMPS/Life Skills Program (Hokies Turning Opportunities into Personal Success) provides a well-rounded program for student-athletes to develop the individual skills necessary to lead successful and productive lives.

"The HiTOPS CHAMPS/Life Skills program is an excellent way to enhance the total development of students participating in intercollegiate athletics," Jermaine Holmes, director of student life said.

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



**Jermaine Holmes**



**Amy Freel**

development. Throughout the career of every student-athlete, this program attempts to build individual confidence, promote respect for diversity, enhance interpersonal relationships, develop leadership skills and enable each one to make a valuable contribution to the community.

Many runners take part in various programs such as Hokie Readers, Kid Fest, Special Olympics, Canned Food Drive and VT Night at local elementary schools.

Academic excellence is promoted through a full range of services available for any student-athlete. HiTOPS is committed to effective study skills programs which facilitate the development of student-athletes as critical thinkers with

a variety of integrated learning skills. A monitored study hall, assigned academic advisors, A-Tech (computer integrated classes) and honors, awards and recognition, such as the Athletic Director's Honor Roll and the Arthur Ashe Jr. Sports Scholars, are all offered by Virginia Tech to help with academics.

HiTOPS is committed to the goal of assisting student-athletes in the process of career development. It is the program's intention to provide a developmental approach that begins with career awareness which then leads to career exploration and, finally, job placement.

CHAMPS/Life Skills programs encourage student-athletes to transfer the lessons learned in athletic participation to their daily life experiences. Virginia Tech strives to provide its student-athletes with excellent facilities, staff, equipment and support programs.

HiTOPS is committed to the goal of assisting in developing the total person. Student-athletes are given opportunities to acquire appropriate communication skills and decision-making skills that will enable them to manage their personal and professional lives.

Tech's overriding goal continues to be a combination of excellence in both athletic competition and academic achievement. These five commitments of the HiTOPS CHAMPS/Life Skills programs help lead to the development of productive, responsible and successful lives for Virginia Tech student-athletes.

The Office of Student Life is headed by Holmes and Amy Freel. Holmes is in his second year as the director of student life for Virginia Tech and third year working in the department of athletics.

Freel is in her second year as the coordinator of student life at Virginia Tech. She came to Blacksburg in September, 1999, after serving as a registered dietitian at a nearby hospital in Salem, Va.



# The Excitement of Virginia Tech Athletics

