

VIRGINIA TECH CROSS COUNTRY



THIS WEEK: Appalachian State Invite

Boone, N.C. • Friday, Oct. 15 • 3 p.m.

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APPALACHIAN STATE INVITE

This week, Virginia Tech squads will travel south to Boone, N.C., to compete in the Appalachian State Invite. The women's squad will run a 5k race scheduled for 3 p.m., followed by the men's 8k slated to start at 3:45.

MEET RECAP - CHARLOTTE INVITE

In their third meet of the season, their first on the road, both Tech squads earned second-place finishes in the UNC Charlotte Invite on October 1. The men's squad earned 54 points, while the women's team came away with 51. In both competitions this season that have been scored, the Hokies have placed second. Winners at the UNC Charlotte Invite were Wake Forest in the men's 8k (38 pts.) and Clemson in the women's 5k (43).

In the women's 5k, Sammy Dow and Courtney Dobbs were Tech's two highest finishers, both placing in the top ten for four and seven points, respectively. Dow placed fifth, crossing the line at 17:23.4, with Dobbs finishing eighth at 17:39.3. Paige Kvartunas finished just out of the top ten, coming in 11th at 17:47.5 for ten points.

In the men's 8k, Jason Cusack and Eddie Judge finished back-to-back at seventh (25:05.9) and eighth (25:06.9), respectively, as the Hokies' two highest finishers. Ryan Hagen placed tenth at 25:11.1, rounding out Tech's top-ten finishers.

Head Coach Ben Thomas
at Virginia Tech
(2001-present)

- 11 NCAA All-Americans (cross country, 2003, 2007, 2008; 1,500m, 2004; DMR, 2007; 5,000m, 2008, 2010; mile, 2009)
- 18th-place women's team finish at 2006 NCAA Cross Country Championships
- Eleven NCAA Cross Country Championships participants
- Nineteen NCAA All-Region cross country runners
- Eight All-ACC cross country runners
- One All-BIG EAST cross country runner
- Thirteen ACC Champions (track)
- One BIG EAST Champion (track)
- Twenty-three school records (track)

Contact Information

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2010 VIRGINIA TECH CROSS COUNTRY SCHEDULE

(all times eastern, results listed if applicable)

Friday, Sept. 3: Virginia Tech Cross Country Relays - Blacksburg, Va.

Friday, Sept. 17: Virginia Tech Alumni Invitational - Blacksburg, Va. - 2nd / M - 30, W - 35

Friday, Oct. 1: UNC Charlotte Invite - Charlotte, N.C. - 2nd/ M - 54, W - 51

Friday, Oct. 15: Appalachian State Invite - Boone, N.C. - 4 p.m.

Saturday, Oct. 30: ACC Championships - Boston, Mass. - 11 a.m.

Friday, Nov. 5: Hokie Open Race - Blacksburg, Va. - 5 p.m.

Saturday, Nov. 13: NCAA Southeast Region Championship - Louisville, Ky. - 11 a.m.

Monday, Nov. 22: NCAA Championships - Terre Haute, Ind. - TBA

SEASON RESULTS

DNC = Did Not Compete, DNF = Did Not Finish, *Italics* = Competed Unattached, **Bold** = Highest Tech Finisher
Name.....Time (Finish/Place)

<u>Name</u>	<u>Tech Relays 2x3.5k (9/3)</u>	<u>Alumni Invite 7.6k (9/17)</u>	<u>Charlotte Invite 8k (10/1)</u>
Jared Berman	DNC.....	DNC	DNC
Devin Cornwall	DNC.....	23:42.97 (2).....	DNC
Jason Cusack	42:52.0 (1)	24:16.53 (7)	25:05.9 (7)
Tihut Degfae	DNF.....	24:55.67 (16).....	25:33.9 (18)
Kevin Dowd	DNC.....	24:33.85 (13).....	25:14.8 (12)
Doug Fenstermacher.....	45:42.0 (6)	24:32.74 (12).....	25:34.2 (19)
Ryan Hagen	42:52.0 (1)	24:29.42 (10).....	25:11.1 (10)
Michael Hammond	DNC.....	23:44.67 (3).....	DNC
Eddie Judge	DNC.....	24:23.71 (8).....	25:06.9 (8)
Will Mulherin	DNC.....	23:37.25 (1).....	DNC
Joey Murray.....	DNC.....	25:17.63 (21).....	25:44.0 (25)
Grant Pollock.....	DNC.....	DNC	25:53.8 (34)
Chris Walizer	DNC.....	DNC	18:52.8 (27)
Brian Welch.....	DNC.....	23:55.96 (4).....	DNC
Ryan Witt.....	DNF.....	26:17.82 (35).....	27:47.8 (112)
Yazid Zouaimia.....	DNC.....	24:35.66 (14).....	19:07.8 (22)

<u>Name</u>	<u>Tech Relays 2x2.5k (9/3)</u>	<u>Alumni Invite 4.6k (9/17)</u>	<u>Charlotte Invite 5k (10/1)</u>
Julianne Bigler.....	DNC.....	17:57.96 (19).....	18:23.1 (33)
Rachel Brennan.....	42:05.1 (12)	21:18.30 (46).....	DNC
Stephanie Cario	38:38.5 (5)	17:56.54 (18).....	18:07.3 (22)
Margaret Castelvechi.....	DNC.....	25:21.48 (56).....	DNC
Taylor Crosson.....	DNC.....	17:22.36 (9).....	17:58.9 (19)
Drew Dillon	41:52.4 (11)	DNC	DNC
Courtney Dobbs.....	DNC.....	16:57.84 (3).....	17:39.3 (8)
Sammy Dow	DNC.....	16:47.94 (2).....	17:23.4 (5)
Frances Dowd	37:58.3 (3).....	18:20.82 (27).....	19:15.1 (78)
Sonia Doulamis	DNC.....	DNC	DNC
Casey Gresham	37:50.0 (2)	17:11.65 (6)	17:54.2 (15)
Kaitlyn Hunter.....	DNC.....	22:10.38 (52).....	DNC
Paige Kwartunas	DNC.....	17:03.79 (5).....	17:47.5 (11)
Lauren Lemieux.....	DNC.....	18:32.25 (31).....	19:27.9 (87)
Jackie Merrick.....	40:03.2 (7).....	18:13.65 (25).....	18:41.3 (46)
Madalyn Nuckols.....	DNC.....	17:12.86 (7).....	18:22.5 (32)
Katelyn Oldham	DNC.....	DNC	DNC
Lauren Pinkston	DNC.....	DNC	19:23.8 (84)
Samantha Sawyer.....	41:52.4 (11)	18:58.44 (33).....	DNC
Taryn Schrader	38:38.5 (5)	18:20.82 (26).....	DNC
Lindsay Skolrood.....	42:05.1 (12)	19:18.15 (35).....	DNC
Mary Catherine Sowder	37:50.0 (2)	17:42.67 (15).....	19:15.8 (79)
Corene Steinert.....	DNC.....	21:18.08 (45).....	DNC
Erin Stehle	37:58.3 (3).....	17:26.81 (10).....	18:17.8 (30)
Jessica Trapeni	DNC.....	17:35.26 (11).....	17:55.4 (17)
Jennifer Van Der Sloot.....	40:03.2 (7).....	20:58.85 (42).....	DNC
Alex Watt.....	DNC.....	17:18.86 (8).....	18:06.2 (21)
Erika Weidman.....	39:39.0 (6)	18:41.86 (32).....	18:46.7 (52)

2010 ROSTER

MEN'S

Name	Class	Hometown	High School	Major
Jared Berman	So.	Fairfax, Va.	James Robinson	Engineering
Jason Cusack	So.	Griswold, Conn.	Griswold	Industrial Design
Tihut Degfae	So.	Yirgalem, Ethiopia	Thomas A. Edison	University Studies
Kevin Dowd	Fr.	Fairfax, Va.	Fairfax	Business
Doug Fenstermacher	So.	Gloucester, Va.	Gloucester	University Studies
Ryan Hagen	So.	Sterlin, Va.	Potomac Falls	Human Nutrition, Foods and Exercise
Michael Hammond	Jr.	Midlothian, Va.	Midlothian	Economics
Eddie Judge	Sr.	Virginia Beach, Va.	F.W. Cox	Business
Will Mulherin	Jr.	Yorktown, Va.	Tabb	Engineering
Joseph Murray	So.	Fredericksburg, Va.	Stafford	Geoscience
Grant Pollock	Fr.	Richmond, Va.	Mills Godwin	Human Nutrition, Foods and Exercise
Chris Walizer	Jr.	Hershey, Pa.	Hershey	Finance
Brian Welch	Jr.	Richmond, Va.	Mills Godwin	University Studies
Ryan Witt	Sr.	Winchester, Va.	Sherando	Engineering
Yazid Zouaimia	Fr.	Clifton, Va.	Centreville	Computer Science

WOMEN'S

Name	Class	Hometown	High School	Major
Julianne Bigler	Fr.	Alexandria, Va.	West Potomac	Biological Sciences
Rachel Brennan	Fr.	Roanoke, Va.	Hidden Valley	Interior Design
Stephanie Cario	Fr.	Mechanicsville, Va.	Lee Davis	Human Nutrition, Foods and Exercise
Margaret Castelvechi	Fr.	Montpelier, Va.	Patrick Henry	Chemical Engineering
Taylor Crosson	Fr.	Fairfax Station, Va.	James W. Robinson	Business
Drew Dillon	Fr.	Roanoke, Va.	Hidden Valley	Agriculture and Life Sciences
Courtney Dobbs	Fr.	Glen Allen, Va.	Deep Run	Finance
Sonia Doulamis	Fr.	Lowell, Mass.	Academy of Notre Dame	Human Nutrition, Foods and Exercise
Sammy Dow	Jr.	Midlothian, Va.	Midlothian	Biology
Frances Dowd	So.	Fairfax, Va.	Fairfax	Business Management
Casey Gresham	So.	Chesapeake, Va.	Western Branch	History
Kaitlyn Hunter	Fr.	Sterling, Va.	Potomac Falls	Horticulture
Paige Kwartunas	Fr.	Springfield, Va.	West Springfield	Human Nutrition, Foods and Exercise
Lauren Lemieux	So.	Huntsville, Ala.	Virgil I. Grissom	Engineering Science and Mechanics
Jackie Merrick	Sr.	West Chester, Pa.	Henderson	Engineering
Madalyn Nuckols	Fr.	Glen Allen, Va.	Deep Run	Undecided
Katelyn Oldham	So.	Wilmington, Del.	The Tatnall School	University Studies
Lauren Pinkston	Jr.	Herndon, Va.	Herndon	Accounting and Information Systems
Samantha Sawyer	Fr.	Indian Trail, N.C.	Sun Valley	Animal and Poultry Science
Taryn Schrader	So.	Virginia Beach, Va.	Bishop Sullivan Catholic	Biological Sciences
Lindsay Skolrood	Fr.	Roanoke, Va.	Hidden Valley	Communications
Mary Catherine Sowder	Fr.	Roanoke, Va.	Hidden Valley	University Studies
Erin Stehle	Jr.	Midlothian, Va.	Midlothian	Human Nutrition, Foods and Exercise
Corene Steinert	Fr.	Morris Plains, N.J.	Morristown	Physics
Jessica Trapeni	Sr.	Fairfax, Va.	Fairfax	Biochemistry
Jennifer van der Sloot	So.	Morgantown, W. Va.	University	Architecture
Alex Watt	Fr.	Springfield, Va.	West Springfield	Architecture
Erika Weidman	So.	Alexandria, Va.	T.C. Williams	Biochemistry