

VIRGINIA TECH CROSS COUNTRY



THIS WEEK: Hokie Open Race
Tech Cross Country Course • Friday, Nov. 5 • 4 p.m.
www.hokiesports.com/cc/



HOKIE OPEN RACE

Tech will compete in its last competition before Regionals, hosting the Hokie Open Race on Friday, Nov. 5 at Tech Cross Country Course. The women's competitors will kick things off at 4 p.m. with a 4k race. The men will follow shortly after, running the 6k course.

MEET RECAP - ACC CHAMPIONSHIPS

The men's squad placed seventh with 242 points and the women placed eighth with 207. Florida State won both the women's and the men's competitions.

Chris Walizer was Tech's highest finisher in the men's 8k (44th, 25:07.0). Just over ten seconds later, the Hokies' Jason Cusack crossed the line (54th, 25:20.02), followed closely by Doug Fenstermacher (57th, 25:25.1) and Eddie Judge (58th, 25:28.0) finishing back-to-back.

Sammy Dow earned Tech's highest finish in the women's 6k, placing 32nd at 21:23.8, less than a second behind the 31st-place runner. Paige Kwartunas was next, coming in at 21:27.4 to place 36th. Courtney Dobbs came in with the next pack of runners (41st, 21:36.2) with Madalyn Nuckols following suit (50th, 21:58.0).

LOOKING AHEAD - SOUTHEAST REGIONALS

After the Hokie Open Race, Tech will move on to the post season portion of the schedule, traveling to Louisville, Ky. for the NCAA Southeast Region Championships on Saturday, Nov. 13. The top two teams for each gender in each of the nine regions (18 teams per gender) will earn automatic bids to the NCAA Championships. From there, 13 at-large teams as well as qualifying individual competitors will also be chosen to the field.

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. - W (2nd) 63 pts., M (3rd) 108 pts.

Saturday, Oct. 30: ACC Championships - Boston, Mass. - M (7th) 242 pts., W (8th) 207 pts.

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
 # = Redshirting, 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
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.....	<i>45:42.0 (6)</i>	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.....	<i>42:05.1 (12)</i>	21:18.30 (46).....	DNC
Stephanie Cario	<i>38:38.5 (5)</i>	17:56.54 (18).....	18:07.3 (22)
Margaret Castelveccchi.....	DNC.....	25:21.48 (56).....	DNC
Taylor Crosson.....	DNC.....	17:22.36 (9).....	17:58.9 (19)
Drew Dillon	<i>41:52.4 (11)</i>	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	<i>37:58.3 (3)</i>	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.....	<i>40:03.2 (7)</i>	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.....	<i>41:52.4 (11)</i>	18:58.44 (33).....	DNC
Taryn Schrader	<i>38:38.5 (5)</i>	18:20.82 (26).....	DNC
Lindsay Skolrood.....	<i>42:05.1 (12)</i>	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	<i>37:58.3 (3)</i>	17:26.81 (10).....	18:17.8 (30)
Jessica Trapeni	DNC.....	17:35.26 (11).....	17:55.4 (17)
Jennifer Van Der Sloot.....	<i>40:03.2 (7)</i>	20:58.85 (42).....	DNC
Alex Watt	DNC.....	17:18.86 (8).....	18:06.2 (21)
Erika Weidman.....	<i>39:39.0 (6)</i>	18:41.86 (32).....	18:46.7 (52)

SEASON RESULTS

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

<u>Name</u>	<u>App. St. Invite 8k (10/15)</u>	<u>ACC Champ. 8k (10/30)</u>
#Jared Berman	DNC.....	DNC
Jason Cusack	25:32.4 (25).....	25:20.02 (54)
Tihut Degfae	25:44.7 (33).....	25:37.1 (64)
Kevin Dowd	DNC.....	DNC
Doug Fenstermacher.....	25:58.5 (42).....	25:25.1 (57)
Ryan Hagen	25:48.9 (37).....	25:42.0 (66)
#Michael Hammond.....	DNC.....	DNC
Eddie Judge	25:24.1 (22)	25:28.0 (58)
#Will Mulherin	DNC.....	DNC
Joey Murray.....	25:35.9 (27).....	25:42.2 (67)
Grant Pollock.....	26:37.2 (72).....	25:59.1 (78)
Chris Walizer	26:24.2 (62).....	25:07.0 (44)
#Brian Welch.....	DNC.....	DNC
Ryan Witt.....	DNC.....	DNC
Yazid Zouaimia.....	25:53.9 (40).....	26:06.9 (81)

<u>Name</u>	<u>App. St. Invite 5k (10/15)</u>	<u>ACC Champ. 6k (10/30)</u>
Julianne Bigler.....	19:28.7 (94).....	DNC
Rachel Brennan.....	DNC.....	DNC
Stephanie Cario	18:49.0 (45).....	22:20.8 (63)
Margaret Castelveccchi.....	DNC.....	DNC
Taylor Crosson.....	18:20.5 (21).....	22:08.6 (57)
Drew Dillon	DNC.....	DNC
Courtney Dobbs	18:28.0 (27).....	21:36.2 (41)
Sammy Dow	17:56.4 (10).....	21:23.8 (32)
Frances Dowd	DNC.....	DNC
Sonia Doulamis	DNC.....	DNC
Casey Gresham	18:48.7 (44).....	DNC
Kaitlyn Hunter	DNC.....	DNC
Paige Kwartunas	17:55.5 (9)	21:27.4 (36)
Lauren Lemieux.....	18:57.7 (52).....	22:28.0 (70)
Jackie Merrick.....	18:55.1 (49).....	22:25.3 (67)
Madalyn Nuckols.....	18:36.1 (34).....	21:58.0 (50)
Katelyn Oldham	DNC.....	DNC
Lauren Pinkston	19:07.4 (66).....	DNC
Samantha Sawyer.....	DNC.....	DNC
Taryn Schrader	DNC.....	DNC
Lindsay Skolrood.....	DNC.....	DNC
Mary Catherine Sowder	DNC.....	DNC
Corene Steinert.....	DNC.....	DNC
Erin Stehle	DNC.....	DNC
Jessica Trapeni	18:19.5 (19).....	22:04.8 (53)
Jennifer Van Der Sloot.....	DNC.....	DNC
Alex Watt	18:39.9 (38).....	22:41.1 (80)
Erika Weidman.....	19:37.4 (105).....	DNC

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