

2011 Virginia Tech Cross Country



Meet Notes #3

Meet #3

Virginia Tech at the Charlotte Invitational
September 30, 2011

Women's Races: 5k • 4 p.m./5:15 p.m.

Men's Races: 8k • 4:45 p.m./5:45 p.m.

McAlpine Park • Charlotte, N.C.

Meet #4

Virginia Tech HOSTS The VT Open
September 30, 2011

Women's Race: 6k • 6 p.m.

Men's Race: 8k • 6:40 p.m.

Tech Cross Country Course • Blacksburg, Va.

PREVIEWING THE WEEKEND...

- The Virginia Tech cross country team will split its squad between two meets on Friday, Sept. 30 as Tech runners will either compete at the Charlotte Invitational at McAlpine Park in Charlotte, N.C., or the VT Open at the Tech Cross Country Course on campus in Blacksburg. The Charlotte Invite features the women's "A" 5k at 4 p.m. and the men's "A" 8k at 4:45 p.m., while the women's "B" (non-scoring) 5k is at 5:15 p.m., followed by the men's "B" (non-scoring) 8k at 5:45 p.m. 43 women's teams and 36 men's teams are competing at Charlotte. The VT Open starts with the women's 6k at 6 p.m., followed by the men's 8k at 6:40 p.m.

LAST TIME OUT...

- The Virginia Tech men's and women's cross country teams last raced two weeks ago at the Clemson Invitational on Sept. 16 at Musser Farms. The meet gave Tech a chance to preview this year's ACC Championship course as the men finished second out of 12 teams, while the women placed fourth out of 12 teams. For the men, Ryan Hagen led the way in 14th with a time of 24:46.39 for the 8k course. Taylor Crosson finished first for the Tech women in 21:50.32 over the 6k course to place 22nd individually.

2011 Cross Country Schedule

Date	Meet	Site	Time/Result
Sept. 2	Virginia Tech Alumni Invitational	Blacksburg, Va.	No Team Score
Sept. 16	at Clemson Invitational	Clemson, S.C.	Men 2/12, Women 4/12
Sept. 30	at Charlotte Invitational	Charlotte, N.C.	4:00 p.m.
Sept. 30	Virginia Tech Open	Blacksburg, Va.	6:00 p.m.
Oct. 14	at Appalachian State Blue Ridge Open	Boone, N.C.	3:00 p.m.
Oct. 16	at Indiana State Pre-National Invitational	Terre Haute, Ind.	11:00 a.m.
Oct. 29	at ACC Championship	Clemson, S.C.	11:00 a.m.
Nov. 4	Hokie Open	Blacksburg, Va.	4:00 p.m.
Nov. 12	at NCAA Southeast Regional	Louisville, Ky.	11:00 a.m.
Nov. 21	at NCAA Championship	Terre Haute, Ind.	12:00 p.m.

*Home Meets in **Bold**

MEDIA INFORMATION

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Blacksburg, VA 24061



Virginia Tech Quick Facts

GENERAL

Location..... Blacksburg, Va.
 Enrollment..... 31,000
 Founded..... 1872
 Colors..... Chicago maroon and burnt orange
 Nickname..... Hokies
 Conference..... Atlantic Coast
 President..... Charles W. Steger
 Director of Athletics..... Jim Weaver
 Home Course..... Tech Cross Country Course
 Athletics Website..... www.hokiesports.com
 Cross Country Website..... www.hokiesports.com/cc
 Cross Country Twitter www.twitter.com/VT_Track
 Athletics Facebook ..www.facebook.com/hokiesports

COACHING STAFF

Director of Track & Field/XC..... Dave Cianelli
 Alma Mater, Yr.Bowling Green, 1977
 Overall Year..... 27th
 Year at Virginia Tech..... 11th
 Cianelli Office Phone..... (540) 231-3094
 Cianelli E-mail..... dcianell@vt.edu
 Head XC/Distance Coach..... Ben Thomas
 Alma Mater, Yr.Virginia Tech, 1992
 Overall Year..... 17th
 Year at Virginia Tech..... 11th
 Thomas Office Phone..... (540) 231-9978
 Thomas E-mail..... bethoma1@vt.edu
 Assistant XC/Distance Coach.....
 Jen McGranahan (Florida, 2002)
 Technical Director.....
 Stacey Vidt (Virginia Tech, 2003)

HISTORY

All-Americans..... 9 (4 Men, 5 Women)
 All-Region Performances..... 41 (20 Men, 21 Women)
 All-ACC Performances..... 10 (5 Men, 5 Women)
 Men's Team NCAA Appearances..... 4
 Best Finish..... 4th, 1987
 Women's Team NCAA Appearances..... 1
 Best Finish..... 18th, 2006
 Last All-American..... Tasmin Fanning (2008, 3rd)
 Men's Best Regional Finish..... 1st, 1987
 Women's Best Regional Finish..... 3rd, 2006

2010 REVIEW

Men's ACC Finish..... 7th
 Women's ACC Finish..... 8th
 Men's NCAA Regional Finish..... 14th
 Women's NCAA Regional Finish..... 5th
 All-Conference Runner Returning.....
 Will Mulherin (2009, 7th)
 All-Regional Runner Returning.....
 Paige Kvartunas (2010, 18th)

Hokie Notes

RUNNING WITH THE PACK...

- In the Hokies' last meet at Clemson on Sept. 16, head coach Ben Thomas gave both the men's and women's team the goal of finishing as a group. The men's goal was to finish as a pack of nine runners, while the women's was to finish as a group of seven runners. Both teams ran according to the plan as the first six Hokie men finished as a pack and their nine-man spread was only 14 seconds. The women also finished as a strong pack of six runners, with the seventh Hokie not far behind.

CHAMPIONSHIP COURSES...

- This season, Virginia Tech will have the opportunity to preview two championship courses in tune-ups before the big races.
 - Two weeks ago, the Hokies traveled to Musser Farms in Clemson, S.C., site of this year's ACC Championship on Oct. 29, for the Clemson Invitational.
 - On Oct. 16, Tech will get a look at the NCAA National Meet course when they visit Terre Haute, Ind. for the Indiana State Pre-National Invite. The NCAA Championship Meet is Nov. 21.

REGIONAL RANKINGS...

- In the latest United States Track & Field and Cross Country Coaches Association's (USTFCCCA) NCAA Regional Cross Country rankings, the Hokie women are ranked fifth, while the men are tabbed sixth in the Southeast Region.

STELLAR SOPHOMORES...

- Last season, head coach Ben Thomas' women's regional line-up of seven consisted of five freshmen. This year, Taylor Crosson, Courtney Dobbs, Paige Kvartunas, Madalyn Nuckols and Alex Watt are back with a year of college racing experience. Thomas also returns senior Sammy Dow from last year's fifth place regional team, giving him all of his top six runners back.

SIBLINGS...

- Tihut and Leoule Degfae are twins and both attended Thomas A. Edison High School in Alexandria, Va.
 - Kevin and Frances Dowd are brother and sister and are graduates of Fairfax High School in Fairfax, Va.
 - Pat Woodford's sister, Natalie, runs sprints for the Tech track & field team. They attended Patrick Henry High School in Roanoke, Va.

TEAMMATES...

- Freshman Darren Barlow, freshman Brayden Burleigh, redshirt-junior Michael Hammond, senior Sammy Dow and senior Erin Stehle (Midlothian High School; Midlothian, Va.)
 - Redshirt-sophomore Jared Berman and sophomore Taylor Crosson (James W. Robinson High School; Fairfax, Va.)
 - Sophomore Grant Pollock and redshirt-junior Brian Welch (Mills Godwin High School; Richmond, Va.)
 - Sophomores Courtney Dobbs and Madalyn Nuckols (Deep Run High School; Glen Allen, Va.)
 - Sophomores Paige Kvartunas and Alex Watt (West Springfield High School; Springfield, Va.)



Coaching Staff

THE THOMAS FILE

Virginia Tech (2001-Present)

- 10 NCAA All-Americans (cross country, 2003, 2007, 2008; 1,500m, 2004, 2011; DMR, 2007; 5,000m, 2008, 2010; mile, 2009, 2011)
- 18th-place women's team finish at 2006 NCAA Cross Country Championships
- Eleven NCAA Championships cross country participants
- Twenty NCAA All-Region cross country runners
- One NCAA Southeast Region cross country champion
- Eight All-ACC cross country runners
- One All-BIG EAST cross country runner
- Fourteen ACC Champions (track)
- One BIG EAST Champion (track)
- Twenty-nine school records (track)

Brevard College (1999-01)

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

Appalachian State (1995-99)

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

HEAD CROSS COUNTRY/DISTANCE COACH BEN THOMAS

Ben Thomas has been Virginia Tech's head cross country coach and distance coach since 2001 and now has 16 years of collegiate coaching experience. During 10 seasons coaching at Tech, the Hokies have emerged as contenders in not only the Atlantic Coast Conference and the NCAA Southeast Region, but the entire nation. Thomas is extremely familiar with the Hokie program, having competed in cross country and middle distance for Tech from 1987 to 1992.



On the track, Thomas has coached a distance crew that has broken school track records in the outdoor 800m, 1,500m, 3,000m steeplechase, indoor 1,000m, mile, 3000m and 5,000m as well as the outdoor 4x800m, the 4x1,500m and the distance medley relays. Last season alone, Thomas' distance unit broke six Tech records. Michael Hammond won his second straight ACC title and earned All-American honors in the indoor mile and also garnered All-America accolades in the outdoor 1,500-meter run. Hammond then went on to finish 13th in the 1,500-meter at the USA Outdoor Track & Field Championships in Eugene, Ore. Sammy Dow and Jason Cusack each broke school-records in the 3,000-meter steeplechase. In 2010, Will Mulherin earned All-America honors at the NCAA Outdoor Championships and set the school record in the 5,000-meter event at 13:50.76.

In cross country, Paige Kwartunas capped her 2010 season by earning NCAA All-Region honors for the first time in her career leading the women to a fifth place team finish. Kwartunas became the first Tech woman to earn All-Region honors since 2008 and the Hokie's fifth place at Regionals was their highest since 2007. In addition, the 2010 women's team earned USTFCCCA All-Academic accolades with a 3.19 team grade point average. Devin Cornwall achieved all-region status for the first time in his cross country career in 2009. In 2008, Tasmin Fanning placed ninth at the U.S. Olympic Trials in the 5000-meter event, setting a new school record of 15:37.73. Thomas also guided Fanning to two All-America performances at the NCAA Cross Country Championships. She placed third in 2008, the highest finish ever by a Virginia Tech athlete, and 12th out of 255 runners in 2007. Thomas led the women's squad to the best season in program history in 2006 by posting an 18th-place finish in their first-ever appearance at the NCAA Championships. The Hokie women reached the national meet following a third-place effort at the NCAA Southeast Regional behind an unprecedented five all-region performers. The men captured their best-ever point total at the ACC Outdoor Championships and had their best performance in the NCAA Southeast Regional since 1995. Paul LaPenna became the first Hokie to earn all-region honors since 2003, while Cornwall was named the ACC Freshman of the Year.

Thomas served as the men's and women's distance coach at the University of Georgia for six months before arriving in Blacksburg, and prior to that he was the head track and field and cross country coach at Brevard College. At Brevard, Thomas was named 1999 NAIA Region XII Coach of the Year after leading the men's cross country team to the NAIA Region XII title. Before Brevard, Thomas was the women's cross country coach and assistant track coach at Appalachian State University from 1995-1999.

A native of Lynchburg, Va., Thomas earned a B.A. in English from Virginia Tech in 1992 before completing coursework for an M.A. in education from Lynchburg College in 1999. Thomas began his coaching career with the track & field team at E.C. Glass High School (1992-94) in Lynchburg and coaching cross country at Blacksburg High School (1994-95).

Thomas, his wife, Ann McGranahan, and their daughter, Reily Kathleen Thomas, reside in Blacksburg.

ASSISTANT COACHES/SUPPORT STAFF



Jen McGranahan
Assistant
Distance Coach



Stacey Vidt
Technical
Director



Coaching Staff

THE CIANELLI FILE

Virginia Tech (2001-Present)

- 10 NCAA individual champions, the first in Virginia Tech history
- 100 All-Americans
- Two NCAA East Region team championships
- Five ACC team championships
- Eighty-nine ACC individual champions
- Twelve BIG EAST Conference champions
- Had 20 athletes earn All-America performances in 2011, the most in his coaching tenure
- 2011 USTFCCA Men's Indoor and Outdoor Southeast Region Coach of the Year
- 2011 ACC Men's Indoor Coach of the Year
- 2010 ACC Men's Outdoor Coach of the Year
- 2007 and 2008 ACC Women's Indoor, Outdoor and East Region Coach of the Year

Southern Methodist University (1988-2001)

- Eight top-10 finishes at the women's NCAA Track & Field Championships
- Seven top-10 finishes at the men's NCAA Track & Field Championships
- 1995 men's and women's Southwest Conference cross country champions
- Individual achievements included 19 Olympic and World Championships competitors, 27 NCAA champions, 123 All-Americans, 95 conference champions

Cal-Poly San Luis Obispo (1985-1988)

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

By The Numbers

236 All-Americans • 184 Conference champions • 98 Percent graduation rate at Virginia Tech • 38 NCAA champions • 139 School records at Virginia Tech • 23 Olympic and World championship qualifiers • 20 Top-10 women's NCAA finishes • 14 Top-10 men's NCAA finishes • 3 NCAA Division II cross country national championships • 3 NCAA Division II outdoor track runners-up

DIRECTOR OF TRACK & FIELD and CROSS COUNTRY DAVE CIANELLI

Entering his 11th year as Director of Virginia Tech Track & Field and Cross Country, Dave Cianelli has built the Hokie program into one of the elite programs in the Atlantic Coast Conference and the nation. Since Cianelli's arrival in the fall of 2001, Virginia Tech athletes have produced 10 NCAA individual titles, 100 NCAA All-America performances and 89 conference titles. In addition, Hokie teams have finished in the national top-10 five times and the national top-20 17 times since 2005.

NCAA, REGIONAL AND ACC SUCCESS

The 2011 Hokies continued to demonstrate why they are one of the nation's elite track & field programs. The men's team fifth-place finish at the NCAA Outdoor Championships was the highest in program history and matched the finish of the 2010 women's outdoor squad. The men also placed 15th at the NCAA Indoor Championships, won their first-ever ACC Indoor crown and placed second in the conference outdoors. The women finished 20th at the NCAA Outdoor Championships and were third at the indoor conference championship. Alexander Ziegler and Dorotea Habazin each won national titles in the hammer throw and Marcel Lomnický (hammer) and Matthias Treff (javelin) both earned national runner-up finishes. Ziegler also placed second nationally in the indoor weight throw. In all, 14 different Hokies earned a total of 20 All-American performances.

USA AND INTERNATIONAL SUCCESS

In the summer of 2011, the Hokies were well represented at the United States Senior and Junior Outdoor Track & Field National Championships. Michael Hammond qualified for the final of the senior 1,500-meter run and finished 13th, while teammates Taylor Crosson and Courtney Dobbs finished second and third, respectively in the 5,000-meters at the USA Junior Outdoor Track & Field Championships. In 2010, Jared Berman placed second in the 3,000-meter steeplechase at the USA Junior Championships and advanced to the IAAF World Junior Championships and where he made the final, placing ninth.

In 2008, Queen Harrison made history when she earned a spot on the U.S. Olympic team, by finishing second in the 400-meter hurdles at the U.S. Olympic Trials to qualify in the event. Harrison was the first Tech track and field athlete to represent any country in the Olympics and only the second Hokie to become an American Olympian in any sport, following Bimbo Coles who represented the United States in basketball in 1988.

COACH OF THE YEAR HONORS

Cianelli's illustrious career is proven by the awards he has collected throughout his career. This past season, he was awarded both the Men's Indoor and Outdoor Southeast Region Coach of the Year award by the USTFCCA. Cianelli was also named the Men's ACC Indoor Coach of the Year for leading the Hokies to their first-ever ACC Indoor title.

Last year, he was named the 2010 ACC Men's Outdoor Coach of the Year. In 2008, he won the ACC Women's Indoor, ACC Women's Outdoor and East Region Women's Coach of the Year honors for the second straight year. Cianelli also won his second consecutive USTFCCA Women's Indoor Southeast Region Coach of the Year honor in 2008.

Cianelli has assembled one of the most accomplished coaching staffs in America. Associate head men's and women's track & field coach Greg Jack was named the USTFCCA's Men's Outdoor Regional Coach of the Year for the second year in a row in 2011. Jack was also named Men's Indoor Regional Coach of the Year in 2010 and National Throws Coach of the Year in 2006. Former Hokie and NAIA Region XII Coach of the Year Ben Thomas is the cross country coach and distance coach and has produced 10 All-Americans in cross country and track during his tenure at Tech. Thomas is assisted by former All-SEC runner Jen McGranahan. Long-time assistant Bob Phillips, a former All-American for the Hokies, coaches the pole vaulters. Phillips earned recognition in 2011 as the USTFCCA's Men's Indoor Regional Assistant Coach of the Year. Tech introduced Charles Foster as the sprints, hurdles and jumps coach in the fall of 2009. Foster quickly made a reputation for himself, earning USTFCCA Regional Coach of the Year honors for the women's sprints and hurdles. Foster is a former world record holder in the 110-meter hurdles and a U.S. Olympian in 1976. Under Foster's coaching, Queen Harrison won three NCAA national titles in the hurdles in 2010 and was selected by Track and Field News as the collegiate athlete of the year and received the 2010 Bowerman Award as the most outstanding female collegiate track and field athlete. Foster was honored in 2008 by the USTFCCA as Men's National Coach of the Year for sprints and hurdles.

ACADEMIC EXCELLENCE

The Virginia Tech track & field and cross country programs continue to achieve at a high level in the classroom. Kelly Phillips became a two-time Capital One Academic All-American in 2011 with her selection to the first team. She also won the NCAA Elite 88 Award, which recognizes the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. For the 2011 track season, 16 total individuals were named to the All-ACC Academic team. In addition, the women's cross country team earned USTFCCA All-Academic accolades for the seventh season in a row. In 2010, both Matej Muza and Kristi Castlin were honored as the ACC scholar-athletes of the year for track and field.

PREVIOUS COACHING EXPERIENCE

Prior to Tech, Cianelli gained plenty of experience in 13 seasons as an assistant coach at Southern Methodist University in Dallas, Texas. With the Mustangs, Cianelli worked with 19 Olympic and World Championship competitors, 27 NCAA individual champions, 123 All-Americans and 95 individual conference champions. Cameron Taylor of New Zealand was a quarterfinalist in the 200m at the 1992 Olympics, and Tytti Reho won the 2000 NCAA championship in the 800m. In cross country, both the men's and women's teams captured the 1995 Southwest Conference titles and earned a spot in the NCAA Championships. During 13 years at SMU, the track & field teams finished in the top-10 nationally 15 separate times.

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

Cianelli started his coaching career at San Marcos High School in Santa Barbara, Calif., as the head track & field coach from 1982-84. In three seasons, he coached seven junior national qualifiers in the heptathlon and decathlon.



Women's Roster

Name	Class	Hometown	High School	Major
Camille Bouvet	Fr.	Bethesda, Md.	Walter Johnson	Wood Science and Forest Products
Stephanie Cario	So.	Mechanicsville, Va.	Lee Davis	Psychology
Taylor Crosson	So.	Fairfax Station, Va.	James W. Robinson	Business
Courtney Dobbs	So.	Glen Allen, Va.	Deep Run	Accounting
Sammy Dow	Sr.	Midlothian, Va.	Midlothian	Biology/HNFE
Frances Dowd	r-So.	Fairfax, Va.	Fairfax	Environmental Policy and Planning
Casey Gresham	Jr.	Chesapeake, Va.	Western Branch	History/Urban and Regional Planning
Ginny Jones	Fr.	Chalfont, Pa.	Central Bucks East	Architecture
Paige Kvartunas	So.	Springfield, Va.	West Springfield	Human Nutrition, Foods and Exercise
Lauren Lemieux	Jr.	Huntsville, Ala.	Virgil I. Grissom	Engineering Science and Mechanics
Ally Masoero	Fr.	Marlton, N.J.	Cherokee	Mathematics Education
Madalyn Nuckols	So.	Glen Allen, Va.	Deep Run	Undecided
Lauren Pinkston	Sr.	Herndon, Va.	Herndon	Accounting
Sarah Rapp	Fr.	Raleigh, N.C.	Cardinal Gibbons	Psychology
Katarina Smiljanec	Fr.	Karlovac, Croatia	General Secondary	Human Nutrition, Foods and Exercise
Amanda Smith	Fr.	Chesapeake, Va.	Grassfield	Human Nutrition, Foods and Exercise
Mary Catherine Sowder	So.	Roanoke, Va.	Hidden Valley	Human Nutrition, Foods and Exercise
Erin Stehle	Sr.	Midlothian, Va.	Midlothian	Psychology
Alex Watt	So.	Springfield, Va.	West Springfield	Interior Design
Erika Weidman	So.	Alexandria, Va.	T.C. Williams	Biochemistry

HOKIES BY CLASS

Seniors (3)
 Sammy Dow, Lauren Pinkston, Erin Stehle

Juniors (2)
 Casey Gresham, Lauren Lemieux

Sophomores (9)
 Stephanie Cario, Taylor Crosson, Courtney Dobbs, Frances Dowd, Paige Kvartunas, Madalyn Nuckols, Mary Catherine Sowder, Alex Watt, Erika Weidman

Freshmen (6)
 Camille Bouvet, Ginny Jones, Ally Masoero, Sarah Rapp, Katarina Smiljanec, Amanda Smith

HOKIES BY STATE/COUNTRY

Alabama (1)
 Huntsville Lauren Lemieux

Croatia (1)
 Karlovac Katarina Smiljanec

Maryland (1)
 Bethesda Camille Bouvet

New Jersey (1)
 Marlton Ally Masoero

North Carolina (1)
 Raleigh Sarah Rapp

Pennsylvania (1)
 Chalfont Ginny Jones

Virginia (14)
 Alexandria Erika Weidman
 Chesapeake Casey Gresham,
 Amanda Smith
 Fairfax Frances Dowd
 Fairfax Station Taylor Crosson

Glen Allen Courtney Dobbs,
 Madalyn Nuckols
 Herndon Lauren Pinkston
 Midlothian Sammy Dow,
 Erin Stehle
 Mechanicsville Stephanie Cario
 Roanoke Mary Catherine Sowder
 Springfield Paige Kvartunas, Alex Watt



Men's Roster

Name	Class	Hometown	High School	Major
Darren Barlow	Fr.	Midlothian, Va.	Midlothian	Engineering
Jared Berman	r-So.	Fairfax, Va.	James W. Robinson	Civil and Environmental Engineering
Brayden Burleigh	Fr.	Midlothian, Va.	Midlothian	University Studies
George Carter	Fr.	Blacksburg, Va.	Blacksburg	Computer Science
Thomas Curtin	Fr.	Leesburg, Va.	Loudoun County	University Studies
Jason Cusack	Jr.	Griswold, Conn.	Griswold	Industrial Design
Leoule Degfae	So.	Alexandria, Va.	Thomas A. Edison	Consumer Studies
Tihut Degfae	Jr.	Alexandria, Va.	Thomas A. Edison	Industrial Systems Engineering
Kevin Dowd	So.	Fairfax, Va.	Fairfax	Environmental Policy and Planning
Ryan Hagen	Jr.	Sterling, Va.	Potomac Falls	Human Nutrition, Foods and Exercise
Michael Hammond	r-Jr.	Midlothian, Va.	Midlothian	Economics
Ryan Kuhns	Fr.	Fredericksburg, Va.	Riverbend	University Studies
Will Mulherin	r-Jr.	Yorktown, Va.	Tabb	Mechanical Engineering
Joseph Murray	Jr.	Fredericksburg, Va.	Stafford	Geology
Grant Pollock	So.	Richmond, Va.	Mills Godwin	Human Development
Chris Walizer	Sr.	Hershey, Pa.	Hershey	Human Nutrition, Foods and Exercise
Brian Welch	r-Jr.	Richmond, Va.	Mills Godwin	Civil Engineering
Pat Woodford	Fr.	Roanoke, Va.	Patrick Henry	University Studies

HOKIES BY CLASS

Seniors (1)

Chris Walizer

Juniors (7)

Jason Cusack, Tihut Degfae, Ryan Hagen,
Michael Hammond, Will Mulherin, Joseph
Murray, Brian Welch

Sophomores (4)

Jared Berman, Leoule Degfae, Kevin Dowd,
Grant Pollock

Freshmen (6)

Darren Barlow, Brayden Burleigh, George
Carter, Thomas Curtin, Ryan Kuhns, Pat
Woodford

HOKIES BY STATE

Connecticut (1)

Griswold..... Jason Cusack

Pennsylvania (1)

Hershey Chris Walizer

Virginia (16)

AlexandriaLeoule Degfae,

..... Tihut Degfae

Blacksburg George Carter

Fairfax Jared Berman, Kevin Dowd

Fredericksburg.....Joseph Murray

Leesburg Thomas Curtin

Midlothian.....Michael Hammond

..... Darren Barlow, Brayden Burleigh

Richmond Grant Pollock,

..... Brian Welch

Roanoke..... Pat Woodford

Spotsylvania Ryan Kuhns

Sterling Ryan Hagen

Yorktown Will Mulherin



Meet Recaps

Meet #1 | The VT Alumni Invite | Sept. 2 | No Team Score

BLACKSBURG, Va. -- The Virginia Tech men's and women's cross country teams opened their 2011 seasons on Sept. 2 at the VT Alumni Invitational at the Tech Cross Country Course. The meet was not scored as it was utilized as a tune-up for many Tech competitors who ran unattached. Liberty University's men and women joined the Hokies and several Tech alumni.

Both the men (six kilometers) and women (four kilometers) raced distances shorter than the traditional college lengths of eight kilometers and six kilometers, respectively.

Leading the way for the Tech men were four freshmen who all competed as unattached runners. Ryan Kuhns led the way as he was fourth in 19:51.14 and Brayden Burleigh was fifth in 19:57.00. They were followed by classmates George Carter in sixth (20:04.86) and Pat Woodford in seventh (20:07.88). Liberty's Josh MacDonald won the men's race in 19:26.94.

For the women, sophomore Mary Catherine Sowder ran for Tech and finished third overall in 15:27.98. Freshman Ginny Jones ran unattached and registered a fifth place finish (15:43.41). Sophomore Erika Weidman also ran for the Hokies and was eighth, coming in at 16:27.21. Natalie Hall won the race in 14:52.72 running unattached.

60 total runners competed between the two races, including 28 women and 32 men.

Meet #2 | at Clemson Invite | Sept. 16 | Men 2nd, Women 4th

SENECA, S.C. -- The Virginia Tech men's cross country team placed second out of 12 teams and the women finished fourth of 12 teams at the Clemson Invitational at Musser Farms. The meet gave the Hokies a chance to preview this year's ACC Championship course, as the conference meet is back at Clemson on Oct. 29.

The men tallied 75 points while the women finished with 120 points. Host Clemson won the women's team race with 45 points and Florida State took the men's title with 28 points.

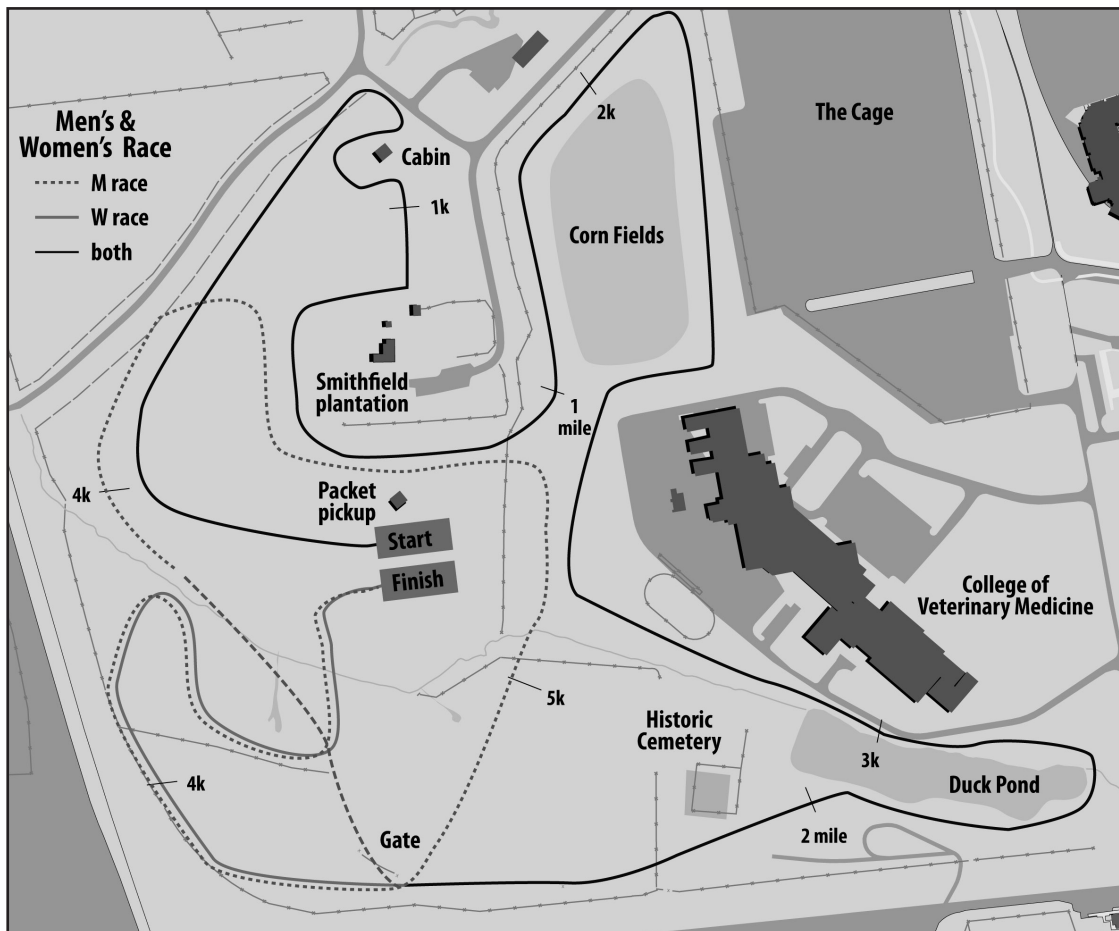
The first six Hokie men to finish all crossed the line within one second of each other, occupying places 14 through 19 overall. Junior Ryan Hagen lead the way with a time of 24:46.39 for the eight kilometer course. He was followed by junior Jason Cusack (24:46.39), redshirt sophomore Jared Berman (24:46.50), redshirt junior Will Mulherin (24:46.58), sophomore Grant Pollock (24:46.60) and redshirt junior Michael Hammond (24:47.17).

The women also finished as a strong pack, taking places 22 through 27 individually. Sophomore Taylor Crosson finished first for Tech in 21:50.32 over the six kilometer Musser Farms course. Crosson was then followed by freshman Sarah Rapp and sophomore Courtney Dobbs, who each clocked the same time of 21:50.42. Senior Sammy Dow (21:50.59), sophomore Alex Watt (21:50.61), sophomore Madalyn Nuckols (21:51.04) and sophomore Paige Kwartunas (32nd, 22:09.72) rounded-out Tech's top-seven finishers.

South Carolina Upstate's Jemeli Sang won the women's race in 20:42.88, while Ty McCormack of Clemson won the men's individual title in 23:56.72. The field included 114 women and 132 men.



The Tech Cross Country Course



During the past 18 years, Virginia Tech's cross country course has provided many benefits to the program and has paid dividends for the Tech cross country team. The course has attracted several of the nation's top programs and been the site of some of the state's largest high school meets.

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

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

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

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

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

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

The Hokies will host three meets on their home course this year, starting with the Virginia Tech Alumni Invitational on Sept. 2.

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

COURSE RECORDS

MEN (SHORT COURSE - 6K)

18:48.00 - Chris Padilla (Virginia Tech), set at the Hokie Open on Nov. 3, 2007

MEN (LONG COURSE - 7.6K)

23:37.3 - Will Mulherin (Virginia Tech) set at VT Alumni Invite on Sept. 17, 2010

WOMEN (SHORT COURSE - 4K)

14:24.30 - Sammy Dow (Virginia Tech), set at the Hokie Open on Nov. 6, 2009

WOMEN (LONG COURSE - 4.7K)

15:55.3 - Tasmin Fanning (Virginia Tech), set at the Virginia Tech Invitational on Sept. 19, 2008





2011 Virginia Tech Cross Country Men's and Women's Season Bests



Men

	VT ALUMNI INVITE	CLEMSON INVITE	CHARLOTTE INVITE	VT OPEN	APP. ST. INVITE	IND. ST. PRE-NATL.	ACC CHAMP.	HOKIE OPEN	NCAA SE REGIONAL	NCAA CHAMP.
DISTANCE	6k	8k	8k	8k						
DATE	9/2/11	9/16/11	9/30/11	9/30/11	10/14/11	10/16/11	10/29/11	11/4/11	11/12/11	11/21/11
FIELD	32 runners	132 runners								
Darren Barlow	DNC	25:00.55 (28)								
Jared Berman	DNC	24:46.50 (16)								
Brayden Burleigh	<i>19:57.00 (5)</i>	DNC								
George Carter	<i>20:04.86 (6)</i>	DNC								
Thomas Curtin	DNC	25:02.53 (31)								
Jason Cusack	DNC	24:46.43 (15)								
Leoule Degfae	DNC	25:15.25 (42)								
Tihut Degfae	DNC	25:00.48 (27)								
Kevin Dowd	DNC	24:56.41 (23)								
Ryan Hagen	DNC	24:46.39 (14)								
Michael Hammond	DNC	24:47.17 (19)								
Ryan Kuhns	<i>19:51.14 (4)</i>	DNC								
Will Mulherin	DNC	24:46.58 (17)								
Joseph Murray	DNC	24:57.51 (25)								
Grant Pollock	DNC	24:46.60 (18)								
Chris Walizer	DNC	25:27.22 (48)								
Brian Welch	DNC	DNC								
Pat Woodford	<i>20:07.88 (7)</i>	DNC								
Team Finish	No Team Score	2/12 (75 pts.)								

italics denote unattached runner

Women

	VT ALUMNI INVITE	CLEMSON INVITE	CHARLOTTE INVITE	VT OPEN	APP. ST. INVITE	IND. ST. PRE-NATL.	ACC CHAMP.	HOKIE OPEN	NCAA SE REGIONAL	NCAA CHAMP.
DISTANCE	4k	6k	5k	6k						
DATE	9/2/11	9/16/11	9/30/11	9/30/11	10/14/11	10/16/11	10/29/11	11/4/11	11/12/11	11/21/11
FIELD	28 runners	114 runners								
Camille Bouvet	DNC	DNC								
Stephanie Cario	DNC	22:42.29 (38)								
Taylor Crosson	DNC	21:50.32 (22)								
Courtney Dobbs	DNC	21:50.42 (T23)								
Sammy Dow	DNC	21:50.59 (25)								
Frances Dowd	DNC	DNC								
Casey Gresham	DNC	DNC								
Ginny Jones	<i>15:43.51 (4)</i>	22:22.71 (36)								
Paige Kwartunas	DNC	22:09.72 (32)								
Lauren Lemieux	DNC	DNC								
Ally Masoero	DNC	DNC								
Madalyn Nuckols	DNC	21:51.04 (27)								
Lauren Pinkston	DNC	DNC								
Sarah Rapp	DNC	21:50.42 (T23)								
Mary Catherine Sowder	<i>15:27.98 (3)</i>	22:47.69 (43)								
Katarina Smiljanec	DNC	DNC								
Amanda Smith	DNC	DNC								
Erin Stehle	DNC	DNC								
Alex Watt	DNC	21:50.61 (26)								
Erika Weidman	<i>16:27.27 (8)</i>	DNC								
Team Finish	No Team Score	4/12 (120 pts.)								

italics denote unattached runner



2011 Virginia Tech Cross Country Men's and Women's Season Bests



Women's Individual Results:

September 2; VT Alumni Invitational; Blacksburg, Va.; 4K Race
 Mary Catherine Sowder (3rd) 15:27.98
Ginny Jones (5th)..... 15:43.51
 Erika Weidman (8th)..... 16:27.27
 Team Finish: No Team Score
 Field: 28 total runners

September 16; Clemson Invitational; Seneca, S.C.; 6K Race
 Taylor Crosson (22nd)..... 21:50.32
 Sarah Rapp (T23rd) 21:50.42
 Courtney Dobbs (T23rd)..... 21:50.42
 Sammy Dow (25th) 21:50.59
 Alex Watt (26th)..... 21:50.61
 Madalyn Nuckols (27th) 21:51.04
 Paige Kwartunas (32nd)..... 22:09.72
 Ginny Jones (36th)..... 22:22.71
 Stephanie Cario (38th) 22:42.29
 Mary Catherine Sowder (43rd)..... 22:47.69
 Team Finish: 4th of 12 Teams, 120 points
 Field: 114 total runners

Men's Individual Results

September 2; VT Alumni Invitational; Blacksburg, Va.; 6K Race
 Ryan Kuhns (4th) 19:51.14
 Brayden Burleigh (5th)..... 19:57.00
 George Carter (6th)..... 20:04.86
 Pat Woodford (7th)..... 20:07.88
 Team Finish: No Team Score
 Field: 32 total runners

September 16; Clemson Invitational; Seneca, S.C.; 8K Race
 Ryan Hagen (14th) 24:46.39
 Jason Cusack (15th) 24:46.43
 Jared Berman (16th)..... 24:46.50
 Will Mulherin (17th) 24:46.58
 Grant Pollock (18th) 24:46.60
 Michael Hammond (19th)..... 24:47.17
 Kevin Dowd (23rd)..... 24:56.41
 Joseph Murray (25th)..... 24:57.51
 Tihut Degfae (27th) 25:00.48
 Darren Barlow (28th) 25:00.55
 Thomas Curtin (31st)..... 25:02.53
 Leoule Degfae (42nd)..... 25:15.25
 Chris Walizer (48th) 25:27.22
 Team Finish: 2nd of 12 Teams, 75 points
 Field: 132 total runners

italics denote unattached runner



2011 Virginia Tech Cross Country Men's and Women's Career Bests



Women

Name	XC Dist.	Time	Event	Year
Camille Bouvet (Fr.)				
Stephanie Cario (So.)	5k	18:07.3	Charlotte Invite	2010
	6k	22:20.8	ACC Championships	2010
Taylor Crosson (So.)	5k	17:58.9	Charlotte Invite	2010
	6k	21:41.7	NCAA Regionals	2010
Courtney Dobbs (So.)	5k	17:39.3	Charlotte Invite	2010
	6k	21:28.9	NCAA Regionals	2010
Sammy Dow (Sr.)	5k	17:23.4	Charlotte Invite	2010
	6k	21:23.8	ACC Championships	2010
Frances Dowd (r-So.)	5k	19:15.1	Charlotte Invite	2010
Casey Gresham (Jr.)	5k	17:54.2	Charlotte Invite	2010
	6k	23:42.4	ACC Championships	2009
Ginny Jones (Fr.)	6k	22:22.71	Clemson Invite	2011
Paige Kwartunas (So.)	5k	17:47.5	Charlotte Invite	2010
	6k	21:00.3	NCAA Regionals	2010
Lauren Lemieux (Jr.)	5k	18:57.7	App. St. Invite	2010
	6k	22:24.9	ACC Championships	2009
Ally Masoero (Fr.)				
Madalyn Nuckols (So.)	5k	18:22.5	Charlotte Invite	2010
	6k	21:37.5	NCAA Regionals	2010
Lauren Pinkston (Sr.)	5k	19:07.4	Charlotte Invite	2010
	6k	22:44.2	ACC Championships	2009
Sarah Rapp (Fr.)	6k	21:50.42	Clemson Invite	2011
Mary Catherine Sowder (So.)	5k	19:15.8	Charlotte Invite	2010
	6k	22:47.69	Clemson Invite	2011
Katarina Smiljanec (Fr.)				
Amanda Smith (Fr.)				
Erin Stehle (Sr.)	5k	18:17.8	Charlotte Invite	2010
	6k	23:43.02	NCAA Regionals	2009
Alex Watt (So.)	5k	18:06.2	Charlotte Invite	2010
	6k	21:50.61	Clemson Invite	2011
Erika Weidman (So.)	5k	18:46.7	Charlotte Invite	2010



2011 Virginia Tech Cross Country Men's and Women's Career Bests



Men

Name	XC Dist.	Time	Event	Year
Darren Barlow (Fr.)	8k	25:00.55	Clemson Invite	2011
Jared Berman (r-So.)	8k	24:46.50	Clemson Invite	2011
Brayden Burleigh (Fr.)				
George Carter (Fr.)				
Thomas Curtin (Fr.)	8k	25:02.53	Clemson Invite	2011
Jason Cusack (Jr.)	8k	24:46.43	Clemson Invite	2011
	10k	32:26.85	Chile Pepper XC Festival	2009
Leoule Degfae (So.)	8k	25:15.25	Clemson Invite	2011
Tihut Degfae (Jr.)	8k	25:00.48	Clemson Invite	2011
	10k	32:59.4	NCAA Regionals	2010
Kevin Dowd (So.)	8k	24:56.41	Clemson Invite	2011
Ryan Hagen (Jr.)	8k	24:46.39	Clemson Invite	2011
	10k	33:26.1	NCAA Regionals	2010
Michael Hammond (r-Jr.)	8k	24:47.17	Clemson Invite	2011
	10k	30:49.9	Chile Pepper XC Festival	2009
Ryan Kuhns (Fr.)				
Will Mulherin (r-Jr.)	8k	23:34.4	ACC Championships	2009
	10k	30:23.64	Chile Pepper XC Festival	2009
Joseph Murray (Jr.)	8k	24:57.51	Clemson Invite	2011
	10k	32:36.4	NCAA Regionals	2010
Grant Pollock (So.)	8k	24:46.60	Clemson Invite	2011
Chris Walizer (Sr.)	8k	25:07.0	ACC Championships	2010
	10k	32:12.2	NCAA Regionals	2010
Brian Welch (r-Jr.)	8k	25:22.8	ACC Championships	2010
	10k	31:01.0	Chile Pepper XC Festival	2008
Pat Woodford (Fr.)				