

CROSS COUNTRY 2006

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PAUL
LAPENNA



TASMIN
FANNING



ANDREW
MONTGOMERY



NATALIE
SHERBAK



JESSICA
FANNING



The Virginia Tech cross country teams have an outstanding on-campus course on which to train and compete, and also have many beautiful places to run nearby, including Pandapas Pond (background).

THE HOKIES

VIRGINIA TECH

2006 CROSS COUNTRY

QUICK FACTS

University Information

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

Cross Country Information

Director of Track & Field and Cross Country	Dave Cianelli
Cross Country Coach	Ben Thomas
Assistant Cross Country Coach	Stacey Vidt
Cross Country Office Phone	(540) 231-9978
Cross Country Office Fax	(540) 231-6686
Secretary	Penny Martin

2005 Cross Country Results

ACC Championships	Men (6th) and Women (9th)
NCAA Southeast Regional	Men (13th) and Women (12th)

2006 SCHEDULE

Date	Meet	Site
Sept. 1	Wake Forest Relays	Winston-Salem, N.C.
Sept. 9	Virginia Tech Invitational	Blacksburg, Va.
Sept. 30	William & Mary Invitational	Williamsburg, Va.
Oct. 14	Chile Pepper Invitational	Fayetteville, Ark.
Oct. 28	ACC Championships	Charlottesville, Va.
Nov. 4	Hokie Open Race	Blacksburg, Va.
Nov. 11	NCAA Southeast Regional Championships	Louisville, Ky.
Nov. 21	NCAA Championships	Terre Haute, Ind.

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2006 Cross Country Guide Credits

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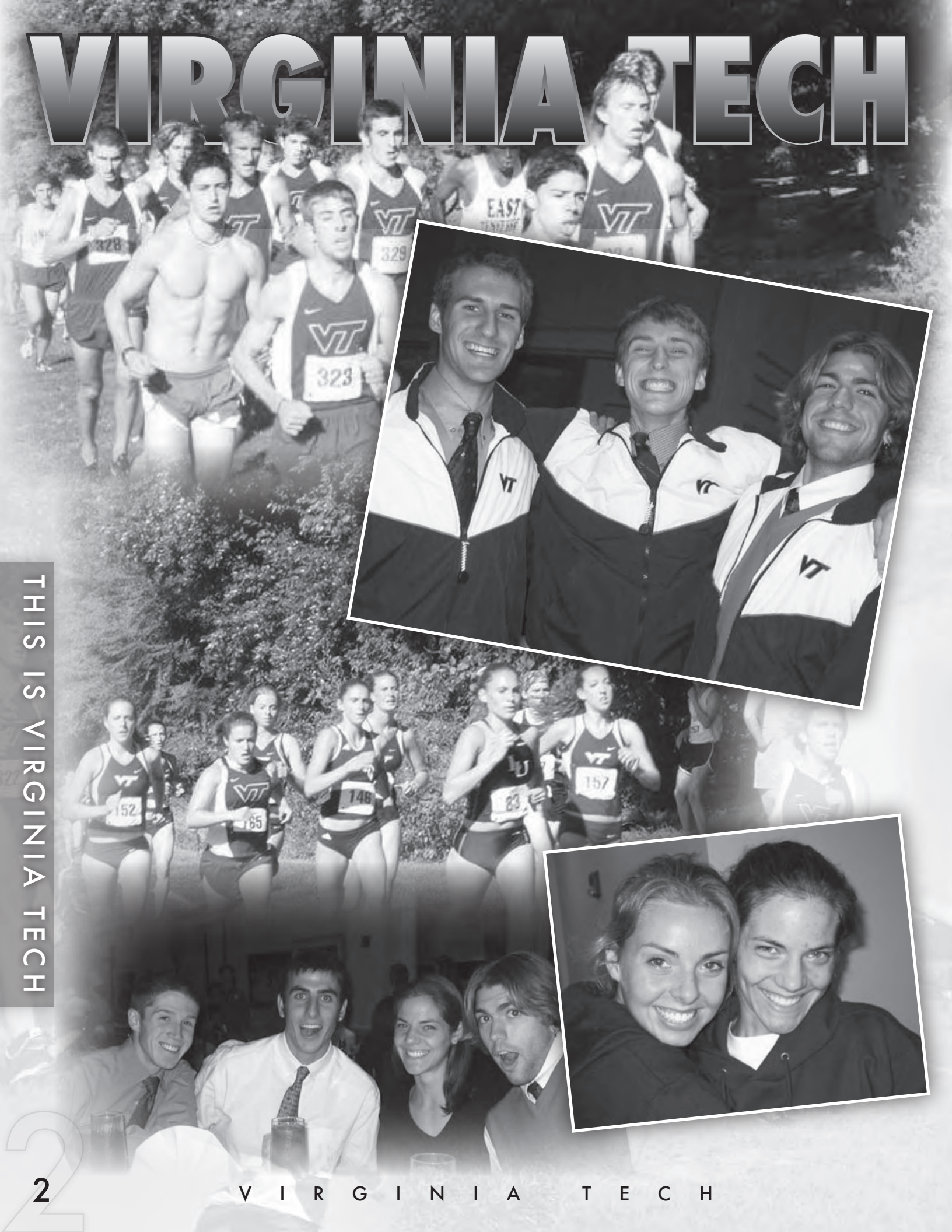
DIRECTIONS TO TECH

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

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VIRGINIA TECH



THIS IS VIRGINIA TECH

V I R G I N I A T E C H

CROSS COUNTRY



THIS IS VIRGINIA TECH

MEET THE COACHES

DAVE CIANELLI

DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY



THE CIANELLI FILE

Virginia Tech (2001-Present)

- Four NCAA individual champions, the first in Virginia Tech history
- Twenty-five All-Americans
- Twelve Atlantic Coast Conference champions
- Twelve BIG EAST Conference champions
- Had the most track & field athletes earn All-America honors in a single season during his coaching tenure in 2005 (10)
- Men's track & field team had highest team finish (12th) at the 2006 NCAA Outdoor Championships in school history
- Men's track & field team had highest team finish (14th) at the 2006 NCAA Indoor Championships in school history

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
- 1995 women's NCAA cross country championships, 15th place finish
- 1995 men's NCAA cross country championships, 21st place finish
- Individual achievements included 19 Olympic and World Championships competitors, 27 NCAA champions, 123 All-Americans, 95 conference champions

Cal-Poly San Luis Obispo (1985-1988)

- 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

Dave Cianelli enters his sixth year at Virginia Tech, having guided the Hokies into the Atlantic Coast Conference in 2004 and into the BIG EAST Conference in 2001. Now that the Hokies have a permanent conference home, Cianelli looks to develop Tech's men's and women's athletes into top competitors in the ACC and at the NCAA level.

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

If Cianelli's first five years at the reins are any indication, the future is certainly bright for Tech's track & field and cross country programs. During the past five years, Cianelli had 25 All-Americans and 24 conference champions, nine of them in 2006 alone.

In 2006, the men's track team achieved the highest finish (12th) at the NCAA National Championship in the history of the program. In addition, Spyridon Jullien became a four time national champion — twice in the weight throw and twice in the hammer.

Cianelli has the luxury of working with one of the nation's most accomplished coaching staffs. Greg Jack was brought in from the University of Pittsburgh to serve as the throws coach in 2001. Jack began 2005 with a promotion to associate head men's track and field coach. Former Hokie and NAIA Region XII Coach of the Year Ben Thomas is the cross country coach and his assistant is Stacey Vidt, a former NCAA all-region cross country runner for the Hokies. Cianelli hired Lawrence Johnson, formerly of Southern Illinois, to be Tech's sprints coach in January 2005. Cianelli coaches the multi-event performers in addition to his duties as director.

Cianelli came to Tech with plenty of cross country experience, having served as the women's cross country and distance coach for five years at Southern Methodist University in Dallas, Texas.

While at SMU, Cianelli worked with 19 Olympic and World Championship competitors, 27 NCAA individual champions, 123 All-Americans and 95 individual conference champions. Among these standout athletes were 1992 Olympic 200-meter quarter-finalist Cameron Taylor of New Zealand and Tytti Reho, the 2000 NCAA champion at 800 meters. From a team standpoint, both the men's and women's teams captured the 1995 Southwest Conference title and earned a spot at the NCAA Championships. During his 13 years with SMU, the track and field teams finished in the top 10 nationally 15 different times.

Prior to his tenure at SMU, Cianelli was the assistant women's track & field and cross country coach at Cal Poly-San Luis Obispo from 1985-88. The cross country teams won the NCAA Division II National Championship three consecutive seasons and the outdoor track teams finished as the runner-up at the Division II Championship three years in a row. Individual

CIANELLI BY THE NUMBERS

161	All-Americans
119	Conference champions
100	Percent graduation rate at Virginia Tech
32	NCAA champions
63	School records at Virginia Tech
19	Olympic and World championship qualifiers
9	Top-10 women's NCAA finishes
9	Top-10 men's NCAA finishes
3	NCAA Division II cross country national championships
3	NCAA Division II outdoor track runners-up

honors during his four years included 13 All-Americans and one NCAA champion.

Cianelli's coaching campaign started at San Marcos High School in Santa Barbara, Calif., where he was the head track & field coach from 1982-84. During these three years, he coached seven junior national qualifiers in the heptathlon and decathlon.

A native of Bethesda, Md., Cianelli competed in sprints, the decathlon and the long jump at Bowling Green University. He graduated with a B.S., in physical education, from Bowling Green in 1977.

Cianelli and his wife, Ellen, have a daughter Mariah, 11, and a son Sebastian, 7.

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

BEN THOMAS

HEAD CROSS COUNTRY COACH



THE THOMAS FILE

Virginia Tech (2001-Present)

- Two NCAA All-Americans (cross country, 2003 and 1,500m, 2004)
- Two NCAA cross country qualifiers
- Eight NCAA All-Region cross country runners
- One All-ACC cross country runner
- One All-BIG EAST cross country runner
- Three ACC Champions (track)
- One BIG EAST Champion (track)
- Eleven 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

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

Thomas has nine years of collegiate coaching experience. During his five seasons as the cross country coach, Thomas has developed the squad into one of the top teams in this region.

This past season, the women's team placed 12th out of 28 teams at the NCAA Southeast Regional Championships held in Greenville, N.C. The women beat 16 Division I teams including Clemson from the ACC. One of Thomas' top recruits, freshman Tasmin Fanning, earned all-region honors for her 22nd-place finish.

The Tech men's team placed 13th out of 30 teams, which was two spots higher than their 2004 team finish.

In the 2005 ACC Cross Country Championships, The Tech women took ninth place, beating Georgia Tech, Miami and Clemson. They placed seventh in 2004, when Jessica Fanning became Tech's first All-ACC runner with her 13th-place finish.

The Hokie men finished sixth at the ACC Championships in 2005, a three-spot improvement over 2004's performance.

Thomas guided the 2004 women's team to a top-ten NCAA regional finish and helped a freshman to earn all-region honors. The men's team improved one place higher than at last year's regional meet.

The women's team had its best season in 18 years and its first NCAA All-American woman, Marlies Overbeeke, during the 2003 season. The men saw the first Hokie since 1999 earn all-region honors.

In 2002, the women's team finished seventh in the 26-team field at the NCAA Regional Championships.

Stacey Vidt and Jessica Morris earned All-Region honors, with Vidt qualifying for the NCAA National Championships. Vidt and Morris were the first all-region honorees for the program in over a decade.

"What Coach Thomas and the women's team

have accomplished recently hasn't happened around here since the 1980s," said Director of Track & Field and Cross Country Dave Cianelli.

Over the past four seasons, Thomas has coached a distance crew that broke school track records in the 800m, 1,000m, 1,500m, 3,000m steeplechase and the mile along with the 4x800m and the 4x1,500m relays. The women's team also advanced four athletes to the NCAA Regional Championships, competing in the 800m, 1,500m, 5,000m and 3,000m steeplechase.

Before coming to Tech, Thomas served as the men's and women's distance coach at the University of Georgia for six months. Prior to that, he was the head track & field and cross country coach at Brevard College in North Carolina for a year and a half. While at Brevard, Thomas was named 1999 NAIA Region XII Coach of the Year after leading the men's cross country team to the NAIA Region XII title. The team went on to place fifth at the NAIA Cross Country National Championships.

In 2000, the men's team took fourth at nationals while the women finished 14th. He also coached four All-Americans, including three-time NAIA national champion Alexis Sharangabo.

Prior to his tenure at Brevard, Thomas was the women's cross country coach and assistant track coach at Appalachian State University from 1995-1999. He coached several all-conference performers there, including the 1999 and 2001 NCAA 1,500-meter champion, Mary Jayne Harrelson. The ASU women were Southern Conference champions in 1996 and North Carolina collegiate champions in 1996 and 1998.

A native of Lynchburg, Va., Thomas earned a B.A. in English from Virginia Tech in 1992. He also completed coursework for an M.A. in education from Lynchburg College in 1999. Thomas began his career coaching track at E.C. Glass High School (1992-94) in Lynchburg, and then cross country at Blacksburg High School (1994-95). He has also won the Draper Mile, a local road race, on six occasions.

"Being at Virginia Tech is a dream come true," Thomas said. "This is where I wanted to coach, so it's a real blessing to be back in Blacksburg."

TECH'S COACHING HISTORY

Men

Doug Divers, 1959-63
Martin Pushkin, 1964-73
Russ Whitenack, 1974-81
Todd Scully, 1982-90
Steve Taylor, 1991-2000
Ben Thomas, 2001-present

Women

Todd Scully, 1982-90
Lori Taylor, 1991-2000
Ben Thomas, 2001-present



MEET THE COACHES

STACEY VIDT

ASSISTANT CROSS COUNTRY COACH



Stacey Vidt, a Tech alumna, is in her second year with the cross country team, having joined the staff in 2005 as the assistant distance coach. She was a distance runner for Tech's cross country and track & field teams from 1999-2003.

"Stacey Vidt is a perfect fit for our coaching staff," said Cianelli. "She believes in our program and the direction we are heading. Stacey's work ethic and can-do attitude represent what Virginia Tech is all about."

During her first year with the cross country team, Vidt worked with all-region performer Tasmin Fanning.

A four-time cross country team MVP, Vidt ended her senior season in 2002 as an NCAA all-southeast region runner for her 19th-place finish in the race and an NCAA cross country national championship qualifier. She earned all-conference honors as a freshman for her ninth place finish at the 1999 Atlantic-10 Championships and was Tech's number one runner at the regional meet that year.

In track, Vidt was a 2001 NCAA provisional qualifier in the 3,000-meter steeplechase and distance medley relay. She also qualified for the 2003 NCAA regionals in the 5,000 meters. Vidt recorded a fourth-place finish in the 10,000 meters and two fifth-place finishes at the BIG EAST Championships. She set five school track records, three indoor and two outdoor, during her Hokie career. Vidt still holds three of the five records, the indoor and outdoor distance medley relay and the indoor 4x800m relay.

In addition to

country MVP all four years, Vidt was named the Blacksburg Sports Club Outstanding Senior in 2003 and track's Rookie of the Year in 2000. She has personal bests of 4:34.1 in the 1,500 meters, 10:03.79 in the 3,000 meters, 16:52 in the 5,000 meters and 36:28.40 in the 10,000 meters.

On May 22, 2005, Vidt ran her first marathon in Cleveland, Ohio, finishing in a time of 3:16:19. She was the 11th female out of 400 to cross the line and placed 117th overall out of 1,600 runners.

On May 21, 2006, Vidt participated in her second marathon in Cleveland, Ohio. She

completed the race in 3:08:31. Vidt was 74th overall out of 1,801 competitors. She was the eighth female to finish and was the first in the 25-29 age group.

Vidt, a human nutrition, foods and exercise graduate in the spring of 2003, also earned a master's in muscle physiology from Virginia Tech in 2006. Her academic awards are just as numerous as her athletic honors. She was named a BIG EAST Academic All-Star and to the Athletic Director's honor roll in 2003. She also made the 2002-03 Dean's List.

A native of Allison Park, Pa., Vidt attended Hampton High School. She was a two-time letterwinner and MVP in cross country and a four-time letterwinner and MVP for track.

Vidt was a two-time first-team all-state selection in cross country with her best finish of fourth place in the state meet coming in her junior year. She won the WPIAL regional cross country meet two years in a row. After her senior year, she was named Female Athlete of the Year.

Vidt was a three-time WPIAL regional track champion in the 800 meters, 1,600 meters and the 3,200 meters and set four school records.

She was inducted into Hampton High School's Hall of Fame in September of 2005.

VIDT'S RESUMÉ

- One All-Region runner in 2006 (Tasmin Fanning)
- Two school-record holders (Meredith Brooks, Kristin Hart)
- NCAA national championship qualifier in 2002
- NCAA All-Southeast performer in 2002
- Four-time MVP while at Tech for cross country (1999-2002)
- Holds three school records



2006 SEASON PREVIEW



Through many hours of training and preparing for the 2006 season, the Virginia Tech men's and women's cross country teams look primed and ready to show they can compete in the very tough Atlantic Coast Conference in only their third season in the league.



WOMEN'S OUTLOOK

The women finished ninth in the Atlantic Coast Conference last season, although they did so without 2004 All-ACC and All-Southeast Region competitor Jessica Fanning, who was granted a medical redshirt after competing in only two meets. She returns to a group that includes sophomore Tasmin Fanning, who earned All-Southeast Region honors for her 22nd-place finish last year, junior leader Natalie Sherbak, sophomore Nicole Pederson and a solid crew of newcomers. The rookie class of Kelly Clark, Ashley Morganstern and Fiona Gentles could help vault the team into the upper half of the ACC.

Sherbak was one of the most consistent runners on the team in 2005, totaling three top-five finishes. She was the second Hokie to finish at the regional meet and the third at the conference competition.

"Natalie is a leader and pretty much the captain of the team," Thomas said. "She has the most experience as far as being in championship races. She had a strong finish last year and we feel there is a lot more to come."

In addition to the Fanning sisters, who are both sophomores due to Jessica's redshirt season, seniors Jenn Dietz and Samantha Ference, as well as sophomores Pederson and Erin Reddan, will also help create a solid nucleus for the Hokies. Pederson and Reddan shared the coaches' award after impressive rookie campaigns. The duo combined for five top-10 finishes and six top-15 accomplishments. Tasmin Fanning, the team's MVP, won her first two collegiate races and was Tech's top finisher in each of the five meets in which she ran.

"The Fanning sisters were both all-region runners," Thomas said. "Erin and Nicole will again be huge contributors to the team. They will support, or be in, the top seven. With everyone's help and a deep group, the chances are very good that we can make NCAAs as a team, which is one of our main goals."

With so many talented people returning, the freshmen will have time to adjust to the rigorous demands of collegiate cross country. Clark, Morganstern and Gentles should challenge Tech's experienced runners throughout the season, while other key freshmen contributors will include Samantha DeAlto, Lisa MacPherson and Jamie Nichols. All the freshmen will help push the upperclassmen and could score at any meet.

"Kelly Clark can come in and be part of a solid supporting cast," Thomas said. "As a whole, most of the freshmen have been mid-distance runners, but they have come from successful high school teams. They know what it will take in order to be good and they could develop right away."



ERIN REDDAN



RIDER CLAUSS

MEN'S OUTLOOK

The men's team took home a sixth-place finish at the ACC Championships and a 13th-place finish at the NCAA Southeast Regional Championships in 2005, and is looking to improve upon both with nearly everybody returning this season.

Despite the loss of senior team MVP David Atkiss, the team should be a force to be reckoned with in the ACC in 2006.

With only one senior, Christian Barlow, the team has several juniors and sophomores that will be the core of the team. Four juniors and seven sophomores will be looked upon to help the team improve and give the first-year runners a solid foundation on which to build.

"We are counting on Christian for leadership this year," Thomas said. "We hope he steps up his performance and becomes a solid leader."

Junior Rider Clauss, had three top-15 finishes last fall and is coming off a stellar outdoor track season that saw him qualify for regionals in the steeplechase. Coaches' award-winner and junior Andrew Montgomery had a standout season in 2005 to go along with a superb indoor season before redshirting during the outdoor season. Junior James Scheiner and sophomore Zach Thomas will also be in the mix this season.

"Last year, Andrew was a very dependable No. 2 runner," Thomas said. "With our upperclassmen, we are hoping they continue to run in a tight pack."

Sophomores Paul LaPenna, Chris Padilla, Phillip Padilla and Jason Vick all helped the 2005 team and will once again challenge one another to earn points in every race this season. The five combined for 10 top-20 finishes during their rookie year. Billy Berlin finished 10th in his only race in 2005, while fellow sophomore Ian Shreckengast could also be a key contributor again in 2006. Bryan McVey will also help push his teammates along.

"Billy was a good contributor last year," Thomas said. "He's very talented and could be one of our best runners. Jason had a good freshman year and is very dependable. He and Ian are solid contributors. The Padilla brothers are very dependable athletes. They form a solid support cast and gained a lot of experience from last season."

Highly touted freshman Devin Cornwall could put together a solid season with the help of his teammates. Cornwall has the ability to perform at a high level and could make his collegiate debut an extremely successful one.

"Devin is one of the best cross country runners in the state," Thomas said. "He has the potential to do good things right away and could be in the top seven."

MEN'S ROSTER

Name	Class	Hometown	High School	Major
Christian Barlow	Sr.	Springfield, Pa.	St. Joseph's	Biology
Billy Berlin	So.	Midlothian, Va.	Midlothian	Business Information Technology
Rider Clauss	Jr.	Madison, Wis.	Madison West	Mechanical Engineering
Devin Cornwall	Fr.	Culpeper, Va.	Culpeper County	Psychology
Paul LaPenna	So.	Londonderry, N.H.	Londonderry	Human Nutrition, Foods and Exercise
Brian Markley	Sr.	Lovettsville, Va.	Loudoun	Biology
Bryan McVey	Jr.	Arlington Heights, Ill.	Buffalo Grove	Mechanical Engineering
Andrew Montgomery	Jr.	Falls Church, Va.	George Mason	Architecture
Chris Padilla	So.	Shelton, Conn.	Shelton	Industrial Design
Phillip Padilla	So.	Shelton, Conn.	Shelton	Industrial Design
James Scheiner	Jr.	Centreville, Va.	Westfield	Building Construction
Ian Shreckengast	So.	North Hills, Pa.	North Hills	Political Science
Zach Thomas	So.	Sewickley, Pa.	Quaker Valley	Mining Engineering
Duncan Vick	Jr.	Richmond, Va.	Douglas Freeman	English
Jason Vick	So.	Oak Hill, Va.	Oakton	Political Science and Philosophy

MEN'S ROSTER BREAKDOWN

HOKIES BY CLASS

Seniors (2)

Christian Barlow, Brian Markley

Juniors (5)

Rider Clauss, Bryan McVey, Andrew Montgomery, James Scheiner, Duncan Vick

Sophomores (7)

Billy Berlin, Paul LaPenna, Chris Padilla, Phillip Padilla, Ian Shreckengast, Zach Thomas, Jason Vick

Freshmen (1)

Devin Cornwall

HOKIES BY STATE

Connecticut (2)

Shelton Chris Padilla
Phillip Padilla

Illinois (1)

Arlington Heights Bryan McVey

New Hampshire (1)

Londonderry Paul LaPenna

Pennsylvania (3)

North Hills Ian Shreckengast
Sewickley Zach Thomas
Springfield Christian Barlow

Virginia (7)

Centreville James Scheiner
Culpeper Devin Cornwall
Falls Church Andrew Montgomery
Lovettsville Brian Markley
Midlothian Billy Berlin
Oak Hill Jason Vick
Richmond Duncan Vick

Wisconsin (1)

Madison Rider Clauss





CHRISTIAN BARLOW

Senior

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

PR: 10k-32:19

2005: Finished 24th at the Virginia Tech Invitational with a time of 20:26.59 ... Finished ninth at the VT Alumni Meet with a time of 25:43.14 ... Was 23rd at the Mountaineer Open with a time of 21:21.33.

2004: Was 62nd at the ACC Championships and 131st at the NCAA Southeast Regional Championships ... Finished 15th at the Festival in the Fields in a time of 20:09.71 ... Ran an 8k time of 26:33.60 at the Lou Onesty Invitational ... Had a fifth-place finish at the Bobcat Invitational in a time of 18:27 ... Ran a 32:19 10k at the Chile Pepper Invitational.

2003: Took top honors at the Lees-McRae Invitational with a time of 22:29.00 on the 6.4 kilometer course ... Finished 62nd at the BIG EAST Championships with a time of 27:40.

High School: Was a first team All-Catholic League selection his junior and senior cross country seasons ... In track, was a first team All-Catholic League member.

Personal: Born June 4, 1985 ... Son of John and Nancy Barlow ... Father played football for the University of Miami ... Biology major.



BILLY BERLIN

Sophomore

Midlothian, Va./Midlothian H.S.

PR: 1,500m-3:48; 800m-1:52.69
Mile-4:12

2005: Placed 10th at the VT Alumni Meet with a time of 25:54.01 .. Did not compete the rest of the season due to an injury.

2004: Finished 82nd at the NCAA Southeast Regional Championships with a time of 32:21.70 ... Clocked an 8k time of 26:44.9 for 53rd place at the ACC Championships ... Had top-ten finishes at the Bobcat Invitational (8th) and at the Festival in the Fields (10th).

High School: Two-year letterwinner in cross country and three-year letterman in track at Midlothian High School under Coach Stan Morgan ... Named cross country team MVP and led team to a state championship title ... Earned all-district, all-region, all-state and all-south cross country honors ... Midlothian, Dominion District and Central Region and Ashe Center record holder in the 1,000m ... Only athlete in Virginia to earn all-state honors in all five distance events (800m, 1,000m, 1,600m, 3,200m and 5,000m) in 2004 ... Named team MVP and captain for indoor and outdoor track ... Was a two-time national champion in the 4xmile at NIC ... Was the central region 4x800m and 1,000m champion ... SCA Representative and named to the Distinguished Honor Roll.

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



RIDER CLAUSS

Junior

Madison, Wis./Madison West H.S.

PR: 1,600m-4:15; 5,000m-14:49
3,000m ST-9:06.16

2005: Placed 11th at the Virginia Tech Invitational with a time of

19:57.19 ... Finished fourth at the VT Alumni Meet with a time of 25:16.63 ... Was eighth at the Mountaineer Open with a time of 20:20.15 ... Placed 97th with a time of 26:50 at the Penn State Invitational ... Finished 54th at the ACC Championships with a time of 25:29.1 ... Was 102nd at the NCAA Southeast Regional Championships with a time of 32:33.9.

2004: Recorded a 49th-place finish at the ACC Championships in a time of 26:37.20 ... Finished 107th at the NCAA Southeast Regional Championships with a time of 32:34.0 ... Had top-25 performances during the season at the Bobcat Invitational (6th), the Festival in the Fields (12th) and at the Lou Onesty Invitational (25th) ... Finished with a time of 18:28 at the Bobcat Invitational.

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

Personal: Born November 4, 1985 in Cincinnati, Ohio ... Son of Allen and Arrietta Clauss ... Mechanical engineering major.



DEVIN CORNWALL

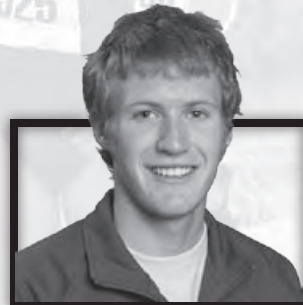
Freshman

Culpeper, Va./Culpeper County HS

PR: 1,600m - 4:22; 3,200 - 9:33

High School: Three-year letterwinner in cross country ... Also lettered in soccer, indoor track and outdoor track ... Northwest Region champion and Cedar Run district champion during his senior cross country season ... Commonwealth district champion his junior year ... All-northwest region his junior year ... All-district his sophomore cross country season ... Owns the school and course record for the 5k ... All-region in the 1,600m and 3,200m ... Owns the school record in the 1,600m and 3,200m ... All-district in the 800m and 1,600m in outdoor track ... Member of the National Honor Society.

Personal: Born December 26, 1987 in Hartford, Conn. ... Son of Bruce and Patricia Cornwall ... Psychology major.



PAUL LAPENNA

Sophomore

Londonderry, N.H./Londonderry H.S.

PR: 1,600m-4:15; 5k-14:54
3,000m-8:28

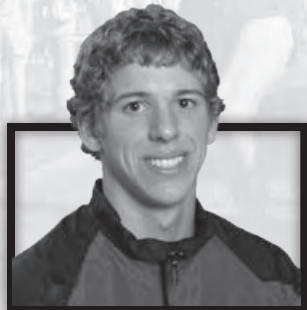
2005: Was fourth at the Virginia Tech Invitational in 19:24.89 ... Placed fourth overall at the Mountaineer open with a time of 19:56.23 ... Was 34th at the ACC Championships with a time of 24:55.8 ... Garnered 71st place at the NCAA Southeast Regional Championships with a time of 32:04.9 ... Named to the All-ACC Academic team.

High School: Reached high school All-America status last season with his fourth-place finish in the mile (4:17.08) at the 2005 National Scholastic Indoor Championships ... Three-time state champion and state record holder in the 1,000m ... Finished as the runner-up at the Disney Cross Country Classic ... Helped Londonderry High School team and coaches Larry Martin and Paul Dutton capture six team state championships ... Placed fourth at the Class L championships at 1,600m...

continued on next page

Finished third at Loucks Games (N.Y.) in the 1,600m with a time of 4:20 ... Personal bests are 1:53.08 in the 800 meters, 2:31.45 for the 1,000m and 4:17.08 for the mile ... 5,000 meter cross country personal best is 15:38.

Personal: Born December 25, 1985 in Lowell, Mass. ... Son of Patricia LaPenna ... Human nutrition, foods and exercise science major.



BRIAN MARKLEY

Senior
Lovettsville, Va.
Loudoun Valley H.S.
PR: 800m-1:56.30; 1,500m-4:02.87

2005: Was 38th at the Virginia Tech Invitational with a time of 20:50.86
2004: Had a 6.4k time of 19:06 for 15th place at the Bobcat Invitational ...

Was 20th at the Virginia Tech Invitational and 36th at Tech's Festival in the Fields ... Clocked an 8k time of 27:29.30 for 65th place at Virginia's Lou Onesty Invitational.

2003: Finished 85th at the BIG EAST Championship ... Came in eighth at the Lees-McRae Invitational ... Finished 32nd at the 8k Cavalier Open with a time of 28:25.90 ... Ran unattached in the first two meets, finishing 17th in the Virginia Tech Invitational and 22nd on the Hokie Invitational.

High School: Was a three-time all-district selection in cross country ... In track, was all-state three times, all-region four times, and all-district seven times ... Finished fifth in the 800m at the state championships ... Was a member of the state champion 4x800m relay team ... Also earned two varsity letters in swimming.

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



BRYAN McVEY

Junior
Arlington Heights, Ill.
Buffalo Grove H.S.
PR: 1,500m-4:00; 3,000m-8:42

2005: Finished 28th at the Virginia Tech Invitational with a time of 20:33.36 ... Was eighth at the VT Alumni Meet in 25:32.98.

2004: Ran in four races ... Was 12th at the Bobcat Invitational with a 6.4k time of 18:39 ... Finished in 21st place at Tech's Festival in the Fields with a time of 20:30.39 ... Placed 49th at UVa's Lou Onesty Invitational.

High School: A three-year letterwinner in cross country and track under coaches Jamie Klotz and Mike Staudt at Buffalo Grove High School ... Voted team captain and named all-conference his senior season ... In 2002, earned most valuable runner honor and was a sectional qualifier ... Held the home course record his freshman and sophomore years ... Was the conference champion, sectional runner-up and state qualifier in the 1,600m in 2004.

Personal: Born November 26, 1985 in Arlington Heights, Illinois ... Son of Robert and Susan McVey ... Mechanical engineering major.



ANDREW MONTGOMERY

Junior
Falls Church, Va.
George Mason H.S.
PR: 5,000m-14:59

2005: Had a fifth-place performance at the Virginia Tech Invitational with a time of 19:26.75 ... Was third at the VT Alumni Meet in 25:10.66 ... Placed sixth at the Mountaineer Open in 20:08.11 ... Placed 59th at the Penn State Invitational in 26:28 ... Had a time of 24:53.2 at the ACC Championships, earning 31st place ... Finished 45th at the NCAA Southeast Regional Championships with a time of 31:36.5.

2004: Took 85th place at the NCAA Southeast Regional Championships in a time of 32:23.60 ... Was 54th at the ACC Championships with an 8k time of 26:48.60 ... Had two top-25 performances ... Finished 11th at the Bobcat Invitational and 24th at Tech's Festival in the Fields.

High School: Placed second in the 2002 and 2003 VHSL A state cross country meets (5,000m) ... Runner-up at the 2003 Bull Run District meet ... Was third at the 2001 state cross country meet ... Had his best 5,000m time (16:25.00) at the 2003 Footlocker South Regional meet ... Captain of the Virginia State class 'A' soccer team in 2004.

Personal: Born April 23, 1986 in Washington, D.C. ... Son of John and Melanie Montgomery ... Architecture major.



CHRIS PADILLA

Sophomore
Shelton, Conn./Shelton H.S.
PR: 800m-1:55; 1,600m-4:26

2005: Finished 17th at the VT Alumni Meet in 26:33.56 ... Was 25th at the Mountaineer Open with a time of 21:30.71.

High School: Won the 800m and the 4x800m relay titles at the SCC Championships ... Was all-state in the 4x800m relay and the 800 open ... All-New England in the 4x800m relay for indoor and outdoor ... Set seven school records ... Team captain his senior year ... Two-time coach's-award-of-excellence recipient ... Member of the Spanish Honor Society.

Personal: Born on February 6, 1987 in Derby, Conn. ... Son of Oswald and Dorothy Padilla ... Industrial design major.



PHILLIP PADILLA

Sophomore
Shelton, Conn./Shelton H.S.
PR: 800m-1:52; 1,600m-4:19

2005: Finished 14th at the Virginia Tech Invitational with a time of 20:04.92 ... Placed 16th at the VT Alumni Meet in 26:32.14 ...

Was 16th at the Mountaineer Open with a time of 20:44.51.

High School: Won the 1,600m and the 4x800m relay titles at the SCC Championships ... Four-time cross country MVP ... Two-time all-area and all-conference ... Two-time outdoor MVP and one-time indoor MVP ... Holds the school record for 1,600m and 4x800m relay ... Member of the Spanish Honor Society.

Personal: Born February 6, 1987 in Derby, Conn. ... Son of Oswald and Dorothy Padilla ... Industrial design major.

JAMES SCHEINER

Junior

Centreville, Va./Westfield H.S.

PR: 1,600m-4:13; 10k-31:57
3,000m-8:34



2005: Finished 10th at the Virginia Tech Invitational with a time of 19:56.13 ... Was second at the VT Alumni Meet in

25:03.26 ... Had a fifth-place finish at the Mountaineer Open with a time of 20:07.92 ... Placed 70th at the Penn State Invitational with a time of 26:36 ... Was 35th at the ACC Championships with a time of 24:59.3 ... Was 137th at the NCAA Southeast Regional Championships with a time of 33:14.4.

2004: Ran in four meets ... Finished 102nd in the 10k NCAA Southeast Regional Championships with a time of 32:47.70 ... Was 70th in the 8k race at the ACC Championships in a time of 27:29.50 ... Took 37th place at Virginia's Lou Onesty Invitational in a time of 26:30.50 ... Was 65th at the Chile Pepper Invitational.

High School: A four-year letterman in cross country and track under coaches Scott Berquist and Emily Utter at Westfield High School ... Member of the national and state champion 4x800m relay team along with claiming the state championship title in track ... Three-time All-American ... Named all-Met, all-region, all-district and all-state ... Voted team captain and team MVP.

Personal: Born March 18, 1986 in Ridge Crest, Calif. ... Son of Zoë Rann and John Scheiner ... Has a brother, Joshua, 23; and a sister, Katherine, 21 ... Building construction major.

IAN SHRECKENGAST

Sophomore

North Hills, Pa./North Hills H.S.

PR: 5,000m-15:23.09



2005: Placed 25th at the Virginia Tech Invitational with a time of 20:26.87 ... Finished 10th at the Mountaineer Open with a time of 20:29.81 ... Was

148th at the Penn State Invitational with a time of 27:18 ... Placed 60th at the ACC Championships with a time of 25:36.1 ... Garnered a 98th-place finish at the NCAA Southeast Regional Championships with a time of 32:31.0.

2004: Did not compete.

High School: Finished third in the 3,200m at the WPIAL and sixth in the PIAA in the same event senior season ... Part of the WPIAL championship team in cross country senior year ... State qualifier in the 1,600m his sophomore and junior year.

Personal: Born March 31, 1985 in Pittsburgh, Pa. ... Son of Keith and Mary Anne Shreckengast ... Political science major.

ZACH THOMAS

Sophomore

Sewickley, Pa.

Quaker Valley H.S.

PR: 3,000m-8:41; 5,000m-14:59



2005: Redshirted.

2004: Finished 63rd at the ACC Championships in a time of 27:14.60 ...

Was seventh in the Bobcat Invitational with a 6.4k time of 18:33 ... Took 11th place at Tech's Festival in the Fields.

High School: Four-year letterwinner in cross country and track under Coach David Noyes at Quaker Valley High School ... Two-time team captain for cross country ... WPIAL District individual champion in 2003 and a

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

Personal: Born September 27, 1985 in Pittsburgh, Pa. ... Son of Joseph and Deborah Thomas ... Younger brother of former Hokie distance runner Matt Thomas ... Mining engineering major.

DUNCAN VICK

Junior

Richmond, Va./Freeman H.S.

PR: 800m-1:51.98; 1,000m-2:33.5



2005: Did not compete.

2004: Did not compete.

2003: Competed in four meets, running unattached in two of them ... Was 66th at the BIG EAST Championships with an 8k time of 27:53 ... Was fourth at the Lees-McRae Invitational ... Finished 20th at the Virginia Tech Invitational and 22nd at the Hokie Invitational ... Was a member of the school record-setting 4x800m relay team (7:30.12) at the Sea Ray Relays.

High School: Earned three letters in cross country for Coach Mark Harvey at Douglas Freeman High School ... Two-time all-district and all-academic member (2002 and 2003) ... Team captain and coach's award winner as a senior ... Also lettered three years in indoor and outdoor track ... Received academic all-district, all-region and all-state recognition in 2003 for indoor and outdoor track ... Finished eighth in the 1,000m at the VHSL State Indoor Track Championships and seventh in the 800m at the outdoor championships ... Named the team's most valuable runner for both indoor and outdoor track as a senior.

Personal: Born May 20, 1985 in Richmond, Va. ... Son of Martha and Brian Vick ... English major.

JASON VICK

Sophomore

Oak Hill, Va./Oakton H.S.

PR: 1,600m-4:16; 3,200m-9:27



2005: Finished 15th in his first collegiate race at the Virginia Tech Invitational with a time of 20:05.37 ... Placed 11th at the VT Alumni Meet in 25:54.57 ... Recorded a 17th-place finish at the Mountaineer Open with a time of 20:45.43 ... Garnered a time of 26:54 on the 5.2 mile course at the Penn State Invitational, finishing 103rd ... Took 63rd place at the ACC Championships with a time of 25:40.3 ... Finished 72nd at the NCAA Southeast Regional Championships with a time of 32:08.3 ...

High School: Member of the All-American 4x1600m relay team ... Five-time all-Northern region selection ... Five-time all-state selection ... Won the state championship in the 3,200m ... Was the runner-up in the 1,600m with a personal record of 4:19.42 at the Concorde District Championships ... Set a personal record 4:16.30 to finish second at the Northern Region Championships.

Personal: Born August 26, 1986 in Los Angeles, Calif. ... Son of Alan and Cindy Vick ... Political science and philosophy major.



WOMEN'S ROSTER

Name	Class	Hometown	High School	Major
Kelly Clark	Fr.	Salem, Va.	Glenvar	University Studies
Samantha DeAlto	Fr.	Richmond, Va.	Maggie Walker	Biology
Jenn Dietz	Sr.	Springfield, Va.	Robert E. Lee	Political Science
Jessica Fanning	r-So.	Charlottesville, Va.	Western Albemarle	Architecture
Tasmin Fanning	So.	Charlottesville, Va.	Western Albemarle	Human Nutrition, Foods and Exercise
Samantha Ference	Sr.	Clifton, Va.	James Robinson	Urban Affairs and Planning
Heather Fisher	So.	Herndon, Va.	Herndon	Human Nutrition, Foods and Exercise
Fiona Gentles	Fr.	Glasgow, Scotland	Strathclyde	Mechanical Engineering
Lisa MacPherson	Fr.	Powhatan, Va.	Jefferson Forest, H.S.	Human Nutrition, Foods and Exercise
Ashley Morganstern	Fr.	Derry, N.H.	Pinkerton Academy	Human Nutrition, Foods and Exercise
Jamie Nichols	Fr.	Pickerington, Ohio	Pickerington North	Math Education
Nicole Pederson	So.	Herndon, Va.	South Lakes	Human Nutrition, Foods and Exercise
Erin Reddan	So.	Bricktown, N.J.	Brick Township	Human Nutrition, Foods and Exercise
Natalie Sherbak	Jr.	Virginia Beach, Va.	Kellam	Marketing

WOMEN'S ROSTER BREAKDOWN

HOKIES BY CLASS

Seniors (2)

Jenn Dietz, Samantha Ference

Juniors (1)

Natalie Sherbak

Sophomores (5)

Jessica Fanning, Tasmin Fanning, Heather Fisher, Nicole Pederson, Erin Reddan

Freshmen (6)

Kelly Clark, Samantha DeAlto, Fiona Gentles, Lisa MacPherson, Ashley Morganstern, Jamie Nichols

HOKIES BY STATE

New Jersey (1)

Bricktown Erin Reddan

Ohio (1)

Pickerington Jamie Nichols

Virginia (11)

Burke Kelly Clark
 Charlottesville Jessica Fanning, Tasmin Fanning
 Clifton Samantha Ference
 Herndon Heather Fisher, Nicole Pederson
 Powhatan Lisa MacPherson
 Richmond Samantha DeAlto
 Salem Kelly Clark
 Springfield Jenn Dietz
 Virginia Beach Natalie Sherbak

Scotland (1)

Glasgow Fiona Gentles





KELLY CLARK

Freshman
Salem, Va./Glenvar HS
PR: Mile – 5:03.9; 3 Mile – 17:37;
5,000m – 18:22

High School: Three-time first-team all-state ... Three-time member of the all-district team ... Two-time member of

the first-team all-Timesland ... First-team all-Met her junior season ... Had a personal best in the 3-mile with a time of 17:37.00 at the Region C meet her senior campaign.

Personal: Born June 5, 1988 in Salem, Va., ... Daughter of Craig and Nancy Clark ... University studies major.



SAMANTHA DEALTO

Freshman
Richmond, Va./Maggie Walker
Governor's School
PR: 3,200m - 11:23; 5k - 18:42

High School: Three-sport athlete at Maggie Walker Governor's School ...

Three-time all-district for cross country and outdoor track ... Won the Footlocker South Regional cross country meet her junior season ... Earned all-region honors her junior year in cross country ... Two-time all-district for outdoor track ... Member of the Math National Honor Society, Spanish National Honor Society and National Honor Society.

Personal: Born August 23, 1987 in Richmond, Va. Daughter of Mike and Marian DeAlto ... Biology major.



JENN DIETZ

Senior
Springfield, Va.
Robert E. Lee H.S.
PR: 5k-18:07; 6k - 22:44

2005: Placed 29th at the Virginia Tech Invitational in 16:39.94 ... Finished 13th at the VT Alumni Meet in a time of

18:30.52 ... Was 12th at the Mountaineer Open with a time of 19:47.96 ... Had a time of 23:40 at the Penn State Invitational, finishing 141st ... Placed 76th at the ACC Championships with a time of 22:18.0 ... Was 115th at the NCAA Southeast Regional Championships with a time of 23:05.2.

2004: Placed 90th at the NCAA Southeast Regional Championships with a 6k time of 22:44.5 ... Was 63rd at the ACC Championships ... Had two top-25 finishes ... Took fifth at the Bobcat Invitational and 10th at the Festival in the Fields.

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

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

Personal: Born June 3, 1985 in Groton, Conn. ... Daughter of Stephen and Patricia Dietz Has a sister, Kristen ... Political science major.





JESSICA FANNING

r-Sophomore
Charlottesville, Va./
Western Albemarle
PR: 1,500m-4:26.52; 6k-20:51

2005: Finished third at the Virginia Tech Invitational with a time of 15:23.00 ... Was second at the VT

Alumni Meet with a time of 17:17.77 ... Was granted a medical redshirt.

2004: Earned All-Southeast Region honors for her 14th-place finish at the NCAA Southeast Regional Championships ... Became Tech's first All-ACC runner with her 13th-place finish at the conference championships with a time of 22:38.90 ... Notched her first collegiate 5k race win at the Lou Onesty Invitational in a time of 18:06.10 and closed the season as Tech's top finisher in five out of the six races in which she ran ... Was honored twice as Virginia Tech's Athlete of the Week for her accomplishments.

High School: Four-year letterwinner in cross country and track at Western Albemarle High School ... Led her high school to six team state titles in cross country and track ... Two-time all-state member, team captain and MVP in cross country ... Named Jefferson District Runner of the Year in 2002 ... In 2001, named Dulles District Runner of the Year and honored with the coaches award ... Earned first-team Dulles District honors for cross country in 2000 and named most improved ... All-American at Indoor Nationals for the distance medley relay and finished 10th in the mile run at Indoor National Meet in 2004 ... In 2003, named to the all-state indoor track team for the 1,600 meters, 4x800m and the 4x400m relays, earned All-America honors at Indoor Nationals for the 4x800m relay and named team MVP ... Named most-improved for track in 2001 ... Four-time member of the all-state outdoor track team for the 1,600m as she finished second place all four years ... A two-time member of the all-state outdoor track team for the 4x800m and the 4x400m relays ... Named MVP for track and took 15th place in the mile at Outdoor Nationals in 2003 ... Holds high school records in the 1,600m, 400m, 4x800m and 4x400m relays.

Personal: Born March 20, 1986 in Seattle, Wash. ... Daughter of Elizabeth Fanning ... Sister, Tasmin, runs cross country for Virginia Tech ... Architecture major.



TASMIN FANNING

Sophomore
Charlottesville, Va./
Western Albemarle
PR: 800m-2:11; Mile-4:49;
6k - 21:05; 1,500m-4:24.41

2005: Earned all-region honors at the NCAA Southeast Regional

Championships for her 22nd-place performance with a time of 21:05.7 ... In her first collegiate race, won the VT Alumni Meet with a time of 17:12.91 ... Won the 5k Mountaineer Open in 18:03.98 ... Was the top Tech runner at the Penn State Invitational, finishing the 6k course in 22:10, earning 42nd place ... Finished 19th at the ACC Championships with a time of 20:17.2.

High School: Voted team captain and MVP in 2004 ... A four-time all-state cross country runner ... Led the cross country team to three AA Virginia state titles and the track team to three AA state championships ... Was the 2004 Jefferson District and Region II cross country champion ... Also won the Fork Union, Woodberry Forest and Charles Lauck Invitationals this year ... At the AA Virginia state cross country championships, claimed the runner-up spot in 2004 and was third in 2003 ... Her track accomplishments include being a four-time AA Virginia state champion in the 4x800m relay, an all-state performer 13 times for the indoor and outdoor seasons and Nike Indoor Classic All-American for her fourth-place showing in the 800m ... Won the district title in the 800m and the 4x800m relay ... Took second at the Region II Championships in the 800m and the 4x800m relay ... Holds the 800m, 4x400m relay, 4x800m relay and the distance medley relay records at Western Albemarle ... Personal records include a 2:14.37 in the 800m, 5:02.09 in the 1,600m and a 18:33.78 in the 5,000m ... Was a member of the National Honor Society and graduated with honors.

Personal: Born August, 27 1987 in Seattle, Wash. ... Daughter of Elizabeth Fanning ... Sister, Jessica, runs cross country for Virginia Tech ... Human nutrition, foods and exercise and communication major.



SAMANTHA FERENCE

Senior

Clifton, Va./James Robinson H.S.

PR: 800m-2:13.9; 1,500m-4:39



2005: Finished in 18:17.93 at the VT Alumni Meet, earning ninth place ... Was 99th at the Penn State Invitational with a time of 23:04 ... Took 74th at

the ACC Championships with a time of 22:09.0 ... Was 135th at the NCAA Southeast Championships with a time of 23:32.5.

2004: Ran in three meets for Tech ... Took sixth place in 6.4k race with a time of 18:47 at the Bobcat Invitational ... Finished 23rd in Tech's first meet, Festival in the Fields ... Was 26th at Virginia's Lou Onesty Invitational.

2003: Competed in five meets, finishing 66th at the BIG EAST meet with a 6k time of 23:51.00 ... Was 126th at NCAA regionals ... Finished 17th at the Blue Ridge Open ... Was 10th at the season-opening Virginia Tech Invitational ... Member of the school record-setting 4x1,500m relay team at the Sea Ray Relays.

High School: A four-year letterwinner in track and cross country for Coach Jeremy Workman at James W. Robinson High School ... Twice earned all-state honors in cross country ... Team won the state AAA Cross Country Championship in 2001 ... A three-time all-state performer in the 1,600m ... Won four state championships as a member of the 4X800m relay team ... Twice named a Nike All-American in the 4x800 ... Received *Washington Post* all-Met honors.

Personal: Born September 14, 1985 in Fairfax, Va. ... Daughter of Bill and Brenda Ference ... Urban affairs and planning major.



HEATHER FISHER

Sophomore

Herndon, Va./Herndon H.S.

PR: 800m-2:15; 5k-18:21



2005: Finished 20th at the Virginia Tech Invitational with a time of 16:14.59 ... Was 13th at the Mountaineer Open with a time of 19:47.96.

2004: Did not compete.

High School: Was a four-year letterwinner in cross country and track under coaches Mike Mahoney, Pete Sherry and Sinclair Adam Seavey at Herndon High School ... A four-time all-district, six-time all-region and two-time all-state selection ... Named All-Met in 2003 ... Finished third at Glory Days Invitational and 25th at Southern Regionals in 2003 ... High

school cross country team was the 2003 district champion, back-to-back regional champion and the 2004 state champions ... For indoor track, regional champs in the 4x800m relay in 2002 ... A 12-time all-district, six-time all-region and four-time all-state member ... A nine-time all-district, seven-time all-region and four-time all-state selection in outdoor track ... A member of the 4x800m relay team that competed in the championship race at the Penn Relays (2004) ... Regional champion in the mile and district champion in the outdoor 800m in 2003.

Personal: Born November 16, 1985 in Arlington, Va. ... Daughter of Joseph and Patricia Fisher ... Has a brother, Joseph Fisher, Jr ... Human nutrition, foods and exercise major.

LISA MACPHERSON

Freshman

Powhatan, Va./
Jefferson Forest H.S.

PR: 1,600m - 5:19; 3,200m - 11:26



High School: Three-time letterwinner for cross country, indoor track and outdoor track ... Two-time all-state performer for cross country ... Two-

time all-region runner ... Three-time all-district student-athlete for cross country ... Two-time district runner of the year ... Member of the National Honor Society ... Member of the Mu Alpha Theta math honor society.

Personal: Born November 25, 1987 in Richmond, Va. ... Daughter of Bob and Ann Carter MacPherson ... Human nutrition, foods and exercise major.

ASHLEY MORGANSTERN

Freshman

Derry, N.H./Pinkerton Academy

PR: 800m-2:21; 1,600m-5:12
3,200m-11:08



High School: Earned Class L All-Star honors in cross country all four years ... Was a four-time cross country team MVP

... Earned all-state honors in cross country all four years ... Earned All-New England honors during sophomore and senior years ... Won individual state championship in cross country during senior year ... Two-time winner of Indoor Track 3,000m Class L individual championship ... Was a state finalist for the Wendy's H.S. Heisman Award

Personal: Born June 22, 1988 ... Daughter of Kurt and Carolyn Morganstern ... Plans to double-major in human nutrition, foods and exercise and biochemistry.

JAMIE NICHOLS

Freshman

Pickerington, Ohio/
Pickerington North

PR: 800m - 2:18;
Mile - 5:17; 5k - 18:44



High School: Three-time all-district performer in cross country ... First-

team all-conference selection in cross country her junior season ... Was on the 4x800 district champion squad ... Also placed eighth at the state meet in the event during her junior year, earning All-Ohio track honors ... Academic All-Ohio for cross country and track ... Member of the National Honor Society.

Personal: Born April 3, 1988 in Roanoke, Va. ... Daughter of Dan and Robin Nichols ... Plans to study math education.



NICOLE PEDERSON

Sophomore
Herndon, Va./South Lakes H.S.
PR: 1,600m-5:04; 5k-18:10

2005: Finished 11th at the Virginia Tech Invitational with a time of 15:57.11 ... Was fifth at the VT Alumni Meet, finishing in a time of 17:40.83 ... Recorded a sixth-place finish at the Mountaineer Open in 19:11.00 ... Tallied a time of 23:26 at the Penn State Invitational, earning 125th place ... Finished 69th at the ACC Championships in a time of 21:49.0 ... Was 171st at the NCAA Southeast Regional Championships with a time of 24:24.3.

High School: All-state in cross country her senior season ... Three-time all-region and all-district in cross country ... District champion in cross country and in the mile for outdoor track ... Four-time all-state swimmer ... Won a state championship her senior season in swimming ... Member of the National Honor Society ... Finalist for the Wendy's High School Heisman ... Has a personal best of 18:25 in the three mile and 19:42 in the 5,000m.

Personal: Born November 24, 1986 in Robbinsdale, Minn. ... Daughter of Mari Parisi and Mike Pederson ... Human nutrition, foods and exercise major.



NATALIE SHERBAK

Junior
Virginia Beach, Va./Kellam H.S.
PR: 1,500m-4:30; 6k-21:24

2005: Garnered a 29th-place finish at the NCAA Southeast Region Championships, recording a time of 21:16.4 ... Finished fourth at the Virginia Tech Invitational in 15:31.65 ... Was third at the VT Alumni Meet with a time of 17:3.43 ... Had a fifth-place finish at the 5k Mountaineer Open, recording a time of 19:04.96 ... Finished 80th at the Penn State Invitational with a time of 22:47 ... Tied for 48th at the ACC Championships with a time of 20:59.1.

2004: Was Tech's second finisher in the regional and conference meets ... Placed 37th with a 6k time of 21:24.2 at the NCAA Southeast Regional Championships ... Finished 30th at the ACC Championships in a time of 23:13.00 ... Took 24th at the Chile Pepper Invitational ... Finished sixth at Virginia's Lou Onesty Invitational with a time of 18:39.60.

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

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



ERIN REDDAN

Sophomore
Bricktown, N.J./Brick Township H.S.
PR: 1,600m-5:09; 3,200m-11:10

2005: Finished sixth at the Virginia Tech Invitational with a time of 15:41.12 ... Was fourth at the VT Alumni Meet with a time of 17:34.43 ... Had a second-place finish at the 5k Mountaineer Open in 18:33.46 ... Finished 121st at the Penn State Invitational with a time of 23:26 ... Was 68th at the ACC Championships with a time of 21:47.2 ... Was 125th at the NCAA Southeast Region Championships with a time of 23:20.4.

High School: Four-year letterwinner on the cross country team under coaches Don Blair and Kathleen C. Meehan at Brick Township High School ... Voted captain her senior year ... Named second-team all-county in 2002 and 2004 ... Shore Coaches Champions in 2002 ... Team placed second at 2002 county championships ... Roxbury Invitational team champions in 2003 ... Anchored her team's school-record-setting distance medley relay team to a time of 12:16 ... Ran a 5:10 split for 1,600m ... Placed fourth at indoor MOC in the 3,200 meters with 11:10 in 2005 ... Finished fourth at the Ocean County Championships in a time of 5:12 ... Took third place in the 3,200 meters at the Ocean Counties and Shore Conference meets in 2005.

Personal: Born June 17, 1987 in Long Branch, N.J. ... Daughter of Scott and Margaret Reddan ... Human nutrition, foods and exercise major.



2005 SEASON REVIEW

The Virginia Tech men's and women's cross country season ended at the NCAA Southeast Regional Championships, but Hokie spirits were on the rise in anticipation of the 2006 season.

For the second consecutive season in an extremely tough conference, Tech had a student-athlete earn all-region honors. Just like 2004, it was a Fanning who garnered the honor. In 2005, however, it was Jessica's little sister, freshman Tasmin Fanning, who stepped up and placed in the top 25 of the meet to gain all-region recognition.

Early in the season, sophomore competitor and Tech's first all-ACC runner, Jessica Fanning, was injured. Although it was thought she would return, Jessica was forced to take a redshirt. With all the youth on the team, Tasmin was one of the keys to the Hokies' success at the NCAA Southeast Regional Championships.

The women placed 12th overall, which was down two spots from 2004. However, Tech's women still managed to defeat Atlantic Coast Conference opponent Clemson by more than 100 points. The Hokie women were not far off a top-ten performance, which bodes well for the 2006 season.

The men's team, led by senior David Atkiss, garnered a 13th-place finish at the regional championship. The Hokies narrowly defeated the Tar Heels of North Carolina, who finished just 17 points behind in 14th place.

At the most challenging meet of the season, the ACC Championships, the Hokie men placed sixth, three spots ahead of where they finished during their first season in the league. Tech defeated Clemson, North Carolina, Boston College, Maryland, Miami and Georgia Tech. Atkiss, finishing 20th, barely missed the cut for being named All-ACC, but he secured the best finish of his career at a conference meet. The women's team faced a much tougher road, going up against five of the top 30 teams in the country, finishing ninth out of 12 teams. Throughout the course of the women's season, all but four ACC schools were ranked in the top 30.

The biggest meet of the year in preparation of the ACC Championships was the Penn State Invitational where both the men and women had top-15 performances. The men were part of a 37-team field, finishing 12th. The Hokies bested Maryland on the 5.2-mile course. The women's team garnered a 13th-place performance out of the 34-team field.

In the three opening meets of the year, the Virginia Tech Invitational, the VT Alumni Meet and the Mountaineer Open, things could hardly have been any better for either team.

Opening the season at home on Sept. 3 with the Virginia Tech Invitational, Tech's women's team had four runners in the top five overall, ensuring a first-place finish. The Hokies were led by Kristin Hart, who was second in the race. Hart was the top collegiate runner.

Tech's second meet was the VT Alumni Meet on Sept. 16. The Hokies dominated the event, placing all eight athletes in the top half of the race, including seven in the top ten. In her first collegiate meet, Tasmin Fanning posted a win by five seconds over her sister, Jessica.

In the first road meet of the season, the women's team would settle for no less than first, defeating the four other teams at the Mountaineer Open. The Hokies were again led by Tasmin Fanning, who won her second consecutive meet. Tech placed all seven runners in the top 15 and had five in the top 10.

The men's team garnered two first-place finishes and one second-place performance in their first three meets of the year.

The men opened the season at the Virginia Tech Invitational with a

second-place finish. Atkiss and Andrew Montgomery each finished in the top five for the Hokies, but it would not be enough as Liberty came away with the first-place effort by a slim four-point margin.

Tech would rebound to win its last home event of the year, the VT Alumni Meet. Atkiss, James Scheiner, Andrew Montgomery and Rider Clauss took home first through fourth places, respectively.

The Mountaineer Open was no different for the Hokie men. Tech took first place out of five teams at the meet. Six runners placed in the top 10 with the five others running in the Chicago maroon and burnt orange finishing in the top 25.

The season had many highlights for both the men's and women's teams.



In addition to earning all-region honors, Tasmin Fanning won the first two meets in which she ran.

Several other runners stood out for the Hokies last season in addition to Tasmin Fanning.

Kristin Hart had three top-ten performances on the season, including finishing as the top collegiate runner in her first collegiate meet.

In the two meets in which she ran, Jessica Fanning finished second and third, respectively. Natalie Sherbak amassed three top-five finishes and a 29th-place showing at the NCAA Southeast Regional Championships. Jenn Dietz,

Samantha Ferrance, Heather Fisher, Nicole Pederson and Erin Reddan all had at least one top-15 finish in 2005.

On the men's side, Atkiss was Tech's top runner in each meet, including his last home meet of the season, which proved to be his first career victory.

Paul Ahern, Christian Barlow, Billy Berlin, Rider Clauss, Andrew Montgomery and James Scheiner had at least one top-10 finish last season.

With Atkiss being the only runner lost to graduation, the 2006 teams have a lot of experience returning. Having others recovered from injuries should only solidify Tech as a team to be reckoned with in the upcoming cross country season.



2005 SEASON RESULTS

MEN

	Virginia Tech Invitational	VT Alumni Meet	Mountaineer Open	Penn State Invitational	ACC Championships	NCAA Southeast Regional Championships
Distance	6 kilometers	7.7 kilometers	4 mile	5.2 mile	8 kilometers	10 kilometers
Date	9/3/05	9/16/05	9/30/05	10/15/05	10/31/05	11/12/05
Field	79 runners	46 runners	51 runners	249 runners	96 runners	207 runners
Paul Ahern	19:25.78 (4th)	DNR	19:56.23 (4th)	26:51 (98th)	24:55.8 (34th)	32:04.9 (71st)
David Atkiss	19:24.89 (3rd)	24:34.66 (1st)	19:45.08 (3rd)	26:24 (54th)	24:35.3 (20th)	31:16.3 (37th)
Christian Barlow	20:26.59 (24th)	25:43.14 (9th)	21:21.33 (23rd)	DNR	27:39.1 (95th)	DNR
Billy Berlin	DNR	25:54.01 (10th)	DNR	DNR	DNR	DNR
Rider Clauss	19:57.19 (11th)	25:16.63 (4th)	20:20.15 (8th)	26:50 (97th)	25:29.1 (54th)	32:33.9 (102nd)
Brian Markley	20:50.68 (38th)	DNR	DNR	DNR	DNR	DNR
Bryan McVey	20:33.36 (28th)	25:32.98 (8th)	DNR	DNR	DNR	DNR
Andrew Montgomery	19:26.75 (5th)	25:10.66 (3rd)	20:08.11 (6th)	26:28 (59th)	24:53.2 (31st)	31:36.5 (45th)
Chris Padilla	21:28.86 (60th)	26:33.56 (17th)	21:30.71 (25th)	29:06 (49th - B)	DNR	DNR
Philip Padilla	20:04.92 (14th)	26:32.14 (16th)	20:44.51 (16th)	27:43 (200th)	DNR	DNR
Derek Robbins	20:15.40 (19th)	DNR	21:24.60 (24th)	DNR	DNR	DNR
James Scheiner	19:56.13 (10th)	25:03.26 (2nd)	20:07.92 (4th)	26:36 (70th)	24:59.3 (35th)	33:14.4 (137th)
Ian Shreckengast	20:26.87 (25th)	DNR	20:29.81 (10th)	27:18 (148th)	25:36.1 (60th)	32:31.0 (98th)
Zach Thomas	DNR	DNR	DNR	DNR	DNR	DNR
Jason Vick	20:05.37 (15th)	25:54.57 (11th)	20:45.43 (17th)	26:54 (103rd)	25:40.3 (63rd)	32:08.3 (72nd)
Team Finish	2nd (9)	1st (4)	1st (5)	12th (37)	6th (12)	13th (30)

WOMEN

	Virginia Tech Invitational	VT Alumni Meet	Mountaineer Open	Penn State Invitational	ACC Championships	NCAA Southeast Regional Championships
Distance	4 kilometers	4.7 kilometers	5 kilometers	6 kilometers	6 kilometers	6 kilometers
Date	9/3/05	9/16/05	9/30/05	10/15/05	10/31/05	11/12/05
Field	78 runners	30 runners	41 runners	229 runners	94 runners	205 runners
Meredith Brooks	DNR	DNR	DNR	DNR	DNR	DNR
Jenn Dietz	16:39.94 (29th)	18:30.52 (13th)	19:47.96 (12th)	23:40 (141st)	22:18.0 (76th)	23:05.2 (115th)
Jessica Fanning	15:23.00 (3rd)	17:17.77 (2nd)	DNR	DNR	DNR	DNR
Tasmin Fanning	DNR	17:12.91 (1st)	18:03.98 (1st)	22:10 (42nd)	20:17.2 (19th)	21:05.7 (22nd)
Samantha Ference	DNR	18:17.93 (9th)	DNR	23:04 (99th)	22:09.0 (74th)	23:32.5 (135th)
Heather Fisher	16:14.59 (20th)	DNR	19:50.52 (13th)	DNR	22:49.7 (81st)	DNR
Kristin Hart	15:21.82 (2nd)	17:45.39 (6th)	18:49.65 (3rd)	22:37 (70th)	20:47.0 (41st)	22:01.6 (58th)
Megan Montgomery	18:15.30 (56th)	DNR	DNR	DNR	DNR	DNR
Heather Mullis	DNR	DNR	DNR	25:37 (50th-B)	DNR	DNR
Nicole Pederson	15:57.11 (11th)	17:40.83 (5th)	19:11.00 (6th)	23:26 (125th)	21:49.0 (69th)	24:24.3 (171st)
Erin Reddan	15:41.12 (5th)	17:34.43 (4th)	18:33.46 (2nd)	23:22 (121st)	21:47.2 (68th)	23:20.4 (125th)
Natalie Sherbak	15:31.65 (4th)	17:22.28 (3rd)	19:04.96 (5th)	22:47 (80th)	20:59.1 (48th)	21:16.4 (29th)
Team Finish	1st (9)	1st (4)	1st (5)	13th (34)	9th (12)	12th (28th)

2005 ACC CHAMPIONSHIP TEAM RESULTS (MEN)

1.	Virginia	4	5	6	7	8	=	30
2.	Florida State	1	3	9	10	15	=	38
3.	NC State	14	19	21	22	27	=	103
4.	Wake Forest	11	16	28	38	43	=	136
5.	Duke	12	24	30	36	40	=	142
6.	Virginia Tech	20	31	34	35	53	=	174
7.	Clemson	2	37	41	44	51	=	175
8.	North Carolina	17	29	48	49	55	=	198
9.	Boston College	18	32	39	47	66	=	201
10.	Maryland	45	57	60	65	77	=	304
11.	Miami	52	71	72	73	74	=	342
12.	Georgia Tech	56	68	75	78	79	=	356

2005 ACC CHAMPIONSHIP TEAM RESULTS (WOMEN)

1.	Duke	1	2	4	6	7	=	20
2.	NC State	3	12	18	27	31	=	91
3.	Wake Forest	5	22	23	25	29	=	104
4.	Boston College	8	20	21	24	33	=	106
5.	North Carolina	13	14	28	34	39	=	128
6.	Virginia	10	16	42	54	55	=	177
7.	Florida State	17	38	45	46	50	=	196
8.	Maryland	26	36	43	53	56	=	214
9.	Virginia Tech	19	40	47	64	65	=	235
10.	Georgia Tech	30	52	59	67	73	=	281
11.	Miami	15	72	74	80	82	=	323
12.	Clemson	44	62	69	75	77	=	327

HONORS & AWARDS

2005-06 ACADEMIC AWARDS

All-ACC Academic Team

Men
Paul Ahern
David Atkiss
Andrew Montgomery

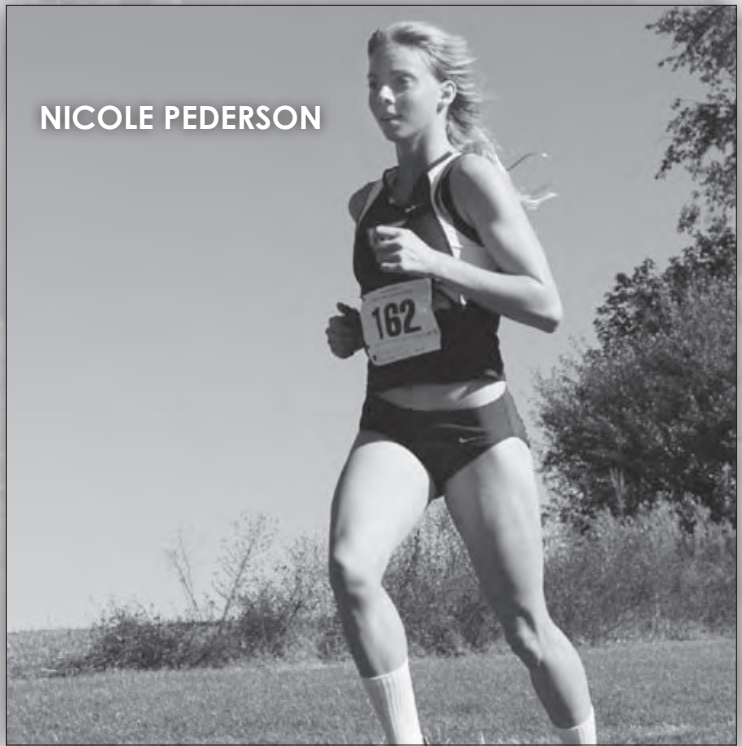
Women
Tasmin Fanning

AD Honor Roll

Men
Paul Ahern
David Atkiss
Billy Berlin
Rider Clauss
Daniel Forgeng
Bryan McVey
Andrew Montgomery
Chris Padilla
Phillip Padilla
Zach Thomas
Jason Vick

Women
Meredith Brooks
Katie Danyko
Jenn Dietz
Jessica Fanning
Tasmin Fanning
Samantha Ference
Heather Fisher
Rachel Hamilton
Kristin Hart
Meagan Montgomery
Heather Mullis
Erin Reddan
Natalie Sherbak

NICOLE PEDERSON



DAVID ATKISS



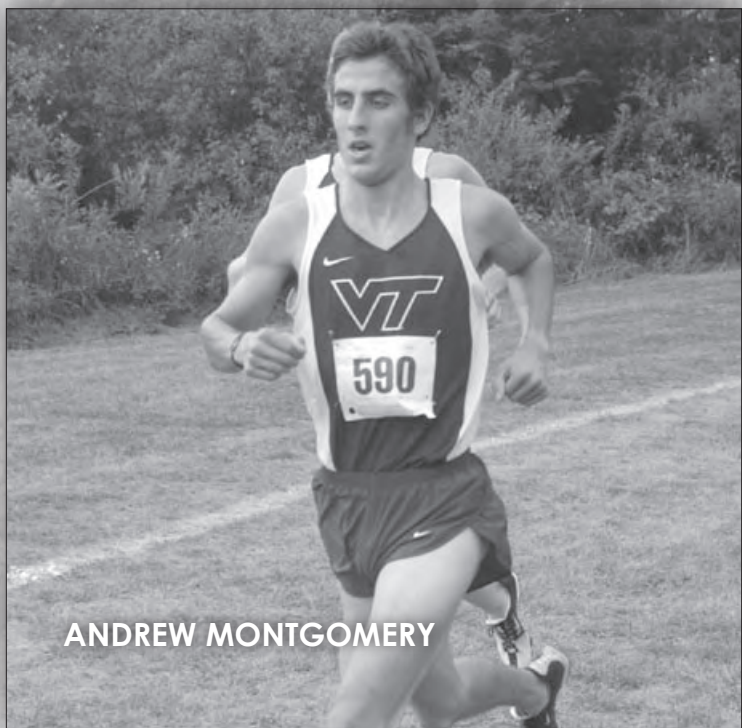
2005-06 TEAM AWARDS

MVP
Coach's Award
Rookie of the Year

Men
David Atkiss
Andrew Montgomery
Paul Ahern

Women
Tasmin Fanning
Nicole Pederson/
Erin Reddan
Kristin Hart

ANDREW MONTGOMERY



HISTORY

NCAA ALL-REGION

Men

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

Women

1984.....	Linda King (14th)
	Cheryl Tuosto (24th)
1987.....	Roxann Polo (13th)
	Louise Schweitzer (16th)
1990.....	Heidi Allen (7th)
2002.....	Stacey Vidt (19th)
	Jessica Morris (20th)
2003.....	Marlies Overbeeke (5th)
2004.....	Jessica Fanning (14th)
2005.....	Tasmin Fanning (22nd)

Current team members in **bold** type

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.



STACEY VIDT

NCAA REGION CHAMPIONSHIPS

Men (Team)

1975.....	12th
1976.....	15th
1977.....	16th
1980.....	8th
1983.....	15th
1984.....	11th
1985.....	9th
1986.....	4th
1987.....	1st
1989.....	10th
1990.....	10th
1992.....	7th
1993.....	8th
1994.....	5th
1995.....	5th
1996.....	8th
1997.....	10th
1998.....	10th
1999.....	10th
2000.....	9th
2001.....	9th
2002.....	9th
2003.....	15th
2004.....	14th
2005.....	13th

Women (Team)

1983.....	7th
1984.....	5th
1985.....	8th
1986.....	11th
1987.....	10th
1989.....	10th
1990.....	15th
1992.....	14th
1993.....	23rd
1994.....	t-22nd
1995.....	18th
1996.....	25th
1997.....	9th
1998.....	14th
1999.....	10th
2000.....	12th
2001.....	12th
2002.....	7th
2003.....	6th
2004.....	10th
2005.....	12th



MICHAEL LAWSON

NCAA CHAMPIONSHIPS

Men (Team)

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

ALL-AMERICANS

Men

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

Women

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

CONFERENCE CHAMPIONSHIPS

Men (Team)

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

Women (Team)

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

CONFERENCE CHAMPIONS

Men

Southern Conference

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

Metro Conference

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

Atlantic 10

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

Women

Metro Conference

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

ALL-CONFERENCE HOKIES

Men

Southern Conference

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

Metro Conference

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

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

Atlantic 10 Conference

1995..... John Hawthorne
 1995..... George Probst
 1996..... Van Arnold
 1996..... Mike Cox
 1996..... Wes Schilling
 1996..... Jason Dowdy
 1996..... Mark Rumble
 1997..... Matt Zacharias
 1997..... Jay Johns
 1997..... Jason Dowdy
 1997..... Mike Cox
 1997..... Van Arnold

1998..... Chris Seaton
 1998..... Van Arnold
 1999..... Chris Seaton
 1999..... Van Arnold
 1999..... Paul Hayes

Women

Metro Conference

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

Atlantic 10 Conference

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

BIG EAST Conference

2003..... Marlies Overbeeke

Atlantic Coast Conference

2004..... Jessica Fanning

Current team members in **bold type**



FACILITIES

HOKIES BENEFIT FROM EXCELLENT ON-CAMPUS CROSS COUNTRY COURSE

During the past 13 years, Virginia Tech's cross country course has provided many benefits to the program and has paid dividends for the Tech cross country team. The course has attracted several of the nation's top programs and been the site of some of the state's largest high school meets.

"In conjunction with our indoor and outdoor track facilities, the cross country course makes Virginia Tech unsurpassed in the quality of

facilities," said Director of Track & Field and Cross Country Dave Cianelli. "The training aspect of the course is also great."

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

Over the years, the all-grass course has settled to provide an ideal surface for racing

and training. Located on the southwest end of campus near the corner of Southgate Drive and Route 460, the terrain gently rolls through the cornfields and wooded locations typical of the Tech surroundings.

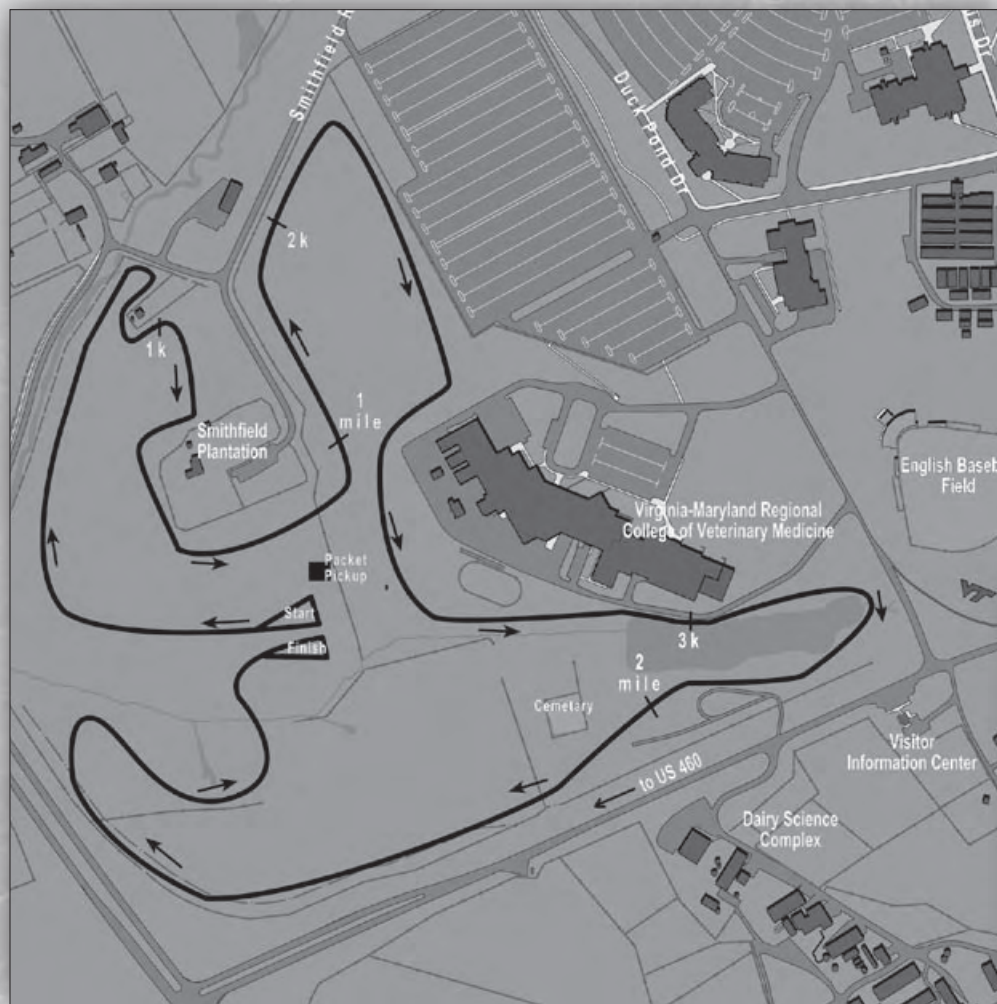
Opened for racing in 1993, the course now starts and finishes behind the Virginia-Maryland Regional College of Veterinary Medicine. It covers a total of 3.1 miles, passes historical Smithfield Plantation and crosses Stroubles Creek. There is also a 5-mile version of the course for the men.

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

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

The Hokies will host two meets on their home course this year, starting with the Virginia Tech Invitational on September 3.

"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."



**ALL-AMERICAN
MARLIES OVERBEEKE**

COURSE RECORDS

Men (short course - 6k)

18:55.00 Josh McDougal (Liberty), set at the Festival in the Fields on Sept. 14, 2004

Men (long course - 8k)

24:28.31 Goran Nava (Radford), set at the Virginia Tech Invitational on Sept. 20, 2003

Women (short course - 4.1k)

14:24.50 Marlies Overbeeke (Virginia Tech), set at the Alumni Meet on Sept. 7, 2002

Women (long course - 4.7k)

16:48.32 Marlies Overbeeke (Virginia Tech), set at the Hokie Invitational on Sept. 20, 2003

INDOOR AND OUTDOOR TRACK FACILITIES

RANKED AMONG THE BEST IN THE COUNTRY

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

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

The complex includes a pole vault pit, long and triple jump areas, steeplechase lanes and areas for shot put, discus, hammer throw, javelin and high jump. 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 on the south side of the track ultimately will be terraced to provide seating.

The outdoor track, coupled with a similar indoor track, gives Tech what many believe is the finest track complex in America. The 200 meter, banked indoor track, one of only a very few of its kind in the U.S., was installed in the Rector Field House and used for the first time during the 1996-97 season.

The indoor track has been host to several of the east coast's top invitationals, attracting many of the nation's best teams. Tech has also brought in some of the nation's finest athletes. Many Olympians have competed in Rector Field House during recent years, including 2000 Olympic silver medalist pole vaulter Lawrence Johnson, Olympian distance runner Julie Henner, two-time NCAA champion shot putter

Andy Bloom and high school mile record holder Alan Webb.

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 the construction of the new track possible.

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

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

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



HOKIE TRAILS

BLACKSBURG'S NATURAL TERRAIN AND BEAUTY MAKE IT A CROSS COUNTRY ATHLETE'S PARADISE

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

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

The Jefferson National Forest lies just three miles outside of the Blacksburg town limits and houses a favorite training ground of the Tech cross country team. The Pandapas Pond

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

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

The Pandapas area even plays host to an annual trail race, the Brush Mountain Breakdown, which offers a 6-mile and 16-mile race course. Former Tech runner Jason Dowdy holds the 16-mile course record. The forest service works in conjunction with the local runners, bikers and recreational users to

maintain and build the trails, which are also the site of an annual mountain bike race and are close to many camping locations.

Just a half-hour out of town is another great location loaded with trails and even more breathtaking

views. Mountain Lake and its resort are located northwest of Blacksburg on top of Salt Pond Mountain. The lake, one of just two natural lakes in Virginia and the surrounding area, boasts miles of trails and views that have been another popular location for training. Mountain Lake was where the movie *Dirty Dancing* was filmed and is the destination of an annual run from campus that the team holds each August. The 17-mile trek includes a 7-mile climb to the peak at the end and is a popular event for many of the local runners as well.

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

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



BLACKSBURG, VA

COLLEGE TOWN, U.S.A.

One of America's best college towns, Blacksburg is a perfect setting for a great university like Virginia Tech.

Located in Southwest Virginia on a plateau between the Blue Ridge and Alleghany Mountains, Blacksburg combines the laid-back lifestyle of a small town with the amenities one would expect to find around a major center of higher education. Together, the town and university have worked hard to create a progressive community that ranks among the nation's elite living environments.

Virginia Tech and the Town of Blacksburg gained national and international attention by creating the world's first "electronic village." Businesses and industries have been drawn by the potential of the quaint town.

Established in 1798 by John and William Black, the town is surrounded by scenic mountain views that accentuate the area. Since its founding, Blacksburg has grown to become the largest town in Virginia.

The nearly 42,000 residents (including students) enjoy a close proximity to a variety of recreation areas such as the Blue Ridge Parkway, Appalachian Trail, Claytor Lake and the New River. The region features a moderate climate and four distinct seasons.

Blacksburg's location (adjacent to major interstate highways) provides convenient access to most points in the southern and eastern parts of the country.



BLACKSBURG, VA

ATHLETIC FACILITIES



The west side expansion at Lane Stadium/Worsham Field (above right) houses a new ticket office, academic advising center and Hokie Club offices, as well as game day amenities such as suites, club rooms and a press box.



War Memorial Pool



Tech Softball Field and the Johnson-Miller Outdoor Track



Rector Pavilion and outdoor courts at Burrows-Burleson Tennis Center



Rector Field House



Celebration at Tech Soccer Field

ATHLETIC FACILITIES



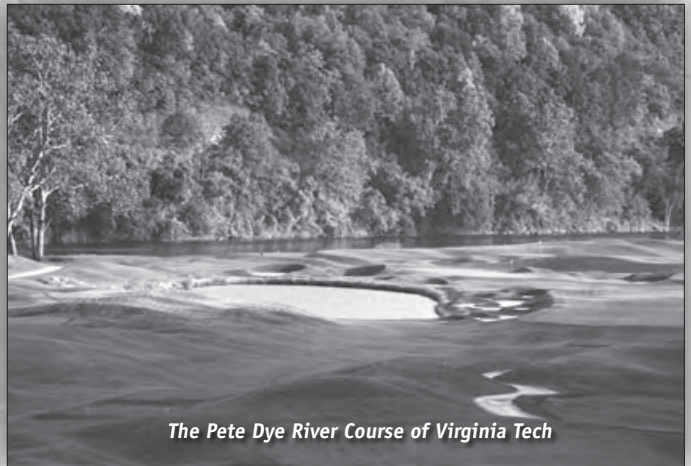
Cassell Coliseum rocks for Hokie basketball games



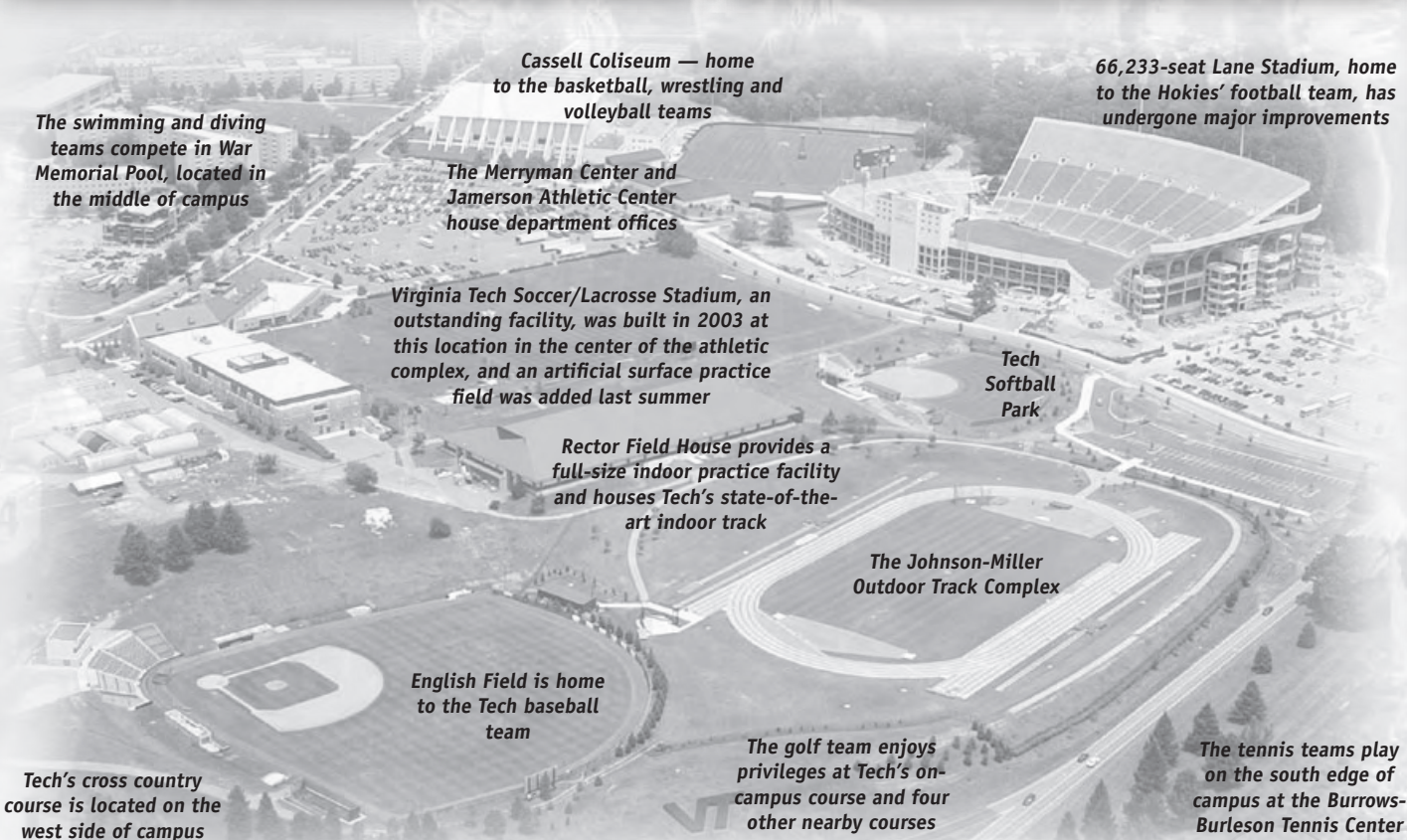
The Merryman Center Weight Room



The Merryman Center



The Pete Dye River Course of Virginia Tech



The swimming and diving teams compete in War Memorial Pool, located in the middle of campus

Cassell Coliseum — home to the basketball, wrestling and volleyball teams

66,233-seat Lane Stadium, home to the Hokies' football team, has undergone major improvements

The Merryman Center and Jamerson Athletic Center house department offices

Virginia Tech Soccer/Lacrosse Stadium, an outstanding facility, was built in 2003 at this location in the center of the athletic complex, and an artificial surface practice field was added last summer

Tech Softball Park

Rector Field House provides a full-size indoor practice facility and houses Tech's state-of-the-art indoor track

The Johnson-Miller Outdoor Track Complex

English Field is home to the Tech baseball team

Tech's cross country course is located on the west side of campus

The golf team enjoys privileges at Tech's on-campus course and four other nearby courses

The tennis teams play on the south edge of campus at the Burrows-Burleson Tennis Center

SUPPORT SERVICES

STUDENT ATHLETE ACADEMIC SUPPORT SERVICES

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

The Virginia Tech graduation rate for student-athletes has risen significantly in recent years and is a school best 74 percent for 2005. This marks the third time in the last four years that Virginia Tech's student athlete graduation rate has been 70 percent or better.

In addition to posting impressive graduation figures, Virginia Tech's student-athletes continue to excel in the classroom. For the 2005 calendar year, 376 3.0 GPA's were earned by student-athletes, student trainers, student managers, cheerleaders and HighTechs. These student athletes and students from support areas were recognized at the Athletic Director's Honors Breakfast last spring.

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

Stakeholders of the office's mission include student athletes and their families, the university community, coaches and athletics administrators. SAASS seeks to develop relationships with its stakeholders that are founded on trust and respect, and provides the following services to accommodate their needs:

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

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

SAASS 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.

During the summer, the SAASS office moved to the West Side of Lane Stadium. Here, student-athletes have access to state-of-the-art technology, quiet study facilities, individualized tutorial rooms and direct access to the SAASS staff. This complex is a focal point for the Athletics Department, both aesthetically and pragmatically, and provides a centralized place for student-athlete services.

The new facility features:

- More than 18,000 square feet of functional space
- 10 Staff Offices
- 18 Private Tutor Rooms
- State-of-the-Art Classroom
- 45 Station Computer Lab
- Three Reading/Study Rooms
- Conference Room
- Reference Library

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.

Beginning his eighth year at Virginia Tech, Chris Helms is the director and is responsible for the development and leadership of the Student Athlete Academic Support Services office. Helms oversees an office comprised of an associate director, four assistant directors, two learning specialists, a systems analyst, interns, and a secretary forming a group of professionals serving the needs of all student-athletes. Helms came to Tech from Michigan State University, where he served as the assistant director of the Student Athlete Support Services office.

Katie Ammons is an assistant director who begins her eighth year and works with the men's and women's cross country and men's and women's track programs. Ammons is also in charge of the operation of the computer labs and other computing resources available for student-athletes. Ammons is a former standout Hokie student-athlete.

ATHLETICS OFFICE OF STUDENT LIFE

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

Virginia Tech student-athletes obtain personal development education through workshops and mandatory speakers. Presentation topics include gambling, alcohol abuse, sexual violence and healthy relationships, media relations, and manners and etiquette dinners.

In close collaboration with the Virginia Tech Career Services Center, career development programs are designed specifically for student-athletes. Resume design, career fair etiquette, mock interviews, interview attire and mini-career fairs are just a few examples of workshops hosted by the Athletics Office of Student Life. Student-athletes are encouraged to participate in on-campus interviewing and eRecruiting along with securing internships and coops during their college careers. In the 2005-2006 academic year, Cintas Corporation, Ferguson and NVR, Inc. hosted workshops providing student-athletes the opportunity to hear job search strategies directly from employers.

The Virginia Tech Athletics Office of Student Life is responsible for nominating student-athletes for academic honors and awards. Athletes are nominated for on-campus, Atlantic Coast Conference and national awards. Student-athletes with a 3.0 GPA are rewarded each semester by being honored on the Athletic Director's Honor Roll. The 2005 calendar year listed 377 student-athletes with this honor. Neil Savage, men's swimming and diving, and Lindsay Pieper, women's lacrosse, received the Skelton Award for Academic Excellence in Athletics. The award is given to one male and one female student-athlete who demonstrate leadership, outstanding academic excellence and community involvement. The recipients of the award receive a \$5,000 scholarship donated by Dr. Bill and Peggy Skelton.

Twenty-eight Hokies made the Athletic Director's Honor Roll in 2005. Andrew Montgomery and Jennifer Dietz were named to the 2005 Virginia Tech All-Academic Team for attaining the highest GPA in 2004 on the cross country team.

The Virginia Tech Student Athlete Advisory Committee (SAAC) promotes effective communication between athletic administration and student-athletes. SAAC is comprised of two representatives from each sport. These representatives meet twice a month to discuss issues and concerns regarding their sports, department of athletics, ACC and NCAA legislation. The student-athletes encourage their teammates to get involved both on campus and in the community. Each year SAAC sponsors a canned food drive during the basketball season.

The Athletics Office of Student Life community outreach program is "Hokies with Heart." Student-athletes are encouraged to volunteer throughout their college experience. In collaboration with the Virginia Tech Corp of Cadets and student leadership, the "Hokies with Heart" program works together with the Montgomery County Public Schools System to visit with local school kids about the importance of education and character development. In 2005, the student-athletes also volunteered with the Montgomery County Christmas Store, Virginia Tech White Ribbon Campaign and Hokies United Hurricane Relief Campaign.

SPORT PSYCHOLOGY

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



Dr. Gary Bennett

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

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

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

The sport psychology department also offers an injury group to afford injured athletes the opportunity to meet with other injured athletes and talk about their recovery process. Injured athletes may also meet individually with the sport psychologists if they do not feel comfortable in the group or cannot make the sessions. On average, the psychologists conduct 20 individual sessions per week and also meet weekly with teams as the need arises.

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

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

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

SUPPORT STAFF



Penny Martin
Cross Country
Secretary



Sarah Farden
Athletic Trainer



RaeLynn McAfee
Marketing



Matt Kovatch
SID Contact



Tommy Rapier
Equipment Manager



Damian Salas
Webmaster

SPORTS NUTRITION

Eating healthy and choosing nutritious diets are important aspects of a Virginia Tech student-athlete's life, and that's why in July 2002, the athletics department implemented the sports nutrition program. Amy Freel serves as the director.



Amy Freel

Freel works individually with student-athletes to provide them with information they need on their diet. She also provides individual players with diet counseling on issues such as gaining lean muscle mass, losing body fat, and eating choices to improve performance.

"It is extremely beneficial for our student-athletes to have nutrition education and counseling available to them in order for them to remain successful in their sports and outside of athletics," Freel said. "The individualized

nutrition education allows me and the athletes to get very specific on their nutritional, personal and sport-specific goals."

Also in July 2002, the Virginia Tech Athletics Department purchased the BOD POD body composition system. Tech is one of a handful of college athletic departments using this type of technology. The BOD POD is found in many professional training facilities, such as the NFL and Major League Baseball. It accurately measures body composition (percent of body fat, lean muscle mass and fat mass) through air displacement within five minutes. Research has shown that an increase in lean muscle mass will increase athletic performance. The sports nutrition program has helped countless Tech athletes maximize their athletic performance.

SPORTS MEDICINE

The Virginia Tech Sports Medicine Department is an ever-changing and developing unit that strives to provide the most current and comprehensive care to all student-athletes. The department is constantly evolving to incorporate new ideas and state-of-the-art resources for the betterment of student-athletes.

A professional staff — including primary care physicians who are Board certified in family medicine and sports medicine, orthopedic surgeons, certified athletic trainers, physical therapists, chiropractors, massage therapists, sports psychologists, nutritionists and orthotists — is available to manage the health care of athletes.

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

Virginia Tech now has more than 10,000 square feet dedicated to sports medicine, placing it in the top five percent nationally.

BY THE WAY, WHAT IS A HOKIE?

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



Tech's lovable mascot — The HokieBird

ADMINISTRATION



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, 61, was appointed on Sept. 24, 1997 and has been a tireless leader on behalf of Tech athletics. In his years on the job at Tech, Weaver has taken steps to place

increased emphasis on projects benefiting student-athletes.

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

A major addition to the west side of Lane Stadium opened this summer. In addition to luxury suites and other game day amenities, the structure houses a ticket office, athletic fund offices, an Athletics Hall of Fame and a new student academic services area.

Weaver presided over Tech's move into the Atlantic Coast Conference in 2004-05, when Virginia Tech and Miami were officially introduced as the 10th and 11th members of the ACC, effective July 1, 2004.

Weaver renegotiated Tech's multimedia rights contract with ISP Sports, creating a new business relationship and enhanced revenue for the athletics department. In the Fall of 2000, Weaver arranged a joint venture with ISP to commit \$2 million to purchase new scoreboards, upgrade sound systems, install an L.E.D. video display screen at Lane Stadium (which was enlarged for the 2005 season) and place two wall-mount L.E.D. video screens in Cassell Coliseum.

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.

Weaver brings a "Penn State mentality" to the position. He says that various schools' interest in him as a reformer through the years can be traced to Penn State and its reputation for how it conducts business in intercollegiate athletics.

It was with the Nittany Lions' football team that Weaver first made a name for himself in athletics. He was a center and linebacker on Penn State teams coached by the legendary Rip Engle and Joe Paterno.

A native of Harrisburg, Pa., Weaver was recruited to Penn State by Engle. He played three seasons under Engle and one under Paterno, who is still the coach of the Nittany Lions.

Weaver graduated from Penn State in 1967 with a bachelor's in psychology and rehabilitation education. He received a master's in college counselor education, also from Penn State, in 1968.

Weaver started a coaching career as an assistant at Penn State for six seasons.

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 athletics director.

Weaver drew rave reviews at UNLV for his fund-raising expertise. He generated nearly \$15 million in his time there.

While at Western Michigan, Weaver announced creation of a \$7 million football center, stabilized fluctuating revenues and installed a CHAMPS Life Skills program.

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



Sharon McCloskey
Senior Associate
Director of Athletics



Tim East
Associate Director of
Athletics for External
Affairs



Tom Gabbard
Associate Director
of Athletics for
Internal Affairs



Jon Jaudon
Associate Director
of Athletics for
Administration



Randy Butt
Associate Director
of Athletics for
Financial Affairs



John Ballein
Associate Director
of Athletics for
Football Operations



Tim Parker
Assistant Director
of Athletics for
Compliance



Mike Gentry
Assistant Director
of Athletics for
Athletic Performance



Dave Smith
Assistant Director
of Athletics for
Media Relations



Sandy Smith
Assistant Director
of Athletics for
Ticketing Services

WOMEN'S CHAMPIONSHIP RESULTS

Championships by School

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

Championships by Coach

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

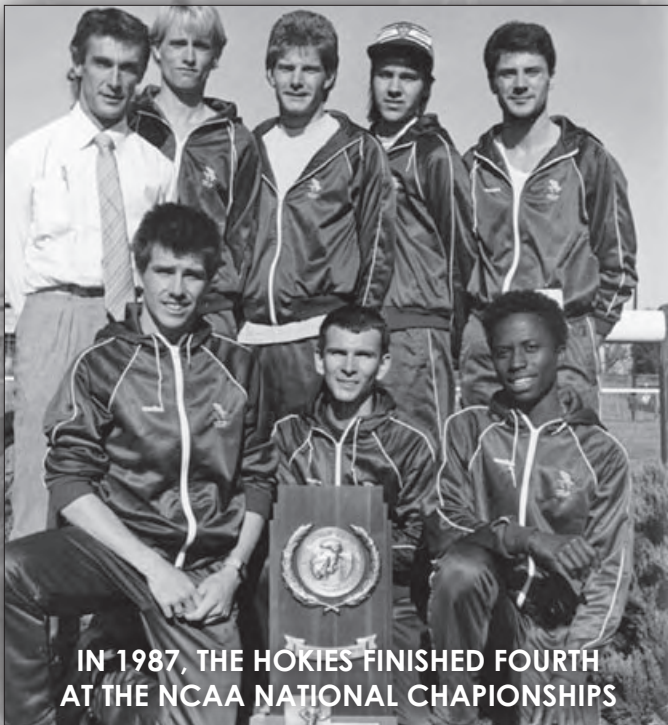
Individual Champions by School

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

MEN'S CHAMPIONSHIP RESULTS

Championships by School

NC State	13
Maryland	11
North Carolina	9
Clemson	7
Duke	7
Wake Forest.....	4
Virginia	2



IN 1987, THE HOKIES FINISHED FOURTH AT THE NCAA NATIONAL CHAPIONSHIPS



JESSICA FANNING

Championship Records

Most Consecutive Titles.....	7
NC State, 1987-1993	
Widest Victory Margin	71
Duke (20) over NC State (91), 2005	
Smallest Victory Margin.....	3
NC State (38) over Wake Forest (41), 1992	
Lowest Team Total.....	20
Virginia, 1982; Duke, 2005	

Championships by Coach

Rollie Geiger, NC State	12
Jim Kehoe, Maryland	8
Al Buehler, Duke	6
Dale Ranson, North Carolina	6
Sam Colson, Clemson	5
John Goodridge, Wake Forest	4
Dennis Craddock, North Carolina/Virginia.....	2
Bob Dean, Maryland	2
Bill Cason, Clemson	1
Paul Derr, NC State	1
Jason Dunn.....	1
Joe Hilton, North Carolina.....	1
Bill Lam, North Carolina	1
Norm Ogilvie, Duke.....	1
Stan Pitts, Maryland	1
Bob Pollock, Clemson.....	1

Individual Champions by School

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

Championship Records

Most Consecutive Titles.....	6
Maryland, 1964-1969	
Widest Victory Margin	54
NC State (16) over Duke (70), 1999	
Smallest Victory Margin.....	1
NC State (47) over Florida State (48), 2004	
Lowest Team Total.....	16
NC State (1,2,3,4,6), 1999	

ACC 'TRADITION OF EXCELLENCE'



THE TRADITION

Consistency. It is the mark of true excellence in any endeavor.

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

Yet the Atlantic Coast Conference has defied the odds. Now in its 54th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 100 national championships, including 52 in women's competition and 48 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 130 times in men's competition and 71 times in women's action.

2005-06 IN REVIEW

The 2005-06 academic year concluded with the league pocketing an all-time high six national team titles and 15 individual NCAA crowns. In all, the ACC has won 57 national team titles over the last 16 years. The ACC has won two or more NCAA titles in 24 of the past 26 years.

As this document went to press, four ACC baseball teams were participating in the College World Series.

THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2006-07 academic year — 12 for men and 13 for women.

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

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

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

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

Piedmont, Southern Seven and the Shoreline.

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses.

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

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

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

The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Polytechnic Institute and State University. On Oct. 17, 2003, Boston College accepted an invitation to become the league's 12th member starting July 1, 2005.

A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members — Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest — drawing up the conference by-laws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

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

2005-2006 NATIONAL CHAMPIONSHIPS

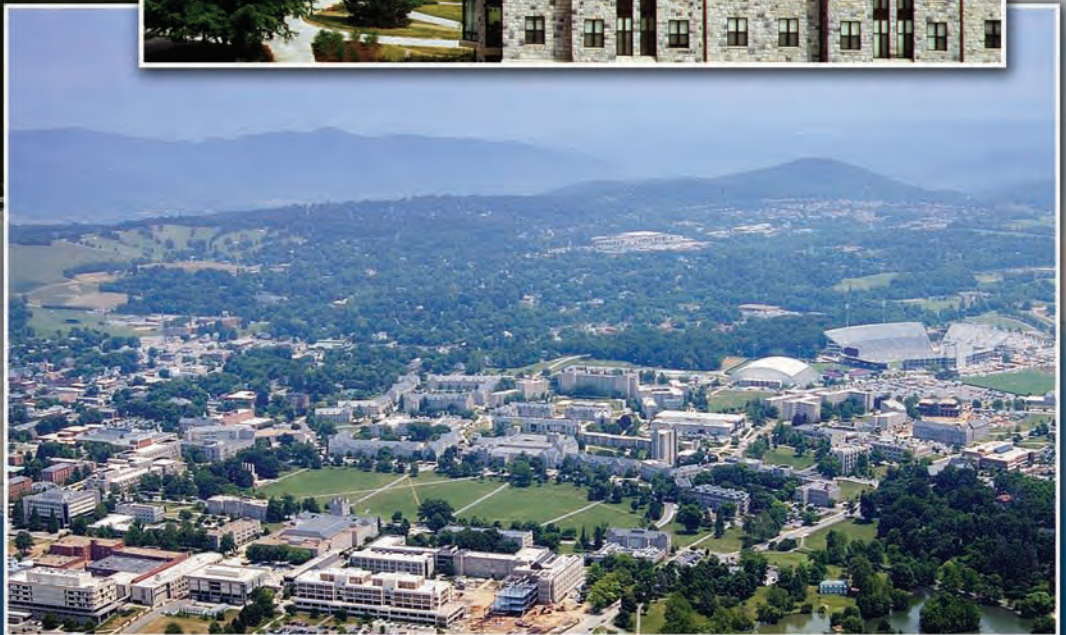
Field Hockey	Maryland
Men's Soccer	Maryland
Women's Basketball	Maryland
Women's Lacrosse.....	Virginia
Women's Golf.....	Duke
Men's Track & Field.....	Florida State



Virginia Tech

Invent the Future™

Beginning in 1872 with 132 students and two programs of study, Virginia Polytechnic Institute and State University, popularly known as Virginia Tech, has evolved into a comprehensive university of national and international prominence. With about 25,800 full-time students in Blacksburg and more than 2,000 other students statewide, the university produces world-class scholarship in a challenging academic environment. University tradition is firmly rooted in our motto, *Ut Prosim* (That I May Serve), and our historic land-grant mission is brought to life through learning, discovery, and engagement.



BLACKSBURG, VA

AND THE NEW RIVER VALLEY

