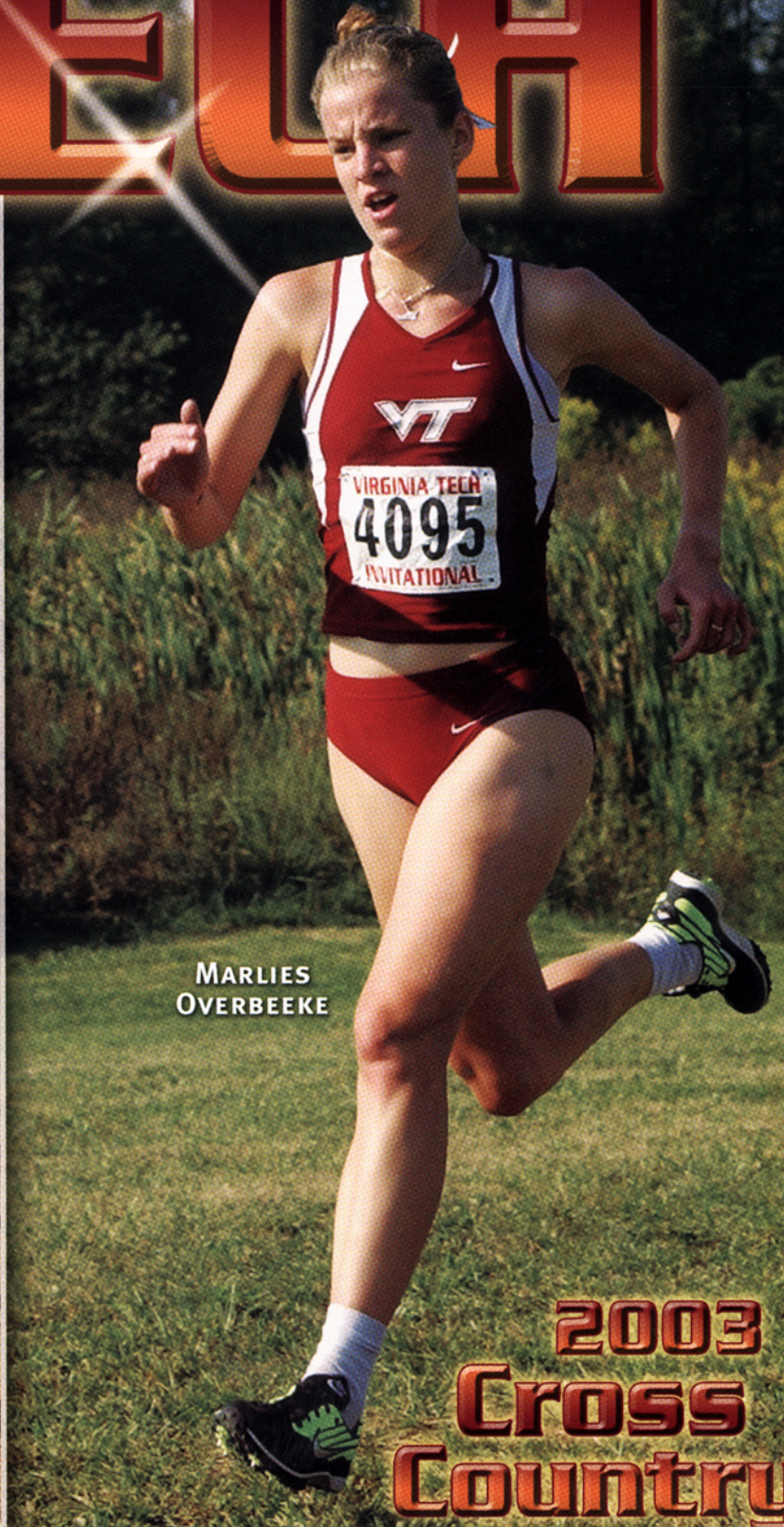


VIRGINIA TECH



DAVID
ATKISS



MARLIES
OVERBEEKE

2003
Cross
Country

Virginia Tech

A RESEARCH UNIVERSITY IN ACTION

The top research institution in the commonwealth, Virginia Polytechnic Institute and State University is a comprehensive university of national and international prominence. Virginia's premiere land-grant university, Virginia Tech has grown from a small college of 132 students into the largest institution of higher education in the state during its 131-year history.

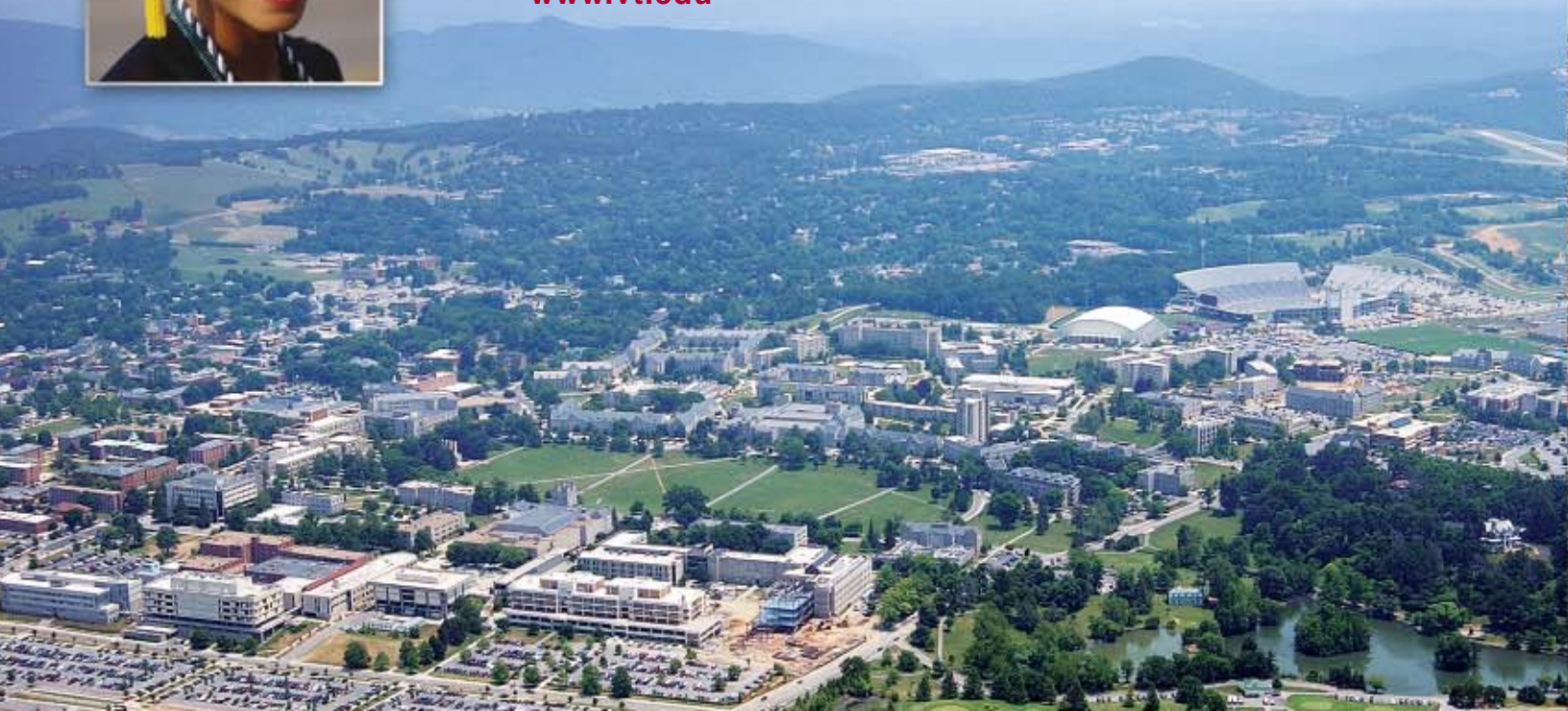
Recognizing that higher education is a key force behind the quality of American life, economic competitiveness, and our democratic form of government, President Charles W. Steger has challenged the university to become one of the country's top 30 research institutions by the end of the decade.

Virginia Tech was established in 1872 as an all-male military school dedicated to the original land-grant mission of teaching agriculture and engineering. Today, the co-educational institution, which operates a European studies center based in Switzerland and educational, research and outreach/Extension facilities throughout Virginia, has recognized programs in music, business, architecture and the humanities, as well as its traditional strengths in the sciences, engineering and technology.

Virginia Tech is organized into eight colleges – Agriculture and Life Sciences, Architecture and Urban Studies, Science, Pamplin College of Business, Engineering, Liberal Arts and Human Sciences, Natural Resources, and Virginia-Maryland Regional College of Veterinary Medicine. Together, the colleges offer about 175 bachelor's, master's and doctoral degree programs to approximately 28,000 students, who hail from countries throughout the world.

Virginia Tech follows the dictates of its motto, *Ut Prosim* ("That I May Serve"), focusing on its land-grant missions of instruction, research, and solving the problems of society through outreach and Extension activities. Through the generation of new knowledge and the outreach mandate, the university disseminates practical knowledge through the classroom and to society as a whole. It is a university that puts knowledge to work.

Visit Virginia Tech on the Internet at
www.vt.edu



VIRGINIA TECH

2003 CROSS COUNTRY

HOKIE QUICK FACTS

University Information

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

Cross Country Information

Director of Track & Field and Cross Country	Dave Cianelli
Cross Country Coach	Ben Thomas
Assistant Cross Country Coach	Mary Jane Harrelson
Secretary	Diane Buckland
Cross Country Office Phone	(540) 231-9978
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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.).

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

Virginia Tech does not discriminate against employees, students, or applicants on the basis of race, color, sex, sexual orientation, disability, age, veteran status, national origin, religion, or political affiliation. Anyone having questions concerning discrimination should contact the Equal Opportunity and Affirmative Action Office at (540) 231-7500.

2003 SCHEDULE

Date	Meet	Site
Sept. 5	Virginia Tech Invitational	Blacksburg, Va.
20	Hokie Invitational	Blacksburg, Va.
Oct. 3	Appalachian State Invitational	Boone, N.C.
18	Chile Pepper Invitational	Fayetteville, Ark.
Oct. 31	BIG EAST Championships	Bronx, N.Y.
Nov. 15	NCAA Southeast Region Championships	Greenville, N.C.
24	NCAA National Championships	Cedar Falls, Iowa

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Credits

This media guide is a publication of the Virginia Tech Sports Information Office, and was written by SID interns Ty Patton and Melissa McKeown with other contributions from Jason Dowdy.

The guide was designed and edited by Patton and Assistant SID David Knachel. Photography and cover design by Knachel. Printing by Southern Printing Company of Blacksburg, Va.



This Is VIRGINIA TECH



*"My four years in Blacksburg were great!
I was able to grow and gain the experience
needed to become very successful in
academics and athletics at Virginia Tech."*

— Stacey Vidt, 2002 NCAA Qualifier



FACILITIES

Hokies benefit from excellent on-campus cross country course

During the past nine 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 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.

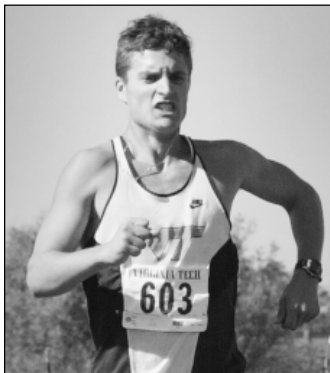
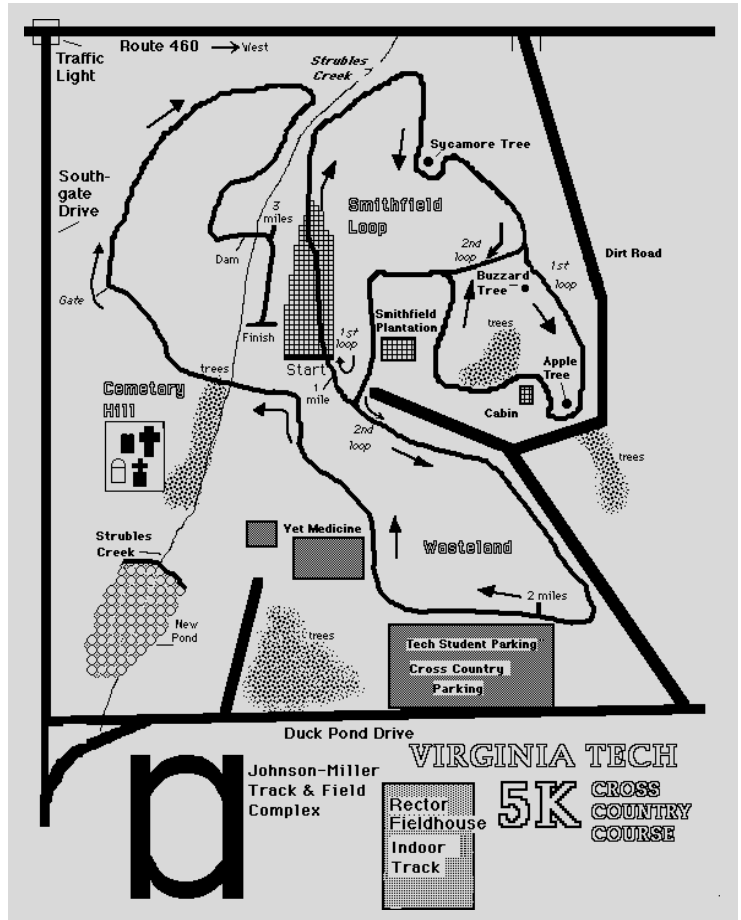
"The fact that it is on campus makes it ideal for our teams to train and compete."

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 season-opening Virginia Tech Invitational on Sept. 5.

"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."



Tech alumnus Mike Cox holds the men's course record.

COURSE RECORDS

Men (5 mile course)

24:37.25 Mike Cox (VT Alumni), set at the Hall of Fame Invitational on Oct. 14, 2000

Women (3.1 mile course)

17:26.2 Catherine Berry (East Tennessee State), set at the Virginia Tech Invitational on Sept. 27, 1997



Tech's indoor and outdoor track facilities rank among the best in the United States

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 at the Atlanta stadium on which Olympic Games athletes participated in 1996. Tech's school colors, burnt orange and Chicago maroon, are featured on alternating lanes.

"The 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 events. For sprints, 10 lanes have been placed in one stretch at the south side of the track. In addition, Tech uses the state-of-the-art Finish Lynx timing system for quick and accurate results.

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



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

The indoor track has been host to several of the East Coast's top invitationals, attracting many of the nation's best teams. Tech has also brought in some of the nation's finest athletes. 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 possible the construction of the new track.

"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 run.

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



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.

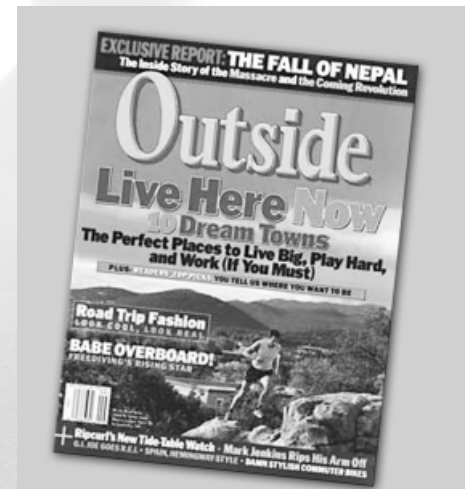
This location not only offers beautiful scenic views, it also rewards the Tech cross country team with an excellent place to train. Blacksburg is a small college town with miles of bike paths and quiet roads that provide ideal places to run within the town and the campus itself. However, just a short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



Residents and visitors to Blacksburg have long thought of it as a great place to live. Recently, Outside magazine clued in the rest of the world with an article naming the home of Virginia Tech as one of 10 dream towns in America.

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."



Virginia Tech's outstanding athletic complex



Virginia Tech Athletics A Success Story



Virginia Tech football star Michael Vick carried the Hokies to unprecedented heights during the 1999 season when Tech went undefeated and advanced to the national championship game. Vick went on to be the No. 1 pick in the 2001 NFL Draft.



The Hokies celebrate last season's victory in the inaugural San Francisco Bowl.

Virginia Tech has a long and proud tradition in athletics, but the Hokies have really seen their success and visibility grow immensely over the past few years. For the ever-growing legion of Tech fans, the most exciting part is that the future looks even brighter.

With a total of 21 varsity sports, 11 for men and 10 for women, Virginia Tech provides generous opportunities for athletes (and fans) to get in the Hokie huddle. Tech competes at the Division I level of the NCAA, and is currently in the BIG EAST Conference for all sports, except wrestling, which competes as a member of the Eastern Wrestling League. In 2004, Tech will become a member of the Atlantic Coast Conference.

Tech's nationally-known football team has had unprecedented success over the past decade. The Hokies have played in ten consecutive bowl games, and have enjoyed five years of ten-win seasons. The Tech football team won BIG



The Virginia Tech women's basketball team celebrates an NCAA Tournament victory over Georgia Tech at Purdue last season.

EAST championships in 1995, 1996 and 1999, and played for the National Championship in the 2000 Nokia Sugar Bowl. Last year, the Hokies won 10 games and were the San Francisco Bowl champions.

The women's basketball team has averaged 22 wins over the past six seasons and has made six consecutive postseason appearances, including advancing to the second round of the NAAs last year.

In 2001, the Hokie golf team won a nation's-best six tournaments, including the BIG EAST Golf Championship, and went on to record an eighth-place finish at the 2001 NCAA Golf Championship. The past two years, the golf team has repeated as BIG EAST champs and advanced to the NAAs.

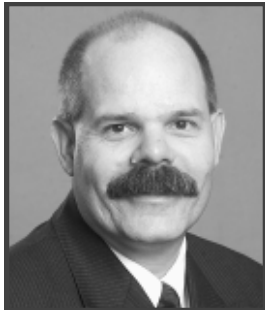
Baseball, tennis and other Tech sports also enjoy success at the conference and NCAA levels.

The Virginia Tech athletics program competes at the highest level — and the future looks even brighter!



The Hokies are becoming regulars at the NCAA Golf Championships, and this coming spring, Virginia Tech will have the honor of hosting the 2004 NCAA Golf Championships at The Homestead Resort in Hot Springs, Va.

COACHING STAFF



Dave Cianelli

DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY

Virginia Tech athletics took a landmark step three years ago by entering the BIG EAST Conference for competition in all sports. Membership in such a major conference brought with it a new level

of potential for performance and recruiting. The athletic department felt that to maximize this potential in the areas of track & field and cross country, one person should oversee all aspects of the programs. This led to the hiring of the Hokies' first director of track & field and cross country, Dave Cianelli.

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

An entirely new coaching staff was brought in to help Cianelli achieve this goal. Former South Carolina hurdler Terry Winston is the sprints coach and Greg Jack was brought in from the University of Pittsburgh to serve as the throws coach. Former Hokie and NAIA Region XII Coach of the Year Ben Thomas is the cross country coach and his assistant is two-time NCAA champion Mary Jayne Harrelson. Cianelli coaches the multi-event performers in addition to his duties as director.

"My role with the cross country team is to facilitate the coaches in their jobs in order to develop the program to the highest level," Cianelli said.

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. He also maintained the program's records, assisted with meet management and administrative duties, and annually served as the SMU Cross Country Invitational meet director.

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 quarterfinalist Cameron Taylor of New Zealand and Tytti Reho, 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.

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.

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 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. One of those individuals, Dori Tressler, was a two-time Mt. SAC relays champion in the heptathlon and set the prep meet record for the event with a score of 4,917 points.

Cianelli and his wife, Ellen, have a daughter Mariah, who is 8, and a son Sebastian, who is 4.

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



CIANELLI'S COACHING RESUME

SMU (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 SWC men's and women's cross country championships
- 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)

- 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, 1985-87
- CCAA women's outdoor track conference champion, 1985-88
- Individual achievements include one NCAA Division II National Champion, 13 All-Americans



Ben Thomas

HEAD CROSS COUNTRY COACH

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.

"What Coach Thomas and the women's team has accomplished recently hasn't happened around here since the 1980s," said Director of Track & Field and Cross Country Dave Cianelli. "I know he and Mary Jayne Harrelson can flat out coach."

Last season, Thomas guided the women's cross country team to its best season in 17 years. The 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.

This past spring, Thomas coached a distance crew that broke school records in the 800 meters, 1,000 meters, mile and 3,000-meter steeplechase. The women's team also advanced three athletes to the NCAA Regional Championships, competing in the 800 meters, 1,500 meters, 5,000 meters and 3,000-meter 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, who now serves as his assistant coach. 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.S. in English and communication studies from Tech in 1992 and an M.S. in education from Lynchburg College in 1999. He 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 four 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."



THOMAS' COACHING RESUME

Virginia Tech (2001-Present)

- One NCAA cross country qualifier
- Two all-region cross country runners

Brevard College (1999-01)

- One three-time NAIA National Champion
- One two-time Olympian
- Two Cross Country World Championships 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 Champion



Mary Jane Harrelson

ASSISTANT CROSS COUNTRY COACH

Mary Jayne Harrelson enters her third season as the assistant cross country coach for Virginia Tech. She had a banner track career at Appalachian State University,

where she was coached by Tech cross country coach Ben Thomas.

"She brings high energy and enthusiasm to the team," Thomas said. "She is all about the team and has been at the top level."

Harrelson joined the Tech program after serving as a volunteer assistant for Thomas at the University of Georgia. She was a six-time All-American and won two NCAA 1,500-meter titles at ASU. On top of that, she was named 2001 NCAA Woman of the Year for the state of North Carolina and made the finals in two events at the U.S. Olympic Trials. She was also named the Southern Conference Female Athlete of the Year in 1999 and 2001 on top of winning 23 conference championships.

Now in her third year as a post-collegiate runner, Harrelson is continuing to train in addition to coaching, and her hard work is paying off. This summer, Harrelson represented the United States in the Pan-American Games, winning a silver medal in the 1,500 meters. She produced second-place finishes in both the mile and the 800 at the 2002 USA Indoor Track and Field Championships, running personal records in both events. Furthermore, she broke the Rector Field House record in the 800 at the Last Chance Invitational in 2002. Her personal goals include a spot on the 2004 Olympic team at either the 1,500 or 5,000-meter distance.

"It's encouraging, because in high school Mary Jayne ran times much like the women on our team, and look at what she has accomplished," Thomas said. "This is a great time for her to continue coaching, but her goals for the future include a spot on the World Championship team and the Olympic team."

A native of Roxboro, N.C., Harrelson graduated from Appalachian State in 2001 with a B.S. in criminal justice.



HARRELSON'S RESUME

- Silver medalist in the 1,500 meters at the 2003 Pan-American Games
- Second place in the 800 meters and mile at the 2002 USATF Indoor Championships
- Was fifth in the 1,500 meters and sixth in the 800 meters at the 2000 Olympic Trials
- 2000-01 NCAA Woman of the Year for North Carolina
- Third place at the USATF indoor mile in 2000
- Two-time NCAA National Champion in the 1,500 meters, 1999 & 2001
- 2001 NCAA runner-up in the 800 meters
- 1999 NCAA runner-up in the mile
- Fourth place in the 1,500 meters at the 2001 World University Games
- Two-time Southern Conference Female Athlete of the Year
- Six-time NCAA All-American
- 2000 and 2002 World Cross Country Championships Qualifier

VOLUNTEER COACHES AND SUPPORT STAFF



Alexis Sharangabo
Volunteer
Coach



Diane Buckland
Track and Cross Country
Secretary



Ty Patton
Track and Cross Country
Sports Information GA



Amy Davis
Cross Country
Athletic Trainer

ADMINISTRATION



Dr. Charles Steger University President

Few people within the university community are unaware of Virginia Tech's national leadership aspirations. Setting his sights on joining the nation's truly elite universities, President Charles W. Steger laid down the challenge to become ranked among the top 30 research universities by decade's end and energized the university community in the process.

Virginia Tech achieved double digit growth in research expenditures for the past two years hitting \$232 million in fiscal year

2002, which propelled the institution back into the nation's Top 50 research universities.

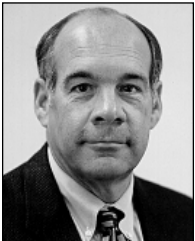
Under Steger's leadership, the university completed a strategic plan creating the outline for national leadership of a comprehensively engaged university. The university recently completed a campus wide restructuring of colleges and departments in concert with the strategic plan.

A registered architect and former dean of Tech's College of Architecture and Urban Studies, Steger was an architect of a different sort as the leader of the university's successful fund raising campaign. Under his leadership as vice president for development

and university relations, the Campaign for Virginia Tech raised \$337 million. Last year, the university raised a record \$70 million.

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

Steger received his Bachelor and Master of Architecture and a Ph.D., in Environmental Science and Engineering from Virginia Tech.



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, 58, was appointed on September 24, 1997 and has been a tireless leader in 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.

Weaver is also committed to the continuing improvement of Tech's facilities.

One thousand permanent seats and new restroom facilities are in use for the first time this season at Virginia Tech Soccer Stadium, a regulation-size lighted field for the men's and women's soccer teams as well as women's lacrosse.

To meet a growing demand for Virginia Tech football, Weaver spearheaded the construction of the south end zone project to expand seating capacity to 65,115 for the 2002 season. A north end zone addition was completed prior to the 2001 season. Future renovations are planned for the west side of Lane Stadium as well.

This year, Weaver represented the BIG EAST at the NCAA's Sportsmanship Summit and he is the BIG EAST AD representative on the Bowl Championship Series committee.

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.

A native of Harrisburg, Pa., Weaver was a center and linebacker on Penn State teams coached by the legendary Rip Engle and Joe Paterno.

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. He

later was the offensive coordinator at Iowa State and head coach for one season at Villanova in 1974. He also spent five years as an assistant professor at Clarion State and three years as director of franchise sales at Athletic Attic.

Prior to landing the athletic director's job at UNLV, Weaver spent nine years at the University of Florida, which was sanctioned by the NCAA in 1983. He was a strong force at Florida in the field of compliance and concluded his time there as associate athletic director.

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



Sharon McCloskey
Senior Associate
Director of Athletics



David Chambers
Senior Associate AD
for External Affairs



Tom Gabbard
Associate AD
for Internal Affairs



Jon Jaudon
Associate AD
for Administration



John Ballein
Associate AD for
Football Operations



Randy Butt
Associate AD
for Financial Affairs



Tim East
Assistant AD for
Marketing & Promotions



Mike Gentry
Assistant AD for
Athletic Performance



Tim Parker
Assistant AD
for Compliance



Sandy Smith
Assistant AD for
Ticketing Services

SUPPORT

STUDENT ATHLETE ACADEMIC SUPPORT SERVICES

The success of Virginia Tech's athletic 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 Student Athlete Academic Support Services (SAASS).

Chris Helms, in his fifth year at Tech, is responsible for the development and leadership of the SAASS office. Helms oversees an office comprised of associate directors Lois Berg and Colin Howlett, assistant directors Katie Ammons, Renia Edwards and Drew Scales, and secretary Terrie Repass. Ammons oversees the coordination for the track & field and cross country teams.

Student-athletes devote many hours to practice, conditioning and training that are not required of all students. Due to their time commitment and their high visibility, it is an obligation and in the best interest of the university to supply these students with services which will allow them to maximize their academic potential.

SAASS provides programming for all student-athletes from their freshman year through graduation. This includes a comprehensive orientation to Tech, study hall, mentoring, tutoring, academic monitoring,



Chris Helms



Lois Berg

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

Academic facilities for student-athletes include the Monogram Room, a large room used as a study hall adjacent to the SAASS office in Cassell Coliseum. The HEAT Lab (Hokies Engaging in Advanced Technology) houses over 26 computers on the second floor of Cassell Coliseum and laptop computers are also available for Tech athletes to use when traveling to away contests. The athletic department also provides areas for private, quiet study for the athletes' convenience.



Colin Howlett



Katie Ammons

Additionally, student-athletes can use the Center for Academic Enrichment and Excellence site offices, located in Hillcrest and Femoyer Halls.

With the help of these resources, the Virginia Tech graduation rate for student-athletes has risen significantly in recent years and reached 70 percent in 2003 as compared to the national average of 60 percent. The 71 percent student-athlete graduation rate marks the fifth time in the last 10 years that Tech has reached that level.

OFFICE OF STUDENT LIFE

The Office of Student Life at Virginia Tech helps in providing assistance to student-athletes in a number of areas. This office, which is run by Megan Armbruster, director of student life, is dedicated to enhancing the quality of the student-athlete experience through the many programs that it implements.

One program that the office sponsors is the CHAMPS/Life Skills Program, which provides a well-rounded program for student-athletes to develop the individual skills necessary to lead successful and productive lives. The goal of this program is to enhance five areas of commitment that are vital to personal growth of student-athletes. Those areas are service, academic excellence, career development, athletic excellence and personal development. This program attempts to build individual confidence, promote respect for diversity, enhance interpersonal relationships, develop leadership skills, and enable each person to make a valuable contribution to the community.

Hokies With Heart

Another program developed by the Office of Student Life, Hokies With Heart, promotes the involvement of student-athletes in community service activities. In the past year,



Megan Armbruster
Director of
Student Life

Virginia Tech athletes participated in nearly 50 community service projects. This program has a major local impact because the different service projects help to build a positive relationship between student-athletes and the surrounding community.

VT-SAAC

The Virginia Tech Student Athlete Advisory Committee (VT-SAAC) promotes effective communication between the athletics administration and student-athletes to better serve their needs. The program is completely run by student-athletes and each team has two representatives. The representatives then report back to the team on any issues that the team should be aware of or discuss.

This program also encourages involvement of student-athletes on campus and in the community. The student-athletes help to design and provide programs that encourage academic success, health promotion, social responsibility and general awareness. SAAC also attempts to enhance the overall image of student-athletes to those outside of the Virginia Tech athletic family by serving as positive role models.

Outstanding Student-Athletes

Each month, the Office of Student Life awards recognition to a student-athlete for participation in community service projects and dedication to the Hokies With Heart program.

The student-athletes of the month are chosen based on their willingness to be involved with the community.

ATHLETIC PERFORMANCE

There's much more to athletic performance than weight training. Always striving to stay on the cutting edge, Virginia Tech has combined strength and conditioning with nutrition and sport psychology to the benefit of its student-athletes. At Tech, these areas are part of the student-athlete's preparation — not just for race day, but also for life after college. Virginia Tech tries to provide the best services, facilities and support staff for all of its student-athletes, to make them better athletes and better people.

Strength & Conditioning

Thanks to the direction of Assistant Athletic Director for Athletic Performance Mike Gentry, the Virginia Tech strength and conditioning program is among the best in the nation.

Gentry is in his 16th year as the Hokies' director of strength and conditioning. His duties include overseeing the strength and conditioning training of athletes in all 21 varsity sports at Virginia Tech. A native of Durham, N.C., Gentry received a bachelor's degree in physical education from Western Carolina University in 1979 and a Master's from the University of North Carolina at Chapel Hill in 1981. He received his doctorate in curriculum and instruction, with an emphasis in motor behavior, from Virginia Tech in 1999. In 1995 and 1996, Gentry was recognized by the National Strength and Conditioning Association as a finalist for the National Strength and Conditioning Professional of the Year.

The cross country and track & field teams train in the Jim "Bulldog" Haren Weight Room. Located in Jamerson Athletic Center, the Haren Weight Room is a 5,000-square foot weight room officially dedicated in September 1985 to Haren, a former Hokie player and long-time supporter of the Virginia Tech Athletics Department.

Assisting Gentry in the weight room this year are three full-time assistant strength and conditioning coaches: Jay Johnson, assistant director of strength and conditioning, Terry Mitchell, strength and conditioning coordinator of men's Olympic sports and Emily Chones, strength and conditioning coordinator for women's Olympic sports, who handles cross country. Gentry will also have the services of four graduate assistants — Erin O'Neil, Lisa Guarneri, Gabe Teeple and Jarrett Ferguson.



Emily Chones

Sports Nutrition

A new program was added to the athletics department in July 2000 — sports nutrition. The department is continually evolving to best serve the student-athlete.

In July 2002, Amy Freel, former coordinator of student life,

became the full-time sports nutritionist in the Athletics Department.

Freel works one-on-one with student-athletes to provide them with information that 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 how to eat 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 educations allow me and the athletes to get very specific on their nutritional, personal and sport specific goals."



Amy Freel

Sport Psychology

Another new addition to the athletics department as of August 2000 is sport psychology. The licensed psychologists, Dr. Gary Bennett and Dr. Robert Miller, associate director of the Thomas E. Cook Counseling Center, counsel student-athletes either individually or as a team.

The psychologists meet with student-athletes on an individual basis for personal counseling, performance enhancement and to discuss the mental aspects of the game. As a team, the sport psychologists work on team building, communication and performance enhancement.

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

"One of the dangers of sport psychology is that it can be totally about sports and there is that perception," Miller says. "We try to be more holistic and talk about a variety of issues, such as nutrition or academics. We want to be broader and help the person as a whole, not just with performance."

"We see those other outside things as interfering with an athletes' ability to perform," Bennett says. "We feel we can help athletes perform better by addressing those concerns."

The psychologists also offer 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.



Dr. Robert Miller

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, under the leadership of Gunnar Brolinson, D.O., Delmas Bolin, M.D., and Mike Goforth, director of athletic training, 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, orthopaedic 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 first full year in the new 4,300-square-foot Eddie Ferrell Memorial Training Room. The new 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.



This Is VIRGINIA CROSS





TECH COUNTRY



2003 OUTLOOK

Hokies look to improve in the BIG EAST and qualify for the NCAA Championships

With a solid 2002 season in the books, the Virginia Tech men's and women's cross country teams are prepared for an even more successful campaign in 2003. Both teams placed seventh at last year's BIG EAST Championships and look to move up the conference standings this season. The Hokies return a solid core of veterans who should provide the necessary leadership to catapult Tech into the top tier of the BIG EAST during its final season in the league. A new era of Tech cross country will be ushered in during the 2004 season when the Hokies join the prestigious Atlantic Coast Conference.

Although young, the men's team will have the necessary experience and talent this season to excel in the conference, with five of its top six runners returning. The Hokies will be without the services of Coach's Award winner Casey Frazier, who is studying abroad this semester. However, Tech returns last season's MVP, David Atkiss. Atkiss claimed the Hokies' top finish in three meets last year, including the conference and regional championships. This season, he is expected to again shine for Tech and has the potential to earn all-conference accolades. Junior

Michael Lawson, consistently one of Tech's top three performers, will also be a name to keep an eye on as the season progresses.

Other returnees who had standout seasons for the Hokies in 2002 include juniors Justin Skaare and L.A. Snead, and sophomore Antoine Harris. Skaare was a consistent top seven runner all season while Snead and Harris both competed in all six races last season. An influx of freshmen, including Duncan Vick and Chris Scott, should provide the depth needed for the 2003 squad to be successful well into November.

The women should have an equally spectacular season in 2003, despite losing four-time MVP and 2002 NCAA qualifier Stacy Vidt. Filling Vidt's shoes will be a crew of runners with the potential to make it to the NCAA Championships. Junior Jessica Morris, an all-district honoree last season, returns with aspirations to earn her own NCAA bid. Last season, Morris narrowly missed an NCAA bid, finishing 20th and just one second behind Vidt at the NCAA Regional Championship. Netherlands



Michael Lawson

native Marlies Overbeeke had a successful rookie season in 2002, finishing as the top Hokie in five out of six events. The graduate student should have a chance to qualify for the national meet. Redshirt senior Kim Milbourn will also be a top performer for the Hokies and could help them to their first top-five finish in the BIG EAST.

Also helping the women in their quest for a national berth will be senior Kristy VanCour and sophomores Tamara Burns and Katie Danyko. All of them are entering their second seasons at Tech and showed their strength by competing in all six races last season.

VanCour, a junior college transfer last season, was one of the Hokies' top runners in 2002, and will continue to propel the team forward with her talent and experience. Burns improved throughout her rookie campaign and should continue to grow as a sophomore, while Danyko is looking to build upon her stellar freshman campaign. Tech also welcomes a host of newcomers, including Alaskan Morgan Ekemo, who is expected to step in and contribute immediately. Also joining Ekemo will be a slew of native Virginians including two-time all-state selection Sam Ference. With a wealth of experience as well as fresh new talent, the Hokies should have the potential for their best season in the BIG EAST.

Tech is slated to begin the season with consecutive home meets, as it hosts the annual Alumni Invitational on Sept. 5 and the Hokie Invitational on Sept. 20. The team will then head to the Appalachian State Invitational in Boone, N.C., on Oct. 3. The Hokies travel to Fayetteville, Ark., on Oct. 18 for the Chile Pepper Invitational, hosted by the perennial powerhouse University of Arkansas. The BIG EAST Championships take place on Oct. 31, at Van Courtland Park in the Bronx, N.Y., followed by the NCAA Southeast Region Championships on Nov. 15. A strong showing at regionals could send the Hokies to the NCAA Championships, held this year in Cedar Falls, Iowa.

With one of its deepest squads to date under the direction of third-year head coach Ben Thomas, the Tech cross country teams should be well on their way to finishing at the top of the BIG EAST conference and becoming a nationally recognized program.



Marlies Overbeeke

THE HOKIE MEN

Name	Cl.	Hometown	H.S./College	Major
David Atkiss	Jr.	Hatfield, Pa.	North Penn	Business information technology
Christian Barlow	Fr.	Springfield, Pa.	St. Joseph's	Engineering
Mike D'Amato	So.	Midlothian, Va.	Midlothian	Accounting
Buck Grant	Sr.	Clifton, Va.	Centerville	Geophysics
Antoine Harris	So.	Queens, N.Y.	Holy Cross	Computer science
Alex Johnson	r-Fr.	Phoenix, Ariz.	Brophy	Engineering
Michael Lawson	Jr.	Foster, R.I.	Ponaganset	Engineering
Brian Markley	Fr.	Lovettsville, Va.	Loudon Valley	Biology
Michael McNamara	r-Fr.	Chesapeake, Va.	Indian River	Engineering
Josiah Oliver	Sr.	Richmond, Va.	Thomas Jefferson/Gov. School	Mechanical engineering
Phil Rogers	Sr.	Raleigh, N.C.	Leesville Road	Math education
Chris Scott	Fr.	Virginia Beach, Va.	F.W. Cox	University studies
Justin Skaare	Jr.	Mechanicsburg, Pa.	Cumberland Valley	Business
L.A. Snead	Jr.	Burke, Va.	James W. Robinson	Engineering
Duncan Vick	Fr.	Richmond, Va.	Douglas Freeman	English

MEN'S PROFILES



David Atkiss

Junior
Hatfield, Pa.
North Penn H.S.

A team leader and consistent performer with a personal best of 30:46 in the 10k ... In his first two seasons he led the Hokies at the BIG EAST and district championships.

2002-03: Competed in every meet for the Hokies ... Earned team MVP honors ... Placed first at the Blue Ridge Open, hosted by Appalachian State ... Tech's top runner at three meets, including the BIG EAST Championships, with a 25th-place showing, and the NCAA Southeast Regional, finishing 34th ... Recorded his best time of the season (8k) at the Auburn Invitational with a 24:49.74.

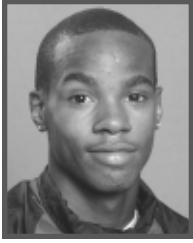
2001-02: Named the team's rookie of the year ... Top runner for Tech at the District III Championships, finishing 59th overall ... Best time of the season came at the Greensboro Invitational with a 25:43 ... Finished 38th at the BIG EAST Conference Championships ... Also ran well in the spring ... Set a personal record of 14:58 in the 5k outdoors event ... Took fifth place at the BIG EAST Conference Championships in the 10k outdoors with a time of 31:00.04.

High School: Two-time third-place finisher at the PIAA state cross country championships while attending North Penn High School ... Three-time letterwinner and senior captain for Coach Ron Jaros ... Two-time North Penn booster club and *North Penn Reporter* MVP ... Has the Neshaminy High School 5k course record of 15:39 ... First-team all-league three straight years ... Nike National Championship and indoor state champion at 4x800-relay in track ... A 2001 All-American in the 4x800 ... League champion in the 3,200.

Personal: David Jeffrey Atkiss was born August 12, 1982 in Lansdale, Pa. ... Son of Sally and Donald Atkiss ... Majoring in business information technology.



FOR INFORMATION ON VIRGINIA TECH
 CROSS COUNTRY AND ALL HOKIE SPORTS,
 CHECK OUT
hokiesports.com



Antoine Harris

**Sophomore
Queens, N.Y.
Holy Cross H.S.**

Gained valuable experience in cross country last season with an 8k best of 26:09.26.

2002-03: Ran in five meets, twice competing unattached ... Season-best performance in the 8k came at the Auburn Invitational, with a time of 26:09.26.

High School: A four-year letterwinner in cross country at Holy Cross High School ... Ran in the mile, half mile, and quarter mile for Coach James Wilkerson ... A city champion in the indoor mile.

Personal: Antoine Harris was born October 9, 1984 in Brooklyn, N.Y. ... Son of Wanda and Russell Harris ... Majoring in computer science.



Alex Johnson

**r-Freshman
Phoenix, Ariz.
Brophy College Prep.**

A talented track athlete who will continue to contribute and improve in cross country.

2002-03: Redshirted in the fall ... Ran unattached in one meet as a freshman ... Recorded a time of 22:38.4 at the Alumni Meet on Sept. 7.

High School: Only ran one year of cross country at Brophy College Preparatory ... Earned a letter for Coach Michael Keahon ... Also a two-time letterwinner in track, competing in the 100, 200, 400, 800, 4x400 and 4x800 ... Voted Most Valuable Sprinter as a junior ... Named the Most Improved Athlete his senior year ... Received all-state accolades in the 800 as a senior ... Finished second at the Arizona Meet of Champions ... His time of 1:54.9 in the 800 set a new school record ... Also earned the distinction of scholar athlete.

Personal: Alexander Louis Johnson was born October 9, 1984 in Phoenix, Ariz. ... Son of Robert and Rita Johnson ... Majoring in engineering.



Michael Lawson

**Junior
Foster, R.I.
Ponaganset H.S.**

Made solid improvements in the off-season and is looking for a breakthrough season this fall ...

Has been one of Tech's top-five runners his first two seasons with the squad.

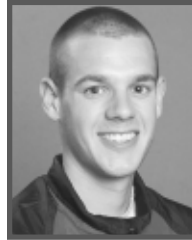
2002-03: Ran in every meet for the Hokies ... One of Tech's top three runners in five competitions ... Recorded three top 10 finishes, including a fourth-place showing at the Hokie Invitational ... Ran a season-best 25:50.3 at the Blue Ridge Open, hosted by Appalachian State ... Placed 52nd at the BIG EAST Championships.

2001-02: Competed in all five meets for the Hokies as a freshman ... Finished in Tech's top six in each race ... Best performance of the season was at the Greensboro Invitational with a time of 26:10 ... Posted the third-highest finish for the Hokies at the BIG EAST Conference Championships, placing 53rd.

High School: A first-team All-New England, all-state, all-class and all-division performer for Coach Jim Caron ... Led Ponaganset High School to a third-place team finish with a fifth overall at the New

England Championships ... Earned letters in each of his four seasons of cross country ... Rhode Island state indoor track champion in the 3,000 (8:50) ... Three-time state runner-up in the 3,000 during outdoor track ... School MVP in cross country and track.

Personal: Michael James Lawson was born May 24, 1983 in Providence, R.I. ... Son of Jim and Gail Lawson ... Majoring in engineering.



Justin Skaare

**Junior
Mechanicsburg, Pa.
Cumberland Valley H.S.**

Poised to have his best cross country season yet after making great strides during the

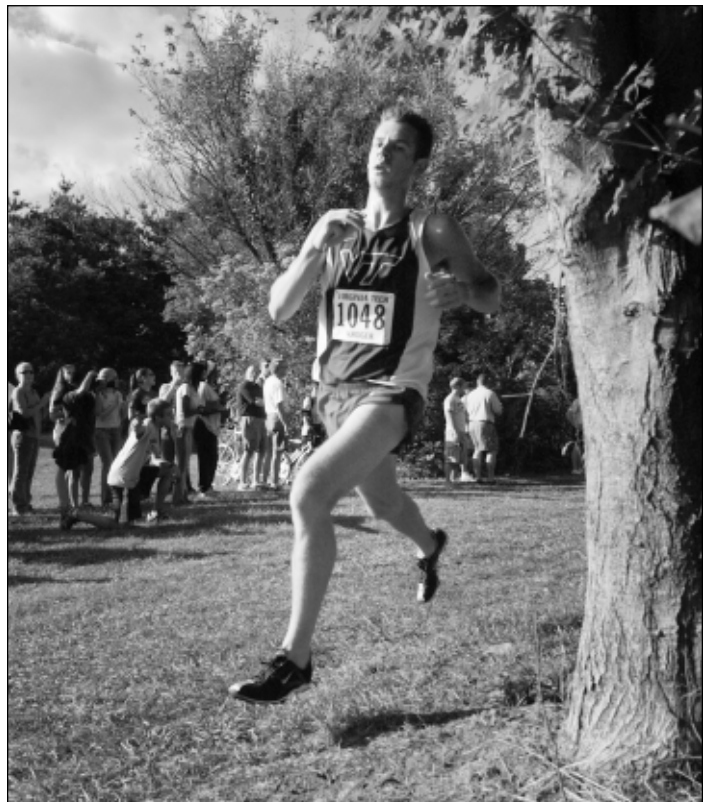
2003 track season.

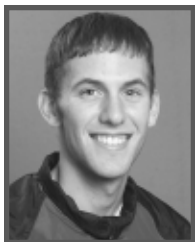
2002-03: Competed in four meets ... Finished in the Hokies' top seven in each race ... Notched two top 15 showings, including a 10th-place finish at the Alumni Meet ... Ran a season-best 25:29.47 at the Auburn Invitational ... Placed 58th at the BIG EAST Championships.

2001-02: Competed in four meets for the Hokies as a freshman ... Was one of Tech's top seven runners in three races ... Posted his best time of the season at the Greensboro Invitational with a 26:57 ... Placed 58th at the BIG EAST Championships ... Named a BIG EAST Academic All-Star.

High School: All-county team member and two-time letterwinner for Coach Steve Koons in cross country ... District champion and sixth-place finisher at the state meet with a 4:18 in the 1,600 ... Anchored All-American DMR team ... A member of the Cumberland Valley 4x800 team that was state runner-up, district champion, sixth at Penn Relays and fifth in the nation with a 7:43 time ... Two-time member of the *Sentinel* all-track & field team ... Also played soccer as a freshman and sophomore.

Personal: Justin Skaare was born in Pittsburgh, Pa. ... Son of Richard and Jane Skaare ... Majoring in business.





L.A. Snead

Junior
Burke, Va.
James W. Robinson H.S.

A solid distance runner who could contribute greatly to this year's cross country team.

2002-03: Participated in all seven meets for the Hokies ... One of Tech's top seven performers in six races ... Captured two top 20 finishes ... Ran a season-best 25:29.83 at the Auburn Invitational ... Finished 63rd at the BIG EAST Championships.

2001-02: Competed in two meets as a freshman ... Best time of the season came at the Greensboro Invitational with a 26:56.

High School: Was a three-time all-state cross country performer for Coach Jeremy Workman at the well-recognized J.W. Robinson High School program ... Two-time district champion and three-time letterwinner ... Helped team to a state title in 1999 with a 13th-place finish ... All-Met second team during junior and senior years ... Was a seven-time all-state and six-time district champion performer during indoor and outdoor track ... Placed second in the 1,600 at the indoor state championships in 2000 ... Holds personal records of 4:13.72 for 1,600 and 9:23.91 for 3,200 ... Also competed in swimming two years and was his senior class vice president.

Personal: Leonard Alexander Snead IV was born October 24, 1982 in Norfolk, Va. ... Son of Alex and Susan Snead ... Enrolled in engineering.



Duncan Vick

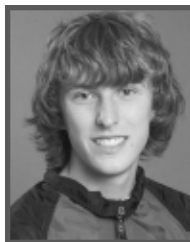
Freshman
Richmond, Va.
Douglas Freeman H.S.

An all-state performer in middle distance events who will continue to improve with more cross country experience.

High School: Earned three letters in cross country for Coach Mark Harvey at Douglas Freeman High School ... Was all-district/all-academic in 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 1000m 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.

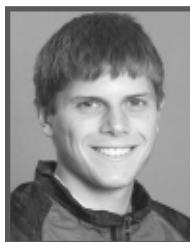
Personal: Duncan Emory Vick was born May 20, 1985 in Richmond, Va. ... Son of Martha and Brian Vick ... Majoring in English.

OTHERS TO WATCH



Christian Barlow

Freshman
Springfield, Va.
St. Joseph's



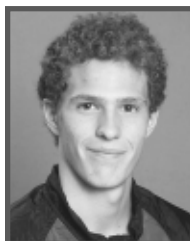
Mike D'Amato

Sophomore
Midlothian, Va.
Midlothian H.S.



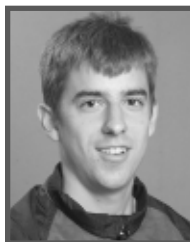
Brian Markley

Freshman
Lovettsville, Va.
Loudon Valley H.S.



Michael McNamara

r-Freshman
Chesapeake, Va.
Indian River H.S.



Josiah Oliver

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



Chris Scott

Freshman
Virginia Beach, Va.
F.W. Cox H.S.

THE HOKIE WOMEN

Name	Cl.	Hometown	H.S./College	Major
Amanda Boswell	Fr.	Virginia Beach, Va.	Princess Anne	University studies
Eleanor Boyce	Fr.	Fairfax, Va.	Paul VI	Business
Meredith Brooks	Fr.	Burke, Va.	James W. Robinson	University studies
Tamara Burns	So.	Virginia Beach, Va.	Ocean Lakes	University studies
Katie Danyko	So.	Sterling Heights, Mich.	Stevenson	University studies
Kelly Dick	Fr.	Burke, Va.	Lake Braddock	University studies
Jenn Dietz	Fr.	Springfield, Va.	Robert E. Lee	University studies
Morgan Ekemo	Fr.	Eagle River, Alaska	Chugiak	University studies
Sam Ference	Fr.	Clifton, Va.	James Robinson	University studies
Jessica Hammack	Jr.	Chesterfield, Va.	Manchester	Biology/Pre-med
Tiffany Howell	Fr.	Virginia Beach, Va.	Kellam	Business
Ashley Hughes	Fr.	Norfolk, Va.	Norfolk Academy	Dietetics
Catherine Jackson	Fr.	Forest, Va.	Jefferson Forest	Communications
Katherine Kamer	Fr.	Richmond, Va.	Mills Godwin	Engineering
Abbey McGrath	Fr.	Burke, Va.	Lake Braddock	University studies
Kim Milbourn	r-Sr.	Fairfax, Va.	James W. Robinson	Chemistry/HNFE
Jessica Morris	Jr.	Coatesville, Pa.	Great Valley	HNFE
Heather Mullis	Fr.	Virginia Beach, Va.	F.W. Cox	Biology
Moriah O'Brien	So.	Woodbridge, Va.	Osborn Park	University studies
Marlies Overbeeke	Sr.	Rotterdam, The Netherlands	Erasmus University	Business
Rebecca Singh	Fr.	Millsboro, Del.	Sussex Technical	Psychology
Kristy VanCour	Sr.	Evans Mills, N.Y.	SUNY Cobleskill	Dairy Science

WOMEN'S PROFILES



Tamara Burns

Sophomore
Virginia Beach, Va.
Ocean Lakes H.S.

Made tremendous improvements during her freshman year and has the ability to be a solid contributor with consistent training.

2002-03: Competed in all six meets for the Hokies ... Finished in Tech's top seven in three races ... Recorded a time of 18:38.34 at the Auburn Invitational ... Placed 68th at the BIG EAST Championships.

High School: Lettered in cross country and track all four years ... Was the three-time MVP of her track team ... Named the most improved athlete in cross country ... Ran a leg on the 4x800-meter relay team that finished fourth in the state.

Personal: Tamara Beth Burns was born October 5, 1984 in Norfolk, Va. ... Daughter of Joel and Felicity Burns ... Enrolled in university studies.



Katie Danyko
Sophomore
Sterling Heights, Mich.
Stevenson H.S.

Was a top-seven runner her freshman season and has the potential to move into Tech's top five this year.

2002-03: Participated in all six meets for the Hokies ... One of Tech's top seven runners in every race ... Notched three top 10 finishes ... Best performance of the season came at the Auburn Invitational, with a time of 18:19.72 in the 5k event ... Finished 64th at the BIG EAST Championships.

High School: A four-time letterwinner in cross country for Coach Kevin Hanson at Stevenson High School ... Was the county, conference and regional champion ... Placed fourth at the Division I state meet ... Named Ms. Cross Country for the state of Michigan ... Finished 10th at the Midwest Meet of Champions and 20th at the Foot Locker Regionals ... An all-state and All-Midwest performer in cross country ... Placed 19th at the World Cross Country trials ... Also lettered in track for four years, competing in the one mile, two mile, two mile relay and 800 ... Was the county, conference and regional champion in the mile ... Earned all-state honors by placing second in the two mile event at the Division I state meet ... Finished ninth in the 5k at the 2002 USA Junior Championships ... Also participated in the World Cross Country Trials and Nike Classic ... Received Outstanding Senior Athlete honors from the U.S. Marine Corps ... Was named a Stevenson Academic Ace (3.7 GPA or higher) ... Member of the National Honor Society.

Personal: Kathryn Marie Danyko was born December 14, 1983 in Royal Oak, Mich. ... Daughter of Dave and Bobbie Danyko ... Enrolled in university studies.





Jenn Dietz

**Freshman
Springfield, Va.
Robert E. Lee H.S.**

A very consistent performer in high school and is one of the many talented newcomers to

the squad.

High School: Lettered four years in cross country for Coach Barry Mensch at Robert E. Lee High School ... Two-time all-district performer ... All-region and state qualifier ... Team captain and MVP in 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: Jennifer Lauren Dietz was born June 3, 1985 in Groton, Conn. ... Daughter of Stephen and Patricia Dietz ... Enrolled in university studies.



Morgan Ekemo

**Freshman
Eagle River, Alaska
Chugiak H.S.**

Showed outstanding range during high school ... Has the potential to immediately

contribute to the Hokies' NCAA goals.

High School: Named the cross country MVP her junior and senior seasons ... Led her team to the 2002 state and region championship ... Named an All-American in the 3,200 meters at the 2003 Indoor National Scholastic Championships ... Was 10th in the 3,000 meters at the 2002 U.S. Junior Nationals ... Holds the school records in the 800, 1,600, and 3,200 meters ... Was also the state champion in the 3,200 meters and second in the 800 and 1,600 meters.

Personal: Morgan Marie Ekemo was born on February 14, 1984 in Anchorage, Alaska ... Daughter of Ronald and Elizabeth Ekemo ... Enrolled in university studies.



Sam Ference

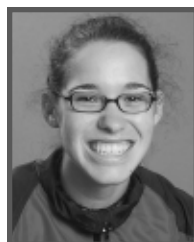
**Freshman
Clifton, Va.
James W. Robinson H.S.**

A tough competitor with the ability to compete at a high level in the NCAA.

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: Samantha Swift Ference was born September 14, 1985 in Fairfax, Va. ... Daughter of Bill and Brenda Ference ... Undecided on a major.



Tiffany Howell

**Freshman
Virginia Beach, Va.
Kellam H.S.**

A good runner with speed who could develop into a fine middle distance prospect after gaining more cross country experience.

High School: Was a member of Kellam's 2003 4x800-meter relay team that captured the state title ... Also competed in sprints and jumps at Kellam.

Personal: Tiffany Howell was born on July 24, 1985 ... Daughter of Jill Wischhusen and Danny Howell ... Majoring in business.



Cate Jackson

**Freshman
Forest, Va.
Jefferson Forest H.S.**

An all-state performer from an accomplished program with the ability to contribute immediately.

High School: A four-year letterwinner in cross country and indoor and outdoor track at Jefferson Forest High School ... Earned all-district, all-region, all-state and all-area honors in all three sports ... Named the district and area runner of the year in cross country ... Team won two cross country state championships and finished second in 2002 ... Also won an indoor track state championship in 2001 and outdoor state championships in 1999, 2000 and 2001 ... Member of a 4x1,600m relay team which finished seventh in the nation.

Personal: Catherine Jordan Jackson was born December 2, 1984 in Huntington, W. Va. ... Daughter of Larry and Cathy Jackson ... Majoring in communication studies.



Katharine Kamer

**Freshman
Richmond, Va.
Mills Godwin H.S.**

A consistent middle distance runner in high school that will add to the Hokies' depth.

High School: Was a four year letterwinner at Mills Godwin High School coached by Kemper Towler ... Was named to the all-state team in the 1,600 meters and all-district and all-region in both the 1,600 meters and 1,000 meters.

Personal: Katharine Mary Kamer was born May 5, 1985 in Long Beach, Calif. ... Daughter of Ed and Judi Kramer ... Is a member of the National Spanish Honor Society ... Majoring in engineering.



Kim Milbourn

r-Senior
Fairfax, Va.
James W. Robinson H.S.

A veteran in her final year of eligibility that is a team leader by example.

2002-03: Competed in four meets for the Hokies ... Recipient of the Coach's Award ... Finished in Tech's top seven in each race ... Had a season-best seventh-place finish at the Blue Ridge Open hosted by Appalachian State ... Set a personal-record (5k) at the Auburn Invitational with a time of 17:36.03 ... Placed 41st at the BIG EAST Championships and 43rd at the NCAA Southeast Region Championships ... Set a new school record in the 3,000m steeplechase during outdoor season with a time of 10:47.23.

2001-02: Redshirted the cross country and outdoor track seasons ... Competed during the indoor track season ... Recorded the team's season-best time of 17:56.82 in the 5,000-meter run, earning her second place at the Virginia Tech Challenge ... Ran a season-best time of 10:17.60 in the 3,000 at the Tech Last Chance Meet ... Also placed sixth in the mile at the Rod McCravy Memorial Track & Field Meet.

2000-01: Placed in the top 20 in four races during the season ... Her highest finish was fourth at the Alumni Meet ... Finished 12th in the Walt Disney World Classic with a season-best of 18:31.26 ... During indoor, placed 25th at the BIG EAST Conference Championships in the mile ... Captured fourth in the 5,000 at the Virginia Tech Challenge while running 18:34.10 ... Held the top team performance in the 10,000 with a 37:59.74 at the Raleigh Relays.

1999-2000: Joined with teammate Stacey Vidt to make up one of the most successful pairs of freshmen in team history ... Named the team's outstanding rookie performer ... Placed in the top 10 three times including a

fifth-place finish at the Virginia Tech Invitational where she ran 18:41 ... Finished 21st overall at the conference championships ... Captured third in her first 10,000 on the track at the Atlantic 10 Championships ... Ran a personal record 18:08.42 in the 5,000 during outdoor track.

High School: Was part of a successful program in high school, earning three letters at James W. Robinson High School under the guidance of Coach Jeremy Workman ... Finished 10th in the Junior/Senior race at the Foot Locker Regionals ... Was an important member of the 1997 state championship team ... Honorable mention All-Met in 1997 ... As a track runner she possessed range from the 800 to the 3,200 ... Earned All-America honors for a second-place finish in the DMR at the indoor national scholastic meet ... Was a member of the 1997 indoor Virginia state 4x800 championship relay ... Finished 12th in the 3,200 in outdoor track at the state meet, ending the season with a top time of 11:19 in that event ... Member of the National Honor Society.

Personal: Kimberly Michelle Milbourn was born November 1, 1980 in Fairfax, Va. ... Daughter of Chip and Rae Ann Milbourn ... Double majoring in chemistry and human nutrition, foods and exercise.



Jessica Morris

Junior
Coatesville, Pa.
Great Valley H.S.

Will be a team leader on the course as she eyes an NCAA berth after finishing one place

away last season.

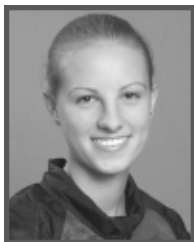
2002-03: Competed in all six meets for the Hokies ... Finished in the top three for Tech in every race ... Along with teammate Stacey Vidt, became one of the first Tech women to earn all-district honors in the past 12 years, placing 20th at the NCAA Southeast Region Championships ... Narrowly missed capturing an at-large bid for the 2002 NCAA Cross Country Championships ... Captured four top-10 finishes on the season ... Placed in the top three at the Alumni Meet, the Hokie Invitational and the Blue Ridge Open ... Finished 30th at the BIG EAST Championships.

2001-02: Competed in all five meets as a freshman and was named the women's rookie of the year ... Finished third for the Hokies in all five meets ... Best time of 18:24 came at the Greensboro Invitational, where she finished third overall ... Finished 41st at the BIG EAST Championships ... Member of the BIG EAST Academic All-Star Team.

High School: Did not compete in cross country but had several years of track experience ... Team captain for coaches Michael Kelley and Paul Hadzor at Great Valley High School ... League champion in the 3,200 and runner-up in the 1,600 and 800 during senior year ... First-team all-league three seasons ... Earned three letters and three outstanding distance runner honors ... Personal records include 11:26:8 (3,200m); 5:19 (1,600m); 2:20 (800m) ... National qualifier in the 4x800 ... Was a standout soccer player and swimmer during all four seasons of high school competition.

Personal: Jessica Anne Morris was born May 10, 1983 ... Daughter of Joseph and Anne Morris ... Majoring in human nutrition, foods and exercise.





Heather Mullis

Freshman
Virginia Beach, Va.
F.W. Cox H.S.

Has very good speed and could develop into a high level runner at the NCAA level.

High School: Was named her high school's most outstanding runner three years in a row ... Finished eighth in the 400 meters at the state championship ... Was fourth in the state in the indoor 500 meters ... Personal best times of 57.1 in the 400 meters and 1:18.3 in the 500 meters ... Also finished 13th in the district for cross country.

Personal: Heather Mullis was born on February 7, 1985 ... Daughter of David and Rose Mullis ... Majoring in biology.



Moriah O'Brien

Sophomore
Woodbridge, Va.
Osborn Park H.S.

Showed promise during her red-shirt season in track and will develop into a solid contributor in cross country.

2002-03: Competed in three meets for the Hokies ... Ran a 19:52.2 at the Blue Ridge Open, hosted by Appalachian State.

High School: Four-year letterwinner in cross country for Coach Mike Schuster at Osborn Park High School ... Earned all-state and all-Met honors ... A three-time team MVP ... Earned three letters in indoor track and four letters in outdoor track ... District champion in the indoor 1000m ... Member of the outdoor 4x800 team that finished first in the region ... Also a member of the varsity swim team for two years ... Named Female Athlete of the Year ... Member of National Honor Society.

Personal: Moriah Kathleen O'Brien was born July 2, 1983 in Washington, D.C. ... Daughter of John and Claire O'Brien ... Enrolled in university studies.



Marlies Overbeeke

Senior
Rotterdam,
The Netherlands
Erasmus University

Ran very consistently in her first year of cross country and will improve greatly with more experience.

2002-03: Participated in all six meets in her first year as a Hokie ... Earned rookie of the year honors ... Tech's top runner in five races ... Earned first-place finishes at the Alumni Meet and the Hokie Invitational ... Placed second at the Blue Ridge Open, hosted by Appalachian State ... Ran a season-best 5k time of 17:09.57 at the Auburn Invitational ... Finished 43rd at the NCAA Southeast Region Championships ... Placed 26th at the BIG EAST Championships ... Ran a school-record 2:09.61 in the 800m during outdoor season ... Also set a new school record in the indoor mile, with a time of 4:46.37.

Erasmus: Competed in national meets for PAC Rotterdam ... Member of the Dutch national team ... Dutch national student cross country champion ... Finished fourth at cross country nationals ... Also placed fourth at nationals in the indoor 800m ... Had a sixth-place showing at nationals in the outdoor 1,500m ... Earned an M.B.A. from the Rotterdam School of Management at Erasmus University ... Graduated cum laude.

High School/Other: A four-year letterwinner in track at the International School Hamburg for Coach Gary Jones ... Broke four regional tournament records in her senior year ... Named Sportsperson of the Year in 1995, 1996 and 1997 ... Also lettered two years in basketball, volleyball and swimming.

Personal: Marlies Overbeeke was born June 25, 1980 in Amsterdam, The Netherlands ... Daughter of Nico and Tine Overbeeke ... Majoring in sociology at the graduate level.



Kristy VanCour

Senior
Evans Mills, N.Y.
SUNY Cobleskill

Was in the team's top-five last season and will be a major contributor to the team's NCAA efforts this season.

2002-03: Competed in all six meets in her first season at Tech ... One of the Hokies' top five runners in every race ... Notched three top 10 finishes, capturing fourth place at the Alumni Meet ... Recorded a season-best time of 17:39.35 at the Auburn Invitational ... Placed 46th at the BIG EAST Championships.

SUNY Cobleskill: A two-year letterwinner and team captain for Coach Mitch Tomaskewicz ... A two-time conference champion ... National NJCAA Champion in 2000 and 2001 ... Member of national championship team in 2000 ... Also earned two letters in track for Coach Steve Patrick ... Recipient of the Coach's Award ... Garnered All-America and Academic All-America honors in both cross country and track ... Named the SUNY Cobleskill Female Athlete of the Year in 2001.

High School: Ran cross country for three years at Indian River Central High School ... Team captain for Coach Jim Mattingly ... Named MVP of the squad in her sophomore, junior and senior years.

Personal: Kristy Marie VanCour was born June 15, 1982 in Watertown, N.Y. ... Daughter of Lawrence VanCour ... Majoring in dairy science.



OTHERS TO WATCH



Amanda Boswell

Freshman
Virginia Beach, Va.
Princess Anne H.S.



Eleanor Boyce

Freshman
Fairfax, Va.
Paul VI H.S.



Meredith Brooks

Freshman
Burke, Va.
James W. Robinson



Jessica Hammack

Junior
Chesterfield, Va.
Manchester H.S.



Ashley Hughes

Freshman
Norfolk, Va.
Norfolk Academy



Abbey McGrath

Freshman
Burke, Va.
Lake Braddock Secondary



Rebecca Singh

Freshman
Millsboro, Del.
Sussex Technical H.S.

2002 REVIEW

Hokies continue to improve as the women narrowly miss an NCAA Championship berth

The Hokies kicked off their 2002 campaign at home with the annual Alumni Meet and for the first time, the Hokies hosted more than one team in the meet, as Cumberland College, Eastern Kentucky and the Virginia Military Institute all took part in the competition. The women, running a 4k course, landed seven runners in the top 10 to capture their first victory of the season. The Hokies were paced by newcomer Marlies Overbeeke with a time of 14:14.5. Sophomore Jessica Morris finished second in 14:34.4, while Kristy VanCour and Stacey Vidt placed fourth and fifth, respectively. On the men's side, junior Casey Frazier finished first for Tech, completing the 6k course in a time of 19:00.1, to take fourth place. Sophomores Michael Lawson, David Atkiss and Justin Skaare all landed in the top 10 for the Hokies.

The Tech runners remained at home for their next meet, the Hokie Invitational on Sept. 21. The women again dominated the field, taking the top three spots, as Overbeeke picked up her second win of the season, running the new 4.6k course in 16:57.8. Vidt finished second in 17:15.1, while Morris took third with a time of 17:26.5. VanCour rounded out the top five in fifth place. In the men's race, four Hokies finished in the top ten en route to their first win of the season. Frazier again led the way for Tech, placing third overall with a time of 24:42.6 on the 7.53k course. Lawson and Atkiss finished fourth and fifth, respectively, while sophomore transfer Darrell Curtis placed seventh.

The Hokie women continued their undefeated streak at the Blue Ridge Open on Oct. 4, hosted by Appalachian State. Tech was dominant, placing seven runners in the top 10 overall, led by Overbeeke in second place. Morris (third) and Vidt (fifth) also landed in the top five. The men took home a second-place finish, with Atkiss winning his first race of the season. Frazier and Lawson also had top 10 showings for the Hokies, placing eighth and ninth, respectively.

Several Hokies set season and personal records at the



Casey Frazier

Auburn Invitational on Oct. 19, the biggest meet of the season for Tech. In a strong field of 30 teams, the women finished first, with four runners in the top 20, while the men took fifth place. Overbeeke continued to lead Tech, placing sixth with a time of 17:09.57. Morris captured a 10th place finish and Vidt and Kim Milbourn placed 14th and 18th, respectively. Frazier was the top runner on the men's side, finishing 13th with a time of 24:35.02. Atkiss also turned in a top-20 performance, placing 19th.

After posting the best times of the season at Auburn, the Hokies were ready to face their tough competition in the BIG EAST at the conference championships, held on Nov. 1 in Boston, Mass. Both teams finished seventh in the conference, with Overbeeke and Atkiss again leading the way. Overbeeke placed 26th in the race, running a time of 21:45 on the 6k course. Four other women joined her in the top 50, with Morris placing 30th, followed by Vidt (40th), Milbourn (41st) and VanCour (46th). For the men, Atkiss crossed the line in 25:02, placing 25th. Curtis also performed well for the Hokies, finishing 47th.

The Hokie harriers next headed to the NCAA Southeast Region Championships, vying for a spot in the national meet. The men finished 13th in the region, paced by Atkiss who finished 34th in the 10k race with a time of 31:05.8. Vidt and Morris led the women to a seventh-place showing in the always-strong southeast region, earning all-district honors by placing 19th and 20th, respectively.

Although the women just narrowly missed out on a berth in the NCAA Cross Country Championships, Vidt earned an at-large bid with her exceptional performance at the Southeast Region Championships. With the invitation, Vidt became the first Tech woman since Heidi Allen in 1990 to compete at nationals. The four-time team MVP capped her Tech career at the NCAA Championships, held in Terre Haute, Ind., on Nov. 25, finishing with a time of 22:07.2.



Stacey Vidt

2002 RESULTS

Women

	Alumni Meet	Hokie Invitational	Blue Ridge Open	Auburn Invitational	BIG EAST Championships	NCAA Regionals	NCAA Championships
Distance	4 kilometers	4.6 kilometers	5 kilometers	5 kilometers	6 kilometers	6 kilometers	6 kilometers
Lindsay Ausherman	16:48.5	19:31.7	DNR	DNR	DNR	DNR	DNR
Courtney Black	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Tamara Burns	16:22.9	19:29.4	19:58.4	18:38.34 (63)	23:18 (68)	23:06.6 (115)	DNR
Katie Campbell	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Katie Danyko	15:08 (6)	18:02.6 (8)	19:12.8 (10)	18:19.72 (52)	23:10 (64)	22:26.6 (90)	DNR
Ashley Etue	16:50.3	19:42.1	DNR	DNR	DNR	DNR	DNR
Maureen Hagan	15:21.3 (9)	18:00.4 (6)	19:08.5 (9)	18:48.13	24:04	DNR	DNR
Jessica Hammack	16:42.1	18:58.3	20:19.2	19:04.06	24:10	DNR	DNR
Mary Hogan	16:24.4	19:14	DNR	DNR	DNR	DNR	DNR
Stephanie Malone	17:15.5	20:20.1	DNR	DNR	DNR	DNR	DNR
Kim Milbourn	DNR	DNR	18:57.2 (7)	17:36.03 (18)	22:15 (41)	21:29.8 (48)	DNR
Jessica Morris	14:34.4 (2)	17:26.5 (3)	18:33.4 (3)	17:20.32 (10)	21:52 (30)	20:53.0 (20)	DNR
Moriah O'Brien	15:54.2	19:13.7	19:52.2	DNR	DNR	DNR	DNR
Marlies Overbeeke	14:14.5 (1)	16:57.8 (1)	18:24.9 (2)	17:09.57 (6)	21:45 (26)	21:25.2 (43)	DNR
Lindsey Schultz	16:56	DNR	DNR	DNR	DNR	DNR	DNR
Rebecca Slivka	17:46.7	20:25.4	DNR	DNR	DNR	DNR	DNR
Kristy VanCour	14:51.9 (4)	17:46.6 (5)	18:39.2 (6)	17:39.35 (21)	22:30 (46)	21:54.4 (66)	DNR
Michelle VanHorn	15:48 (10)	18:48.4 (11)	DNR	DNR	DNR	DNR	DNR
Stacey Vidt	14:56.5 (5)	17:15.1 (2)	18:35.6 (5)	17:32.28 (14)	22:15 (40)	20:51.8 (19)	22:07.2
Team Finish	1st of 3	1st of 3	1st of 3	1st of 30	7th of 14	7th of 26	N/A

Men

	Alumni Meet	Hokie Invitational	Blue Ridge Open	Auburn Invitational	BIG EAST Championships	NCAA Regionals
Distance	6 kilometers	7.53 kilometers	8 kilometers	8 kilometers	8 kilometers	10 kilometers
David Atkiss	19:09.8 (7)	24:53.9 (5)	25:07.4 (1)	24:49.74 (19)	25:02 (25)	31:05.8 (34)
Darrell Curtis	20:20	25:23.7 (7)	26:51.5 (25)	25:13.38 (45)	25:45 (47)	32:50.0 (98)
Casey Frazier	19:00.1 (4)	24:42.6 (3)	25:36.4 (8)	24:35.02 (13)	26:19 (71)	32:29.5 (81)
Larry Gooss	20:37	26:18.7	DNR	DNR	DNR	DNR
Antoine Harris	20:52.7	26:30.3	28:17.4	26:09.26 (100)	29:28	DNR
Jason Havinga	DNR	DNR	DNR	DNR	DNR	DNR
Michael Lawson	19:09.4 (6)	24:49.4 (4)	25:50.3 (9)	26:23.04 (120)	25:52 (52)	32:27.6 (80)
Jeremy Lowry	20:12.7 (20)	25:49 (15)	26:47.9 (24)	DNR	27:22 (89)	34:19.5 (154)
Josiah Oliver	19:49.9 (16)	25:31.5 (11)	27:34.9	27:28	DNR	DNR
Justin Skaare	19:20.8 (10)	DNR	26:02 (14)	25:29.47 (61)	25:59 (58)	DNR
Chris Sloane	20:36.4	25:43.8 (13)	27:20.1	DNR	DNR	DNR
L.A. Snead	19:55.9 (18)	25:53.8	26:11.9 (18)	25:29.83 (62)	26:07 (63)	32:43.3 (89)
Team Finish	3rd of 4	1st of 3	2nd of 6	5th of 30	7th of 14	13th of 25



Justin Skaare made the BIG EAST Academic All-Star team last year.

2002-2003 ACADEMIC HONORS

BIG EAST Academic All-Star Team

Men

David Atkiss
 Darrell Curtis
 Casey Frazier
 Michael Lawson
 Jeremy Lowry
 Justin Skaare

Women

Jessica Hammack
 Jessica Morris
 Marlies Overbeeke
 Kristy VanCour
 Stacey Vidt

Dean's List

Men

Darrell Curtis
 Casey Frazier
 Alex Johnson
 Michael Lawson
 Josiah Oliver
 Chris Sloane

Women

Lindsay Ausherman
 Katie Danyko
 Jessica Morris
 Moriah O'Brien
 Rebecca Slivka
 Kristy VanCour

Virginia Tech All-Academic Team

Men

Josiah Oliver

Women

Stephanie Malone

Skelton Award

Josiah Oliver

Academic All-District

Josiah Oliver

CROSS COUNTRY TEAM AWARDS

MVP

Coach's Award

Rookie of the Year

Men

David Atkiss
 Casey Frazier
 Darrell Curtis

Women

Stacey Vidt
 Jessica Morris/
 Kim Milbourn
 Marlies Overbeeke



Josiah Oliver won the prestigious Skelton Award last year, given for outstanding character, athletics and academics.



Jessica Morris made the BIG EAST Academic All-Star team last year, and shared the team coach's award with Kim Milbourne.

CROSS COUNTRY HISTORY



In 1987, the Tech cross country men finished in fourth place at the NCAA Championships. The members of that impressive team were (clockwise from the top left) Coach Todd Scully, Tom Harding, Gary Cobb, Tim Covington, Ron Voight, All-American Tony Williams, Howard Nippert, and All-American Steve Taylor.



ALL-AMERICANS

Men

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

Women's

- Tracy Deely, 1981
- Lori McKee (Taylor), 1981

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.

NCAA CHAMPIONSHIPS

Men

- 1987 4th
- 1982 14th



Lori McKee Taylor (above) and Tracy Deely (not pictured) earned AIAW All-America honors in 1981.

CONFERENCE CHAMPIONSHIPS

Men's

Atlantic 10 Conference

- 1997
- 1996

Metro Conference

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

Women's

Metro Conference

- 1987
- 1986
- 1985



Brian Walter earned All-America honors in 1989 following the NCAA Championships.

ALL-CONFERENCE HOKIES

Southern Conference Men

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

Metro Conference Men

Greg Lemieux	1978
Gene Crane	1978
Robbie White	1978
Steve Hetherington	1979
Steve Pinard	1979
Robbie White	1979
Ricky Greer	1980
Steve Hetherington	1980
Dave Peterson	1980
Greg Lemieux	1980
Steve Pinard	1980
Ray McDaniels	1980
Mark Stickley	1980
Steve Hetherington	1981
Pat Henner	1981
Mark Stickley	1981
Ray McDaniels	1981



Tony Williams

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

Dave Peterson	1981
Steve Hetherington	1982
Ken Coddington	1982
David Montgomery	1982
Doug Law	1982
Tony Williams	1983
Doug Law	1983
Bob Herndon	1983
Dave Hamilton	1983
Mark Stickley	1984
Tony Williams	1984
Bob McCauley	1984
Todd Giszack	1984
Ron Kulik	1984
Tom Harding	1984
Roy Mascolino	1985
Howard Nippert	1985
Dan Foran	1985
Paul Millradt	1985
Peter Schultz	1985
Steve Taylor	1986
Tony Williams	1986
Todd Giszack	1986
Tom Harding	1986
Gary Cobb	1987
Ron Voigt	1987
Howard Nippert	1987
Brian Walter	1987
Tim Covington	1988
Brian Walter	1988
Ron Voigt	1988
Jorge Pardo	1988
Brian Walter	1989
Tim Covington	1989
Travis Walter	1989
Wally Granville	1989
David Tonkin	1989
Todd Pehowski	1990
David Tonkin	1990
Wally Granville	1990
Travis Walter	1990
Drew Saunders	1990
Adam Small	1990
Todd Pehowski	1991
Wally Granville	1991
Travis Walter	1991
Travis Walter	1992
Ben Hester	1992
John Hawthorne	1992
Joe Edwards	1993
George Probst	1993
Marshall Ferguson	1993
John Hawthorne	1994
Tom Lankowicz	1994
Matt Zacharias	1994
Marshall Ferguson	1994

TECH'S INDIVIDUAL CONFERENCE CHAMPIONS

Southern Conference Men

Louis Castagnola	1959
Louis Castagnola	1960

Metro Conference Men

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

Metro Conference Women

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

Atlantic 10 Men

Matt Zacharias	1997
Chris Seaton	1999

Metro Conference Women

Gwen Roller	1985
Nancy Klumb	1985
Cindy Guenzel	1985
Carol Richardson	1985
Maggie Lasaga	1985
Cherie Alexander	1985
Gwen Roller	1986
Maggie Lasaga	1986
Nancy Klumb	1986
Louise Schweitzer	1986
Cherie Alexander	1986
Roxann Polo	1987
Louise Schweitzer	1987
Jennifer Smith	1987
Elizabeth Fleming	1987
Gwen Roller	1988
Louise Schweitzer	1988

Gwen Roller	1989
Alice Gaines	1989
Heidi Allen	1990
Heidi Allen	1991
Heidi Allen	1992
Michelle Barrett	1992
Melissa Ward	1993

Atlantic 10 Conference Men

John Hawthorne	1995
George Probst	1995
Van Arnold	1996
Mike Cox	1996
Wes Schilling	1996
Jason Dowdy	1996
Mark Rumble	1996
Matt Zacharias	1997
Jay Johns	1997
Jason Dowdy	1997
Mike Cox	1997
Van Arnold	1997
Chris Seaton	1998
Van Arnold	1998
Chris Seaton	1999
Van Arnold	1999
Paul Hayes	1999

Atlantic 10 Conference Women

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



Maggie Lasaga

BIG EAST Conference provides Tech with some of the country's finest cross country competition

As The BIG EAST Conference celebrates its 25th anniversary in 2003-04, it takes pride in its long list of accomplishments. Providing opportunities to excel amongst the nation's best, both athletically and academically, has always been its mission.

Since opening its doors in 1979, the league has won 22 national championships in six different sports and 118 student-athletes have won individual national titles. The BIG EAST has always been able to boast that some of its best students are also some of its best athletes. More than 300 student-athletes have earned Academic All-America honors, including Connecticut basketball standout Emeka Okafor who earned first team recognition last year. A BIG EAST student-athlete has won the Honda-Broderick Cup as Collegiate Woman of the Year four times, the last by Notre Dame soccer player Cindy Daws in 1997-98.

BIG EAST student-athletes have continued their success after leaving the classrooms and playing fields. Former Connecticut women's basketball standout Dr. Leigh Curl was inducted into the Verizon Academic All-America Hall of Fame in 1999. Former Georgetown men's basketball star Dikembe Mutombo was named a winner of the President's Service Award, the highest honor in the U.S. for volunteer service.

The BIG EAST continued to thrive amongst the nation's elite in 2002-03. It became the first conference to win the men's and women's NCAA titles and the men's NIT Championship in the same year. The Syracuse men won their first national championship, the Connecticut women took home their fourth national title and St. John's won the NIT for the sixth time. The BIG EAST has won each of the last four women's basketball titles.

In the classroom, 21 student-athletes earned 2002-03 Academic All-America honors, including 10 who garnered first team accolades. UConn's Diana Taurasi was the consensus national player of the year in women's basketball. Additionally, she was the women's basketball Honda Award winner.

Whether it's the student-athletes or the league as a whole, moving forward

successfully has been the norm for the conference that was formed in 1979.

In the spring of 2001, the BIG EAST added women's lacrosse to its growing list of sports and the inaugural women's golf championship was held in the spring of 2003.

When the 1990s began, The BIG EAST Conference had just completed its eighth season with nine members. The league was arguably as healthy as a conference could be. The BIG EAST was a headline-grabber immediately,



especially in men's basketball, its signature sport. The BIG EAST Football Conference did not exist.

The '90s was a decade of enormous change in college athletics with conferences adding new members and new leagues beginning. The BIG EAST was no different than most groups. The BIG EAST Football Conference, with eight members, became a major player in college football immediately after its inception in 1991.

The BIG EAST became a reality on May 31, 1979, following a meeting of athletic directors from Providence College, St. John's, Georgetown and Syracuse Universities. Seton Hall, Connecticut and Boston College completed the original seven-school alliance.

After one season, Villanova was added and began play in 1980-81. Two seasons later, Pittsburgh joined the group and started competition in '82-83.

Miami was admitted in 1990 and began BIG EAST competition in '91-92. Rutgers, West Virginia and Notre Dame joined in '94 and started to compete in '95-96.

While the membership has increased, the focus of the BIG EAST remains unchanged. It is a group that reflects a tradition of broad-based

programs, led by administrators and coaches who place a constant emphasis on academic integrity.

The BIG EAST Conference has enjoyed a leadership role nationally. Its student-athletes own significantly high graduation rates and their record of scholastic achievement notably reflect a balance between intercollegiate athletics and academics.

Any successful consortium enjoys outstanding leadership. Michael Tranghese, the league's first full-time

employee, and for 11 years the associate of Dave Gavitt, took over the Commissioner's reins in June, 1990. In his first year at the helm, he administered the formation of The BIG EAST Football Conference.

BIG EAST sports attract the interest of followers in the nation's largest media markets including New York, Chicago, Philadelphia,

Boston, Washington, D.C., Miami, Pittsburgh and Hartford. The league has long been considered a leader in innovative concepts in promotion and publicity, particularly regarding television. Those efforts have resulted in unparalleled visibility for BIG EAST student-athletes. Exclusive long-range television contracts with CBS, ESPN, Inc. and ABC provide BIG EAST basketball and football with more television exposure.

While BIG EAST basketball games are regular sellouts at campus and major public arenas, including the annual BIG EAST Championship in Madison Square Garden, attendance figures also are significant at BIG EAST soccer, women's basketball and baseball games.

More than 500 BIG EAST athletes have earned All-America recognition and dozens have won individual NCAA national championships. The BIG EAST has been well-represented in U.S. or foreign national and Olympic teams, with several athletes earning gold medals in the summer Olympiads in Sydney in 2000, Atlanta in '96, Barcelona in '92, Seoul in '88 and Los Angeles in '84.

The BIG EAST has its headquarters in Providence where the conference administers to more than 5,500 athletes in 23 sports.

Blacksburg, Va.

COLLEGE TOWN, U.S.A.



One of America's classic college towns, Blacksburg is a perfect setting for 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



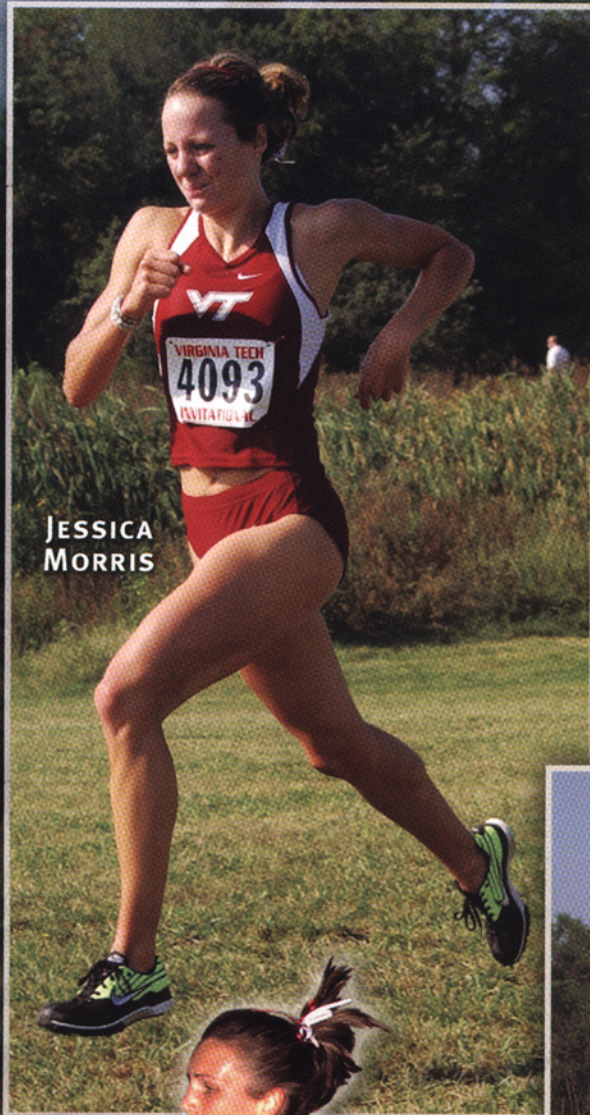
environments. Blacksburg was recently named one of the Top 10 places to live by *Outside* magazine.

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 quaint town's potential.

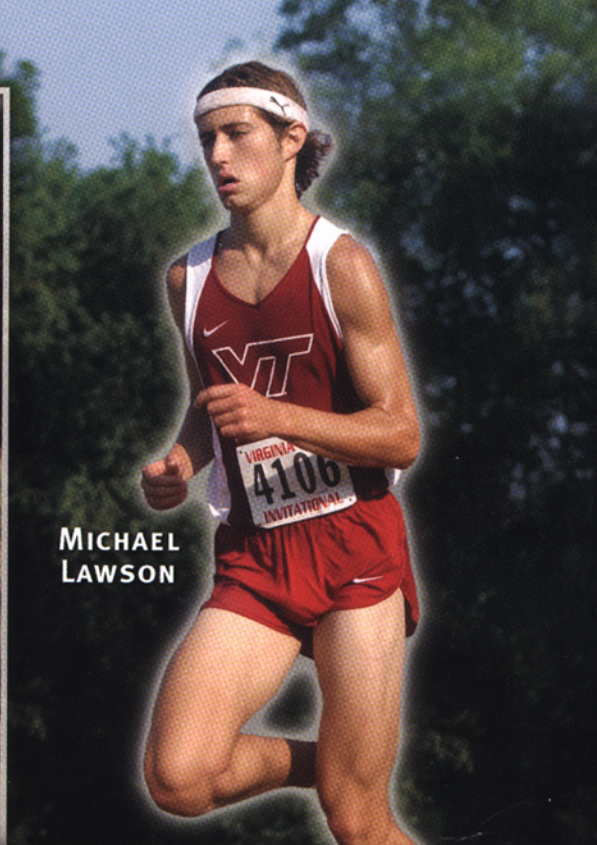
Established in 1798 by John and William Black, the town is surrounded by scenic mountain views that accentuate the area. The nearly 40,000 residents (including students) enjoy a close proximity to a variety of recreation areas such as the Blue Ridge Parkway, Appalachian Trail, Claytor Lake and the New River.



H O O K I E S



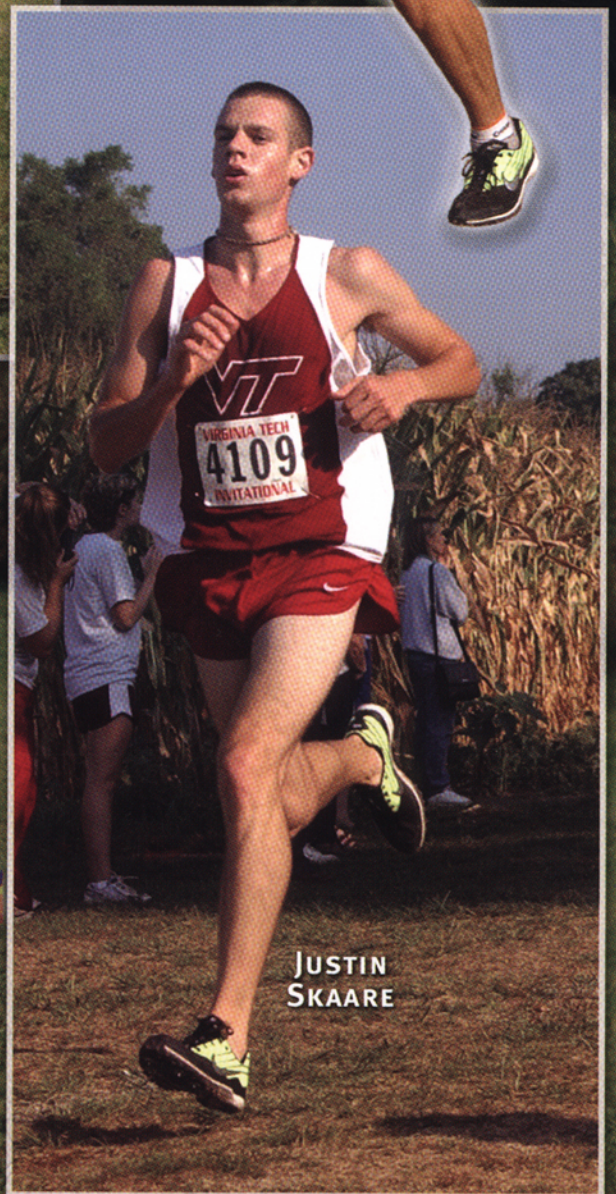
JESSICA MORRIS



MICHAEL LAWSON



KIM MILBOURN



JUSTIN SKAARE