VIRGINIATECH track & field/cross country

016 ACC CHAMPIONS

WECOME /// DAVE CIANELLI – Director of Track & Field/Cross Country



VISION FOR THE PROGRAM

- Develop the best student-athletes possible and graduate them
- Provide a world-class educational experience
- Provide elite level coaching
- Win championships

an era of excellence ///

2001-2016: The Cianelli Years

- 15 NCAA Individual National Champions
- 191 All-America Honors
- 72 All-Americans
- 10 ACC Team Championships
- 144 ACC Individual Champions
- Three Top 5 Team Finishes at the NCAA National Track and Field Championships
- Nine Top 10 Team Finishes at the NCAA National Track and Field Championships
- 23 Top 20 Team Finishes at the NCAA National Track and Field Championships
- 11 ACC Track and Field Athletes of the Year
- 2010 Bowerman Award Winner
- Six Olympic Team Members
- 85 new school records at Virginia Tech
- 16 Academic All-America Selections

Contact Coach Cianelli E-Mail: dcianell@vt.edu Phone: (540) 231-3094



rector field house ///

The Virginia Tech Board of Visitors approved multiple enhancements to Rector Field House at its August 2016 meeting, including the construction of a throws area for the highly successful Hokie track & field program.

There will be several major areas of improvements, but the largest and most visible will be the construction of an indoor throws area. The addition will feature two throws areas, one for the weight throw and one for the shot put. The addition will be connected to the main arena and will be used for both practice and competition.

"The renovation of Rector Field House will provide our program with an outstanding, updated facility which will enhance the recruitment and training of our student-athletes as well as create a great environment for our home competitions," Dave Cianelli, Director of Track & Field at Virginia Tech said. "The commitment to this project by [Director of Athletics] Whit Babcock demonstrates that our administration not only expects our program to be competitive nationally, but is willing to give us a first class facility to support those efforts."

A new North wing will be added to Rector that will include increased storage for track. Further enhancements will include a new roof, new lighting and a new surface for the track. The enhancements to Rector will add approximately 32,000 square feet to the structure.

Improvements to Rector Field House have been designed by Cannon Designs, with Branch and Associates of Salem, Virginia doing the construction. Total cost for softball and Rector Field House improvements is expected to be \$18 million.

FACILITY TO UNDERGO MAJOR IMPROVEMENTS

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2015 acc indoor champs ///



2016 OLYMPIC BRONZE MEDALIST

Rio201

Rio2016

kristi castlin



- First female Olympic medalist in Virginia Tech history, part of the historic U.S. sweep in the 100-Meter Hurdles
- Seven-time NCAA All-American most All-America honors in the history of Virginia Tech women's track & field
- Three-time ACC Champion
- 2016 Olympian Rio Games
- ACC Scholar-Athlete of the Year in 2010
- 2007 Pan-American Junior Games Gold Medalist, 100-Meter Hurdles

Spyridon jullien

- Four-time NCAA National Champion
 - 2005 and 2006 Hammer Throw
 - 2005 and 2006 35-lb. Weight Throw
- Seven-time NCAA All-American
- Six-time Conference Champion
- ACC All-time Record Holder Hammer and Weight Throws
- Top 10 all-time collegiate ranking 35-lb. weight throw (77'10-1/4"/ 23.73m)

marcel lomnicky

- Two-time NCAA National Champion
 - 2009 Hammer Throw
 - 2012 35-lb. Weight Throw
- Six-time NCAA All-American
- Five-time ACC Champion
- ACC All-time Record Holder Hammer Throw (248' 10"/75.84m)
- Top 10 All-time Collegiate Ranking Hammer Throw
- 2012 Olympian London Games
- 2013 World Championship Finalist 8th Place Hammer Throw
- 2015 World Championship Finalist 8th Place Hammer Throw
- 2016 Olympian Rio Games 5th
 Place Hammer Throw (249' 3"/75.97m)

es Moines, IA - June 8-11*

queen harrison

- Three-time NCAA National Champion
 - 2010 60-Meter Hurdles
 - 2010 100-Meter Hurdles
 - 2010 400-Meter Hurdles
- Six-time NCAA All-American
- Nine-time ACC Champion
- ACC All-time Record Holder -
 - 100-Meter Hurdles (12.61)
 - 400-Meter Hurdles (54.55)
- 2008 Olympian Beijing Games 400-Meter Hurdles
- 2010 Bowerman Award Winner
- 2010 Track and Field News Collegiate Athlete of the Year
- 2013 World Championships 5th Place, 100-Meter Hurdles
- 2015 Pan-American Games Gold Medalist, 100-Meter Hurdles



alexander ziegler

NATIONAL CHAMPION

- Three-time NCAA National Champion
 - 2011 Hammer Throw
 - 2012 Hammer Throw
 - 2013 35-lb. Weight Throw
- Seven-time NCAA All-American
- Four-time ACC Champion
- Top 10 All-time Collegiate Ranking Hammer Throw (248' 7"/ 75.78m)
- Top 10 All-time Collegiate Ranking 35-lb. Weight Throw (77' 8-3/4"/23.69m)
- 2013 ACC Men's Track and Field Scholar-Athlete of the Year
- 2013 USTFCCCA Men's Scholar-Athlete of the Year
- 2016 German National Champion Hammer Throw

dorotea haba

NCAA National Champion

- 2011 Hammer Throw
- Three-time NCAA All-American
- Four-time ACC Champion
- ACC All-time Record Holder Hammer Throw (224'3"/68.36m)

tomas kruzliak

NATIONAL CHAMPION

- NCAA National Champion
 - 2013 Hammer Throw
- Five-time All-American
- 2013, 2014, 2015 ACC Champion
- 2013, 2014 ACC Field Performer of the Year
- 2013 ACC Freshman of the Year

irena sediva

NATIONAL CHAMPION

- NCAA National Champion
 - 2015 Javelin
- 2015 ACC Champion
- ACC All-time Record Holder Javelin (196'6"/59.89m)
- Bronze Medal 2015 World University Games

ALL-AMERICA 2007, 2008

tasmin fanning

- Four-time NCAA All-American
- 2008 Olympic Trials Finalist 5,000 Meters (15:37.73)
- Third-place Finish 2008 NCAA Cross Country Championships

ALL-AMERICA 2011, 2012, 2013

will mulherin

- Four-time NCAA All-American
- Six-time ACC Champion
- 2012 ACC Cross Country Champion
- Virginia Tech School Records 3,000-Meters (7:52.54)

Former Record Holder in the 5,000-Meters (13:41.06)

ALL-AMERICA 2015, 2016

thomas curtin

TRACK & FIELE CROMPTONS

Thomas

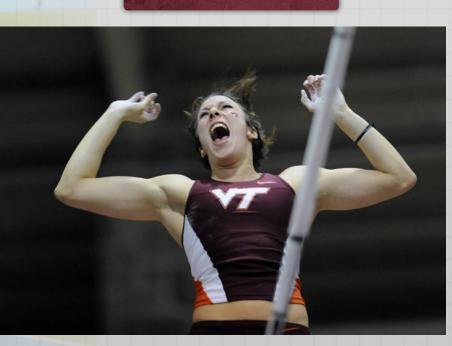
- Six-time NCAA All-American
- Seven-time ACC Champion
- 2015 ACC Cross-Country Champion
- Virginia Tech School Records Indoor 5,000-Meters (13:37.10) Outdoor 5,000-Meters (13:27.64)

brian mondschein

ALL-AMERICA

- Three-time NCAA All-American
- Five-time Conference Champion
- 2008 Olympic Trials Qualifier
- Former Virginia Tech Outdoor
 School Record Holder 18' 1-3/4"
 (5.53m)

ALL-AMERICA



- Six-time NCAA All-American
- Five-time ACC Champion

- Virginia Tech Indoor School Record 14' 7-1/4" (4.45 m)
- Virginia Tech Outdoor School Record 14' 9" (4.50 m)
- 2013 World University Games Silver Medalist



y phillips

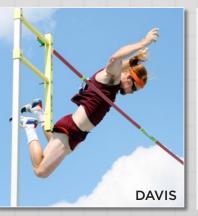


- Two-time NCAA All-American
- Two-time ACC Champion

KE

- NCAA Top "88" Award Winner 2010 Women's Indoor Track and Field
- Two-time Academic All-American
- Six-time ACC All-Academic Team
- USTFCCCA All-Academic Selection 2009-2011
- Finalist for NCAA Woman of the Year 2011

all-america pole vaulters ///



BRAD JOHNSON Virginia Beach, VA JENIA OLHOVSKY Petah-tivka, Israel HUNTER HALL Fort Wayne, IN MARTINA SCHULTZE Uhingen, Germany BRIAN MONDSCHIEN Hummelstown, PA JOE DAVIS Tampa, FL KELLY PHILLIPS Blacksburg, VA BRIAN HUNTER Virginia Beach, VA TORBEN LAIDIG Schwäbisch Hall, Germany CHRIS UHLE Columbus, OH DEAKIN VOLZ Bloomington, IN JARED JODON Uniontown, PA STEPHAN MUNZ Göppingen, Germany VICTORIA VON EYNATTEN Leinfelden, Germany THORSTEN MÜELLER Stuttgart, Germany BOB PHILLIPS Baltimore, MD KEITH NEFF Annandale, VA











top javelin athletes ///









SEDIVA

DEE O'CONNELL

- 2002 All-American
- 2002 BIG EAST Champion
- 2004 USA Olympic Trials Qualifier
- Personal Best 184' 5" (56.23m)

JACOBUS SMIT

- 2005 ACC Champion
- Personal Best 242' 9" (74.00m)

MATTHIAS TREFF

- Three-time All-American 2011, 2012, 2103
- Four-time ACC Champion 2009, 2011, 2012, 2013
- Virginia Tech School Record Holder
- ACC All-time Record Holder
- Personal Best 255' 6" (77.88m)

SABINE KOPPLIN

- Two-time All-American 2011, 2014
- Personal Best 177' 4" (54.05m)

EVA VIVOD

- 2014 All-American
- Personal Best 186' 4" (56.80m)

JAKA MUHAR

Personal Best — 249' 2" (75.94m)

IRENA SEDIVA

- 2015 NCAA National Champion
- 2015 ACC Champion
- ACC All-time Record Holder 196' 6" (59.89m)

MATIJA MUHAR

- 2016 ACC Champion
- Personal Best 259' 10" (79.20m)







team usa members //



KRISTEN CALLAN

- 2004 USA Junior Champion Hammer Throw
- 2004 World Junior Championships Italy

KRISTI CASTLIN

- 2007 USA Junior Champion 100m Hurdles
- 2007 Pan American Junior Championships Gold Medalist, 100m Hurdles
- 2016 Olympic Games Bronze Medalist, 100m Hurdles Rio de Janeiro, Brazil

QUEEN HARRISON

- 2008 USA Olympic Team Beijing, China, 400m Hurdles
- 2007 USA Junior Champion 400m Hurdles
- 2007 Pan American Junior Championships Gold Medalist, 400m Hurdles
- 2011 World Championships Dageu, South Korea 400m Hurdles
- 2013 World Championships Moscow, Russia 100m Hurdles, 5th place
- 2015 Pan American Games Edmonton, Canada 100m Hurdles, Gold Medalist

SHERLENIA GREEN

2007 NACAC Championships — Bronze Medalist, 400m Hurdles

JARED BERMAN

 2010 World Junior Championships — Moncton, Canada — 3,000 Meter Steeplechase

THOMAS CURTIN

 2011 USA International Junior Cross Country Championships — Edinboro, Scotland

KEITH RICKS

- 2012 NACAC Championships Bronze Medalist, 200 Meters
- 2009 Pan American Junior Championships 200 Meters

DARRELL WESH

2012 NACAC Championships — Gold Medalist, 4x100m Relay

PATRICK JOSEPH

- 2014 USA Junior Champion 1,500 Meters
- 2014 World Junior Championships Eugene, Oregon, 1,500 Meters

PETER SEUFER

2015 USA International Junior Cross Country Championships — Edinboro, Scotland

DEAKIN VOLZ

 2016 World Junior Championships — Gold Medalist, Pole Vault — Bydgoszcz, Poland

DIEGO ZARATE

- 2016 USA Junior Champion 1,500 Meters
- 2016 World Junior Championships Bydgoszcz, Poland, 1,500 Meters

hokies on international teams ///





KOBUS SMIT - Javelin Throw, South Africa SASKIA TRESSCHEIJN – Heptathlon, Germany IGOR MISLJENOVIC - Discus Throw, Croatia MARLIES OVERBEEKE - Cross Country, Netherlands SVEN HAHN - Shot Put, Germany **SPYRIDON JULLIEN** – Hammer Throw, Greece MATEJ MUZA - Hammer Throw, Croatia **SORINA NWACHUKWU** – 4 x 400 Meters, Germany SAMIRA BURKHARDT – Shot Put, Germany YEVGENIY OLHOVSKY - Pole Vault, Israel **DOROTEA HABAZIN** – Hammer Throw, Croatia **SABINE KOPPLIN** – Javelin Throw, Germany LUKA MUSTAFIC - Shot Put, Croatia VALENTINA MUZARIC - Shot Put, Croatia **HASHEEM HALIM** – Triple Jump, Virgin Islands JAKA MUHAR - Javelin Throw, Slovenia ANASTAS PAPASOV - Hammer Throw, Hungary

VICTORIA VON EYNATTEN - Pole Vault, Germany **MOSEN ANANI** – Hammer Throw, Egypt MAREK BARTA - Discus Throw, Czech Republic **TORBEN LAIDIG** – Pole Vault, Germany KATARINA SMILJANIC - 800 Meters, Croatia **RENE STAUSS** – Decathlon, Germany **EVA VIVOD** – Javelin Throw, Slovenia **ALEXANDER ZIEGLER** – Hammer Throw, Germany MANUEL ZIEGLER - Triple Jump, Germany NEIL GOURLEY - 1,500 Meters, Great Britain (Scotland) TOMAS KRUZLIAK - Hammer Throw, Slovakia MARCEL LOMNICKY - Hammer Throw, Slovakia MARTINA SCHULTZE – Pole Vault, Germany **IRENA SEDIVA** – Javelin Throw, Czech Republic MAREK BARTA – Discus Throw, Czech Republic MATIJA MUHAR - Javelin Throw, Slovenia





SCHULTZE









j statt ///

Associate Head Track & Field Coach/ **Throws** Coach **Eric Johannigmeier**

Greg Jack

Assistant Cross Country/ **Distance** Coach Tim Vaught

Sprints, Hurdles & **Relays** Coach

Bob Phillips

Pole Vault Coach

Paul Zalewski

Jumps and Multi-Events Coach/Technical Director



Head Cross Country/ **Distance** Coach

Ben Thomas

1212

student-athlete support services///

support staff ///



STRENGTH & CONDITIONING Brandon Dillard



ADMINISTRATIVE ASSISTANT Erin Couch



TRAVEL COORDINATOR Kellie Shaver



ACADEMIC SUPPORT Nick Vaccaro

ATHLETIC TRAINERS





Sterling Cupp Kyle Staggers The Athletics Office of Student-Athlete Development creates programs designed to enhance student-athletes in five areas: athletic excellence, academic excellence, personal and leadership development, and community outreach and career development. The program has been previously honored for its commitment to serving the good of the student-athletes by the Division I-A Athletic Director's Association as a program of excellence.

academic support



MATT MAYOTTE Director of Student-Athlete Academic Support Services

student-athlete development



REYNA GILBERT-LOWRY

Associate Athletics Director for Student-Athlete Development

track & field at tech ///

WHAT'S A HOKIE?

The answer leads all the way back to 1896 when Virginia Agricultural and Mechanical College changed its name to Virginia Polytechnic Institute. With the change came the necessity for writing a new cheer

and a contest for such a purpose was held by the student body.

Senior O.M. Stull won first prize for his "Hokie" yell which is still used today. Later, when asked if "Hokie" had any special meaning, Stull explained the word was solely the product of his imagination and was used only as an attention-getter for his yell. It soon became a nickname for all Tech teams and for those people loyal to Tech athletics.

The official university school colors — Chicago Maroon and Burnt Orange — also were introduced in 1896. The colors were chosen by a committee because they made a 'unique combination' not worn elsewhere at the time. The official definition of "Hokie" is "a loyal Virginia Tech Fan."

The Johnson-Miller Track Complex serves as the outdoor home for the Tech men's and women's track and field teams. The facility sits adjacent to Tech's Rector Field House, which houses the indoor track, and is another piece in Virginia Tech's commitment to a top-tier track and field program.

johnson miller track complex ///

Cross country course ///

The Virginia Tech cross country team holds most of its practices and its home meets on the Virginia Tech Cross Country Course, located on the Tech campus adjacent to Smithfield Plantation.

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. The all-grass course provides an ideal surface for racing and training. Located on the southwest end of campus near the corner of Southgate Drive and U.S. 460, the course guides runners through a rural terrain of meadows, cornfields and wooded locations typical of the Tech surroundings. The course was built and opened for racing in 1993.

olympic sports weight room ///

The athletics department opened a brand new, \$1 million Olympic sports training center in 2012 dedicated solely for the Hokies' Olympic sports, thanks to a donation from the family of W.A. and Mae Street, originally from Grundy, Va.

The Olympic Sports Athletic Performance Center features more than 6,000 square feet filled with weights, barbells, weight racks and other assorted equipment designed to help one get stronger, bigger and faster. The new center also features an 1,800 square foot mezzanine level designed with equipment to help enhance the functional movement of Tech's athletes and thus prevent injuries.

academic enrichment center ///

Our Academic Enrichment Center has over 18,000 square feet of stateof-the-art facilities, including 10 staff offices, 20 tutor rooms, numerous classrooms, three study rooms, a conference room, 45-station computer lab, reference library, and training table.

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academic achievement ///

ACADEMIC ALL-AMERICANS

ACADEMIC ALL-AMERICANS

Track & Field Academic All-Americans

Team

1st

1st

2nd

2nd

2nd 1st

3rd

1st

2nd 3rd

1st

1st

2nd 1st

1st

2nd

Year	Name
1997	Katie Ollendick
1998	Katie Ollendick
2004	Marlies Overbeeke
2005	Brian MacPhee
2006	Gunild Kreb
2007	Gunild Kreb
2007	Joe Samaniuk
2008	Sherlenia Green
2010	Matej Muza
2010	Kelly Phillips
2011	Kelly Phillips
2012	Frances Dowd
2012	Alexander Ziegler
2013	Alexander Ziegler
2014	Frances Dowd
2014	Stephan Munz



Women's At-Large Women's At-Large

Women's At-Large



Cross Country Academic All-Americans

YearNameTeam2004Marlies Overbeeke2nd

The Virginia Tech men's and women's cross country teams were named All-Academic teams for the 2015 cross country season by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

A team must have a cumulative GPA higher than a 3.00 and have started at least five student-athletes at their respective NCAA regional championship to qualify.



INGINIA TECH

the university ///

VIRGINIA TECH AT A GLANCE

- Located in Blacksburg, Virginia
- Nine colleges and graduate school
- 90 bachelor's degree programs
- 150 master's and doctoral degree programs
- 32,000 full-time students

- 16:1 student-faculty ratio
- Main campus includes more than 135 buildings, 2,600 acres, and an airport
- Computing and communications complex for worldwide information access
- Ranked 39th in university research in the United States
- Has adjacent corporate research center

virginia tech among leaders ///

2016 NATIONAL RANKINGS

Money: Virginia Tech recognized as 'leader in using technology to teach, have fun' in latest Money magazine ranking, July 2016

#18: Overall#9: Best Public Colleges#2: Best Colleges You Can Actually Get Into

U.S. News & World Report: Virginia Tech graduate programs among the best in the nation, according to latest survey, March 2016

#16: Part-time MBA program in the National Capital Region#21: Engineering programs#24: Public Affairs programs#78: School of Education program

U.S. News & World Report: Virginia Tech programs earn top spots on 2016 Top Online Education ranking, January 2016

#2: Master of Information Technology online degree program#9: Online graduate engineering programs

residence life at virginia tech ///









At Virginia Tech, you can be part of a community of more than 9,000 students who call our residence halls home.

tech dining ranked no. 1 ///



Dining Services boasts a tradition of award-winning programming, venues, and service.

In the last five years, more than 50 colleges and businesses have benchmarked our program and its facilities. We have received numerous awards for our chefs, facilities, franchises, and program.

2016

- Ranked No. 1 for Best College Food for 2016 according to Niche.com
- Ranked No. 3 for Best Campus Food, "Best of 380 Colleges: 2016 Edition," The Princeton Review

2015

- No. 3, Best Campus Food, "Best of 380 Colleges: 2016 Edition," The Princeton Review
- Virginia Tech Dining Services
- No. 1, Best Campus Food, Niche
- No. 1, The 10 Best Dining Halls on College Campuses, College Magazine
- No. 2, Best College Food, "The 2015 Cappies" Cappex
- No. 1, Top 10 College Dining Halls, West End Market, Lendedu

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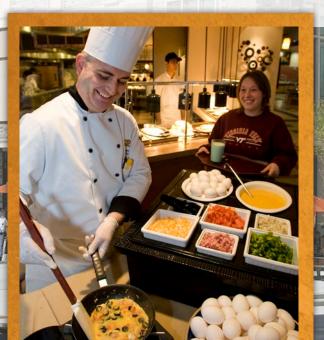
tech dining ranked

Squires (Student Center) Food Court

- Au Bon Pain
- Burger '37
- **D2** at Dietrick Hall
- Mangia! (Italian)
- Olives (vegetarian/vegan)
- Eden's (salads, soups, breads)
- Gauchos (Brazilian, American)
- La Patisserie (waffles, desserts)
- Pan Asia (Asian)

- Salsas (South of the border)
- East Side Deli (New York-style deli)
- **Deet's Place at Dietrick Hall** (coffee shop)
- DXpress at Dietrick Hall (grab-n-go)
- Hokie Grill & Co., at Owens Hall (food court)

- **Owens Food Court at Owens Hall**
- Bowl Dynasty (Asian)
- Carvery (hot meals)
- Farms & Fields Project (organic, local)
- Flip's (American classics)
- Frank's Deli (sandwiches)
- Freshens (yogurt, smoothies)
- The Garden (soup, salad, fruit bar)
- La Cantina (Mexican)
- Lotsa Pasta (noodles & sauces)
- The Oasis (cold beverages)
- Philly City (Philly cheese steak/chicken)
- Sweet Temptations (pies, cakes, pastries)



Turner Place at Lavery Hall

- Atomic Pizzeria • Jamba Juice
- 1972 Fire Grill
- O'doba Mexican Grill
- Origami
- Soup Garden
- Dolci e Caffé
- Bruegger's Bagels

Vet Med Cafe (grab-n-go)

ON-CAMPUS DINING CENTERS

West End Market at Cochrane Hall was the first true marketplace-style dining operation on a university campus in the United States when it opened in 1999. West End Market features made-to-order items prepared before the customers and offers specialties such as London broil. lobster, and steak on a daily basis.









blacksburg, virginia ///

HOME of the HOKIES



Nestled on a plateau between the Blue Ridge and Allegheny mountains, the Town of Blacksburg is part of Montgomery County in the heart of Southwest Virginia's New River Valley.

Because of the town's award-winning services, reasonable cost of living, safety, moderate climate, and abundant leisure activities, Blacksburg is consistently ranked among the country's best places to live and has a nationwide reputation as a well-managed, stable, and forward-looking community.

the acc /// VT

[Competing in America's Top Conference

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The 2015-16 campaign turned out to be a fantastic one for Tech's track and field and cross country teams, as the men's squad captured the ACC title at the ACC Outdoor Track and Field Championships. Behind Thomas Curtin's two gold medals (5,000 and 10,000 meters) and gold medals from Chris Uhle (pole vault) and Matija Muhar (javelin), the Hokies scored 129 points en route to Tech's second outdoor title as a program and sixth overall for the men in track and field and cross country. The men's squad went on to finish eighth at the 2016 NCAA Division I Outdoor Track and Field Championships for its third top-10 finish in six years. The Hokies' 2015-16 season got off to a great start when runner Thomas Curtin won the ACC's individual cross country title, becoming the program's second individual ACC cross country champion. Curtin went on to become an All-American in all three disciplines (cross country, indoor track and outdoor track), earning a total of six All-America nods to make him the most decorated runner in Virginia Tech history. Behind Curtin, the Tech men's cross country squad received an at-large berth to the NCAA championships – just its second NCAA appearance since 1987. The Hokies finished 27th as a team, while Curtin placed 22nd overall.



KEEPING UP WITH THE HOKIES ACCESS ALL OF THESE CONNECTIONS AT

CONNECTIONS AT

I-IOKIE SPORTS.COM

Virginia Tech Athletics' **OFFICIAL WEBSITE** is your one-stop source for information about Hokie varsity sports



Continuing coverage of Virginia Tech varsity sports in a printed magazine with an improved online version



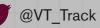
Award-winning FREE WEEKLY ONLINE PUBLICATION featuring guick updates about athletics at Virginia Tech Exciting **VIDEOS** of all aspects of Tech sports and Hokie Nation!



All Virginia Tech Athletics radio broadcasts and television programs are available exclusively online via **HokiesXtra**, on **HOKIE SPORTS.COM**

Connect with Hokie fans and Virginia Tech Athletics via our FACEBOOK and TWITTER pages:







hokiesports.com/track

hokiesports.com/cc

Winning Championships ... It Has a Nice Ring To It!



