

VIRGINIA TECH CROSS COUNTRY



THIS WEEK: ACC Championships
Boston, Mass. (Franklin Park) • Saturday, Oct. 30 • 10 a.m.
www.hokiesports.com/cc/



ACC CHAMPIONSHIPS

The Hokies head north to Boston, Mass. for the 2010 ACC Cross Country Championships, hosted by Boston College, on Saturday, Oct. 30. The races will take place in Franklin Park. The women's 6k race will kick things off at 10 a.m. with the men's 8k to follow at 11 a.m.

The top 14 finishers in each race will earn All-ACC honors. Additionally, the top true freshman finisher in each race will be named the ACC Freshman of the Year.

MEET RECAP - APPALACHIAN STATE INVITE

The women's squad placed second overall in the 5k race, earning 63 points, while the men placed third in the 8k, collecting 108 points. Duke took the women's title while host, Appalachian, won the men's race.

In the women's 5k, Paige Kwartunas was Tech's highest finisher, placing ninth at 17:55.5. Following close behind was Sammy Dow, crossing the line tenth at 17:56.4. Dow was Tech's highest finisher in their last competition, now placing in the top-ten for the second meet in a row. Jessica Trapeni was Tech's next competitor to cross the line (19th, 18:19.5), followed by freshmen Taylor Crosson (21st, 18:20.5) and Courtney Dobbs (27th, 18:28.0).

In the men's race, the Hokies were edged out of the top 20, but some finished in a small pack soon thereafter, with Eddie Judge leading the group (22nd, 25:24.1). Jason Cusack followed as Tech's next top finisher (25:32.4) with Joseph Murray (25:35.9) hot on his heels.

Head Coach Ben Thomas at Virginia Tech (2001-present)

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

Contact Information

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2010 VIRGINIA TECH CROSS COUNTRY SCHEDULE

(all times eastern, results listed if applicable)

Friday, Sept. 3: Virginia Tech Cross Country Relays - Blacksburg, Va.

Friday, Sept. 17: Virginia Tech Alumni Invitational - Blacksburg, Va. - 2nd / M - 30, W - 35

Friday, Oct. 1: UNC Charlotte Invite - Charlotte, N.C. - 2nd/ M - 54, W - 51

Friday, Oct. 15: Appalachian State Invite - Boone, N.C. - W (2nd) 63 pts., M (3rd) 108 pts.

Saturday, Oct. 30: ACC Championships - Boston, Mass. - 10 a.m.

Friday, Nov. 5: Hokie Open Race - Blacksburg, Va. - 5 p.m.

Saturday, Nov. 13: NCAA Southeast Region Championship - Louisville, Ky. - 11 a.m.

Monday, Nov. 22: NCAA Championships - Terre Haute, Ind. - TBA

SEASON RESULTS

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

<u>Name</u>	<u>Tech Relays 2x3.5k (9/3)</u>	<u>Alumni Invite 7.6k (9/17)</u>	<u>Charlotte Invite 8k (10/1)</u>
#Jared Berman	DNC.....	DNC	DNC
Jason Cusack	42:52.0 (1)	24:16.53 (7)	25:05.9 (7)
Tihut Degfae	DNF.....	24:55.67 (16).....	25:33.9 (18)
Kevin Dowd	DNC.....	24:33.85 (13).....	25:14.8 (12)
Doug Fenstermacher.....	<i>45:42.0 (6)</i>	24:32.74 (12).....	25:34.2 (19)
Ryan Hagen	42:52.0 (1)	24:29.42 (10).....	25:11.1 (10)
#Michael Hammond.....	DNC.....	23:44.67 (3).....	DNC
Eddie Judge	DNC.....	24:23.71 (8).....	25:06.9 (8)
#Will Mulherin.....	DNC.....	23:37.25 (1).....	DNC
Joey Murray.....	DNC.....	25:17.63 (21).....	25:44.0 (25)
Grant Pollock.....	DNC.....	DNC	25:53.8 (34)
Chris Walizer	DNC.....	DNC	18:52.8 (27)
#Brian Welch.....	DNC.....	23:55.96 (4).....	DNC
Ryan Witt.....	DNF.....	26:17.82 (35).....	27:47.8 (112)
Yazid Zouaimia.....	DNC.....	24:35.66 (14).....	19:07.8 (22)

<u>Name</u>	<u>Tech Relays 2x2.5k (9/3)</u>	<u>Alumni Invite 4.6k (9/17)</u>	<u>Charlotte Invite 5k (10/1)</u>
Julianne Bigler.....	DNC.....	17:57.96 (19).....	18:23.1 (33)
Rachel Brennan.....	<i>42:05.1 (12)</i>	21:18.30 (46).....	DNC
Stephanie Cario	<i>38:38.5 (5)</i>	17:56.54 (18).....	18:07.3 (22)
Margaret Castelveccchi.....	DNC.....	25:21.48 (56).....	DNC
Taylor Crosson.....	DNC.....	17:22.36 (9).....	17:58.9 (19)
Drew Dillon	<i>41:52.4 (11)</i>	DNC	DNC
Courtney Dobbs.....	DNC.....	16:57.84 (3).....	17:39.3 (8)
Sammy Dow	DNC.....	16:47.94 (2).....	17:23.4 (5)
Frances Dowd	<i>37:58.3 (3)</i>	18:20.82 (27).....	19:15.1 (78)
Sonia Doulamis	DNC.....	DNC	DNC
Casey Gresham	37:50.0 (2)	17:11.65 (6)	17:54.2 (15)
Kaitlyn Hunter	DNC.....	22:10.38 (52).....	DNC
Paige Kvartunas	DNC.....	17:03.79 (5).....	17:47.5 (11)
Lauren Lemieux.....	DNC.....	18:32.25 (31).....	19:27.9 (87)
Jackie Merrick.....	<i>40:03.2 (7)</i>	18:13.65 (25).....	18:41.3 (46)
Madalyn Nuckols.....	DNC.....	17:12.86 (7).....	18:22.5 (32)
Katelyn Oldham	DNC.....	DNC	DNC
Lauren Pinkston	DNC.....	DNC	19:23.8 (84)
Samantha Sawyer.....	<i>41:52.4 (11)</i>	18:58.44 (33).....	DNC
Taryn Schrader	<i>38:38.5 (5)</i>	18:20.82 (26).....	DNC
Lindsay Skolrood.....	<i>42:05.1 (12)</i>	19:18.15 (35).....	DNC
Mary Catherine Sowder	37:50.0 (2)	17:42.67 (15).....	19:15.8 (79)
Corene Steinert.....	DNC.....	21:18.08 (45).....	DNC
Erin Stehle	<i>37:58.3 (3)</i>	17:26.81 (10).....	18:17.8 (30)
Jessica Trapeni	DNC.....	17:35.26 (11).....	17:55.4 (17)
Jennifer Van Der Sloot.....	<i>40:03.2 (7)</i>	20:58.85 (42).....	DNC
Alex Watt	DNC.....	17:18.86 (8).....	18:06.2 (21)
Erika Weidman.....	<i>39:39.0 (6)</i>	18:41.86 (32).....	18:46.7 (52)

SEASON RESULTS

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

Name App. St. Invite 8k (10/15)

#Jared Berman DNC
Jason Cusack25:32.4 (25)
Tihut Degfae25:44.7 (33)
Kevin Dowd DNC
Doug Fenstermacher.....25:58.5 (42)
Ryan Hagen25:48.9 (37)
#Michael Hammond DNC
Eddie Judge **25:24.1 (22)**
#Will Mulherin DNC
Joey Murray.....25:35.9 (27)
Grant Pollock.....26:37.2 (72)
Chris Walizer26:24.2 (62)
#Brian Welch..... DNC
Ryan Witt..... DNC
Yazid Zouaimia.....25:53.9 (40)

Name App. St. Invite 5k (10/15)

Julianne Bigler.....19:28.7 (94)
Rachel Brennan..... DNC
Stephanie Cario18:49.0 (45)
Margaret Castelveccchi..... DNC
Taylor Crosson.....18:20.5 (21)
Drew Dillon DNC
Courtney Dobbs18:28.0 (27)
Sammy Dow17:56.4 (10)
Frances Dowd DNC
Sonia Doulamis DNC
Casey Gresham18:48.7 (44)
Kaitlyn Hunter DNC
Paige Kwartunas **17:55.5 (9)**
Lauren Lemieux.....18:57.7 (52)
Jackie Merrick.....18:55.1 (49)
Madalyn Nuckols.....18:36.1 (34)
Katelyn Oldham DNC
Lauren Pinkston19:07.4 (66)
Samantha Sawyer..... DNC
Taryn Schrader DNC
Lindsay Skolrood..... DNC
Mary Catherine Sowder DNC
Corene Steinert..... DNC
Erin Stehle DNC
Jessica Trapeni18:19.5 (19)
Jennifer Van Der Sloot..... DNC
Alex Watt18:39.9 (38)
Erika Weidman..... 19:37.4 (105)

2010 ROSTER

MEN'S

Name	Class	Hometown	High School	Major
Jared Berman	So.	Fairfax, Va.	James Robinson	Engineering
Jason Cusack	So.	Griswold, Conn.	Griswold	Industrial Design
Tihut Degfae	So.	Yirgalem, Ethiopia	Thomas A. Edison	University Studies
Kevin Dowd	Fr.	Fairfax, Va.	Fairfax	Business
Doug Fenstermacher	So.	Gloucester, Va.	Gloucester	University Studies
Ryan Hagen	So.	Sterlin, Va.	Potomac Falls	Human Nutrition, Foods and Exercise
Michael Hammond	Jr.	Midlothian, Va.	Midlothian	Economics
Eddie Judge	Sr.	Virginia Beach, Va.	F.W. Cox	Business
Will Mulherin	Jr.	Yorktown, Va.	Tabb	Engineering
Joseph Murray	So.	Fredericksburg, Va.	Stafford	Geoscience
Grant Pollock	Fr.	Richmond, Va.	Mills Godwin	Human Nutrition, Foods and Exercise
Chris Walizer	Jr.	Hershey, Pa.	Hershey	Finance
Brian Welch	Jr.	Richmond, Va.	Mills Godwin	University Studies
Ryan Witt	Sr.	Winchester, Va.	Sherando	Engineering
Yazid Zouaimia	Fr.	Clifton, Va.	Centreville	Computer Science

WOMEN'S

Name	Class	Hometown	High School	Major
Julianne Bigler	Fr.	Alexandria, Va.	West Potomac	Biological Sciences
Rachel Brennan	Fr.	Roanoke, Va.	Hidden Valley	Interior Design
Stephanie Cario	Fr.	Mechanicsville, Va.	Lee Davis	Human Nutrition, Foods and Exercise
Margaret Castelvevchi	Fr.	Montpelier, Va.	Patrick Henry	Chemical Engineering
Taylor Crosson	Fr.	Fairfax Station, Va.	James W. Robinson	Business
Drew Dillon	Fr.	Roanoke, Va.	Hidden Valley	Agriculture and Life Sciences
Courtney Dobbs	Fr.	Glen Allen, Va.	Deep Run	Finance
Sonia Doulamis	Fr.	Lowell, Mass.	Academy of Notre Dame	Human Nutrition, Foods and Exercise
Sammy Dow	Jr.	Midlothian, Va.	Midlothian	Biology
Frances Dowd	So.	Fairfax, Va.	Fairfax	Business Management
Casey Gresham	So.	Chesapeake, Va.	Western Branch	History
Kaitlyn Hunter	Fr.	Sterling, Va.	Potomac Falls	Horticulture
Paige Kwartunas	Fr.	Springfield, Va.	West Springfield	Human Nutrition, Foods and Exercise
Lauren Lemieux	So.	Huntsville, Ala.	Virgil I. Grissom	Engineering Science and Mechanics
Jackie Merrick	Sr.	West Chester, Pa.	Henderson	Engineering
Madalyn Nuckols	Fr.	Glen Allen, Va.	Deep Run	Undecided
Katelyn Oldham	So.	Wilmington, Del.	The Tatnall School	University Studies
Lauren Pinkston	Jr.	Herndon, Va.	Herndon	Accounting and Information Systems
Samantha Sawyer	Fr.	Indian Trail, N.C.	Sun Valley	Animal and Poultry Science
Taryn Schrader	So.	Virginia Beach, Va.	Bishop Sullivan Catholic	Biological Sciences
Lindsay Skolrood	Fr.	Roanoke, Va.	Hidden Valley	Communications
Mary Catherine Sowder	Fr.	Roanoke, Va.	Hidden Valley	University Studies
Erin Stehle	Jr.	Midlothian, Va.	Midlothian	Human Nutrition, Foods and Exercise
Corene Steinert	Fr.	Morris Plains, N.J.	Morristown	Physics
Jessica Trapeni	Sr.	Fairfax, Va.	Fairfax	Biochemistry
Jennifer van der Sloot	So.	Morgantown, W. Va.	University	Architecture
Alex Watt	Fr.	Springfield, Va.	West Springfield	Architecture
Erika Weidman	So.	Alexandria, Va.	T.C. Williams	Biochemistry