

VIRGINIA TECH CROSS COUNTRY



NCAA Southeast Regionals
Louisville, Ky. • Saturday, Nov. 13 • 10 a.m.
www.hokiesports.com/cc/



THIS WEEKEND - NCAA SOUTHEAST REGIONALS

The Hokies head into the postseason portion of the schedule, traveling to Louisville, Ky. for the NCAA Southeast Regionals. Races will take place on Saturday, Nov. 13 at E.P. "Tom" Sawyer State Park. The women's field will run a 6,000 meter race at 10 a.m., with the men set to run a 10,000 meter at 11:15 a.m.

MEET RECAP - HOKIE OPEN

Tech hosted the Hokie Open on Nov. 5, its final contest before NCAA Regionals and Nationals. Against a largely intrasquad field, Joseph Murray and Stephanie Cario came away victorious in the men's 6,000-meters and the women's 4,000-meters, respectively.

Murray led the men's field at 18:36.82. A group of Tech competitors, competing unattached, finished in a group shortly thereafter, led by Devin Cornwall (2nd, 18:42.69), with Michael Hammond (3rd, 18:43.04), Will Mulherin (18:43.28) and Leoule Degfae (5th, 18:43.57) all finishing back-to-back. The Hokies' three remaining attached competitors finished in seventh, eighth and ninth, respectively, with Kevin Dowd in front (19:00.43), followed by Yazid Zouaimia (19:05.23) and Grant Pollock (19:21.74).

Four attached competitors for Tech swept the top four in the women's 4k race, with Stephanie Cario leading the way at 14:42.93, almost ten seconds ahead of second place. Jackie Merrick crossed the line next at 14:50.01, followed by Marty Catherine Sowder (3rd, 15:33.16) and Erica Weidman (4th, 15:58.56). Samantha Sawyer (5th, 16:08.15) and Lindsay Skolrood (6th, 16:12.91), competing unattached, were next, followed by Tech's final attached runner, Jennifer Van Der Sloot (7th, 16:53.40).

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. - M (7th) 242 pts., W (8th) 207 pts.

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.....	<i>46:15.8 (10)</i>	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 Kwartunas	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)	ACC Champ. 8k (10/30)	Hokie Open 6k (11/5)
#Jared Berman	DNC	DNC	18:51.48 (6)
Jason Cusack	25:32.4 (25)	25:20.02 (54)	DNC
Tihut Degfae	25:44.7 (33)	25:37.1 (64)	DNC
Kevin Dowd	DNC	DNC	19:00.43 (7)
Doug Fenstermacher	25:58.5 (42)	25:25.1 (57)	DNC
Ryan Hagen	25:48.9 (37)	25:42.0 (66)	DNC
#Michael Hammond	DNC	DNC	18:43.04 (3)
Eddie Judge	25:24.1 (22)	25:28.0 (58)	DNC
#Will Mulherin	DNC	DNC	18:43.28 (4)
Joey Murray	25:35.9 (27)	25:42.2 (67)	18:36.82 (1)
Grant Pollock	26:37.2 (72)	25:59.1 (78)	19:21.74 (9)
Chris Walizer	26:24.2 (62)	25:07.0 (44)	DNC
#Brian Welch	DNC	DNC	DNC
Ryan Witt	DNC	DNC	DNC
Yazid Zouaimia	25:53.9 (40)	26:06.9 (81)	19:05.23 (8)

Name	App. St. Invite 5k (10/15)	ACC Champ. 6k (10/30)	Hokie Open 4k (11/5)
Julianne Bigler	19:28.7 (94)	DNC	DNC
Rachel Brennan	DNC	DNC	DNC
Stephanie Cario	18:49.0 (45)	22:20.8 (63)	14:42.93 (1)
Margaret Castelveccchi	DNC	DNC	20:03.27 (12)
Taylor Crosson	18:20.5 (21)	22:08.6 (57)	DNC
Drew Dillon	DNC	DNC	17:14.34 (8)
Courtney Dobbs	18:28.0 (27)	21:36.2 (41)	DNC
Sammy Dow	17:56.4 (10)	21:23.8 (32)	DNC
Frances Dowd	DNC	DNC	DNC
Sonia Doulamis	DNC	DNC	20:49.37 (13)
Casey Gresham	18:48.7 (44)	DNC	DNC
Kaitlyn Hunter	DNC	DNC	18:22.70 (10)
Paige Kvartunas	17:55.5 (9)	21:27.4 (36)	DNC
Lauren Lemieux	18:57.7 (52)	22:28.0 (70)	DNC
Jackie Merrick	18:55.1 (49)	22:25.3 (67)	14:50.01 (2)
Madalyn Nuckols	18:36.1 (34)	21:58.0 (50)	DNC
Katelyn Oldham	DNC	DNC	DNC
Lauren Pinkston	19:07.4 (66)	DNC	DNC
Samantha Sawyer	DNC	DNC	16:08.15 (5)
Taryn Schrader	DNC	DNC	DNC
Lindsay Skolrood	DNC	DNC	16:12.91 (6)
Mary Catherine Sowder	DNC	DNC	15:33.16 (3)
Corene Steinert	DNC	DNC	18:46.93 (11)
Erin Stehle	DNC	DNC	DNC
Jessica Trapeni	18:19.5 (19)	22:04.8 (53)	DNC
Jennifer Van Der Sloot	DNC	DNC	16:53.40 (7)
Alex Watt	18:39.9 (38)	22:41.1 (80)	DNC
Erika Weidman	19:37.4 (105)	DNC	15:58.56 (4)

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 Castelvechi	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