

2011 Virginia Tech Cross Country

Meet Notes #5



Meet #7
Virginia Tech at the ACC Championships
October 29, 2011
Women's Race: 6k • 10 a.m.
Men's Race: 8k • 11 a.m.
Musser Farms • Clemson, S.C.



Meet Coverage: <http://www.theacc.com/championships/11-acc-cross-country-championship.html>

PREVIEWING THE MEET...

• The Virginia Tech cross country team will compete in the ACC Championship Meet on Saturday, Oct. 29 at Musser Farms in Clemson, S.C. The women's 6k is first on the course, starting at 10 a.m., followed by the men's 8k at 11 a.m. At last year's conference championships in Boston, the Hokie men took seventh, while the women were eighth.

LAST TIME OUT...

• The Virginia Tech men's and women's cross country teams last raced two weeks ago at the Appalachian State Blue Ridge Open on Oct. 14 and the Indiana State Pre-National Invitational on Oct. 16. Both teams had solid performances against a strong field at Indiana State as the men's team placed ninth out of 35 teams and the women finished 11th of 37 teams. Leading the way for the men was redshirt junior Will Mulherin, who finished 16th overall out of 296 total runners in a time of 24:32 for the eight kilometer course. Freshman Sarah Rapp crossed the line first for the women as she was 42nd overall in a time of 21:47 for the six kilometer race. The Hokie women also placed seventh at Appalachian State, competing without their top-eight runners.

2011 Cross Country Schedule

Date	Meet	Site	Time/Result
Sept. 2	Virginia Tech Alumni Invitational	Blacksburg, Va.	No Team Score
Sept. 16	at Clemson Invitational	Clemson, S.C.	Men 2/12, Women 4/12
Sept. 30	at Charlotte Invitational	Charlotte, N.C.	Men 1/34, Women 1/36
Sept. 30	Virginia Tech Open	Blacksburg, Va.	No Team Score
Oct. 14	at Appalachian State Blue Ridge Open	Boone, N.C.	Men NTS, Women 7/21
Oct. 16	at Indiana State Pre-National Invitational	Terre Haute, Ind.	Men 9/35, Women 11/37
Oct. 29	at ACC Championships	Clemson, S.C.	10:00 a.m.
Nov. 4	Hokie Open	Blacksburg, Va.	4:00 p.m.
Nov. 12	at NCAA Southeast Regional	Louisville, Ky.	10:00 a.m.
Nov. 21	at NCAA Championship	Terre Haute, Ind.	12:00 p.m.

*Home Meets in **Bold**; all times EST

MEDIA INFORMATION

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Blacksburg, VA 24061



Virginia Tech Quick Facts

GENERAL

Location..... Blacksburg, Va.
 Enrollment..... 31,000
 Founded..... 1872
 Colors..... Chicago maroon and burnt orange
 Nickname..... Hokies
 Conference..... Atlantic Coast
 President..... Charles W. Steger
 Director of Athletics..... Jim Weaver
 Home Course..... Tech Cross Country Course
 Athletics Website..... www.hokiesports.com
 Cross Country Website..... www.hokiesports.com/cc
 Cross Country Twitter www.twitter.com/VT_Track
 Athletics Facebook ..www.facebook.com/hokiesports

COACHING STAFF

Director of Track & Field/XC..... Dave Cianelli
 Alma Mater, Yr.Bowling Green, 1977
 Overall Year..... 27th
 Year at Virginia Tech..... 11th
 Cianelli Office Phone.....(540) 231-3094
 Cianelli E-mail.....dcianell@vt.edu
 Head XC/Distance Coach..... Ben Thomas
 Alma Mater, Yr.Virginia Tech, 1992
 Overall Year..... 17th
 Year at Virginia Tech..... 11th
 Thomas Office Phone.....(540) 231-9978
 Thomas E-mail.....bethoma1@vt.edu
 Assistant XC/Distance Coach.....
 Jen McGranahan (Florida, 2002)
 Technical Director.....
 Stacey Vidt (Virginia Tech, 2003)

HISTORY

All-Americans..... 9 (4 Men, 5 Women)
 All-Region Performances..... 41 (20 Men, 21 Women)
 All-ACC Performances..... 10 (5 Men, 5 Women)
 Men's Team NCAA Appearances..... 4
 Best Finish..... 4th, 1987
 Women's Team NCAA Appearances..... 1
 Best Finish.....18th, 2006
 Last All-American..... Tasmin Fanning (2008, 3rd)
 Men's Team Best Regional Finish.....1st, 1987
 Women's Team Best Regional Finish.....3rd, 2006

2010 REVIEW

Men's ACC Finish..... 7th, 242 pts.
 Top Finisher..... Chris Walizer, 44th
 Women's ACC Finish..... 8th, 207 pts.
 Top Finisher.....Sammy Dow, 32nd
 Men's NCAA Regional Finish.....14th, 424 pts.
 Women's NCAA Regional Finish..... 5th, 208 pts.
 All-Conference Runner Returning.....
 Will Mulherin (2009, 7th)
 All-Regional Runner Returning.....
 Paige Kvartunas (2010, 18th)

Hokie Notes

HOKIES' ACC MEET HISTORY...

• The Hokies have competed in the ACC since 2004. The men's best team finish at the ACC Championships was third in 2008. The Hokie women were fifth as a team in both 2006 and 2007. The men have had four runners earn a total of five All-ACC (top-14) performances, with Devin Cornwall earning All-ACC honors twice. Cornwall was a program-best third overall in 2008. On the women's side, four individuals have earned five all-conference performances. All-American Tasmin Fanning was a two-time All-ACC runner, including a second place finish in 2008. In 2007, three women (Fanning, Natalie Sherbak and Kelly Clark) were All-ACC.

CHAMPIONSHIP COURSES...

• This season, Virginia Tech had the opportunity to preview two championship courses in tune-ups before the big races.
 • On Sept. 16, the Hokies traveled to Clemson, S.C. and Musser Farms, site of this year's ACC Championships on Saturday, for the Clemson Invitational.
 • On Oct. 16, Tech got a look at the NCAA National Meet course when they visited Terre Haute, Ind. for the Indiana State Pre-National Invite. The NCAA Championship Meet is Nov. 21.

REGIONAL RANKINGS...

• In the United States Track & Field and Cross Country Coaches Association's (USTFCCCA) NCAA Regional Cross Country rankings, the Hokie men and women are each ranked sixth in the Southeast Region.

STELLAR SOPHOMORES...

• Last season, Head Coach Ben Thomas' women's regional line-up of seven consisted of five freshmen. This year, Taylor Crosson, Courtney Dobbs, Paige Kvartunas, Madalyn Nuckols and Alex Watt are back with a year of college racing experience. Thomas also returns senior Sammy Dow from last year's fifth place regional team, giving him all of his top six runners back.

SIBLINGS...

• Tihut and Leoule Degfae are twins. Both attended Thomas A. Edison High School in Alexandria, Va.
 • Kevin and Frances Dowd are brother and sister and are graduates of Fairfax High School in Fairfax, Va.
 • Pat Woodford's older sister, Natalie, competes in the sprints for the Tech track & field team. They attended Patrick Henry High School in Roanoke, Va.

TEAMMATES...

• Freshmen Darren Barlow and Brayden Burleigh, redshirt junior Michael Hammond, seniors Sammy Dow and Erin Stehle (Midlothian High School; Midlothian, Va.)
 • Redshirt sophomore Jared Berman and sophomore Taylor Crosson (James W. Robinson High School; Fairfax, Va.)
 • Sophomore Grant Pollock and redshirt junior Brian Welch (Mills Godwin High School; Richmond, Va.)
 • Sophomores Courtney Dobbs and Madalyn Nuckols (Deep Run High School; Glen Allen, Va.)
 • Sophomores Paige Kvartunas and Alex Watt (West Springfield High School; Springfield, Va.)
 • Freshmen George Carter and Zach Link (Blacksburg High School; Blacksburg, Va.)



Coaching Staff

THE THOMAS FILE

Virginia Tech (2001-Present)

- 10 NCAA All-Americans (cross country, 2003, 2007, 2008; 1,500m, 2004, 2011; DMR, 2007; 5,000m, 2008, 2010; mile, 2009, 2011)
- 18th-place women's team finish at 2006 NCAA Cross Country Championships
- Eleven NCAA Championships cross country participants
- Twenty NCAA All-Region cross country runners
- One NCAA Southeast Region cross country champion
- Eight All-ACC cross country runners
- One All-BIG EAST cross country runner
- Fourteen ACC Champions (track)
- One BIG EAST Champion (track)
- Twenty-nine school records (track)

Brevard College (1999-01)

- One three-time NAIA National Champion
- One two-time Olympian
- Two Cross Country World Championship qualifiers
- 2000 NAIA Region XII men's and women's team champions
- 1999 NAIA Region XII Coach of the Year
- 1999 NAIA Region XII men's team champion

Appalachian State (1995-99)

- One two-time NCAA National Champion
- 1996, 98 & 99 North Carolina Collegiate team champion
- 1996 Southern Conference champion
- 1996 Southern Conference Coach of the Year

HEAD CROSS COUNTRY/DISTANCE COACH BEN THOMAS

Ben Thomas has been Virginia Tech's head cross country coach and distance coach since 2001 and now has 16 years of collegiate coaching experience. During 10 seasons coaching at Tech, the Hokies have emerged as contenders in not only the Atlantic Coast Conference and the NCAA Southeast Region, but the entire nation. Thomas is extremely familiar with the Hokie program, having competed in cross country and middle distance for Tech from 1987 to 1992.



On the track, Thomas has coached a distance crew that has broken school track records in the outdoor 800m, 1,500m, 3,000m steeplechase, indoor 1,000m, mile, 3000m and 5,000m as well as the outdoor 4x800m, the 4x1,500m and the distance medley relays. Last season alone, Thomas' distance unit broke six Tech records. Michael Hammond won his second straight ACC title and earned All-American honors in the indoor mile and also garnered All-America accolades in the outdoor 1,500-meter run. Hammond then went on to finish 13th in the 1,500-meter at the USA Outdoor Track & Field Championships in Eugene, Ore. Sammy Dow and Jason Cusack each broke school-records in the 3,000-meter steeplechase. In 2010, Will Mulherin earned All-America honors at the NCAA Outdoor Championships and set the school record in the 5,000-meter event at 13:50.76.

In cross country, Paige Kwartunas capped her 2010 season by earning NCAA All-Region honors for the first time in her career leading the women to a fifth place team finish. Kwartunas became the first Tech woman to earn All-Region honors since 2008 and the Hokie's fifth place at Regionals was their highest since 2007. In addition, the 2010 women's team earned USTFCCCA All-Academic accolades with a 3.19 team grade point average. Devin Cornwall achieved all-region status for the first time in his cross country career in 2009. In 2008, Tasmin Fanning placed ninth at the U.S. Olympic Trials in the 5000-meter event, setting a new school record of 15:37.73. Thomas also guided Fanning to two All-America performances at the NCAA Cross Country Championships. She placed third in 2008, the highest finish ever by a Virginia Tech athlete, and 12th out of 255 runners in 2007. Thomas led the women's squad to the best season in program history in 2006 by posting an 18th-place finish in their first-ever appearance at the NCAA Championships. The Hokie women reached the national meet following a third-place effort at the NCAA Southeast Regional behind an unprecedented five all-region performers. The men captured their best-ever point total at the ACC Outdoor Championships and had their best performance in the NCAA Southeast Regional since 1995. Paul LaPenna became the first Hokie to earn all-region honors since 2003, while Cornwall was named the ACC Freshman of the Year.

Thomas served as the men's and women's distance coach at the University of Georgia for six months before arriving in Blacksburg, and prior to that he was the head track and field and cross country coach at Brevard College. 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. Before Brevard, Thomas was the women's cross country coach and assistant track coach at Appalachian State University from 1995-1999.

A native of Lynchburg, Va., Thomas earned a B.A. in English from Virginia Tech in 1992 before completing coursework for an M.A. in education from Lynchburg College in 1999. Thomas began his coaching career with the track & field team at E.C. Glass High School (1992-94) in Lynchburg and coaching cross country at Blacksburg High School (1994-95).

Thomas, his wife, Ann McGranahan, and their daughter, Reily Kathleen Thomas, reside in Blacksburg.

ASSISTANT COACHES/SUPPORT STAFF



Jen McGranahan
Assistant
Distance Coach



Stacey Vidt
Technical
Director



Coaching Staff

THE CIANELLI FILE

Virginia Tech (2001-Present)

- 10 NCAA individual champions, the first in Virginia Tech history
- 100 All-Americans
- Two NCAA East Region team championships
- Five ACC team championships
- Eighty-nine ACC individual champions
- Twelve BIG EAST Conference champions
- Had 20 athletes earn All-America performances in 2011, the most in his coaching tenure
- 2011 USTFCAA Men's Indoor and Outdoor Southeast Region Coach of the Year
- 2011 ACC Men's Indoor Coach of the Year
- 2010 ACC Men's Outdoor Coach of the Year
- 2007 and 2008 ACC Women's Indoor, Outdoor and East Region Coach of the Year

Southern Methodist University (1988-2001)

- Eight top-10 finishes at the women's NCAA Track & Field Championships
- Seven top-10 finishes at the men's NCAA Track & Field Championships
- 1995 men's and women's Southwest Conference cross country champions
- Individual achievements included 19 Olympic and World Championships competitors, 27 NCAA champions, 123 All-Americans, 95 conference champions

Cal-Poly San Luis Obispo (1985-1988)

- 1985-87 NCAA Division II women's cross country champion
- 1985-87 NCAA Division II women's outdoor track runner-up
- 1985-87 CCAA women's cross country conference champion
- 1985-88 CCAA women's outdoor track conference champion
- Individual achievements include one NCAA Division II Champion and 13 All-Americans

By The Numbers

236 All-Americans • 184 Conference champions • 98 Percent graduation rate at Virginia Tech • 38 NCAA champions • 139 School records at Virginia Tech • 23 Olympic and World championship qualifiers • 20 Top-10 women's NCAA finishes • 14 Top-10 men's NCAA finishes • 3 NCAA Division II cross country national championships • 3 NCAA Division II outdoor track runners-up

DIRECTOR OF TRACK & FIELD and CROSS COUNTRY DAVE CIANELLI

Entering his 11th year as Director of Virginia Tech Track & Field and Cross Country, Dave Cianelli has built the Hokie program into one of the elite programs in the Atlantic Coast Conference and the nation. Since Cianelli's arrival in the fall of 2001, Virginia Tech athletes have produced 10 NCAA individual titles, 100 NCAA All-America performances and 89 conference titles. In addition, Hokie teams have finished in the national top-10 five times and the national top-20 17 times since 2005.

NCAA, REGIONAL AND ACC SUCCESS

The 2011 Hokies continued to demonstrate why they are one of the nation's elite track & field programs. The men's team fifth-place finish at the NCAA Outdoor Championships was the highest in program history and matched the finish of the 2010 women's outdoor squad. The men also placed 15th at the NCAA Indoor Championships, won their first-ever ACC Indoor crown and placed second in the conference outdoors. The women finished 20th at the NCAA Outdoor Championships and were third at the indoor conference championship. Alexander Ziegler and Dorotea Habazin each won national titles in the hammer throw and Marcel Lomnický (hammer) and Matthias Treff (javelin) both earned national runner-up finishes. Ziegler also placed second nationally in the indoor weight throw. In all, 14 different Hokies earned a total of 20 All-American performances.

USA AND INTERNATIONAL SUCCESS

In the summer of 2011, the Hokies were well represented at the United States Senior and Junior Outdoor Track & Field National Championships. Michael Hammond qualified for the final of the senior 1,500-meter run and finished 13th, while teammates Taylor Crosson and Courtney Dobbs finished second and third, respectively in the 5,000-meters at the USA Junior Outdoor Track & Field Championships. In 2010, Jared Berman placed second in the 3,000-meter steeplechase at the USA Junior Championships and advanced to the IAAF World Junior Championships and where he made the final, placing ninth.

In 2008, Queen Harrison made history when she earned a spot on the U.S. Olympic team, by finishing second in the 400-meter hurdles at the U.S. Olympic Trials to qualify in the event. Harrison was the first Tech track and field athlete to represent any country in the Olympics and only the second Hokie to become an American Olympian in any sport, following Bimbo Coles who represented the United States in basketball in 1988.

COACH OF THE YEAR HONORS

Cianelli's illustrious career is proven by the awards he has collected throughout his career. This past season, he was awarded both the Men's Indoor and Outdoor Southeast Region Coach of the Year award by the USTFCCA. Cianelli was also named the Men's ACC Indoor Coach of the Year for leading the Hokies to their first-ever ACC Indoor title.

Last year, he was named the 2010 ACC Men's Outdoor Coach of the Year. In 2008, he won the ACC Women's Indoor, ACC Women's Outdoor and East Region Women's Coach of the Year honors for the second straight year. Cianelli also won his second consecutive USTFCCA Women's Indoor Southeast Region Coach of the Year honor in 2008.

Cianelli has assembled one of the most accomplished coaching staffs in America. Associate head men's and women's track & field coach Greg Jack was named the USTFCCA's Men's Outdoor Regional Coach of the Year for the second year in a row in 2011. Jack was also named Men's Indoor Regional Coach of the Year in 2010 and National Throws Coach of the Year in 2006. Former Hokie and NAIA Region XII Coach of the Year Ben Thomas is the cross country coach and distance coach and has produced 10 All-Americans in cross country and track during his tenure at Tech. Thomas is assisted by former All-SEC runner Jen McGranahan. Long-time assistant Bob Phillips, a former All-American for the Hokies, coaches the pole vaulters. Phillips earned recognition in 2011 as the USTFCCA's Men's Indoor Regional Assistant Coach of the Year. Tech introduced Charles Foster as the sprints, hurdles and jumps coach in the fall of 2009. Foster quickly made a reputation for himself, earning USTFCCA Regional Coach of the Year honors for the women's sprints and hurdles. Foster is a former world record holder in the 110-meter hurdles and a U.S. Olympian in 1976. Under Foster's coaching, Queen Harrison won three NCAA national titles in the hurdles in 2010 and was selected by Track and Field News as the collegiate athlete of the year and received the 2010 Bowerman Award as the most outstanding female collegiate track and field athlete. Foster was honored in 2008 by the USTFCCA as Men's National Coach of the Year for sprints and hurdles.

ACADEMIC EXCELLENCE

The Virginia Tech track & field and cross country programs continue to achieve at a high level in the classroom. Kelly Phillips became a two-time Capital One Academic All-American in 2011 with her selection to the first team. She also won the NCAA Elite 88 Award, which recognizes the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. For the 2011 track season, 16 total individuals were named to the All-ACC Academic team. In addition, the women's cross country team earned USTFCCA All-Academic accolades for the seventh season in a row. In 2010, both Matej Muza and Kristi Castlin were honored as the ACC scholar-athletes of the year for track and field.

PREVIOUS COACHING EXPERIENCE

Prior to Tech, Cianelli gained plenty of experience in 13 seasons as an assistant coach at Southern Methodist University in Dallas, Texas. With the Mustangs, Cianelli worked with 19 Olympic and World Championship competitors, 27 NCAA individual champions, 123 All-Americans and 95 individual conference champions. Cameron Taylor of New Zealand was a quarterfinalist in the 200m at the 1992 Olympics, and Tytti Reho won the 2000 NCAA championship in the 800m. In cross country, both the men's and women's teams captured the 1995 Southwest Conference titles and earned a spot in the NCAA Championships. During 13 years at SMU, the track & field teams finished in the top-10 nationally 15 separate times.

Cianelli served as the assistant women's track & field and cross country coach at Cal Poly-San Luis Obispo from 1985-88, where he helped the cross country team to the NCAA Division II National Championship three consecutive seasons; and the outdoor track & field teams finished as the runner-up at the NCAA Division II Championships three years in a row. Individual honors during his four years included 13 All-Americans and one NCAA champion.

Cianelli started his coaching career at San Marcos High School in Santa Barbara, Calif., as the head track & field coach from 1982-84. In three seasons, he coached seven junior national qualifiers in the heptathlon and decathlon.



Women's Roster

Name	Class	Hometown	High School	Major
Camille Bouvet	Fr.	Bethesda, Md.	Walter Johnson	Wood Science and Forest Products
Stephanie Cario	So.	Mechanicsville, Va.	Lee Davis	Psychology
Taylor Crosson	So.	Fairfax Station, Va.	James W. Robinson	Business
Courtney Dobbs	So.	Glen Allen, Va.	Deep Run	Accounting
Sammy Dow	Sr.	Midlothian, Va.	Midlothian	Biology/HNFE
Frances Dowd	r-So.	Fairfax, Va.	Fairfax	Environmental Policy and Planning
Casey Gresham	Jr.	Chesapeake, Va.	Western Branch	History/Urban and Regional Planning
Ginny Jones	Fr.	Chalfont, Pa.	Central Bucks East	Architecture
Paige Kwartunas	So.	Springfield, Va.	West Springfield	Human Nutrition, Foods and Exercise
Lauren Lemieux	Jr.	Huntsville, Ala.	Virgil I. Grissom	Engineering Science and Mechanics
Ally Masoero	Fr.	Marlton, N.J.	Cherokee	Mathematics Education
Madalyn Nuckols	So.	Glen Allen, Va.	Deep Run	Undecided
Lauren Pinkston	Sr.	Herndon, Va.	Herndon	Accounting
Sarah Rapp	Fr.	Raleigh, N.C.	Cardinal Gibbons	Psychology
Katarina Smiljanec	Fr.	Karlovac, Croatia	General Secondary	Human Nutrition, Foods and Exercise
Amanda Smith	Fr.	Chesapeake, Va.	Grassfield	Human Nutrition, Foods and Exercise
Mary Catherine Sowder	So.	Roanoke, Va.	Hidden Valley	Human Nutrition, Foods and Exercise
Erin Stehle	Sr.	Midlothian, Va.	Midlothian	Psychology
Alex Watt	So.	Springfield, Va.	West Springfield	Interior Design
Erika Weidman	So.	Alexandria, Va.	T.C. Williams	Biochemistry

HOKIES BY CLASS

Seniors (3)
Sammy Dow, Lauren Pinkston, Erin Stehle

Juniors (2)
Casey Gresham, Lauren Lemieux

Sophomores (9)
Stephanie Cario, Taylor Crosson, Courtney Dobbs, Frances Dowd, Paige Kwartunas, Madalyn Nuckols, Mary Catherine Sowder, Alex Watt, Erika Weidman

Freshmen (6)
Camille Bouvet, Ginny Jones, Ally Masoero, Sarah Rapp, Katarina Smiljanec, Amanda Smith

HOKIES BY STATE/COUNTRY

Alabama (1)
Huntsville Lauren Lemieux

Croatia (1)
Karlovac Katarina Smiljanec

Maryland (1)
Bethesda Camille Bouvet

New Jersey (1)
Marlton Ally Masoero

North Carolina (1)
Raleigh Sarah Rapp

Pennsylvania (1)
Chalfont Ginny Jones

Virginia (14)
Alexandria Erika Weidman
Chesapeake Casey Gresham,
..... Amanda Smith
Fairfax Frances Dowd
Fairfax Station Taylor Crosson

Glen Allen Courtney Dobbs,
..... Madalyn Nuckols
Herndon Lauren Pinkston
Midlothian Sammy Dow, Erin Stehle
Mechanicsville Stephanie Cario
Roanoke Mary Catherine Sowder
Springfield Paige Kwartunas, Alex Watt



Men's Roster

Name	Class	Hometown	High School	Major
Darren Barlow	Fr.	Midlothian, Va.	Midlothian	Engineering
Jared Berman	r-So.	Fairfax, Va.	James W. Robinson	Civil and Environmental Engineering
Brayden Burleigh	Fr.	Midlothian, Va.	Midlothian	University Studies
George Carter	Fr.	Blacksburg, Va.	Blacksburg	Computer Science
Thomas Curtin	Fr.	Leesburg, Va.	Loudoun County	University Studies
Jason Cusack	Jr.	Griswold, Conn.	Griswold	Industrial Design
Leoule Degfae	So.	Alexandria, Va.	Thomas A. Edison	Consumer Studies
Tihut Degfae	Jr.	Alexandria, Va.	Thomas A. Edison	Industrial Systems Engineering
Kevin Dowd	So.	Fairfax, Va.	Fairfax	Environmental Policy and Planning
Ryan Hagen	Jr.	Sterling, Va.	Potomac Falls	Human Nutrition, Foods and Exercise
Michael Hammond	r-Jr.	Midlothian, Va.	Midlothian	Economics
Ryan Kuhns	Fr.	Fredericksburg, Va.	Riverbend	University Studies
Zach Link	Fr.	Blacksburg, Va.	Blacksburg	Engineering
Will Mulherin	r-Jr.	Yorktown, Va.	Tabb	Mechanical Engineering
Joseph Murray	Jr.	Fredericksburg, Va.	Stafford	Geology
Grant Pollock	So.	Richmond, Va.	Mills Godwin	Human Development
Chris Walizer	Sr.	Hershey, Pa.	Hershey	Human Nutrition, Foods and Exercise
Brian Welch	r-Jr.	Richmond, Va.	Mills Godwin	Civil Engineering
Pat Woodford	Fr.	Roanoke, Va.	Patrick Henry	University Studies

HOKIES BY CLASS

Seniors (1)

Chris Walizer

Juniors (7)

Jason Cusack, Tihut Degfae, Ryan Hagen, Michael Hammond, Will Mulherin, Joseph Murray, Brian Welch

Sophomores (4)

Jared Berman, Leoule Degfae, Kevin Dowd, Grant Pollock

Freshmen (7)

Darren Barlow, Brayden Burleigh, George Carter, Thomas Curtin, Ryan Kuhns, Zach Link, Pat Woodford

HOKIES BY STATE

Connecticut (1)

Griswold.....Jason Cusack

Pennsylvania (1)

Hershey.....Chris Walizer

Virginia (17)

Alexandria.....Leoule Degfae,

.....Tihut Degfae

Blacksburg.....George Carter,

.....Zach Link

Fairfax.....Jared Berman, Kevin Dowd

Fredericksburg.....Joseph Murray

Leesburg.....Thomas Curtin

Midlothian.....Michael Hammond

.....Darren Barlow, Brayden Burleigh

Richmond.....Grant Pollock,

.....Brian Welch

Roanoke.....Pat Woodford

Spotsylvania.....Ryan Kuhns

Sterling.....Ryan Hagen

Yorktown.....Will Mulherin



Meet Recaps

Meet #1 | The VT Alumni Invite | Sept. 2 | No Team Score

BLACKSBURG, Va. -- The Virginia Tech men's and women's cross country teams opened their 2011 seasons on Sept. 2 at the VT Alumni Invitational at the Tech Cross Country Course. The meet was not scored as it was utilized as a tune-up for many Tech competitors who ran unattached. Liberty University's men and women joined the Hokies and several Tech alumni.

Both the men (six kilometers) and women (four kilometers) raced distances shorter than the traditional college lengths of eight kilometers and six kilometers, respectively.

Leading the way for the Tech men were four freshmen who all competed as unattached runners. Ryan Kuhns led the way as he was fourth in 19:51.14 and Brayden Burleigh was fifth in 19:57.00. They were followed by classmates George Carter in sixth (20:04.86) and Pat Woodford in seventh (20:07.88). Liberty's Josh MacDonald won the men's race in 19:26.94.

For the women, sophomore Mary Catherine Sowder ran for Tech and finished third overall in 15:27.98. Freshman Ginny Jones ran unattached and registered a fifth place finish (15:43.41). Sophomore Erika Weidman also ran for the Hokies and was eighth, coming in at 16:27.21. Natalie Hall won the race in 14:52.72 running unattached.

60 total runners competed between the two races, including 28 women and 32 men.

Meet #2 | at Clemson Invite | Sept. 16 | Men 2nd, Women 4th

SENECA, S.C. -- The Virginia Tech men's cross country team placed second out of 12 teams and the women finished fourth of 12 teams at the Clemson Invitational at Musser Farms. The meet gave the Hokies a chance to preview this year's ACC Championship course, as the conference meet is back at Clemson on Oct. 29.

The men tallied 75 points while the women finished with 120 points. Host Clemson won the women's team race with 45 points and Florida State took the men's title with 28 points.

The first six Hokie men to finish all crossed the line within one second of each other, occupying places 14 through 19 overall. Junior Ryan Hagen lead the way with a time of 24:46.39 for the eight kilometer course. He was followed by junior Jason Cusack (24:46.39), redshirt sophomore Jared Berman (24:46.50), redshirt junior Will Mulherin (24:46.58), sophomore Grant Pollock (24:46.60) and redshirt junior Michael Hammond (24:47.17).

The women also finished as a strong pack, taking places 22 through 27 individually. Sophomore Taylor Crosson finished first for Tech in 21:50.32 over the six kilometer Musser Farms course. Crosson was then followed by freshman Sarah Rapp and sophomore Courtney Dobbs, who each clocked the same time of 21:50.42. Senior Sammy Dow (21:50.59), sophomore Alex Watt (21:50.61), sophomore Madalyn Nuckols (21:51.04) and sophomore Paige Kvartunas (32nd, 22:09.72) rounded-out Tech's top-seven finishers.

South Carolina Upstate's Jemeli Sang won the women's race in 20:42.88, while Ty McCormack of Clemson won the men's individual title in 23:56.72. The field included 114 women and 132 men.

Meet #3/4 | at Charlotte Invite/VT Open | Sept. 30 | Men 1st, Women 1st/No Team Score

CHARLOTTE, N.C. -- The Virginia Tech men's and women's cross country teams each won team titles at the Charlotte Invitational at McAlpine Park as the Hokie men scored 35 points topping a field of 34 teams, while the women scored 84 points to place first out of 36 teams competing.

The Tech men took four out of the top eight places and five out of the top-12, including spots four through six, en route to the team title.

Leading the way for the men was redshirt-junior Michael Hammond, who placed fourth individually out of 258 finishers in a time of 24:28.0 on the 8,000-meter McAlpine Park layout. Hammond was followed closely by redshirt-junior Will Mulherin in fifth (24:32.6) and junior Jason Cusack in sixth (24:33.6).

The women also ran well together, finishing with a seven-runner spread of only 15 seconds. Freshman Sarah Rapp returned to her home state and led the Hokies with a 16th-place overall finish in a time of 17:41.3 for the five kilometer race. Sophomore Courtney Dobbs finished in 18th (17:45.0) while classmate Madalyn Nuckols was 19th (17:45.1).

In addition, Tech also hosted the VT Open, a non-scoring intrasquad race at the Tech Cross Country Course on campus this evening. In the women's 6k, a group of three runners raced to the line as sophomore Erika Weidman ran for Tech and won in a time of 24:11.57.

In the men's 8k, freshmen Ryan Kuhns (3rd, 26:19.90), George Carter (4th, 26:27.91) and Pat Woodford (5th, 27:05.57) all competed unattached. Eddie Judge, also competing unattached, won the men's race in 26:11.76.

Meet #5 | at Appalachian State Invite | Oct. 14 | Men NTS, Women 7th

BOONE, N.C. -- The Virginia Tech women's cross country team placed seventh out of 21 teams while three runners also competed for the men's squad at the Appalachian State Blue Ridge Open at State Farm Fields.

The Tech women scored 230 points as Furman won the team race. George Mason won the men's team title, bettering 23 teams with 40 points.

Leading the way for the Hokie women was sophomore Stephanie Cario, who covered the five kilometer course in 18:58.6, good for 25th place. Freshman Ginny Jones was close behind in 30th, finishing in 19:02.3. Freshman Camille Bouvet (65th, 19:36.8) was third on the team, while sophomore Erika Weidman (68th) and senior Lauren Pinkston (69th) rounded out the team scoring as they both finished with the same time of 19:38.2.

Sophomore Mary Catherine Sowder (107th, 20:20.2), freshman Katarina Smiljanec (108th, 20:21.1) and freshman Amanda Smith (114th, 20:29.1) also competed for Tech.

For the men, freshman Thomas Curtin turned in a top-10 overall finish, crossing the line eighth in 25:18.5 for the eight kilometer race. Junior Tihut Degfae followed in 12th in a time of 25:28.1, while senior Chris Walizer finished 39th in 25:59.5. Both Degfae and Walizer bettered their times from last year's Blue Ridge Open.

Tech was without their top-eight runners on both men's and women's sides for this meet as those student-athletes competed at the Indiana State Pre-National Invitational in Terre Haute, Ind., on Oct. 16

Cameron Bean of Zap Fitness won the men's race in 24:25.1 and Nicole Irving of Wake Forest won the women's race in 17:43.4. The fields consisted of 201 men and 177 women.



Meet Recaps

Meet #6 | at Indiana State Pre-National Invite | Oct. 16 | Men 9th, Women 11th

TERRE HAUTE, Ind. -- The Virginia Tech men's cross country team placed ninth out of 35 teams and the women finished 11th of 37 teams at the Indiana State Pre-National Invitational on the LaVerne Gibson Championship Cross Country Course at the Wabash Valley Family Sports Center. Redshirt junior Will Mulherin posted a strong finish of 16th overall in the men's race for Tech.

The Hokie men scored 322 points as Colorado won the team title with 82 points. The women had 384 points as Florida State won the women's team race with 46 points.

Leading the way for the men was Mulherin, who finished 16th overall out of 296 total runners in a time of 24:32 for the eight kilometer course. He was followed by redshirt junior Michael Hammond in 50th (25:11) and freshman Brayden Burleigh in 62nd (25:19). Junior Jason Cusack (95th, 25:41) and redshirt sophomore Jared Berman (106th, 25:47) rounded out Tech's top-five.

Freshman Sarah Rapp crossed the line first for the women as she was 42nd overall in a time of 21:47 for the six kilometer race. Sophomore Madalyn Nuckols was second to finish for Tech, placing 74th in 22:12. Sophomores Paige Kwartunas (91st, 22:26) and Alex Watt (95th, 22:29) finished close together while classmates Courtney Dobbs (101st) and Taylor Crosson (102nd) each finished with the same time of 22:33. Senior Sammy Dow was Tech's seventh finisher and 160th overall in 23:20. 303 runners competed in the women's race.

The Pre-National field included 10 ranked teams according to the United States Track & Field and Cross Country Coaches Association (USTFCCCA) top-30 national poll (six men's, four women's).



2011 Virginia Tech Cross Country Men's and Women's Season Bests



Men

	VT ALUMNI INVITE	CLEMSON INVITE	CHARLOTTE INVITE	VT OPEN	APP. ST. INVITE	IND. ST. PRE-NATL.	ACC CHAMP.	HOKIE OPEN	NCAA SE REGIONAL	NCAA CHAMP.
DISTANCE	6k	8k	8k	8k	8k	8k	8k			
DATE	9/2/11	9/16/11	9/30/11	9/30/11	10/14/11	10/16/11	10/29/11	11/4/11	11/12/11	11/21/11
FIELD	32 runners	132 runners	258 runners	13 runners	201 runners	296 runners				
Darren Barlow	DNC	25:00.55 (28)	DNC	DNC	DNC	DNC				
Jared Berman	DNC	24:46.50 (16)	25:04.5 (22)	DNC	DNC	25:47 (106)				
Brayden Burleigh	<i>19:57.00 (5)</i>	DNC	24:53.8 (15)	DNC	DNC	25:19 (62)				
George Carter	<i>20:04.86 (6)</i>	DNC	DNC	<i>26:27.91 (4)</i>	DNC	DNC				
Thomas Curtin	DNC	25:02.53 (31)	25:23.4 (39)	DNC	25:18.5 (8)	DNC				
Jason Cusack	DNC	24:46.43 (15)	24:33.6 (6)	DNC	DNC	25:41 (95)				
Leoule Degfae	DNC	25:15.25 (42)	25:11.1 (26)	DNC	DNC	26:06 (146)				
Tihut Degfae	DNC	25:00.48 (27)	25:16.8 (31)	DNC	25:28.1 (12)	DNC				
Kevin Dowd	DNC	24:56.41 (23)	24:45.2 (12)	DNC	DNC	DNC				
Ryan Hagen	DNC	24:46.39 (14)	24:39.6 (8)	DNC	DNC	26:08 (148)				
Michael Hammond	DNC	24:47.17 (19)	24:28.0 (4)	DNC	DNC	25:11 (50)				
Ryan Kuhns	<i>19:51.14 (4)</i>	DNC	DNC	<i>26:19.90 (3)</i>	DNC	DNC				
Zach Link	<i>20:23.90 (10)</i>	DNC	DNC	<i>26:14.89 (2)</i>	DNC	DNC				
Will Mulherin	DNC	24:46.58 (17)	24:32.6 (5)	DNC	DNC	24:32 (16)				
Joseph Murray	DNC	24:57.51 (25)	25:02.3 (21)	DNC	DNC	25:51 (119)				
Grant Pollock	DNC	24:46.60 (18)	25:05.1 (23)	DNC	DNC	26:36 (189)				
Chris Walizer	DNC	25:27.22 (48)	DNC	DNC	25:59.5 (39)	DNC				
Brian Welch	DNC	DNC	DNC	DNC	DNC	DNC				
Pat Woodford	<i>20:07.88 (7)</i>	DNC	DNC	<i>27:05.57 (5)</i>	DNC	DNC				
Team Finish	No Team Score	2/12 (75 pts.)	1/34 (35 pts.)	No Team Score	No Team Score	9/35 (322 pts.)				

italics denote unattached runner

Women

	VT ALUMNI INVITE	CLEMSON INVITE	CHARLOTTE INVITE	VT OPEN	APP. ST. INVITE	IND. ST. PRE-NATL.	ACC CHAMP.	HOKIE OPEN	NCAA SE REGIONAL	NCAA CHAMP.
DISTANCE	4k	6k	5k	6k	5k	6k	6k			
DATE	9/2/11	9/16/11	9/30/11	9/30/11	10/14/11	10/16/11	10/29/11	11/4/11	11/12/11	11/21/11
FIELD	28 runners	114 runners	290 runners	10 runners	177 runners	303 runners				
Camille Bouvet	DNC	DNC	DNC	<i>24:11.86 (2)</i>	19:36.8 (65)	DNC				
Stephanie Cario	DNC	22:42.29 (38)	18:39.2 (65)	DNC	18:58.6 (25)	DNC				
Taylor Crosson	DNC	21:50.32 (22)	17:51.5 (23)	DNC	DNC	22:33 (102)				
Courtney Dobbs	DNC	21:50.42 (T23)	17:45.0 (18)	DNC	DNC	22:33 (101)				
Sammy Dow	DNC	21:50.59 (25)	17:51.9 (24)	DNC	DNC	23:20 (160)				
Frances Dowd	DNC	DNC	18:03.7 (32)	DNC	DNC	DNC				
Casey Gresham	DNC	DNC	DNC	DNC	DNC	DNC				
Ginny Jones	<i>15:43.51 (4)</i>	22:22.71 (36)	18:24.6 (48)	DNC	19:02.3 (30)	DNC				
Paige Kwartunas	DNC	22:09.72 (32)	17:56.1 (28)	DNC	DNC	22:26 (91)				
Lauren Lemieux	DNC	DNC	DNC	DNC	DNC	DNC				
Ally Masoero	DNC	DNC	DNC	DNC	DNC	DNC				
Madalyn Nuckols	DNC	21:51.04 (27)	17:45.1 (19)	DNC	DNC	22:12 (74)				
Lauren Pinkston	DNC	DNC	DNC	24:12.07 (3)	19:38.2 (69)	DNC				
Sarah Rapp	DNC	21:50.42 (T23)	17:41.3 (16)	DNC	DNC	21:47 (42)				
Mary Catherine Sowder	15:27.98 (3)	22:47.69 (43)	DNC	DNC	20:20.2 (107)	DNC				
Katarina Smiljanec	DNC	DNC	DNC	DNC	20:21.1 (108)	DNC				
Amanda Smith	DNC	DNC	DNC	DNC	20:29.1 (114)	DNC				
Erin Stehle	DNC	DNC	DNC	DNC	DNC	DNC				
Alex Watt	DNC	21:50.61 (26)	17:47.3 (22)	DNC	DNC	22:29 (95)				
Erika Weidman	16:27.27 (8)	DNC	DNC	24:11.57 (1)	19:38.2 (68)	DNC				
Team Finish	No Team Score	4/12 (120 pts.)	1/36 (84 pts.)	No Team Score	7/21 (230 pts.)	11/37 (384 pts.)				

italics denote unattached runner

2011 Virginia Tech Cross Country Men's and Women's Season Bests



Women's Individual Results:

September 2; VT Alumni Invitational; Blacksburg, Va.; 4K Race

Mary Catherine Sowder (3rd)	15:27.98
<i>Ginny Jones (5th)</i>	<i>15:43.51</i>
Erika Weidman (8th)	16:27.27
Team Finish: No Team Score	
Field: 28 total runners	

September 16; Clemson Invitational; Seneca, S.C.; 6K Race

Taylor Crosson (22nd)	21:50.32
Sarah Rapp (T23rd)	21:50.42
Courtney Dobbs (T23rd)	21:50.42
Sammy Dow (25th)	21:50.59
Alex Watt (26th)	21:50.61
Madalyn Nuckols (27th)	21:51.04
Paige Kwartunas (32nd)	22:09.72
Ginny Jones (36th)	22:22.71
Stephanie Cario (38th)	22:42.29
Mary Catherine Sowder (43rd)	22:47.69
Team Finish: 4th of 12 Teams, 120 points	
Field: 114 total runners	

September 30; Charlotte Invite; Charlotte, N.C.; 5K Race

Sarah Rapp (16th)	17:41.3
Courtney Dobbs (18th)	17:45.0
Madalyn Nuckols (19th)	17:45.1
Alex Watt (22nd)	17:47.3
Taylor Crosson (23rd)	17:51.5
Sammy Dow (24th)	17:51.9
Paige Kwartunas (28th)	17:56.1
Frances Dowd (32nd)	18:03.7
Ginny Jones (48th)	18:24.6
Stephanie Cario (65th)	18:39.2
Team Finish 1st of 36 Teams, 84 points	
Field: 290 total runners	

September 30; VT Open; Blacksburg, Va.; 6K Race

Erika Weidman (1st)	24:11.57
<i>Camille Bouvet (2nd)</i>	<i>24:11.86</i>
Lauren Pinkston (3rd)	24:12.07
Team Finish: No Team Score	
Field: 10 total runners	

October 14; Appalachian State Blue Ridge Open; Boone, N.C.; 5k Race

Stephanie Cario (25th)	18:58.6
Ginny Jones (30th)	19:02.3
Camille Bouvet (65th)	19:36.8
Erika Weidman (68th)	19:38.2
Lauren Pinkston (69th)	19:38.2
Mary Catherine Sowder (107th)	20:20.2
Katarina Smiljanec (108th)	20:21.1
Amanda Smith (114th)	20:29.1
Team Finish: 7th of 21 Teams, 230 points	
Field: 177 total runners	

October 16; Indiana State Pre-National Invite; Terre Haute, Ind.; 6k Race

Sarah Rapp (42nd)	21:47
Madalyn Nuckols (74th)	22:12
Paige Kwartunas (91st)	22:26

Alex Watt (95th)	22:29
Courtney Dobbs (101st)	22:33
Taylor Crosson (102nd)	22:33
Sammy Dow (160th)	23:20
Team Finish: 11 of 37 Teams, 384 points	
Field 303 total runners	

Men's Individual Results

September 2; VT Alumni Invitational; Blacksburg, Va.; 6K Race

<i>Ryan Kuhns (4th)</i>	<i>19:51.14</i>
<i>Brayden Burleigh (5th)</i>	<i>19:57.00</i>
<i>George Carter (6th)</i>	<i>20:04.86</i>
<i>Pat Woodford (7th)</i>	<i>20:07.88</i>
<i>Zach Link (10th)</i>	<i>20:23.90</i>
Team Finish: No Team Score	
Field: 32 total runners	

September 16; Clemson Invitational; Seneca, S.C.; 8K Race

Ryan Hagen (14th)	24:46.39
Jason Cusack (15th)	24:46.43
Jared Berman (16th)	24:46.50
Will Mulherin (17th)	24:46.58
Grant Pollock (18th)	24:46.60
Michael Hammond (19th)	24:47.17
Kevin Dowd (23rd)	24:56.41
Joseph Murray (25th)	24:57.51
Tihut Degfae (27th)	25:00.48
Darren Barlow (28th)	25:00.55
Thomas Curtin (31st)	25:02.53
Leoule Degfae (42nd)	25:15.25
Chris Walizer (48th)	25:27.22
Team Finish: 2nd of 12 Teams, 75 points	
Field: 132 total runners	

September 30; Charlotte Invite; Charlotte, N.C.; 8K Race

Michael Hammond (4th)	24:28.0
Will Mulherin (5th)	24:32.6
Jason Cusack (6th)	24:33.6
Ryan Hagen (8th)	24:39.6
Kevin Dowd (12th)	24:45.2
Brayden Burleigh (15th)	24:53.8
Joseph Murray (21st)	25:02.3
Jared Berman (22nd)	25:04.5
Grant Pollock (23rd)	25:05.1
Leoule Degfae (26th)	25:11.1
Tihut Degfae (31st)	25:16.8
Thomas Curtin (39th)	25:23.4
Team Finish 1st of 34 Teams, 35 points	
Field: 258 total runners	

September 30; VT Open; Blacksburg, Va.; 8K Race

<i>Zach Link (2nd)</i>	<i>26:14.89</i>
<i>Ryan Kuhns (3rd)</i>	<i>26:19.90</i>
<i>George Carter (4th)</i>	<i>26:27.91</i>
<i>Patrick Woodford (5th)</i>	<i>27:05.57</i>
Team Finish: No Team Score	
Field: 13 total runners	

October 14; Appalachian State Blue Ridge Open; Boone, N.C.; 8k Race

Thomas Curtin (8th)	25:18.5
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Tihut Degfae (12th)25:28.1
Chris Walizer (39th)25:59.5
Team Finish: No Team Score
Field 201 total runners

**October 16; Indiana State Pre-National Invite; Terre Haute, Ind.;
8k Race**

Will Mulherin (16th) 24:32
Michael Hammond (50th)..... 25:11
Brayden Burleigh (62nd)..... 25:19
Jason Cusack (95th)..... 25:41
Jared Berman (106th)..... 25:47
Joseph Murray (119th)..... 25:51
Leoule Degfae (146th) 26:06
Ryan Hagen (148th)..... 26:08
Grant Pollock (189th) 26:36
Team Finish: 9th of 35 Teams, 322 points
Field 296 total runners

italics denote unattached runner

2011 Virginia Tech Cross Country Women's Career Bests



Name	XC Dist.	Time	Event	Year
Camille Bouvet (Fr.)	5k	19:36.8	App. St. Blue Ridge Open	2011
	6k	24:11.86	VT Open	2011
Stephanie Cario (So.)	5k	18:07.3	Charlotte Invite	2010
	6k	22:20.8	ACC Championships	2010
Taylor Crosson (So.)	5k	17:51.5	Charlotte Invite	2011
	6k	21:41.7	NCAA Regionals	2010
Courtney Dobbs (So.)	5k	17:39.3	Charlotte Invite	2010
	6k	21:28.9	NCAA Regionals	2010
Sammy Dow (Sr.)	5k	17:23.4	Charlotte Invite	2010
	6k	21:23.8	ACC Championships	2010
Frances Dowd (r-So.)	5k	18:03.7	Charlotte Invite	2011
	6k	23:42.4	ACC Championships	2009
Casey Gresham (Jr.)	5k	17:54.2	Charlotte Invite	2010
	6k	23:42.4	ACC Championships	2009
Ginny Jones (Fr.)	5k	18:24.6	Charlotte Invite	2011
	6k	22:22.71	Clemson Invite	2011
Paige Kwartunas (So.)	5k	17:47.5	Charlotte Invite	2010
	6k	21:00.3	NCAA Regionals	2010
Lauren Lemieux (Jr.)	5k	18:57.7	App. St. Invite	2010
	6k	22:24.9	ACC Championships	2009
Ally Masoero (Fr.) Madalyn Nuckols (So.)	5k	17:45.1	Charlotte Invite	2011
	6k	21:37.5	NCAA Regionals	2010
Lauren Pinkston (Sr.)	5k	19:07.4	Charlotte Invite	2010
	6k	22:44.2	ACC Championships	2009
Sarah Rapp (Fr.)	5k	17:41.3	Charlotte Invite	2011
	6k	21:47	Indiana St. Pre-Nationals	2011
Mary Catherine Sowder (So.)	5k	19:15.8	Charlotte Invite	2010
	6k	22:47.69	Clemson Invite	2011
Katarina Smiljanec (Fr.)	5k	20:21.1	App. St. Blue Ridge Open	2011
	6k	23:43.02	NCAA Regionals	2009
Amanda Smith (Fr.)	5k	20:29.1	App. St. Blue Ridge Open	2011
	6k	23:43.02	NCAA Regionals	2009
Erin Stehle (Sr.)	5k	18:17.8	Charlotte Invite	2010
	6k	23:43.02	NCAA Regionals	2009
Alex Watt (So.)	5k	17:47.3	Charlotte Invite	2011
	6k	21:50.61	Clemson Invite	2011
Erika Weidman (So.)	5k	18:46.7	Charlotte Invite	2010
	6k	24:11.57	VT Open	2011

2011 Virginia Tech Cross Country Men's Career Bests



Name	XC Dist.	Time	Event	Year
Darren Barlow (Fr.)	8k	25:00.55	Clemson Invite	2011
Jared Berman (r-So.)	8k	24:46.50	Clemson Invite	2011
Brayden Burleigh (Fr.)	8k	24:53.8	Charlotte Invite	2011
George Carter (Fr.)	8k	26:27.91	VT Open	2011
Thomas Curtin (Fr.)	8k	25:02.53	Clemson Invite	2011
Jason Cusack (Jr.)	8k	24:33.6	Charlotte Invite	2011
	10k	32:26.85	Chile Pepper XC Festival	2009
Leoule Degfae (So.)	8k	25:15.25	Clemson Invite	2011
Tihut Degfae (Jr.)	8k	25:00.48	Clemson Invite	2011
	10k	32:59.4	NCAA Regionals	2010
Kevin Dowd (So.)	8k	24:45.2	Charlotte Invite	2011
Ryan Hagen (Jr.)	8k	24:39.6	Charlotte Invite	2011
	10k	33:26.1	NCAA Regionals	2010
Michael Hammond (r-Jr.)	8k	24:28.0	Charlotte Invite	2011
	10k	30:49.9	Chile Pepper XC Festival	2009
Ryan Kuhns (Fr.)	8k	26:19.90	VT Open	2011
Zach Link (Fr.)	8k	26:14.89	VT Open	2011
Will Mulherin (r-Jr.)	8k	23:34.4	ACC Championships	2009
	10k	30:23.64	Chile Pepper XC Festival	2009
Joseph Murray (Jr.)	8k	24:57.51	Clemson Invite	2011
	10k	32:36.4	NCAA Regionals	2010
Grant Pollock (So.)	8k	24:46.60	Clemson Invite	2011
Chris Walizer (Sr.)	8k	25:07.0	ACC Championships	2010
	10k	32:12.2	NCAA Regionals	2010
Brian Welch (r-Jr.)	8k	25:22.8	ACC Championships	2010
	10k	31:01.0	Chile Pepper XC Festival	2008
Pat Woodford (Fr.)	8k	27:05.57	VT Open	2011

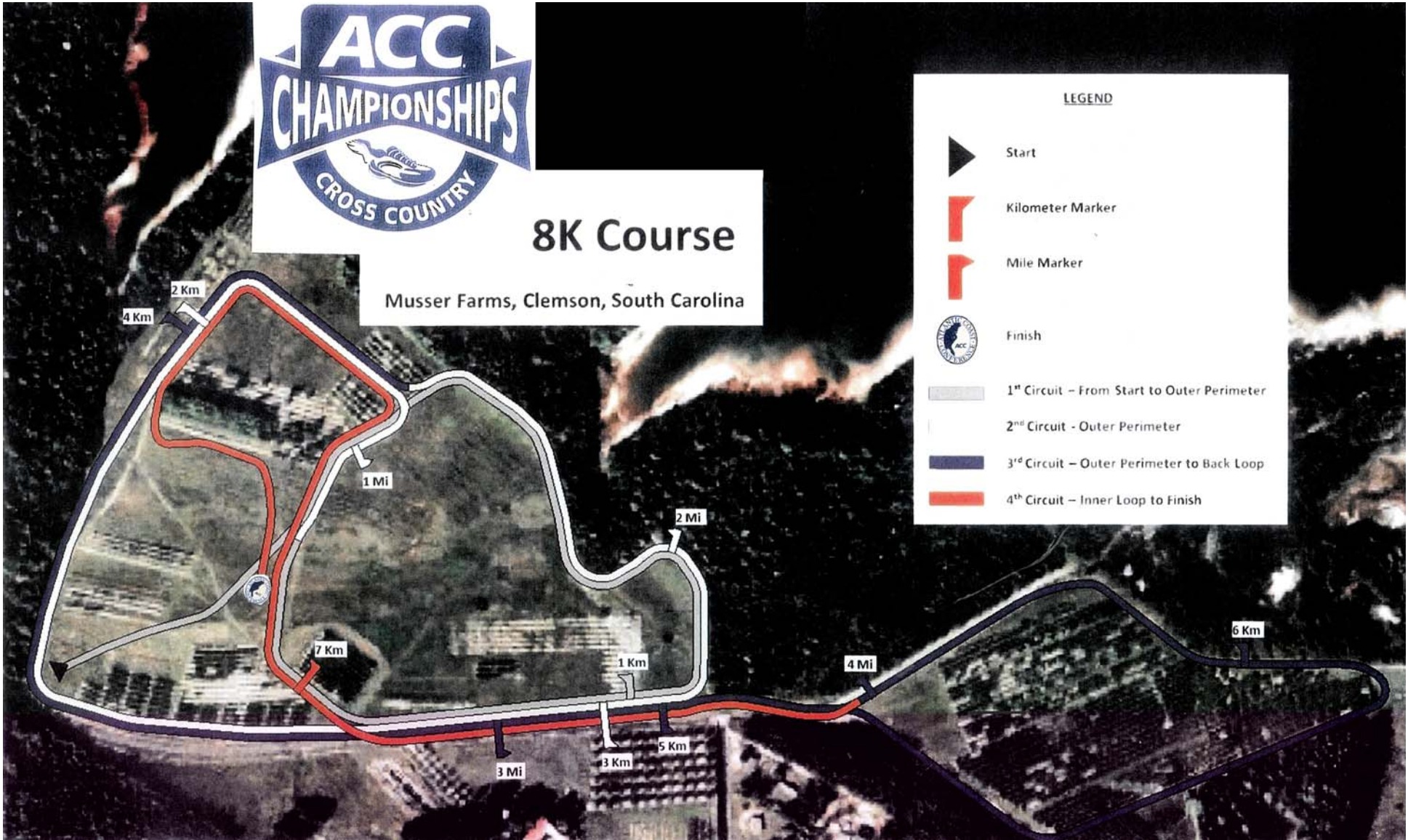


8K Course

Musser Farms, Clemson, South Carolina

LEGEND

- Start
- Kilometer Marker
- Mile Marker
- Finish
- 1st Circuit - From Start to Outer Perimeter
- 2nd Circuit - Outer Perimeter
- 3rd Circuit - Outer Perimeter to Back Loop
- 4th Circuit - Inner Loop to Finish





6K Course

Musser Farms, Clemson, South Carolina

LEGEND

- Start
- Kilometer Marker
- Mile Marker
- Finish
- 1st Circuit - From Start to Outer Perimeter
- 2nd Circuit - Outer Perimeter to Back Loop
- 3rd Circuit - Interior Loop to Finish

