

2009 Virginia Tech Cross Country

Tech cross country to open ACC Championship season

BLACKSBURG, Va.- The Virginia Tech cross country squads open up the ACC Championship season on Saturday, as they travel to Cary, N.C., for the ACC Cross Country Championships at the WakeMed Soccer Park. The men's 8,000-meter race will begin at 9:30 a.m., while the women's 6,000-meter competition is set for 10:30 a.m.

In their last time out, on Oct. 16, the Tech women finished second at the Blue Ridge Open in Boone, N.C., with 104 points in their last time out. Junior Jessica Trapeni earned a team-high 14th place out of 133 total runners, while sophomore Sammy Dow and freshman Kelly Kavanaugh crossed the finish line in 18th and 28th, respectively. Finishing right behind Kavanaugh, junior Lauren Lemieux took 29th, and sophomore Erin Stehle rounded out the team scoring in 67th place overall.

The Hokie men are coming off a fourth-place effort at the Chile Pepper Invitational in Fayetteville, Ark., on Oct. 17. Tech tallied 98 points in the 29-team meet. Senior Devin Cornwall led the Hokies with a 15th-place effort, clocking in at 30:22.99, followed by sophomore Michael Hammond, who took 27th, and junior Matt Kroetch, who placed 30th.

The men's competition will feature four teams that are currently ranked in the top-30 of the USTFCCCA poll. Virginia, who is the highest ranked men's squad at 12th, Florida State, Duke and NC State are all ranked entering the meet. The women's race will also feature four schools ranked in the top-30 of the USTFCCCA poll. Florida State resides in the top-10 nationally at No. 6, and Virginia, Duke and North Carolina are also all ranked.

Following the conclusion of both races, results will be available on hokiesports.com.

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ACC Championships
Saturday, Oct. 31 • 9:30 a.m.
Cary, N.C.
WakeMed Soccer Park

The Course

WakeMed Soccer Park is a 150-acre multi-use complex operated by the Town of Cary and has a world-class cross country course that encircles the park, where the ACC Cross Country Championships will run. Cary's Soccer Park opened in May 2002. The park is on 150 acres that the state has leased to Wake County.

ACC Performers of the Week

Date	Men	Women
Sept. 9	Alex Lundy, Maryland	Kelsey Armstrong, Clemson
Sept. 14	Bo Waggoner, Duke	Emily Schwitzer, Duke
Sept. 21	Emil Heineking, Virginia	Anna Nosenko, Wake Forest
Sept. 28	Bo Waggoner, Duke	N/A
Oct. 5	Ryan Hill, NC State	Carly Seymour, Duke
Oct. 12	Charles Michel, Miami	Elizabeth Hynes, BC
Oct. 19	Ryan Hill, NC State	Susan Kuijken, Florida State





2009 Virginia Tech Cross Country Rosters

MEN - Name	Cl.	Hometown	High School	Major
Davis Barry	So.	Ashland, Va.	Patrick Henry	Business
Jared Berman	Fr.	Fairfax, Va.	James Robinson	Engineering
Devin Cornwall	Sr.	Culpeper, Va.	Culpeper County	Marketing
Jason Cusack	Fr.	Griswold, Conn.	Griswold	Industrial Design
Tihut Degfae	Fr.	Yirgalem, Ethiopia	Thomas A. Edison	University Studies
Doug Fenstermacher	Fr.	Gloucester, Va.	Gloucester	University Studies
Ryan Hagen	Fr.	Sterling, Va.	Potomac Falls	Human Nutrition, Foods and Exercise
Michael Hammond	So.	Midlothian, Va.	Midlothian	Economics
Eddie Judge	Jr.	Virginia Beach, Va.	F.W. Cox	Business
Paul LaPenna	Sr.	Londonderry, N.H.	Londonderry	Human Nutrition, Foods and Exercise
Matt Kroetch	Jr.	Herndon, Va.	Oakton	History
Will Mulherin	So.	Yorktown, Va.	Tabb	Engineering
Chris Walizer	So.	Hershey, Pa.	Hershey	Finance
Brian Welch	So.	Richmond, Va.	Mills E. Godwin	University Studies
Ryan Witt	Jr.	Winchester, Va.	Sherando	Engineering

WOMEN - Name	Cl.	Hometown	High School	Major
Sammy Dow	So.	Midlothian, Va.	Midlothian	Human Nutrition, Foods and Exercise
Frances Dowd	Fr.	Fairfax, Va.	Fairfax	Business Management
Casey Gresham	Fr.	Chesapeake, Va.	Western Branch	History
Lauren Lemieux	Fr.	Huntsville, Ala.	Virgil I. Grissom	Engineering Science and Mechanics
Julianne Levy	Fr.	San Ramon, Calif.	California	Industrial and Systems Engineering
Lindsey King	Jr.	Norcross, Ga.	Norcross	Mechanical Engineering
Jackie Merrick	Jr.	West Chester, Pa.	Henderson	Engineering
Lauren Pinkston	So.	Herndon, Va.	Herndon	Accounting and Information Systems
Taryn Schrader	Fr.	Virginia Beach, Va.	Bishop Sullivan Catholic	Biological Sciences
Erin Stehle	So.	Midlothian, Va.	Midlothian	Human Nutrition, Foods and Exercise
Jessica Trapeni	Jr.	Fairfax, Va.	Fairfax	Biochemistry
Jennifer van der Sloot	Fr.	Morgantown, W. Va.	University	Architecture
Anne Vaughan	Fr.	Ashland, Va.	St. Catherine's School	Business
Erika Weidman	Fr.	Alexandria, Va.	T.C. Williams	Biochemistry
Natalie Woodford	Fr.	Roanoke, Va.	Patrick Henry	Psychology

2009 Hokie Schedule/Results

Sept. 4	Virginia Tech XC Relays (Blacksburg, Va.)	M-1st, W-1st
Sept. 18	VT Alumni Invitational (Blacksburg, Va.)	M-1st, W-3rd
Oct. 3	at Dual in the Elk (Banner Elk, N.C.)	M-1st, W-1st
Oct. 16	at Blue Ridge Open (Boone, N.C.)	W-2nd
Oct. 17	at Chile Pepper Invitational (Fayetteville, Ark.)	M-4th
Oct. 31	at ACC Championships (Cary, N.C.)	11 a.m.
Nov. 6	Hokie Open Race (Blacksburg, Va.)	5 p.m.
Nov. 14	at NCAA Southeast Regional (Louisville, Ky.)	11 a.m.
Nov. 23	at NCAA Championships (Terre Haute, Ind.)	Noon

Last Time Out

Boone, N.C./Fayetteville, Ark. – The Virginia Tech women's cross country squad earned a second-place team finish on Friday at the Blue Ridge Open on the Don Kennedy Trails in Boone, N.C., racking up 104 points in the effort.

Junior Jessica Trapeni led the Hokies, finishing 14th overall out of 133 athletes, and eighth in the team competition, crossing the line in 18:20.26. Sophomore Sammy Dow followed close behind, placing 18th overall and 12th in the team competition, with a time of 18:33.49. Freshman Kelly Kavanaugh and sophomore Lauren Lemieux recorded back-to-back finishes, placing 28th and 29th overall, respectively. Sophomore Erin Stehle rounded out the Hokie team scoring with a 67th-overall placing, finishing 49th in the team total.

Meanwhile, the Virginia Tech men's cross country squad finished fourth out of 29 teams at the Chile Pepper Invitational in Fayetteville, Ark., on Saturday, duplicating its effort from the 2008 Chile Pepper Invite. The squad totaled 98 points.

Senior Devin Cornwall paced the Hokies in the 10,000-meter race, placing 15th overall out of 243 runners and 11th in the team race with a time of 30:22. Sophomore Will Mulherin came in right behind Cornwall in 16th place overall, 12th in the team standings, clocking 20:23.64. Sophomore Michael Hammond put together his strongest performance of the season thus far, taking 27th overall and 23rd in the team competition with a time of 30:49.90. Junior Matt Kroetch and senior Paul LaPenna rounded out the team scoring for Tech, finishing 30th and 32nd overall, respectively. Kroetch timed in at 30:53.21 for 25th place in the team standings, while LaPenna earned a time of 31:01.47 for 27th place in the team competition.