

2009 Virginia Tech Cross Country

Hokie Open to start at 4 p.m. on Friday

BLACKSBURG, Va.- The Virginia Tech cross country squads will host the Hokie Open on Friday at the Tech Cross Country Course, marking their final home meet of the season. Originally scheduled for 5 p.m., the meet will now kick off at 4 p.m., with the women's 4,000-meter race. The Hokie men's 6,000-meter race will follow at 4:30 p.m.

Several freshman and underclassmen will compete for the Hokie men at the meet on Friday. Freshmen Jason Cusack and Doug Fenstermacher, who gained valuable experience running at the ACC Championships last Saturday, will lead the Hokie men, as will junior Ryan Witt, who is the lone upperclassman competing for the men's squad at the meet. Sophomore Davis Barry, along with freshmen Tihut Degfae, Jared Berman and Ryan Hagen round out the Hokie competitors.

Coming off a 10th-place finish at the ACC Championships, the young Hokie women squad will look to continue strong performances on the Tech Cross Country Course at the Hokie Open. Junior Jessica Trapeni, who was Tech's top finisher at the conference meet, won the Hokie open last year and looks to repeat the feat in 2009. Sophomores Sammy Dow, Lauren Pinkston and Lauren Lemieux, along with junior Lindsey King will provide strong depth behind Trapeni. Also running for the Hokies will be junior Jackie Merrick, sophomore Erin Stehle, as well as, freshmen Kelly Kavanaugh, Erika Weidman, Casey Gresham and Jennifer van der Sloot.

Joining the Hokies at the meet will be contingents of Wake Forest's and Radford's cross country squads as well as Maryville College. Results will be available on hokiesports.com following the meet.

-vt-

Hokie Open
Friday, Nov. 6 • 4 p.m.
Blacksburg, Va.
Tech Cross Country Course

The Course

Located on campus behind the indoor/outdoor track & Vet-Med School, the Tech Cross country course is all grass over rolling hills. The women's 4k race will begin at 4 p.m., followed by the men's 6k race at 4:30 p.m.

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
Oct. 31	Emil Heineking, Virginia	Susan Kuijken, Florida State



Teams Competing

Hokie Open

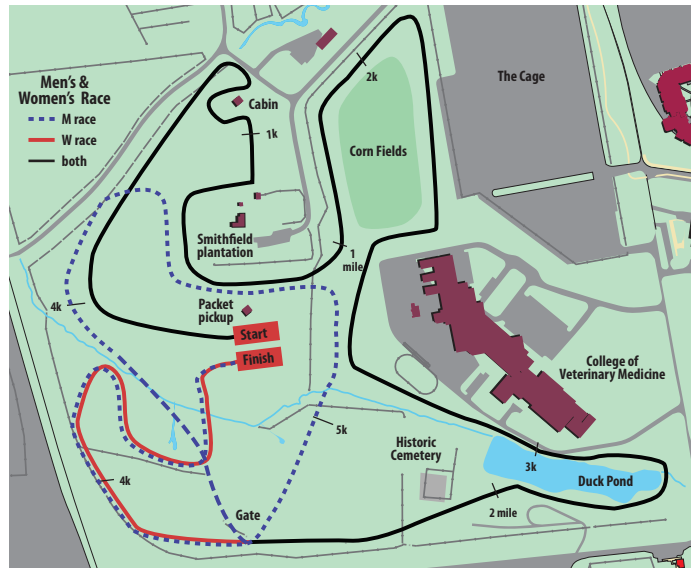
Virginia Tech Hokies..... Blacksburg, Va.
 Maryville Scots Maryville, Tenn.
 Radford Highlanders Radford, Va.
 Wake Forest Demon Deacons..... Winston-Salem, N.C.

Course Records

Men 6k: 18:48.00 Men 7.6k: 23:42.3
 Chris Padilla Ridge Robinson
 Virginia Tech - 11/3/07 Unattached - 9/18/09

Women 4k: 14:24.50 Women 4.8k: 15:55.3
 Marlies Overbeeke Tasmin Fanning
 Virginia Tech - 9/7/02 9/19/08

Course Map



2009 HOKIE SEASON RESULTS

MEN

	Virginia Tech Relays	VT Alumni Invite	Dual in the Elk	Blue Ridge Open	Chile Pepper Invite	ACC Championships
Distance	14k [7k]	7.6k	6k	8k	10k	8k
Date	9/4/09	9/18/09	10/3/09	10/16/09	10/17/09	10/30/09
Field	27 pairs	94 runners	19 runners	154 runners	243 runners	109 runners
Davis Barry	46:54.9 [23:06.5] (10)	26:03.3 (51)	DNC	27:15.36 (95)	DNC	DNC
Jared Berman	45:25.3 [22:45.4] (4)	25:10.8 (22)	DNC	26:07.64 (36)	DNC	DNC
Devin Cornwall	DNC	DNC	20:26 (3)	DNC	30:22.99 (15)	23:42.5 (13)
Jason Cusack	45:05.0 [22:20.1] (1)	24:30 (9)	20:47 (7)	DNC	32:26.85 (103)	25:42.1 (74)
Tihut Degfae	45:17.9 [22:43.9] (3)	25:36.3 (36)	22:22 (16)	26:07.33 (35)	DNC	DNC
Doug Fenstermacher	45:17.9 [11:34.2] (3)	24:46.5 (11)	21:23 (14)	DNC	31:58.86 (78)	25:55.7 (80)
Ryan Hagen	45:25.3 [22:40.7] (4)	25:46 (42)	DNC	26:18.15 (48)	DNC	DNC
Michael Hammond	DNC	25:00 (16)	20:37 (6)	DNC	30:49.90 (27)	DNC
Eddie Judge	45:15.9 [22:26.3] (2)	24:38.6 (10)	20:53 (8)	DNC	31:50.04 (71)	24:42.3 (34)
Matt Kroetch	DNC	24:10.3 (7)	20:26 (2)	DNC	30:53.21 (30)	24:37.5 (31)
Paul LaPenna	DNC	DNC	20:26 (1)	DNC	31:01.47 (32)	25:04.4 (45)
Will Mulherin	DNC	23:46.9 (3)	20:26 (4)	DNC	30:23.64 (16)	23:34.4 (7)
Chris Walizer	45:05.0 [22:45.2] (1)	24:52.9 (13)	21:01 (11)	DNC	32:49.13 (131)	25:14.5 (53)
Brian Welch	DNC	23:57.9 (5)	20:26 (5)	DNC	31:23.67 (47)	25:22.8 (58)
Ryan Witt	45:15.9 [22:49.7] (2)	26:19.9 (57)	21:29 (15)	DNC	DNC	DNC
Team Finish	1st/4 (6 pts.)	1st/8 (29 pts.)	1st/2 (15 pts.)	N/A	4th/29 (98 pts.)	5th/12 (122 pts.)

WOMEN

	Virginia Tech Relays	VT Alumni Invite	Dual in the Elk	Blue Ridge Open	ACC Championships	
Distance	10k [5k]	4.6k	4k	5k	6k	
Date	9/4/09	9/18/09	10/3/09	10/16/09	10/30/09	
Field	27 pairs	93 runners	17 runners	133 runners	109 runners	
Sammy Dow	37:53.0 [18:42.8] (3)	17:17.5 (15)	16:23 (3)	18:33.49 (18)	22:24.3 (62)	
Frances Dowd	DNC	DNC	DNC	DNC	DNC	
Casey Gresham	38:45 [19:23.0] (6)	18:13.6 (35)	16:53 (8)	20:00.12 (81)	23:42.4 (91)	
Kelly Kavanaugh	38:45 [19:21.0] (6)	18:45.2 (50)	16:33 (5)	19:03.17 (28)	22:56.2 (77)	
Lindsey King	37:22.5 [18:21.1] (1)	17:43.6 (19)	DNC	DNC	23:19.2 (83)	
Lauren Lemieux	DNC	17:47.8 (20)	16:22 (2)	19:03.51 (29)	22:24.9 (63)	
Julianne Levy	DNC	DNC	DNC	DNC	DNC	
Jackie Merrick	DNC	20:32.1 (69)	DNC	DNC	DNC	
Katelyn Oldham	DNC	DNC	DNC	DNC	DNC	
Lauren Pinkston	37:53.0 [19:10.6] (3)	18:06.9 (30)	16:43 (7)	DNC	22:44.2 (74)	
Taryn Schrader	DNC	DNC	DNC	DNC	DNC	
Erin Stehle	39:08.0 [19:38.3] (8)	18:49.3 (52)	18:00 (12)	19:47.82 (67)	24:07.3 (98)	
Jessica Trapeni	37:22.5 [19:01.4] (1)	17:51.3 (23)	16:18 (1)	18:20.26 (14)	22:02.0 (49)	
Jennifer van der Sloot	39:08.0 [19:29.9] (8)	19:33.1 (64)	DNC	19:48.69 (68)	DNC	
Anne Vaughan	DNC	DNC	DNC	DNC	DNC	
Erika Weidman	DNC	20:51.3 (72)	DNC	DNC	DNC	
Natalie Woodford	DNC	DNC	DNC	DNC	DNC	
Team Finish	1st/5 (10 pts.)	3rd/8 (100 pts.)	1st/2 (18 pts.)	2nd/15 (104 pts.)	10th/12 (284 pts.)	

*Runners in italics competed unattached



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 Sloom	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.)	M-5th, W-10th
Nov. 6	Hokie Open Race (Blacksburg, Va.)	4 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

CARY, N.C. – Sophomore Will Mulherin placed seventh individually to highlight the Virginia Tech cross country squads' day at the ACC Cross Country Championships on Saturday at the WakeMed Soccer Complex in Cary, N.C. The Tech men placed fifth as a team with 122 points, while the women earned 10th, racking up 284 points.

Mulherin led the men's squad in 8,000-meter race, clocking 23:34.4 to take seventh overall out of 109 runners. Senior Devin Cornwall tallied 13th overall with a time of 23:42.5. Both Hokies received all-conference honors for finishing in the top 14. For Mulherin, Saturday marked his first All-ACC accolade in cross country, while Cornwall previously received all-conference recognition at the 2008 ACC Championships after taking third overall at the meet.

Junior Matt Kroetch was the third Hokie across the finish line, placing 31st overall, followed by junior Eddie Judge and senior Paul LaPenna in 34th and 45th, respectively, to round out the team scoring.

On the women's side, junior Jessica Trapeni registered the top finish for the Hokies in the 6,000-meter race, taking 49th overall out of 109 athletes. The Fairfax, Va., native timed in at 22:02. Sophomores Sammy Dow and Lauren Lemieux took 62nd and 63rd, respectively. Dow crossed the line in 22:24.3, and Lemieux finished six-tenths of a second behind her. Sophomore Lauren Pinkston earned 74th, while freshman Kelly Kavanaugh closed out Tech's team scoring with a 77th-place showing.