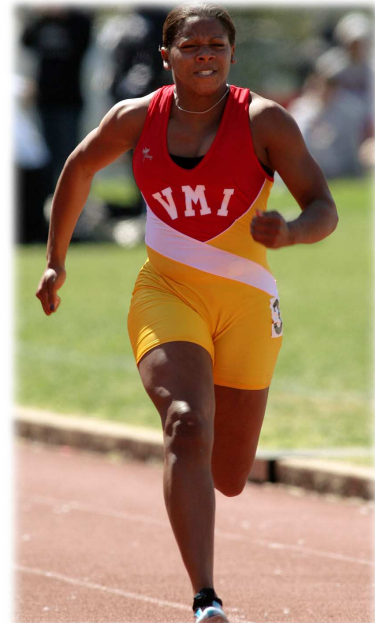
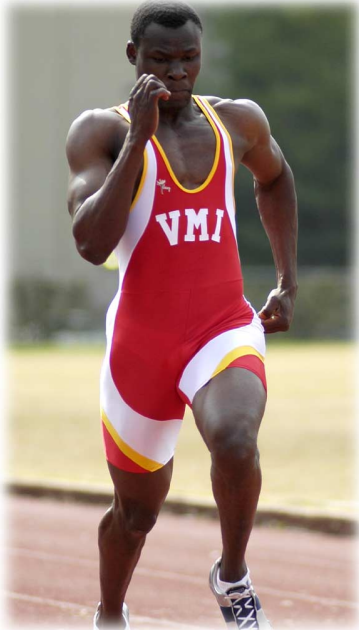
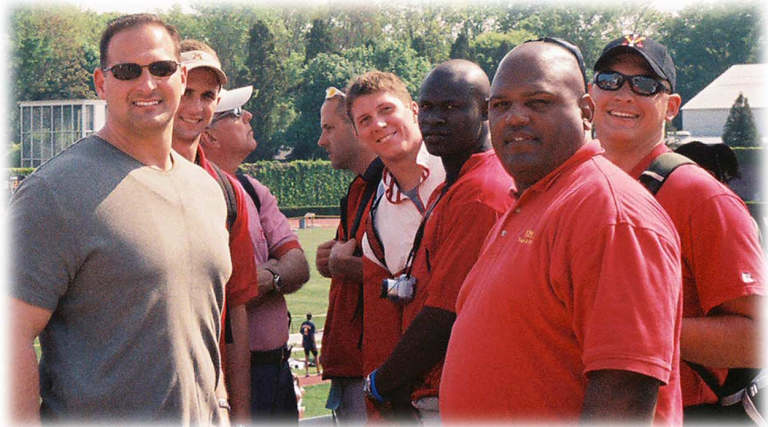




2005-06 VMI Track and Field



2005 VMI Cross Country



General Information

www.vmikeydets.com

The 2005-06 Virginia Military Institute Track and Field Media Guide was compiled and written for the benefit of all interested in learning detailed information regarding the Institute, coaches, staff, and student-athletes of the Keydet track and field program. Requests for any additional information should be directed to Joel Balthaser, Sports Information Assistant.

FACILITIES: Both the Cormack Field House and H.M. "Son" Read '16 Memorial Track are located on Route U.S. 11 Business in Lexington, between the Maury River Bridge and downtown Lexington. Parking near both track facilities is extremely limited. Visitors are encouraged to park along U.S. 11 or around the VMI Parade Ground on Institute Hill, and walk to the appropriate facility.

KEYDETS ON-LINE: World Wide Web users can access the VMI Athletic Department web site through their web browser at www.vmikeydets.com. The site contains updated information on performances at recent meets, updated schedule and roster information, as well as updated information on every Keydet athletic team.

INTERVIEWS: All interviews with VMI student-athletes must be coordinated through the VMI Sports Information Office. Since cadets do not have phones in their rooms, phone interviews are usually done in the Sports Information Office. Please call ahead so we can arrange a convenient time for both you and the student-athlete.

MEET RESULTS: Results for track and field events will be available on our website within 24 hours of the completion of the event.

Media Guide Credits

The 2005-2006 Virginia Military Institute Track and Field Media Guide is a publication of the VMI Sports Information Office. Written by Joel Balthaser. Layout by Joel Balthaser, on a Power Macintosh G3 using Pagemaker 6.5 software. Cover design by Joel Balthaser. Special assistance: Wade Branner, Sports Information Director, Christian Hoffman, Assistant Sports Information Director, and the VMI Track and Field Office. Photography credits: Kevin Remington, Chuck Steenburgh, Andre Studios of Lexington and FOTO International. Printing done by Collinsville Printing in Martinsville, Va.

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VMI Quick Facts

Location: Lexington, Virginia
 Founded: 1839
 Enrollment: 1,400
 Nickname: "Keydets"
 Colors: Red, White, and Yellow
 Affiliation: NCAA Division I
 Conference: Big South
 Superintendent: Gen J.H. Binford Peay III
 Athletic Director: Donny White
 Associate Athletic Director/Compliance & Business: Cliff Wade
 Associate Athletic Director/Operations & Marketing: Bart Bellairs

Track & Field Quick Facts

Head Coach: Mike Bozeman (The Citadel '67)
 -Bozeman's email: bozemanml@vmi.edu
 Associate Head Coach: Darrin Webb (Syracuse '94)
 -Webb's email: webbd@vmi.edu
 Cross Country Coach: Paul Spangler (Alabama '98)
 -Spangler's email: spanglerpc@vmi.edu
 Assistant Coach: David "Zack" Scott (VMI '89)
 -Scott's email: scottdz@vmi.edu
 Assistant Coach: Jackie Tugman (VMI '02)
 -Tugman's email: tugmanj@vmi.edu
 Track Office Phone: (540) 464-7324
 Indoor Facility: Cormack Field House
 (200 meter banked track - APS TARTAN surface)
 Outdoor Facility: H.M. "Son" Read '16 Mem. Track
 (400 meter, 8 lane track - Polyurethane surface)
 SoCon Cross Country Titles - 5 / SoCon Indoor Track Titles- 17
 SoCon Outdoor Track Titles- 14
 Cross Country Trainer: Keith Silcox
 Track & Field Trainer: Micaela Kelso

Media Information

Sports Information Director: Wade Branner
 Asst. Sports Information Director: Christian Hoffman
 Sports Information Assistant: Joel Balthaser
 Sports Information Phone: (540) 464-7253
 Sports Information FAX: (540) 464-7583

Track and Field Contact: Joel Balthaser
 -Office Phone: (540) 464-7015
 -Cell: (215) 932-2995
 -e-mail: balthaserjd@vmi.edu
 Cormack Field House Phone: (540) 464-7414
 VMI Athletics Web Site: www.vmikeydets.com

Mailing & Overnight Address:
 VMI Sports Information Office
 116 Smith Hall
 Lexington, Va. 24450

About the Cover

Front cover: Anthony Harris (top-left), Ashley West (top-right), Coach Bozeman, Shelly Mackall (middle-left), Garrett Brickner (middle-right), Anai Najda (bottom-right), Paulvince Obuon (bottom-middle).

Track and Field Coaches

www.vmikeydets.com



Mike Bozeman

- Director of Track and Field / Cross Country
- Brigadier General, USAR (Ret.)
- 21st Season
- The Citadel '67
- 2005 Big South Conference Co-Coach of the Year

Heading into his 21st season at the helm, head coach Mike Bozeman continues to build upon the rich tradition of the VMI Track and Field program in the 21st century with a continued excellence and knowledge of the sport.

Under Bozeman's tutelage, the Keydets have captured 12 conference crowns and Bozeman has been named Conference Coach - (or Co-Coach) -of-the-Year 13 times. Last season, Bozeman was selected as the Big South Conference Co-Coach of the year. Numerous athletes who have donned the red, white, and yellow in competition over the last 20 seasons have achieved all-conference status and have added their names to the conference and school record lists.

A 1967 graduate of The Citadel, Bozeman took over the VMI program in July, 1985. During his 21 years at VMI, Bozeman's diverse skills and expertise have been called upon by the Institute in many ways. He was Commandant of the Corps of Cadets from June, 1994 to July, 1996, and he was VMI's interim athletic director from January through May, 1998. One of his most challenging assignments has been to help build a viable women's athletic program at VMI. The first women's sport was cross country which started in 1997. A year later, indoor track was added, and in 1999 outdoor track began competition. In 2002, Mildred Cooper became the first female Southern Conference Champion at VMI, winning the shot put at the outdoor championships.

Before his arrival at VMI, Bozeman spent the previous six seasons as the field events coach for the University of Florida. Sixteen Gator athletes were named All-SEC during Bozeman's tenure and 15 participated in the NCAA Championships with four attaining All-American status. He coached previously on the collegiate level at South Carolina where he was an assistant coach from 1970-73 while earning his Master's degree at USC. He also headed the men's and women's track program at Spring Valley High School in Columbia, S.C., where he was twice named Coach-of-the-Year. Four of his athletes were named All-American including Ernest Marvin, who in 1978 was the number four high school triple jumper of all time.

Bozeman is heavily involved in numerous activities promoting the development of amateur track and field on all levels. He helped start the South Carolina High School Track Coaches Association and edited the track and field honor roll for many years. He is a charter instructor in the Athletic Congress Certification Program for coaches and has conducted many clinics throughout the country. He has been a leader in decathlon development in the U.S. and has led U.S. squads to international competitions in Cuba, Japan, and Germany. One of his former athletes, Jim Wooding, was a member of the 1984 Olympic team.

A retired Brigadier General in the U.S. Army Reserve, his awards and decorations include the Silver Star, Bronze Star, Legion of Merit, Air Medal, Meritorious Service Medal, the Combat Infantryman's Badge, and the Ranger Tab.

After commissioning in 1967, he spent three years on active duty including a year in Vietnam, where he served with distinction as a platoon leader and commanded a Long Range Reconnaissance Patrol Unit.

He is married to the former Carol Kennon. They have two children (Gioia and Robert) and five grandchildren (Luke, Wade, Caroline, Reilly and MaKayla).



Head coach Mike Bozeman enters his 21st season with VMI Track and Field. His teams have captured 12 conference crowns and Bozeman has been named Conference Coach/Co-Coach-of-the-Year 13 times.

Track and Field Coaches

www.vmikeydets.com



Darrin Webb
Associate Head Track
and Field Coach

- Vertical Jumps, Sprints, & Relays
- 12th Season
- Syracuse '94

Darrin Webb begins his 12th season with the Virginia Military Institute track and field program. He is a 1994 graduate of Syracuse University, where he participated in multi-events and the pole vault, where he is still the current indoor school record holder. He also has USATF Level II certification in the sprints, relays, hurdles, and jumps. Webb's main area of work will be the sprints, relays, and vertical jumps, and is also responsible for the fall conditioning program.

Webb has had a positive impact on the VMI program over the last 11 years. Since joining the Keydet staff, he has been part of five Southern Conference team titles, has developed 58 conference champions, and guided over 85 athletes to All-Conference honors. In 2004, Webb added to his credit an NCAA All-American in the Indoor 200m, as well as three Indoor IC4A Individual Champions in the 55m, high jump and 200m (which was a meet record). In 2005, he had an NCAA Outdoor Qualifier in the high jump, an NCAA Indoor qualifier in the 200m, as well as an Indoor IC4A Champion in the 200m and an Outdoor IC4A Champion in the high jump. In fact, since arriving at VMI, Webb has worked with athletes who have recorded over 70 top-10 performances in the history of the VMI program, added nine new men's school records and 20 women's school records.

Webb and his wife Michelle have a four-year old daughter, Savannah Louvier, and they reside in Lexington.



Paul Spangler
Cross Country Coach,
Assist. Track Coach

- Distance / Middle Distance
- Fourth Season
- Alabama '98

Paul Spangler begins his fourth season as Cross Country/Distance coach at VMI. He is a 1998 graduate of the University of Alabama with a BS in Education. Spangler also has a Master's from Florida State University in Sports Administration.

During his time at Florida State, he helped to develop 13 NCAA All-South Region performers, had three NCAA individual qualifiers in cross country, ten All-ACC track and field athletes, and two athletes qualify to the World Junior Track and Field Championships.

In his three seasons at VMI, his athletes have established 15 new school records. In 2005, the men's cross country team finished runner-up at the Big South Conference Championships, the highest finish for the program since 1980. That same year, the women's cross country team had its highest conference finish in the history of the program.

Spangler was a 1996 and 1997 NCAA qualifier in cross country and made the All-Southeastern Conference team in his senior year at the University of Alabama. Spangler and his wife Cynthia were married in July 2002. The couple resides in Lexington.



Track and Field Coaches

www.vmikeyclets.com



Zack Scott
Assistant Track
and Field Coach

- Throwing Events
- Second Season
- VMI '89

David "Zack" Scott completes his first season in the Division I ranks with women's school records in the weight throw, outdoor shot, discus, hammer and a men's javelin record over 200'. An All-Southern Conference athlete in the shot, discus and hammer Scott was a member of two Southern Conference Championship teams under Coach Bozeman. B.A. in International Politics, and a USATF certified Level II Throws Coach, Scott brings to VMI eight years of experience as a football and throws coach at James W. Robinson Secondary in Fairfax, VA.

At Robinson, Scott was part of Coach Mark Bendorf's staff which won two AAA Division 6 Virginia State Football Championship titles. He also trained Northern Virginia men and women athletes at his Speed and Agility Camps during the summer and with Coach Steve Francese's help trained one of Virginia's top Power Lifting programs. As a throws coach at Robinson, Scott developed one of Virginia's few high school men throwers over 63' shot and over 185' discus as well as coached high school All-American men and women athletes in the shot put and hammer.

Coach Scott is a Marine Corps Gulf War Veteran and resides in Lexington, VA. His duties include strength training and recruiting coordinator for VMI's track and field program.



Jackie Tugman
Assistant Track
and Field Coach

- Middle Distance
- Second Season
- VMI '02

Jackie Tugman graduated from VMI in 2002 with a B.A. in History with honors and distinction. She was also a scholarship cross-country and track athlete who set numerous school records, earned MVP honors, and served as the co-captain during her first class year. She also participated in the VMI Theater and served as a cadet bugler. Before returning to VMI to work in the Admissions Office, she coached the men's and women's cross country team at Virginia Wesleyan College and was a sales representative for a screen printing company.

In the Admissions Office, Captain Tugman works with all of the female applicants. She is also one of the assistant track and field coaches at VMI and works primarily with the distance runners. She finished as the eighth overall woman in Virginia Beach's 2004 Shamrock Marathon with a time of 3:07 and qualified for the 2004 World Championships in the duathlon.

Support Staff



Joel Balthaser
Sports Information
Assistant

- Track and Field Contact
- First Season
- University of Dayton '01

Joel Balthaser joined the VMI Sports Information Department in the fall of 2005 as Sports Information Assistant, serving as the primary contact for men's soccer, track and field, and lacrosse. A native of Penn Yan, N.Y., Balthaser received his B.S. degree in Sport Management from the University of Dayton. While at Dayton, Balthaser worked for three years with the Miami Valley Golf Association, and interned for the summer with the Illinois Junior Golf Association in Chicago.

Prior to coming to VMI, Balthaser spent over three years as the National Director of Media Relations for Pop Warner football, in charge of website maintenance, publications and all related media initiatives. At Pop Warner, Balthaser also published an image series book entitled "Images of America: Pop Warner" for the company in the spring of 2004.

2004-05 Notes



Denby Selected To 2005 First Team ESPN the Magazine Academic All-America Men's Track and Field Team

Pole vaulter and decathlon specialist Ty Denby (Scottsville, Va./Fluvanna Co.) of the Virginia Military Institute track and field program was honored as a first-team selection of the 2005 ESPN The Magazine Academic All-America

Men's Track and Field/Cross Country Teams for the University Division. The teams were voted on and selected by the College Sports Information Director's of America (CoSIDA).

A chemistry major with a minor in business and a concentration in Spanish, Denby graduated as a distinguished graduate with institute honors and a 4.0 cumulative GPA. This recognition completes a climb of sorts for Denby, who was selected as an Academic All-American by CoSIDA in each of the last three years. Denby garnered third-team honors as a sophomore in 2003 and was named to the second team in 2004 as a junior. Verizon sponsored the awards program in both 2003 and 2004 before ESPN The Magazine began sponsoring it for the 2004-05 school year. In the history of the VMI track and field program, Denby is just the second ever cadet-athlete to be named an Academic All-American by CoSIDA and the first to be honored as a first-team selection.

2005-06 Men's Outlook

www.vmikeydets.com

Keydets Have Reason for Optimism in 2005-2006 Track and Field Seasons

The team has improved their depth in many events and returned some of their top performers to yield a blend of talent that should lead to outstanding success this season.

"This year's team has an excellent blend of experience and youth," said head coach **Mike Bozeman**. The talent demonstrated by the new guys this fall is a sign of good things to come. Combine that with the performances of some of our guys in cross country and we are really excited about the spring."

Sprints & Hurdles:

The sprint/hurdle corps is probably the most improved unit this year.

Paulvince Obuon, an All-American, IC4A and Big South Conference champion, should have his best year ever and new additions **Taili Evans** and **Jasper Watkins** will offer support in the 100m and 200m events. **Chris Gilliland** (football) returns in the 100m and will also contend for a spot on the 400 meter relay team. **Derek Behney** adds relay depth and, along with Watkins, will be part of a strong 400 meter contingent. **Joey Robinson** (football) will be the best high hurdler we've had in several years and will also add sprint relay depth. The intermediate hurdles will also be very strong, with **Bryan Yerger**, **Tim Greer** and **Michael Wilson** returning from last year. Yerger is an all-conference performer and will be pushed by **Hamid Abdurrhim**, the Virginia state champion in 300m hurdles.



Paulvince Obuon



Head track and field coach Mike Bozeman is expecting big things from the men's squad as he enters his 21st season at the helm.

also compete in the steeplechase. Moving up to the 10,000m outdoors event is Able and Forbes, who will be joined by **Shawn Hogan**.

Jumps & Throws:

The horizontal jumps should be another vastly improved area as well. The Big South Indoor Conference champion in the long jump, **Garrett Brickner** will be joined by Evans and freshmen **Tyler Tucker** and **Joey Robinson**. Evans will compete in the triple jump along with **Jeff Bennett**, and could receive some help from Robinson.

The vertical jumps might be lacking in vault depth, but still have an improving Brickner and Tucker. The high jump is strong with Big South Conference and IC4A champion Brickner returning, along with Bennett.

The throws lost several cadets due to graduation and will begin a rebuilding year in the shot, discus, hammer and weight. **Wes Lokey** (football), along with **Nathan Gede**, **Tim Beckley**, **Matt Hyatt**, **Andrew Gore** and **Daniel Popper** (football) provide potential in these four events, and the javelin is strong with Big South Conference champion **Chris Brandriff** returning along with **Phil Hahn**, **Edward Griffith** and freshman **Bridger Hodsden**.

Distance/Middle Distance:

The vastly improved middle distance and distance corps, coming off a strong cross country season, should yield a solid number of points to the indoor/outdoor track effort. **Anthony Harris** and **Donnie Mikels** return as the top milers, and will receive support from **Mark Bush**, **Ben Switzer** and possibly **Erik Uber**, **Joe Brennan**, and newcomer **Jared Klajnbart**. Bush, Brennan, Switzer and Uber will get added help in the 800 meters from Klajnbart, **Adam Hernandez** and **David Schlaseman**. The 3000m/5000m events will feature **Edwin Lugo**, **Graham Forbes**, **Kurt Able**, **Mikels**, **Nick Mazzenga** and newcomers **Andrew Rademaker** and **Patrick Eggleston**. Lugo, Mikels and Mazzenga will

-- To read more about this year's team, visit www.vmikeydets.com --



VIRGINIA MILITARY INSTITUTE

2005-06 Men's Roster

www.vmikeycets.com

NAME:	EVENT(S):	CLASS:	HOMETOWN / SCHOOL:
Hamid Abdurrahim	Hurdles, 400m, Relays	Freshman	Hampton, VA/Hampton
Kurt Able	Distance	Sophomore	Wesley Chapel, FL/Wesley Chapel
Chris Alderman	LJ, TJ, HJ	Sophomore	White Hall, MD/Hereford
Furnace Barnes	Sprints	Freshman	Hampton, VA/Hampton
Tim Beckley	Throws	Sophomore	Carroll Valley, PA/Fairfield
Derek Behney	Sprints, 400m	Senior	Bethel, PA/Tulpehocken
Jeffrey Bennett	HJ, LJ, Hurdles	Senior	Danville, Va/GW-Danville
Ryan Biggs	Mid-Distance	Freshman	Glen Allen, VA/Deep Run
Chris Brandriff	Throws-Javelin	Senior	Chesapeake, VA/Western Branch
Joseph Brennan	Mid-Distance	Sophomore	Hillsborough, NJ/Hillsborough
Garrett Brickner	Jumps, Multi's	RS-Senior	Fairfax, VAlake Braddock
Zohn Burden	Sprints, Long Jump	Senior	Virginia Beach, Va./Salem
Mark Bush	Mid-Distance	RS-Junior	Bristol, TN/Tennessee
Patrick Eggleston	Distance	Freshman	Nokesville, VA/Brentsville
Edward Clarkson	Mid-Distance	Freshman	Stafford, VA/Colonial Forge
Taili Evans	Sprints, Jumps, Relays	Freshman	Stafford, VA/Brooke Point
Chi Chi Ezekwe	High Jump, Triple Jump	Junior	Vicksburg, MS/Warren Central
Graham Forbes	Distance	Junior	Richmond, VA/The Colligate School
Nathan Gede	Throws	Sophomore	Hampstead, MD/Hereford
Chris Gilliland	Sprints, Relays	Senior	Naples, FL/Lely
Andrew Gore	Throws	Freshman	Pulaski, VA/Pulaski County
Casey Grey	Distance, Steeplechase	Junior	Monroe, VA/Amherst County
Timothy Greer	400m, 800m	Senior	Annandale, VA/Annandale
Edward Griffith	Throws	Sophomore	Wilmington, NC/John T. Hoggard
Philip Hahn	Throws	Senior	Ford City, VA/Ford City
Anthony Harris	Distance	Junior	Orlando, FL/Cypress Creek
Adam Hernandez	Mid-Distance	Freshman	Leesburg, VA/Loudoun County
Bridger Hodsdon	Javelin	Freshman	Chesapeake, VA/Western Branch
Colby Hollingsworth	Sprints, Relays	Junior	Dallas TX/Highland Park
Shawn Hogan	Distance, Steeplechase	Senior	Salem, NH/Salem
Corey Houck	Mid-Distance	Sophomore	Columbia, SC/Spring Valley
Matt Hyatt	Throws	Freshman	Burke, VA/Robinson Secondary
Nat Jackson	Long Jump	Sophomore	Fredericksburg, VA/Massaponax
Spencer Kimori	Distance	Sophomore	Eldoret, Kenya/AIC Chebisaas
Jared Klajnbart	Mid-Distance	Freshman	Colo. Springs, CO/Cheyenne Mtn.
Wes Lokey	Throws	Freshman	Harrisonburg, VA/Harrisonburg
Jason Lovett	.55m	Freshman	Fredricksburg, VA/Massoponax
Edwin Lugo	Distance, Steeple	Junior	Orlando, FL/Timber Creek
Nicholas Mazzenga	Distance, Steeple	Senior	Dumfries, VA/Bishop Ireton
Donnie Mikels	Mid-Distance	Sophomore	Rustburg, VA/Rustburg
Sean Mizzer	Sprints	Senior	Prince Frederick, MD/FUMA/Calvert
Paulvince Obuon	Sprints, Relays	Junior	Kisumo, Kenya/Chianda High School
Sean Peterson	Distance, Steeplechase	Freshman	Stafford, VA/Brooke Point
Daniel Popper	Throws	Freshman	N. Wildwood, NJ/Wildwood
Gary Price	Long Jump, Relays	Senior	Woodbridge, VA/Potomac
Andrew Radamaker	Distance, Steeplechase	Freshman	McLean, VA/Fork Union
Mike Robertson	Distance	Freshman	Manassas, VA
Joey Robinson	Hurdles, Sprints, Relays	Freshman	Gaithersburg, MD/Gaithersburg
Jonathan Roland	400m, 800m	Sophomore	Finksburg, MD/Loyola Blakefield
David Schlaseman	Mid-Distance	Freshman	Falls Church, VA/J.E.B. Stuart
Kevin Sullivan	Distance	Sophomore	Nokesville, VA/Brentsville
Ben Switzer	Mid-Distance	Sophomore	Lexington, VA/Rockbridge County
Keith Taylor	Sprints, Relays	Freshman	Mechanicsville, VA/Lee-Davis HS
Tyler Tucker	PV, Multi's	Freshman	Burke, VA/Robinson Secondary
Erik Uber	Mid-Distance	Senior	Bon Air, VA/Fork Union
Nathan Warner	Distance, Steeplechase	Freshman	Norfolk, VA/Norfolk Christian
Jasper Watkins	Sprints, Relays	Freshman	Severn, MD/Eleanor Roosevelt
Brian Welch	Distance	Sophomore	Richmond, VA/Benedictine
Erik Wells	Mid-Distance	Freshman	Milford, PA/Delaware Valley
Michael Wilson	Mid-Distance	Sophomore	Richmond, VA/Mills E. Godwin
Bryan Yerger	400IH, Relays	RS-Junior	Reading, PA/Reading

Roster Breakdown:

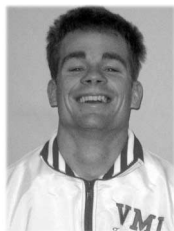
By State: VA (37), MD (6), FL (4), PA (3), NJ (2), TN (1), NC (1), TX (1), NH (1), SC (1), WV (1), CO (1), MS (1), Int'l: Kenya (2)

By Class/Rank: Seniors (1st Classmen)-9; Juniors (2nd Classmen)-9; Sophomores (3rd Classmen)-19; Freshmen (Rats)-24

Meet the Keydets

www.vmikeydets.com

Kurt Able



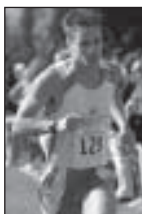
- *Sophomore*
- *Distance*
- *Wesley Chapel, Fla.*
- *Wesley Chapel HS*
- *Major: Economics & Business*



This Season: Will contribute in the 3,000m and 5,000m events.

2004-05: Placed 8th at the Indoor Big South Championships in the 5000m run and 5th at the Big South Outdoor Championships in the 10,000m run as a freshmen. Has a personal best of 15:30 for 5000m, 32:19 for 10,000m and 25:55 for 8k cross country.

High School/Personal: 2004 Cross Country Runner-of-the-Year by the St. Petersburg Times... A 2004 Sunshine Athletic Conference Cross Country Champion... Holds his high school record in the 4x800 meters (8:17), 1,600m (4:29), and the 3,200 meters (9:45).



Kurt Able

Garrett Brickner



- *Senior*
- *High Jump & Decathlon*
- *Fairfax Station, Virginia*
- *Lake Braddock*
- *Major: Psychology*



This Season: Looks to build on remarkable '04-'05 season and return to the NCAA Championships

2004-05: Named Men's Outstanding Field performer at the Big South Indoor and Outdoor Championships... Won the Long Jump (23'-6 1/4") and High Jump (6'-9 3/4") at the Big South Indoor Championships... won both the Decathlon and the High Jump (6' 9") at the Big South Outdoor Championships, and scored in the Pole Vault... Won the 2005 Outdoor IC4A Championship with a jump of 7' 1-1/2" ... Finished second at the NCAA Outdoor Regionals in the High Jump with a jump of 7' 1" ... Finished 17th at the NCAA Championships... Brickner's jump of 7' 1-3/4" tied him for the 23rd highest jump by an American in the 2004-05 season, and the 17th highest jump in Division I... Broke the VMI record in the Heptathlon with 5,114 points at the IC4A Indoor Championships.



Garrett Bricker

2003-04: Jumped a lifetime best of (7' 1")...Named Field Event Performer-of-the-meet at the 2004 Big South Conference Indoor Championships where he placed first in the high jump with a conference record-setting mark (6' 11-1/2")...Also took second place in the triple jump (46' 6") and third place in the long jump (23' 8-1/4")...A 2004 Indoor IC4A high jump champion (6' 11-1/2")...

2002-03: Won 2003 Southern Conference Indoor High Jump Championship... 2003 all-conference selection at the SoCon outdoor championships.

2001-02: Won the 2002 Southern Conference Indoor High Jump Championship... Outdoor All-Southern Conference (high jump and decathlon).

Derek Behney



- *Senior*
- *Sprints, 400m*
- *Bethel, Pennsylvania*
- *Tulpehocken*
- *Major: History*



This Season: Will help add depth to the Relay team as well as Sprints.

2004-05: Finished in 8th at the Big South Conference Indoor Championships in the 400m with a time of 49.53...posted personal records in the 200m (22.04) and 400m (48.88)... Also ran the 4x100 and 4x400 relay teams...2005 Big South Outdoor All-Conference in the 4x100m relay team.

Jeffrey Bennett



- *Senior*
- *High Jump, Long Jump, Hurdles*
- *Danville, Virginia*
- *GW-Danville*
- *Major: English*



This Season: Will be a strong competitor in the triple jump and high jump.

2004-05: Finished 7th at the Big South Conference Indoor Championships in the high jump (6'4")... had an indoor best of 6' 6-1/2" in 2005... Placed 5th at the outdoor championships with a jump of 6' 3-1/4" ...

High School/Personal: All-State high jumper at Danville... Also ran the 400m, 800m and 1600m races... Set a personal record of 6'9" in the high jump.



Jeffrey Bennett

Mark Bush



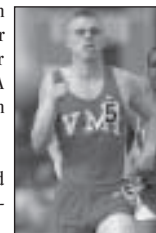
- *Junior*
- *Mid-Distance*
- *Bristol, Tennessee*
- *Tennessee*
- *Major: Physics*



This Season: Will provide support in the mile and mid-distance events.

Placed 3rd at the Big South Indoor Championships in the 800m (1:55.31) and 4th at the Big South Outdoor Championships in the 800m (1:55.64). Was a member of VMI's 4x800m relay team that ran 7:48.03 at the IC4A Indoor Championships and a time of 7:44 at the Penn Relays.

High School/Personal: Ran cross country, wrestled and played soccer... Won the Tennessee State Championships in the 800m (1:55.06).



Mark Bush

Meet the Keydets

www.vmikeydets.com

Chris Brandriff



- Senior
- Throws, Javelin
- Chesapeake, Virginia
- Western Branch HS
- Major: Civil Engineering

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This Season: Aiming to contend for all-conference honors again, as well as qualify for the IC4A Indoor and Outdoor Championships.

2004-05: Won the Big South Outdoor Championship in the Javelin with a throw of 199' 3"... Placed 12th in the Javelin (193' 0") at the IC4A/ECAC Championships... Set school record of 200' 4" in the Javelin at JMU.

2003-04: A 2004 All-Big South Conference performer in the javelin (176' 4") with a third place finish at the outdoor championships with only a little over a year's experience in that event... Carried a 3.96 GPA in civil engineering.

High School/Personal: Was a distance runner at Western Brach High School... Recipient of VMI's prestigious Three Legged Stool Award for his 3.8 GPA in civil engineering... A 2006 Rhodes Scholar candidate.



Chris Brandriff

Chris Gilliland



- Senior
- Sprints, Relays
- Naples, Florida
- Lely High School
- Major: History

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This Season: Returns to the 100m and will contend for a spot on the 4x100m relay team.

2004-05: Was a member of the 4x100m relay team that took 3rd place in the Big South Outdoor Championships.

2003-04: A member of the 4x100-meter relay team that took first place (40.58) at the 2004 Big South Conference Outdoor Championships... Continued as a leg of the 4x100-meter relay team... Helped score points in the 60m and 100m.

High School/Personal: Part of his school's record setting 4x100m relay team... Also finished 8th in the state... All-District and All-Region selection in the 100m... Also plays wide receiver for the Keydet football team



Chris Gilliland

Graham Forbes



- Junior
- Distance
- Richmond, Va.
- The Collegiate School
- Major: Biology

V
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This Season: Will compete in the 3000m, 5000m and 10,000m events.

2004-05: Took home 9th place in the 10,000m at the Big South Outdoor Championships... Finished 14th in the 3000m run at the Big South Indoor Championships... Holds a personal best in the 10,000m of 32:39.

2003-04: Ran 26:42 in the 8k and 15:59 in the 5k during the 2003 VMI Cross Country season.

High School/Personal: Virginia state runner-up in the 3200m run and placed third in the 1600m run at The Collegiate School in Richmond... The son of VMI Graduate Craig Forbes '77.



Graham Forbes

Anthony Harris



- Junior
- Distance Runner
- Orlando, Florida
- Cypress Creek HS
- Major: Biology

V
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This Season: Returns as one of the top milers in the Big South Conference.

2004-05: Big South All-Conference team with a personal record of 3:54 in the 1500m... Had a shortened season due to a broken toe... Took part in VMI's 2005 Big South cross country runner-up team with a personal record of 25:14 for the 8k.

2003-04: As a freshmen placed 3rd at the conference indoor championships in the mile and took fifth place with a personal best in the 1,500m of 3:58 during the conference outdoor championships. Led VMI during the 2004 cross country season to a fourth place finish at the conference championships.

High School/Personal: Had personal best times in high school for the mile (4:20) and for the 3,200 meters (9:42) both of which were the eighth fastest times in each event for the state of Florida.



Anthony Harris

Meet the Keydets

www.vmikeydets.com

Shawn Hogan

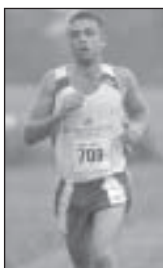


- Senior
- Distance
- Salem, New Hampshire
- Salem H.S.
- Major: Mechanical Engineering



This Season: Will compete in the 10,000m and 5,000m run.

2004-05: Was a team captain on the 2004 and 2005 VMI Cross Country team... Predominantly used in the 10,000m, Shawn has personal records of 32:58 in the 10,000m and 15:59 in the 5,000m... Finished 11th in the 10,000m and 21st in the 5,000m at the Big South Conference Outdoor Championships... Placed 11th in the 5,000m at the Big South Conference Indoor Championships...



Shawn Hogan

2003-04: Finished 32nd overall at the 2004 Big South Cross Country Championships with a time of 27:12.

Edwin Lugo



- Junior
- Distance, Steeplechase
- Orlando, Florida
- Timber Creek HS
- Major: History



This Season: Will run primarily in the 3000m, 5000m, and the 3,000m steeplechase.

2004-05: Primarily a 3000m Steeplechaser... Placed 7th at the Big South Conference Outdoor Championships with a time of 9:37... Also a member of the Cross Country team, helping lead VMI to a second place finish at the 2005 championships... Finished 25th overall at the Big South Conference Cross Country Championships... Ran a personal best in 2005 of 25:58.

2003-04: A member of the distance medley relay team that took fourth place (10:38.01) in the Big South Indoor Conference Championships... Finished seventh in the mile (4:27.7) in the indoor conference championships. Placed sixth in the 3,000-meter steeplechase at the 2004 conference outdoor championships

High School/Personal: Placed ninth at Adidas High School National Championships in the 200m steeplechase. Has a personal record of 9:40 in the 3,000-meter steeplechase... A two-time Golden South Champion in the steeplechase... Plans to attend law school after graduation.



Edwin Lugo

Nick Mazzenga



- Senior
- Distance
- Dumfries, Virginia
- Bishop Ireton HS
- Major: Civil Engineering



This Season: Looks to add depth to the growing distance squad in this his senior season.

2004-05: Posted his personal record in the 3,000 meter steeplechase (9:38) in the 2004 Big South Conference Outdoor Championships

High School/Personal: A two-time Washington Post All-Metro Honorable Mention selection... Will be taking a commission in the United States Marine Corps upon graduation... three year letterman on the VMI cross country team.



Nick Mazzenga

Donnie Mikels



- Sophomore
- Mid-Distance
- Rustburg, Virginia
- Rustburg HS
- Major: Civil Engineering

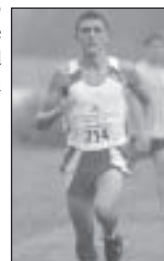


2005-06: Returns as one of the top milers, and will compete in the 3,000m steeplechase.

2005-06: Led the Keydets to a school-best second place finish at the 2005 Cross Country Championships... Finished seventh place overall with a 25:52 time... Has a personal best of 3:58 1500m, 9:23 3k Steeplechase, and 24:44 8k cross country... Finished 3rd in the mile and 7th in the 3000m at the Big South Indoor Championships... Placed 4th in the 3000m Steeplechase at the Big South Outdoor Championships...

2004-05: As a freshmen placed 3rd at the Big South Indoor Conference Championships in the mile with a best of 4:17.

High School/Personal: Named 2003 and 2004 State of Virginia AA State Champion in the mile and runner-up in the two mile... Has posted personal best times in the mile (4:22), two mile (9:37), 800 meters (1:59), and 5k cross country (16:05)... Recorded a personal best time (26:21) for 8k in 2004.



Donnie Mikels

Meet the Keydets

www.vmikeydets.com

Paulvince Obuon



- Junior
- Sprints & Relays
- Kisumu, Kenya
- Chiananda HS
- Major: International Studies

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This Season: Looks to have his best year ever and repeat his All-American performance in 2004.

2004-05: First place in the 60m (6.75), 200m (21.60) and the 400m (48.32)... Named Outstanding Track Performer at the Big South Conference Indoor Championships... Also named Men's Track Performer of the Year for the second straight year... Was ranked 7th in Division I in the 60m (6.70) and 12th in the 200m (21.16)... 60m and 200m times ranked Obuon in the top 30 times in the world for each event... Won the 200m at the IC4A Indoor Championships (20.93), which was the 13th fastest collegiate time of the year, and 20th in the world rankings... Placed 11th at the NCAA Indoor Championships in the 200m (20.98) Won second straight Big South Outdoor Conference championship in the 100m (10.74)... Finished 7th at the NCAA Outdoor Regionals after suffering a hamstring injury.

2003-04: Earned NCAA All-American Honors in the indoor 200 meters (20.89) in 2004... Selected as the 2004 Big South Conference Track and Field Athlete-of-the-Year... Won the 2004 Indoor IC4A championship in the 55 meters (6.27) and also was the champion in the 200 meters with a meet record time (20.85) at the IC4A meet... According to the IAAF World Ranking List, Obuon's time in the indoor 200 meters (20.85) was the 21st fastest time run in the world last year... Named Running Event Performer-of-the-Meet at the 2004 conference indoor championships... Conference Indoor Champion in the 200 and 400 meters... Second place finish in the 60 meters (6.73) in the 2004 conference indoor championships... A 2004 conference outdoor champion in the 100 meters, 200 meters, and anchored the conference winning 4x100 meter relay team (40.58)... 2004 NCAA outdoor Regional qualifier in the 100 and 200 meters... In just his freshman year Obuon achieved school records indoors in the 60 meters (6.72), 200 meters (20.85), and outdoors in the 100 meters (10.20).

High School/Personal: Was the Kenya Secondary School National Champion in the 100m and 200m... Kenya Secondary School Athlete of the Year... 100m and 200m National Jr. Champion of Kenya in 2001... Had personal records of 10.3 seconds in the 100m and 20.9 seconds in the 200m.

Junior Paulvince Obuon, from Kisumu, Kenya, looks to have his best year ever in 2005-06. Last season, Obuon was named Men's Track Performer of the Year for the second straight year in the Big South, and finished 11th in at the 2005 NCAA Indoor Championships in the 200m with a time of 20.98...



Paulvince Obuon

Ben Switzer



- Sophomore
- Mid-Distance
- Lexington, Va.
- Rockbridge County
- Major: Engineering

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This Season: Will provide support in the 800m and the mile.

2004-05: As a freshmen posted a personal best of 4:29 for the indoor mile and 1:57.6 for the outdoor 800m run. Was a member of VMI's 4x800m relay team that ran 7:44 at the 2005 Penn Relays. In cross country Ben placed 11th at his first Big South Cross Country Championships. He posted a personal best of 25:18 for 8k cross country in 2005... Was a member of the All-Conference Distance Medley Relay.

High School/Personal: Holds his high school record in the 800 meters (1:59.7)... All-State honors in the 2004 Outdoor AA Virginia State Meet.



Ben Switzer

Bryan Yerger



- Junior
- 400m IH, Relays
- Reading, Pa.
- Reading H.S.
- Major: Computer Science

V
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This Season: Looks to contend for the Big South, IC4A, and NCAA Regional Championships

2004-05: Placed 5th at the Virginia Tech Challenge in the 500m (1:05.86)... Took home 6th place at the Big South Conference Indoor Championships in the 800m with a time of 1:56.44... Strong member of the 4x400m relay team in 2005.

2003-04: A 2004 All-Big South Conference Performer in the outdoor championships in the 400-meter intermediate hurdles (52.89)... 2004 IC4A qualifier in the 400-meter intermediate hurdles... 2003 Southern Conference scorer in the 400-meter intermediate hurdles... Ran a personal best indoors in the 800 meters (1:56.51).

High School/Personal: An All-State, All-District and All-County selection in the hurdles with personal records of 54.20 in the 400 IH, 38.21 in the 300 IH, and 14.9 in the 110m HH.



Bryan Yerger

2005-06 Men's Newcomers

www.vmikeydets.com

■ **Hamid Abdurrahim** (Freshman – Hampton, Va./Hampton – Hurdles, 400m, Relays)

State Title: 300m IH

Lettered two years in Track at Hampton... 2005 State qualifier in the 4x100m Relay and 4x400m Relay team... AAU National Champion in the 4x400m and 5th in the 400m IH... full name is Hamid Khalil Abdurrahim... son of Sophronia E. Spicer... majoring in Electrical Engineering.

■ **Patrick Eggleston** (Freshman – Nokesville, Va./Brentsville – Mid-Distance)

State Titles: Cross Country ('04), 3200m (indoor), 1600m (outdoor) & 3200m (outdoor)

Three-year letterwinner in cross country, and indoor/outdoor track at Brentsville High School... member of the VMI cross country team... State runner-up in the 3,200m (outdoor)... full name is Patrick O'Connell Eggleston... son of Michael and Margaret Eggleston... majoring in Psychology.

■ **Taili Evans** (Freshman – Stafford, Va./Brooke Point – Sprints, Jumps, Relays)

Holds four high school records at Brooke Point High School in the 200m (22.21), long jump (22' 10-1/2"), 300m (35.99) and the 55m (6.70)... recieved All-State honors in 2004 and 2005... recieved the Coaches Award five times (four in track and one in football)... full name is Taili Malik Evans... son of Edward and Cathy Evans... majoring in Economics and Business.

■ **Adam Hernandez** (Freshman – Leesburg, Va./Loudoun County – Mid-Distance)

Ran cross country and track at Loudoun County High School all four years... cross country and track team captain in senior year... holds school records in the 4x400m and 4x800m relay... was an all state performer in the 4x800, 4x400, and 800m... district champion in the 800m twice... named team MVP of the cross country team... full name is Adam Scot Hernandez... son of Frank Hernandez and Kathleen Sullivan... majoring in Economics.

■ **Jared Klajnbart** (Freshman – Colorado Springs, Colo./Cheyenne Mountain – Mid-Distance)

State Title: 4x800m relay

Was a four sport athlete at Cheyenne Mountain High School... lettered three years in track and soccer, as well as one year in football and basketball... recieved the Indian Award and Leadership Award... Was a 3-time MVP... holds the school record in the 4x800m relay... full name is Jared Meier Klajnbart... son of Jorge and Tammi Jo Klajnbart... majoring in Biology.

■ **Wes Lokey** (Freshman – Harrisonburg, Va./Harrisonburg – Throws)

Lettered in football and track in high school... placed 16th in the state in the shot put... holds school record of 47' 10-1/2" in the shot... selected as a First Team All-State offensive lineman at Harrisonburg, and helped his team reach the AA state championship game... full name is Wesley Matthew Lokey... majoring in Psychology.

■ **Andrew Rademaker** (Freshman – McLean, Va./Fork Union – Distance)

State Title: 3200m (independent school)

Three-year letterwinner at Fork Union Academy in cross country and indoor/outdoor track... Prep League MVP 3200m champion, and was named MVP at the indoor meet... cross country league champion... personal bests in the 3200m (9:25) and the 1600m (4:27)... full name is Andrew Robert Rademaker... son of Stephen and Danielle Rademaker... majoring in International Studies.

■ **Joey Robinson** (Freshman – Gaithersburg, Md./Gaithersburg – Hurdles, Sprints, Relays)

State Title: 110m Hurdles

Lettered three years in football and four in track... finished 5th in Florida Championship in the triple jump (45' 9" inches)... 3rd in indoor state championships in 2004 for the 55m hurdles, 2nd in the 800 meter relay, and finished 4th in all four events (triple jump, long jump, 110 meter hurdles, and 300m hurdles) at the outdoor state championships... 3rd place in 2005 indoor state finals in 55m hurdle... State runner-up in the 300m hurdles, 4th in long jump and 5th in the triple jump... full name is Albert Joseph Robinson... son of Reginald and Madessa Robinson... majoring in History.

■ **David Schlaseman** (Freshman – Falls Church, Va./J.E.B. Stuart – Mid-Distance)

4 years of Cross Country (2 time captain, 2 time MVP), 3 years of Indoor Track (2 time captain, 2 time MVP), 4 years of Outdoor Track (3 time captain, 2 time MVP), 2 years of Basketball. School record holder in: 1000m (2 time district champion, 2:38.61), 3 mile (district runner-up), 5k, and 800m (2 time district champion, 1:58.57). 8 time All-District team. 1 time All-Region team... full name is David Guy Schlaseman... son of Guy and Caroline Schlaseman... majoring in History.

■ **Tyler Tucker** (Freshman – Burke, Va./Robinson Secondary – Pole Vault, Multi's)

State Title: Pole Vault

Was a Three-sport athlete at Robinson Secondary (Football, Lacrosse and Track and Field)... An All-State Pole Vault... All-District in Discus... Full name is Tyler Wilson Tucker... Son of Robert Tucker and Patty Daso... Majoring in International Studies.

■ **Jasper Watkins** (Freshman – Severn, Md./Elanor Roosevelt – Sprints, Relays)

State Title: 4x400m relay

Was a three-year letterwinner in track and two-year letterwinner in football at Elanor Roosevelt High School... holds the school records in the 300m, 4x100, 4x200, 4x400 and SMR Relays... ranked #3 in the state of Maryland in 2005 for the 300m and 400m... full name is Jasper Willie Watkins, IV... son of Jasper and Felicia Watkins... majoring in Economics and Business.

2005-06 Women's Preview

www.vmikeycets.com



Shelly Mackall

The 2005-06 women's track and field team features the return of a pair of experienced seniors along with 12 new faces to add depth to the squad. A solid recruiting year, the largest in the team's history, increased team numbers considerably, but the loss of key individuals and a lack of depth in certain events may make it difficult to move up substantially in the Big South Conference standings.

"The numbers we recruited have had an immediate impact in cross country," stated head coach **Mike Bozeman**. "I am hopeful that this group of freshman will continue their rapid development during the track and field season, because if they do, we will have the talent and leadership in many events to make us better as a team."

The strength of this year's team will be the sprints, jumps, and hurdles. Senior captain **Shelly Mackall** (sprints) and sophomore **Ashley West** (jumps/hurdles) will lead a much improved group in these areas. Mackall is an ECAC qualifier in the 60m dash, as well as the 100 meter dash where

she ran 2004 best times of 7.73 in the 60m, 12.00 in the 100m, and 24.99 in the 200m. West is much improved technically and should easily break her school records of 15.06 (100HH), and 8.88 (60HH). She is also the best horizontal jumper on the team with marks of 18'1" in the long jump and 36' 5" in the triple jump, both of which are current school records.

The hurdles and sprints will have depth with the addition of rapidly improving freshman **Corielle Parsons**. The sprints add freshman **Shannon Sellers**, **Holly Giacolone** (pole vault), **Amanda Fain** and **Victoria Pritchett**. This gives us some of the best relay depth VMI has had in many years. **Ketra Alexander** is the team's only thrower. The loss of Mildred Cooper is significant, but Ketra is

continuing to see considerable improvements in all the throws and should make a real contribution to the team in this area.

The distance and middle distance groups will be looking to build on their cross country success this past fall. Returning monogram winners **Ania Najda**, **Amber Blain**, **Kathleen Resetar** and **Hatley Clifford** will be joined by junior **Abby Ward** and freshmen **Kelsey Stafford**, **Christina Mowatt-Larssen**, **Roxanne Franck**, **Amanda Moore**, **Sara Hanson** and **Ashley Johnson**. Look for this group to make contributions to the point production of the VMI Women's Track and Field team, both in individual and relay events.



Ashley West

2005-06 Women's Roster

NAME:	EVENT(S):	CLASS:	HOMETOWN/ SCHOOL:
Ketra Alexander	Throws	Junior	Miami, FL/Northwestern
Amber Blain	Mid-Distance	Senior	Chesapeake, VA/Western Branch
Hatley Clifford	Distance	Junior	Plano, TX/Carrollton Christian
Amanda Fain	Mid-Distance	Freshman	Harlen, KY/Harlan
Roxanne Franck	Distance	Freshman	Poquoson, VA/Poquoson
Holly Giacolone	Distance	Freshman	Auburn, NY/
Sara Hanson	Distance	Freshman	Stoneville, NC/Dalton McMichael
Shelly Mackall	Sprints, Relays, Hurdles	Senior	Baltimore, MD/Poly
Christina Mowatt-Larssen	Distance	Freshman	Chantilly, VA/Westfield
Amanda Moore	Mid-Distance/Distance	Freshman	Rustburg, VA/Rustburg
Ania Najda	Mid-Distance/Steeple	Sophomore	Olsztyn, Poland/Common Europe V
Corielle Parsons	Sprints/Hurdles	Freshman	Rockford, MI/Rockford
Victoria Pritchett	Mid-Distance	Freshman	Fredricksburg, Va/Massaponax
Kathleen Resetar	Distance	Junior	Alexandria, VA/Bishop Ireton
Shannon Sellers	Sprinter	Freshman	Riverdale, GA/Our Lady Mercy
Kelsey Stafford	Distance	Freshman	Charlottesville, VA/W. Albermarle
Ateala Tuff	Distance	Freshman	Newnan, GA/East Coweta
Abby Ward	Distance	Junior	Fairfax, VA/Robinson Secondary
Ashley West	Sprints, Relays, Hurdles	Sophomore	Miami, FL/Northwestern

Roster Breakdown:

By State: VA (9), GA (2), FL (2), MD (1), NC (1), TX (1), MI (1), KY (1) International: Poland (1)

By Class: Seniors (1st Classmen)-2; Juniors (2nd Classmen)-4; Sophomores (3rd Classmen)-2; Freshmen (Rats)-11

Meet the Keydets

www.vmikeydets.com

Ketra Alexander



- Junior
- Throws
- Miami, Florida
- Northwestern HS
- Major: Biology

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This Season: The team's only thrower, will compete all throws events for the women.

2004-05: Took 9th place and 16th in the weight throw and shot put, respectively. Placed 10th in the discuss and 14th in the hammer throw at the 2005 Big South Outdoor Championships...

2003-04: Placed ninth in the conference outdoor championships in the discus (120' 0").

High School/Personal: Came to VMI after a very successful high school career in Miami, Fla... 2003 district champion in the discus throw... Had a personal record of 39' in the shot put and 127'7" in the discus throw.



Ketra Alexander

Amber Blain



- Senior
- Middle Distance
- Chesapeake, Virginia
- Western Branch HS
- Major: History

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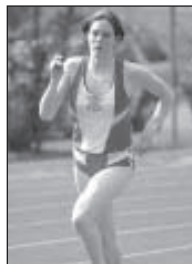
This Season: Looks to improve in the Mid-Distance Events after injury-plaqueted Junior year.

2004-05: Team captain for the 2005 Cross Country team... Was VMI's 5th runner that secured a 5th place finish for the Keydets at the Big South Championships.

2003-04: Scored at the 2004 Big South Conference Outdoor Championships in the 800 meters (2:22:07) with an eighth place finish...Posted a personal record (4:58) in the 1,500 meters during the 2004 outdoor season...Part of the school record-holding team in the distance medley relay (12:39.71) in 2004... Ran a personal best time of 19:34 in the 2004 conference cross country championships.

2002-03: A member of the 4x400m relay team that set a school record (4:05.79) in the 2003 outdoor season...Holds the school record in the outdoor 800 meters (2:20.14), set in 2003.

High School/Personal: Part of the 2002 Virginia AAA State Championship team ... Had personal records of 2:18 in the 800m, 5:11 in the 1600m and a :58 split in the 4x400m relay.



Amber Blain

Hatley Clifford



- Junior
- Distance
- Plano, Texas
- Carrollton Christian
- Major: English

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This Season: Looks to contribute significantly in the distance events.

2004-05: Set outdoor school records in 5,000m (18:39.13) and 10,000m (39:48.66)... Finished 12th in the 800m at the Big South Indoor Championships... Took 7th in the 5,000m and 8th in the 10,000m at the Outdoor Championships.

High School/Personal: Attending VMI on an Air Force Commander's Scholarship... Has three sisters; Jordan, Erin and Catherine, who ran track and cross country at Oklahoma State... Lettered in soccer, softball, basketball, track and cross country.

Shelly Mackall



- Senior
- Sprints, Relays & 400m
- Baltimore, Maryland
- Poly HS
- Major: Psychology

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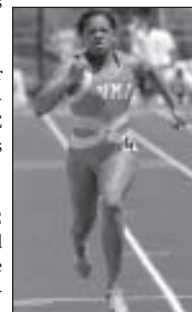
This Season: Named Team Captain, will once again lead the Keydets in the Sprints.

2004-05: Placed 10th in the 100-meter dash at the IC4A/ECAC Outdoor Championships... Set school record in e 200m (24.99) at JMU Invitational... Set indoor school records in the 60-meter dash (7.73) and the 200-meter dash (25.77)... Finished third at Big South Indoor Championship in the 60-meter dash... Finished fourth at Big South Outdoor Championship in the 100-meter dash and sixth in the 200-meter dash...

2003-04: Placed fifth in the 60-meter dash at the 2004 Big South Indoor Championships...2004 ECAC qualifier in the 60 meters...2004 scorer in the 100 meters, 4x100 meters, and 4x400-meter relay team at the conference outdoor championships... Part of the school record-holding team in both the 4x100-meter relay (49:30) and the 4x400-meter relay (4:05.79)... Set individual indoor school records in the 55 meters (7.23) and the 200 meters (25.99)... Set outdoor school record-holder in the 100 meters (12.00).

2002-03: Scored at the 2003 SoCon outdoor championships in the 100m and the 4x100m relay... Indoor and Outdoor qualifier for the ECAC Championships... Set four individual VMI records and part of two relay school records.

High School/Personal: 2000, 2001 and 2002 regional champion in the 100m, 4x100m and 4x200m... A three-time scorer in the 100m at the Maryland AA State Championships... Had a personal record of 12.0 in the 100m.



Shelly Mackall

Meet the Keydets

www.vmikeydets.com

Ania Najda

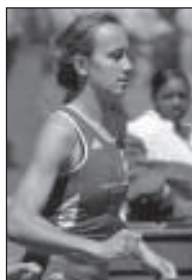


- *Sophomore*
- *Middle Distance, Steeplechase*
- *Olsztyn, Poland*
- *University of Warmia and Mazury*
- *Major: Business and Econ.*

This Season: As just a sophomore, will lead in Mid-Distance events and the Steeplechase.

2004-05: Ran a personal best time of 19:13 during the 2004 Big South Cross Country Championships... Set school outdoor records in the 800m (2:19.32), 1,500-meter steeplechase (4:47.63), and 3,000-meter steeplechase (11:21.36). Also set school indoor record in the 800-meter run with a 2:18.10 time... Finished second at Big South Outdoor Championship in the 3,000-meter steeplechase... Finished fifth at Big South Indoor Championship in 800-meter run.

High School/Personal: Native of Poland and was ranked in the top 10 in the world in 2004 for the 1,500 meter junior women's steeplechase...An accomplished middle distance runner with personal bests of 2:12 in the 800 meters and 4:38 in the 1,500 meters.



Ania Najda

Kathleen Resetar



- *Junior*
- *Distance*
- *Alexandria, Virginia*
- *Bishop Ireton*
- *Major: History*

This Season: Will once again contribute in the Distance events.

2004-05: Made strong improvements in 2005 with a personal best of 19.33 in the 5000m at the VCU Ram Outdoor Invitational... Was VMI's #3 runner at the 2005 Cross Country Championships... Earned All-Academic Team honors in Cross Country.

High School/Personal: Named to the Virginia State Private Schools Cross Country Team and was a member of the Virginia State Private Schools 2002-03 championship track team. An Institute Scholar at VMI.



Kathleen Resetar

Abby Ward

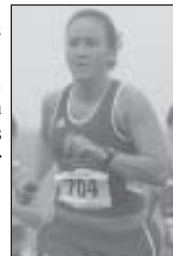


- *Junior*
- *Distance*
- *Fairfax, Va.*
- *Robinson Secondary*
- *Major: History & Int. Studies*

This Season: Looking to increase here contributions in the Distance Events.

2004-05: Ran well in the 2005 Cross Country season and Big South Championships... Finished with a time of 21:54.18 to help the Keydets finish 5th place overall.

High School/Personal: Ran for James Robinson high school where she recorded personal best of 2:28 for 800m and 12:07 for 3200m. A Member of the District Championship 4x800m relay both her junior and senior year at James Robinson, Abby is an Arabic and History major and is contracting in the US Army.



Abby Ward

Ashley West



- *Sophomore*
- *Sprints, Relays, Hurdles*
- *Miami, Florida*
- *Northwestern HS*
- *Major: Biology*

This Season: Looks to build on incredible freshman year in the long jump, sprints and hurdles.

2004-05: Had a phenomenal freshman season, breaking five school records... Broke indoor records in the 55m Hurdles (8.59), 60m High Hurdles (8.88) and Long Jump (18' 1")... Also set outdoor school records in the triple jump (36' 5-1/2") as well as in the 100m High Hurdles (15.06)... Finished second at the VMI Invitational in the long jump in her first meet as a Keydet.

High School/Personal: Named 2004 Northwestern High School Scholar Athlete-of-the-Year... A 2004 All-Dade County second team selection for track and field... 2004 State of Florida Runner-Up in the 100-meter high hurdles... Part of a team that was the state runner-up in the 2004 State of Florida Championships... Had personal records in the 100-meter high hurdles (14.3), the long jump (18' 6"), and the triple jump (38' 6").



Ashley West

2005-06 Women's Newcomers

www.vmikeydets.com

■ Roxanne Franck

Freshman – Poquoson, Va./Poquoson – Distance

Lettered in cross country (three years), indoor track (2 years) and outdoor track (3 years)... was team captain six times for the three sports... recieved the Sportsmanship/Athlete of the Year Award 2005 at Poquoson HS... brother Nicklaus attends VMI ('07)... ran cross country for VMI in 2005 season... full name is Roxanne Marie Franck... daughter of Monika and Alain Pirrone... majoring in Biology

■ Holly Giacolone

Freshman – Auburn, N.Y./ – Distance

Lettered in cross country, track (three years) as well as varsity basketball cheerleading... full name is Holly Ann Giacolone... daughter of John and Emelda Giacolone... majoring in Biology.

■ Christina Mowatt-Larssen

Freshman – Chantilly, Va./Westfield. – Distance

Lettered all four years in cross country, indoor and outdoor track... a two-time MVP of the Westfield cross country team... holds school records in the 3200m (indoor) and 4x800 (outdoor)... posted personal bests in the 3200m indoor (11:52), 1600m (5:19) and the 3200 outdoor (11:42)... ran cross country for VMI in 2005 season... full name is Christina Rosi Mowatt-Larssen... daughter of Rolf and Rosi Mowatt-Larssen... majoring in International Studies.

■ Amanda Moore

Freshman – Rustburg, Va./Rustburg – Mid-Distance, Distance

Four year letterwinner in cross country, indoor and outdoor track... named team MVP in cross country... set personal record of 20:27 in the 5k... holds course records at Liberty and Heritage... All-State performer in indoor track... holds school indoor records in the long jump, 500m and 2-mile run... All-Region performer in outdoor track... holds school outdoor record in the 4x400m... ran cross country for VMI in 2005 season... full name is Amanda Fawn Moore... daughter of Robert and Barbara Moore... majoring in Psychology.

■ Corielle Parsons

Freshman – Rockford, Mich./Rockford High School - Sprints/Hurdles

Was a three sport athlete at Rockford High School, lettering in track, volleyball and tennis... a regional qualifier all four years in track, as well as a state qualifier... posted personal bests in the 100m (12.3) and the 200m (26.7)... full name is Corielle Wyshay Parsons... daughter of Robert and Stacie Parsons... majoring in English.

■ Shannon Sellers

Freshman – Riverdale, Georgia/Our Lady Mercy Catholic – Sprinter

A two year letterwinner in softball, and ran track one year... member of the 4x100m team that placed sixth at state regionals... an Honor Roll member at Our Lady Mercy Catholic... full name is Shannon Danielle Sellers... daughter of Norman and Zenabo Witherspoon... majoring in Psychology.

■ Kelsey Stafford

Freshman – Charlottesville, Va./Western Albermarle - Distance

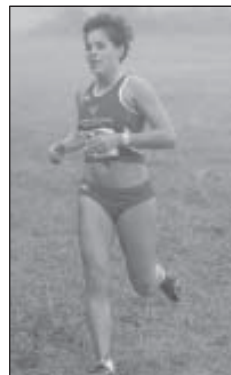
Lettered four years in cross country and indoor/outdoor track at Western Albermarle... All-State honors in all three sports... named Women in Sports Athlete of the Year... team was state champion in cross country (three years) and indoor track (three years)... Finished 10th at the 2005 Big South Cross Country Championships for VMI... first Keydet freshman to recieve All-Conference in cross country... full name is Kelsey Leigh Stafford... daughter of Jeffrey and Karen Stafford...majoring in Biology.



Kelsey Stafford



Christina Mowatt-Larssen



Roxanne Franck



The VMI women's cross country team had a school-best 2005 season, finishing 5th in the Big South after being picked 9th in the preseason polls. Leading the way were several freshmen, including Kelsey Stafford, Christina Mowatt-Larsen and Roxanne Franck.

VMI Records

www.vmikeyclets.com

Men's Indoor Track and Field School Records

EVENT	NAME(S)	RECORD	YEAR
55m Dash	Greg Hatchett, Kevin Mitchell	6.24	1988 1983
60m Dash	Paulvince Obuon	6.70	2005
200m Dash	Paulvince Obuon	20.85	2004
400m Dash	Mario Small	47.11	1989
500m Dash	Henry Sanchez	1:01.38	1983
800m Dash	Henry Sanchez	1:51.7	1984
1,000m	Jud Springer	2:27.8	1984
Mile Run	Jody Weatherwax	4:04.0	1980
1,500m	Jack Ditt	3:45.73	1983
3,000m	Jack Ditt	8:07.0	1983
5,000m	Ed Daniel	14:36.8	1981
55m HH	Greg Hatchett	7.33	1990
60yd HH	Tim Bridges	7.26	1979
Shot Put	Jordan Brandon	56' 1"	1997
35# Weight	John Chisholm	64' 6-1/2"	2001
High Jump	Dale Davis	7' 2-3/4"	1983
Long Jump	Marcus Lynch	25' 1-3/4"	2001
Triple Jump	Paul Perry	51' 4-3/4"	1979
Pole Vault	JB Rosson	16' 3-1/4"	2002
Mile Relay	Sanchez, Davis, Black, Estes	3:11.0	1984
1,600m Relay	Sanchez, Pitts, Estes, Davis	3:10.47	1983
3,200m Relay	Neville, Scott, Sanchez, Keyes	7:38.01	1979
Distance Med. Relay	Sanchez, Young, Springer, Ditt	9:48.31	1984
Heptathlon	Garrett Brickner	5,114	2005



J.B. ROSSON

J.B. Rosson, a 2005 VMI graduate, holds the VMI indoor and outdoor record in the Pole Vault.

**NOTE: All school records are current up to the start of the 2005-06 men's indoor season*

Men's Outdoor Track and Field School Records

EVENT	NAME(S)	RECORD	YEAR
100m Dash	Paulvince Obuon	10.20	2004
200m Dash	Mario Small	20.90	1991
400m Dash	Mario Small	45.76	1991
110m HH	Tim Bridges	13.8	1979
400m IH	Sylvester Davis	50.23	1984
800m	David Neville	1:48.54	1982
1,500m Dash	Jack Ditt	3:42.70	1982
3,000m ST.	Rex Wiggins	8:50.20	1978
5,000m	Jack Ditt	14:20.0	1981
10,000m	Paul Webb	30:32.0	1982
Long Jump	Terry Fortune	25' 2-1/4"	1985
Triple Jump	Malcolm Grimes	51' 6"	1977
High Jump	Dale Davis	7' 3"	1982
Pole Vault	JB Rosson	16' 4-3/4"	2004
Shot Put	Frank Boehling	57' 1/4"	1994
Discus	Tony Edwards	167' 8"	1982
Hammer	Jersey Johnson	199' 8"	1986
Javelin	Chris Brandriff	200' 4"	2001
Old Javelin	Jeff Roseme	245' 9"	1980
4x400 Relay	Davis, Estes Black, Sanchez	3:04.80	1984
4x100 Relay	Bratton, Frost Hatchett, Small	40.44	1991
Decathlon	Phil Alicea	7,125 pts.	1996



Paulvince Obuon

Junior Paulvince Obuon, a native of Kisumu, Kenya, holds VMI school indoor records in the 60m Dash and 200m Dash, and the outdoor record in the 100m Dash.

**NOTE: All school records are current up to the start of the 2005 men's outdoor season*

VMI Records

www.vmikeydets.com

Women's Indoor Track and Field School Records

EVENT	NAME(S)	RECORD	YEAR
55m Dash	Shelly Mackall	7.23	2003
60m Dash	Shelly Mackall	7.73	2005
200m Dash	Shelly Mackall	25.77	2005
400m Dash	Aarika Johnson	60.17	2004
500m Dash	Aarika Johnson	1:19.67	2004
800m Dash	Ania Najda	2:18.10	2005
1,000m	Rachel Love	3:15.27	2001
Mile Run	Rachel Love	5:14.00	1998
3,000m	Emily Naslund	10:40.65	2003
5,000m	Emily Naslund	18:43.41	2003
55m H	Ashley West	8.59	2005
60m HH	Ashley West	8.88	2005
Shot Put	Mildred Cooper	47' 11-3/4"	2005
20# Weight	Mildred Cooper	56' 7-1/2"	2005
High Jump	Jennifer Carroll	5' 5-3/4"	2001
	Trisha Coughlin		2005
Long Jump	Ashley West	18' 1"	2005
Triple Jump	Mia Utz	28' 9"	1998
Pole Vault	Nadia Wendlandt	11' 5-3/4"	2003
4x400m Relay	Jones, Tugman Naslund, Johnson	4:08.88	2002
Distance			
Med. Relay	Blain, Johnson McAtee, Naslund	12:39.71	2004

Ania Najda



Sophomore **Ania Najda**, captured the VMI indoor 800m, and outdoor 800m, 1,500m and 3,000m steeplechase records in her 2005 freshman campaign.

**NOTE: All school records are current up to the start of the 2004-05 women's indoor season.*

VMI Women's Outdoor Track and Field School Records

EVENT	NAME(S)	RECORD	YEAR
100m	Shelly Mackall	12.00	2004
200m	Shelly Mackall	25.06	2003
400m	Aarika Johnson	59.28	2004
100m HH	Ashley West	15.06	2005
400m IH	Aarika Johnson	67.84	2004
800m	Ania Najda	2:19.32	2005
1,500m	Ania Najda	4:47.63	2005
3,000m St.	Ania Najda	11:21.36	2005
5,000m	Hatley Clifford	18:39.13	2005
10,000m	Hatley Clifford	39:48.66	2005
Long Jump	Jennifer Carroll	18' 0"	2001
Triple Jump	Ashley West	36' 5-1/2"	2005
High Jump	Jennifer Carroll	5' 8-3/4"	2001
Pole Vault	Nadia Wendlandt	11' 1/4"	2003
Shot Put	Mildred Cooper	47' 10-1/2"	2002
Discus	Mildred Cooper	141' 1-1/4"	2005
Hammer	Mildred Cooper	160' 1-1/4"	2005
Javelin	Alexis Abrams	102' 2"	2001
4x400m Relay	Blain, Thompson Mackall, Johnson	4:05.79	2003
4x100m Relay	Johnson, Arraiz Ferguson, Mackall	49.30	2004
Heptathlon	Jennifer Carroll	3,857 pts.	2000

Mildred Cooper



Mildred Cooper, a 2005 VMI graduate, holds the VMI indoor Shot Put and 20# Weight records, and outdoor records in the Shot Put, Discus, and Hammer Throw.

**NOTE: All school records are current up to the start of the 2005-06 women's outdoor season*

Conference Affiliation

www.vmikeyclets.com

The Big South Conference:

This year marks the **third consecutive year** for Virginia Military Institute as a member of the Big South Conference. The VMI Athletic Program concluded its 79-year partnership with the Southern Conference and officially joined the Big South Conference on July 1, 2003.



For more than 20 years, the Big South Conference has been a progressive, NCAA Division I athletic conference reflecting the energy and growth of the Southeastern United States. Founded in 1983, the Big South has matured into a competitive leader in college athletics, actively pursuing excellence both on the field of play and in the classroom. Based in Charlotte, N.C., the Big South Conference's growing presence as an NCAA Division I athletic league is evident by competitive success on the national stage, innovative marketing and media partnerships, increased football and basketball television packages, the enhancement of the quality of the student-athlete experience, and strategic planning that will carry the Big South Conference throughout the 21st Century.

Now in its 22nd year of existence, the Big South Conference is emerging, providing quality athletic competition while intentionally fostering the academic, personal, social and athletic development of each student-athlete. The League consists of nine member institutions: Birmingham-Southern College, Charleston Southern University, Coastal Carolina University, High Point University, Liberty University, UNC Asheville, Radford University, Virginia Military Institute and Winthrop University, while its geographic breakdown features Alabama (1 member), North Carolina (2), South Carolina (3) and Virginia (3). Gardner-Webb University is an associate member in football.

Last year's academic success mirrored the on-field achievements. Nine student-athletes earned Academic All-America accolades, including three first-team selections, while 23 were named Academic All-District. In football, four players were named to the 36-member I-AA Athletics Directors Association Academic All-Star Team, the Big South's largest representation on the national team in its three-year football history. In addition, 50.7% of the Conference's student-athletes achieved at least a 3.0 grade point average in 2004-05 and were named to the Big South's Presidential Honor Roll.

2005 New Balance Big South Conference INDOOR Track & Field Championships

Rector Fieldhouse, Blacksburg, Va.

Final Results: (MEN)

1. Liberty (190.50)
2. **VMI (137)**
3. Charleston Southern (99)
4. High Point (70)
5. Radford (64.5)
6. Winthrop (40)
7. UNC Asheville (21)

Final Results: (WOMEN)

1. Liberty (176.5)
2. Coastal Carolina (173)
3. Charleston Southern (70.5)
4. Radford (58)
5. High Point (47)
6. UNC Asheville (33)
7. **VMI (30)**
8. Winthrop (27)

NOTES: VMI's **Paulvince Obuon** won Men's Outstanding Track Performer honors with wins in the 60 meters (6.75), 200 meters (21.6) and 400 meter dash (48.32). His 400 meter time also set the Conference and Championship records. Teammate **Garrett Brickner** won the Men's Outstanding Field Performer after claiming titles in the high jump and long jump.

2005 Big South Conference OUTDOOR Track & Field Championships

Rector Fieldhouse, Blacksburg, Va.

Final Results: (MEN)

1. Liberty (200)
2. Coastal Carolina (158)
3. **VMI (116)**
4. Charleston Southern (111.50)
5. Radford (74)
6. High Point (68)
7. UNC Asheville (50)
8. Winthrop (34.50)

Final Results: (WOMEN)

1. Coastal Carolina (285.50)
2. Liberty (230)
3. Charleston Southern (75.50)
4. Radford (67)
5. Winthrop (48)
6. High Point (44)
7. **VMI (40)**
8. UNC Asheville (23)

NOTES: Several conference awards were handed out at the event. The men's and women's Scholar Athlete-of-the-Year awards went to VMI senior **Ty Denby** (Scottsville, Va./Fluvanna Co.) and Liberty senior **Danielle McNaney** (Gardner, Kan.) respectively.

2006 Big South Conference INDOOR Track & Field Championships

Clemson University
February 24-25, 2006

2006 Big South Conference OUTDOOR Track & Field Championships

Coastal Carolina University
April 20-22, 2006

The Southern Conference

Although the VMI track and field program is no longer a member of the Southern Conference, their impressive legacy in SoCon history will forever remain. Dating back to 1930, the Keydets have captured **17 indoor and 14 outdoor men's track and field championships** to go along with **five cross country championships**. The following list documents the years that VMI claimed those titles:

Southern Conference Men's Indoor Track and Field Titles:

1954, 1955, 1958, 1959, 1960, 1964, 1965, 1978, 1979, 1981, 1982, 1983, 1988, 1991, 1993, 1996, 2001

Southern Conference Men's Outdoor Track and Field Titles:

1954, 1955, 1978, 1979, 1981, 1982, 1983, 1988, 1990, 1991, 1994, 1997, 1998, 2000

Southern Conference Men's Cross Country Titles:

1930, 1954, 1958, 1959, 1960



Track & Field Facilities

www.vmikeydets.com

VMI prides itself on providing the student-athlete with the tools to improve himself not just intellectually, but physically. The ability to help every Keydet track and field member reach his/her maximum potential has itself been brought to a new level in 1995 with a massive renovation and refurbishing of the Charles S. Luck '20 Memorial Weight Room, located in Cocke Hall.

With over 7,000 square feet of space, the Luck Weight Room now contains over 15,000 lbs. of free weights, and 2,000 lbs. of dumbbell weights. Over 70 pieces of free weight training equipment are available for the use of the student-athlete, and over 40 pieces of resistive training machine-type equipment.

Among the key acquisitions of the recent renovations was the addition and enlargement of the dumbbell training area, which almost tripled in size and now contains weights ranging from five to 140 pounds. Auto-spot benches were installed, among the newest and safest pieces of weight training equipment available on the market.

New Olympic platforms were installed, with increased cushioning and padding for the weights. Four heavy-duty power racks, weighing 400 pounds each, were installed, and a number of back, leg, and neck machines were installed to complement existing equipment. Finally, the entire area was recarpeted and repainted to provide athletes with comfortable surroundings in which to weight train.

A new addition to the list of facilities available to the student-athlete opened this spring - the Cardio Room. Located next to the Luck Weight Room, the Cardio Room is equipped with the latest in cardiovascular workout and fitness equipment - all in a pleasant atmosphere for Keydet athletes to train and excel.

The Athletic Training Room is located in Cameron Hall, with smaller auxiliary training rooms located in Clarkson-McKenna Hall and Patchin Field House. Under the supervision of Director of Sports Medicine Lance Fujiwara, M.S., ATC, the sports medicine staff implement prevention of injury and immediate treatment, and rehabilitation procedures for the injured athlete, as directed by a physician. The Cameron Hall Athletic Training Room features four whirlpools, seven treatment beds, and taping bench, and various pieces of rehabilitation and treatment equipment.

Across from the Athletic Training Room is the sports medicine department's rehabilitation center, which houses lifecycles, a stairmaster, and a versa-climber for cardiovascular conditioning of rehabilitating athletes.

Track & Field Facilities:

Keydet track and field athletes have the benefit of being able to train year-round in some of the finest track facilities in Virginia and the region.

The H.M. "Son" Read '16 Memorial Track is the most recent jewel added to on-post facilities. In 1986, the outdoor track was converted from six to eight lanes, and from 440 yards to 400 meters. It was recently recovered with a new polyurethane surface. Completion of the project, along with the 1986 and 2000 renovations, gives VMI one of the best ovals in the Southeast and a 10,000 seat outdoor facility that opens a new era in outdoor scheduling at the Institute. VMI has played host to the Southern Conference Outdoor Track Championships in 1991, 1994, 1997, and 2001.

The Cormack Field House, one of the first indoor facilities in the nation, continues to provide an outstanding training and meet site for the winter track season. Nicknamed "The Pit," the building was renamed in 1986 after Walt B. Cormack, the legendary VMI track coach who guided the Keydets for 25 years and started the Winter Relays, a renowned meet which attracts up to 30 schools a year. Cormack Field House features a newly resurfaced 200-meter banked APS Tartan track and newly renovated locker rooms that house both the VMI men's and women's track teams. 35 Southern Conference Indoor Championships have been held in the building that will continue to play an important role in the Keydet Track and Field program .

The Shenandoah Valley area offers some of the most beautiful yet challenging terrain imaginable for training. During the fall, members of the VMI Cross Country team utilize the rugged hills and wooded paths in the area to prepare for the upcoming season. The Blue Ridge Parkway, less than 10 miles away, is also a frequent training site.



VMI Superintendent

www.vmikeyclets.com



General J.H. Binford Peay, III

Virginia Military Institute Superintendent

General J.H. Binford Peay, III officially became VMI's 14th Superintendent on July 1, 2003. Peay, a 1962 graduate of the Institute, has served on several Institute boards over the years. His father and two sons are also VMI graduates.

He was most recently the Chairman of the Board, President and CEO of Allied Research Corporation in Vienna, Va.

Before joining Allied Research Corporation, Peay was a career U.S. Army officer who attained the rank of four-star general. His last two assignments were Vice Chief of Staff for the U.S. Army and Commander-in-Chief, United States Central Command. He directed strategic and operational matters in the Persian Gulf, Africa, South Asia and the Middle East.

As Commanding General of the 101st Airborne Division, Peay commanded the division during operations Desert Shield and Desert Storm. The general, a Vietnam combat veteran, has won numerous military awards and decorations including the Defense Distinguished Service Medal, the Army Distinguished Service Medal, the Silver Star and the Purple Heart.

"This is an exciting time in the Institute's history," said Samuel B. Witt, III, President of the VMI Board of Visitors. "General Peay is a man of high intellectual distinction with a demonstrated devotion to excellence in education, proven qualities of leadership, a capacity to guide VMI, and a dedication to the ideals and core values so prized and vital in this community."

On the eve of the Institute's 164th anniversary in November 2003, the Superintendent said he is taking a long-range approach while looking ahead to VMI's bicentennial.

"Forward we will go on our journey to the year 2039 and beyond," he said. "As our Founders knew so well, they were not building for the moment, they were building for the future. And so are we."

Peay said VMI should continue to set its sights on forming potential leaders for all walks of life, holding true to the Institute's historic mission inscribed on the Parapet.

"This is our primary commitment: the development of honorable, informed and energetic young men and women," he said. "That will be our focus."

The Superintendent said in order to accomplish the goals, he will concentrate on four focus areas, the first of which is the physical and cultural environment. This area includes, among other things, growing the size of the Corps to 1,500 cadets, delivering an exciting construction program, and creating a Post that resonates with history.

"This includes some 'rebalancing' and/or growth in engineering and sciences to offset recent declines and to meet 21st century requirements," he said.

General Peay's third focus area is a leader-focused approach to athletics at the Institute where every cadet is an athlete and every athlete is a cadet.

"I see a more structured, resourced intramural program, growth in club sports, and expanded women's programs," he said. "This will enable us to build leaders and promote health and fitness."

The Superintendent's fourth area of focus deals with the military aspect of the VMI experience.

"A massive increase in commissioning, mostly Guard and Reserve, and a common four-year ROTC program for all whether a cadet takes a commission or not."

General Peay explained the importance of these goals and how they can lead to the immediate and future success of VMI.

"These four areas will require all of us to synchronize and integrate our daily actions and philosophies with the clear understanding of the wisdom of commonality of purpose," he said. "In 2039 we will celebrate our 200th anniversary, a short 35 years from tomorrow. How triumphant it will be depends on what we do here and now."

VMI Athletic Director

www.vmikeydets.com



Donny White

Director of Intercollegiate Athletics

The most ambitious capital improvements to athletic facilities in 20 years is about to be launched under the Vision 2039 initiative of VMI Superintendent General J.H. Binford Peay, and seventh year Athletic Director Donny White has been a guiding force in the process.

Over the next year, groundbreaking will take place for improvements to the football stadium, and a new 1,000 seat baseball stadium at Patchin Field is expected to open in time for the 2007 season.

Facilities improvement is just one issue that White has tackled since taking over as AD in 1998. Upon his return, White immediately went to work addressing the challenging issues facing the VMI athletic department. At the same time, he has built support for intercollegiate athletics among the VMI community and its alumni. His effort has resulted in a change in

conference affiliation, increased funding for operations, the development of women's athletics, and a better overall competitive environment for VMI sports.

White returned to the Institute on Apr. 22, 1998, after serving six successful years as athletic director at Patrick Henry High School in Ashland, Va. White guided the school's athletic program to unprecedented achievement both on and off the field and led the efforts to improve funding and facilities for the school's athletic program.

White compiled a distinguished VMI coaching career in two sports spanning 15 years. He joined the football staff of Bob Thalman in 1971 as a defensive backfield coach and helped lead the Keydets to two Southern Conference Championships and a State Championship in 1977. White coached the defensive backs to a number one national ranking in 1975 and number four ranking the following season. He served as VMI co-defensive coordinator from 1976 to 1981 and had the Southern Conference's top-ranked defense in 1977. His defensive backfields led the conference in pass defense three times. White also recruited seven football players who were selected all-conference.

In the fall of 1981, White became VMI head baseball coach and began to resurrect a program that had not won a Southern Conference game the three previous years. His 1982 debut squad compiled six league wins and White was named Southern Conference Co-Coach of the Year. His teams won 85 games in six years and his 1987 squad reached the Southern Conference championship game. While serving as baseball coach, White also taught on the Physical Education staff as an assistant professor.

White entered private business in 1987, but returned to the full-time athletic ranks in 1992 when he accepted the athletic director position at Patrick Henry. White supervised all areas of the Patriot athletic program and helped improve facilities, season ticket sales, and booster club membership. The football program reached the ranks of the state's elite, winning 57 of 65 games, five district titles, four regional titles, a state runner-up trophy, and the state AAA, Division 5 championship in 1994.

White is a 1965 graduate of VMI with a B.S. degree in civil engineering. As a cadet, he was a Distinguished Military Student, named Who's Who in American Colleges and Universities, and was awarded the Pres. Brown Athletic Cup for excellence. White co-captained the 1964 VMI football team and was selected All-Southern Conference in baseball for three consecutive years as a shortstop while also leading the team in batting. He was inducted into the VMI Sports Hall of Fame in 1975.



After graduation from VMI, White was commissioned as a field artillery officer in the U.S. Army and served a tour of duty in Vietnam. His decorations include the Bronze Star, Purple Heart, and Air Medal with four oak leaf clusters.

White and his wife, Bettie reside in Lexington.

VMI BOARD OF VISITORS

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Blackstone, Virginia

Media Information

www.vmikeydets.com

Getting to the H.M. "Son" Read '16 Memorial Track

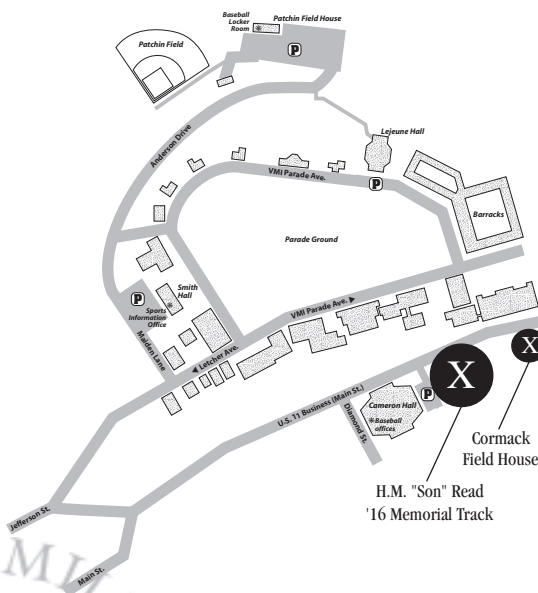
Directions to the H.M. "Son" Read '16 Memorial Track and Cormack Field House ("The Pit")

Traveling north on I-81...

Take exit 188-B (60 West) and proceed to Lexington (a couple of miles). Turn right on Main St (which is one way north at this point). Stay in right lane. Proceed on Main St. approximately 1/2 mile and Alumni Memorial Field/H.M. "Son" Read '16 Memorial Track and Cormack Field House ("The Pit") will appear on your right.

Traveling south on I-81...

Take exit 195 and turn right at the end of the exit ramp (11 South). Proceed south on 11 to Lexington (about 5 miles). Follow the signs to downtown Lexington (11 business . . . Main Street). Stay on Rt. 11 business (Main St.) and Cormack Field House ("The Pit") and Alumni Memorial Field/H.M. "Son" Read '16 Memorial Track will appear on your left as you enter the VMI post.



VMI Sports Information

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Wade Branner (VMI '83)

Asst. Sports Information Director:

Christian Hoffman (Lee '03)

Sports Information Assistant

Joel Balthaser (Dayton '01)

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Wade Branner



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Birmingham-Southern College
Vice President: Dr. Anthony J. DiGiorgio,
Winthrop University

MEDIA CONTACTS:

- Marcia Hollingsworth**, Director of Public Relations
- Mark Simpson**, Assistant Director of Marketing & Championships
- Lauren Cooper**, Coordinator of Creative Services
- Chad Cook**, Assistant Director of Marketing (Outdoor Track & Field Contact)
- Nic Bowman**, Asst. Director of Public Relations (Indoor Track & Field Contact)

Full-Time Member Institutions (9): Birmingham-Southern College, Charleston Southern University, Coastal Carolina University, High Point University, Liberty University, Radford University, UNC Asheville, Virginia Military Institute, Winthrop University

Geographical Breakdown (4 states): Alabama (1) – Birmingham-Southern College; North Carolina (2) – High Point University, UNC Asheville; South Carolina (3) – Charleston Southern University, Coastal Carolina University, Winthrop University; Virginia (3) – Liberty University, Radford University, Virginia Military Institute.

Championship Sports (18): Baseball, Men's Basketball, Women's Basketball, Men's Cross Country, Women's Cross Country, Football, Men's Golf, Women's Golf, Men's Soccer, Women's Soccer, Softball, Men's Tennis, Women's Tennis, Men's Indoor and Outdoor Track & Field, Women's Indoor and Outdoor Track & Field, Volleyball.



2005-06 Cross Country

www.vmikeydets.com

2005 Men's Cross Country Season Review



Going into the 2005 season, the VMI men's cross country team had a pair of goals. The first was to move into the top three schools in the Big South Conference Championships at year's end, while the second was to be the first cross country team at VMI to receive a NCAA regional ranking. Well, the Keydets surpassed both those goals and racked up several other achievements along the way.

First, after they took first place at the 1st annual VMI Cross Country Invitational, the Keydets were ranked 15th in the NCAA South East Region poll. The Southeast region is comprised of 42 Division I schools that sponsor cross country in Virginia, North Carolina, South Carolina and Kentucky, and VMI was one of only three Big South schools to receive a regional ranking.

Next, the Keydets rounded out its pre-season goals by taking second place at the 2005 New Balance Big South Conference Men's Cross-Country Championship. The runner-up finish matched the Keydets' best result since the team won the 1960 South-eastern Conference Championship. Sophomore Donnie Mikels finishing in seventh place overall and becoming VMI's first Big South All-Conference performer since joining

"Over the past three years, we've gone from 7th place, to 4th place to now 2nd place, and I see this program making major steps in the right direction."
- head coach Paul Spangler

the League three years ago. Mikels was finished closely by sophomore Ben Switzer good enough for 11th overall. Freshman Pat Eggleston was the third Keydet finisher, coming in 15th overall. Rounding out the scoring for VMI was junior Anthony Harris, 18th overall, and freshman Jared Klajnbar, good for 22nd

As mentioned, the Keydets also had several other impressive accomplishments in 2005. The team posted several individual best performances as they took 21st place of 44 teams at the Paul Short Invitational, one of the premier cross country meets on the Eastern Seaboard that featured several nationally and regionally ranked teams. The Keydets opened the season by capturing first place at the 1st annual VMI Cross Country Invitational held at the Virginia Horse Center in Lexington. The men also took home first place honors at the Winthrop Asics Cross Country Invitational. Mikels captured individual recognition as well for VMI, earning VMI Athlete of the Week honors three times, and was selected as the Big South Conference Choice Hotels Men's Cross Country Runner of the Week.

The season was capped off when the VMI men's cross team was awarded with the Big South Conference's Team Sportsmanship Award for men's cross country, part of the Big South's new initiative, team and institutional sportsmanship awards for the 2005-06 season.

2005 Women's Cross Country Season Review



The VMI's Women's Cross Country Team capped off a very successful 2005 season with a 5th place finish at the Big South Cross Country Championships. The 5th place finish by the women is the highest in the program's history. This year's squad was led by freshmen Kelsey Stafford, who in placing 10th at the Big South Championships assured her a place in VMI history as the first ever female named to the All-Conference Cross Country Team. Look for Kelsey, along with freshmen teammates Christina Mowatt-Larssen, Roxanne Franck, and Amanda Moore to score points in the upcoming indoor and outdoor track season.

"For the women to finish in fifth place after being voted ninth of nine teams in the pre-season poll is an outstanding accomplishment." - head coach Paul Spangler

Stafford finished in 10th overall with a time of 19:01 on the 5,000 meter course. The second finisher for VMI was freshman Christina Mowatt-Larssen, who finished in 36th place overall and turning in perhaps the most impressive performance for the Keydets was Kathleen Resetar, who was the team's third finisher in 37th place. Resetar was also honored by the Big South Conference as she earned All-Academic Team honors. Rounding out the scoring for VMI was freshman Roxanne Franck, while Amber Blain finished in 55th place.

The women's cross country team looks forward to continued growth in the near future, led by its strong nucleus of young talented runners. After jumping from ninth place to fifth place, the Keydets will look to improve on that mark in the 2006 season.

