



Virginia Military Institute

The Institute:

The Virginia Military Institute is the nation's oldest state-supported military college, founded in 1839 in Lexington, Virginia, located at the southern end of the Shenandoah Valley. VMI offers qualified young men and women a demanding combination of academic study and rigorous military training that exists nowhere else, and grants B.A. and B.S. degrees in fourteen disciplines within the general fields of engineering, science, and liberal arts. The Institute's emphasis on qualities of honor, integrity, and responsibility contributes to its unique educational philosophy. Professional leadership training is provided to all cadets through the Reserve Officers' Training Corps (ROTC) programs, maintained at VMI by the Department of Defense. Cadets are encouraged to pursue commissions in the U.S. Army, Air Force, Navy, or Marine Corps.



In every field of endeavor, whether it's leadership in business, industry, public service, education, the professions, or careers in the military, success comes early to a high number of VMI graduates. In an independent survey of college graduates seeking employment, armed forces commission, or admission to graduate or professional school following graduation, 95 percent of VMI graduates met their goal by the following October.

VMI's academic breadth is diverse, and curricula for the selected major begins the first year. About 30 percent of cadets major in civil, electrical, or mechanical engineering, about half the Corps majors in liberal arts fields, and the two most popular majors are economics/business and history.

For five consecutive years, U.S. News & World Report's "America's Best Colleges," has named VMI as the No. 1 public-supported liberal arts college in

the nation, and ranked its engineering program in the top one-third of "Best Undergraduate" accredited programs at schools offering only bachelor's and master's degrees. In separate rankings for engineering specialties, VMI's civil engineering program ranks ninth. VMI has been repeatedly included in Peterson's "Competitive Colleges," guide. The highly respected book includes information on, "top colleges for top students." In addition, Princeton Review named VMI to its "Best Mid-Atlantic Colleges" list.

Alumni:

VMI's alumni support is unparalleled in many ways, especially in their financial support. In the most recent survey by the National Association of College and University Business Officers (2003), VMI's \$280 million endowment is the largest per student of any public institution.



VMI alumni include Nobel Prize winner George C. Marshall; ten Rhodes Scholars; and 40 college presidents. VMI alumni have distinguished themselves in every American conflict since the Mexican War, among them 7 Medal of Honor recipients, and 265 general and flag officers. Some 500 alumni served in Gulf War operations "Desert Storm" and "Desert Shield," and nearly 1,000 VMI

graduates are now or have been deployed in support of operations in Afghanistan and Iraq. Lieutenant General Carl A. Strock, Chief of Engineers for the U.S. Army, continue a long line of VMI graduates in the highest positions of military leadership.

The VMI Corps of Cadets:

Today 1,300 young men and women in the VMI Corps of Cadets represent 36 states and six foreign countries. Over 100 study abroad each year, one-third compete in intercollegiate athletics, and all have significant leadership opportunities.



All cadets reside in "Barracks," the centerpiece of the VMI "Post." The original structure was built in 1850 and is a National Historic Landmark. An additional wing was added in 1949.

VMI cadets uphold an honor system as old as the Institute. An oath of honor is taken by each cadet, "not to lie, cheat, or steal, nor tolerate those who do," and the oath is practiced in daily life. Honor is the cornerstone of every cadet's lifelong commitment to integrity, duty, self-discipline, and self-reliance.

One of the oldest VMI traditions is the orientation and instruction provided to new cadets by old cadets. Regardless of background or prior training, every cadet in his/her first year at VMI is a "Rat," and each is a "Brother Rat" to the other. They live under the "Rat System" until "Break Out," and their bonds formed by this experience are lifelong.

Faculty:

All VMI faculty members teach in the classroom, and 98 percent hold doctoral or terminal degrees in their disciplines. The cadet to faculty ratio is 11:1, permitting a close, "mentor" relationship between a cadet and instructor, and faculty research is frequently conducted in partnership with cadets. ROTC instructors are experienced military officers, and make an outstanding contribution to cadet leadership training.

Academic Program:

VMI's demanding academic program reflects established needs and emerging trends of an ever-changing, global society. A robust undergraduate research initiative extends through summer, affording cadets and faculty financial incentives and continuous support for a wide range of investigative projects. The Institute's international programs include faculty and student exchanges with more than a dozen international academies and universities, seven foreign

internships, and numerous study-abroad programs each semester and during the summer. The Institute Honors Program offers highly motivated and high-achieving cadets the opportunity to enrich their academic experience, including through competition for prestigious external scholarships. The Institute Writing Program seeks to equip cadets for both academic success and participation in the full range of rhetorical occasions they will encounter in their lives as citizens and professionals.

Quick Facts About VMI:

- ▶ *Founded in 1839 as the first state military college.*
- ▶ *VMI fields 16 men's and women's sports in five Division I conferences.*
- ▶ *Within five months of graduation, approximately 89% of each class has full-time employment or is in graduate school (commissioned graduates - 40%).*
- ▶ *96% of full-time faculty members hold the Ph. D. or terminal degree.*
- ▶ *11:1 student to faculty ratio.*
- ▶ *For Six consecutive years, U.S. News & World Report's "America's Best Colleges," named VMI the No. 1 public-supported liberal arts college in the nation.*
- ▶ *The VMI Foundation's \$280 endowment ranks first in the nation in endowment per student among public colleges and universities.*

VMI is accredited by the Southern Association of Colleges and Schools, is a member of American Council on Education, the Association of American Colleges, the College Entrance Examination Board, and the Association of Virginia Colleges. VMI's engineering programs are accredited by the Accreditation Board for Engineering and Technology; and the chemistry program is accredited by the American Chemical Society.

Majors and Degrees:

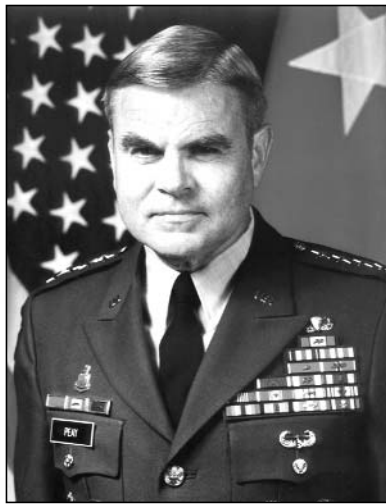
VMI offers the baccalaureate degree in fourteen curricula. The B.S. is awarded in applied mathematics, chemistry, civil engineering, computer science, electrical engineering, mechanical engineering, and physics. The B.A. is conferred in economics and business, English, history, international studies, modern languages, and psychology. The B.S. or B.A. can be earned in biology. A course of study

leading to the B.S. or B.A. is chosen upon entering VMI, but transfer from one major field of study to another is permitted.

Vision 2039:

From the perspective of VMI's long history, the 200th anniversary of its founding is just around the corner. Superintendent J.H. Binford Peay III has set in motion the work of a number of study groups that are focusing on such areas as the Institute's physical and cultural environment; academics; athletics; and military component. These groups are looking at ways to ensure VMI will be vibrant and relevant when the Institute's 200th anniversary arrives in 2039.

Gen. J.H. Binford Peay, III VMI Superintendent



General J. H. Binford Peay III, VMI Class of 1962, became the Institute's 14th Superintendent on July 1st 2003. Through Vision 2039, he has ushered in a period of enthusiasm, growth, and change throughout all aspects of VMI. Never losing sight of VMI's primary "academic focus," which he emphasizes as "first among equals," Vision 2039 sets forth a plan that will guide the Institute for decades to come, as it moves toward its 200th anniversary.

Enhancing the physical and cultural environment is a key component for the future. Full renovations of Nichols Engineering Hall, Crozet Hall, and J.M. Hall have just recently been completed, with major modernization projects at Kilbourne Hall and Mallory Hall, a new Leadership and Ethics Center, and a third Barracks all commencing in fall 2006.

In addition to the new third barracks structure, this four- year project will include modernization of all rooms in the current Old and New Barracks as well. General Peay and his staff have also spent hundreds of hours buried in the details of cadet leadership functions, cadet organizations, the regimental and class systems, the Honor System, and the cadet daily schedule. "We must have the daily schedule right; leadership, cadet life, study time, management skills, and everything else at VMI evolve around that," says General Peay.

Academically, VMI remains a clear leader among small undergraduate colleges. As part of the extensive Southern Association of Colleges and Schools (SACS) accreditation process, the academic team is currently engaged in conducting a comprehensive review of its "core-curriculum." Modernized and technologically enhanced academic buildings and a full academic support staff compliment splendid instructors. The Institute receives annual recognition for its programs.

Military and athletics combine with academics to form the historic three-legged stool at

VMI, and both play major roles in Vision 2039. A significant increase in commissioning is called for as General Peay emphasizes the importance of military service, not necessarily as a career, but rather for a couple of years in the true spirit of the citizen-soldier. A strong proponent of athletics, Vision 2039 (and "every cadet an athlete") calls for huge capital building efforts which will benefit intercollegiate teams, club teams, intramural sports, and the Corps in general. The initial and most obvious effort is the newly renovated football stadium which will be dedicated - Foster Stadium - in September 2006 in honor of P. Wesley Foster, Jr., VMI Class of 1956.

The Gray-Minor Baseball Stadium, named in honor of Senator Elmon Gray '46 and G. Gilmer Minor, III '63, and the Paulette Locker Room complex in honor of Bill Paulette '69 will be completed in time for the 2007 baseball season and will be dedicated in the spring. A lacrosse-soccer stadium, additional multi-purpose fields, new Corps confidence courses, tennis courts, RAT Challenge courses, and an improved cross country "Chessie Trail" are planned for the North Post area and will "round-out" what General Peay calls "Leadership Valley."

General Peay considers his Superintendency as an opportunity to give something back to VMI which has had such a significant influence on his life and that of his family. His Father, J.H.B. Peay, Jr. was a graduate of the VMI Class of 1929, and he and his wife Pamela, have two sons, who are also graduates: Jim, a Captain, VMI Class of '98, and Ryan, a Captain, VMI Class of '02, both currently serving in the United States Army.

Born in Richmond, Virginia on 10 May 1940, General Peay, upon graduation, was commissioned a Second Lieutenant of Field Artillery, embarking on a 35-year career in the United States Army. He holds a Bachelor of Science degree in Civil Engineering from VMI, a Masters of Arts degree from George Washington University, and he is also a graduate of the United States Army War College. As a cadet, he was a quarterback on the football team, a member of the Honor Court, a Battalion Commander and awarded the Institute's prestigious Cincinnati Medal at graduation.

He assumed command of the 101st Airborne Division on 3 August 1989 and led the Division throughout Operations DESERT SHIELD and DESERT STORM in the Persian Gulf. Promoted to Lieutenant General in 1991, he was assigned as the Deputy Chief of Staff for Operations and Plans, Department of the Army and Senior Army Member, United States Military Committee, United Nations and on 26 March 1993, he was promoted to the rank of General and appointed the 24th Vice Chief of Staff of the United States Army.

His last assignment was Commander-in-Chief, United States Central Command, MacDill Air Force Base, Florida, from 5 August 1994 to 13 August 1997, with responsibility for the region encompassing twenty countries in Africa, the Middle East, Persian Gulf and South Asia. General Peay is currently Chairman of the Board of Trustees, The National Defense University; Chairman, the Allied Defense Group, and a Director, BAE Systems, Inc.





Donny White VMI Athletics Director

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.

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

Over the past year, groundbreaking took place for improvements to the football stadium, and a new 1,300 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



The Big South Conference



Kyle Kallander
Commissioner



James Companion
Assoc. Commissioner



Dawn Turner
Assoc. Commissioner



Mark Simpson
Director of
Public Relations



Lauren Cooper
Coordinator of Creative
Services



Chad Cook
Assistant Director of
Marketing

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 has carried the Big South through the first decade of the 21st Century.

Now in its 23rd year of existence, the Big South Conference continues to emerge, providing quality athletic competition while intentionally fostering the academic, personal, social, athletic and leadership 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). Two new members will join the Big South footprint in 2008-09. Gardner-Webb University, an associate member in football, will become a full member, joining Presbyterian College, which is beginning its transition to Division I athletics in 2006.

In the Fall of 2002, the Big South welcomed the addition of football as a Conference sport, bringing the number of Division I championship programs the Big South sponsors to 18. The League sponsors nine championship sports for men: baseball, basketball, cross country, football, golf, soccer, indoor/outdoor track, and tennis, as well as nine for women: basketball, cross country, golf, soccer, softball, tennis, indoor/outdoor track and volleyball. Again this year, Big South champions in men's and women's basketball, men's and women's soccer, volleyball, men's and women's golf, baseball, softball, men's and women's tennis and men's and women's track & field will receive automatic bids to NCAA Championships.

The Big South continued its growing achievements in 2005-06, as the League experienced Top 15 rankings in the national RPI in baseball, softball and women's basketball, as well as Top 20 ranking in men's basketball

and volleyball. Big South members defeated the No. 1 football and baseball team in the nation (Coastal Carolina football vs. James Madison and Winthrop baseball vs. North Carolina); the Big South had its first-ever national finalist for NCAA Woman of the Year (Winthrop's Janiva Willis); Liberty's Josh McDougal became the first Big South athlete to receive All-America honors in the three running sports in the same season (cross country, indoor track and outdoor track); the Big South placed two teams in the NCAA Baseball Regionals for the fifth time in six seasons; the Conference went 2-1 in its first-ever participation in the ESPN BracketBusters men's basketball event; Coastal Carolina men's golf reached the NCAA Championship for the second-straight year; the Big South had more than 20 All-Americans, including six first-team selections.

Last year's academic success mirrored the on-field achievements. A total of 32 Big South student-athletes were named Academic All-District, four of which earned Academic All-America accolades. In football, Charleston Southern's Adam DeGraffenreid was tabbed the I-AA Athletic Directors National Scholar Athlete of the Year, the second time in three years the award was bestowed upon a Big South football player.

In celebrating its 20th anniversary in 2003-04, the Big South inducted its inaugural Hall of Fame class, which included 11 former student-athletes and administrators who were an integral part in the Big South's early development and vitality. The Hall of Fame now stands at 25 members, as five more individuals were inducted in the Spring of 2006. In addition to the Big South's athletic accomplishments, the League also recognizes and honors academic excellence. Each year, the Presidential Honor Roll and the George A. Christenberry Awards honor student-athletes' outstanding work in the classroom. The Christenberry Award recognizes student-athletes graduating with a 4.0 grade point average. Additionally, the Conference's SID's annually select a Scholar-Athlete in each Conference sport, plus a male and female Scholar-Athlete of the Year.

The Conference was formed on August 21, 1983, when Charleston Southern (then Baptist College) Athletic Director Howard Bagwell and Augusta President George Christenberry initially began recruiting members into the Big South. The League's seven charter members were Armstrong State, Augusta, Campbell, Charleston Southern, Coastal Carolina, Radford and Winthrop.



BIG SOUTH CONFERENCE

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(704) 341-7990 / Fax: (704) 341-7991
www.BigSouthSports.com
Founded: 1983

President:

Dr. G. David Pollick, BSC

Vice President:

Dr. Anthony J. DiGiorgio, Winthrop

Secretary:

Dr. Jairy C. Hunter, Jr., CSU

Commissioner:

Kyle B. Kallander

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Dawn Turner

Director of Public Relations:

Mark Simpson

Assistant Director of Marketing:

Chad Cook

Coordinator of Creative Services:

Lauren Cooper

Assistant Director of Public Relations:

Nic Bowman

Marketing Assistant:

Joni Lockridge

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.

Future Members (2):

Gardner-Webb University (2008-09); Presbyterian College (2008-09)

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 & Outdoor Track & Field, Women's Indoor and Outdoor Track & Field, Volleyball.

2006 Men's Cross Country Review

Coming off a season that saw the team take runner-up honors at the 2005 Big South Championship, the VMI men's cross country team entered the 2006 campaign looking to a nucleus of upperclassmen to lead the way to another strong finish at the Conference Championship.

Anchored throughout the season by junior Donnie Mikels-Cowart and senior Anthony Harris, the team saw five other contributors fill the next three scoring spots in each of the team's competitions this fall.

Harris, who was named Big South Conference Scholar-Athlete of the Year for men's cross country, opened his senior campaign on a high note, winning the VMI season opener, while Mikels-Cowart placed third in the race, just 13 seconds behind. However, the order was reversed for the rest of the team's competitions, with Mikels-Cowart leading the team and Harris placing second at the Tennessee Invitational, Paul Short Invitational, VMI Invitational, Big South Championships and NCAA Southeast Regionals.

While it was upperclassmen taking the top two spots, a pair of underclassmen helped to fill in two of the team's other scoring spots throughout the year. Freshman Jonathan Buckland made an impression in his first season at the Institute, finishing as the team's third runner twice while scoring in each of the five events he competed in. He was joined by sophomore Pat Eggleston, who placed third twice amongst the team and scored in four events this season.

Looking to defend their second place finish from a year previous, the team fell short of that goal by placing fourth. Impressive in the race was Buckland, who ran a season-best time of 26:54 in the 8K race, as he was joined by Mikels-Cowart (25:47), Harris (25:54), junior Ben Switzer (26:05) and senior Graham Forbes (27:08) to round out the scoring.

2006 Season Roster

Name	Cl.	Hometown/Previous School
Kurt Able	Jr.	Wesley Chapel, Fla./Wesley Chapel
Jonathan Buckland	Fr.	Centreville, Va./FUMA
Donnie Cowart	Jr.	Rustburg, Va./Rustburg
Patrick Eggleston	So.	Nokesville, Va./Brentsville
Graham Forbes	Sr.	Richmond, Va./Collegiate
Garland Gray	Fr.	Williamsburg, Va./Wasingham
Anthony Harris	Sr.	Orlando, Fla./Cypress Creek
Cory Houck	So.	Columbia, S.C./Spring Valley
T.J. Laird	Fr.	Pittsburgh, Pa./Trinity Christian
Andrew Rademaker	R-Fr.	Fork Union, Va./FUMA
Matt Sagar	Fr.	Alexandria, Va./Bishop Ireton
Matt Satterwhite	Fr.	Charlottesville, Va./W. Albemarle
Kevin Sullivan	Jr.	Nokesville, Va./Brentsville
Ben Switzer	Jr.	Rockbridge Baths, Va./Rockbridge
Brian Welch	Jr.	Richmond, Va./Benedictine

Head Coach: Paul Spangler (Alabama '98), Fifth season
Assistant Coach: Jackie Tugman (VMI '02), Third season
Vol. Assistant Coach: Tim Sykes (Ohio '05), Third season

2006 Results & Times

Univ. of Cincinnati & Radford (Lexington, Va.) 9/1/2006	Univ. of Tennessee Invitational (Knoxville, Tenn.) 9/15/2006	Paul Short Invitational (Lehigh, Pa.) 9/29/2006	VMI Cross Country Invitational (Lexington, Va.) 10/14/2006	Big South Championships (Charleston, S.C.) 10/28/2006	NCAA Regional Championships (Louisville, Ky.) 11/11/2006
Top Finishers: (time)	Top Finishers: (time)	Top Finishers: (time)	Top Finishers: (time)	Top Finishers: (time)	Top Finishers: (time)
1. A. Harris (16:08)	24. D. Cowart (28:06)	105. D. Cowart (25:49)	4. D. Cowart (26:19)	14. D. Cowart (25:47)	77. D. Cowart (32:46)
3. D. Cowart (16:21)	31. A. Harris (28:26)	123. A. Harris (26:02)	6. A. Harris (26:31)	16. A. Harris (25:54)	127. A. Harris (33:28)
9. P. Eggleston (16:46)	36. J. Buckland (28:32)	206. J. Buckland (26:57)	7. P. Eggleston (26:39)	20. B. Switzer (26:05)	
10. K. Able (16:56)	43. P. Eggleston (28:58)	207. B. Switzer (26:57)	16. J. Buckland (27:25)	31. J. Buckland (26:54)	
12. J. Buckland (16:58)	50. K. Able (29:12)	237. P. Eggleston (27:31)	20. G. Forbes (27:43)	34. G. Forbes (27:08)	



2006 Women's Cross Country Review

After placing fifth at the 2005 Big South Cross Country Championships, the VMI women's cross country team headed into the 2006 campaign with a lot of confidence, and all of its top runners back. However, after being picked to finish fifth this season, the team had to battle through illness most of the year, and capped off the season with an eighth-place finish at the conference championships.

A definite high point for the team at the 2006 New Balance Big South Cross Country Championships was freshman Emily Fritts, who turned in the top time for the Keydets in her first ever collegiate race. Fritts' time of 19:48 eclipsed her own personal best by over a minute, and was good enough for 33rd place overall. Finishing behind Fritts was junior Ania Najda (20:09-40th), sophomore Christina Mowatt-Larssen (20:18-44th), Kelsey Stafford (20:51-49th) and senior Abby Ward (20:54-50th).

A trend throughout the season was the team's knack for having a different runner lead the pack in each of this year's meets. The Keydets had four different runners (Najda, Mowatt-Larssen, Ward & Fritts) lead the team in an event this year, and saw personal bests set by all seven of its members.

As the team looks ahead to next season, the future certainly looks bright. With a handful of top recruits already locked in for next season, coupled with the return of five of the team's top seven performers, head coach Paul Spangler's team should have a good shot at picking back up where they left off following the 2005 season.

2006 Season Roster

Name	Cl.	Hometown/Previous School
Hatley Clifford	Sr.	Plano, Texas/Carrollton Christian
Cathi Ecklund	Fr.	Aiken, S.C./South Aiken
Emily Fritts	Fr.	Fishersville, Va./Stuarts Draft
Christina Mowatt-Larssen	So.	Chantilly, Va./Westfield
Ania Najda	So.	Olsztyn, Poland/Warmia & Mazury
Kelsey Stafford	So.	Charlottesville, Va.W.Albemarle
Abby Ward	Sr.	Fairfax, Va./Robinson Secondary

Head Coach: Paul Spangler (Alabama '98), Fifth season
Assistant Coach: Jackie Tugman (VMI '02), Third season
Volunteer Assistant Coach: Tim Sykes, Third season

2006 Results & Times

Univ. of Cincinnati & Radford (Lexington, Va.) 9/1/2006	Univ. of Tennessee Invitational (Knoxville, Tenn.) 9/15/2006	Paul Short Invitational (Lehigh, Pa.) 9/29/2006	VMI Cross Country Invitational (Lexington, Va.) 10/14/2006	Big South Championships (Charleston, S.C.) 10/28/2006
Top Finishers: (time)	Top Finishers: (time)	Top Finishers: (time)	Top Finishers: (time)	Top Finishers: (time)
6. A. Najda (16:38)	45. A. Ward (21:05)	73. C. Larssen (24:33)	17. A. Najda (20:38)	33. E. Fritts (19:48)
10. C. Larssen (17:04)	48. C. Larssen (21:19)	80. A. Najda (24:39)	19. C. Larssen (20:46)	40. A. Najda (20:09)
12. A. Ward (17:09)	52. K. Stafford (21:53)	83. A. Ward (24:41)	21. K. Stafford (21:00)	44. C. Larssen (20:18)
16. K. Stafford (17:42)	59. K. Stephens (22:23)	85. K. Stafford (24:44)	24. A. Ward (21:15)	49. K. Stafford (20:51)
18. C. Ecklund (18:10)	64. C. Ecklund (23:06)	133. K. Stephens (25:42)	27. K. Stephens (21:27)	50. A. Ward (20:18)

