Georgia Tech
2008 CROSS COUNTRY
2008 SCHEDULE

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2008 Quick Facts

Official Name: Georgia Institute of Technology
Location: Atlanta, Ga.
Founded: 1885
Enrollment: 19,393
Colors: Old Gold and White
Nickname: "Buzz", 1930 Model "A" Ford
Conference: Atlantic Coast
President: Dr. Gary Schuster
Athletics Director: Dan Radakovich
Head Coach: Alan Drosky
Year at Georgia Tech: 18th
Office Phone: (404) 894-4420
E-mail: adrosky@athletics.gatech.edu
Assistant Coach: Becky Megesi
Year at Georgia Tech: 8th
Office Phone: (404) 894-5448
E-mail: bmegesi@athletics.gatech.edu

2007 Men's ACC Championship: 11th
2007 Women's ACC Championship: 11th
2007 Men's South Region: 11th
2007 Women's South Region: 11th
Cross Country SID: Mike Huff
SID Phone: (404) 894-5445
SID Fax: (404) 894-1248
SID E-mail: mhuff@athletics.gatech.edu
Website: www.ramblinwreck.com

2008 Men's Team

Top row: Mark Mendrek-Laske, Mohamed Himedan, Joe Fulton, Morgan Stephenson, Nazar Trilisky, Philip O'Brien, Greg Johnson
2nd row: Coach Drosky, Nathan Few, Billy Mateker, Casey Gramling, Kevin Arendz, EC Gibbs, Coach Megesi
Front row: James Taylor, D.J. McMillan, Matt Hickey, Nick McNutt, Matt Rivers, Garad Soderman

Q&A with Head Coach Alan Drosky

What are your expectations of the men's team for the 2008 season?

“We expect the men to be competitive at the conference and regional level this year. As it is year in and year out, the ACC is very competitive and the middle third of it is wide open. We expect to seize that opportunity. Last year we finished in the middle of the South Region and we expect to move up a few positions this year.”

The ACC is one of the premier cross country conferences in the nation. What is it like competing in such a strong conference?

“It is certainly a challenge but it’s a very positive situation. There is no status quo; you always have to be improving. The season goes well and you can be very competitive, but a season where you don’t make improvements you can find yourself falling back quickly. Momentum is big. In NCAA terms, stay in the draft and you keep up, but get out of the draft and you’ll watch the whole field pass you by.”

Who do you expect to step up this year?

“While we lost some key runners from last year’s team, we return a constantly improving group in EC Gibbs, Billy Mateker, and Matt Hickey. Nazar Trilisky returns after missing last season and Mark Mendrek-Laske will compete this season after redshirting his freshman season last year. Along with that group, Garad Soderman and several others have made consistent gains over the last two years and should also compete for top five spots in our lineup.”

Q&A with Assistant Coach Becky Megesi

What are your expectations for the women's team for the 2008 season?

“We expect to field probably our youngest team in recent memory; with anywhere from three to four newcomers comprising our top five, and four to five newcomers in our top seven. But we expect it to be a very dynamic group that improves throughout the season and hope that by championship time, they have accumulated enough experience to move up towards the middle of our conference. At the regional level, it will be difficult to move up, but we really believe we can establish a foothold and remain in the top eight in the region and set the stage to move up in coming years.”

On the women’s side, you lost four of your top five runners from last season. How do you rebuild with such a young team this year?

“I think you rebuild by adding talented young runners very near the level of those that you’ve lost, and we think we’ve done that. Another very significant piece of the puzzle will be the development of some of our veterans. They need to step up and if they can do that, and the new people can transition well, we actually think we will have a team with more quality depth than we had last year. Also, we have a group of freshmen who can give us the sort of presence up front that we had last year.”

What newcomers do you expect to step in and make an immediate impact?

“Certainly Mary Kate DuBard and Annie Martin will have a very big impact right away. Both of them are very talented and come to us after having outstanding high school careers. We also have some newcomers who we think have flown under the radar, so to speak. Individuals like Betsy Kim who had some great success early but hit a patch of injury problems that held her back until late in her senior year. Or Sarah Anderson, who was very solid in high school but choose to use her freshman year at Tech to get situated academically. In addition, Kaity Bulger and Maureen McMeekin both had a lot more success in track, but both have a lot of potential to make an impact in cross country down the road.”

E.C. Gibbs  
Senior • Cullman, Ala.  
Cullman H.S.

• Placed 10th with a career-best time of 15:44 on the 5K course at the Belmont Opener in 2006.
• Finished the NCAA South Region Championships 10K race with a time of 32:57 in 2007.
• Four-time Dean’s List and one time Faculty Honoree (4.0).

High School: Won the Wendy’s High School Heisman.

• Holds state indoor record for 800m and school records in 400m, 800m, 1600m, 4x400 and 4x800 relays.

Personal  
• Born Emory Clarence Gibbs on September 12, 1986 in Cullman, Ala.
• Majoring in Management.

Casey Gramling  
Senior • Roswell, Ga.  
Blessed Trinity H.S.

• Fourth Tech runner to finish in the 2007 NCAA South Region Championships 10K race with a time of 33:38.
• Academic Dean’s List Honoree.

High School: Helped team to state cross country title in 2003 and state 1600m title in 2004.

Matt Hickey  
Junior • Lawrenceville, Ga.  
St. Pius X H.S.

At Tech: Finished in 24th place in the UTC Invitational 5K with a career-best time of 16:09 in ’07.
• The fourth Tech runner to finish in the Greater Louisville Classic with a season best 8K time of 25:43 in ’07, also a career best.
• Faculty Honor’s (4.0) and Dean’s List all four semesters.

High School: Lettered four years in cross country and track & field.
• Member of 2006 track & field state AAAA championship team.
• Graduated third in High School class.

Personal  
• Born Matthew Jameson Hickey on June 16, 1988 in Atlanta, Ga.
• Majoring in Mechanical Engineering.

Billy Mateker  
Junior • Lawrenceville, Ga.  
Brookwood H.S.

At Tech: Crossed the line with a personal best time of 25:35 at the Pre-National Invitational 8K.
• Best finish of the season was 22nd overall at the 2007 UTC Invitational 5K with a personal-best time of 16:08.
• Faculty Honor’s (4.0) and Dean’s List all four semesters.

High School: Four-year letterwinner in cross country and track & field.
• Earned all-county honors in cross country in 2005.
• Salutatorian of High School.

Personal  
• Majoring in Materials Science Engineering.

James Taylor  
Senior • Cumming, Ga.  
South Forsyth H.S.

At Tech: Finished with a season-best time of 16:02 in the 5K race at the Belmont Opener in 2006.
Completed the 2007 Greater Louisville Classic 8K race with a time of 26:07 which are career marks.
• Three-time Dean’s List and one time Faculty Honoree (4.0).

High School: Four-year letter winner in cross country.
Helped team to region championship in 2001 and second place finish at 2002 GHSA AAAA Championships.

• Chosen to Foot Locker South Region team from 2001 to 2003.

Personal  
• Born James McCarter Taylor on March 17, 1987 Atlanta, Ga.
• Majoring in Industrial Engineering.

Garad Soderman  
Junior • Charlotte, N.C.  
North Mecklenburg H.S.

At Tech: Crossed the line in 32nd place with a personal-best time of 16:12 on the 5K course at the 2006 Belmont Opener.
• Had a time of 27:27 in the 8K race at the ’06 Greater Louisville Classic.
• Finished the 2007 Vanderbilt Classic 8K with a time of 26:47.

High School: Led cross country team to ’05 conference championship.
• Team captain for track and cross country teams.
• Earned cross country and track all-conference honors in 2004 and ’05.
• Named cross country MVP in 2004 and 2005.

Personal  
• Born Garad John Soderman on June 14, 1988 in Seattle, Wash.
• Majoring in Mechanical Engineering.

Greg Johnson  
Senior • Alpharetta, Ga.  
Blessed Trinity H.S.

• Ran 33:98 in the 10K at the 2005 Chile Pepper Invitational.
• Four time Faculty (4.0) and Dean’s List honoree.

High School: Four-year letter winner in cross country.
• Helped team to 2003 state championship in Class AAA.
• Holds high school cross country record in the 5K.

Personal  
• Majoring in Biology.

Nazar Trilisky  
Senior • Snellville, Ga.  
Brookwood H.S.

At Tech: Top-four of Tech finishers in all 15 career races entered.
• Finished 12th overall in the 5K at the Front Runner Invitational with a personal-best time of 15:49 in 2006.
• Led the Jackets at both the ACC Championships and the NCAA South Region Championships in 2005, finishing with a personal-best time of 25:32 at the ACC 8K race.
• Faculty Honor’s (4.0) five times and Dean’s List all six semesters.

High School: Lettered in cross country and track.
• Helped lead cross country team to a 5A state title in junior and senior seasons.
• Ran a leg of the record setting 4x1600 relay team at the Georgia Tech Invitational (17:51).

Personal  
• Born Nazar Trilisky on Nov. 23, 1985, in Kharkiv, Ukraine.
• Majoring in Computer Engineering.
**FELICITY BROWER**  
**SOPHOMORE • CARY, N.C.**  
**GREEN HOPE H.S.**

At Tech: Competed in the first three races for the Jackets.
- Finished 26th overall on the 2-mile course at the 2007 UTC Invitational with a time of 12:25.
- Earned Dean's List Honors twice.

High School: Three-year letterwinner in cross country at Green Hope high school under Head Coach Michael Miraglio.
- Earned all-conference and all-region honors in 2006 and was named team Most Valuable Performer.

Personal
- Born Felicity Eave Brower on May 24, 1989 in Raleigh, N.C.
- Majoring in chemical engineering.

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**MARY KATE DUBARD**  
**FRESHMAN • ROCK HILL, S.C.**  
**NORTHERN H.S.**

- 2007 Gatorade South Carolina Cross Country Athlete of the Year.
- Cross country individual State Champion in 2007 and 4A track & field State Champion in 1600m and 3200m.
- High school record-holder in the 1600m and the 3200m.
- Only the second female runner in South Carolina history to break the 5-minute mark in the 1600m.

Personal
- Born Mary Kate DuBard on Oct. 10, 1990 in Rock Hill, S.C.
- Plans to major in Engineering.

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**BETSY KIM**  
**FRESHMAN • COLUMBUS, IND.**  
**COLUMBUS NORTH H.S.**

High School: Four-year letterwinner in cross country and track & field.
- Named school’s cross country MVP in 2005 and 2006 and track & field MVP in '06.
- Won the sectional and regional championship in cross country and track & field (’05 & ’06).
- Holds the school-record in the 800-meter.
- Also played point guard on the varsity basketball team at Columbus North.

Personal
- Born Elizabeth Chi Soon Kim on Dec. 10, 1989 in Columbus, Ind.
- Majoring in Public Policy.

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**ANNIE MARTIN**  
**FRESHMAN • CLAY CENTER, KAN.**  
**RILEY COUNTY H.S.**

High School: Eight time state champion in cross country and track & field.
- Four-time Kansas Gatorade Athlete of the Year (2004-07).
- Nine time academic all-state and six time McDonalds Student-Athlete of the week.
- Helped her cross country team win three state championships (2005-07).
- Won track & field state titles in the 1600 and 3200 in ‘07 and ‘08.
- Won silver in the 1500-meters at the U.S. Track & Field Association Junior Nationals in Los Angeles in 2007.

Personal
- Born Brianna Elizabeth Martin on May 24, 1990 in Manhattan, Kan.
- Plans to major in Management.

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**KAITY BULGER**  
**FRESHMAN • PEACHTREE CITY, GA.**  
**LANDMARK CHRISTIAN H.S.**

High School: Four-year letterwinner in cross country and track & field.
- Helped Landmark Christian win the cross country state title from 2005-08.
- Garnered all-region honors in cross country (2005-08).
- Holds high school record in the 800m, 3200m, 1600m and 5K.
- Won the state title in the 800m and the pole vault in 2007.
- Apart of the 4x400m relay team that won state in 2006 and 2008.

Personal
- Born Kaitlyn Anne Bulger on Nov. 18, 1989 in Tuscon, Ariz.
- Majoring in Management.

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**ASHLEY KECK**  
**SENIOR • ERIE, PA.**  
**FAIRVIEW H.S.**

At Tech: Ran a personal best 12:13 in the 2-mile finishing 24th overall at the UTC Invitational in 2007.
- Finished in 19 minutes, 24 seconds in the 2007 Greater Louisville Classic 5K race.
- Redshirted during the 2006 season.
- Earned Dean's List honors five times and Faculty Honor's (4.0) once.

High School: Named to all-league and all-district teams in track during all four years of high school.

Personal
- Majoring in Management.

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**VERONICA KINARD**  
**SENIOR • LAWRENCEVILLE, GA.**  
**COLLINS HILL H.S.**

At Tech: Ran a personal best time of 12:26 in the two mile race at the 2006 Front Runner Invitational for a 22nd place finish.
- Crossed the line with a time of 19:39 at the 2007 Greater Louisville Classic 5K.
- Redshirted during the 2005 season.
- Named to Dean's List five times.

High School: Helped team to consecutive 5A state cross country championships.

Personal
- Born Veronica Rose Kinard on September 29, 1986 in Snellville, Ga.
- Majoring in Applied Mathematics.

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**LINDSEY PICKENS**  
**JUNIOR • POWDER SPRINGS, GA.**  
**KENNESAW MOUNTAIN H.S.**

At Tech: Finished among Tech’s top five runners in four out of the six races in 2007.
- Placed 11th-place (11:38) in the 2-mile race at the ‘06 Front Runner Invitational.
- All four semesters on Georgia Tech Dean’s List.

High School: Earned All-County honors in cross country.

Personal
- Born Lindsey Claire Pickens on September 27, 1987 in Marietta, Ga.
- Majoring in Industrial Engineering.
Alan Drosky
Head Coach

Alan Drosky enters his 18th year as the head coach of the men’s and women’s cross country teams at Georgia Tech. In addition, he will be in his 14th year as the head coach of the Georgia Tech women’s track and field team, which captured its first-ever Atlantic Coast Conference indoor title in 2002. He also oversees the distance runners for the men’s track team.

Drosky was inducted into the Georgia Tech Athletic Hall of Fame in 1996 after a distinguished career as a Yellow Jacket cross country and track and field standout from 1985-87.

Drosky, a two-time All-American and five-time All-ACC track performer, became an assistant coach at the Institute in December of 1990. He served as a graduate assistant in the Tech track and field program from 1987-89, earning a master’s degree in management. He received a bachelor of science degree in industrial management in 1987.

During his cross country tenure, Drosky has coached three NCAA All-Americans and eight NCAA qualifiers, which represented the first in each category for the Tech program. In addition, he has had 36 All-South Region selections and 11 All-ACC performers. In 1993, Ray Raparelli and Kevin Graham both qualified for the NCAA Cross Country Championships. A year later, Graham earned a return trip to the NCAAAs and All-American honors. In 1995, Beth Mallory became the first Yellow Jacket woman to qualify for the NCAA Championships and she earned All-America honors that season. Mallory qualified again in 1996. Current assistant coach Becky Megesi became the second women’s athlete to qualify for the NCAAAs in 1998. In 2001, Renee Metivier earned All-America honors, finishing second at the NCAA South Region title.

Drosky’s teams have also had success, after recording the highest ACC and South Regional finishes in institute history. In 1994, both the men and women’s team finished third in the ACC meet. In 2001, both teams made their best showings at the regional level. The women brought home the program’s first regional title, while the men placed fourth, just missing a trip to the NCAA Championships. The women’s squad made their second consecutive trip to the national championship, placing 26th. The Jackets finished 31st in their first trip to the meet in 2000.

In 2001, Drosky was named South Region Coach of the Year by the U.S. Track Coaches Association. He also earned ACC Coach of the Year honors for indoor track in 2002.

Under Drosky’s guidance, Kyle Rabbitt placed fourth at the 2003 NCAA South Region Championship and became just the fourth Yellow Jacket man to earn a spot in the NCAA Championship meet. In 2007, David Herren earned the programs fifth selection into the championship meet behind an 11th-place finish at the regional meet.

Drosky’s teams have also been successful in the classroom. The women’s team earned USTFCCCA All-Academic team honors in 2006 and 2007 and the men received the honor in 2007.

Drosky is recognized as one of the most outstanding distance performers in Tech history. He competed on the Yellow Jackets’ cross country and track and field teams from 1985-87, serving as captain three times.

Drosky earned All-America honors twice at the NCAA Championships, finishing sixth in the indoor mile in 1986 and 12th in the outdoor 1500 meters in ’87. He was also crowned 1987 Atlantic Coast Conference champion in the indoor mile.

A native of Riverdale, Ga., and a former Georgia state champion in the mile at Riverdale High School, Drosky is married to the former Kim Bohanon, who ran cross country at Georgia State. The couple has two daughters: Hayley, 16, and Hannah, 13.
HONORS AND AWARDS

YELLOW JACKET MEN

NCAA All-American
Year Individual
1994 Kevin Graham (32nd)

NCAA Individual Qualifiers
Year Individual
1993 Ray Raparelli (62nd)
1994 Kevin Graham (21st)
1996 Beth Mallory (31st)
1997 Phillip Gable (24th)
1998 Brad Mills (13th)
2000 Joe Stagell (21st)
2001 Kevin Zins (11th)
2003 Kyle Rabbitt (4th)
2000 Renee Metivier (123rd)

NCAA All-South Region
Year Individual
1993 Ray Raparelli (2nd)
1994 Kevin Graham (4th)
1996 George Darden (21st)
1997 Phillip Gable (24th)
1999 Brad Mills (25th)
2001 Joe Stagell (21st)
2000 Joe Stagell (26th)
2001 Joey Zins (11th)
2003 Kyle Rabbitt (4th)
2007 David Herren (11th)

NCAA Regional Championships
Year Place Top Individual
1974 1st NA
1975 3rd C. Kondak (54th)
1976 14th Jim Prolsdorfer (53rd)
1977 16th Alan Thomas
1978 12th Brent Beck
1979 15th Dave Alexander (17th)
1980 17th Dave Alexander (33rd)

Indiv. Conference Champions
Year Conf. Individual
1983 SEC Chick Aldridge
1984 SEC Chick Aldridge
1985 SEC Artie Small
1986 SEC R.W. Smith

Team Conference Champions
Year Conference
1935-40 Southeastern Conference
1942 Southeastern Conference
1947 Southeastern Conference
1953 Southeastern Conference

All-ACC
Year Individual
1985 Eric Smith (9th)
1986 Allen Drosky (8th)
1993 Kevin Graham (2nd)
1993 Ray Raparelli (3rd)
1994 Kevin Graham (3rd)
2004 Kyle Rabbit (14th)

ACC Championships
Year Place Top Individual
1979 8th Dudley McCarty (19th)
1980 8th Steve Oliver (37th)
1981 8th Steve Oliver (18th)
1982 7th Brian McIntyre (18th)
1983 7th Eric Smith (9th)
1986 7th Allen Drosky (9th)
1987 6th Peter Rea (19th)
1988 6th Peter Rea (21st)
1989 6th T. J. Bultema (27th)
1990 8th Shawn Young (29th)
1991 15th Kevin Graham (34th)
1992 8th Sidney Stegall (120th)
1997 9th David Herren (11th)

Yellow Jacket WOMEN

NCAA All-American
Year Individual
2001 Renee Metivier

NCAA Individual Qualifiers
Year Individual
2000 31st Renee Metivier (123rd)
2000 31st Renee Metivier (123rd)

NCAA All-South Region
Year Individual
2000 31st Renee Metivier (123rd)

NCAA Regional Championships
Year Place Top Individual
2007 11th David Herren (16th)
2006 3rd Kyle Rabbitt (11th)
2005 11th David Herren (16th)
2004 8th Kyle Rabbitt (14th)
2003 7th Kyle Rabbitt (11th)
2002 9th Brendon Mahoney (12th)
2000 8th Kyle Rabbitt (11th)

All-ACC
Year Individual
1989 T. J. Bultema (27th)
1990 8th Shawn Young (29th)
1991 15th Kevin Graham (34th)
1992 8th Sidney Stegall (120th)
1993 9th Ray Raparelli (2nd)
1994 10th Kevin Graham (5th)
1995 23rd George Darden (21st)
1996 26th Sidney Stegall (120th)
1997 9th David Herren (11th)

ACC Championships
Year Place Top Individual
1979 8th Dudley McCarty (19th)
1980 8th Steve Oliver (37th)
1981 8th Steve Oliver (18th)
1982 7th Brian McIntyre (18th)
1983 7th Eric Smith (9th)
1986 7th Allen Drosky (9th)
1987 6th Peter Rea (19th)
1988 6th Peter Rea (21st)
1989 6th T. J. Bultema (27th)
1990 8th Shawn Young (29th)
1991 15th Kevin Graham (34th)
1992 8th Sidney Stegall (120th)
1993 9th Ray Raparelli (2nd)
1994 10th Kevin Graham (5th)
1995 23rd George Darden (21st)
1996 26th Sidney Stegall (120th)
1997 9th David Herren (11th)

All-ACC
Year Individual
1984 7th Jenna Linn (22nd)
1985 7th Chris Vorpahl (33rd)
1986 6th Bridget Koster (6th)
1987 5th Michele Linhan (13th)
1988 5th Karen Hoffman (7th)
1989 4th Anne Ylipahkala (17th)
1990 7th Tracey Harrell (9th)
1991 7th Tracey Harrell (6th)
1992 7th Tracey Harrell (6th)
1993 6th Colleen Stroud (16th)
1994 3rd Beth Mallory (6th)
1995 3rd Beth Mallory (10th)
1996 6th Beth Mallory (7th)
1997 7th Becky Megesi (20th)
1998 6th Bridget Koster (6th)
1999 7th Tracey Harrell (9th)
2000 7th Amy Dock (15th)
2001 4th Renee Metivier (2nd)
2002 8th Emily Matthews (41st)
2003 8th Katie Griffin (32nd)
2004 10th Mary Chind (47th)
2005 3rd Nisha Kuriyan (31st)
2006 9th Nisha Kuriyan (30th)
2007 11th Elena Linn (29th)