

TABLE OF CONTENTS

QUICK FACTS

Ohio University 2
 Team Information 2
 Media Relations 2

THE PROGRAM

Cross Country History 4-5
 Track and Field History 6-8
 Goldsberry Track 9
 The Phillips Center 10
 Compliance 11
 The Carin Center 12

THE BOBCATS

Head Coach Clay Calkins 14
 Assistant Coach Christi Smith 15
 Assistant Coach Mitch Bentley 16
 Throws Coach Nick Pero 16
 Vault Coach Doug Diehl 16
 Graduate Assistant Adekunle Lawson 16
 Support Staff 16
 Student-Athletes 17-29
 Men's and Women's Rosters 30-31
 2006 Indoor and Outdoor Qualifying Marks 32

TRACK AND FIELD RECORDS

2005 Men's Outdoor and Indoor Review 34
 2005 Women's Outdoor and Indoor Review 35
 Men's and Women's Outdoor Records 36
 Men's and Women's Indoor Records 37
 Men's and Women's Top Five 38
 Goldsberry Track Records 39
 Honor Roll 40
 2005 Team Awards 40

OHIO, PLEASE

Please use the single term *Ohio*. It is proper to use *Ohio University* when referring to other institutions by their full name. Please do not use *Ohio U.* or *O.U.* The appropriate abbreviation is *OH*.

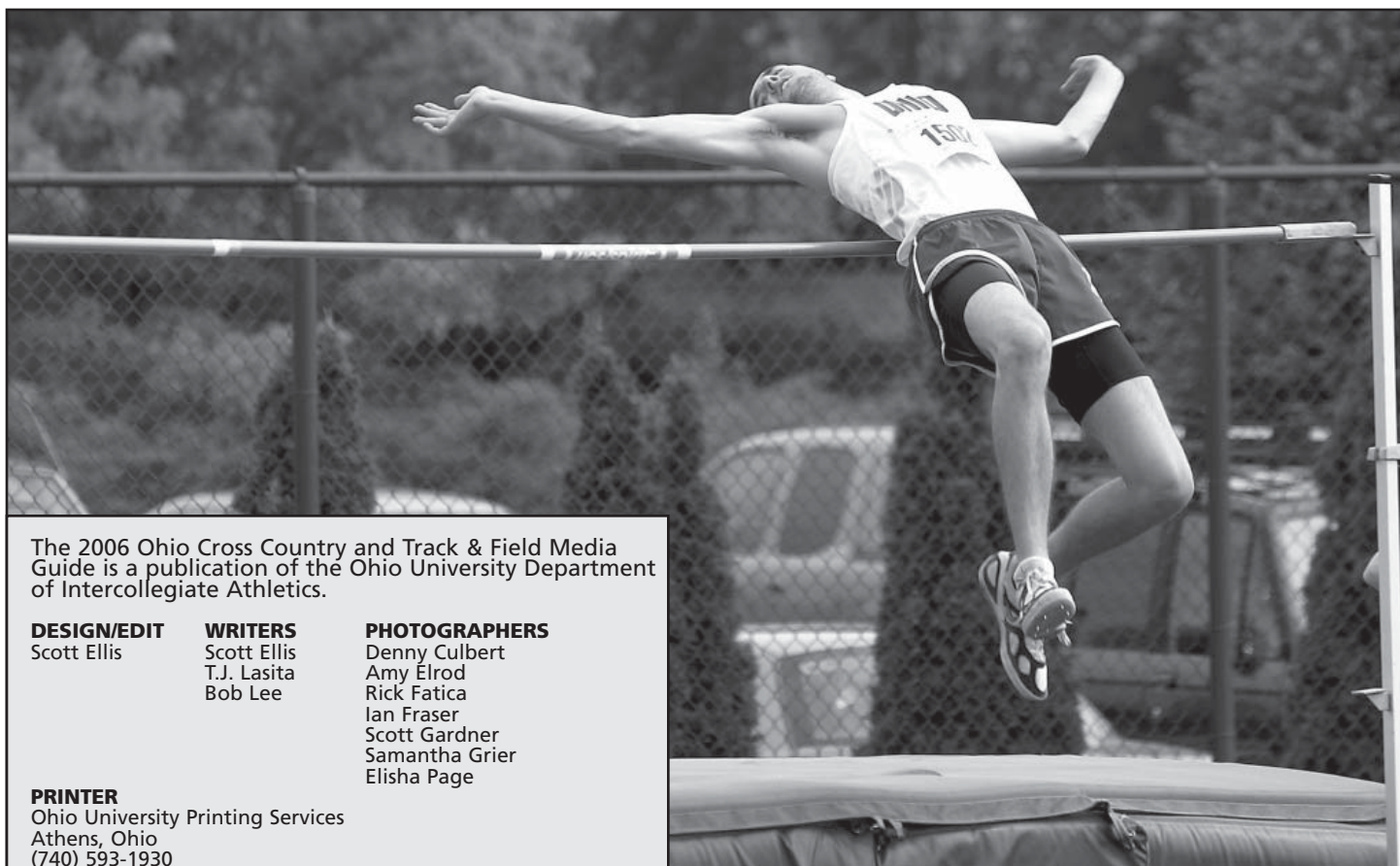
Bobcat All-Americans 41
 Men's MAC Champions 42
 Men's MAC Championship Results 42
 Women's MAC Champions 43
 Women's MAC Championship Results 43
 Academic All-MAC Honors 44
 Ohio Athletics Hall of Fame Members 44

CROSS COUNTRY RECORDS

2005 Men's Team Photo and Roster 46
 2005 Men's Results 47
 2005 Women's Team Photo and Roster 48
 2005 Women's Results 49
 Men's Honor Roll and Records 50
 Women's Honor Roll and Records 51
 Team Championships 52
 All-Time MAC Finishes 52

OHIO UNIVERSITY

Ohio University 54-55
 Ohio Athletics 56-57
 Dr. Roderick J. McDavis, President 58
 Kirby Hocutt, Director of Athletics 59
 Media Information 60



The 2006 Ohio Cross Country and Track & Field Media Guide is a publication of the Ohio University Department of Intercollegiate Athletics.

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PRINTER
 Ohio University Printing Services
 Athens, Ohio
 (740) 593-1930

Quick Facts

OHIO UNIVERSITY

LOCATION: Athens, Ohio
 FOUNDED: 1804
 ENROLLMENT: 28,804
 NICKNAME: Bobcats
 COLORS: Hunter Green and White
 CONFERENCE: Mid-American
 PRESIDENT: Dr. Roderick J. McDavis
 DIRECTOR OF ATHLETICS: Kirby Hocutt
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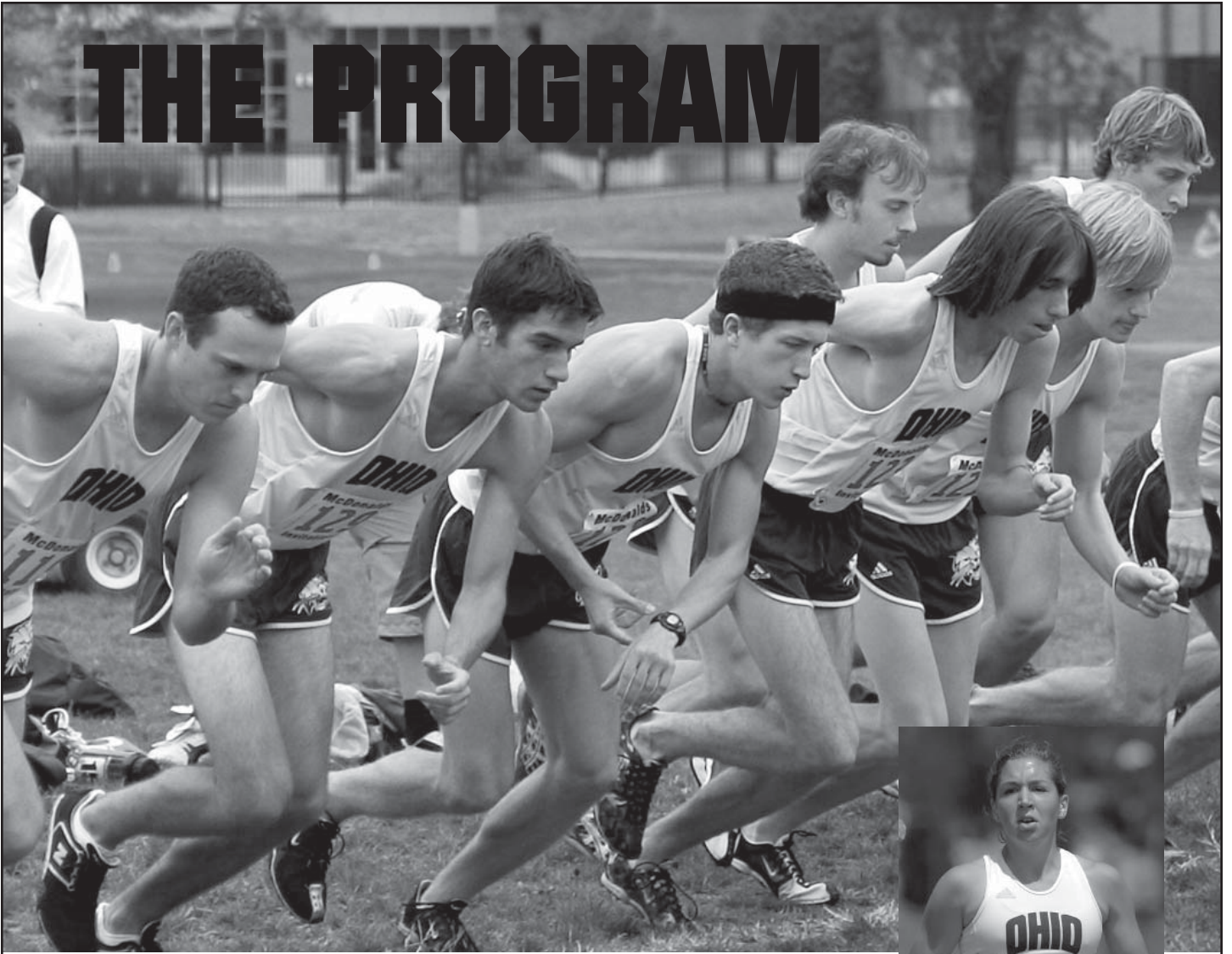
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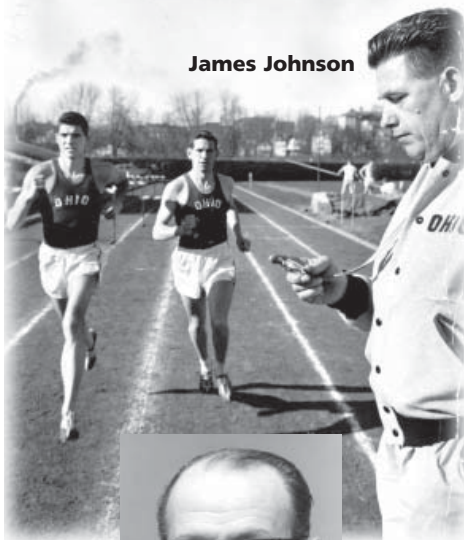


THE PROGRAM



Cross Country History
Track & Field History
Goldsberry Track
The Phillips Center
The Carin Center

CROSS COUNTRY HISTORY AT OHIO



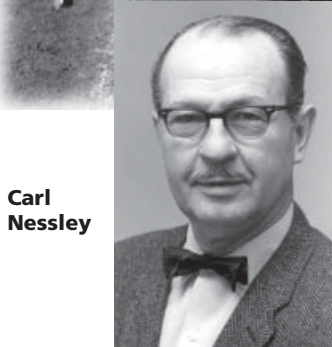
James Johnson



Bill Heller



Stan Huntsman



Carl Nessler

Elmore Banton and Bob Bertelsen



Bill Herbert

Cross country first made an appearance on the campus of Ohio University in 1924. Throughout its 80-year history, the sport has seen its share of ups and downs, including being dropped twice and producing a national champion. Since 1946, Ohio cross country has seen a total of 11 head coaches. Former head men's and women's coach Elmore Banton had the longest tenure – 23 seasons – and the most successful campaign, with a total of nine MAC titles.

Prior to 1980, the cross country team held its meets on the old football practice field and in the vicinity of Bird Arena and at the Athens Country Club. According to the 1957 Athena, the home course wound "along the south ridge of the intramural fields." The cross country team then began hosting meets on the university golf course until its renovation in 2001.

Cross country was originally introduced as an intramural sport in 1924. The program was later upgraded to varsity in 1926 under the direction

of Coach Guy Zimmer. Of the 14 men who tried out for the squad, six were selected to represent Ohio in its first meet.

The inaugural race was held against Denison during the second quarter of the Ohio-Big Red football game, covering a distance of four miles and ending on the Peden Stadium field during halftime. Ohio narrowly defeated Denison by a margin of 27-28, with Schall of Ohio claiming first place (24:04). Ohio ran in only two dual meets during that debut season, turning in a record of 1-1 and finishing fourth in the Buckeye Athletic Association (BAA) meet.

Bill Herbert took over the reins as head coach in 1927. Although the Bobcats did not participate in any dual meets, they managed to place third in the BAA meet. Cross country grew in size in 1928 with a turnout of 20 runners, the most to date. The team went on to a 3-9 record over the next three years before being dropped after the 1930 season.

It wasn't until 1937 that it was revived as a varsity sport, an effort primarily organized by the track coaches so their runners would get some fall practice. As an extra incentive, physical education credits were offered to underclassmen coming out for the team. Carl Nessler was appointed to coach the 45-man squad.

James Johnson served as the head coach of the 1947 Bobcats, who took second place in the Mid-American Conference (MAC) meet, missing first place by just one point. Ohio had been a key factor in establishing the MAC just the previous year. The 1949 team had only six men on the roster, three of whom received Athletic Awards for their accomplishments. Johnson coached Ohio through the 1951 season.

Cross country ceased to exist at Ohio from 1952 to 1954. In 1955, Coach Jim Rolfes revived the squad. Under his tutelage, the 1956 team captured fourth place in the MAC.

2005-06 **OHIO** TRACK & FIELD

Tracy Meyer



Diane Stamm



Jackie Conrad



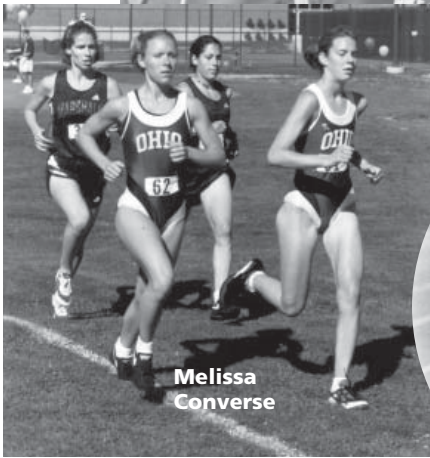
Josh Ritchie



Chris Nichols



Melissa Converse



Shannan Ritchie



Frank Nixon served as cross country coach in 1957 and his squad included **Wally Guenther**, who placed **27th** in the **NCAA**. Despite a fourth-place showing at the **MAC Championships**, Nixon only stayed at Ohio one **season**.

Burch Oglesby coached the Bobcats from 1958 to 1960. His **1958** team turned in a **record** of 3-5 but, according to the 1959 Athena, had "better distance records than **ever before** in the history of the sport at **OU**."

Stan Huntsman, who had already established a career as the track and field coach at Ohio, took over the cross country **program** in 1961. Huntsman served as head coach until 1970. During his tenure, he brought the cross country program to an **all-time high**. The Bobcats captured their **first-ever** MAC title under his tutelage in **1962**. In 1964, Ohio reclaimed the **MAC crown** and finished third in the nation, **led by national champion Elmore Banton**. Banton became only the third Bobcat in school history to **win** a national title in any sport. In addition to Banton (who also earned **All-American** status in 1965), Huntsman produced two other All-Americans during his time at Ohio – **Bill Heller** (1962) and **Bob Bertelsen** (1970). Banton and **Ray Fleming** won conference titles under Huntsman in 1965 and 1962, respectively.

Meade Burnett, a two-time **All-American**, succeeded Huntsman as head coach of the Bobcats. Burnett served as **captain** of the track team at Ohio State, where he was an **NCAA 440-yard dash medal winner**. The highlight of his tenure at Ohio was his 1971 squad's fourth-place finish at the **MAC Championships**.

Larry Clinton served as head coach of the Bobcats from **1974 to 1979**. During this time, Ohio **finished** as high as **sixth** in the MAC Championship meet three different years (1976, '77, '79).

Banton returned to his **alma mater** in 1980 to take over the cross country program. During his 23-year tenure as **head coach**, Banton's men's teams won six **All-Ohio Championships**, two Central Collegiate Championships and one MAC Championship. **Three** of his runners **qualified** for the NCAA Championship, including two-time All-American **Shannan Ritchie**. Shannan's brother **Josh Ritchie** captured the individual MAC title in 1996 as he led the Ohio **squad** to its first MAC Championship in over 30 years. Josh went on to qualify for the NCAA Championship, earning **All-American** honors.

The Ohio **women's program** was established in **1979** and has seen four head coaches. **Diane Stamm** served

as head coach from 1979 to 1984. In 1982, Stamm led the Bobcats to an **All-Ohio Championship**, a runner-up finish at the MAC Championships and earned **MAC Co-Coach of the Year** honors. **Nancy Gavoor**, former assistant coach at Ohio State, took over the program for the 1985 season before handing the reins to Banton.

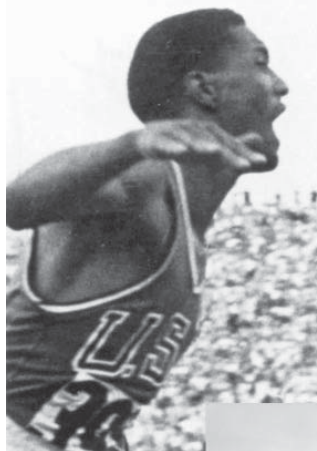
Banton assumed responsibility for the women's team in 1986 and proceeded to create a **dynasty**. Under Banton, the women's program **captured six** consecutive **MAC titles** (1987-92) and four consecutive **All-Ohio titles** (1987-90).

Banton's women's teams went on to win the **MAC crown** in 1994 and 1997 and the All-Ohio title in 1996. In 1996, **Jackie Conrad** became the **first** Ohio woman to capture a MAC **individual title** and she repeated her feat in **1998**. Conrad also garnered All-Ohio Championships in both 1996 and 1998. In 1998, Conrad and teammate **Melissa Converse** became the first Bobcat women to qualify for the **NCAA Championship meet**, where Conrad went on to earn All-America honors. Conrad collected a total of three **All-American accolades** while at Ohio, two of which were in track (10,000 meters). Conrad and Converse were both named **Academic All-Americans** in 1998.

After serving one year as an assistant under Banton, **Clay Calkins** was hired in **2003** to take over the Bobcat **men's and women's** programs for the retired legend.



OHIO TRACK HISTORY



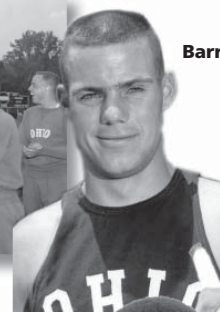
Les Carney



Bill Herbert



Stan Huntsman



Barry Sugden



Glenn Randall



1947 hurdles competition



John Tillman and Elmore Banton



Darnell Mitchell

Having won more individual national titles than any other varsity sport at Ohio University, the Bobcat track and field program has a long and storied history that began in the early 1900s. Most of the early standouts, such as C.O. Gibson, Herbert Bash and John Goddard, played multiple sports – earning up to 12 varsity letters each – before serving in World War I.

After winning three varsity letters in both football and track, William Herbert became Ohio's first head track coach in 1926, a position he held for 17 years. Besides coaching the Bobcats to Buckeye Conference titles four times from 1931 to 1935, he also later became the mayor of Athens.

Two Ohio student-athletes who led the Bobcats to conference track championships in 1931 and 1932, Russell Kepler and Lenny Sadosky, ended up being teammates on professional football's Cleveland Rams. Another Bobcat who eventually played for the Rams – Paul Halleck – finished third in the nation in the discus, barely missing the 1936 U.S. Olympic Team that went to Berlin.

Two Ohio track stars in the 1940s were Robert "Fizz" Miller and John Fekete. Miller played on the Bobcat basketball team that finished runner-up in the 1941 National Invitation Tournament before winning the All-Ohio high jump title in 1942. Fekete was a sprinter who signed with the Cleveland Browns in 1946 following his military service in World War II.

Ohio became a founding member of the Mid-American Conference in 1946 but really did not compete for a track title until Stan Huntsman took the coaching helm in 1956.

During Huntsman's 14-year tenure at Ohio, he developed 15 All-Americans in track as well as four in cross country. His Bobcats placed at the NCAA Championships 10 times, including a school-best eighth in 1968.

After holding the NCAA record in the 220-yard dash (20.8 seconds) for one day in 1958, Les Carney became Ohio's first track All-American in 1959. Despite being drafted by

the Baltimore Colts in 1958, he focused on track and won silver medals in the 200 meters at both the 1959 Pan-Am Games and the 1960 Olympics in Rome, making himself the university's first Olympian.

Another star on the 1959 Ohio track team, MAC and All-Ohio pole vault champion Glenn Randall, went on to international acclaim. As director of the J.P. Kennedy Foundation, Randall started the Special Olympics in the early 1960s. He also coached the Pakistani national team in the 1964 Olympics and founded the United States Sports Corps, an arm of the Peace Corps that sent American coaches overseas. When Randall was inducted into the Ohio Athletics Hall of Fame in 1999, the athletic department's Lifetime Achievement Award was created and named after him.

Al Ogunfeyimi



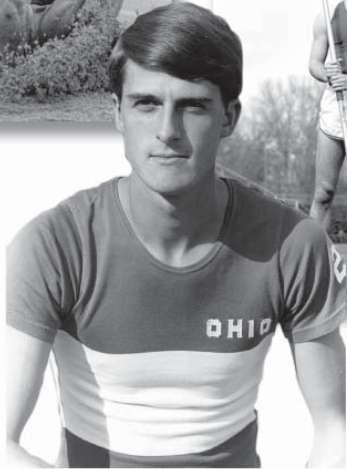
Bruce Greene



Rick Dowsnell



Don Fish



Bob Bertelsen

Roger Hosler and Emmett Taylor



The 1964-65 school year was a banner campaign for Bobcat runners as **Elmore Banton** won the **NCAA title in cross country** on Nov. 23, 1964. Then, in the spring of 1965, **Barry Sugden and Darnell Mitchell** finished second and third, respectively, in the 880-yard dash at the **NCAA Championships to claim All-America status**. The pair also made the **finals of the Olympic tryouts** that year.

Two years later, sophomore **Emmett Taylor** burst onto the national scene with an **NCAA title in the 440-yard dash** (45.9 seconds), the first individual national championship for an Ohio track competitor. He also led the 440-yard relay team to a fourth-place finish that year. Taylor followed that up by claiming his **second national title**, this time in the 200 meters (20.8 seconds), in 1968. The Bobcat mile relay team consisting of Taylor, Roger Hosler, Richard Fulmer and Ben Smith **took second place at the NCAA meet** that year with a still-standing school record of 3:08.1.

In 1969, **Don Fish** became an **All-American** by finishing fourth in the javelin at the

NCAAs with a throw of 248 feet and three inches. His toss of 256 feet and one inch earlier that season was the **second-longest throw in the nation** that year.

The Bobcats claimed another national title in 1970 with **Bob Bertelsen** winning the 6-mile run, recording a time of 27:57.5. The Elmira, N.Y., native followed that up with an **All-American seventh-place finish at the NCAA Cross Country Championships** later that year.

Meade Burnett took over the Ohio coaching reins in 1971 after Huntsman accepted the head coach position at the University of Tennessee.

Under **Burnett's** guidance, the Bobcats won their first and only national title in a field event when **Rick Dowsnell** claimed the javelin crown in 1972 with a throw of 265 feet and 11 inches, a record that still stands as the **MAC's best**. He won the conference title all four years and gave another All-American performance in 1973 by placing fourth at the NCAA meet. **Dowsnell** competed for his native Canada's national

team in the 1972 Olympics in Munich, as well as in the 1971 Pan-Am Games, the 1973 World University Games (placing ninth) in Moscow and the 1974 Commonwealth Games (fourth) in New Zealand.

Larry Clinton became the program's head coach in 1975 and his first recruit, **Al Ogunfeyimi**, won the **NCAA indoor long jump championship in 1978** with a leap of 25 feet and 6.5 inches. Clinton's indoor mile relay team posted the **fastest time in the world** (3:12.1) in 1977 and placed fifth at the national meet, making James Jeffress, Greg Fuqua, Jessie Young and Bruce Greene All-Americans.

Also, Greene and freshman **Roger Gilders** provided **All-American** performances during the outdoor season that year. Greene finished fourth in the 400-meter intermediate hurdles while Gilders placed fifth in the pole vault after clearing 16 feet and 6.5 inches.



BOBCAT HISTORY



Chris
Nichols



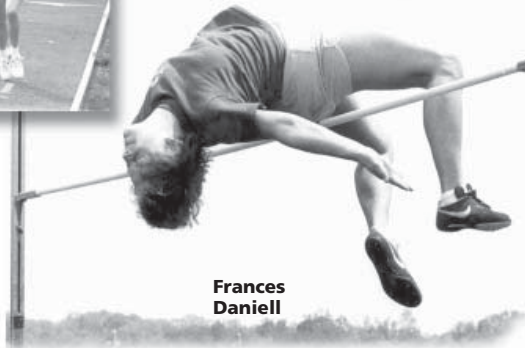
Tracy
Meyer



Roger
Gilders



Jackie
Conrad



Frances
Daniell



Kathy
Williams



1994 MAC Championship Team

The Bobcats finished out the decade with Gilders taking seventh at the 1978 NCAA indoor meet and Ogunfeyimi – who also won MAC titles in the 100-meter dash and the triple jump – earning his second All-America honor with a long jump of 26 feet and 1.5 inches at the 1978 NCAA Outdoor Championships in Eugene, Ore.

Changes came in 1980 when Elmore Banton became the men's head coach and Diane Stamm took over the women's program. Stamm led the Ohio women to conference championships in 1983 and 1984 and won the MAC Coach-of-the-Year award three times. The stars were: two-time All-American Frances Daniell, who finished fifth in the nation by high jumping six feet and one quarter inch in 1982 and then placed sixth the following year; three-time MAC champion Kathy Williams, who earned All-America status in 1983 by placing sixth in the 800-meter run; and Cathy Taylor, who won the conference shot put and discus titles in 1984 and then captured the heptathlon crown the following year.

Greg Jones became the Bobcats' first All-American (and nearly national champion) in the shot put by finishing

second at the NCAA indoor meet in 1988. The three-time MAC champion from nearby Nelsonville still holds the school record in the event with a toss of 60 feet and six inches in 1987.

In 1986, Banton took over the women's cross country and track and field programs as well. During his 23-year tenure coaching at Ohio, Banton won 20 coach-of-the-year awards collectively from the MAC, All-Ohio, Central Collegiate Conference and the NCAA.

Banton's most recent standouts on the women's side were Tracy Meyer, Chris Nichols and Jackie Conrad. Meyer was a four-time All-MAC selection who won the 1988 10,000-meter title. Nichols, who led the Bobcat cross country team to an unprecedented four straight championships, also won the 10,000-meter title in 1990 and 1991.

As a freshman, Conrad earned All-America honors by placing eighth in the 10,000 meters at the 1997 NCAA Championships. She followed that up with All-American performances the following year in the 10,000 meters (placing fifth) and in cross country. A hip injury forced the

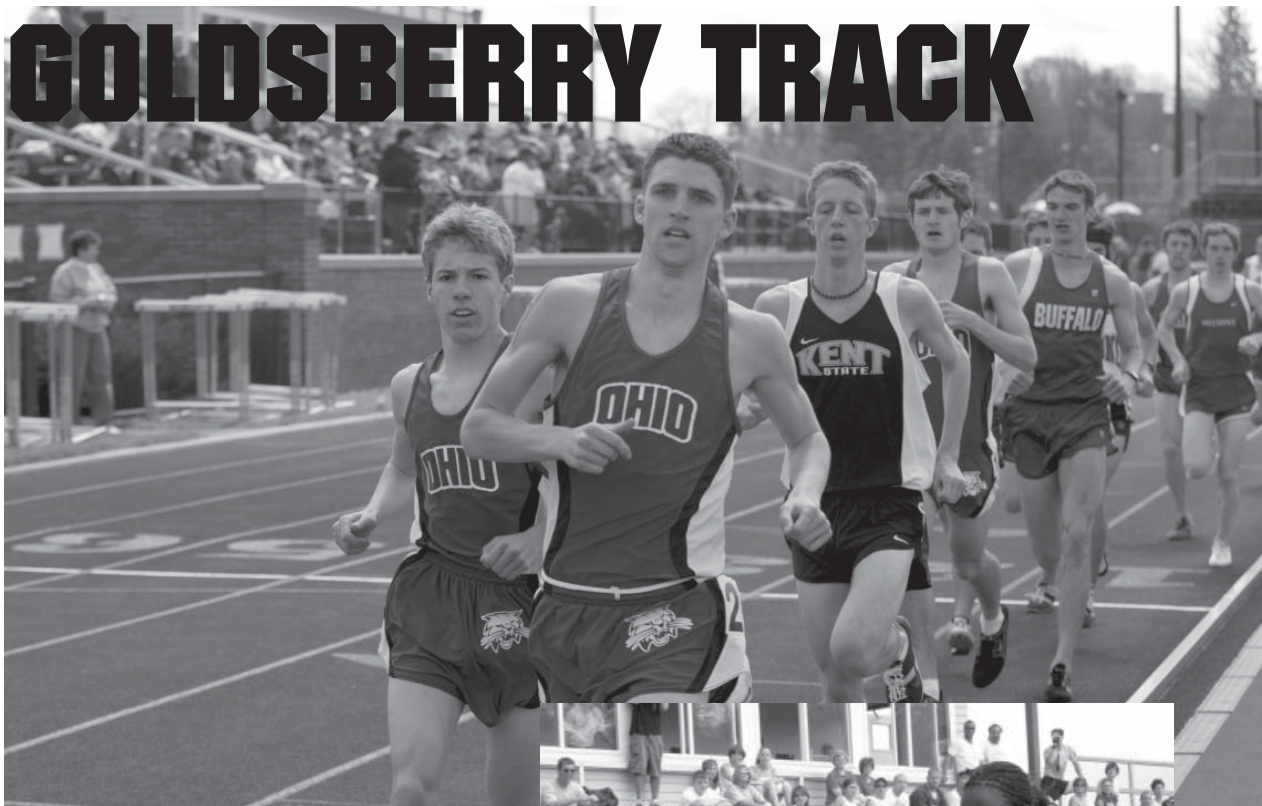
Marysville native to sit out her junior and senior track seasons. "It's unfortunate," said Banton of the six-time MAC title-holder, "because she would have been a national champion."

Clay Calkins was hired in June of 2003 to be the new head coach at Ohio after serving one year as an assistant under Banton. Working primarily with the sprints, jumps and hurdles in 2003, Calkins guided five of the nine Bobcats who competed in the NCAA Midwest Regionals that spring.

Ohio enters the 2006 campaign with a quality mix of veterans and newcomers. 2005 Midwest Regional long jump champion Scott Mayle returns this season as one of the most accomplished field athletes in the program's storied history.

Carime Reinhart heads up the women's squad as one of the conference's best all-around distance runners. Reinhart enters her sophomore season with the fourth-best 5000-meter time in school history.

GOLDSBERRY TRACK



Completed in May of 2000, Goldsberry Track is a state-of-the-art running surface for the Ohio track and field teams.

It consists of a material called rekortan, which is a mix of rubber granules with a liquid fixative on top of asphalt.

The track surrounds Peggy Pruitt Field, an artificial turf field utilized by the Bobcat field hockey and lacrosse squads. The playing surface is made of AstroTurf 2000 and has a layer of gravel for drainage and two levels of rubber granules with a gravel mix underneath. The turf came in five-yard-wide pieces with every line and decal already sewn in.

Ohio University sold bonds to raise capital for the project. The total cost of the facility was \$2,385,000.



For Goldsberry Track records, please refer to Page 39.

Host of the 2005 MAC Outdoor Championships, the Bobcats' Goldsberry Track will be the site of three events this season. After hosting the Ohio Invitational (March 31 and April 1) and the April 15 Bobcat Invitational, Athens will host the Ohio Open on May 5 as a prelude to the 2006 MAC Outdoor Championships May 12-14.

Admission is free to all Ohio home track and field competitions at Goldsberry Track.

The Phillips Center



LORI FRIEL



JASON KELLY



BECCA HUBBARD

Academic Services

The Joan and Wallace Phillips Center, located on the third and fourth floors of Peden Tower, houses the offices of Academic Services and Compliance. With more than 10,000 square feet of space, the Phillips Center offers two state-of-the-art computer labs, a 42-seat classroom, 10 private tutoring rooms, a 40-seat sound-controlled auditorium, administrative offices and a reception area.

The staff of the Phillips Center coordinates a multitude of programs involving Ohio student-athletes with the Mid-American Conference and National Collegiate Athletics Association. They also serve as the official liaisons between the athletics department and all academic units on campus. With a goal of providing maximum support for all student-athletes, daily contact with faculty allows the staff to monitor those individuals with the greatest need for assistance.

The Phillips Center has six staff members plus numerous tutors in a variety of subjects. The Academic Services staff provides academic advising, career and resume counseling, and life skills programming. Director Lori Friel, in her fourth year, came to Ohio from UNLV with 12 years of experience in the academic services field. Assistant Director Jason Kelly assumed his duties in the spring following a one-year internship with the Phillips Center.

Special Programs

NEW STUDENT-ATHLETE ORIENTATION CLASS: This class is mandatory for all new student-athletes. This CHAMPS/Life Skills program focuses on the transition into college life and the challenges facing a Division I student-athlete.

CAREER SYMPOSIUM: Student-athletes have the opportunity to interact with executives—including many successful Ohio alumni—from a variety of fields. With the goal of preparing students for a transition into the workplace, presenters cover topics such as resume writing and interviewing techniques.

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC): This group, comprised of representatives from each team, serves as the voice of Ohio's student-athletes. The committee offers comments on NCAA proposals, coordinates community service projects and addresses issues and concerns of all student-athletes.



Compliance

Ohio University is committed to the principle of institutional control and operating its athletics program in a manner consistent with the letter and spirit of the National Collegiate Athletics Association, the Mid-American Conference and Ohio University regulations. Compliance is a wide-ranging area, covering all functions of the athletics department including – but not limited to – recruiting, financial aid, eligibility, playing seasons, awards, extra benefits and rules education.

As a member of the NCAA, Ohio is responsible for the actions of its student-athletes, staff, alumni, boosters and fans. The Compliance Office coordinates, monitors, and verifies adherence to all NCAA and MAC regulations. We are dedicated to providing educational programs and interpretive support to ensure that all individuals involved with our athletics program understand and meet Ohio's compliance expectations.

If you should ever have questions regarding NCAA, MAC, or Ohio rules and regulations, we encourage you to contact a member of the Compliance Office staff:



**Chad Lutz, Jericka Duncan, Drew Frum
2005 Track & Field Graduates**



Jennifer Stiles
Associate Athletics Director
(740) 593-9800
stiles@ohio.edu



Derek Gwinn
Compliance Coordinator
(740) 593-0435
gwinnd@ohio.edu

The Carin Center

A strong athletics program begins in the weight room long before playing seasons start. Because of this, the Dr. Steve and Kathy Carin Strength and Conditioning Center located at Peden Stadium is an important catalyst in helping all of Ohio University's sports teams prepare for successful seasons.

The \$1.1 million facility provides state-of-the-art equipment and enough space to accommodate 100 student-athletes training at any given time. Built completely from donations by Ohio University alumni and friends, the center was dedicated on Friday, Nov. 12, 1999, and has since greatly enhanced the opportunities for and abilities of the 600 Bobcat student-athletes who use the facility each year.

"Ohio's strength and conditioning program is designed to help our student-athletes realize their utmost athletic potential while helping them develop self-discipline and mental toughness," says Sonny Sano, the Bobcats' director of strength and conditioning. "We train hard and smart, and we employ a comprehensive approach utilizing strength training, plyometrics, speed and agility development, flexibility exercises and sport-specific conditioning."

Featuring Eleiko weights and a Mondo sports flooring system, the center boasts 10,000 square feet of the best and safest training equipment in use today, as well as a \$5,000 sound system. These features allow an optimum training experience and further the strength and conditioning program's goal to develop bigger, faster and stronger athletes.

"Our goal is to outwork every single team we face," adds Sano. "To accomplish that, we have to outwork our opponents in our preparation. This facility—the Carin Center—provides us with an outstanding opportunity to do so."



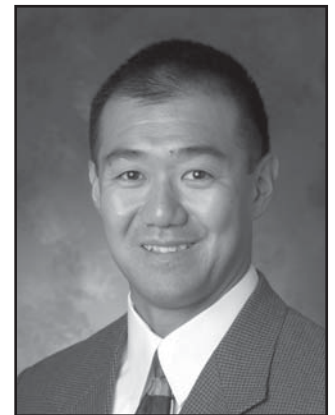
SONNY SANO

Director of Strength and Conditioning

Shigeru "Sonny" Sano has directed Ohio University's strength and conditioning program since April 2001, following five successful years at Virginia Tech.

Sano began his career with a short stint at Pittsburgh before working as a graduate assistant coach at East Carolina from 1995-96. He subsequently became Virginia Tech's strength and conditioning coordinator men's Olympic sports, working closely with male student-athletes and female swimmers and throwers. In August of 1999, Sano was elevated to assistant director for the Hokies, coordinating all activities of the men's basketball and volleyball teams. For all five years at Virginia Tech, he assisted in all facets of strength and conditioning for the football team. In his final two years there, Sano was also in charge of developing speed and agility for the Hokies' football program, which played in the Sugar Bowl for the 1998 national championship.

A 1989 graduate of Rikkyo University in Tokyo, Japan, Sano earned a bachelor's degree in



psychology while playing for the school's varsity ice hockey team. He came to the United States after graduation and earned an additional degree in physical education from Eastern Michigan in 1991. Sano also completed a master's degree in sports administration from Wayne State University in 1991.

Sano is a member of the National Strength and Conditioning Association and holds certification as a strength and conditioning specialist and as a USA Weightlifting club coach. He and his wife Krissy have a 5-year-old son, Brendan, and a 2-year-old daughter, Erika.

