Track

Russ Whitenack
Head Coach
3rd Year

The Virginia Tech track program has continued to improve under the leadership of Russ Whitenack, now in his third year as head track coach. A 1969 graduate of the University of Tennessee, Whitenack was a teacher and track coach for three years at Palmetto Junior High School in Miami. He came to Tech in 1972 as associate director of Tech’s All-Sports Camp and assistant track coach. He was named director of the camp in Spring ’74.

A native of Long Island, N.Y., Whitenack, 32, had a personal best of 9.5 in the 100, 20.8 in the 220, and 47.8 in the 440 while at Tennessee. He also is a member of the record-holding mile relay team (3:19.8).

He is married to the former Judy Landess of Miami.

Outlook

Coach Russ Whitenack is expecting “an outstanding outdoor season” in 1977.

The Tech track and field contingency, once again led by all-American pole vaulter, Keith Neff, and sprinter Andre Releford, looks to be one of Tech’s strongest to date.

Whitenack contends that with the combination of Neff in pole vaulting, greater depth in the sprints, and the better than average weight program, Tech should be even more competitive than the ’76 team which finished third in the state last year in outdoor competition.

This season’s strongest field event is the shot put with Larry Wheeler and Dave Steranko competing for the top position.

“We have two freshmen weightmen, Tom Bishop in the discus and Wheeler in the shot, who along with Robert Drum in the hammer and discus events, should really add to the strength of our weight program,” coach Whitenack commented.

In sprints, Releford, senior school record holder who qualified for the indoor nationals in the 60-yard dash, is expected to run 9.4 in the 100. Adding to depth in sprinting are sophomores Dennis Scott, state champion as a freshman running 9.5 in the 100, and Larry Fallen, a 9.6 sprinter.

In the 440, senior Clyde Blueford, sophomore John Magistro, and freshman Jim Elminger are all coming off outstanding indoor seasons. The responsibility of the middle distance runs will be shared by the indoor two-mile relay team of Steve Sawyer, Barry Monteiro, Mike Burns, and Tom Goode. Competing in the mile will be John Barnes, Ray Ackenbom, and Ed Lee.

In the distance events, seniors Guy Crane, Alan Carville, and Harold Goldsberry lead a hard-working group which includes Robbie White, Leo Jablonski and Elminger.

The 120-yard high hurdles should be another strong event with freshman Kenny Lewis leading a group of fine hurdlers consisting of Ed Friar, Bob Owens, John Dyer and Ed Willis.