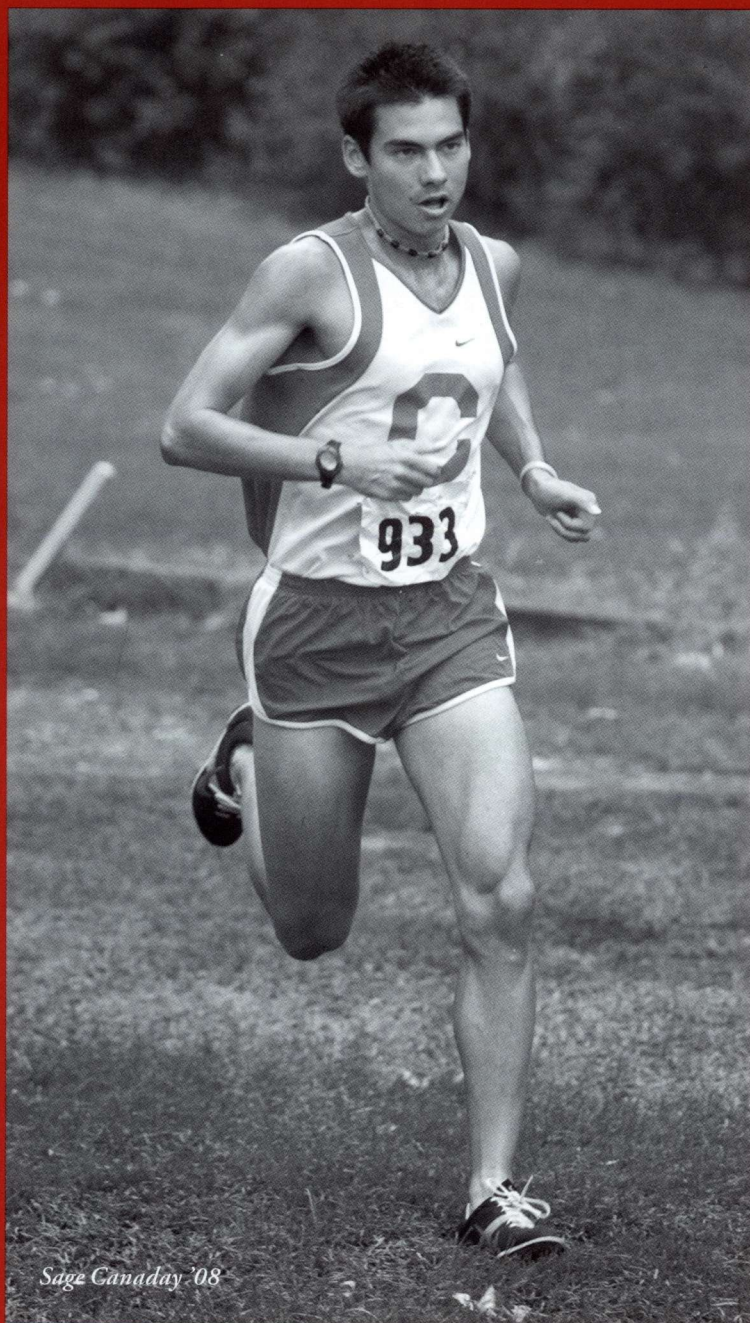


# Cornell Cross Country



*Stephanie Pancoast '10*



*Sage Canaday '08*

*The Wastebasket* 2007 Cross Country Review



# alumni updates

→ **Martha Rosett Lutz '78** has been busy! She writes, "In 2007, at the ripe old age of 50-51, I decided to go after the USATF Masters All- America standard in the 400 meter for my age division. That standard is a slow time (78.6!) that I could do repeatedly in practice just a few years ago. But age has an odd way of creeping up and pouncing, and by the time I turned 50 I could no longer run a 75 flat just for fun. (At age 42, I ran 66.73 with A.T., so clearly things start to change around the half century mark.) Our first outdoor meet for the year was in May in Columbus, Ohio, at Jesse Owens Memorial stadium. I was electronically timed in 77.07, so I got my first All-America award for the year. I then had a near miss in an FLRC meet in Ithaca on June 5. At the Bluegrass State Games in July, I ran 76.77 (again, electronic timing), and got my second All-America award. My husband and I are both old geezers (50 and over) so we qualified for the Kentucky Senior Games in September. Once again I got an All-America award, with an electronic time of 76.13. The final meet of the outdoor season was the University of Kentucky Intramural track meet on 30 September. It was hand timed, but even with the conversion factor I received my fourth All-America honor for 2007 with a time of 75.7. Now if I can find a place to keep up my sprint training indoors through the winter, maybe I can keep the downward trend going in my 400 times. I would sure love to go below 70 again before I die, but would settle for staying below the Masters standard for my age group as I get older. The really nifty thing was that at the intramural meet I was the

overall female winner, beating the four female undergraduates who signed up for the 400 that day (second place ran 76.8). Now that felt sweet, at my age!"

→ **Christine Constable '00** has good news: "I finally got married to **Phil Yates '01** in July of 2006. (We've been dating since my junior year). We currently live in Andover, Mass. We bought a house and have expanded our family with two cats from the local shelter. I'm currently teaching math at North Reading High School and will be coaching the varisty swim team here this year. It should be interesting...we have 5 a.m. practices. Other than that, we've been busy fixing up our house and removing 50 year-old wallpaper. I'd love to hear from people! You can e-mail me at cconstable78@aol.com."

→ **Norah '02** and **Mike Selig '00** are doing great in Colorado. Norah writes: "We bought our first house! We're busy packing up the apartment we've had for the past three years and moving to Lakewood, Colo. We'll finally have a guest bedroom so we're totally up for visitors! Jobs are going well — Mike is still working for the National Renewable Energy Lab in Golden, Colo. I started a new job with a local nonprofit called Girls Inc. of Metro Denver. Running-wise, Mike is really enjoying being out in Colorado with all of the trails and mountains. Last year he picked up his first ever marathon win at the inaugural Colorado Colfax Marathon. He's also running on the La Sportiva Mountain Running team after some respectable finishes in major mountain races (Pikes Peak, Mount Washington)."

→ Pole vaulters **Scott Lundy '02** and **Sonya Negriff '01** are getting married. Writes Scott, "Sonya and I moved to Cincinnati this summer after spending the past five years in Southern California. Sonya finished her Ph.D. at USC and I left Four Seasons Hotels and made a career change after taking the summer off to travel. We are planning our wedding right now, which will be in Ithaca next summer."

*Some new baby news to report:*

→ **Keith Strudler '92** and wife Andra have good news: "We'd like to announce the arrival of our son Sloan Robert Strudler. He was born on August 17 at 11:23 a.m. He weighs a healthy 7 lbs., 0 oz. and stands 20 inches. I figure that makes him either a miler or perhaps a tennis player, although he has yet to sign a letter of intent."

→ **Dan Sherry '99** writes: "Christine and I welcomed our daughters Kate and Ella to the world on May 8. Only a few more months until the girls can go in the jogger!"

→ **Colleen '98** and **Mike Padilla '96** welcomed son Kyle Michael into the world on December 3. He checked in at a healthy 7 lbs., 2 oz, and 20 inches long.

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# 2007 cross country awards and honors

## TEAM AWARDS

*Once again, Cornell's cross country teams celebrated their season with a walk to the Varna Methodist Church and enjoyed a fine turkey dinner! Held on December 4th, the coaches handed out the following awards:*

### MEN

- Fifth Man Award: **Andy Miller '09**
- Herman Greenberg Award (Most Improved): **Andy Miller '09**
- Louis C. Montgomery Award (Most Valuable Freshman): **Adrien Dannemiller '11**
- Edward B. Kirby Award (Most Valuable): **Sage Canaday '08**
- John F. Moakley Award (The senior who has done the most for Cornell cross country): **Sage Canaday '08**

- John S. Reif Award (Overall Excellence): **Zach Hine '09**

- 2008 Cross Country Captain: **Sam Luff '09**

### WOMEN

- Fifth Woman Award: **Kerri Lyons '10**
- Most Improved Award: **Stephanie Pancoast '10**
- Louis C. Montgomery Award (Most Valuable Freshman): **Katie Sullivan '11**
- Clarence F. Spindler Award (Most Valuable): **Stephanie Pancoast '10**
- John S. Reif Award (Overall Excellence): **Aeriel Emig '09**
- 2008 Cross Country Captain: **Aeriel Emig '09**

## HONORS

### MEN

- First Team All-Ivy: **Sage Canaday '08**
- Second Team All-Ivy: **Zach Hine '08, Jimmy Wyner '08**
- All-Region: **Sage Canaday '08**
- All-East: **Sam Luff '09**
- NCAA Qualifier: **Sage Canaday '08**

### WOMEN

- All-Region: **Stephanie Pancoast '10**
- All-East: **Stephanie Pancoast '10, Katie Sullivan '11**

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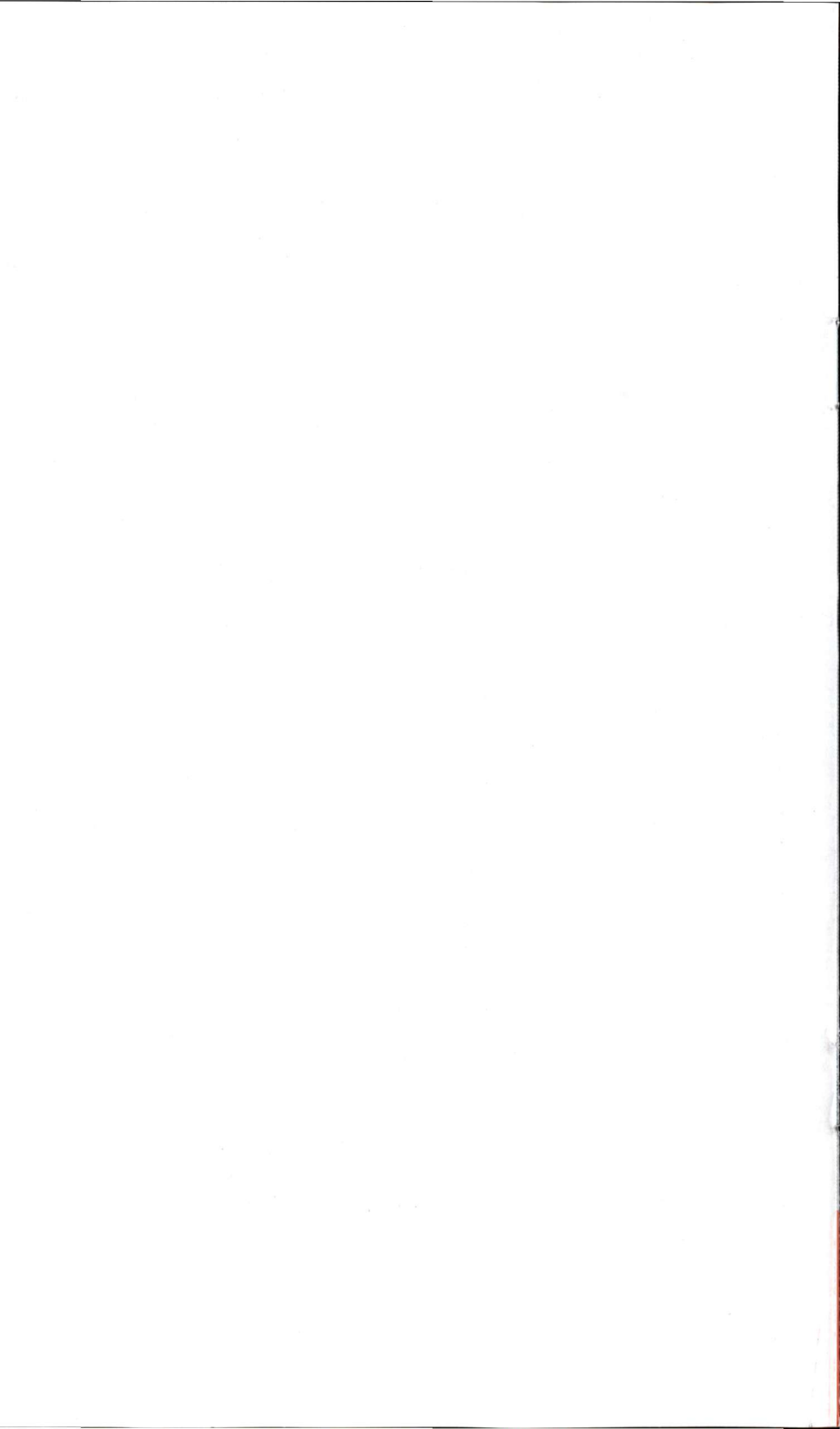
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Men's and Women's  
Cross Country  
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Cross Country







*Wastebasket Staff: (l-r) Anjelica Gregory '08, Saidu Ezike, '08, Aerial Emig '09, Molly O'Toole '09*

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## SPIKED SHOE VINTAGE

*This article was taken from the October 14, 1917 issue of "The Waste Basket"*

*Editorial by I.C. Dresser '19*

Cornell spirit, which has become a byword so long among collegiate institutions, is not falling below standard this year in Cross Country, despite reports to the contrary in regard to other activities. In fact, a comparison of figures shows that the registered number of candidates in the varsity squad is in proportion to past years. Furthermore the men are all showing that spirit of cooperation and good-fellowship, which has helped in previous times to develop winning teams. We all know what our object is — to maintain the past record of Cornell Cross Country and to do it in a way that will deserve the commendation of our competitors.

To do this we must have a full realization of our duty, Victory, and not the individual is the ultimate end, though to be sure the

individual reaps his reward through the supremacy of the team. Consequently, each one of us must do his share and none of us is unimportant enough to be of no value. It is the second string men on whom the varsity depend on. Without them no first class team can be developed. And so it is from the best man down to the poorest — each depend on the other for support. And above all it is the presence of each individual, which serves to influence and inspire the others to keep the organization a living body.

Therefore let us continue to be guided by the good old spirit of the past and in years to come we can say with pride that we were the ones who helped to carry Cornell's Cross Country organization thru the crucial period which we are now passing.





# men's cross country review

By Saidu Ezike '08

**T**he 2007 Cornell men's cross country season was definitely one to reminisce about with a smile. Throughout the course of the season, the Big Red managed to finish second at the Heps, fifth at the NCAA Northeastern Regionals, and had a top-100 finisher in the NCAA national championships.

The Big Red showed promise as they opened up with a 21-40 win against Army at the Moakley Course. The Cornell men filled eight of the first 10 places in their first meet. **Sage Canaday '08** led the pack, finishing first in a time of 26:00.9. **Zach Hine '09** was the next Cornell runner to cross the line. Placing third in a time of 26:18.1, both he and Canaday ran personal bests despite the rainy weather. Not far behind, **Charlie Hatch '10** placed fourth overall in 26:21.4. **Adrien Dannemiller '11** debuted well for the Big Red, running 26:34.1 for sixth place overall.

To follow up this standout performance, the squad traveled to the Iona Meet of Champions. Despite missing the aid of the top seven runners, the Cornell men took sixth place out of 19 teams. **Kyle Wolpert '10** led the men, placing 28th out of 205 runners in a PR time of 26:09.7. **Andy Miller '09** also ran a great race, placing 32nd and also posting a personal best time of 26:15.1.

The top seven men at that time in the season faced a huge opportunity when they headed to South Bend, Ind. to compete at the Notre Dame Invitational. With the projected number four man, Hatch, unable to finish the race due to an illness, the men still managed to take

11th out of 23 quality teams, with 248 points. Looking back on the meet, assistant coach Robert Johnson said, "I certainly still think this is by far the best team I've had since I've been here and we're looking forward to proving that over the next six weeks."

I think it's safe to say the Big Red squad proved so.

In Weekend One of Coach Johnson's projection, the men made national noise at the pre-NCAA meet in Terre Haute, Ind. Placing 18th out of 40th, the men displayed their strength outside of the Ivy League. Taking advantage of the ideal weather conditions, the top five runners averaged an impressive 24:30 over the 8,000-meter course, and the entire top seven ran personal bests.

In Weekend Two of Coach Johnson's projection, 11 members of the team rested up for Heps while the remainder of the squad raced in the Reif Memorial Run at home in Ithaca. A number of the athletes were hoping to win the five-mile race because the winner gained the last spot on the 12-man Heps squad. Running on a muddy, water-logged course, the Big Red men ran hard throughout the race. Coming out of the gorge, **Joel Frost-Tift '10** and **Nate Edelman '11** gritted their way neck and neck over the final 400 meters, with Edelman crossing the line first in the narrowest of margins, 27:00.2 to 27:00.3.

Weekend Three in Coach Johnson's projection was proved correct as the 2007 Big Red squad asserted themselves as one of the top teams in the league. A second-place finish in the Heptagonal Championships at Van Courtlandt



*Zach Hine '09*



Park is a feat that has not been accomplished since Cornell won the Heps in 1993.

Cornell placed second with a score 67 points to defending champion Princeton, which scored an impressive 38 points. Canaday ran an 18-second PR (24:41.6) at Van Cortlandt Park to take the runner-up spot to Princeton senior Michael Maag. Hine also had a fine race, placing eighth in a 24-second course PR (24:55.9). Co-captain **Jimmy Wyner '08** hung tough and finished in 10th in 25:06.2, his second straight All-Ivy performance. Dannemiller had a fine championship debut, placing 22nd overall (the second freshman in

the field) in a solid 25:22.9. Stepping up to the plate to seal the Big Red's second-place team effort was Miller, who used a fantastic finishing kick, passing five runners in the last 200 to finish 25th in 25:25.8 - a 50-second Van Cortlandt personal best. Rounding out the top seven was Hatch (36th, 25:38.2) and **Sam Luff '09** (49th, 25:48.3).

With all the Big Red accomplished, the following three meets of the season proved to be icing on the cake for Coach Johnson's projection. After running the first five miles of the U.S. Olympic Trials Marathon in New York City a week prior, Canaday ran great at the NCAA Northeast Regional Championships at Boston's Franklin Park, qualifying for the NCAA Division I championships with a terrific eighth-place (out of 230) finish. The men improved on last year's eighth-place finish by finishing fifth, just five points away from fourth-place Brown. Competing in cold and breezy conditions, the men went out well. The trio of Canaday, fellow senior co-captain Wyner and Hine established themselves in the race's top-20 by the two mile mark. Canaday and Wyner were in the top 10 by 5K and looked strong. As the race began to string out in the final 5K, Canaday ran tough and ultimately

finished eighth in 30:13.25 (38 seconds faster than two years ago at this meet) for the 10K course, earning All-Region honors for the second time in his career, as well as a trip to Terre Haute, Ind. to represent Cornell at the NCAA Cross Country National Championship.

Hine was the second Cornell finisher, placing 27th to just miss top-25 All-Region honors, clocking 30:42.75. Wyner, struggling with a leg cramp in the final two miles, placed 38th in 30:57.95. Miller gave an impressive performance with his highest team finish yet for the Big Red, running 31:15.65 for 56th. Luff also had a very good race, running 31:27.45 to finish 66th and round out the top five.

The successful season continued on for a few members of the Big Red squad. On Nov. 12, Cornell sent two men to the IC4A's, Luff and **Steve Soprano '10**. Luff, moving up well throughout the race, ran a stellar time of 25:31, an 18-second personal best to place 10th and earn All-East honors. Soprano also had a great race, setting a personal best of 26:07 for 48th place.

In the final meet of the season, the NCAA Division I Cross Country Championships, Canaday placed 83rd. Crossing the line in 31:00.3 for the 10K course, Canaday spent most of the race walking runners down. Remarkably, since he started in the back of the pack, he managed to pass 100 people and was not passed in return during the final 7000 meters of the race. Canaday's performance concluded one of the best seasons for the men's cross country team in recent years.



*Charlie Hatch '10 and Jimmy Wyner '08*



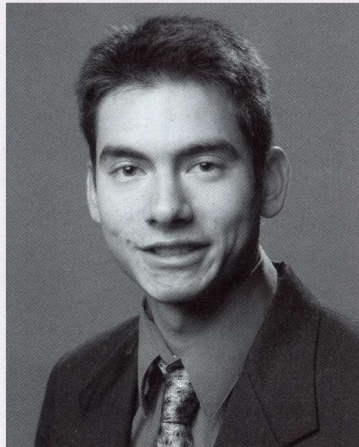
## in focus: Sage Canaday

By Aerial Kaylee Emig '09

It is nearly every child's goal to compete in the Olympics. Unfortunately, for most that dream melts as quickly as ice cream in July. Yet not for Cornell cross country captain **Sage Canaday '08**, whose list of accomplishments already stretches as far as the races themselves. As a young boy growing up in Sheridan, Ore., Canaday was fated to be a runner. Coming to this realization in eighth grade, he quit soccer to focus on track. He gave his complete attention to the sport, which would not only become a successful career but also a lifelong passion.

As Canaday grew, so did the distance of his races. While he may have been a 1500 runner in middle school, he now prefers the longest race of all — the marathon. "My sophomore year in high school I decided that one of my life long goals would be to qualify for the Olympic trials in the marathon," he recalled. "I originally thought that 2012 would be my best shot at making this dream come true." But that far-off date was not soon enough. In January 2007, Canaday ran the Houston marathon in 2:22:21, missing the Olympic trials standard by 21 seconds, only 0.8 seconds too slow per mile. While this fine margin might make one toss in the towel and call it quits, Canaday remarked that the "experience confirmed

that I was a 'born marathoner' because it felt so natural." Only five months later, he tried again where he improved significantly running 2:21:43 at Grandma's Marathon in Duluth, Minn. This time he qualified for the Olympic trials with 17 seconds to spare. "When I crossed the finish line and realized that I qualified it was the best moment in my running career ever. I was so happy."



But the story doesn't end there. While Canaday enjoyed a great deal of success early in the year, he devoted just as much time and energy into the fall cross country season for Cornell. During the summer, he put more miles on his sneakers in a week than most people do on their cars. Sage, as both a runner

and as a young man, has come to personify the phrase "practice makes perfect." Each year he has improved, leaving his senior cross country season filled with personal records. Boasting impressive marks of 24:09 in the 8K at the pre-Nationals meet and 30:13 in the 10K at the Regional meet, Canaday also placed second at Heps and among the top 100 runners at nationals. He acknowledges his coaches to be an integral aspect of his career. "Coach Johnson and Coach Taylor have supported me in my road running endeavors and I think their flexibility has helped me optimize certain training components."

Balancing over 130 miles a week, a job at the Cornell Fitness Centers, and a major in Design and Environmental Analysis certainly isn't easy. Yet Canaday somehow manages it all. Within the DEA major, he has chosen to specialize in the field of Ergonomics, focusing on how to improve many everyday devices from computer keyboards to desk chairs. "I like the major because it allows you to be more creative, while at the same time you are focusing on helping people," he says. Canaday's creativity is evident not only in his studies but also in his passion for music. While juggling all other elements of his life, he squeezes in time to play a variety of instruments: piano, alto saxophone, and most recently the bass guitar.

Initially drawn to the east coast by the strong academics of Cornell, Canaday has fallen in love not only with the opportunities the university has to offer, but also with the rural setting of Ithaca, which provides enough trails even for someone who runs up to three times a day. Though the trails shut down in the winter, his future remains wide open, both for the remaining seasons at Cornell, as well as beyond graduation. Not quite ready to return home to Oregon, the east coast will continue to see much more of Canaday. He intends to pursue his running career in a post-collegiate training program as well as attend graduate school for kinesiology or biomechanics. In the future, he toys with the idea of becoming a coach or designing running shoes. Yet for now, Canaday can still be found running through Ithaca and training with his teammates at Cornell.



# women's cross country review

By Anjelica Gregory '08

Senior leadership is often indispensable. Unfortunately, the 2007 women's cross country team was left with no members of the senior class, and the top three runners from a year ago graduated. Despite having an exceptionally young team, they managed to bond together and have a solid season, filled with highs and lows.

The Cornell women opened its campaign with a team victory against Army. Freshman **Kim Standridge '11** was the individual race winner, proving herself to be an integral part of the varsity squad. Standridge crossed the line in 18:36.6, breaking the Cornell school record for the 5K Moakley course.

**Stephanie Pancoast '10** also had a stand out performance, displaying a glimpse of what was to come the rest of the cross country season. Pancoast recorded the third-best Cornell performance of all-time with a second place effort of 18:40.4.

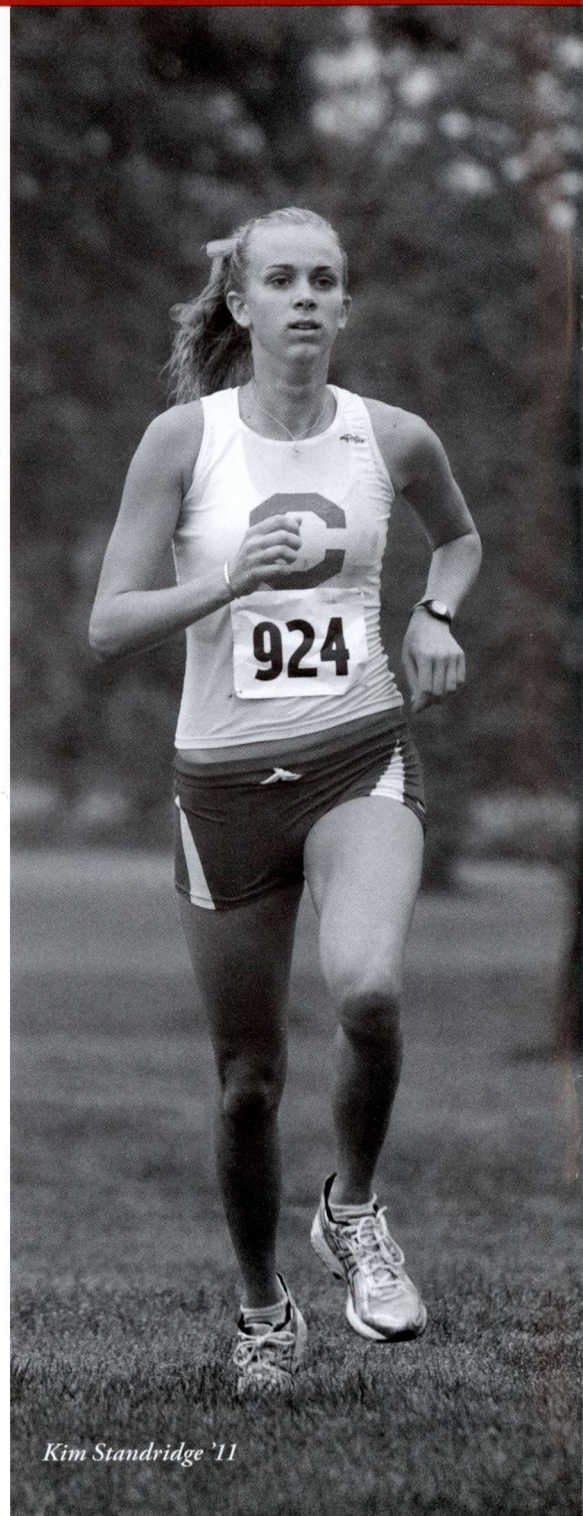
The second meet of the season proved to be just as successful for the women. The Big Red placed second out of 19 teams at the Iona Meet of Champions. Improving on last year's third-place finish, Cornell had three women in the race's top 15 runners overall, out of over 200 finishers. Standridge finished first again for Cornell, crossing the line in eighth place and running 22:15.9 in her first 6K race. **Marie Parks '09** led the Cornell charge for much of the race and had a good effort, placing 12th in a course PR 22:21.0. Another solid performance came from **Katie Sullivan '11**, who placed 14th in 22:22. Additionally, a pair

of runners set personal best times at the Iona Meet of Champions. **Kerri Lyons '10** finished seventh for the Big Red, coming in 35th place in a 40 second PR time of 23:19.8. Also setting a new VCP lifetime best was Pancoast, finishing in a time of 22:37.0.

The women continued their campaign at the annual Paul Short Invitational, hosted by Lehigh University. The young Cornell team held their own in a nationally competitive field, placing seventh out of 47 teams and 317 runners. Standridge continued to lead the Cornell pack for the third straight meet. Racing an outstanding 21:18 for the 6K layout, she crossed the line in 22nd place. Pancoast achieved a huge one-minute personal best time, placing 38th in 21:37. Sullivan also ran very well again, placing 52nd in a time of 21:50.

The women performed solidly at the Penn State National Invitational, again finishing seventh in a nationally competitive field. No. 21-ranked West Virginia was first with 86 points, No. 30 Penn State earned 110 points, Kentucky had 127 points, No. 35 Syracuse garnered 128 points, Wake Forest was fifth with 173 points, and No. 17 Duke finished with 185, seven points in front of the Big Red. Other teams in the top ten included Tennessee, Guelph and Villanova.

Running in their first race of the season that featured cooler, fall-like weather, the Big Red had a good, but not great, start in the crowded field of 277 runners for the 6000 meter course. After establishing their position in the top 40 at the mile, the Big Red's top group began to work its way up the



*Kim Standridge '11*



field. Cornell was led by Pancoast, who ran a tremendous race and placed 23rd with a time of 21:45. Sullivan ran well again and set a 6K PR of 21:48 to place 28th. Fellow freshman Standridge was 35th in 21:56 while Parks was 42nd in 22:02. Captain **Aeriel Emig '09** rounded out the top five with a strong finish, placing 66th in 22:33. Lyons (85th, 22:52) and **Caroline Schultz '11** (in her first race in over a month) rounded out the top seven, placing 86th in 22:53.

For 12 women, the season continued into the championship part of the campaign. Arriving at the 2007 Heptagonal championships with high expectations, the young team was disappointed with the results. Despite the seventh place finish, the athletes gave strong performances. Pancoast was the team's top finisher, taking 17th place in a time of 18:06.3. Sullivan and Parks were second and third, with Sullivan finishing 21st in 18:17.6 and Parks posting a time of 18:28.7 for 26th place. Standridge was 35th in 18:40.0, while classmate Schultz was the team's fifth finisher, taking 39th place in 18:43.5.

At the NCAA regional championships, the women were out to prove that the Heps performance was not representative of their season as a whole. Competing in cold and breezy conditions, Cornell placed seventh out of 36 teams, scoring 200 points. Additionally, they were able to turn the tables on two teams that had defeated them two weeks prior at the Heps. The Big Red women had four personal best performances and ran a race more representative of the team's regular season. Once again, Pancoast ran a



*Women's cross country team after placing third at the ECAC's (l-r): Marie Parks '09, Kerri Lyons '10, Aeriel Emig '09, Caroline Schultz '11, Kim Standridge '11, Katie Sullivan '11, Katie Roll '11, Stephanie Pancoast '10, Coach Artie Smith '96.*

great race, leading Cornell with an All-Region performance by finishing 19th, which earned her All-Region honors. Standridge also ran a good race, posting the second best 6K time of her young career. She crossed the line in 21:41.40 (No. 5 all-time for Cornell on this course) for 32nd place. Sullivan led the Big Red charge for the first mile and a half and held on gamely throughout, placing 36th in

a personal best time of 21:44.55. Parks was 55th in 22:15.15 and Emig ran a course PR of 22:11.85 to finish 59th. Furthermore, Schultz posted a 37-second personal best time of 22:16.40 and placed 68th.

The women ended their season on an extremely high note by placing third at the ECAC championships in Van Courtlandt Park. The Big Red scored 83 points to finish only

behind Villanova (43) and William & Mary (58). The women earned a top-three trophy finish for the 10th time in 11 years in the championship division. The women had two All-East honorees: Pancoast and Sullivan. A season-best 31-second spread for the first five runners concluded the season in strong fashion. Pancoast was the Big Red's top runner for the fourth straight meet, moving up 15 places in the back hills to finish seventh with a time of 18:10 for the 5K course. She garnered her first career All-East honor. Sullivan also moved up well and placed an outstanding 14th in 18:27 to conclude a great first collegiate cross country season. Lyons set a nine-second Van Courtlandt Park personal best time and placed 21st in 18:36, closing strong in the final 800 meters. Schultz ran her best race of the season after missing much of September with a foot injury. She placed 24th in 18:39. Parks rounded out the top five slots for Cornell, placing 26th in 18:41. With our top seven athletes returning for next season, this young group will be a team to watch in the future.

## The Indoor Heps to Return to Cornell in 2008

Cornell will host the Indoor Heps in Barton Hall the weekend of March 1-2, 2008. This will be the first Heps at Cornell since 2004. We hope many of you will return to Ithaca to cheer on the Big Red men and women, as both teams are coming off banner seasons in 2007.

The Cornell Track Association is organizing a number of events in conjunction with the weekend. Please stay tuned for more details. In the meantime, save the date — we hope to have a large contingent of alumni in Ithaca to cheer on the teams!

A block of rooms is on hold at the Clarion Hotel (607 257-2000). Please reference the Heptagonal Indoor Championships Cornell Alumni Group or contact Peter Orschiedt at [pbo3@cornell.edu](mailto:pbo3@cornell.edu).





*Captain Aerial Emig '09*



## in focus: Marie Parks

By Molly McKenna O'Toole '09

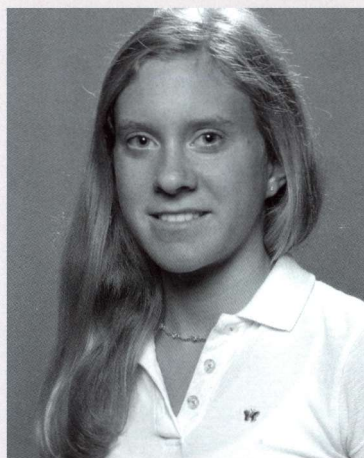
**M**arie Parks '09 is not a name commonly seen in Cornell cross country headlines. But she is a humble and strong member whose talent is indispensable to the team. Coming from a high school with an incredibly strong running program, Parks experienced great success during her high school career. She wasn't always a runner, however. Explaining her transition to track she stated, "In eighth grade, I didn't make the basketball team, which I wanted to do to stay in shape for soccer. So I joined track because it was the only team you didn't have to try out for."

The sign-up sheet had three boxes: long distance, sprinting, and throwing. Parks, shy in nature, quickly filled out the first box. "The coach asked, 'Can you run really far without getting tired?'" she said. "I was too nervous to let him keep talking, so I just said yeah. Luckily shot putting wasn't the first thing on the list."

For Parks, support from home has been key to her success in high school and college. Luckily, home isn't more than an hour away from Ithaca. "I've never been far from home," she said. "It's nice if I need something — it's never that far." However, Cornell's short distance from home is not what led Parks to the university. "I knew it was a really good

school, academic-wise, and they happened to have a nutrition program with the option of a minor in exercise science through Ithaca College," she said.

Once at Cornell, Park's transition was eased by its similarity to Parks' successful high school team. "The team looked really good, and when I visited it was really similar," Parks said. "People's interactions with each other were the same." It is these relationships that are her favorite part about being a member of the Red. "Sometimes I don't want to run, but I still look forward to practice to see everyone. It makes it a lot more fun when you enjoy your teammates." Indeed, that enjoyment has translated



into significant success. Although not always the top runner, Parks has been a mainstay in Cornell's top five each of her first three seasons at Cornell, was the team's most valuable freshman in her rookie season and is a Heps scorer and All-East performer in the distance races on the track.

Parks will continue to lead her teammates into the upcoming indoor season, coming off of a successful cross country season. She hopes to break 17 minutes in the 5K, and just stay healthy. When asked her greatest motivation, she said, without hesitation, "To improve."

## Save the Date: Phone-a-Thon

**The team** is looking forward to re-connecting with you in our annual phone-a-thon in January! We hope you'll be home on the following days: Sunday, January 13 and Monday, January 14 (Martin Luther King Day).

If you know the specific amount that you would like to give and will not be home the night of a phonathon, please email Peter Orschiedt (pbo3@cornell.edu). A pledge card and business reply envelope will then be mailed to you within seven days.

To make a gift over the phone or online, please call 1-800-279-3099 or visit [www.alumni.cornell.edu/giving/giftcard.html](http://www.alumni.cornell.edu/giving/giftcard.html). Your gift to Cornell is tax deductible. The 1-800 phone number and the web site are key. Gifts should be designated to the Track Development Fund.