**X-Country — A Trying Season**

Cornell's winning streak was extended to two a week when they edged LeMoyne 27-29.

Harvard, the eventual Heptagonal champions were the Big Reds next opponents on the Moakley course led by Jim Baker's record breaking time of 25:47.2. The Crimson annihilated the Red (16-45) with only Bruce Earle's fifth place finish saving Cornell from a shutout. Overshadowed in this meet was Chet Judah's best performance as a Varsity runner with a time which tied Tom Bolan for the second best by a Cornell runner this year.

The next meet was a rerun of the previous week as Cornell again was crushed (45-46). This time by Yale. Bruce Earle again saved Cornell from a shutout.

Against Army Earle resumed his winning ways, but it was not nearly enough as Cornell lost (20-43). The Big Red thus closed their dual meet schedule with a record of 2-4.

In the Heeps, Cornell failed by 3 points to improve on its last place performance the year before. Again, Earle led the team garnering a 41st place. He was closely followed by Dave Fradin who had been consistently improving all year. Bob Tallo took this occasion to register a personal best as he moved up to place 4th on the Cornell team. Based on their performance at the Heeps, Dave and Bruce were the only Varsity runners entered in the ICAAAA.

In this race, the Cornell Frosh led by Jon Anderson, the first Heptagonal runner to finish, ended their season in which they had compiled a . . . Record.

The season began with the impossible. What looked like the nucleus of the '67 Cornell cross country team split up into a Peace Corps man in the Figi Islands, an offensive end for the Cornell 150 football

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Indoor Preview

This year, Cornell's approach toward practice is a new one. The main difference from the methods used in the past few years is the daily posted workouts. These workouts, made up by field event coach Tom Pagani, are quite detailed. Each event has its own set of exercises that should be done. On alternate days the workouts consist of either weights or practicing on the individual's event. While this system sounds rather trivial it is not. It sets up a regular training program which develops skill and strength constantly rather than sporadically. However, what is most important is that this year the workouts for the most part are getting done...entirely.

One reason for this enthusiasm and dedication at practice is because of a great confidence in our coach Tom Pagani. This is Tom's second year as assistant coach at Cornell. He is truly a great athlete and this is one reason for the great confidence he maintains. To list a few of his accomplishments we find the following: hammer throw—203'8", 35-lb. weight throw—65'6½", shot put—56'6⅛", NCAA champion 1961 and fifth in the Olympic trials in the hammer, and current record holder in the National AAU All-Around (10 events in one day); in fact, the 225 pounder pole vaults 10'6". As can be seen he is indeed qualified for the coaching task.

This year's prospect is very hopeful. There has been comment that this year's team lacks the superstars. Captain Chuck Roll, when asked this question gave the following answer; "I feel that superstars are made and not born. We have many men who have the potential and desire to achieve the title 'superstar' and with the aid of Coach Pagani and some more experience will achieve this goal. Among those who I see great hope for are Ron Nehring (1000), Pudge Carter (600), Steve Goodwin (60), Gordon Stofer, holder of the Cornell Indoor record-holder in the high jump at 6'10", and Bob Kingan in a powerful vaulting team. Marc Swartz will try to fill the rather large shoes of Tom Fraus (second in the NCAA hammer throw) in the 35-lb. weight. The long jump is composed of Walter Jones who has jumped 23'1½" and Spiked Shoe President Gary Campbell.

The Cornell Spiked Shoe Society is pleased to announce the birth to Diane Pagani, wife of Assistant Coach Tom Pagani, of a daughter. Carolyn, born December sixth, is the Pagani's second daughter. They have two sons.

Red Star Over Provo

Last June the Big Red track team sent five entries to Provo, Utah for the NCAA championships. In the group were Tom Fraus, hammer thrower, and John Elliot, Pudge Carter, Dave Mansfield, and Bill Bruckel, the mile relay team.

The meet was held on June 15, 16, 17. On the first two days Elliot ran in the trials and semi-finals of the high hurdles, clocking 14.2 and 14.1 before being eliminated. But Friday was Fraus' day as he took second place in the hammer competition, throwing 197 feet, more than three feet beyond his previous best. Fraus led the field until the second from the last throw when Robert Narcession of Rhode Island, the eventual winner, finally pulled ahead.

The 16th was the night of the mile relay trials. One team had to be eliminated from our heat. Rutgers was that team. Cornell ran 3:12.5 as Bill Bruckel eased in with a 49.3 anchor leg.

The night of the finals the Brigham Young University stadium was filled. The combination of tension, the slight chill in the air, and the lights bouncing off the many colors on the field, made the whole atmosphere seem somewhat unreal. Though some of the good teams were absent, the mile relay field was still a good one. It included Rice and Iowa, teams that had run under 3:07.

The relay was the last event of the evening. At first things did not look good for the ol' team. John Elliot ran a near personal best, but at the end of the first leg Cornell was trailing the field. Things picked up however, and between Carter and Mansfield the team made up several places. Bill Bruckel's fantastic anchor leg (45.6) brought the Big Red in third place in a Cornell and Ivy League record time of 3:08. It was a great finish to a winning season. Unfortunately, of the four relay men only Carter returns. It will be up to him along with Walter Jones, Ron Nehring, and Fred Spar to uphold the mile relay tradition at Cornell.
Long, Cold Winter — Con’t.

The frosh team also has some performers who show great promise. Jordan Clarke has thrown the 35-lb. weight 52'10" breaking the old freshman record of 52'3" set by G. Miller. Backing up Clarke is Barry Beitz who has been improving steadily. Jerry Holloway is the top freshman vaulter and has a good chance of breaking the present record of 14'1". The high jump is strong with John Griswold and Rick Fishburn both clearing 6'2". In the shot the coach recruited freshman football player Barry Cermak who has thrown 42'3". Glenn Fausset shows great potential in the long jump with his best effort being 23'1".

All in all the indoor season looks like it will be a successful one. Under the coaching of Tom Pagani, ‘we’ as the field event men, hope to provide the team with enough points so that the runners can stay home. They seem to think we are foolish in our hopes, but the runners always were a little jealous of us and probably wish they could do the same . . . Right Mr. Warner?

Manhattan Opens Indoor Season

Faced with their most complete and demanding schedule in many seasons and the loss of a host of fine performers, the Big Red trackmen prepared for the December ninth Barton Hall opener against Manhattan. With John Elliot studying aerospace engineering at Princeton, Bill Bruckel in Navy OCS, Dave Mansfield in the Air Force, and Gordon McKusick in the Peace Corps, Coach Jack Warner arrived in Ithaca with the dim prospect of having only Pudge Carter and Ron Nehring as lettermen with solid scoring potential. The Big Red have a five dual meet victory schedule in many seasons and the loss of a host of team with enough points so that the runners can stay a successful one. Under the coaching of Tom Pagani, initial in the long jump with his best effort being 23'1".

The mile relay is a traditionally strong Big Red event, but its nucleus of Carter, Jones, and Nehring is intense between Larry Boval, Jim Moog, and Fred Spar.

Larry Doyle, another multi-event performer, has finally begun to develop into a fine hurdler as well as an adequate backup high-jumper to Wayne Gustafson. Sophomore Bruce Earle, who in the last issue of the Wastebasket was mistakenly confused for Kirk Douglas, is expected to lead a spirited, if slow, distance running band that includes Chet “The Jet” Judah, Dave Fradin, Pete “Pentagon” Simons, Tom Bolan, and Bob Tallo. (For other notables, see the cross country article elsewhere in the Wastebasket.)

The dearth of experience is especially significant this winter as Warner’s young squad faces two of its most formidable opponents, Manhattan and Army, in the first two weeks of competition. Manhattan hopes to make its first appearance in Barton Hall an impressive one, while Army promises to field a squad every bit as powerful as last year’s indoor and outdoor Heptagonal champions. Warner has programmed workouts for his athletes during the long Christmas and intersession periods in preparation for the January 18-20 bus trip to Dartmouth. (The meet shouldn’t be much, but it will take peak efforts by everyone to survive the trip.) The Red must then rally for the inaugural Cornell invitational against a host of Eastern powers. Since the athletic department will probably retire its buses after their courageous trip to Hanover, Ithaca’s die-hard track fans can see Yale at Barton Hall February 10. The indoor season climaxes with one of America’s truly “class” sporting events, the Heptagonals, on March second.

December ninth marked the first appearance of Manhattan University’s track team in Barton Hall, and a Big Red loss in Coach Jack Warner’s initial dual meet as Cornell mentor. Warner had known that his experience thin squad would be hard pressed against the traditionally powerful Jaspers, and his fears were reflected in spotty performances that resulted in a fatal paucity of second and third places.

The score, 67-42, suggests a meet that hinged on vital relay points, but although Cornell lost both the mile and two mile relay events, it was Jasper power in the distance events that secured their victory.

Cornell highlights, although few, were pleasing to Warner. Pudge Carter held off a strong bid by Steve Carlino of the Green to record fine 1:12.9 clocking in the 600.

"Carter’s running was great for so early," said Coach Warner. "We figured on a 51.5 quarter pace, but Carter did 51.4. And his finishing kick was tremendous." For his effort, Carter received the newly inaugurated “Fighter of the Week” award.

Senior Wayne Gustafson’s near miss a school record 6-9¼ high jump forced him to settle for a victory at 6-8. Wayne’s present indoor record is 6-9, set last March at the IC4A’s. The Barton Hall record is 6-10¼, set by Harvard’s Chris Pardee in the 1966 Hep’s.

Sophomore Walter Jones picked up seconds in the long jump to Manhattan’s Del Benjamin, whose 24 foot leap established a new Jasper record, and in the 60. Edging Jones in the sixty was teammate Steve Goodwin. Goodwin’s 6.4 made his many followers in

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Indoor Season

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the stands ecstatic and even struck Warner as a "pleasant surprise."

Although Pete Simon's third in the two mile was the only point collected by the Red in the distances, Chet Judah's 4:27 and Bruce Earle's 4:30 in the mile were encouraging.

Ron Nehring's victory seemed to be a surprise to everyone but him. Showing the speed that made him a great end on the 150 lb. football team Nehring snatched the victory on the last lap. "They probably didn't figure we had anybody in this event and didn't load it up," said Warner.

Coach Tom Pagani's field event men showed that their strenuous workouts of the past months were paying off. Pole vaulters Neal Fox and Chub Stofer both cleared 14 feet, while a fast improving Bob Kingan reached a personal milestone by going over 13 feet for the first time in competition.

Although the Manhattan freshmen handled the Little Red 72-36, two Cornell freshmen records fell. In the 35-pound weight throw, Jordon Clarke hurled the iron 52 feet 10 inches to better Tom Miller's 1962 mark of 52-3. In addition, John Griswold erased the previous 60 yard high hurdle mark by one tenth of a second by winning in 7.8. Griswold also contributed a 6-2 high jump, as did frosh football quarterback Dick Furbush.

X-Country

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team, and at best, a point spreader on the strong University of Oregon team. This was the situation which confronted Coach Jack Warner, late of Hamilton, N.Y., who came to Cornell with the intent of reviving its winning tradition. But with last year's Captain Gordon McKusick on his way to the South Seas, Ron Nehring foregoing 5 mile races for 40 yard "bombs", and last year's Frosh Captain Guy Renfro leaving Cornell for the friendly confines of his home state, Coach Warner had a momentous task ahead of him.

The season opened against a Colgate team which did not seem to have forgotten the Warner lesson of pride, positive thinking and mentally tough running that handed Cornell its first defeat of the season (24-31) with Sophomores Bruce Earle and Tom Bolan finishing second and third respectively.

Two weeks later Cornell put everything together and did what they hadn't done in two years. They won a meet, defeating Syracuse 26-29. Bruce Earle showed that the fine time of 27:27 at Moakley against Colgate was no fluke as he convincingly led everybody across the finish line.

The more prominent Frosh in addition to the aforementioned Anderson were Bill DeLaRosa, Ted Winkey, and Steve Maiben.

In summary, it was a long uphill season, yet as the Chinese Proverb goes "A Journey of 1000 Miles Begins with One Step", That Journey to the restablishment of Cornell's past greatness has seen its first few steps. And it should only be a matter of a short time before Coach Warner leads a Cornell team to the top of the Heptagonal standings.

Warner

(Continued from page 1)

Coach Warner is a proud coach. He works many hours to make his athletes proud men. There are no more guffaws from the walls. Grimaces have again contorted the faces of John Paul Jones, Bob Kane, and Charley Moore. Like Jack Warner, these athletes knew that greatness is not accidental. If one may suggest one fundamental canon of Jack Warner's philosophy it would be that an athlete may attain his goals only by removing the paradoxical concepts of "sacrifice" and "alibi" from his character; sacrifice because it should be habit, and alibi because it again makes sacrifice something distinctive and elusive.

But if the portraits once again appear as mute reminiscenses, their expressions nonetheless crumble as Warner solemnly attributes a malingering runner's headache to tight fitting glasses. In his four months as head coach, Warner has gained the admiration and respect of the Athletic Department (always a remarkable feat), his athletes, and the Cornell community. Along with Coach Pagani, Warner has been successful in scheduling more meets, and in inaugurating an invitational meet in Ithaca. But you ask, "What about this loyalty that you said that Davis commanded?" Well, it's my bet that before the end of the "Warner Era" you'll find more loyalty than you can imagine looking down from the walls of the locker room, on its record boards, or just reading the Wastebasket.

Eating More Wheaties?

There has been much comment recently that the athletes of today are "just plain better" than the athletes of old. The basis for this point of view is the fact that records are constantly being broken. Now, in this presentation I shall not take sides on the question of "are 'we' better today?" for fear of arousing ill-feelings with some of the alumni. However, I will list some of the records of old as compared with present-day and let the reader be the judge. The records are very interesting and in some cases quite amusing.

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<td>1882</td>
<td>28'8&quot;</td>
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<td>1935</td>
<td>50'3(\frac{1}{4})&quot;</td>
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<td>1965</td>
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<td>Pole Vault</td>
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<td>1931</td>
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<td></td>
<td>1961</td>
<td>14'8(\frac{1}{2})&quot;</td>
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<td>1966</td>
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