

Cornell Wastebasket

CORNELL SPIKED SHOE SOCIETY

FALL, 1969

Cornell University

Ithaca, New York

Cross Country: Best Since '63



1969 Cornell Cross Country — A 4-1 Season, and 4th in the Heps.

The Big Red harriers ended a five year losing streak this season in posting a 4-1 win-loss record in dual meets. Under the tutelage of Coach Jack Warner, the team gained impressive victories over Colgate, Syracuse, and Yale, while narrowly edging Army. The only defeat of the season came at the hands of the Heptagonal champion Harvard squad.

In their first win of the season, the harriers, paced by sophomore Phil Ritson, defeated Colgate 23-36. Ritson turned in a season best of 25:58 on the rugged five mile Moakley course. The next week saw the Red contingent hand a solid 15-47 defeat to Syracuse. Ritson shared first place honors with sophomore teammate Don Alexander. Brilliant performances were turned in by senior Captain Bruce Earle, sophs Doug Winn, Tom Baker, and Ralph Adams, returnees from last year's undefeated frosh squad. Tom Bolan and George Zakielarz rounded out the Red effort.

The optimism which had lifted the team was temporarily smashed when the runners tangled with powerhouse Harvard in Ithaca. The Crimson led by Tom Spengler, shutout the Cornell men with a 15-48 tally. Phil Ritson tried to stay with the leaders, but was unable to hold their blistering pace and finally dropped out. The first three Harvard runners broke the existing Moakley course record. Don Alexander and junior Jon Anderson, coming back from a minor knee injury, placed first for the Big Red with a seventh place tie. The only bright spot for the team was a personal best effort by Tom Bolan.

The team quickly regained its winning ways the next week with a 15-47 win over Yale. Ritson and Alexander again crossed the line together for first place honors.

The team closed the dual meet season with a narrow 29-30 victory over a tough Army group. Ritson, Alexander, and Anderson took the first three places clinching the win. Army claimed the next seven places but it was not enough to keep the Cornell team from its fourth victory of the season.

Coach Warner attributed the success of the team to the "winning attitude," and the dedication and hard work of all the members throughout the season.

FOURTH IN THE HEPS

After the most successful dual meet season in years, the Cornell harriers capped the season with a fourth place finish in the Heptagonal championships. The race was held at the rough 5-mile Van Cortlandt Park course in the Bronx. The team's finish was a vast improvement over last year's eighth place.

Led by Jon Anderson's fifth place, the Big Red followed Harvard, Penn, and Princeton. The tall junior was in the race most of the way, even leading a mile from the finish line. Anderson and super-soph Phil Ritson earned All-Ivy honors. Ritson finished a strong ninth.

Following the fine job in the Heps, the team had high hopes of qualifying for the NCAA meet. A tenth place finish was necessary in the IC4A's to accomplish this. Individuals qualified by placing in the top fifty.

These hopes, however, were spoiled when Ritson, the premier runner all season long, failed to finish the race. Anderson finished 18th, followed by Don Alexander, a respectable 64th. The team wound up 20th overall. Ever-strong Villanova won the championship for the fourth straight year. Harvard represented the Hep teams well with a fine second place.

The NCAA's were held at Van Cortlandt Park for the second straight year. Run over a 6-mile layout, 274 runners started the race. Cornell's lone representative was Jon Anderson. He managed 59th place in a time of 31:10. Jerry Lindgren was the individual champion and UTEP won the tightly contested team battle.

Next year's nationals will be held at William and Mary College. All of the Big Red runners are hopeful of being strong enough so that the whole team can earn the trip to Virginia.



RITSON MOST VALUABLE

Soph sensation Phil Ritson was selected the Most Valuable Cross Country Runner for 1969 by the varsity team. The annual banquet was held Nov. 20.

After the traditional, long walk to the church in Varna and the turkey dinner, the team viewed slides of some of the home meets. Following the slide show Prof. L. Pearce Williams spoke, attempting to link the history of science with long distance running.

Coach Jack Warner wrapped up the evening with some reflections on the season and the presentation of the awards. The Coach expressed great pleasure with his first winning season since coming to Cornell two years ago. He said he expected many more successful teams to follow, but this one, his first at Cornell, would always stand out in his mind as the one that "turned the tide."

Ritson, the spunky, little runner from Belfast, N.Y., led the team to its 4-1 season. His best performance was a 25:58 against Colgate, one of the best times ever run on the Moakley course. Tim Cahill was selected most valuable by his freshmen teammates.

The Moakley Award for the greatest contribution to Cornell Cross Country was presented to Tom Bolan, the cross country club president for the last two years. George Zakielarz earned Most Improved honors. His consistent improvement throughout the season was well recognized by the team.

Jon Anderson, the junior from Eugene, Oregon, was selected next years' captain. He succeeds Bruce Earle, the captain for two years. Earle felt the challenge he gave to the new captain was an obvious one. He said that after a 4-1 season, the next accomplishment must be an undefeated season for the 1970 harriers. Although this is never an easy task, the chances seem good, as the team will lose just one of its top seven runners.

The Spiked Shoe address:
Schoellkopf Hall, Ithaca, N.Y. 14850

Make checks payable to:
Cornell Spiked Shoe Society

ALUMNI SUPPORT

We are very grateful to the 38 men who have responded to our plea for "Sponsors" of Cornell track. "Sponsors" have donated \$5.00 or more over and above the regular membership dues of \$5.00 per year. The current "Sponsors" are as follows:

C. E. Treman, Jr.	'30
Don Farley	'55
Paul M. O'Leary	Faculty
Stephen H. Sampson	'34
T. P. Wright	'22 Honorary
Ralph A. Maxwell	'36
Joseph A. Silbert	'15
Irving J. Bland	'26
Leonard Gordon	'31
Burton J. Lemon	'08
Edwin A. MacKrell	'11
John P. Hooker	'09
John W. Gatling	'28
C. J. Blanford	'35
Alvin O. Severance	'25
K. D. Maynard	'18
Alfred M. Saperston	'19
Leslie W. Knapp	'52
Alastair Nixon	'44
Harvey W. Myers	'18
A. Bradford Reed	'27
John W. Allen	'53
Alfred F. VanRanst	'39
Nelson Schaeenen, Jr.	'50
Peter C. Eichhorn	'60
Charles M. Werly	'27
Norwood G. Wright	'28
Robert D. Spear	'19
Frederick K. Hilton	'50
Hugh M. Atwood	'38
Lyman Burnham	'23
Burton W. Brodt	'14
Harvey S. Gerry	'24
W. M. Eldridge	'32
Edward Frey	'17
Wayne E. Gustafson	'68
Herbert D. Hoffman	'36
Ronald Madaras	'64

There are also an additional 35 regular members. This brought in a total of \$365.00 in membership dues for 1969-70. The "Sponsors" donated an additional \$280.00 towards a Spring trip. One man donated \$3.00 over the regular membership dues making the total donated \$283.00. The Spring Trip fund now totals \$407.31 to date (this includes donations, left-over proceeds from the 1969 Raffle, profits

CORNELL WASTEBASKET

Editor: Jon Anderson
Assistants: Ben Levy, Ron Nehring,
Charles Farrell and Don Alexander
President of Spiked Shoe Society: Mike Burnell
Treasurer of Spiked Shoe Society: Phil Ritson

INDOOR PROSPECTS GOOD

This year's indoor dual meet schedule starts with a meet in Ithaca against St. John's University. After the Christmas break, the Big Red will be able to tune up for the Heps against perhaps its toughest schedule in a long while. The dual meets will be against Dartmouth, Army, and Yale. The upstate title will be decided in Syracuse when the thinclads take on Colgate and Syracuse. Cornell will also again hold the Invitational meet at Barton Hall. This meet will draw top performers from all over the state.

On the track, the Big Red will unquestionably be the best in recent years. Depth and quality are both present. A competitive and confident spirit is evident at practice as the runners battle for the spots on the team.

Co-Captain and Heps runner-up Walter Jones is back in the 60 yard dash. His 6.2 clocking last year tied the school record. Walt is looking for an even faster time this year. He will be backed up by experienced Mike Barrett and John Morehouse. Morehouse is out off of the football team. He has a 9.8 to his credit in the 100.

The graduation of Larry Doyle will hurt some in the hurdles race. But John Griswold, Sal March, Jeff Leonelli, and John Wheeler should come through and fill the gap. All show fine form over the barriers.

Coach Warner has a strong stable of runners ready in the middle distances. Jones, Larry Boval, Barrett and soph Scott Johnson are the leading candidates in the 600. Boval, a 1:55 half-miler, has good speed and should be tough. The 1000 should see excellent battles between Charlie Ferrell and soph Tom Baker. Baker holds the frosh record in the event. Ferrell is a consistent performer with plenty of speed. He has a best of 1:52 in 880 and will also be available for use in the 600. Senior Rick Wholey is dependable in both the 1000 and the mile.

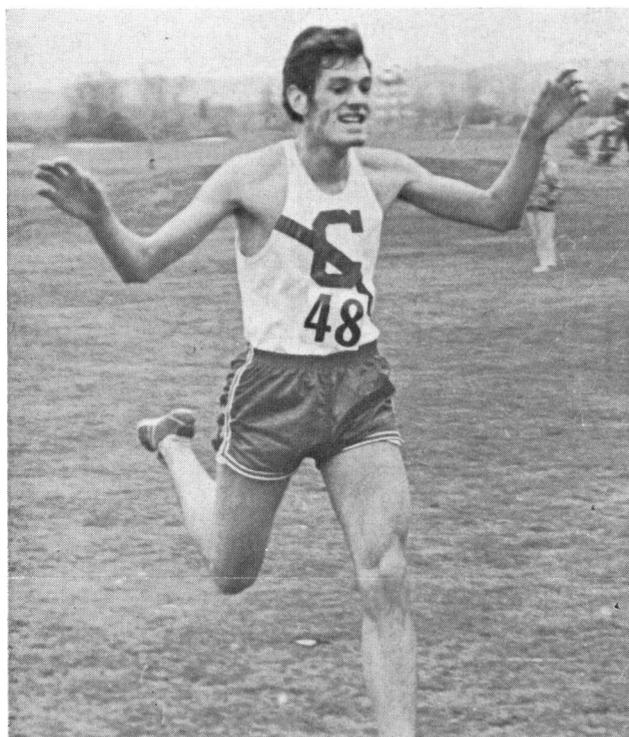
The milers are headed by Don Alexander and Steve Maiben. Alexander broke Maiben's freshman record last year. His time of 4:18.8 should drop considerably in tough competition. Maiben appears in excellent shape again after having a disappointing sophomore year.

The two mile will probably be the Red's strongest running event featuring Jon Anderson and Phil Ritson. These two should have great duels all year. Ritson holds the Cornell indoor record of 9:09.2 and Anderson was fifth in the Heps last year in 9:11.2. Both are coming off of strong cross country seasons and, with Shorter of Yale and Harvard's Hardin graduated, they could be the class of the league.

Both relay events needed rebuilding after last year's graduation. The mile relay doesn't look too strong and emphasis will be placed on the two mile relay. Last years' two mile relay team set a school record of 7:41 and placed second in the Heps without two of its top runners. Ferrell, Baker, Boval, Maiben, Alexander, and Wholey are battling for the four spots. The team is a cinch to break last year's record time. Watch for them in the Millrose Games on January 30.

In the weight events, for the first time in many years, Cornell should boast an exceptionally strong contingent in both the shot and the weight throw.

The weight throwers are led by Co-Captain and All-American Mike Burnell. Behind him, engaged in



Jon Anderson placed fifth in the Heps and 59th in the NCAA.

an extremely close contest for the remaining two positions are Tony Blumenstetter, Craig Cyphers, Ed Beebe, and Owen Smith. All of the candidates have looked very good in practice and are well prepared for the coming meets.

No longer will we have to virtually concede 9 points in the shot put. Bolstered by the addition of fresh record holder Bob Gray and fast improving Craig Cyphers, we will be much stronger than last year. These two could very well give us two 50 footers and points in every meet.

The jumpers are led by Heps champion Walt Jones. A fierce battle is continuing between Walt and Glen Fausett, last year's Heptagonal runnerup. It looks as though we should go 1-2 in most of the meets, including the Heps. The only question is which of these fine competitors will come out on top.

A sore spot last year was the high jump. The gap here has been filled by Carl Tillapaugh, a JC transfer. He was outstanding last year at Cobleskill as he cleared 6-6. Carl will be backed up by John Griswold, Glen Fausett, Owen Smith, and Bill Kelsey.

Jerry Holway returns to lead the Red pole vaulters. He is confident of a 15 foot vault before the end of the season. Jeff Leonelli, up from the frosh, has plenty of potential and will battle Jerry for the top spot.

This year's Heptagonal Championships promise to be outstanding competitions. The last few year's have seen lopsided results headed by Harvard and Army. However, the power in the league is balancing out. Cornell, Penn, and Dartmouth should challenge these two teams. The Big Red has all of last year's point-getters back from last year. With these men and the addition of last years' strong freshman team, Cornell has a realistic chance of coming out on top of the Heps.

FROM THE CAPTAINS

This year could be the year that Cornell Track finally arrives as a Heptagonal threat. We are blessed with an exceptionally strong squad, possibly strong enough for an undefeated season and a Heptagonal Championship. Our Freshman team looks very good and at last the coaches' efforts in recruiting seem to be paying off. But there is much that remains to be done and much of that is going to take Alumni help.

As usual the big need is for money. One effort in this respect was the institution of membership as Track Sponsors for those who gave certain amounts. The response to the appeals in the last issue of the Wastebasket was encouraging but far from filling the need. For the past few years we have been losing money on the Wastebasket. It costs more to print and send out than is taken in Alumni donations. Last year we finally began to see some improvement, but much more is needed.

The big drive this year again will be to raise money for a trip south over Spring vacation. Not only would it be great for the conditioning of the team and its spirit, but it would be a great boost to our recruiting efforts. The team hopes to raise the greater portion of the money required, but help from outside sources is necessary.

It is our hope, and that of all that are close to Cornell Track, that we are on the road back to the top. However, it is going to take a lot of hard work on our part, and a lot of support from all Alumni. I am sure that the team can count on those who helped in the past to come through again and make everything much easier.

Mike and Walt

1969 FROSH HARRIER SEASON

After dropping three out of the first four dual meets, the Cornell freshman cross country team came back strong to cop their last two races and finish the season with a credible 3-3 mark.

Leading the squad all season were standouts Tim Cahill, Bob Hamlin, Joe Darowski and Rod Rauls. Other key runners included George Mitchell, Jerry Mimnaugh, Frank McGuire, Mike Thompson, Steve Rodemann, Bob Tatnall, Rich Ackley, Dave Hammond, Jeff Coffin, Tom Wolfe and Ralph Tovar.

The third annual Varsity-Freshman race was the first actual meet of the season. The yearling harriers got their first taste of tough competition as they were buried by the varsity 16-47. Phil Ritson, Don Alexander, Bruce Earle, and Tom Baker took the first four spots respectively while Tim Cahill finished first for the freshmen in the fifth position.

Hosting Colgate in the first regular season meet, the freshmen found themselves on the short end of a 21-40 score. John Jeffrey (Colgate) won the race with a fine time of 15:47. Tim Cahill led the Red with a second place finish as he was clocked in 15:58. Bob Hamlin was second for Cornell in 16:37.

Traveling to Syracuse, the squad dropped a tough 25-30 decision. Bruce Fischer of Syracuse set a new course record of 15:40 in capturing first. Tim Cahill was second, also finishing under the old record in 15:57. Bob Hamlin was fourth for the Big Red while Jerry Mimnaugh came up with his finest per-

formance of the season to take the fifth position. Joe Darowski and Rod Rauls also ran strong races.

The freshmen won their first meet of the season defeating Auburn C.C., 19-42. Tim Cahill turned in his best performance winning at the Moakley course in 15:51. Bob Hamlin, Joe Darowski, Rod Rauls and Bob Tatnall ran excellent races to ensure the victory.

In their next meet, the team was defeated by powerful Harvard 17-44. The awesome Crimson frosh captured the first three places with John Quirk establishing a new course record of 15:31.4. Bob Hamlin turned in his top effort of the year (16:16) as did George Mitchell with a 16:48 clocking.

The squad ended the season at home with victories over Ithaca College and Rochester. The wins were true team triumphs as the time separating the first and fifth Red runners was close to a minute.

At Van Cortlandt Park, the Cornell frosh finished fourth in the Columbia Invitational. Bob Hamlin finished first for the squad with a fine 16:10 clocking.

In the IC4A meet, Tim Cahill and Bob Hamlin finished a disappointing 66th and 81st respectively.

The team started out slowly with a few lead runners but developed throughout the season into a well grouped unit. This fact was particularly evident in their last two dual meet triumphs.

COACHES COMMENTS

Our pleas for help in our recruiting efforts seem to be falling upon deaf ears. Somehow we must "get through" to each of you the extreme importance of your help with this absolutely necessary endeavor! How can we "get through" or what can we do or say that will get a greater response to our constant pleas? To be quite frank, the efforts of the Cornell track alumni just do not measure up to those of our competitors. The biggest single effort that you can make is to give us the contacts by sending us newspaper clippings of the high school and junior college track and cross country meets in your area throughout the year. From these we can contact some of the better young men around the country. We must operate on as broad a scale as possible so that we are not continually knocking heads with all of our competitors day in and day out here in one small Eastern area. We need contacts in the New England area, Pennsylvania, Ohio, Illinois, Indiana, and every other part of the country so that we can have a better chance to enroll top trackmen every year.

The competition for qualified student-trackmen is fierce today, and often we never even hear about potential Cornellians or our own efforts are just not enough to get the job done. WE MUST HAVE ALUMNI HELP! If we must try to survive on our own efforts alone, we will never be able to bring the Heptagonal or any other trophy home to Cornell. Very, very few good trackmen just "show-up" at a college today. The proud alumni of many colleges today "SELL" these highly sought after athletes on THEIR alma maters!

Are you proud of your alma mater? Do you want us to field top track teams? If so, form the habit of mailing newspaper clippings to us now! Do whatever additional work that you can do to interest them in Cornell!

The Coaches,
Tom and Jack

LATE NEWS

BIG RED IMPRESSIVE OVER ST. JOHN'S

The Big Red trackmen opened up the indoor season by thoroughly trouncing the Redmen of St. John's 82-27. An overall strong team left the Barton Hall spectators with no doubt about which was the better team.

Cornell started off the afternoon with two victories in the weight events. All-American Mike Burnell threw the 35 lbs. weight 60'2", a personal best by a foot. His third place in the NCAA last year was at 59'2". Sophomore Bob Gray took the shot put with a 50'3" toss. Craig Cyphers tallied in both events for the Big Red.

The team was equally impressive in the jumping events. Soph Jeff Leonelli won the polevault with a 14' effort and narrowly missed at 14'6". Co-Capt., Walt Jones began his year with a 23'9" long jump. JC transfer Carl Tillapaugh took the high jump.

What was billed as a close meet turned into a rout. St. John's only managed two first places in the meet. Last year's metropolitan champs were just not tough enough to battle with the spirited Big Red. Their wins came in the mile and the high hurdles. Don Alexander of Cornell had a fine second place effort in the mile at 4:16.8.

The most exciting race of the afternoon took place between two teammates. Cornellians Phil Ritson and Jon Anderson ran together for the entire 16 lap two-mile. Anderson outkicked Ritson to finish in a Cornell Record of 9:04.0. Phil was just .2 seconds back. Both bettered Ritson's old standard of 9:09.2 set last February.

This meet opened up what Coach Warner hopes will be one of the finest track years Cornell has had in a long while. The Heptagonal Association is balancing out and the Cornell trackmen have a shot at the title provided the hard working team keeps the present spirit up.

THE RED IMPRESSIVE OVER ST. JOHN'S

The big Red trackmen opened up the indoor season by thoroughly thrashing the Redmen of St. John's 52-17. An overall strong team left the Barron Hall spectators with no doubt about which was the better team.

Cornell started off the afternoon with two victories in the weight events. All-American Mike Brunell threw the 35 lbs. weight 50'7", a personal best by a foot. His third place in the NCAA last year was at 50'3". Sophomore Bob Gray took the shot put with a 50'3" toss. Great Cyphers tallied fourth in the events for the big Red.

The team was equally impressive in the jumping events. Soph Jeff Leonard won the pole vault with a 14' effort and narrowly missed at 14'6". Co-Capt. Walt Jones began his year with a 23'8" long jump. JC transfer Carl Tillapaugh took the high jump.

What was billed as a close meet turned into a rout. St. John's only managed two first places in the meet. Last year's metropolitan champs were just not tough enough to battle with the spirited big Red. Their wins came in the mile and the high hurdles. Don Alexander of Cornell had a fine second place effort in the mile at 4:18.8.

The most exciting race of the afternoon took place between two teammates. Cornellians Phil Ritson and Jon Anderson ran together for the entire 16 lap two-mile. Anderson outkicked Ritson to finish in a Cornell record of 8:04.0. Phil was just .2 seconds back. Both battered Ritson's old standard of 8:09.2 set last February.

This meet opened up what Coach Warner hopes will be one of the finest track years Cornell has had in a long while. The Metropolitan Association is pairing out and the Cornell trackmen have a shot at the title provided the hard working team keeps the present spirit up.