HARRIERS UNDEFEATED


5-0-1 IN DUAL MEETS

After posting its best season since 1963 last year, the 1970 edition of the Big Red cross country team continued improving. They finished the dual meet season unbeaten and went on to take third in the Heptagonal Championships, and a surprising fifth in the IC4A. The only blemish on the undefeated slate was a rare tie with Hep champions Harvard.

After four weeks of preparation in Ithaca, the Big Red opened its season at Colgate on Sept. 26. Capt. Jon Anderson and Phil Ritson paced the team to a perfect 15-50 win. Don Alexander, Tim Cahill, and Dave Oertel were the other placers for Cornell.

Everyone expected a more difficult test the following week against Syracuse. The Orange came to Ithaca looking for an upset. But just one of the visitors could manage to finish in the top seven. He followed Ritson and Anderson across the line. The final score was another waltz, 18-42. Tom Baker showed promise in placing fifth for the Big Red.

After a tune-up meet with Hartwick College, the runners travelled to Boston for a dual with the defending Heptagonal champions. The important meet was held in freezing, snowy weather. Anderson lost a battle with Harvard man, Tom Spengler, as both bettered the course record by wide margins. Cornell showed depth with a 3-4 finish from Ritson and Alexander. But the win by Spengler, plus a few other breaks for Harvard in close battles, resulted in a 28-28 tie.

Yale and Army fell to the Big Red by convincing scores. The Yale meet was held on an extremely soggy Moakley course. Cornellians took the first six places to clinch the victory.

The team reached a peak at West Point. Anderson led five other runners under the old course record. He shattered the old record by 70 seconds. Alexander, Ritson, and Cahill were the next Cornellians across the line. All three also broke the old record. Cornell handed Army one of its worst defeats ever, 17-41, and climaxed its 5-0-1 season in fine fashion.

(Continued on page 4)

TRACK PROSPECTS

Track prospects for the Big Red are outstanding. They have already proved tough in two indoor wins. The schedule is perhaps the best Cornell has ever had and the team will be aiming for two undefeated seasons. The potential of the team makes it a challenger in the Heptagonal Championships.

ON THE TRACK

The 1971 Cornell track team has a very strong running contingent. This is a result of Coach Jack Warner's expertise in producing runners. The team looks to be very strong from the 440 on up, but lacks standouts in the short sprints.

After their great cross country season, two milers Jon Anderson and Phil Ritson seem to be headed for even better things in track. An All-American six-miler, Anderson (8:57.6) saw his two mile record fall to Ritson (8:56.2) in the dual meet against Rutgers. A hard-working junior, Ritson will be hard pressed to keep that school standard, however. Big Red track can be sure of a reliable and exciting one-two punch in the two mile. Soph Dave Oertel backs up Jon and Phil.

Another cross country standout, Don Alexander, leads the milers. Don, Cornell's mile record holder at 4:10.5, should be vastly improved after an exceptional cross country season. He was the runnerup in last year's indoor Heps and placed fourth in the spring meet. Tim Cahill has great potential and should break through with a top effort soon.

Tom Baker, who improved greatly in cross country this year, and Charlie Ferrell, runnerup in the outdoor Heps 880 last year, are a close pair in the 1000 and half mile. Both should break Fran Smith's school record of 2:11.7 and contend in the Heps, indoors and out. Steve Maiben, leadoff man on the two mile relay team, completes the trio of outstanding half-milers.

(Continued on page 4)
Jon Anderson, the tall junior from Oregon, decided to pass up the Cornell-Penn trip to England in order to key for the NCAA event.

He improved to 28:20 on the fine Drake University course. Times have changed I All but one of the marks were made in the last five years.

Here are the top ten runners on the Moakley course. Times have changed! All but one of the marks were made in the last five years.

The course was first run in 1955.

5. McKusick Cornell 25:47.2 1966
7. Shorter Yale 25:55.8 1968
9. Machooka Cornell 26:05.6 1961

CORNELL - PENN WINS

On June 5, the combined Cornell-Penn track team took off from Philadelphia Airport headed for London. Accompanied by Cornell coaches Jack Warner and Tom Pagani and Penn coaches Jim Tuppeny and Irv Mondschein, the squad, eleven of whom were Cornells, spent the next five days as guests of Oxford College.

The team travelled to the Crystal Palace in London on June 11. They won easily 12-4, a record for the traditional meeting. On the track, the Americans held a 5-4 edge. Olympic gold medalist Dave Hemery of Oxford won the 110 meter hurdles, but was nipped in the 200 meter dash by Roy Supulski of Penn. Supulski also won the 100 and anchored the winning relay team.

Penn runners scored one-two in the 400. But in the middle distance races the Cornell-Penn runners did not fare so well, as Oxford-Cambridge won the 800, 1500, and 3000. Phil Ritson and Don Alexander, both Cornells, ran personal bests in the 3000 but were unable to keep up with a fast Englishman. Ritson was only 1.2 seconds behind the winner. His time was roughly equivalent to an 8.52 two mile.

In the field events, the Cornell-Penn team performed superbly, winning all seven events. Walt Jones and Glen Fausset, of Cornell swept the long jump. Big Red javelin ace John Pozhke won his event with a 214'11" toss. Two meet records were set on the field. Tom Blair of Penn soared 15'4" in the pole vault and Fausset triple jumped 47'11".

Following an evening banquet, the team spent the night at the Crystal Palace hotel. The next day they travelled to the University of Birmingham. On June 13 the Cornell-Penn team once again triumphed. Three events were added to the meet and the final score was 12-7.

In the running events, Birmingham took six first places. The Americans could only manage five wins on the track. Internationalist Andy Holden of Birmingham won all three distance races. In a span of just over two hours, he set up a new school record in the mile, 4:07.9, won the three mile in 13:56, and easily took the steeplechase in 8:59. Cornell's Phil Ritson ran a fine race in the three mile. He set a new Cornell mark of 14:05.2. Tom Baker of Cornell managed a third in the 800 in 1:54.2.

John Griswold of Cornell took second in the hurdles behind a Penn man. The Americans won both relay races. Walt Jones got both teams off to good starts. He led the mile unit off with a 48.3 quarter.

On the field, Cornell-Penn again dominated, winning eight of nine events. John Pozhke and Craig Cyphers repeated as one-two placers in the javelin. Jones and Fausset again swept the long jump and Cornellian Jeff Leonelli placed second behind a Penn man in the pole vault.

Co-capt. Mike Burnell threw 167'10" but could only manage a second place. The meet was highlighted by a 49'9 3/4" effort by Glen Fausset in the triple jump. This was a new Cornell record.

Following the meet, the Birmingham team hosted a banquet and party for the American team.
**TRACK TEAM 2 - 0**


The St. John's meet was one of the most exciting ever in Barton Hall. Trailing 50-49 with only the relays remaining, the Red pulled it out by winning two hard-fought races.

Top performances by Cornellians were turned in by Don Alexander and Craig Cyphers. "Alex" ran a solo 4:15.6 in the mile and Cyphers heaved the weight 55'6".

But it was the relays that made the meet exciting. First, in the mile relay, the Big Red unit trailed by 30 yards after half of the race. But sophomore John McKeown made up the yardage, and more, with a superb third leg. John Wyrough anchored and held the lead for a fifteen yard win and five points.

Don Alexander's final leg of the two mile relay delivered the meet to Cornell's forces. Tim Cahill handled the baton to him ten yards in front. After the St. John's runner made up the gap, the two runners ran even in the last 110 yards. But Alexander hung on and leaned to win. Both teams were given identical times, 7:59:2.

**RITSON SETS MARK**

Coach Warner expected another close meet with Rutgers, but the team returned in fine shape after the holiday lay-off.

Two-miler Phil Ritson led the Red with a record breaking run. He set the all-time Cornell mark at 8:56.2. Craig Cyphers improved to 58'1" in the weight and appears to be a fine replacement for All-American Mike Burnell.

Cornell swept the weight and the mile, took the top two spots in three other events, and copped both relays. Charlie Ferrell and Tom Baker were just one-tenth apart in the 1000. Ferrell winning in 2:16.5. Jon Anderson doubled in 4:19 and 9:15, taking second in both races.

**SPIKED SHOE NEWS**

This is the remaining schedule for the track team. If you haven't noticed, Cornell track is definitely on the upswing under coaches Jack Warner and Tom Pagani. Last year's teams were defeated once in each season. This year's cross country team suffered only a tie and the track team has taken its first two indoor season. This year's cross country team suffered only a tie and the track team has taken its first two indoor season. This year's cross country team suffered only a tie and the track team has taken its first two indoor season. This year's cross country team suffered only a tie and the track team has taken its first two indoor season.

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**ALEXANDER ELECTED CAPTAIN**

Capt. Jon Anderson was elected the Most Valuable Runner for 1970 and Don Alexander elected 1971 captain by the varsity team. The annual cross country banquet was held at the Varna Church on Dec. 7.

The guest speaker at the dinner was Prof. Verne Rockcastle, the team's faculty adviser. He spoke about his early running and coaching experiences at a small upstate college, Coach Warner followed with a brief talk. He said that now Cornell cross country is back to winning ways and a Heps championship must be the team's most immediate goal.

Anderson, a tall distance man from Eugene, Ore., led the team to its 5-0-1 season. He highlighted his cross country career at Cornell by winning the individual Heps title. He went on to place third in the IC4A. Jon also received the Moakley Award for his contributions to Cornell Cross Country.

Junior Tom Baker was selected as the Most Improved Runner. His consistent improvement during the season proved to be a big asset to the undefeated team.

Capt.-elect Alexander is a junior from Klamath Falls, Ore. He succeeds another Oregonian, Anderson. Don currently co-holds the all-time Cornell mile record at 4:10.5. He placed third in the Heps cross country meet this year.

Anderson's challenge to the new captain was to win the Heps. But he added that this was not the place to stop — striving for IC4A and NCAA championships would be difficult, but reasonable, goals. Good showings in all three championship meets seem certain for Cornell. Only Anderson graduates off of this year's team and a fine group of freshmen will be added to the 1971 harrier squad. They placed second in the Columbia Invitational and fifth in the IC4A.

**Outdoors**

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X-COUNTRY
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FIFTH IN IC4A
Following their undefeated dual meet season, the Big Red harriers had hopes of stealing the Heps championship from defender Harvard and favorite Penn. The race was held at the rough 5-mile Van Cortlandt Park course in the Bronx. The team effort was not good enough to beat either of these other two contenders and Cornell ended up in third place.

Senior Capt. Jon Anderson, was the individual champion, Cornell’s first since Steve Machoka turned the trick in 1961. Don Alexander, like Anderson, an Oregonian, came up with a strong third place effort.

Anderson pulled away from the field after the two mile mark. He beat runnerup Spengler of Harvard by 26 seconds. This victory came after Jon lost to Spengler in the Harvard dual meet deadlock.

Harvard ran away with its fourth straight championship. Penn was a distant second. Cornell’s third place was an improvement over last year’s fourth. And prospects look good for the future. Only Anderson will graduate and a strong freshman crew will bolster next year’s varsity. The Cubs took second place in the Columbia Invitational.

In the IC4A, also held at Van Cortlandt Park, the runners surprised some teams by placing fifth in the team standings. This placing highlighted the season. Only teams to place in front of the Red were Villanova, Pittsburgh, Harvard, and William and Mary. The outstanding performance boosted Cornell into Eastern cross country prominence.

Jon Anderson again led the fine team effort. His third place was followed by Phil Ritson’s 19th. Ritson bounced back after a frustrating injury and then illness. Despite a bad cold, Don Alexander was Cornell’s third man in 34th place.

A team of five men represented Cornell at the NCAA championships held at Williamsburg, Virginia. A record 323 runners started the race. Villanova regained the team title and Steve Prefontaine of Oregon won the individual medal.

The top Cornell runner was Anderson. He ran a sub-par race and finished 36th. Don Alexander and Phil Ritson ran respectable races and were 77th and 131st in the unusually fast 6-mile race. The Big Red team finished 25th in its first national team competition in a long while.

Cornell’s cross country team continues to improve under the fine coaching of Jack Warner. He has brought the team up from the bottom of the Heps since his arrival in Ithaca. Continued improvement looks to be in store for the future. And Cornell, this year proving itself among the IC4A teams, may soon be seen near the top in the NCAA meet.

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Cornell Spiked Shoe Society

PROSPECTS GOOD
(Continued from page 1)

Maiben, Baker, Alexander, and Ferrell form a very potent two mile relay team. They were third in the IC4A’s last year. The quartet should do even better this year and contend in the outdoor relay meets as well.

Four fast sophomores, John McKeown, Tex Cohen, John Wyrrough, and Paul Comiskey, head the 440-600 men. They form a fine mile relay team that is just beginning to move. All four are under :50 in the 440 as are juniors Scott Johnson and Neil Marzella. One of these six men may be called on to help out in the intermediate hurdles in the spring.

Senior John Griswold was fifth in the outdoor Heps last year. But he is the only hurdler the team has. He will be running both hurdle races in the outdoor season.

The short sprints, 60, 100, 220, are the weak spots in the otherwise strong team. Sophomores Dave Betha and Cohen, along with Capt. Glen Fausset will be called on for duty in the 60 and 100.

ON THE FIELD
The field event men should outscore their opponents is all of the dual meets this year. The leading competitors are Capt. Glen Fausset, Craig Cyphers, and John Pozhke.

Cyphers leads the weight and hammer throwers. He has reached 58’1” already in the weight and should continue to improve. Outdoors, Craig is the top hammer thrower at 171’7”. He is backed up in both events by Tony Blumenstetter and Owen Smith, both of whom are consistently over 50’ in the weight.

Three fifty-footers form the shot put trio. Big sophomore Randy Sokolik, Bob Gray, and Cyphers are all due to move toward 55’.

The weight men gather more strength outdoors with the addition of the discus and javelin. Disc thrower Tony Blumenstetter placed third in last year’s Heps at 162’3”. He should break the school record early in the season.

The javelin group is headed by John Pozhke, last year’s Heptagonal champion. He will also challenge the Cornell record book. Owen Smith and Jim Dow, both 200-foot throwers, add depth in this event.

Sr. Glen Fausset is the star in the jumping events. He is the defending indoor IC4A long jump, an event added to the discus and javelin. Disc thrower Tony Blumenstetter placed third in last year’s Heps at 162’3”. He should break the school record early in the season.

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All of the pole vaulters are consistent over 13’6”. Jerry Holway has a best of 14’ and sophomores Al Greynolds and Ken Roblee are the other two vaulters.

Sr. Carl Tillapaugh and Fausset both high jumped 6’3” last year. Tillapaugh hopes to get back to the 6’ 6” shape he was in two years ago.

This year’s Heptagonal Championships promise to be outstanding competitions. In the last few years, the point spread has tightened up considerably. Army appears to be the favorite after walloping Harvard in a dual meet. The Big Red will be a strong contender this year, even more so than last. They have a real chance of coming out on top of the Heps in both seasons.