"Runner's Set" on the line against Army September 30, 1983

Cornell was victorious, 42-15

Heptagonal Championships
Van Cortlandt Park
October 29, 1983

The Cornell men ran to a seventh-place finish.
DEDICATION

We of the Spiked Shoe Society of Cornell University dedicate this issue of the WASTEBASKET to:

ROBERT C. MEALEY '51

Bob Mealey was a top performer on the great teams of 1949, '50 and '51, and is a former record holder and a former national champion. He continues to be a CHAMPION in our book as he spearheaded the first, in what we hope will become periodic, track alumni reunions. Bob was a host to the team for dinner in Fresno, Calif., in the spring of 1983, and was also the host of the alumni reunion. We are deeply appreciative of his interest and support.
1983 CORNELL UNIVERSITY MEN'S CROSS COUNTRY TEAM

### MEET RESULTS

#### WOMEN

<table>
<thead>
<tr>
<th>Meet</th>
<th>Score</th>
<th>Date</th>
<th>Names</th>
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<tbody>
<tr>
<td>CORTLAND</td>
<td>20-39</td>
<td>Sept. 17</td>
<td>Sarah Day (1), Amy Phelps (2), Marian Teitsch (4)</td>
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<td>COLGATE</td>
<td>15-50</td>
<td>Sept. 16</td>
<td>Harv Robinson (1), Manny Gonzalez (4), Pete McConnell (2), Dave Mears (5), Charlie Bares (3)</td>
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<td>32-23</td>
<td>Oct. 7</td>
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<td>ROCHESTER</td>
<td>15-49</td>
<td>Oct. 14</td>
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<td>ROCHESTER</td>
<td>15-49</td>
<td>Oct. 14</td>
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<td>CANISIUS INVIT.</td>
<td>1st, 17 pts.</td>
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<td>CANISIUS INVIT.:</td>
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<td>HEPTAGONALS</td>
<td>6th, 117 pts.</td>
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<td>Phelps (11), Teitsch (13), Jones (20)</td>
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<td>HEPTAGONALS</td>
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<td>DISTRICT II</td>
<td>3rd, 104 pts.</td>
<td>Nov. 12</td>
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<td>DISTRICT II</td>
<td>16th, 654 pts.</td>
<td>Nov. 12</td>
<td>Graves (99), Mears (141), Robinson (114), Whitney (170), Gonzalez (130)</td>
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</table>
SARAH DAY — ALL-DISTRICT II

Sarah Day, a freshman from Marlboro, Mass., was a standout on the women's team. Early in the season, against Army, Sarah ran 17:48, the fastest Cornell time ever on the Moakley Course. Although hampered by an injury during the middle of the season, Sarah bounced back and finished 13th at the District II meet, earning herself All-District II honors.

Sarah comes to Cornell from Marlboro High School, bringing with her fine credentials. For two years (1982 and '83) she was Central State champion in the mile and two mile; in 1983, she was third in the two mile at the state meet, and third at the New England meet.

Sarah, who was voted the most valuable freshman on the team (men and women), is enrolled in the College of Human Ecology, and is majoring in human development and family studies.

MANNY GONZALEZ — FRESHMAN PHENOMENON

Manny Gonzalez, a freshman from Miami, Fla., proved himself to be a valuable part of the team in his first year at Cornell. During the Harvard meet, Manny made a strong showing, finishing eighth, while running the second fastest time by a Cornell freshman. Manny was consistently one of the team's top five runners, but was at his best at the Heptagonal championships. At this meet, he finished 29th overall, second for Cornell, in a time of 25:49.

Manny attended Miami Jackson High School, where he ran to many honors. In 1982 and 1983, Manny was selected first team Florida All-State cross country, and in 1983 was voted the Campbell Soup "Florida Athlete of the Year" for cross country.

Manny is enrolled in the College of Industrial and Labor Relations. He is concentrating on management while keeping an eye on a career in business.
LINCOLN GRAVES -- FUTURE FOR CORNELL X-C

Lincoln Graves, a freshman from Dayton, Ohio, has shown this past season that he will be one of the Big Red's leading runners for the next few years. Linc placed consistently in the top five this season. His most impressive performance was the comeback he made at the District II meet. After finishing seventh for the team at the Heps, Linc had a stellar race at the Districts and finished first for the team and 99th overall.

Lincoln graduated from Northmont High School, where he earned many honors. During the 1982 season, Linc was not only captain of his team, but he earned league, section and district championship honors. Linc is not only an avid runner, but he is also an avid bicyclist. Showing his team spirit and support, he biked to Cortland to see the women compete there.

Lincoln is enrolled in the College of Engineering, majoring in computer science.

The improvement of the women's team this past season rested heavily upon the improvement of the veteran runners. Three of these runners included apartment mates Nancy Schmidt, Amy Phelps and Kathy Lutz.

NANCY SCHMIDT -- VETERAN RUNNER

Nancy Schmidt, a junior from Kinnelon, N.J., returned from summer break a much improved runner. Nancy was consistently the fourth or fifth finisher on the team. She was a tough competitor who had strong overall finishes, including a sixth-place effort at the Canisius College Invitational, a fourth-place showing in the Army dual meet, a 28th-place finish at the Heptagonal championships, and 25th-place at the District II meet.

Nancy has been on the cross country team since her freshman year, as she has also been a track member the past two seasons. She will compete in the distance events this coming track season and the women will look to her to gain points for the team.

Nancy is enrolled in the School of Hotel Administration, where she hopes to gain a strong business-oriented education. She loves to dance; in fact, she credits part of her improvement this past season to all the dancing she did this past summer.
KATHY LUTZ — 1984 CO-CAPTAIN

Kathy Lutz, a junior from Henrietta, N.Y., missed her freshman year in both cross country and track due to anemia. Since then Kathy has been steadily improving. In her sophomore year she traveled to only a few away meets, but this year she returned to be a consistent varsity performer, usually finishing in the sixth or fifth position. Kathy's improvement was best seen at the District meet where she finished 38th, Cornell's fifth finisher.

The track team hopes that Kathy will continue her improvement this winter and spring, as she would be a strong competitor in the distance races. Kathy would like to compete in the 5,000- and 10,000-meter events.

Kathy is an animal science major in the College of Agriculture and Life Sciences and would like to enter Cornell's College of Veterinary Medicine upon graduation. She is also interested in exercise physiology and may continue her education in this direction.

AMY PHELPS — 1984 CO-CAPTAIN

Amy Phelps, a junior from Glens Falls, N.Y., has been a varsity member of the cross country team since her freshman year, but she really came into her own this past season. Amy improved her times on all cross country courses this year, including a 1:45 improvement on the Van Cortlandt course at the Heptagonals. It was at that meet that Amy was at her best. She covered the 5,000-meter course in 18:16, good for 11th place and All-Ivy status. Another bright spot for Amy was her first-place finish at the Canisius Invitational, with the second-fastest time for that course.

Amy is enrolled in the College of Agriculture and Life Sciences. Her major is biochemistry and she would like to study medicine, preferably in the West. She is thinking of Colorado, which may stem from her love of skiing. Amy is an accomplished cross country skier and has competed for Cornell's team. Last year she finished second at the Empire State Games.

Although Amy loves skiing, we have persuaded her to run track this year. Despite a present injury, we are hoping she will be able to compete in some meets. Through time trials she has proven herself to be a strong mid-distance runner.
1983 was a season that could not have been without its seniors:

PETE McCONNELL — Captain McConnell was a leader this past season in every sense of the word. Not only was Pete there at every meet leading us in spirit and motivation, but he was also consistently a leading runner. For these two reasons, Pete was the obvious choice for the Moakley Award, because he truly did the most for Cornell cross country. Pete's dedication will not end with the last cross country meet, as Pete will be helping to lead the track team as one of its tri-captains.

HARV ROBINSON — Harv was the 1983 recipient of the Edward Kirby Award as the most valuable runner, and for good reason. He had a most impressive season. Twice this season he had one of the top 50 times on the Moakley Course, grabbing the 24th and 35th spots on the list. At Rochester, Harv set a course record while pacing the team to a shutout. Following this feat, he went on to win the Canisius Invitational, again pacing the team to an impressive victory. Harv also led the Cornell harriers at the Heptagonal championships, running to a 25th-place finish. It is the track team's hope that Harv will continue his winning ways this winter and spring, as the team will look to him to gain points in the distance races.

RON ZIEMIAN — After missing his junior year in cross country due to an engineering co-op in Texas, Ron returned a strong competitor and a welcome returnee to our team. He was many times a top-five finisher for the Red, and at the Syracuse meet he ran to a strong seventh-place finish, the third finisher on the team. Ron was also quite strong at the Heps, as he was our fourth team man, finishing in 46th place.

Other seniors include Ranjeet Sudan, Dave Tucker, Bill Possidento, Chris Thompson and Pete Markowitz. The team would like to thank all the seniors for their dedication and leadership. We would also like to extend hopes for continued success in all their endeavors.

MARIAN TEITSCH QUALIFIES FOR THE OLYMPIC MARATHON TRIALS

On Sunday, Dec. 4, Marian Teitsch, captain of the 1983 women's cross country team, won the Atlantic City Marathon. It was her first marathon in two years (she has run 2:46 previously), and she set a new record for the event despite the cold, wind and rain. The qualifying time that must be met to enter the Olympic Trials in Olympia, Wash., on May 13 is 2:51:00 or better. Marian bettered that by 50 seconds with a fine 2:50:10.0. Having met this standard, she will now concentrate her efforts on the 1984 indoor and outdoor track seasons, where she will compete in the 3,000-, 5,000- and 10,000-meter events. She qualified for the NCAA 5,000-meter race in 1983 with a fine 16:27 that she ran at the indoor Heps at Yale. She competed in the 1983 outdoor NCAA championships in that event in Houston in June, but due to a nagging foot injury she did not place. Marian entered Cornell in September 1982 after spending her first two years at SUNY Cobleskill. She has rapidly established herself as the finest lady distance runner ever for Cornell, a position that she should further solidify during the 1984 track season.
Warner Honored

Jack Warner, head coach of the women's cross country team for the past two seasons, has been named NCAA District II Co-Coach of the Year. The women harriers finished the season with a 4-1 record and finished third at the NCAA District II championships held at Lehigh University.

Also head coach of the men's cross country and track teams, Warner was named District II Coach of the Year in 1978. Warner has been at Cornell since 1967 after coaching track and cross country for 11 years at Colgate.

In his years at Cornell, Warner has compiled a record of 152-82-3. His runners have included one Olympian, 13 All-Americans and 11 IC4A champions. His teams have also won three Heptagonal titles.

As editor of the Wastebasket, I would like to congratulate Coach Warner on behalf of the entire team. Co-Coach of the Year is quite a distinction and we are all proud of our coach and privileged to work under his guidance. Keep up the good work, Coach.

--- Kathy Lutz

1984 Men's Cross Country Captain
Grant Whitney
(Penfield, N.Y.)
In keeping with tradition, the 1983 cross country awards banquet was held at the Varna Fire Hall. After a chilling walk, we enjoyed an excellent turkey dinner prepared by the Varna Methodist Church. The evening's festivities began with Cornell athletic director Laing Kennedy praising the team's dedication and commitment to tradition. Following Mr. Kennedy, we were treated to a humorous and informative speech on sports history and historians by Professor Richard Polenberg of the history department. We then moved to the awards phase of the banquet, beginning with special appreciation gifts; and then what we called the "dubious distinctions," including awards such as "Finding True Love on the Cross Country Course" and "The Burnt Hot Dog Award."

Following these awards, the banquet took on a more, but not complete, serious note. The Jack Moakley Award (the person who has done the most for Cornell cross country) was awarded to captain Peter McConnell, while the most valuable runner awards went to captain Marian Teitsch and Harold Robinson. The most valuable freshman award was presented to Sarah Day, while most improved awards were given to Bruce Young and Amy Phelps. Fifth Man and Woman awards were earned by Grant Whitney and Elise Jones.

The 1983 letter winners included Robinson, Manny Gonzalez, McConnell, Lincoln Graves, Whitney, Young, Dave Mears, Blake Kruell, Ron Ziemian, Teitsch, Phelps, Day, Nancy Schmidt, Elise Jones, Kathy Lutz and Susan Nossal. 1983 cross country club president Kathy Lutz and secretary-treasurer Jon Wilcox were elected for another term. The last distinction was the announcement of the 1984 captains; the men's captain is Whitney and the women's co-captains are Amy Phelps and Kathy Lutz. The evening concluded with the traditional captain's challenge directed to the 1984 captains.
CORNELL UNIVERSITY

BEST TEAM TIMES ON MOAKLEY COURSE
(5 Miles)
(Note: This course was first run in 1954)

1. 2:06.54.4  HARVARD 1983 vs. Cornell
   Gompers 25:02.4
   Jelley 25:20
   Gerken 25:24
   Rippy 25:29
   McNulty --- 25:39
   Weber

2. 2:07:01.6  CORNELL 1978 vs. Syracuse
   Wiley
   Good
   Brommer
   Cooper
   Keltz

3. 2:08:50.7  SYRACUSE 1980 vs. Cornell
   17:18.7
   17:39.0
   17:45.0
   18:03.0
   18:24.0

4. 2:08:53.8  CORNELL 1971 vs. Colgate
   25:02.4
   25:20
   25:24
   25:29
   25:39

5. 2:09:05.6  CORNELL 1978 vs. Colgate
   25:02.4
   25:20
   25:24
   25:29
   25:39

6. 2:09:06.3  ARMY 1983 vs. Cornell
   25:02.4
   25:20
   25:24
   25:29
   25:39

7. 2:09:21.8  HARVARD 1969 vs. Cornell
   25:02.4
   25:20
   25:24
   25:29
   25:39

8. 2:09:40.0n CORNELL 1983 vs. Harvard
   25:02.4
   25:20
   25:24
   25:29
   25:39

9. 2:09:43.2  BUCKNELL 1977 vs. Cornell/Rochester
   25:02.4
   25:20
   25:24
   25:29
   25:39

10. 2:09:47.0 BUCKNELL 1974 vs. Cornell/Rochester
    25:02.4
    25:20
    25:24
    25:29
    25:39

11. 2:09:58.0 CORNELL 1975 vs. Harvard
    25:02.4
    25:20
    25:24
    25:29
    25:39

BEST TEAM TIMES ON MOAKLEY COURSE
(5000 Meters)
(Note: This course was first run in 1978)

1. 1:29:09.7  HARVARD 1983 vs. Cornell
   Wiley 17:18.7
   Good 17:39.0
   Brommer 17:45.0
   Cooper 18:03.0
   Keltz 18:24.0

*2. 1:30:21.2n CORNELL 1983 vs. Harvard
   17:18.7
   17:39.0
   17:45.0
   18:03.0
   18:24.0

*3. 1:30:35.0 CORNELL 1983 vs. Army
   17:18.7
   17:39.0
   17:45.0
   18:03.0
   18:24.0

4. 1:30:50.6 PRINCETON 1978 vs. Ivy League Champ.
   17:18.7
   17:39.0
   17:45.0
   18:03.0
   18:24.0

   17:18.7
   17:39.0
   17:45.0
   18:03.0
   18:24.0

6. 1:33:53.8 CORNELL 1980 vs. Cortland
   17:18.7
   17:39.0
   17:45.0
   18:03.0
   18:24.0

7. 1:34:27.2n YALE 1978 vs. Ivy League Champ.
   17:18.7
   17:39.0
   17:45.0
   18:03.0
   18:24.0

n....Denotes a non-winning performance
*....Denotes a former course record
CORNELL UNIVERSITY MOAKLEY CROSS COUNTRY COURSE TOP 50 TIMES *(Thru 1983)*

**FIVE MILE COURSE (First run in 1954)**

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<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Institution</th>
<th>Time</th>
<th>Year</th>
<th>Location</th>
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<td>1.</td>
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<td>Fischer, B.</td>
<td>Chicago</td>
<td>25:05.0*</td>
<td>1974</td>
<td>Cornell/Bucknell/Rochester-JVs</td>
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<td>Chargers</td>
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<td>1978</td>
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*...Indicates a former course record
n...Indicates a non-winning time
Chicago....Chicago Track Club
Chargers...Syracuse Chargers
FLRC....Finger Lakes Runners Club

JVs....Junior Varsity race
RTC....Rochester Track Club
STC....Syracuse Track Club
BCC....Broome Community College
### CORNELL UNIVERSITY MOAKLEY CROSS COUNTRY COURSE TOP 50 TIMES (Thru 1983)

#### 5000 METERS (First run in 1978)

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Affiliation</th>
<th>Time</th>
<th>Year</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
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*... Indicates a former course record
n... Indicates a non-winning time
The 1983 cross country season was one of both joy and sorrow. Joy, because of the way the women's team performed; and sorrow, because the men, although running better than in 1982, had a less spectacular record of 2-3, seventh in the Heps, 24th in the IC4As and 16th in the NCAA District II Qualifiers.

The lady harriers posted an impressive 4-1 record in duals with our only loss to a powerful Harvard team (fourth in the 1982 NCAA championships and 1983 Ivy champs). They won the Canisius College Invitational for the second straight year in very impressive fashion with a low score of 17 points. The only dull spot of the season was a disappointing sixth-place finish in the Ivy championships. However, they collected themselves very well and ran third in the District II Qualifier, just missing a trip to the NCAA championships by one spot (the first two teams [Penn State and Villanova] qualified from our district which encompasses New York, New Jersey, Pennsylvania, D.C., West Virginia and part of Maryland). In the District meet we beat Princeton, a team that was ahead of us in the Ivies by three places (third), and several other fine teams. There were 19 schools represented in the meet. In 1982, we placed ninth in this same event, so the 1983 season was a real turnaround for our ladies. Captain Marian Teitsch and frosh Sarah Day were named to the District II All-Star team off their 12th and 13th place finishes, respectively. Much of the credit for this turnaround must go to the juniors who came back this fall in fine shape and really improved: Amy Phelps, Nancy Schmidt and Kathy Lutz. Teitsch, Day, the three juniors, Elise Jones, and Sue Nossal were our top seven runners. My congratulations to the entire team. It was a great season of fun working with these fine young athletes.

Times of the men improved considerably over 1982, but unfortunately, those teams like Syracuse, Army and Harvard ran the races of their seasons against us here on the Moakley Course. We again won the Canisius College Invitational and in more impressive fashion, with a low of 32 (39 in 1982). Our JVs also won at Canisius with a low of 17 points. 1982 frosh star Grant Whitney's knee problem did not help us, because even as he did break into competition against Rochester midway through the season, he was not able to run near his potential and is still having some knee trouble. Senior Harv Robinson really came into his own with a real solid season, and a course record at Rochester. Captain Pete McConnell was consistently near the front, while junior Bruce Young also showed good improvement. Frosh Manny Gonzalez, Linc Graves and Charlie Bares also gave notice that they will be future Cornell stalwarts over the hills and dale.

Looking ahead to the track season, we should be improved over 1983. We made great strides forward in the spring of 1983 and expect to continue that progress in 1984. We have added some fine new people to both the men's and women's teams, which should give us better depth and balance. We feel that we have some potential Hepts scorers in quite a few events. There are no real weak spots that we can see right now, and we hope that none develop due to disappointments or injuries. It will be a difficult task for the coaches to select those 30 athletes for the trip to Southern California in March, as there appear to be 40 some athletes (men and women) that we would like to take. But we must cut back to 30.

Speaking of the spring trip, the Moakley Fund interest will finance the major share of the expenses and we earned $400 for cleaning the stadium after the Yale Homecoming football game. The remainder we will raise through T-shirt sales, special projects, and gifts from parents of team members and any others who wish to assist us in this. At present airfares, we estimate the trip will cost approximately $24,000. These trips have been great for our program and there is no doubt in the minds of the coaches that the 1983 trip to Northern California turned the program around from indoors to outdoors. Many of our athletes over the years have also indicated that these trips contributed greatly to their development as athletes. They certainly make a good impression on those who we try to recruit as well, because they are very attractive trips which many schools cannot duplicate. These trips are possible due to the great generosity of our alumni and friends over the past 10 years or so of the Moakley Fund.
<table>
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<td>DRAKE RELAYS (Tentative)</td>
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<td>HEPTAGONAL CHAMPIONSHIPS</td>
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QUIZ

Who is this?

What year?

Where?

Event?

Answers in the next issue.
SPRING TRIP 1984

On Thursday, March 22, the track team (men and women) will fly to Los Angeles, Calif., and then drive vans to Santa Barbara, where we will spend the next five days to train and compete in a meet with Santa Barbara and Fresno State at UC Santa Barbara. We were in this meet in 1983 at Fresno State. We will leave Santa Barbara on Tuesday, March 27, for a destination which at this point is still unknown. Hopefully it will be somewhere around Los Angeles, where we would stay for the next five days and compete in a meet on Saturday, March 31. We would return to Ithaca on Sunday or Monday, April 1-2. We plan to take 30 athletes and three coaches. We hope that we will have an opportunity to see all of our alumni and friends while we are in the Southern California area. We always enjoy seeing you.

JACK MOAKLEY FUND

The balance in the Moakley Fund as of Oct. 31 was $241,843.32, and we have received over $5,500 since that date. So the fund is progressing very well and now provides sufficient income to cover the major portion of the spring trip expenses; all perpetual awards are also included in the fund so that the annual awards are paid from the fund income. We have not touched any of the capital since the fund's inception, preferring instead to let it grow. There is no question as to the value of the fund to our program. The spring trips that we now take are very attractive recruiting considerations. The trip to California last spring and the planned trip to Southern California this spring are quite impressive to young student track performers who are considering Cornell. However, because costs continue to rise, we need to continue our fund raising efforts to keep pace with inflation and to make the fund stronger. All of you who have contributed to the Jack Moakley Fund can be justifiably proud of your efforts in its behalf. There have been both large and small gifts, gifts from individuals and corporations, as well as bequests, and they all really add up to make it a very viable source of support to the Cornell track program. We hope that you will be able to continue support of the fund. We have a team motto..."Every day in every way, we get better and better!" That is also true of the Moakley Fund, thanks to so many of you.

ATTENTION ALL FORMER CHAMPIONSHIP SCORERS

While you were a member of the Cornell track team, if you scored at least a point in the Heeps, IC4A, NCAA or NAAU, you qualified to wear the "C" with a sash or stripe through it on your meet shirt. Several years ago we started what we call a "Sashing Ceremony" for the people who have just earned the shirt with a sash. This ceremony has been just a short one in our locker room, usually the day after the meet in which the sash was earned. I have given some further thought to this and felt that it would be nice for these special track team members to have something that they could use after their careers are over. So we have designed a certificate suitable for framing that we will now award to those scorers. We also feel that those of you who have earned this honor in the past might be interested in such a certificate. If you would like one, just send $1.00 (make checks payable to Cornell Track) to cover the cost of the mailing. We are waiting for them to be delivered from the printers and hope to have them available by Feb. 1.
NEW NCAA RECRUITING RULE

The NCAA now has a rule forbidding face-to-face contact between university alumni and boosters and prospective student-athletes — contact made even vaguely for the purpose of recruitment. The rule, which went into effect this past August, specifically prohibits off-campus, in-person meetings between university "representatives" (alumni, boosters, fans, and others) and high school athletes. Those contacts may be made by staff members only. An alumnus or booster who violates the new rule could get the university into trouble with the NCAA. Representatives may (1) identify athletes and forward info to Cornell; (2) contact prospects by phone or in writing; and (3) visit prospects while making an official campus visit. They may not (1) contact prospects face-to-face off campus; (2) transport prospects to visit campus; or (3) participate in any off-campus entertainment activity involving the prospect's official campus visit.

Alumni who are also members of the Cornell Secondary Schools Committee are permitted such personal contact provided that they contact all student athletes and non-athletes alike. So if you wish to assist us in prospective student work, YOU MUST BECOME A MEMBER OF THE ALUMNI SECONDARY SCHOOLS COMMITTEE. The Cornell Office of Admissions can advise you on this.

FUTURE ALUMNI REUNIONS

The reunion of track alumni on Sept. 24 was such a great success that we would like to start this as a new tradition. It would be great if we could have such reunions annually, or every two or four years. I believe that every undergraduate on our team (men and women) should have at least one opportunity to meet with the teams of years past, and for the alumni to meet current team members. I think that it would be healthy for the entire Cornell track "family." We could build each reunion around a particular team or era and invite all former team members from that team or era back to campus. Although the one we had this year was this fall, I think that it would be great to build future reunions around a home track meet in the spring. How about a reunion of the great 1955 team (Heps champs indoors, outdoors and in cross country) in 1985? A reunion of the 1977 (first indoor title in 19 years) team? The 1978 team (indoor and outdoor champs)? The 1958 and 1978 teams reuniting in 1988? Any members of those teams that would like to spearhead a reunion? I would suggest there be a reunion fee assessed each returnee to cover the costs. Of course, alumni of all teams would be welcome at any reunion, not just those from the reuniting teams, but it would be built around the reuniting team. Any suggestions or ideas? Let me know.
CONGRATS TO LOU MONTGOMERY

Our heartiest congratulations to former coach Lou Montgomery on his induction into the Cornell Athletic Hall of Fame! "Monty" returned with Ruthe for the induction ceremonies on the weekend of Sept. 24-25. He was also in attendance at the mini reunion of a number of the former track greats and the current track team. It was good to have Lou back with us, if only for the weekend. He is still going strong and we hope that he will make it back again sometime to share in the celebrations of Cornell track and cross country.

ALUMNI REUNION

The weekend of Sept. 24 was a banner one for Cornell track and cross country. A great group of past Cornell tracksters returned to campus to reunite with former teammates and the current team. It was a great experience for everyone who was there. Spearheaded by Bob Mealey '51, returnees were Charlie Moore, "Moose" Miller, "Flash" Gourdine, Walt Ashbaugh, Jim Lingel, Burt Pierce, Jack Ostrom, John Laibe, Jack Servis, Hank Russell '26 and John McKeown '73; Coach Lou Montgomery with wife Ruthe and son Don were also there, as were Bob Kane and Ben Mintz. It was just a tremendous experience for the current team members, who are still talking about it. We enjoyed meeting all of these fine men and hope that they will return to campus more often in the future. Our thanks to Bob Mealey for arranging this fine reunion and for being the host for it.

CROSS COUNTRY DINNER SPONSORS

Our thanks to all those who contributed to the cross country team dinner. We thank Mike Adams '62, Mike Geller '84, Sheldon Hervey '83, John Gatling, John Vandervort, Rev. Gene Durham, Ellen Birkhimer '83, Kathi Krause '83, Chris and Kelly Kruell '83, and Hollis Davis for making this fine traditional dinner in Varna possible.

CONTRIBUTION NOTICE FOR SPIKED SHOE SOCIETY
(June 1, 1984 through May 31, 1985)

Make checks payable to: Cornell University (Track Development Fund)

NAME ____________________________ CLASS ______

STREET ________________________________

CITY __________________________ STATE ______ ZIP CODE _____

TELEPHONE ( ) ____________________________

Please return form to: Spiked Shoe Society, Cornell University, P.O. Box 729, Ithaca, N.Y. 14851
NOTICE

Your name appears on our computer printout as having been a member of the Cornell track and/or cross country team during your undergraduate days or as a friend of Cornell track and/or cross country. This means that you would receive our fund raising mailings and the newsletter (WASTEBASKET).

We realize that perhaps some of you may not really want to be on our mailing list, and because of this we would like to hear from you so that we do not badger you, waste our time and money by printing extra copies, and adding to our postage costs.

If you do not wish to receive our mailings, please fill out and return the form below and we will delete your name from our list. I will assume that if we do not hear from you that you wish to remain on the list. Please help us by letting us know if we should take your name off.

Thank you.

Cornell Track Office
Cornell University
P.O. Box 729
Ithaca, NY 14851

Please delete my name from the Cornell track mailing list as I am not interested in receiving your mailings.

NAME ___________________________________________ CLASS _______

STREET __________________________________________

CITY ___________________________ STATE _______ ZIP CODE _______

TELEPHONE (_____) _______________________________
Harriers Face Tough Schedules

By LEONARD FOX

Both the Cornell men's and women's cross country teams should be much improved over last year, but because of the increased strength of their opponents, the improvement may not translate into a better won-lost percentage for the upcoming season. Nonetheless, Head Coach Jack Warner, entering his 17th year with the men and second with the women, is anticipating strong performances from both squads in 1983.

The men's team looks solid as it returns five of its varsity letter winners from last year: Grant Whitney, Blake KrueU, Harv Robinson, Dave Mears and captain Peter McConnell. Newcomers who are also expected to contribute to the team include Manny Gonzalez, Charlie Bares and Lincoln Graves. Gonzalez, who Warner said has looked very good in practice, is the 1982 Florida state high school runner-up in cross country. - - V •

One of the keys to the men's season could depend upon whether Whitney, the Red's top runner last year, can shake a nagging knee injury that has been giving him some problems in pre-season.

Even with a healthy Whitney, however, the men will be hard-pressed to duplicate last year's impressive 4:1 record in dual meets. As Warner puts it, "We should be better, but our competition is also much better."

The men's toughest opponents figure to be Army, Harvard and Syracuse, all of whom Warner feels are much improved. Syracuse boasts All-American runner Jim O'Connell, who set the Cornell cross country course record in a meet last year.

The Red open up their season tomorrow at Colgate, before travelling to Syracuse to take on the Orangemen next Friday. The team then returns home for its two home meets against Army and Harvard. The men end their regular season on the road with meets against Rochester and Canisius.

The highlight of the season will take place on October 28 when the Red travels to New York to take part in the annual Heptagonals. "We hope to at least be in the top four at the Heps this season," Warner said.

Same Story for Women

The story for the 1983 edition of the women's cross country team appears to be similar to the men's. They, too, return five letter winners, including Elise Jones, Amy Phelps, Suzanne Jones, Nancy Schmidt, and last year's top runner, Marian Teitsch. Freshman Sarah Day is also expected to play a major role for the women's Harriers.

X-Country Teams Win

The Cornell men's and women's cross country teams started their seasons off on winning notes with impressive victories on the road this past weekend. The men shut out Colgate 15-50 on Friday, while the women beat Cortland 20-39 on Saturday.

Senior Harv Robinson led the charge for the men as he finished first on the five-and-a-half-mile course with an outstanding time of 26:02.8, the fourth fastest time ever on the Colgate course. He was followed by 11 other Cornell runners as the Red took the first 12 places in the meet. Captain Pete McConnell took second place with a time of 26:24, while freshman Charlie Bares finished third in 26:38. Freshman Manny Gonzalez and junior Dave Mears placed fourth and fifth, respectively for the Red.

The women continued where the men left off in their meet against Cortland as freshman Sarah Day placed first for the Red in their victory. Day's time of 20:39 against Cortland as freshman Sarah Day placed first for the Red in their victory. Day's time of 20:39

Harriers to Open Season on Road

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The women, like the men, are faced with a stronger schedule than last year, as the squad takes on perennial power Harvard for the first time. Despite the tougher schedule, Warner feels optimistic about the team. "The women should be considerably improved. In particular, we'll have much better depth than we had last season," Warner said.

The harriers open up the season this Saturday on the road against Cortland and will then follow the same schedule as the men's team. This includes the first-ever Women's Cross Country Heptagonals. Warner believes that finishing in the top four in the women's Heps is not out of the question for the Red.

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On Road; Cross Country Teams Victorious

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17:45 for the three mile course was five seconds faster than teammate Amy Phelps, who finished second. Captain Marian Teitsch finished fourth with a time of 17:59, while Elise Jones took sixth for Cornell. Nancy Schmidt rounded out the scoring for the Red, finishing seventh.

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Harriers set for weekend meets

Cornell's cross country season starts this weekend. The men's team will meet Colgate at Hamilton Friday while the women will go against Cortland State at Cortland Saturday.

Both squads have five returning letter-winners. Sophomore Grant Whitney returns to try to duplicate his outstanding freshman season, but he is expected to be pushed by seniors Harv Robinson and Capt. Pete McConnell, as well as by juniors Blake Kruell and Dave Mears.

Senior captain Marian Teitsch, who also had a stunning first year for Cornell in '82, will be joined by fellow letter-winners Elise and Suzanne Jones, Amy Phelps and Nancy Schmidt. Teitsch's sister, Sue, leads a group of speedy freshmen.

"We'll be much better this year," said Coach Jack Warner. "We're hoping to have the best men's team in six or seven years and the best women's team in four or five."

For the men, equalling last year's 4-1 dual meet record poses a serious challenge. It will try to average its only loss of last year, to Harvard. The Big Red women were 2-2 last year.

Army to Invade Cornell Harrier Country Saturday

By LEONARD FOX

The Cornell men's and women's cross country teams enter pivotal parts of their schedules this afternoon, as they entertain Army in a dual meet. The contest, which marks the home opener for the harriers, is scheduled to get under way at 4:45 on the University Golf Course. The men's record stands at 1-1, while the women carry a perfect 2-0 slate into today's race.

The women are coming off a big road victory against Syracuse this past weekend, in which the top three Red runners all broke the Syracuse course record. Freshman Sarah Day, along with senior captain Marian Teitsch, led the way for Cornell in their 17-48 win. Also contributing to the Red victory was veteran Amy Phelps, who head coach Jack Warner feels is "coming into her own." Today's meet marks the first time that the women will oppose Army in a dual meet; they beat Army last year by one point in the Binghamton Invitational.

According to Warner, Army
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Women Harriers Defeat Syracuse

By LEONARD FOX

The Cornell men's and women's cross country teams had to settle for a split in their dual meet at Syracuse this past weekend. The men lost a fairly close contest, 33-23, while the women staged an impressive performance in defeating Syracuse, 17-41. The win for the women raised their record to 2-0, while the men dropped to 1-1 with the loss.

The Red women were once again led by freshman sensation Sarah Day. Day, who placed first in last week's meet against Cortland, continued her superb running by setting a course record at Syracuse. Day finished first in the 5000 meter race with a time of 18:00.3, breaking the course record by 19 seconds.

Finishing right behind Day was senior captain Marian Teitsch. Teitsch, who actually finished with the exact same time as Day, was awarded second place by the judges. The Red also took third in the meet as veteran Amy Phelps clocked in with a time of 18:07. Nancy Schmidt and Elise Jones both contributed to the Cornell win, finishing fifth and sixth, respectively. All of the top five Red runners placed within 30 seconds of each other.

The men's team was hurt by the absence of last year's star runner, Grant Whitney. Whitney, who did not run against Colgate last week, was unable to compete against the Orangemen this past weekend because of a nagging knee injury.

Both the men and women will run at home for the first time this season as the Big Red face Army in a dual meet this Friday. The men's team barely defeated Army in last year's race, winning by a single point 29-30, while the women have yet to run against them.

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will be tough competition for the Red. "They're our first real test in terms of facing a solid team with depth," he said.

The women will again be looking for another strong outing from Day in this afternoon's meet. The freshman sensation has already placed first in the Red's two previous races and is only expected to improve with more experience.

If the women beat Army, they will have the luxury of taking a 3-0 record into next week's important home match-up against mighty Harvard.

For the men's team, defeating Army is more crucial, as a result of its 33-23 loss at Syracuse last Friday which dropped the Red to 1-1 on the year. A loss today would put the team below the .500 mark for its upcoming meet against Harvard, the only team to beat the Red in '82.

The men defeated Army by a single point last year, and that alone means they should have their hands full in today's race.

Hoping to lead them to victory will be seniors Pete McConnell and Harv Robinson, along with freshmen Manny Gonzalez and Charlie Barcs. McConnell placed fourth overall in last week's loss, while Robinson finished fifth.

Coach Warner is still uncertain on whether last year's top runner, Grant Whitney, will run against Army. Whitney is recovering from a knee injury that has already kept him out of the team's first two meets.

With or without Whitney, however, the men will be in for a tough fight.
Big Red Cross Country Teams Lose to Strong Crimson Squads

By LEONARD FOX

The Cornell men's and women's cross country teams went into Friday's dual meet against Harvard expecting their toughest contests of the season. Their expectations turned into reality, as a powerful Harvard squad defeated the women, 23-32, before crushing the men, 16-46, on the Red's home course. Harvard handed the women their first loss of the year in four meets by taking the top three places in the 5000 meter race. The Crimson was led by star runner Kate Wiley, who set a new course record with a time of 17:18.7. This broke the old course record of 17:39.8, also set by a Harvard runner in 1978. Following Wiley was the Crimson's Kathy Good, 17:39, and Lois Brommer, 17:45.

Cornell took the next three positions with Marion Teitsch, Amy Phelps, and Sarah Day, finishing fourth, fifth and sixth, respectively. Teitsch came in at 17:50, 17 seconds faster than her time in last week's meet against Army. Phelps also had her best time of the year, finishing at 17:55. Day was unable to match last week's outstanding time of 17:48, but she still had a strong performance, coming in at 18:00. Rounding out the scoring for the Red was Elise Jones, placing eighth, and Nancy Schmidt, finishing ninth.

While Cornell Head Coach Jack Warner was not happy with the loss, he was satisfied with the women's performance, which time-wise was the best of the season. "I am very proud of our women," Warner said following the race.

Also giving praise to the Cornell women was Crimson Head Coach Frank Haggerty, who said the Red was the hardest competition they have faced in three years. Coming from the coach of a team that was third in the nation last year, this compliment should not be taken lightly.

The men's team lost its third straight meet by placing only one man in the top seven positions. Harvard's Paul Gompers finished first with a time of 25:02.4, 18 seconds faster than teammate Peter Jelley, who was second. Cornell's best performance of the day came out of Harv Robinson who placed fifth, crossing the line at 25:30. The only two other Red runners to place in the top ten were freshmen Manny Gonzalez and Lincoln Graves. Gonzalez finished eighth at 25:45, a full 30 seconds faster than his previous best time on the Cornell course. Graves came in tenth with a time of 25:55, also a personal best.

While the men were simply beat by the better team, assistant coach Tony Tenisci said the important thing is that the team continues to improve. As he noted after the race, "Everyone is improving... both teams ran the best they have run all year. We want to be ready for the Heptagonals (October 28) and we are on track for that."
Runners Split in Dual Meet

By LEONARD FOX

The Cornell men's and women's cross country teams took opposite routes in Friday's home meet against Army. The women opened up the dual meet by crushing Army, 42-15 before the Red men fell to the military, 22-35. The win raises the women's record to a perfect 3-0, while the men drop to 1-2 on the season.

"The women were very impressive," said Big Red head coach Jack Warner after he watched his talented team race to its third straight victory. This was an understatement, as the top three Red runners all beat the Cornell course record of 18:12, set by Celia Peterson in 1978.

Once again led by freshman phenom Sarah Day, the women took the first five places in the meet to soundly defeat a solid Army team. Day, who had already placed first in both of the Red's previous races, did it again, finishing with a record time of 17:48.

Directly following her for Cornell was veteran runners Amy Phelps and Marian Teitsch. Phelps, who has been getting better and better with every meet, came in at 18:01, six seconds faster than Teitsch. Nancy Schmidt and Elise Jones also contributed to the victory, finishing fourth and fifth, respectively.

One of the main reasons for the women's success this year, according to Phelps, is that they are running better as a team. As Phelps believes, "If we all stick together, we can beat Harvard." The women have the unenviable task of taking on perennial power Harvard at home this Friday.

"If we continue to run like we have been running, we will give them a good race," said Warner.

Following the women's victory, it was now the men's turn to whallop Army. Unfortunately, things did not turn out quite the way the Red had hoped, as a much improved Army squad delivered the second straight setback to the men. "They were simply a better team than we were today," said Warner after the meet.

The Red occupied the first two places after the halfway point of the race, but were unable to hold on to first as Army's Phil Williams passed up Cornell's Harv Robinson for the win. Robinson settled for second with a time of 25:37 for the five mile course, 13 seconds behind Williams. The Red's captain, Pete McConnell, finished fourth at 25:50, while teammate Manny Gonzalez came in eighth at 26:15.

Cornell's Grant Whitney, who is just now recovering from a knee injury, did not compete in the race. His status for next Friday's meet against Harvard is still uncertain.
Red Cross Country Teams To Face Rochester Today

By LEONARD FOX

It is getting to be that time of year again for the Cornell men's and women's cross country teams. With the Heptagonals only two short weeks away, every meet up until then becomes all the more important. Whether the Red wins or loses at Rochester today is not as paramount as to whether they continue to improve. Nonetheless, both teams will be eagerly striving for victories, as they attempt to rebound from last week's losses against Harvard.

The women are coming off their first loss of the season at the hands of a talented Crimson squad that finished third in the nation last year. While the team was defeated, 23-32, the women clearly had their best outing of the season. The top two Red finishers in last week's race, Marian Teitsch and Amy Phelps, both had their best times ever on the Cornell course. Sophomore Elise Jones also beat her personal record time, finishing eighth overall in the meet.

The team hopes to continue this improvement as it prepares to face a Rochester squad that had a very good year in '82. While Rochester is only a division three school, they have a solid track program, according to Cornell head coach Jack Warner. "They had a strong team last year, so we will have to assume that they are tough," said Warner.

The women will be looking for Teitsch, Phelps, and freshman Sarah Day to lead the way against Rochester. Also expected to contribute are Jones, Nancy Schmidt, and Kathy Lutz. The team takes a 3-1 record into today's meet.

The men's cross country team enters this afternoon's race against Rochester, hoping to break a three week drought that has dropped its record to 1-3. Like the women, however, the men continue to get better, despite the fact that they are not winning.

In last week's 16-46 loss against Harvard, three Red runners had their best times on the 5000 meter course. Harv Robinson, Manny Gonzalez, and Lincoln Graves, all set personal records in the meet.

KEEP ON RUNNIN': Freshman standout Sarah Day runs through the Red's home course on last Friday's meet against Harvard. Day finished sixth, but the women lost, 23-32. They will attempt to rebound in this afternoon's meet at Rochester.
X-Country Teams Prep for the Heps

By LEONARD FOX

The Cornell men's and women's cross-country teams travel to Canisius to take part in the annual Canisius Invitational tomorrow morning. The meet is the final preparation for both the men and women before next Friday's Heptagonal Championships in New York.

The Red is coming off two big wins at Rochester last weekend that bolstered the women's record to 3-3 and the men's to 2-3 on the year. The men won 15-47, while the women triumphed 15-48. Cornell's victory over Rochester marked the first time it has been defeated at home in three years.

The women trounced Rochester despite the fact that they were without the services of one of their top runners, Sarah Day, who was out with a leg injury. Captain Marian Teitsch led a Red squad that took seven out of the top ten positions in the race. Teitsch finished first with a superb time of 16:54, almost two minutes faster than the previous course record. Also providing solid performances in the victory were Amy Phelps, Nancy Schmidt, Elise Jones and Kathy Lutz. These four runners, along with Teitsch, set a team record on the Rochester course.

The men's team was just as impressive in its win, taking the first five places in the meet. Harv Robinson continued his strong running by setting a course record with a time of 24:59 while finishing first. Robinson has been the top Red runner in the last three meets. Captain Pete McConnell, Lincoln Graves, Manny Gonzales and Bruce Young were also impressive.

There was another bright spot for the men's team as last year's top runner, Grant Whitney, competed for the first time this year. Whitney, who had been out with a knee injury, finished tenth in the race. "He ran very well and finished strong," Cornell Coach Jack Warner said. The team hopes that Whitney will continue to improve against Canisius, so he will be ready for the Heptagonals.

When the men's and women's teams run at Canisius tomorrow, it will be the first time this year that either has competed against more than one opponent. Over twenty schools have been invited to the meet, and a large number are expected to attend. This type of competition will give the Red good preparation for the Hepts. As Warner put it, "This will give us a big meet atmosphere to run in."

The number of participants in tomorrow's meet is expected to be at least as large as the number of runners in the Heptagonals.

Runners End Regular Season With Wins

Women Roll

The women's team had an even easier time than the men's, taking five out of the top six places in the meet. The Red scored an amazingly low 17 points in the race to beat its nearest opponent, Allegheny, by 56 points.

Amy Phelps led the charge for the women, finishing first with a time of 15:20. Her time was the second fastest ever run on the 2.7 mile course.

Placing second for Cornell was senior captain Marian Teitsch. Teitsch, last week's top finisher in the Red's win at Rochester, came in at 15:25, three seconds ahead of teammate Sarah Day who had to settle for third. Sophomore Elise Jones and junior Nancy Schmidt also helped the Red cause, taking fifth and...
Women Place 6th
At Heptagonals

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women their only setback of the regular season.

Pacing the women in Friday's race were the Red's top runners, Amy Phelps and Marian Teitsch. Phelps, who has been the team's most consistent performer this year, placed 11th overall with a time of 18:16. By finishing in the top 12, Phelps earned herself All-Ivy honors. Teitsch came close to duplicating Phelps' accomplishment, but just fell short. Teitsch crossed the line in 18:23 and had to settle for 13th place.

Rounding out the scoring for the women were Elise Jones, Nancy Schmidt, and Kathy Lutz. Jones and Schmidt came in 20th and 28th, respectively, for Cornell, while Lutz finished 47th.

Freshman Sarah Day was sixth for the Red, 52nd overall.

Both the men's and women's final meet of the season takes place two weeks from now, when both teams travel to Lehigh to take part in the IC4A Championships on November 12th. More than 100 schools are expected to take part in the event.

Harriers Travel to Lehigh For IC4A Championships

By LEONARD FOX.

The Cornell men's and women's cross country team's seasons come to a possible close tomorrow as both Red squads travel to Lehigh to take part in the IC4A Championships. If either team hopes to qualify for the NCAA Championships on November 21, it will take superb efforts from virtually every Cornell runner competing.

For the men's team to qualify for the Championships, it must finish in the top three schools in tomorrow's meet. The men could also place individuals in the championships, provided they finish in the top five of those runners who are not members of the three teams that qualify. 11-11-83

If the women's team is going to qualify for Nationals, it must finish either first or second at Lehigh. The top three finishers who are not members of the two qualifying teams also will make the championships.

Any way you look at it, it will not be easy for the Red teams to earn a trip to the Nationals.

If the men hope to challenge the top schools from the Northeast that are competing in tomorrow's race, they must perform better than they did in the Heptagonals Championships two weeks ago.

At the Hepts in New York, the men's team finished a disappointing 7th place out of 10 schools.

Pacing the men at the Hepts was senior Harv Robinson and freshman Manny Gonzalez. Robinson finished 25th overall, while Gonzalez came in 29th.

The Red will need strong outings from these two runners, along with Dave Mears, Grant Whitney, and captain Pete McConnell, if the team hopes to do well at Lehigh.

When questioned about the team's poor performance at Hepts, coach Jack Warner said he felt that the men, as well as the women, were too awestruck at the thought of racing in a major meet. As he put it, "I think we made too much of the meet itself, instead of taking it as just another race."

The men can not afford to do that again in tomorrow's meet.

Like the men, the women did not live up to "pre-Heps" expectations as they placed a poor 6th out of eight schools.

The bright spot for the men was Amy Phelps, who with her 11th place finish earned All-Ivy honors. Captain Marian Teitsch almost duplicated her teammate's feat, but fell one place short, finishing 13th on the day.

The women will look to Phelps and Teitsch once again to lead them in tomorrow's race, but the team will also need solid performances from other runners such as Sarah Day and Elise Jones if the Red are to challenge.

Both Day and Jones have been bothered by nagging injuries that could possibly hamper their performances, however and if either of these runners is not able to compete, it could be a long day for the Red.

While the overall outlook for tomorrow's meet does not look all that bright for Cornell, Warner remains optimistic. "I think we will run better than in the Hepts, we just have to take this as another race and perform to the best of our abilities," he said.

X-Country Teams Falter at Hepts

By LEONARD FOX.

They went into Friday's Heptagonal Championships with high expectations, but when the day ended their hopes were shattered, as both the men's and women's cross country teams were unable to finish in the top four in New York. The men's team, competing against the other seven Ivy schools along with Army and Navy, finished seventh on the day, while the women's team, competing against just the Ivys, came in sixth.

A powerful Princeton team won the men's race while scoring only 31 points, 30 points ahead of second place Navy which had 61. Harvard came in third with 77 points, 103 points better than the Red's 180.

The men's team suffered from its inability to place any runners among the top 20 finishers. The Red's top runner on the Van Cortlands Park course was senior Harv Robinson, who placed 25th out of a field of 90 runners with a time of 25:46.

Dartmouth's Jim Sapienza was first, crossing the line with an outstanding time of 24:40, a full minute faster than Robinson.

The other four Red runners that constituted the men's team score were Manny Gonzalez, Dave Mears, Ron Ziemen, and Grant Whitney.

Gonzalez placed 29th overall with a time of 25:49, while Mears finished 29th at 26:12. Ziemen came in 46th at 26:21 and Whitney finished 52nd at 26:35.

Captain Pete McConnell came in sixth for Cornell, 57th overall in the meet.

Women Finish 6th

Like the men, the women's team did not live up to the strong performance that was expected from them, following their 4-1 regular season record.

The Red could not place a runner in the top ten and had to settle for sixth place with a score of 117, only two points behind Brown.

Perennial power Harvard ran away with the meet, scoring a mere 46 points to runner up Yale's 72. The Crimson's Kate Wiley was the top runner in the race, finishing with a time of 17:26. Wiley set the Cornell course record in a meet against the Red, earlier this year. Harvard won that contest, 23-32, handing the Red a second-place outing.

Like the men, the women did not live up to their expectations as they placed a poor 6th out of eight schools.

At Heptagonals

Women Finish 6th

Women Finish 6th

Women Place 6th
At Heptagonals

Continued from Page 16

women their only setback of the regular season.

Pacing the women in Friday's race were the Red's top runners, Amy Phelps and Marian Teitsch. Phelps, who has been the team's most consistent performer this year, placed 11th overall with a time of 18:16. By finishing in the top 12, Phelps earned herself All-Ivy honors. Teitsch came close to duplicating Phelps' accomplishment, but just fell short. Teitsch crossed the line in 18:23 and had to settle for 13th place.

Rounding out the scoring for the women were Elise Jones, Nancy Schmidt, and Kathy Lutz. Jones and Schmidt came in 20th and 28th, respectively, for Cornell, while Lutz finished 47th.

Freshman Sarah Day was sixth for the Red, 52nd overall.

Both the men's and women's final meet of the season takes place two weeks from now, when both teams travel to Lehigh to take part in the IC4A Championships on November 12th. More than 100 schools are expected to take part in the event.
'83 Campaign Ends
For Red Harriers

By LEONARD FOX

The Cornell men's and women's cross country teams' seasons came to an end Saturday afternoon at Lehigh, as both teams failed to qualify for the NCAA Championships. Running at the IC4A Championships, the men's team placed 16th out of 31 teams in the region, while the women came in an outstanding third out of 19 teams.

The women's team, which finished the regular season with a strong record of 4-1, came one place shy of qualifying for next week's Championships.

The two teams that both qualified for the Nationals were Penn State, placing first with 58 points, and Villanova, finishing second with 76 points. The Red was right behind, scoring 104 points on the day.

The women's performance was a remarkable improvement from two weeks ago when the team suffered a disappointing sixth place finish at the Heptagonals Championships in New York.

"The women ran a super race, I was very proud of them. This was quite a turn around from the Heps two weeks ago," Head Coach Jack Warner said.

Leading the team to its best showing ever in the qualifying try meet was captain Marian Teitsch, who was out with the flu, the team was forced to settle for 16th overall in the meet, was captain Marian Teitsch. Competing in her last cross country meet for the Red, Teitsch came first for the women, finishing 12th overall with a time of 18:11.4. Right behind her was freshman Sarah Day, who apparently shook off the effects of a leg injury to place 13th in the race with a time of 18:15.

Also performing well for Cornell were Amy Phelps, Nancy Schmidt and Kathy Lutz. Phelps, who earned All-Ivy honors at the Heeps Championships, finished 16th at Lehigh with a time of 18:26. Schmidt and Lutz came in fourth and fifth for the women, respectively. Schmidt placed 25th overall, crossing the line at 18:39, while Lutz came in 38th at 19:00.

The men finished some 40 points ahead of Ivy rival Princeton, who had earlier placed third at Heeps.

McConnell is Out

While the women were challenging for a chance to qualify for the NCAA Championships Saturday, the men were struggling just to improve on last year's 22nd place finish at the IC4A's. Faced with the loss of one of the Red's top runners, captain Pete McConnell, who was out with the flu, the team was forced to settle for 16th place on the day.

With close to 400 runners competing in the race, a huge mix-up at the finish line resulted, causing a number of personal finishing times to be jumbled. As a result, Warner will not receive the runner's times until the officials at the race are able to sort things out.

Pacing the Red in the meet was freshman Lincoln Graves, who came in 102nd overall. Graves' previous best finish for Cornell was against Harvard, when he finished in the third spot for the men, 10th overall in the meet.

The next five Red runners, in order of finish, were Harr Robinson, Manny Gonzalez, Dave Mears, Grant Whitney and Ron Ziemian.
Cornell marathon runner earns berth in U.S. Olympic Trials

Atlantic City win pays off

By Didi Yunginger
Staff Writer

Lots of people make the trip to Atlantic City, N.J., hoping to line their nests for the future. Few succeed.

Cazenovia's Marian Teitsch did. And she did so without getting any closer to the beach-side casinos than the boardwalk.

The Cornell University senior became the top female finisher in last Sunday's 26.2-mile Atlantic City Marathon, and the dividends may keep coming in until she cashes in on a ticket to the Olympic Games.

Teitsch battled driving rain and winds gusting up to 35 mph to set a new course record 2:50.10 — four minutes off her best — and earn a berth in next May's U.S. Olympic Trials in Olympia, Wash.

"I think she's got a real bright future," said her coach at Cornell, Jack Warner.

Teitsch, who ran — and won — her first marathon in the 1981 Empire State Games, started thinking about trying to qualify for the Trials six months ago. Because she runs cross country for the Big Red, the Atlantic City race was the first opportunity she had to put the idea to the test.

Without special training other than her regular cross country regimen, Teitsch entered and finished the sixth marathon of her career.

"I've never trained exclusively for a marathon," Teitsch said. "I think I could do a lot better."

That's been her feeling since the first time she ran the distance. Becoming eligible for the Olympic Trials only enhances it.

"I'd really like to make (qualifying for the Olympics) a goal someday," said the 21-year-old. "I'd just be coming into my prime."

"She's the type you've got to hold back some-what," Warner said. "I think her coach at Cornell, Jack Warner."

Teitsch, however, may have some difficult decisions to make next May, when the Trials are scheduled on the west coast. If she succeeds in qualifying next spring for the NCAA outdoor track and field championships, she'll have to choose between the college nationals and the Trials.

"The NCAAs are in June," said Warner, "and it would be her last opportunity to run that. But we've decided not to worry about that until we know better what her chances are (to win) at the NCAAs." Teitsch said, "I'll just play it by ear.

Teitsch struggled through the last few weeks of last season with leg problems, but qualified for NCAAs in the 5,000 meter — not her strongest event — on the basis of her indoor time (18:29). Her best 10,000-meter time was 35:01, just one-hundredth of a second off the qualifying standard.

At Cobleskill, she twice finished third in the junior college nationals.

If Teitsch opts for the NCAAs this summer, she can rest assured that she has a future in marathoning.

If she runs at the Trials, it'll easily be the biggest race of her career, eclipsing her only Boston Marathon run, in 1982, when she suffered dehydration and finished back in the pack with a 3:01. Nonetheless, Teitsch expects she won't be overwhelmed.

"I'll go just to run and break my own time for myself," she said.

"Running alongside such celebrities as Joan Benoit "would be exhilarating... It would only be intimidating if (I felt) I were contending for one of the three spots that make up the Olympic team."

As long as she's healthy, Benoit is a prohibitive favorite to win, having run a world-record 2:22.43.

Right now, Teitsch is planning to rest for a few weeks and then begin training for her indoor specialties, the 3,000- and the 5,000-meter runs.

"She wanted to run in the Syracuse Relays this weekend," noted Warner, "but I said, 'No, you're not running competitively in track until January.'"

"She's the type you've got to hold back sometimes. She just loves to run. Sometimes she over-works."

Warner said his star's study schedule prohibits the "mega-mileage" commonly associated with marathoners. "That's the trend today in marathons, anyway," he said. "The people who are really hot are also doing track work. Besides, the more mileage you put in, the more risk of injury."

Teitsch does some road work daily — usually totaling about 70 miles per week, always outdoors, no matter the weather.

Cornell's Marian Teitsch

Somewhere, she finds time for classes and assignments. She's studying to become a veterinarian. Next year may find her back at Cornell, or at Texas A&M or the University of Florida for graduate work.

"Pretty rigorous," is the way Teitsch remembers her first semester at Cornell after transferring from SUNY Cobleskill.

"It's tough to do both well. But I'd never be able to not do it. I need running to relieve my mind from studying."

Quite a challenge. But take it from Warner and the thousands who dropped out of the blustery Atlantic City race, Teitsch is one gutsy woman.
Runners Seek Strong Showing
As Relays Mark Season Debut

By ELEANOR FRANKEL

According to Men's and Women's Track Coach Jack Warner, the Cornell Relays, to be held on Sunday at 7 p.m. in Bar ton Hall, are just "a glorified scrimmage." But for upperclassmen hoping to show improvement and freshmen eager to prove themselves, this first meet of the season will be very important.

"The purpose of the meet is to get a chance to look at people," Warner said. Although he added that "we do try to make it as competitive as possible," no scoring is kept, and some teams will not bring their full squads.

Cornell's competition will come locally, from Colgate University, Hamilton College and Syracuse University.

"Syracuse has the top team [of those competing] but their distance runners will not be coming," Warner said. Cornell's Marian Teitsch will also be absent as she will be in Atlantic City, New Jersey, running in a marathon to attempt to qualify for the Olympic Team.

For the Cornell men's squad, Warner looks for good showings from Charles Fleming in the springs and the long jump, Curt Hampstead in the hurdles, Tim Trible in the high jump and freshman Mark Hursh in the pole vault. The 4-by-1600, 4-by-800, and 4-by-400 meter relays should also do well, said Warner.

The field events are where Cornell's women expect to shine. Lauren Kulik will help make history by competing in the first women's triple jump ever held at Barton.

Also expected to do well are Kathy Borchelt in the long jump, Mattie Wootan and freshman Dana Stone in the shot put, and freshman Amy Bragdon in the high jump. The women's relays that Warner believes should do well are the 4-by-400, 4-by-800 and distance medley.

While the meet's purpose is not to be large and eventful, its results are Warner's main concern. "I hope we're pleased," he said.

Red Runners Pass Competition in Relays

By ELEANOR FRANKEL

The men's and women's indoor track teams began the season with a bang yesterday, exploding past the competition to look quite impressive in the seventh annual Cornell Relays.

Although no score was kept and the stress of the meet was put on individual efforts rather than on winning, Cornell would have easily surpassed the competition in points. The local competition of Colgate, Hamilton, Syracuse and Mohawk Valley Community College couldn't catch up to either the Big Red men's or women's runners all day.

While Cornell's women took more places than all the other teams combined, the men's greatest competition came from Syracuse and Mohawk Valley's Dave Coney.

Syracuse took three of the first place finishes, but only two second places. Coney gained all of Mohawk Valley's three first places, winning the triple jump, the high jump, and the long jump, along with placing fourth in the 55-meter high hurdles.

The most impressive victory for the women was by freshman Dana Stone. Competing in her first collegiate meet, Stone threw the shot put 39 feet 4 inches to capture the Cornell record by surpassing Alyssa Bickler's old record of 38' 7½".

In the pit, Lauren Kulik ruled, as she won both the triple jump and long jump.

Other first places were taken by Kathy Lutz in the 3000 meters and Jerri Gist in the 55-meter hurdles. The combination of Sarah Day, Elise Jones and Nancy Schmidt helped Cornell win two relays, as these runners won the distance medley relay with the addition of Denise Feeley, and the 4-by-800 meter relay with Suzanne Jones.

For the men, Curt Hampstead shined, placing first in the 55-meter high hurdles, third in the 55-meter high hurdles, third in the 55-meter dash, and fourth in the triple jump. Charles Fleming also did well, placing first in the 55-meter dash and second in the long jump.

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UP AND OVER: A Cornell high jumper clears the bar in Sunday's Cornell Relays. Both the men and women performed well in their opening meet at Barton Hall.
Track Team to Be Tested at Relays

By ELEANOR FRANKEL

The Men’s and Women’s Indoor Track Teams will continue their schedule of non-scoring meets this Sunday when they travel to Syracuse to compete in the Syracuse Relays. If they can perform as well as they did last Sunday they should have no trouble surpassing the competition, once again.

Last Sunday, in their opening meet of the season, both Cornell’s men and women outran, outthrew and outjumped Syracuse, Hamilton, Colgate and Mohawk Valley Community College in the Cornell Relays. “I was pleased with last Sunday’s meet,” Head Coach Jack Warner said.

According to Warner, as Syracuse should be the toughest competition again this week, Cornell should be able to expect only good results.

But no one is assuming anything yet. Seven other teams will join Cornell and Syracuse on Sunday and, “All teams coming will have some good people,” Warner said. “It will be a fairly competitive meet.”

Warner’s main concern is still in individual performances, though. “The switching around we do now is to get as many looks at people as we can, so when January comes we will know who our top three people to put in the dual meets are,” he said. •••

Expected to perform well for the men are Curt Hampstead, who placed first in the 55 meter hurdles last week, Gregg Hofstetter, who took second in the 50 meter dash, Blake Krueell and Bruce Young in the 3000 meters and Dave Mears in the 5000 meters. In the field events, Warner is looking for good showings from Mark Hursh and Brian Quinn in the pole vault, Tim Tribune and Mike Franz in the high jump, and Darren Roach in the triple and long jumps.

Hoping to repeat their first place finishes of last week, from the Women’s Team, are Kathy Lutz in the 3000 meter run, Jerri Gist in the 55 meter hurdles, Lauren Kulik in the long jump, and Dana Stone in the shot put. Lola Sergeant, in the 55 meter dash and Mattie Wootan in the shot put are also expected to do well.

Cornell’s best relay teams will be the Men’s 4-by-400, 4-by-1600, and Distance Medley, and the Women’s 4-by-800 and Distance Medley.

Warner will again be looking for who will be his stars this season and who has shown improvement on this Sunday. “I hope we can continue to look better each time out,” he said.

Dana Stone sets record in shot put in Cornell Relays

Cornellian Dana Stone set a school record with a toss of 39 feet 4 inches in the shot put and took first places in 15 of 25 events at the Cornell Relays in Barton Hall Sunday.

Cornell, Syracuse, Colgate, Mowhawk Valley Community College and Hamilton participated. Results are listed below.

**Women**

5,000 meters—Lutz (C), 16:54; Long jump—Kulik (C), Burcillo (C), Daniels (S), Rose (S), 5:4; 4 x 400 relay—Cormell (C), Rose (S), Goodenow (S), 9:13.

1 mile hurdles—Kulik (C), Ghagon (C), Dunn (S), Averett (S), 5:00; 4 x 100 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 4:08: 4 x 800 relay—Cornell (C), Rutter (C), Smith (C), Rose (S), 9:09.

2 mile run—Willson (S), 14:18; 3000 meters—Burchell (C), Daniels (S), Rose (S), 10:17: 4 x 400 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:13.

55 meter hurdles—Hampstead (C), Nuss (S), Honis (S), Coney (M), 7:47; Long jump—Coney (M), Burchall (C), Daniels (S), Rose (S), 5:4; 4 x 400 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:13.

800 meters—Lutz (C), 2:03; 1500 meters—Decker (S), 4:40; 1 mile—Predmore (B), Robinson (C), Knuell (C), 4:39; 4 x 400 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:13; 4 x 800 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:09.

1 mile—Willson (S), 4:18; 4 x 400 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:13.

**Men**

5,000 meters—Overend (S), 16:23; Long jump—Kulik (C), Burcillo (C), Daniels (S), Rose (S), 5:4; 4 x 400 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:13.

1 mile hurdles—Kulik (C), Ghagon (C), Dunn (S), Averett (S), 5:00; 4 x 100 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 4:08; 4 x 800 relay—Cornell (C), Rutter (C), Smith (C), Rose (S), 9:09.

2 mile run—Willson (S), 14:18; 3000 meters—Burchell (C), Daniels (S), Rose (S), 10:17; 4 x 400 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:13.

55 meter hurdles—Hampstead (C), Nuss (S), Honis (S), Coney (M), 7:47; Long jump—Coney (M), Burchall (C), Daniels (S), Rose (S), 5:4; 4 x 400 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:13.

800 meters—Lutz (C), 2:03; 1500 meters—Decker (S), 4:40; 1 mile—Predmore (B), Robinson (C), Knuell (C), 4:39; 4 x 400 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:13; 4 x 800 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:09.

1 mile—Willson (S), 4:18; 4 x 400 relay—Cornell (C), Rose (S), Goodenow (S), Howard (S), 9:13.

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Also: Britain’s Steve Ovett placed fourth in a 10-kilometer race Sunday in London. ... Pennsylvanians Bob Snyder (29:35.9) of McConnellsburg and Julie Bowers (34:48) of Carlisle set course records in winning the men’s and women’s titles in the 10,000-meter Brian’s Run in West Chester, Pa. ... Bob Petruni of Sharon, Pa., led from start to finish in winning the Atlantic City (N.J.) Marathon in 2:25:56. Marian Teitsch of Cazenovia, N.Y., set a women’s meet record with her winning time of 2:50:10. ... Tracy Garrison of Klamath Falls, Ore., best Calvin Gaziano of Castro Valley by two-tenths of a second, 14:54.0, Saturday in the Western Regional of the National High School Cross Country Championships in Fresno, Calif.
CORNELL TRACK ALUMNUS PROFILE

Name__________________________________________  Cornell Class of______
Street__________________________________________  Phone (____ )______
City___________________________________________  State____ Zip____

College attended at Cornell_____________________________________________

Academic Major_________________________________  Minor________________

Degree(s)____________________________________

Present Employer________________________________

City___________________________________________  State___________

Present Position and Title________________________

High School Event(s):  Best Performances:
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Intercollegiate Event(s):  Best Performances:
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Post-Collegiate Event(s):  Best Performances:
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List any positive effects that your Cornell education and Cornell track/cross country experience had on your life:

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____________________________________________________________________
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