Grant Whitney shown on the way to victory in the Army meet.
DEDICATION

We of the Spiked Shoe Society

of Cornell University

dedicate this issue

of the WASTEBASKET to:

JON P. ANDERSON '71

Jon Anderson, a 1985 Cornell University Athletic Hall of Fame inductee, was a member of the 1972 U.S. Olympic team (running in the 10,000 meters) and he won the 1973 Boston Marathon. As an undergraduate, Jon was the 1970 HEPTAGONAL GAMES CROSS COUNTRY CHAMPION and an ALL-AMERICAN in track in 1971. He set numerous Cornell distance records and still holds the Cornell mark for the six mile-run at 28:19.6. Jon instituted the fifth man award (and now the fifth woman award) for the cross country program and provides this coveted award annually. Through his generosity, Jon has brought the Cornell track program into the "computer age" with his gift of an APPLE II-PLUS computer and printer to the track office. This will be a great aid to us in both our statistical undertakings and recruiting. "Once a champion, always a champion!" Our deepest thanks to Jon!
**MEN'S SYNOPIS**

**Cortland:** The men's team breezed to its first victory as it beat Cortland in Cortland, taking the top 11 places over the 8,000-meter course. Senior Grant Whitney set a course record (24:32.6) and was followed by sophomore Chip Bradish, junior Charlie Bares, and junior Lincoln Graves, as the men recorded the perfect score of 15-50.

**Birmingham, England:** On Cornell's five-mile Jack Moakley Course, Cornell lost a squeaker to the visiting team from Birmingham University of Birmingham, England. Whitney won the race in 25:20.8 but the Big Red lost, 26-29. Freshman Gavin Sloane turned in a stellar performance to place third. The Cornell team treated the Birmingham team to a fine dinner afterward in the Hall of Fame Room in Schoellkopf Hall.

**Syracuse:** Cornell lost its second close meet in a row, by a score of 26-28, to Syracuse on the Orange's Drumlin's Course. Whitney, the winner in 26:45.5, recorded the eighth-fastest time ever on the 5.25-mile course, despite running in the cold rain of Hurricane Gloria. Sloane was third and Graves and junior Matt Day were seventh and eighth, respectively.

**Army:** Cornell upped its record to 2-2 by defeating Army on the Moakley Course, 27-28. Day sealed the meet for the Red by beating Army's fifth man in the final second. Whitney recorded the third-fastest time ever on the course in winning the race in 24:49.0. The Big Red's freshman duo, Sloane and Erik Lukens, were fourth and sixth, respectively.

**Paul Short Memorial Run:** The Big Red finished ninth and tuned up for the IC4As by running on the course where the IC4A race was to be held later in the fall, competing in Bethlehem, Pa., in the Paul Short Memorial Run. Whitney was ninth in the race, which was won by West Virginia. Whitney's time was 30:34.2 over the 10,000-meter course. Graves was 38th in 31:54.4.

**Fairleigh Dickinson:** Cornell won big again, this time by surprising Fairleigh Dickinson in Van Cortlandt Park in New York City. Whitney continued his undefeated dual meet season by touring the five-mile course in 24:50. Graves, Day and Bares were fifth, sixth and seventh, respectively, as the Big Red won, 27-31.

**Bucknell/Rochester:** On Cornell's Moakley Course, the Big Red split its last home meet by defeating Rochester, 19-14, but losing to Bucknell, 17-46. Captain Whitney won the race in 24:51.0, a time only three seconds off the Cornell course record, set by Pete Pfitzinger in 1978. The next Cornell runner against the powerful Bisons was Sloane in 10th place. Cornell thus completed its dual meet season at 4-3.

**Heptagonals:** At the 48th annual Heptagonals, in Van Cortlandt Park, the Big Red finished fifth. The team had a fine showing and was led by Whitney's second-place finish. Whitney's time of 24:29.1 was the fastest time ever by a Cornellian over the five-mile course, and he was second only to Dartmouth's Frank Powers in the race. Graves also earned All-Ivy honors with his 12th-place finish in 25:28.2. Sloane and Bares were next for the Big Red in 34th and 45th place, respectively. Dartmouth won the meet.

**IC4A/NCAA Qualifier:** The Big Red ran tough to finish the season, placing 11th overall at the IC4As in Bethlehem, Pa., and coming in seventh at the NCAA District II Qualifiers. Whitney finished fourth overall, with a time of 30:48 over the 10,000-meter course. Lukens was second for the Big Red, finishing 45th, and Graves took 73rd. The meet was run in snow and freezing rain. Whitney, by placing second in Region II, qualified for the NCAA championships.
NCAA Division I Championships: Grant Whitney earned All-America honors by placing 13th in a brilliant race in the snow of Milwaukee, Wis. Whitney was the seventh American to finish the race. He becomes Cornell's first All-America performer in cross country since Mike Midler in the late 1950s.

TAC National Championships: Whitney again displayed his ability to run with the best, placing 25th at the TAC nationals in Raleigh, N.C. This race included the top runners in the country, both collegiate and non-collegiate.

WOMEN'S CROSS COUNTRY SYNOPSIS

Cortland: The women's team started off its season by handily beating Cortland at Cortland's 5,000-meter course. Junior Sarah Day won the race in 18:26.7, followed by classmate Yvette de Boer in fourth and senior Susan Nossal in fifth. The final score was Cornell 23, Cortland 36.

Lafayette: The Big Red upped its record to 2-0 by crushing Lafayette, 20-43, on Lafayette's course. Cornell took the second through 11th places, as de Boer took second over the 5,000-meter course, in 19:04, and was followed in line by senior Suzanne Jones and junior Sue Teitsch.

Syracuse: Cornell took its third straight on Syracuse's 5000-meter Drumlins Course, beating Syracuse in the high winds of Hurricane Gloria. Sarah Day took first and recorded the second-fastest time ever on the Orange course (17:59). de Boer took third, and freshman Amy McGarry was fifth as Cornell won, 22-39.

Army: Cornell suffered its first loss of the season, 23-38, at the hands of Army. Day continued her winning ways by taking first place over the 5,000-meter Moakley Course with a time of 17:53.6. Senior co-captain Elise Jones was the next Red finisher, coming in fourth at 18:36, and frosh Amy Krolewski finished 10th.

Paul Short Memorial Run: The women's team traveled to Bethlehem, Pa., to finish eighth in the Paul Short Memorial Run. Day was fifth over the 5,000-meter course in 17:51.1. Elise Jones was 49th and de Boer was 55th in the race, which had 21 teams entered.

Bucknell: The Big Red defeated Bucknell for its fourth victory of the year, in a race at Cornell's Moakley Course. Day and de Boer took 1-2 in 18:11 and 18:44, respectively, while freshman Candi Calhoun, who had just come back from an injury, finished fourth in 18:58. The final score was Cornell 22, Bucknell 35.

Heptagonals: The Cornell women's team, like the men, placed fifth at the ninth annual Heptagonal championships in New York City's Van Cortlandt Park. Day earned All-Ivy honors by placing eighth with a time of 18:14.4 over the 5,000-meter course. Calhoun took 21st and Elise Jones took 27th in the race, which was won by Harvard.

ECAC Championships: Cornell finished 15th at the ECAC championships and seventh in the NCAA District II Qualifiers on Bethlehem's 5,000-meter course. Calhoun led the way with a 56th-place finish, while de Boer was 59th and Day was 94th. The race, which was held in freezing rain, was won by Penn State.
<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>School</th>
<th>Time</th>
<th>Year</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Wiley</td>
<td>Harvard</td>
<td>17:18.7</td>
<td>1983</td>
<td>Cornell</td>
</tr>
<tr>
<td>2</td>
<td>Good</td>
<td>Harvard</td>
<td>17:39.0</td>
<td>1983</td>
<td>Cornell</td>
</tr>
<tr>
<td>3</td>
<td>Newham</td>
<td>Harvard</td>
<td>17:39.8*</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>4</td>
<td>Brommer</td>
<td>Harvard</td>
<td>17:45.0</td>
<td>1983</td>
<td>Cornell</td>
</tr>
<tr>
<td>5</td>
<td>Jennings</td>
<td>Princeton</td>
<td>17:47.0</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>6</td>
<td>Day</td>
<td>Cornell</td>
<td>17:48.0</td>
<td>1983</td>
<td>Army</td>
</tr>
<tr>
<td>7</td>
<td>M. Teitsch</td>
<td>Cornell</td>
<td>17:50.0</td>
<td>1983</td>
<td>Harvard</td>
</tr>
<tr>
<td>8</td>
<td>Sullivan</td>
<td>Harvard</td>
<td>17:50.8n</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>9</td>
<td>Day</td>
<td>Cornell</td>
<td>17:53.6</td>
<td>1983</td>
<td>Army</td>
</tr>
<tr>
<td>10</td>
<td>Phelps</td>
<td>Cornell</td>
<td>17:55.0</td>
<td>1983</td>
<td>Harvard</td>
</tr>
<tr>
<td>11</td>
<td>Day</td>
<td>Cornell</td>
<td>17:56.5</td>
<td>1984</td>
<td>Rochester</td>
</tr>
<tr>
<td>12</td>
<td>Day</td>
<td>Cornell</td>
<td>18:00.0</td>
<td>1983</td>
<td>Harvard</td>
</tr>
<tr>
<td>13</td>
<td>Phelps</td>
<td>Cornell</td>
<td>18:01.0</td>
<td>1983</td>
<td>Army</td>
</tr>
<tr>
<td>14</td>
<td>Hauber</td>
<td>Syracuse</td>
<td>18:02.3</td>
<td>1984</td>
<td>Cornell</td>
</tr>
<tr>
<td>15</td>
<td>Cooper</td>
<td>Harvard</td>
<td>18:03.0</td>
<td>1983</td>
<td>Cornell</td>
</tr>
<tr>
<td>16</td>
<td>Schulte</td>
<td>Princeton</td>
<td>18:03.6n</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>17</td>
<td>M. Teitsch</td>
<td>Cornell</td>
<td>18:07.0</td>
<td>1983</td>
<td>Army</td>
</tr>
<tr>
<td>18</td>
<td>Schmidt</td>
<td>Cornell</td>
<td>18:07.5n</td>
<td>1984</td>
<td>Rochester</td>
</tr>
<tr>
<td>19</td>
<td>Shillito</td>
<td>Cortland</td>
<td>18:07.9</td>
<td>1980</td>
<td>Cornell</td>
</tr>
<tr>
<td>20</td>
<td>Thompson</td>
<td>Princeton</td>
<td>18:09.0n</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>21</td>
<td>Day</td>
<td>Cornell</td>
<td>18:11.4</td>
<td>1985</td>
<td>Bucknell</td>
</tr>
<tr>
<td>22</td>
<td>Peterson</td>
<td>Cornell</td>
<td>18:12.0n</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>23</td>
<td>E. Jones</td>
<td>Cornell</td>
<td>18:13.0n</td>
<td>1984</td>
<td>Rochester</td>
</tr>
<tr>
<td>24</td>
<td>Ulian</td>
<td>Yale</td>
<td>18:14.6n</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>25</td>
<td>Neilan</td>
<td>Cornell</td>
<td>18:15.4n</td>
<td>1980</td>
<td>Cortland</td>
</tr>
<tr>
<td>26</td>
<td>Schmidt</td>
<td>Cornell</td>
<td>18:18.0n</td>
<td>1983</td>
<td>Army</td>
</tr>
<tr>
<td>27</td>
<td>E. Jones</td>
<td>Cornell</td>
<td>18:18.0n</td>
<td>1983</td>
<td>Harvard</td>
</tr>
<tr>
<td>28</td>
<td>Schmidt</td>
<td>Cornell</td>
<td>18:18.2n</td>
<td>1983</td>
<td>Harvard</td>
</tr>
<tr>
<td>29</td>
<td>M. Teitsch</td>
<td>Cornell</td>
<td>18:19.5</td>
<td>1982</td>
<td>Cortland</td>
</tr>
<tr>
<td>30</td>
<td>Miller</td>
<td>Cornell</td>
<td>18:19.7</td>
<td>1980</td>
<td>Syracuse</td>
</tr>
<tr>
<td>31</td>
<td>Day</td>
<td>Cornell</td>
<td>18:20.2</td>
<td>1984</td>
<td>Cortland</td>
</tr>
<tr>
<td>32</td>
<td>Day</td>
<td>Cornell</td>
<td>18:21.0n</td>
<td>1984</td>
<td>Syracuse</td>
</tr>
<tr>
<td>33</td>
<td>E. Jones</td>
<td>Cornell</td>
<td>18:21.0n</td>
<td>1983</td>
<td>Army</td>
</tr>
<tr>
<td>34</td>
<td>Peterson</td>
<td>Cornell</td>
<td>18:21.8</td>
<td>1978</td>
<td>Cortland</td>
</tr>
<tr>
<td>35</td>
<td>Zollo</td>
<td>Princeton</td>
<td>18:22.0n</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>36</td>
<td>E. Jones</td>
<td>Cornell</td>
<td>18:22.8n</td>
<td>1982</td>
<td>Cortland</td>
</tr>
<tr>
<td>37</td>
<td>Keltz</td>
<td>Harvard</td>
<td>18:24.0n</td>
<td>1983</td>
<td>Cornell</td>
</tr>
<tr>
<td>38</td>
<td>Fleming</td>
<td>Army</td>
<td>18:24.0n</td>
<td>1983</td>
<td>Cornell</td>
</tr>
<tr>
<td>39</td>
<td>S. Jones</td>
<td>Cornell</td>
<td>18:26.0n</td>
<td>1984</td>
<td>Rochester</td>
</tr>
<tr>
<td>40</td>
<td>Forbes</td>
<td>Dartmouth</td>
<td>18:27.0n</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>41</td>
<td>Sobiesk</td>
<td>Army</td>
<td>18:28.4n</td>
<td>1985</td>
<td>Cornell</td>
</tr>
<tr>
<td>42</td>
<td>Cromwell</td>
<td>Princeton</td>
<td>18:29.0n</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>43</td>
<td>Fleming</td>
<td>Army</td>
<td>18:29.1n</td>
<td>1985</td>
<td>Cornell</td>
</tr>
<tr>
<td>44</td>
<td>Andrew</td>
<td>Cornell</td>
<td>18:30.0n</td>
<td>1984</td>
<td>Rochester</td>
</tr>
<tr>
<td>45</td>
<td>Miller</td>
<td>Cornell</td>
<td>18:30.2n</td>
<td>1980</td>
<td>Cortland</td>
</tr>
<tr>
<td>46</td>
<td>Sellers</td>
<td>Harvard</td>
<td>18:33.2n</td>
<td>1978</td>
<td>Ivy Championships</td>
</tr>
<tr>
<td>47</td>
<td>S. Teitsch</td>
<td>Cornell</td>
<td>18:34.0n</td>
<td>1984</td>
<td>Rochester</td>
</tr>
<tr>
<td>48</td>
<td>E. Jones</td>
<td>Cornell</td>
<td>18:36.0n</td>
<td>1985</td>
<td>Army</td>
</tr>
<tr>
<td>49</td>
<td>M. Teitsch</td>
<td>Cornell</td>
<td>18:36.4</td>
<td>1982</td>
<td>Syracuse</td>
</tr>
<tr>
<td>50</td>
<td>Schmidt</td>
<td>Cornell</td>
<td>18:37.0n</td>
<td>1984</td>
<td>Syracuse</td>
</tr>
</tbody>
</table>

* Indicates a previous course record
n Indicates a non-winning performance
CORNELL UNIVERSITY

BEST TEAM TIMES ON MOAKLEY XC COURSE

5000 Meters

WOMEN

1954-1985

1. 1:29:09.7 HARVARD vs. Cornell 1983
   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 vs. Harvard 1983
3. 1:30:35.0 CORNELL vs. Army 1983
4. 1:30:50.6 PRINCETON Ivy Championships 1978
5. 1:31:13.0 CORNELL Ivy Championships 1978
6. 1:31:39.2n HARVARD Ivy Championships 1978
7. 1:33:33.4 ARMY vs. Cornell 1985
8. 1:33:53.8 CORNELL vs. Cortland 1980
9. 1:34:27.2n YALE Ivy Championships 1978

n = non-winning performance

CORNELL UNIVERSITY MOAKLEY CROSS COUNTRY COURSE TOP 50 TIMES

FIVE MILES

1954-1985

1. O'Connell Syracuse 24:40.6 1982 Cornell
2. Pfitzinger Cornell 24:48.6* 1978 Syracuse
3. Whitney Cornell 24:49.0 1985 Army
5. Bevier Syracuse 25:01.0n 1978 Cornell
7. Bevier Syracuse 25:02.7 1980 Cornell
8. Fischer, B. Chicago TC 25:05.0* 1974 Cornell/Bucknell/Roch.-JV
10. Pfitzinger Cornell 25:06.0 1978 Colgate
15. Whitney Cornell 25:17.5 1984 Rochester/Canisius
20. Predmore Cornell 25:23.0n 1978 Syracuse
23. Alitz Army 25:25.6 1975 Cornell
27. Spengler Harvard 25:29.8* 1969 Cornell
29. Alitz Army 25:30.0 1977 Cornell
30. Robinson Cornell 25:30.0n 1983 Harvard
32. Wyckoff
   Cornell  25:32.0  1976  Syracuse
33. Murphy
   Harvard  25:34.0n  1979  Cornell
34. Moller
   Rochester  25:34.0  1974  Cornell/Bucknell
35. Predmore
   Cornell  25:34.0n  1978  Colgate
36. Fischer, B.
   Chicago TC  25:35.0  1974  Cornell/BCC/FLRC--JV's
37. Koerner
   Harvard  25:35.0n  1969  Cornell
38. Johnson, K.
   Cornell  25:36.0n  1978  Syracuse
39. Fisher
   Colgate  25:36.0n  1978  Cornell
40. Bickel
   Bucknell  25:36.6n  1977  Cornell/Rochester
41. Robinson
   Cornell  25:37.0n  1983  Army
42. Trujillo
   Army  25:38.1  1973  Cornell
43. DeMarco
   Cornell  25:38.2  1973  Harvard
44. O'Brien
   Syracuse  25:39.0  1976  Cornell
45. Alexander
   Cornell  25:39.0n  1971  Harvard
46. McNulty
   Harvard  25:39.0n  1983  Cornell
   Weber
   Harvard  25:39.0n  1983  Cornell
48. Coburn
   Harvard  25:40.0n  1969  Cornell
49. Comstock
   Army  25:40.2n  1985  Cornell
50. Whitney
   Cornell  25:41.0n  1984  Syracuse

*............Indicates a former course record
n............Non-winning time
Chicago TC...Chicago Track Club
Chargers.....Syracuse Chargers
FLRC.........Finger Lakes Runners Club
STC..........Syracuse Track Club
RTC..........Rochester Track Club
BCC..........Broome County Community College
JV's..........Junior Varsity race

CORNELL UNIVERSITY
BEST TEAM TIMES ON MOAKLEY XC COURSE 1954-1985
Five Miles

1. 2:06:54.4  HARVARD  vs. Cornell  1983
   Gompers  25:02.4
   Jelley  25:20
   Gerken  25:24
   Rippy  25:29
   McNulty  ---  25:39
   Weber

2. 2:07:01.6  CORNELL
   vs. Syracuse  1978
   BUCKNELL
   CORNELL
   vs. Cornell  1980
   SYRACUSE
   vs. Cornell  1980
   CORNELL
   vs. Colgate  1971
   ARMY
   vs. Colgate  1978
   vs. Cornell  1983
   vs. Cornell  1969
   vs. Harvard  1983
   vs. Cornell/Rochester  1977
   BUCKNELL
   vs. Cornell/Rochester  1974
   vs. Cornell/Rochester  1974
   vs. Harvard  1975

n...Indicates a non-winning performance
<table>
<thead>
<tr>
<th>Men:</th>
<th>Time</th>
<th>Women:</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whitney</td>
<td>24:49.0</td>
<td>Day</td>
<td>17:53.6</td>
</tr>
<tr>
<td>Sloane</td>
<td>26:02</td>
<td>E. Jones</td>
<td>18:36</td>
</tr>
<tr>
<td>Lukens</td>
<td>26:13</td>
<td>deBoer</td>
<td>18:44</td>
</tr>
<tr>
<td>Graves</td>
<td>26:15 (25:55)</td>
<td>Calhoun</td>
<td>18:59</td>
</tr>
<tr>
<td>Day</td>
<td>26:35 (26:19)</td>
<td>Krolewski</td>
<td>19:03</td>
</tr>
<tr>
<td>Bares</td>
<td>26:53 (26:34)</td>
<td>McGarry</td>
<td>19:04</td>
</tr>
<tr>
<td>Bradish</td>
<td>26:59.5</td>
<td>Nossal</td>
<td>19:15</td>
</tr>
<tr>
<td>Velicer</td>
<td>26:59.7</td>
<td>Teitsch</td>
<td>19:18</td>
</tr>
<tr>
<td>Reif</td>
<td>27:02</td>
<td>S. Jones</td>
<td>19:25</td>
</tr>
<tr>
<td>Langan</td>
<td>27:11</td>
<td>Edelsten</td>
<td>19:31</td>
</tr>
<tr>
<td>Dominick</td>
<td>27:14</td>
<td>Andersen</td>
<td>19:38</td>
</tr>
<tr>
<td>King</td>
<td>27:24</td>
<td>Reisinger</td>
<td>19:43</td>
</tr>
<tr>
<td>Sharp</td>
<td>27:24</td>
<td>Landauer</td>
<td>19:46</td>
</tr>
<tr>
<td>Viola</td>
<td>27:33</td>
<td>Dingee</td>
<td>19:55</td>
</tr>
<tr>
<td>Eisler</td>
<td>28:08</td>
<td>Andrew</td>
<td>19:58</td>
</tr>
<tr>
<td>Bender</td>
<td>28:10 (27:17)</td>
<td>Troischt</td>
<td>20:06</td>
</tr>
<tr>
<td>Glynn</td>
<td>28:12 (26:57)</td>
<td>Schoenberg</td>
<td>20:23</td>
</tr>
<tr>
<td>Jayasundera</td>
<td>28:15 (27:30)</td>
<td>Joyce</td>
<td>20:37</td>
</tr>
<tr>
<td>Nickles</td>
<td>28:23 (27:40)</td>
<td>Hyttten</td>
<td>20:43</td>
</tr>
<tr>
<td>Wilcox</td>
<td>28:26</td>
<td>Ellis</td>
<td>21:00</td>
</tr>
<tr>
<td>Rosenthal</td>
<td>28:29</td>
<td>Dahlby</td>
<td>21:02</td>
</tr>
<tr>
<td>Flaxman</td>
<td>28:48</td>
<td>Seftel</td>
<td>21:18</td>
</tr>
<tr>
<td>Lis</td>
<td>28:52</td>
<td>Hagberg</td>
<td>21:23</td>
</tr>
<tr>
<td>Fritz</td>
<td>29:14</td>
<td>Thome</td>
<td>21:40</td>
</tr>
<tr>
<td>Hays</td>
<td>29:34</td>
<td></td>
<td>10/4</td>
</tr>
<tr>
<td>Goldstein</td>
<td>29:37 (27:05)</td>
<td></td>
<td>9/9</td>
</tr>
<tr>
<td>Bednarski</td>
<td>29:41</td>
<td></td>
<td>10/4</td>
</tr>
<tr>
<td>Sudduth</td>
<td>29:42</td>
<td></td>
<td>9/2</td>
</tr>
<tr>
<td>Salcedo</td>
<td>29:44</td>
<td></td>
<td>10/4</td>
</tr>
<tr>
<td>Shepherd</td>
<td>29:51</td>
<td></td>
<td>9/2</td>
</tr>
<tr>
<td>Brown</td>
<td>30:14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stasavage</td>
<td>30:25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wouters</td>
<td>30:53</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kingsley</td>
<td>DNR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minor</td>
<td>DNR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>McCabe</td>
<td>DNR</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1986 CAPTAINS:

Matt Day

MEET THE BIG RED

YVETTE DE BOER — Yvette was a pleasant surprise for the Big Red this fall, as this is the first time that the junior has run for Cornell. She placed consistently in the top three all year. Among Yvette's many excellent races during the fall were her early season race against Lafayette, where she was the Red's top finisher, and her second-place finish in the team's decisive win over Bucknell, where she posted an 18:44 over the Moakley Course. Yvette is enrolled in the College of Agriculture and Life Sciences, majoring in natural resources, and the Big Red will be happy to have this Ithaca native back next year.

MARY JO KROLEWSKI — Mary Jo is a freshman hailing from Coventry, R.I. She had been an All-State runner for two years. This past fall she became an important member of the team, placing consistently in the top five. One of her big races came against Army, where she showed her ability to run against more experienced runners. Mary Jo, who is majoring in engineering, was awarded the fifth woman award at the annual banquet.

JOHN REIF — John is a senior, but he is a relative newcomer to Cornell; he transferred last year from the University of Colorado. John was consistently the seventh man for Cornell, which can be very important in terms of the overall team's finish. John feels that the cross country program at Cornell is a good one "because you don't have to be a heavily recruited athlete to make the team — you just have to be willing to work hard." John is a biochemistry major and plans to continue his schooling at the graduate level — perhaps in sports medicine.
GAVIN SLOANE — Gavin, a freshman, had impressive credentials coming into Cornell. Being a member of the powerful team at Quentin High School (N.J.), Gavin made the All-State team. At Cornell Gavin quickly became part of the nucleus, always among the top five finishers. He had impressive races against Birmingham, Syracuse and at the Heptagonals, where he placed 34th. Gavin is in the College of Engineering at Cornell.

THE ANNUAL AWARDS BANQUET

The annual cross country awards banquet took place, as usual, at the Varna Community Center, and the event was put on by the Varna Community Church. After a great meal of turkey and stuffing, Verne Rockcastle, the faculty advisor for the program and a professor of science and environmental education, then spoke on the finer points of being persistent and scrutinizing. The annual tongue-in-cheek awards were then distributed by Grant Whitney and Matt Day, president and secretary of the Cross Country Club, respectively. Coach Jack Warner then distributed the annual awards. At the conclusion of the awards, many of the attendees from the team, as usual, hitched rides back to campus.

TRACK PREVIEW

Although the Cornell men's track team has lost a few stellar performers from last year's outdoor Heptagonal championship team to graduation — such as jumper Chris Chrysostomou, jumper Mike Franz, thrower John Passalacqua and sprinters Jim Lem and Gregg Hofstetter — the Big Red should be able to more than hold its own against its Heps opponents. Look for All-American Grant Whitney, along with Lincoln Graves, to shine in the distance events. Seniors Joe Goldstein, John Nickles and Steve Wemple will hold down the mid-distances, and Todd Pressley, Dave Sudduth and John Bayne look to perform well in the sprints. Tim Trible and Steve Kuntz are back in the high jump, and Ted Figura and Kent Bares look to contribute as weightmen.

The women's team looks to improve upon its strong performance of last year. Despite losing Lauren Kulik, Amy Phelps and Nancy Schmidt, there is a good core returning. Dana Stone will be back in the weights, along with Elizabeth Jackson in the high jump and Joanna Wort and Kerry O'Toole in the sprints. The mid-distance and distance crews look good, with Elise and Suzanne Jones, Sarah Day and Candi Calhoun coming back. Newcomers such as Laura Landauer and Mary Jo Krolewski hope to make their mark in this area of the team.

1985 CROSS COUNTRY AWARDS DINNER IN VARNA (Wednesday, December 4)

Awards:

MOAKLEY AWARD
To the senior who has done the most for Cornell cross country

MOST VALUABLE
Men
Grant Whitney

MOST VALUABLE
Women
Sarah Day

MOST IMPROVED
Men
Greg Velicer

MOST IMPROVED
Women
Candi Calhoun

MOST VALUABLE FROSH
Men or Women
Gavin Sloan

5th WOMAN AWARD
Mary Jo Krolewski

5th MAN AWARD
Charlie Bares
The 1985 cross country season was one of our finest in some time. The highlight of the campaign was captain Grant Whitney's All-America recognition, which he was accorded after finishing 13th in the NCAA championships on an ice- and snow-covered course in Milwaukee on Nov. 25th. He followed up that performance five days later in knee-deep mud at the TAC championships in Raleigh, N.C., with a 25th-place finish among the nation's best. He finished ahead of many top runners in the country in that race. Grant had one of the finest seasons ever by a Cornell harrier. We will surely miss him next year. He has not only been a great runner, but also a great leader. The men lost two tough races early in the season, but finished strong with their best showing in several years at the IC4As, placing 11th out of 48 teams. In the NCAA District II qualifying race (which was part of the IC4A race), we were seventh out of 35 teams from New York, New Jersey, Pennsylvania, Delaware, West Virginia, Washington, D.C., and Maryland. The women had a good season as well, with a 4-1 record in the dual races and then finishing 15th out of 30 teams at the ECACs, and seventh out of 18 squads in District II. Grant qualified for the NCAAs by virtue of finishing second in District II (fourth in the IC4As). He was running a comfortable second to the eventual winner Ndayisenga of West Virginia (and Kenya) when he slipped and fell while making a turn on the icy and snowy course at Lehigh. After a gymnastic shoulder roll, he bounced back up and fought his way back into the race. It was the highest finish at the IC4As by a Cornellian in over 20 years.

Sarah Day led the women harriers throughout the season, finishing as our top runner in a majority of the races. She was ably supported by senior captain Elise Jones and her twin sister, Suzanne, a first-year runner, junior Yvette de Boer; senior Susan Nossal, returning after two years of nagging injuries; junior Sue Teitsch; and freshmen Candi Calhoun, Mary Jo Krolewski, Laura Landauer and Amy McGarry.

Whitney had good support from juniors Lincoln Graves, Matt Day, Charlie Bares and John Reif; sophomore Chip Bradish and freshmen Gavin Sloane and Erik Lukens. Senior Pete Dominick also had a strong season for the varsity.
The loss of Whitney and the Joneses will be hard to overcome, but we should have strong squads in 1986, led by men's team co-captains Matt Day and Lincoln Graves, and women's squad captain Sarah Day. If we can have a good recruiting year, we could be strong for the next several years.

Whitney became the first Cornellian to run under 25:00 on the Moakley Course in quite some time, as he did it under less than ideal conditions. He just missed Pete Pfitzinger's Cornell record of 24:48.6 with his 24:49.0 in our dual with Army, which Matt Day pulled out for us in the last 50 yards to give us a great 27-28 victory. Whitney was under record pace (the course record is held by Syracuse's Jim O'Connell at 24:40.6, set in 1982) in our meet with Bucknell and Rochester, but a strong head wind from the gorge to the finish line held him back to a 24:51.0.

JACK MOAKLEY FUND

Our deepest "thanks" to all of the many contributors to the Jack Moakley Fund, which now totals over $325,000! Your response to our "call to arms" over the past 10 years has been nothing short of incredible. The finances of the Cornell track program are on a solid base because of your loyal support. The goal of the committee is to push the total over the $500,000 mark as soon as possible. Of course, the Moakley Fund will underwrite the cost of the 1986 trip to England, Scotland, and Ireland, as well as a more modest spring trip to North Carolina (rather than going to California as we have done the past three years). Keep up the great work. The entire Cornell track "family" is very grateful to everyone who has supported this great fund.

1986 TRIP TO ENGLAND

Once again we will combine forces with the University of Pennsylvania to journey to England for a match with Oxford-Cambridge in June. The trip will also include other competitions in England, Scotland, and Ireland, as has been the custom in the past. We are also considering a competition in Brussels if it can be worked out. Tentative plans are for us to leave at the end of May and return around the 20th of June. It promises to be another very rewarding experience for the athletes who will be fortunate enough to make the trip.

CROSS COUNTRY DINNER SPONSORS

A very special thanks to those who have sponsored runners for the annual dinner in Varna. Most of these people contributed 1c per mile for each mile run by an athlete in their training and competition from July 1 to Nov. 25. Through their generosity, the dinner will be paid for, so the athletes will not have to pay anything. Thanks to Charles Werly, Bob Mealey, Phil Highley, Hollis Davis, Herb Hoffman, Tim Cahill, and our cross country and track faculty advisors, Harry Stinson and Verne Rockcastle. As usual, the dinner was enjoyed by all!

1985 CROSS COUNTRY LETTER AWARD WINNERS

The following athletes earned their block "C" for cross country by finishing among the team's top seven finishers in a majority of the meets:

WOMEN: Sarah Day, Yvette de Boer, Elise Jones, Mary Jo Krolewski, Amy McGarry, Susan Nossal, Suzanne Teitsch, Suzanne Jones and Candace Calhoun.

MEN: Grant Whitney, Gavin Sloane, Lincoln Graves, Matthew Day, Charles Bares, Erik Lukens, George Bradish, John Reif and Peter Dominick.

The manager was Jason Gascoyne.
1986 SPRING TRIP

After journeying to California the past three years on our spring trip, we will travel to North Carolina in 1986. We will have a non-scoring developmental meet (men and women) at Chapel Hill with the University of North Carolina and William & Mary on Saturday, March 22. We will train there until Friday, March 28, and then bus to Annapolis, Md., where we will be in a developmental meet (non-scoring) at Navy, which will give us a chance to compete on the same facility where the 1986 outdoor Heps will be held. We'll have that meet on Saturday, March 29, and return to Ithaca that night. The bus trip to North Carolina will be far less expensive than the California trip, and that's a consideration in a year when we will also be going to England. We intend to return to Santa Barbara in 1987.

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 receive our fund-raising mailings and our newsletter (WASTEBASKET).

We realize that perhaps some of you would rather not be on our mailing list, and because of this, we would like to hear from you. We do not want to annoy you or 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 our list. Please help us by letting us know if you do not wish to receive our mailings.

Thank you.

______________________________

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

Please delete my name from the Cornell track mailing list, as I would rather not receive your mailings.

NAME_________________________________________CLASS_______

STREET________________________________________________________________________

CITY________________________STATE________ZIP CODE________

TELEPHONE (_____ )______________________________