

CORNELL



THE WASTEBASKET

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Lou Duesing, Head Coach

Alberding Field House

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As has been the custom in years past, the Cornell Relays in December inaugurated the indoor track season. Typically, most cross country people did not participate in the meet. For those working throughout the fall it gave them a chance to see what fruits their labor might yield. In some cases there were some very pleasant surprises. In the shot put, Jen Watkins won, set a personal best and qualified for the ECAC championships with a toss of 42-9 3/4. Other event winners included Matt McLean in the 55 dash (6.55), Scott Perkins in the shot (48-10), Madhuri Putta in the triple jump (35-11 1/2), fellow frosh Novelette Williams in the high jump (5-2 1/4), the women's 4x800 with Becky Dennison, Ann Klein, Heidi Reester and Kristin Hauser (9:44.9); and men's 4x400 with Adam Zucker, Trenton Bullock, McLean and Paul Belcher (3:24.6). Impressive non-winning performances included Jessica Traynor in the 55 dash (3rd, 7.52), Amy Brod (2nd, 44-4 1/4) and Casey Cadile (4th, 43-0 1/4) in the 20# weight, Beth Farrell (2nd, 17-7 3/4) in the long jump, Charles Shimooka (2nd, 15-0) and David Blakeslee (3rd, 14-6) in the pole vault and Trenton Bullock (3rd, 7.78) in the 55 hurdles. "Hidden" in the results were two very impressive relay splits by Nsenga Bansfield (58.8) and Becky Dennison (2:18.9).

Cornell vs. Georgetown, Rutgers (M), Syracuse January 15, 1994

A cold, snowy five-week break preceded our return to competition. And what a baptism for some people! Always powerful Georgetown, a strong Rutgers men's team and rival Syracuse had our season get very busy very early. The Hoyas dominated both the men's and women's meets by besting Syracuse 61-51, with Rutgers (47) and Cornell (33) behind in the men's competition. For the Big Red,

Brian Clas led a 1-2-3-4-5-6 sweep of the 5,000 with an IC4A qualifying mark of 14:37.6. Lenny Phillips (15:22), Carl Anstrom (15:57) and Artie Smith (16:14) rounded out the scores. The only other event winner for the Red was Rob Cunningham (8:30.3) in the 3,000, also with an IC4A qualifying mark. Other scorers in the meet included a second by Scott Perkins in the shot (48-0 1/2), thirds from Matt McLean (200, 22.64), Trenton Bullock (55H, 7.87), Rodney Wiltshire (TJ, 45-1 1/2) and Malcolm Lias (800, 1:58.3). Fourth-place finishers included Charles Shimooka and David Blakeslee (PV, 15-0), Chris Wren (1,000, 2:33.6) and Matt McLean (55, 6.62). All in all, people competed well, but showed that it had been five weeks since their last competition.

Georgetown (80) easily defeated Cornell (53) and Syracuse (48) in the women's meet. Event winners for the Big Red included an impressive opener, ECAC and NCAA qualifying mark by Pam Hunt (5,000, 16:44.4) as she lapped the field. Laura Woeller won an exciting mile (5:00.1) with an ECAC qualifying mark, while Jen Watkins continued her winning ways in the shot (43-7 3/4) with another personal best. Tina Rankin (20#, 48-0 1/2), Beth Farrell (LJ, 18-0 1/4), Teresa Vanek (1,000, 3:09.4) and Ginny Ryan (HJ, 5-2 1/4) were all second-place finishers. For Rankin, this was an ECAC qualifying mark. Finishing third were Aruna Boppana (800, 2:24.5), Heidi Reester (1,000, 3:18.3), Anita Jakelic (TJ, 36-5 3/4), Jessica Traynor (55, 7.62), Rebecca Akano (400, 64.5), Michelle Deasy (3000, 10:09.1) and Novelette Williams (HJ, 4-10). Fourth-place scorers included Kate Walker (3,000, 10:27.8), Casey Cadile (20#, 45.5), Ginny Ryan (55H, 9.20), Lori Harris (SP, 37-8 1/2), Jenn Keating (400, 65.7), Kristin Davis (500, 1:21) and Jessica Funk (TJ, 35-43/4). With several personal-best performances, as well as some ECAC qualifying marks, this proved to be a good opening meet for the women. I was also

quite pleased with the competitive efforts of many of the freshmen. This was not an easy introduction to collegiate track, but they did not appear to be intimidated or overwhelmed.

**Cornell vs. Villanova, Fordham, Penn (M)
January 22, 1994**

Life didn't get any easier as national power Villanova was joined by the Penn men and the Fordham Rams - without the seven blocks of granite. Scoring only against Villanova and Fordham, the Big Red swept both the men's and women's meets! In the men's competition we defeated Villanova 83-52 and Fordham 86-49. Matt McLean was a double winner in the 55 (6.56) and 200 (22.2) and was joined in the winners circle by Trenton Bullock (55H, 7.69), Brian Clas (3,000, 8:20.7), Scott Perkins (SP, 49-7 1/4), Don Vibbert (PV, 15-5), Chris Wren (1,000, 2:31.2) and Rodney Wiltshire (TJ, 45-6 1/2). For Vibbert and Clas these were IC4A qualifying marks.

The pole vault proved to be a strong event for the Red as David Blakeslee (15-0) and Charles Shimooka (14-6) went third and fourth, respectively. Wiltshire enjoyed a nice double in placing second in the long jump (21-10 3/4). Third-place finishers included Chris McLain (5,000, 15:38), Mark Duquella (35#, 39-3 3/4), Mike Franks (800, 1:53.7), Tyson Sacco (3,000, 8:39.2), and Rob Cunningham (1,000, 2:34.4). McLain's and Sacco's performances were personal bests while Franks qualified for the IC4A championships.

Contributing points as fourth-place finishers were Marc Duquella (SP, 43-5 3/4) and Paul Belcher (500, 1:07.8). We saw some significant improvements from last week. It's amazing how consistent training can help performances!

The women dominated both Villanova (97-48) and Fordham (119-26). Leading the way was a 1-4 sweep of the 20# weight by Tina Rankin (46-5 1/2), Vicki Schmidt (44-6 3/4), Casey Cadile (44-0 1/2) and Amy Brod (43-9 3/4). Not to be outdone, the 5,000 runners also swept the field with Sarah Perrotti (18:25.6), Mieke van Zante (18:33.5), Wendy Bensley (18:46.2) and Giana Angelo (19:05.3) tallying the points. A 1-3 sweep in the long jump by Natalia Cortes (17-2 1/4), Ginny Ryan (16-7 1/2) and Renata Braudy (16-7 1/2) was duplicated

in the triple jump by Anita Jakelic (36-6 3/4), Braudy (36-0 3/4) and Jessica Funk (35-2), as well as the 3,000 with Laura Woeller (9:41.7), Pam Hunt (9:42.2) and Michelle Deasy (9:58.8), the first two in the 300's being ECAC qualifying performances. Jen Watkins (42-4) led a 1-3-4 finish in the shot, with Lori Harris (37-8 3/4) and Ginny Ryan (31-9 1/2) contributing in third and fourth, respectively. Kate Walker (5:08.7) and Allison Mulcahy (5:17.1) went 2-3 in the mile. Beth Farrell (7.60), Kristy Harris (7.71) and Natalia Cortes (8.08) finished 2-3-4 in the 55, while the same finish places were achieved in the 55H by Kim Randolph (8.88), Lori Harris (9.00) and Ryan (9.18), as well as the high jump by Novellette Williams (5-0 1/4), Christine Buderman (4-10) and Kari Stepp (4-8). Also contributing to the scoring were Becky Dennison in the 1000 (2nd, 3:01.7), Nsenga Bansfield in the 200 (2nd, 26.8), Kristin Davis (3rd, 1:20.9) and Jenn Keating (4th, 1:25.7) in the 500. Completing the scoring was a 1-3-4 finish in the 400 by Bansfield (60), Rebecca Akano (64.4) and Sandy Salter (67.8).

It is evident that many people contributed to these two wins. It was great to see so many people improve and so many freshmen continue to perform well.

**West Point Collegiate Invitational
January 29, 1994**

Our first track "trip" of the season had us going to West Point for a large invitational meet. We had two event winners as Malcolm Lias closed well in his 800 race and posted 1:55.13. Jen Watkins continued her unbeaten streak in the shot put with a toss of 42-11 3/4. The Cornell women swept places 2-3-4 in the 3,000 as Allison Mulcahy (10:28.7) led the way followed by Mieke van Zante (10:33.7) and Sarah Perrotti (10:34.7). Trenton Bullock placed third in the 55H (7.74) and Lori Harris placed sixth in the shot put (38-7 3/4). Kate Walker posted an ECAC qualifying time in the 1,000 (2:58.75) and helped fellow frosh Heidi Reester, Aruna Boppana and Becky Dennison to a freshmen record-setting performance in the 4x800 relay (9:31.46).

It was obvious that perhaps we had become too familiar and comfortable with the friendly confines of Barton Hall. This away competition experience should help as we prepare for our next trip - the Heps at Harvard at the end of February.

**14th Annual Terrier Classic
January 28 & 29, 1994**

While most of the team traveled to West Point, eight of our number competed at Boston University. We wanted to use the fast surface in the Armory to run some qualifying times. For the most part, it was a trip that yielded far less than what was expected. The men's distance medley team of Mike Franks (1:52.5), Matt McLean (48.8), Matt Daniels (3:05.6) and Rob Cunningham (4:14) finished fifth, about 12 seconds slower than the NCAA qualifying time we were seeking.

After a very fast two mile (too fast and too uneven) at 9:02, Brian Clas faded to 14:26.42 and 10th place in the 5,000. On the distaff side, Pam Hunt (6th 16:41.65) ran her best 5,000 in two years, while Michelle Deasy paid for her early aggression and finished 13th in 17:26.23. Laura Woeller competed in the 3,000 (9th, 9:47.46) and was the fourth collegian, but was disappointed to run slower than she had in the previous week.

McLean made his hurdle debut (7.77), but did not make the final, while Franks was seventh in the 1,000 (2:29.78) and McLean finished the 200 in 22.7. Cunningham ran the mile at the Greater Boston Track Club Invitation and was second in 4:08.

Sometimes what you accomplish on a trip is a very fast time or great performance that gets you all gassed up to do great things later in the season. Other times, you don't take advantage of the opportunity, but learn something from that and look forward to your next opportunity with determination. Such was the case with those traveling to Boston.

**Cornell vs. Yale, Colgate
February 5, 1994**

In an effort to get back to more scored meets, this contest will begin a three-year experiment (and will add Bucknell to the mix next year). The men's meet was a close, spirited competition with Yale prevailing 93 to 85 for Cornell and 14 for Colgate. Event winners for the Big Red included Dan Anderson (HJ, 6-5), Malcolm Lias (800, 1:53.7) with a personal best and IC4A qualifying mark, Don

Vibbert (PV, 15-5) duplicated Lias' feat and led a 1-2-3 sweep of the vault, as David Blakeslee and Charles Shimooka both cleared 15-1. Scott Perkins had a seasonal best in the shot put (50-5 1/4) and Marc Duquella (48-7 1/4) had a huge personal best in helping the Red to a 1-2 finish in that event. Similarly, Brian Clas (8:32) and Tyson Sacco (8:33.3) went 1-2 in the 3,000. For Clas, it was a double-scoring effort as he earlier turned in a 4:14.9 to place second in the mile. Sacco's 3,000 was a personal best. Other second-place performers included Trenton Bullock (55H, 7.61) which was a personal best as well as IC4A qualifying mark, Rod Wiltshire (TJ, 43-0), Scott Perkins (35#, 47-5 1/4), Paul Belcher (500, 1:07.3), Dean Bowles (800, 1:56.5), Chad Hunter (200, 22.9) and Chris Wren (1,000, 2:29.5). Contributing third place points were Lonnie Davis (LJ, 21-10), Carl Anstrom (5,000, 15:30.8), Mike Franks (Mile, 4:17.3), Adam Zucker (500, 1:07.7), Jacques La Guerre (400, 52.8), Antoine Bryant (200, 22.9) and Rob Cunningham (1,000, 2:29.9). Four places scored, so Alan Cheung (55H, 8:07), Artie Smith (5,000, 15:43.3) and John Steed (1000, 2:35.3) also contributed. The 3,200-meter relay cruised to a four-second win, but the 1,600-meter relay finished second to Yale by .4 seconds!

The women dominated their meet by scoring 102 points to 34 for Yale and 13 for Colgate. In scoring that many points, there were many who contributed. Winners included Laura Woeller (5:01.6) in the mile, Casey Cadile in the 20# (46-3 1/2), Beth Farrell (LJ, 17-8 3/4) and (200, 26.7), Lori Harris (55H, 8.77), Jen Watkins (SP, 42-11 1/2), as well as both relays. Most impressive was the 1-4 sweep in the 800, triple jump and 3,000. Becky Dennison (2:19.1), Laura Woeller (2:19.4), Aruna Boppana (2:19.7) and Kristin Davis (2:20.3) accounted for 11 points in the 800. They were matched by Julie Roth (36-0 1/4), Renata Braudy (35-4 1/2), Madhuri Putta (34-9 1/2) and Jessica Funk (34-9 1/2) in the triple jump, as well as Michelle Deasy (9:58.4), Allison Mulcahy (10:26.7), Mieke van Zante (10:29.2) and Wendy Bensley (10:30.6) in the 3,000. Other second-place scorers were Kate Walker (Mile, 5:06.6), Amy Brod (20#, 46-2 1/2), Ginny Ryan (HJ, 5-2)



and Beth Farrell (55, 7:63). We were fortunate to have such a spectrum of scores from all classes. It was especially nice to see the freshmen continue to play such a critical role in our meets.

**Cornell vs. Penn State (M), Penn, Western
Ontario, Waterloo
February 12, 1994**

The Big Red remained in friendly Barton Hall for another top-notch, scored competition. The women continued to perform well in leading the way with 72 points followed by Penn (61), Western Ontario (38) and Waterloo (12). Event winners included Laura Woeller (5,000, 17:29), Tina Rankin (20#, 49-0 1/4), Jen Watkins (SP, 43-10), Renata Braudy (TJ, 37-5) and Michelle Deasy (3,000, 10:02.4). Once again, the throwing events, distance events and triple jump were "friendly". In the 20#, Rankin was joined by Casey Cadile (3rd, 47-7 1/4) and Amy Brod (4th, 47-1 1/2). In the 3,000, Deasy was followed by Mieke van Zante (2nd, 10:28.6), Debbie Barton (3rd, 10:56.8) and Emily Ward (4th, 12:20.7), while Watkins received support in the shot put from Lori Harris (2nd, 36-7 1/2) and Ginny Ryan (4, 32-3). Two freshmen, Kate Walker (2:15.1) and Aruna Boppana (2:17.1), ran personal bests in the 800 in taking second and third place. And the triple jump juggernaut had Madhuri Putta (37-3 3/4), Anita Jakelic (37-1 1/4) and Julie Roth (36-1 1/4) - all freshmen!! - joined Braudy for the 1-4 sweep. Deasy added a second in the mile (5:04.1) to her 3,000 win and saw Allison Mulcahy add a point in the mile (4th, 5:16.3).

The men's meet featured top-flight performances in virtually every event. The nice thing about having five teams is that all events usually get covered. This meet was no exception as Penn State (83 1/2) prevailed over Penn (79), Cornell (67), Western Ontario (35) and Waterloo (21 1/2).

The race of the meet was the 3,000 meters (I know I may be a bit prejudiced) which saw Rob Cunningham and Brian Clas both achieve NCAA qualifying marks by finishing 1-2 in 8:10.1 and 8:10.3, respectively. Very impressive performances included a 1, 3 finish in the mile by Tyson Sacco (4:14.8) and Dean Bowles (4:20.0). For Sacco it marked the first time he had qualified for the IC4A championships. Matt McLean (1st, 7.46) had his best race of the season in the 55 hurdles and ran an

excellent 200 (2nd, 22.2). Malcolm Lias (1:54.8) and Chris Wren (1:55.4) finished 2-3 in the 800, while Mike Franks (2:30.4) was third in the 1,000. The Big Red went 1-2 in the shot put with Scott Perkins (48-10) and Marc Duquella (45-11) handling the honors. Don Vibbert (2, 15-5) and David Blakeslee (4, 14-6) went 2 and 4 in the pole vault. The 4x800 relay of Wren, Franks, Lias and Cunningham won in an IC4A qualifying time of 7:43.8, a full five seconds in front of Penn State.

This was a terrific meet with quality performances and races from start to finish. With the team title at stake, teams were running from side to side during the 4x400 relay making for a lot of excitement and enthusiasm. It was great to see that happen in Barton Hall!

**Kane Invitational
February 19, 1994**

Once again the Kane meet, falling a week prior to the Heptagonal championship, served as a tune-up and sharpening meet. It also proved to be an opportunity for many of the smaller schools in the area to come to Barton Hall and benefit from the excellent facility. We received more good news from this meet with many personal best and IC4A and ECAC qualifying marks. Kate Walker (4:59.4) and Laura Woeller (4:59.8) finished 1-2 in the mile - both having personal-best and qualifying performances. The same was true in the men's mile as Tyson Sacco won (4:14.0), the women's weight with Tina Rankin (49-3 1/2), Mike Franks in the 800 (1st, 1:52.6) and Jen Watkins in the shot (1st, 44-4 1/4). Even though they were non-winning performances, both Anita Jakelic (38-4) and Renata Braudy (38-3 1/2) achieved the ECAC qualifying standard with a 3-4 finish in the triple jump. Matt McLean ran well in the hurdles (1st, 7.48), Casey Cadile continued to improve in the weight (2nd, 47-11 3/4), Lori Harris threw well in the shot (5th, 37-0 3/4) and ran well in the hurdles (3rd, 8.72), Chad Hunter started to show some quickness with an improvement in the 55 dash (6.69) and Dean Bowles enjoyed a personal best performance in the 1,000 (4th, 2:30.9).

It was very encouraging to see people turn in so many quality performances. We really felt that both teams were ready for the upcoming Heptagonal Championships at Harvard.

Heptagonal Championships February 26-27, 1994

The fast and friendly surface of the Gordon Track at Harvard University was the site for the 47th men's and 14th women's version of the championship. The men's meet would be historic as it marked the last time an Army team would compete in the Heptagonal championship. The Black Knights brought an outstanding team to Boston and were hoping to make their last meet a memorable one in trying to accomplish what they had been unable to do since 1968 - win the whole deal! They would be tested by a very strong Princeton team, with Navy and Penn expected to be not too far behind.

In fact, the meet came down to the last event which, due to poor scheduling, was the pole vault. Princeton did better than Army in the vault and was the clear winner of this meet with 124.5 points. Army competed valiantly and finished a very strong second (118), as Navy (73), Penn (65), Dartmouth (63), Harvard (57), Cornell (40.5), Brown (30), Yale (16) and Columbia (2) completed the scoring.

The Big Red competed well, had many personal best performances, but came up just short in too many events. As a team, we wanted to be in the top five and make a run at third place. Top 5five in retrospect, was very realistic, but Navy had a terrific meet and third place was really out of our grasp.

The highlight for Cornell came in the 5,000 as Brian Clas, leading for the first 20 laps, shattered Grant Whitney's school record with a 13:58.22 clocking!! This was also an NCAA automatic qualifying mark. Jason Stewart from Army sat on Brian's shoulder and surged away in the last 1,000 to win in 13:53.22.

Our first points in the meet were earned by Rob Cunningham (2nd, 4:08.40), who was nosed out in a strategic mile race. Mike Franks had two very fast 1,000 races, 2:25.68 in the trials and 2:25.39 in the final, which was good enough for fourth place - a mere .06 out of third. Malcolm Lias also ran two excellent races with a personal best of 1:53.11 in winning his trial heat and 1:53.37 to take sixth in the final. He was only .22 out of fourth place. Scott Perkins proved again that he's a terrific competitor

and amongst the best in the league with a clutch fourth-place finish (51-73/4). Matt McLean was the returning Heps champion in the 55 hurdles, but a hip injury had delayed the start of his hurdling season having him behind where he was at this point last year. He improved from the trials to the semis, and from the semis to the final, and ran his best time of the season (7.45) which was good for second place, .02 out of first. Don Vibbert equaled his best of the season in tying for fifth in the pole vault (15-5). David Blakeslee's personal best of 15-5 had too many misses and it fell short of being a scoring performance.

The rest of the points were earned in the relays. The 4x800 team of Chris Wren, Rob Cunningham, Franks and Lias just missed a school record and finished fourth (7:37.76) and the distance medley team of John Steed, McLean, Dean Bowles and Tyson Sacco competed well in finishing fifth (10:14.40). We were happy with the competitive efforts and achievements of the men, but were disappointed in the number of times we were just nipped at the finish line.

The women's championship looked to be a very interesting competition. On paper it was hard to determine which team would be a favorite. Penn had looked very strong throughout the indoor season, but would have to rely on a lot of freshmen. Brown lost a lot of points to graduation, but had a lot returning. Harvard was very strong and would be at home. The Big Red had some "sure" points, but we were young and did not have some of our "sure" points at top speed. Army was expected to challenge as well, especially knowing that this was their last Heps.

As expected, the unexpected happened - Brown in another runaway 118.5 to Harvard's 72.5 followed by Penn (60), Army (54), Cornell (53), Princeton (48), Dartmouth (43), Navy (33), Yale (10) and Columbia (4). Our sole Heps champion was a very strong pentathlon performance from Ginny Ryan (3,510); Lori Harris was fifth (3,196). As expected, we were strong in the 5,000, as Pam Hunt (2nd, 16:52.18) returned to competition and Michelle Deasy coasted (3rd, 17:18.46) to give us 14 points. Martina Hoppe, a perennial scorer, was just getting back to running due to an ilio-tibial band problem and finished out of the points. We were hoping for big points in the weight, but needed a clutch throw

by Amy Brod (49-8 1/4) to get sixth. The competition in this event was fierce and Brod's performance was a personal best and only 3/4 of an inch from the school record. Ryan doubled back to tie for 3rd in the high jump (5-4 1/4). The 3,000 was an excellent, though strange race which saw Hunt get knocked down at the start, thus forcing a restart. With bloody knees, she competed well in earning a sixth (9:52.89) behind Deasy (5th, 9:44.10) and Laura Woeller (2nd, 9:38.67). Deasy was only .42 out of fourth. Jen Watkins (5th, 43-6) was 4 1/2 inches out of fourth, but would have needed a personal best to do any better. Both throwing events have become very competitive in the league.

In the mile, Kate Walker set a personal best and scored (6th, 4:58.86) in her first Heps, and was only .24 out of fifth and two seconds from fourth. Nsenga Bansfield set a school record in a very hot 400 meter competition (5th, 56.86). A blanket finish had her .03 out of fourth, .27 out of third and only .75 out of second. This was a very exciting final! Anita Jakelic scored in her first Heps by finishing fifth in the triple jump (37-6) - one centimeter out of fourth and four centimeters from third. Completing our scoring was a fourth-place tie (9:13.39) with Princeton by the two-mile relay team of Kristin Davis, Becky Dennison, Aruna Boppana and Walker. Close, but no cigar was the name of the game, as we finished only .24 out of third.

While this was our worst team finish since my arrival, I was still very pleased with the competitive efforts of the team. The freshmen group performed very well as most achieved personal best marks. As with the men's meet, it seemed that we fell just short in everything that was close. It will even out in the future! The quality of performances in virtually every event was excellent, as NCAA qualifying marks were achieved in the 800, the mile (3), 3,000, 5,000 (2) and the triple jump (2) for the women. In the men's meet, the 35# weight, the 3,000 (5), triple jump, the 5,000 (5), and 800 demonstrated how competitive this league is - but you all knew that already.

IC4A Championships March 5-6, 1994

Nine men traveled to Princeton for the IC4A meet. More qualified, but medical school interviews, injuries and other school related concerns kept the

numbers down for this and the ECAC meet. Our only points were scored by Rob Cunningham in the mile (4th, 4:10.98). In a tune-up for the NCAA meet less than a week away, Brian Clas ran only the trials in the mile and ran a significant personal best of 4:09.85. Even though he qualified for the finals on Sunday, the trials race on Saturday gave him all the information he needed to know he was prepared for his first visit to the NCAA track championships. Both Mike Franks (1:53.00) and Malcolm Lias (1:53.08) competed very well in the 800, but just missed making the finals on Sunday Chris Wren's 2:29.79 in the 1,000 met with the same fate. Those with sub-par performances were Tyson Sacco in the mile (4:21.9), Don Vibbert (15-1) and David Blakeslee (NH) in the pole vault and Scott Perkins (48-8 3/4) in the shot put.

ECAC Championships March 5-6, 1994

Nine women traveled to New Haven for the ECAC championships. As a group they performed quite well in amassing 20 points for a 10th-place finish! Top point getter was Michelle Deasy who became our first ECAC champion in four years with a victory in the 5,000 meters. Her time, 16:50.11, was a personal best and missed NCAA qualifying by a mere .11. In the points department, right behind Michelle, was Laura Woeller who bounced back with determination from a disappointing race at the Heps in the 3,000. Her second place finish (9:32.81) was a five-second personal best and an NCAA qualifying mark! The rest of our points were earned by the youngsters - the 4x800 relay team of Kristin Davis, Aruna Boppana, Becky Dennison and Kate Walker, who finished an impressive fifth (9:14.08). Also competing were Jen Watkins in the shot put (40-9 1/2), Tina Rankin (47-4 1/4) and Amy Brod (44-8 3/4) in the 20# weight and Kate Walker in the mile (5.10.61). Considering how difficult it is to have this meet so soon after the Heps I was very impressed with the way both the men and the women were able to focus and compete.

NCAA Championships March 11-12, 1994

The Hoosier Dome in Indianapolis, once again, was the host for the NCAA Indoor championships. Brian Clas in the 5,000 and Laura Woeller in the 3,000 represented Cornell at these championships

and did so with remarkable success. First up on Friday evening was Clas in a very competitive field of 12. Nine of the 12 had considerable NCAA experience. Even though Brian's time had him seeded sixth, seed times and places mean very little when the gun goes off. The race was strange from the start as one neophyte charged away from the group and ran a 2:04 opening 800. The pack finally caught him after the 2400-meter mark and proceeded to play hop-scotch as surges were made and leaders were passed and passed back. In the final charge to the tape Brian finished ninth in 14:01.11. His was a valiant effort in this field and at this level - and was good enough to earn All-America honors as four in front of him were foreign athletes. I know Brian was disappointed and wanted to run faster and finish closer to first, but he ran very fast in a race that customarily has beaten him up (see the Terrier Classic results!)

Woeller ran her race on Saturday evening. Ordinarily, there are trial races on Friday, but too few people had run a qualifying time or declared to run the 3,000 and the race went straight to a final. A very fast opening mile by pre-race favorite Kay Gooch from Oklahoma left the rest of the 11 runners in a pack behind her. Laura did an excellent job of maintaining her cool in the early going and gradually worked her way up to sixth by the mile mark, coming through in a brisk 5:02. She continued to compete well and unleashed a 34-second final 200 to pass two runners and nip Megan Flowers from Arkansas at the tape. Her fourth-place finish was a personal best and school record 9:28.65. She was also the top U.S. finisher in the race!!

Two runners, two All-Americans and two extremely good performances. What a great visit to Indianapolis! And, what a great way to end our indoor season!

••••• MEET THE BIG RED •••••

Two-sport stars Bo Jackson, Deion Sanders and Michael Jordan get a good deal of national attention, but the Cornell Big Red track team has its own multi-sport star. Fortunately for the track team, freshman middle distance runner Kate Walker will be lacing up her racing spikes, instead of basketball high tops, for the next few years. A four-sport star (soccer, basketball, track and cross country) at Williamson High School outside of Rochester, New York, the biology and society major is a self-pro-

fessed lover of sports.

"She is a very competitive person," says fellow freshman trackster Allison Mulcahy. From ping pong to weekly bowling outing with her friends on the team, Walker readily admits to the joys of competition. Her high school's all-time scoring leader as a four-year starter and three-time captain on the basketball team, Walker points to victories over Red track coach Lou Duesing and members of the men's team in HORSE, as well as a personal best of 177 in bowling, as highlights of her freshman year. She is also looking forward to the challenge of taking on senior distance runner Lenny Phillips in a go-cart this spring. Walker, a microd racing state champ at the age of 14, was also her high school valedictorian and was named the WVOR High School Sportswoman of the year in the Rochester area for 1992-93.

As her friends are quick to point out, though, there is a good deal more to Walker than a list of achievements. Says sophomore distance runner Linda Scheu, "Kate brings a lot of fun and spunk to the team. She is light-hearted with a free spirit." Mulcahy adds that her "energetic" nature makes her a much appreciated team comedian. "She is a barrel full of laughs. She keeps everyone on their toes." While Walker relishes her role as the team comedian, she has a more serious side that has also contributed to her appealing personality. "I try not to let what other people are saying or thinking bother me," says Walker. Staying true to herself has created a remarkable formula of success and has produced a unique and well-appreciated member of the team.

When she does find the time to look back on her freshman year, Walker is very proud of her rapid improvement on the track. After qualifying for three individual events and tow relays at the indoor ECAC's Walker is setting her sights on the outdoor season in which she hopes to run in the 4:33 range for 1,500. Seemingly unfazed by placing sixth in the mile at the indoor Heps and anchoring the 4X800 to a fourth-place finish, Walker has not changed her attitude. Balancing a healthy competitive spirit with a kind-hearted nature, Walker has not strayed from her distinct, free-spirited personality. A self-described hard worker, Walker says that a major reason for her success is the "encouraging" attitude of the team. Summing up her and the team's

approach to track, Walker happily points out that "running isn't the only thing in people's lives here. I like that kind of atmosphere."

Also hailing from the Rochester area is junior middle distance runner Malcolm Lias. Like Walker, Lias chose Cornell because of the emphasis on both academics and track. "I came to Cornell because it has a good reputation as a school. But we also get to race a lot of good competition." While appreciating the academic opportunities presented by Cornell, Lias especially enjoys the time spent with the track team. "We have fun. Practices are fun. All the little inside jokes, little traditions and times spent at Sage are really worthwhile. People not on the team see all of us and see a real bond."

An electrical engineering major, Lias, who place fourth in the New York high school state meet in the 800, has emerged this winter as one of the Red's most successful middle distance runners. But Lias would rather talk about the 4X800 team's placing fourth at the Heps than his breakthrough sixth place individual performance in the 800. "We were running against some insane competition, and ran the second best time in Cornell history," say Lias. "That's the kind of accomplishment that makes me feel proud."

Senior middle distance runner Chris Wren has noted this modest, selfless quality of Lias' charac-

ter. "Malcolm always tries to keep people included. He has very good leadership qualities, and more than anyone has made an effort to bring the sprinters and distance runners on the team together." Wren also notes that Lias' exceptional work habits are not only a reason for his individual success, but help make those around him better. "He keeps everyone working hard." A self-described light-hearted, people-person, Lias also has the unique quality of brightening any room he enters, no matter how gloomy the day. Says Lias, "I like seeing people happy. Camaraderie makes track and everything so much easier."

Lias' emergence as one of the top 800 runners in the East this past winter owes a good deal to a base developed during a full season of running on the cross country team. Lias also gives credit to Duesing. "He knows how to work us (the middle distance team) out. He gives us the confidence that we can attack races and finish that last 250 strong." While Lias has been a strong runner for the Red since his freshman year, he has clearly set new standards for himself this season. "His confidence is definitely way up. He is real excited about racing and is even showing interest in school records. I think this is his time to shine," says Wren. When discussing goals, Lias calmly discusses a sub - 1:50 800. Keeping in mind his legendary work ethic and confident attitude, the barriers should continue to keep falling for this well-like and respected Cornell junior.

Remember to mark the weekend of June 9-12 on your calendars and plan to return to the Cornell campus for the 1994 Reunion Weekend!

The Department of Athletics and Physical Education continues to play a major role during the weekend's events with an assortment of events and activities for you and your entire family. Everyone is welcome to join the fun and festivities.

Our activities include the Annual Alumni Lacrosse Classic, the Annual Alumni Baseball Game, canoeing on Beebe Lake, wall climbing, horseback riding and the team building/ropes course. Don't forget to join your friends and teammates at our annual athletic reception in front Teagle Hall on Friday and Saturday afternoons from 2:00 p.m. until 5:00 p.m. Our coaches and administrative staff look forward to joining you at our Annual Athletic Reunion Breakfast on Saturday in the Robison Hall of Fame Room in Schoellkopf Hall at 7:30 a.m.. Due to the limited space, we strongly urge you to make your reservations as soon as possible (cost \$6 per person). Please call 607/255-6410 for reservations or for more information.



1993-94 CORNELL CROSS COUNTRY/TRACK AND FIELD

OUTDOOR TRACK AND FIELD

SATURDAY, MARCH 26	GEORGETOWN	WASHINGTON, DC
SATURDAY, APRIL 2	QUAKER INVITE	PHIL., PA
SATURDAY, APRIL 9	DOGWOOD RELAYS	KNOXVILLE, TN
SATURDAY, APRIL 9	BUCKNELL INVITE	LEWISBURG PA
SATURDAY, APRIL 16	NAVY/DELAWARE	ANNAPOLIS, MD
SATURDAY, APRIL 23	UNIV. OF PENN	HOME
SATURDAY, APRIL 30	PENN RELAYS	PHIL., PA
SAT/SUN, MAY 7/8	HEPTAGONALS	NEW YORK, NY
SAT/SUN, MAY 21/22	IC4A/ECAC CHAMP.	FAIRFAX, VA
SAT/SUN, JUNE 4/5	NCAA CHAMP.	BOISE, ID.

1993-94 Cornell Men's Cross Country and Track Roster

Name	Event	Cl.	Age	School/Hometown
Anderson, Dan	Jmps.	Jr.	20	Unionville HS/Kennett Square, PA
Anstrom, Carl	Dist.	Jr.	20	Maine-Endwell HS/Endicott, NY
Ayres, Brian	Dist.	Fr.	18	West Orange HS/West Orange, NJ
Beers, Matt	Wts.	Jr.	20	Union-Endicott HS/Endicott, NY
Belcher, Paul *	Spts.	So.	19	Parkdale HS / New Carrollton, MD
Benkovic, Brent	Dist.	Jr.	20	Binghamton HS/Binghamton, NY
Bentley, William	Spts.	Jr.	19	Indianapolis North HS/Indianapolis, IN
Blakeslee, David	PV	Jr.	21	Corning East HS/Corning, NY
Bowles, Dean *	MDist.	Jr.	20	Bishop Guertin HS/Hudson, NH
Brown, Errol	Spts.	Sr.	21	Hackley School/White Plains, NY
Bryant, Antoine	Hdls.	Jr.	20	Hunter College HS/Brooklyn, NY
Bullock, Trenton	Hdls.	So.	19	Fitch HS/Austintown, OH
Cheung, Alan	Hdls.	Fr.	18	Dulwich College/Hong Kong
Clas, Brian ***+++	Dist.	Sr.	21	Union Endicott HS/Endicott, NY
Collins, Lance	Spts.	Fr.	18	Lakeside HS/Seattle, WA
Coyne, Rodger	MDist.	Fr.	18	Charles E. Gorton HS/Yonkers, NY
Cunningham, Rob***+++	MDist.	Sr.	22	Laurentian/Ottawa, Ont.
Daniels, Matt**+	MDist.	Sr.	21	Henderson HS/West Chester, PA
Dauler, Cameron	Dist.	Jr.	22	Taft School/New York, NY
Davis, Lonnie	Jmps.	So.	19	Northrop HS/Fort Wayne, IN
Douglass, David	Dist.	Fr.	18	George Mason HS/Fairfax, VA
Duquella, Marc	Wts.	Fr.	18	Seton Catholic HS/Vestal, NY
Evans, Jeffery	PV	Jr.	20	Marlboro HS/Colts Neck, NJ
Franks, Mike**+++	MDist.	Sr.	21	Chaminade HS/Bellmore, NY
Giasomo, Russell	PV	Fr.	18	Williamsville North HS/E. Amherst, NY
Gosse, Larry	Dist.	Fr.	18	Ithaca HS/Ithaca, NY
Guithikonda, Bharat	Dist.	So.	19	Fonda HS/Fonda, NY
Hunter, Chad	Spts.	Fr.	18	Lock Haven HS/Lock Haven, PA
Laguerre, Jacques	MDist.	Fr.	18	Chaminade HS/Dix Hills, NY
Lias, Malcolm**	MDist.	So.	19	Victor HS/Victor NY
Magnuson, Sean	Wts.	Sr.	22	Devils Lake HS/Devils Lake, ND
Martin, Josh	Dist.	Sr.	21	Memorial HS/Houston, TX
McConnel, Craig**	Spts.	Sr.	21	Emmett HS/Emmett, ID

	McLain, Christopher	Dist.	So.	19	Binghamton HS/Binghamton, NY
***	McLean, Matt	H/Spts.	Sr.	21	Ill. Math and Science HS/ Macomb, IL
	Nason, Jeffery	Dist.	Fr.	18	Coeur d'Alene HS/Coeur d'Alene, ID
	Nguyen, Peter	Spts.	Fr.	18	West Orange HS/West Orange, NJ
	Padilla, Michael	Dist.	So.	19	Shelton HS/Shelton, CT
	Park, Wan	MDist.	Fr.	18	Seekonk HS/Seekonk, MA
***	Perkins, Scott	Wts.	Sr.	20	Albuquerque Academy/Albuquerque, NM
+	Phillips, Lenny	Dist.	Sr.	21	Upper St. Clair HS/Pittsburgh, PA
	Quicke, Matthew	MDist	Jr.	20	Norfolk Academy/Virginia Beach, VA
	Rehl, Ryan	Jmps.	So.	19	Kenston HS/Chagrin Falls, OH
	Rivera, Jason	Jmps.	Fr.	18	Cliffside Park HS/Cliffside Park, NJ
	Roberts, Richard	Dist.	Jr.	20	John F. Kennedy/Yorktown, NY
*+	Sacco, Tyson	Dist.	Jr.	20	Penfield HS/Penfield, NY
*+	Shields, Chris	Dist.	Sr.	21	W. Morris Mendham HS/Mendham, NJ
	Shimooka, Charles	PV	So.	19	San Pasqual HS/Escondido, CA
	Sinton, Toby	Dist.	Fr.	18	Absegami HS/Port Republic, NJ
	Smith, Arthur	Dist.	So.	19	Oak Park HS/Oak Park, IL
	Sparks, Chad	Spts.	Fr.	18	Punahou School/Honolulu, HI
	Steed, John	Dist.	Fr.	18	Johnson City HS/Johnson City, NY
	Sullivan, Joshua	PV	Fr.	18	Southwest Secondary/Minneapolis, MN
	Swaminathan, Aravind	Dist.	Fr.	18	Pingry School/Mountainside, NJ
	Vaughn, Darth	Jmps.	Fr.	18	Highland Park HS/Topeka, KS
	Vernon, Dan	Dist.	So.	21	Banting SS/London Ontario
*	Vibbert, Don	PV	Jr.	20	Methacton HS/Audubon, PA
	Wilkens, Chris	Dist.	Fr.	18	Pittsford Southerland/Pittsford, NY
	Williams, Gregory	PV	Fr.	18	Marquette University/Wauwatosa, WI
	Wiltshire, Rodney	Jmps.	So.	19	Troy HS/Troy, NY
++**	Wren, Chris	MDist.	r.	20	Chaminade HS/Lynbrook, NY
	Zucker, Adam	Spts.	Fr.	18	Jamesville Dewitt HS/Dewitt, NY

*Letters Won

+Cross Country Letters Won

Cross Country Captain: Brian Clas

Track Captains: Brian Clas and Matt McLean



1993-94 Cornell Women's Cross Country and Track Roster

	Name	Event	Cl.	Age	School/Hometown
**	Akano, Rebecca	Spts.	Jr.	20	HS of the Humanities/New York, NY
+	Angelo, Giana	Dist	Jr.	20	Liberty HS/Bethlehem, PA
*	Bansfield, Nsenga	Spts.	So.	19	Niagara District/Niagara on Lake, Ont.
	Barton, Deborah	Dist.	Fr.	18	Holly HS/Holly, MI
	Bebko, Jennifer	Sots.	Sr.	21	Villa Maria HS/Erie, PA
	Bensley, Wendy	Dist.	Fr.	18	Honeoye Falls-Lima HS/Honeoye Falls, NY
	Boppana, Aruna	MDist.	Fr.	18	Downingtown HS/Exton, PA
	Braudy, Renata	Jmps.	Sr.	21	Briarcliff Manor/Briarcliff Manor, NY
***	Brod, Amy	Wts.	Sr.	21	Fairview HS/Boulder, CO
	Buderman, Christine	Multi.	Fr.	18	Connetquot HS/Bohemia, NY
	Cadile, Casey	Wts.	Jr.	20	Castilleja HS/ Los Altos, CA
	Chang, Emily	Wts.	Fr.	18	Ridgewood HS/Ridgewood, NJ
	Cortes, Natalia	Spts.	Jr.	20	Connetquot HS/Ronkonkoma, NY
	Crandall, Elizabeth	Jumps	Fr.	18	Bromfield School/Harvard, MA
*	Davis, Kristin	H/Spts.	So.	19	Palatine HS/Palatine, IL
*	Deasy, Michelle	Dist.	Sr.	21	South Coast HS/ Moraga, CA
	Dennison, Rebecca	MDist.	Fr.	18	Lexington HS/Lexington, MA
	Doman, Kristina	Hdls.	Fr.	18	Interlake HS/Redmond, WA

	Farinas, Laura	Dist.	So.	19	Clifton HS/Clifton, NJ
*	Farrell, Beth	Spts.	Sr.	21	Hornell HS/Hornell, NY
	Funk, Jessica	Jmps.	Fr.	18	Riverside HS/Fombell, PA
*	Goldstein, Courtney	Spts.	Jr.	20	Brighton HS/Rochester, NY
*	Harris, Kristy	Jmps.	So.	19	Champaign Central HS/Champaign, IL
**	Harris, Lori	Multi.	Jr.	20	Upper St. Clair/Pittsburgh, PA
*	Hauser, Kristen	MDist.	Jr.	20	Cornwall Central/Cornwall on Hudson, NJ
+++**	Hoppe, Martina	Dist.	Sr.	21	Lakeland regional HS/Ringwood, NJ
+++***	Hunt, Pam	Dist.	Sr.	20	Central Columbia HS/Bloomsburg, PA
	Jakelic, Anita	Jmps.	Fr.	19	V. Gimnazija HS/Zagreb Croatia
	Janisch, Jennifer	Dist.	Fr.	18	Kings Park HS/Kings Park, NY
	Keating, Jennifer	Spts.	Jr.	20	Sanford School/Wilmington, DE
	Kilbride, Megan	Dist.	Fr.	18	Pembroke Hill School/Kansas City, MO
	Lewis, Kimberly	MDist.	Fr.	18	South Windsor HS/South Windsor, CT
	Matter, Kristin	MDist.	Fr.	18	New Paltz HS/New Paltz, NY
	Moore, Angela	Dist.	Fr.	18	A J Dimond HS/Anchorage, AK
	Mulcahy, Allison	Dist.	Fr.	18	Kenston HS/Chagrin Falls, OH
	Pederson, Anne	Dist.	So.	19	Hockaday School/Dallas, TX
+*	Perrotti, Sarah	Dist.	Jr.	20	Clinton Central HS/Clinton, NY
	Putta, Madhurima	Jmps.	Fr.	18	Shaker HS/Latham, NY
	Randolph, Kim	Hdls.	Fr.	18	LaGuardia HS/New York, NY
*	Rankin, Tina	Wts.	Jr.	20	Glenely HS/Woodbine, MD
	Reester, Heidi	MDist.	Fr.	18	Wellsville HS/Wellsville, NY
	Rossi, Marissa	Wts.	Fr.	18	Farmingdale HS/N Massapequa, NY
	Roth, Julie	Jmps	Fr.	18	State College HS/Pine Grove Mills, PA
	Ruggieri, Angela	Spts.	Fr.	18	Frontier Central HS/Hamburg, NY
**	Ryan, Ginny	Multi.	Jr.	21	O'Neill Collegiate HS/Oshawa, Ont.
	Salter, Sandra	MDist.	Fr.	18	Pingry School/Newark, NJ
	Scheu, Linda	MDist.	So.	19	Clarkstown North HS/New City, NY
	Schmidt, Victoria	Wts.	Jr.	20	Aspen HS/ Boulder, CO
	Stepp, Kari	Hdls.	Fr.	18	Horseheads HS/Elmira, NY
	Thompson, Christina	Dist.	So.	19	Classical HS/ Pittsburgh, PA
*	Traynor, Jessica	Spts.	So.	19	Deerfield Beach HS/Deerfield Beach, FL
++*	van Zante, Annemieke	Dist.	Sr.	21	Boulder HS/Boulder, CO
	Vanek, Teresa	MDist.	So.	19	Ithaca HS/ Ithaca, NY
	Walker, Katherine	MDist.	Fr.	18	Williamson HS/Williamson, NY
	Ward, Emily	Dist.	Sr.	21	Greenwich Central HS/Greenwich, NY
**	Watkins, Jennifer	Wts.	Jr.	20	Hopewell Valley Central/Pennington, NJ
	Williams, Novelette	Jmps.	Fr.	18	Nottingham HS/Syracuse, NY
+++**	Woeller, Laura	Dist.	Jr.	20	Bodley HS/Fulton, NY

*Letters Won

+Cross Country Letters Won

Cross Country Captain: Pam Hunt
Track Captain: Ginny Ryan



Track/Cross Country

Cornell University

Teagle Hall

Ithaca, N.Y. 14853

BULK MAIL