



THE WASTEBASKET



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Cross Country & Track Newsletter

Cornell Relays

Dec. 2, 1995

The Cornell teams started off their indoor season in Barton Hall with the Cornell Relays. Fifteen teams participated in the relays, the majority of which were Division III schools. Although no team score was kept, Cornell dominated the competition and the Big Red tracksters were able to get in some good early season performances.

Senior Kristy Harris won the 55m dash in 7.46, followed by freshman Michelle Stein (7.66). Harris also dominated the long jump, leaping 17'4 1/2" for the win. Sophomore Maggie Moore, who transferred to Cornell from Vanderbilt, took the triple jump with a mark of 36' 5 3/4". Sophomore Chris Kervaski won the shot put with an effort of 39'9 3/4" and freshmen Tara Amarosa (36' 11 3/4") and Nancy Dillbough (36' 5 1/2") captured third and fourth respectively. The 4x400m relay was also victorious, running 4:11.41.

Junior sprinter Chad Hunter had a good day, winning the 55m dash in 6.47, which was good enough to qualify him for IC4As. Senior Trenton Bullock followed Hunter's lead, winning the 55m hurdles in 7.68 and also qualifying for the IC4A championships. The men had three other IC4A qualifiers, as senior Rodney Wiltshire qualified in the triple jump with a leap of 47'0 1/4", Darth Vaughn chalked one up in the high jump clearing 6'9" and junior Marc Duquella threw the weight 55'10 1/4". Other highlights for the men included a first-place finish in the distance medley relay in 10:29.82 and senior captain Charles Shimooka won the pole vault with an attempt of 15'5".



Colgate, Georgetown, Syracuse

January 13, 1996

Many Cornell tracksters returned early from Winter Break to run in the first meet of 1996 against some powerhouse teams. Both the men's and women's teams took second in the meet behind Georgetown, while Syracuse finished third and Colgate was fourth.

Cornell's highlights included first-place finishes in both the men's and women's 400m dash. Freshman Kristy Shreve took the race for the women (61.4) while sophomore Travis Kluegel won for the men (50.5). Sophomore Chris Kervaski took second in the women's 20# weight throw (47'10 1/2") and Marc Duquella got second in the men's event with a toss of 57'5 3/4". Senior hurdler Trenton Bullock took second place in the 100m high hurdles (7.5) and junior Julie Roth captured third in the women's hurdle race (8.4). Cornell also shined in the 500 meter dash, as senior captain Paul Belcher won the event with 1:06.4 and senior captain Kristin Davis took second in the women's contest with a time of 1:18.4.

The quad meet was a great way for the Big Red to start off the 1996 indoor campaign. While the tracksters couldn't quite hold off many of the Georgetown and Syracuse runners, the highly competitive races and field events pushed some people to early season PRs and set them on track for a good season.

Fordham, St. Joseph's and U. Penn

January 20, 1996

The following weekend, Cornell once again entertained a quad meet. Both the Big Red men and women finished second behind Penn, while St. Joseph's finished third and Fordham pulled in fourth.

The men's meet was particularly close, with Penn only beating Cornell by two points, 61-59. The meet highlight was when senior captain Charles Shimooka set a new school record in the pole vault by clearing 16' 1". Marc Duquella won the weight throw with a toss of 59' 0 1/2" and also took the gold in the shot put (53' 5"). Hurdler Trenton Bullock finished first in the hurdles in 7.65. Junior John Steed took second place in the men's 3,000m with a time of 8:37.02, and senior Rodney Wiltshire took second in both the long jump (21' 9 1/2") and the triple jump (47' 8 1/2").

The Cornell women missed first place by nine points, falling to Penn 82-73. Chris Kervaski won the weight throw with a toss of 49' 4 1/4", which met the provisional standard to compete at the Indoor NCAA championships. Julie Roth won the 55m hurdles with a time of 8.56 and Kristy Harris crossed the line first in the 55m dash (7.46). The Big Red also did well in the middle and long distance races. Miranda Kaye won the 1000m in 3:01.42, followed by Linda Scheu in 3:02.42. Freshman Heather Haupt won the 3,000m in 10:38.74 and the Cornell team won the distance medley relay in 12:04.16, which qualified the team for the ECAC championships. The competitive meet was good preparation for the Big Red to go on the road for the first away meet the next weekend against two Ivy rivals, Brown and Harvard.

Brown & Harvard at Harvard

January 28, 1996

Cornell competed well in its first triangular meet of the season. The women won the meet with 58 points, ahead of Harvard's 48 points and Brown's 42. The men didn't fare quite as well, finishing third with 48 points. Brown men won the meet with 64 points and Harvard was second with 57.

For the second time this season, Charles Shimooka set a new school record, this time bettering his own record by clearing 16' 2 3/4" to win the event. Other men's highlights included Marc Duquella's winning toss in the weight throw of 55' 9 3/4" and a second place in the shot put (50' 3 1/4"). Chad Hunter took second in the 55m dash in 6.57 seconds and Rodney Wiltshire won the triple jump in 47' 0 1/4". The Big Red also eked out a victory in the 4x400 m relay, running a 3:21.24, finishing just in front of Brown's team which ran 3:21.63. The relay time qualified the team for the IC4A championships, which were to be held at Harvard in March.

The women's team dominated the meet, winning seven of 14 events. Chris Kervaski was a

double winner in both the shot put (40' 8 3/4") and the weight throw (48' 6 3/4"). Junior Julie Roth won the 55m hurdles (8.58) and also placed second in the long jump with a leap of 17' 7 1/2". Kate Walker won the mile, running a personal best of 4:57.7, which was good enough to qualify her for the ECAC championships. Other ECAC qualifying performances were: Ellen White's leap of 5' 8" in the high jump; Linda Scheu's 9:55.43 in the 3,000m; Jessica Shaw's 2:13.22 in the 800m; Aruna Boppana's 2:16.32 in the 800m; and the 4x800m relay's effort of 9:21.90.

Bucknell & Yale at Bucknell

February 3, 1996

This meet was a mixed bag of good and not-so-good competition for the Big Red. The women easily trounced the competition, amassing 86 points to Bucknell's 45 points and Yale's 39 points. The men finished third, but had a strong showing in some events to score 51 points. Bucknell won the men's meet with 77 points and Yale finished second with 64 points.

Despite the disappointing score, the men's team had some great performances. Darth Vaughn won the high jump, clearing 6' 11" and qualifying for the IC4A championships. Other first place performances came from Greg Cipolaro in the 500m dash (1:06.65), Chad Hunter in the 200m dash (22.52), and the 4x400m relay (3:20.73). Other strong performances included Chad Hunter in the 55m dash (6.64), Mike Padilla in the mile (4:16.15), Artie Smith in the 5,000m run (14:55.5) and Charles Shimooka in the pole vault (15' 9"). The team was much more competitive at this meet than last year and fought down to the wire on many races.

The women had much more of a cakewalk in this meet because of a lack of strong competition. Cornell won the long jump (Anita Jakelic - 17' 8 1/4"), mile (Kate Walker - 4:56.3), high jump (Ellen White - 5' 6"), 55m dash (Kristy Harris - 7.31), 800m run (Becky Dennison - 2:11.9), triple jump (Anita Jakelic - 36' 9 3/4"), 1,000m run (Chris Groneman - 2:58.7), 200m dash (Kristy Harris - 26.05) and the 3,000m run (Heather Haupt - 10:36.8). The 3,000m run was one of the most impressive races of the day, with the Big Red sweeping the first four



places. Cornell also dominated the 800m run, taking first, second, fourth and seventh places, all with times under 2:20. It was a good meet for both teams and showed both the strengths and weaknesses of the teams as they continued to fine tune for the Heps at the end of the month.

Toronto, Guelph, Waterloo, U Penn

February 10, 1996

For many of the Heps runners, this was the last meet of the indoor season to get a competitive seed time, as many tracksters choose to rest the weekend before the Heps. So expectations of a good meet were high and the team rose to meet them.

The men won 11 of the 18 events and dominated the competition. Junior weight man Marc Duquella was the only double winner, coming away with first places in the shot put (49'9 3/4") and the weight throw (56'1 3/4"). Other impressive performances came from Chad Hunter in the 55m dash (6.59), Trenton Bullock in the 55m high hurdles (7.71), John Steed in the 5,000m run (15:18.14) and freshman Greg Cipolaro in the 800m run (1:57.61).

The women's team also dominated the meet, winning 10 of the 17 events. Junior Julie Roth won the 55m hurdles in 8.32, her personal best, and placed second in the triple jump (38'7 1/2") behind teammate Anita Jakelic (38'8 3/4"). Becky Dennison won the 1,000 in 2:55.85, followed closely by Jessica Shaw (2:56.14) and Miranda Kaye (3:00.38). Other notable performances came from Kristy Harris who won both the 55m dash (7.35) and the 200m dash (26.04) and Kate Walker who won the 3,000m (9:59.69).

Kane Invitational

February 17, 1996

Over 20 schools traveled to Ithaca to take part in the Kane Invitational this year, making it the largest meet the Big Red held all year. Over 900 athletes crowded into Barton Hall and the meet moved along pretty well - even through nine heats of the men's 200m and four heats of the men's 3,000m.

As in the past, this was a non-scoring meet and several Big Red runners opted to rest for Heps the following weekend or to run in a secondary event. The Cornell seniors took advantage of their last meet in Barton Hall to trounce the competition. Kristy Harris won the 55m dash handily with a time of 7.39 and also prevailed in the long jump with a

leap of 18' 5 1/4". Kristin Davis won the 500m dash in 1:17.59 and Nsenga Bansfield won the 400m dash, completing the two laps in 58.88.

Trenton Bullock was equally domineering in the 55m high hurdles, winning with a time of 7.70, and Artie Smith led

the 3,000m run with a winning time of 8:42.85. In the field events, Charles Shimooka won the pole vault, clearing 15' 3", and Rodney Wiltshire bested the field in the triple jump with a leap of 47' 5 1/4".

Other impressive performances included two high jump wins by Ellen White (5'3") and Darth Vaughn (6'10"). Cornell was also the winner in two other field events, as sophomore Maggie Moore won the triple jump with a leap of 37' 8 3/4" and sophomore Mike Reed took first place in the shot put, with an effort of 49' 8 1/2". Finally, junior Jeff Nason won the 1,000m (2:30.99) and classmate Kate Walker won the 800m in 2:14.57. The strong performances were great confidence boosters a week before the Heps.



Indoor Heptagonal Championships

February 24-25, Dartmouth College

A beautiful weekend welcomed the Big Red to Hanover, N.H., for the 49th Indoor Heptagonal Championships. The men were competing without the talents of sprinter Chad Hunter, who was out with a strained hamstring, but the Big Red came to do battle. Unfortunately, other teams came prepared for war as well and Cornell men finished seventh with 35.33 points. Princeton won the meet amassing 128.5 points, and was followed by Penn (115.83), Brown (85), Dartmouth (66), Harvard (56), Navy (50), Cornell (35.33), Yale (32.33) and Columbia (20).

The best finish for the men was sophomore sprinter Travis Kluegel's second-place medal in the 500m dash. He rounded the track in 1:03.77, ahead of freshman teammate Greg Cipolaro who received the fifth-place medal for his effort of 1:05.33. Cornell got four third-place finishes: Trenton Bullock in the 55m high hurdles (7.64); Marc Duquella in the weight throw (57'3") and the shot put (53'3"); and the 4x400m relay of Kluegel, Paul Belcher, Bullock and Cipolaro which posted a time of 3:18.83. The final points came from Charles Shimooka who was part of a three-way tie for sixth place in the pole vault (15'1")



and the distance medley relay (Dan Traver, Adam Zucker, Jeff Nason, Mike Padilla), which finished sixth (10:10.13). The only school record came from freshman Corey Kasdin who set a new freshman record in the pentathlon with 3,085 points.

The women fared a bit better, finishing fourth in the Heps with 76 points. It was disappointing, however, after winning the trophy last year and coming to Dartmouth this year with expectations of repeating. After the two-day competition, the women emerged with two first places, one by high jumper Ellen White who cleared 5'6" and one by the 4x800m relay team (Kate Walker, Kristin Davis, Jessica Shaw and Becky Dennison), which crossed in 9:01.49.

Other impressive finishes included freshman Jessica Shaw's second place medal in the 800m run (2:11.68), followed closely by teammate Becky Dennison who finished fourth (2:12.04). The women netted a bunch of third places: Kristy Harris in the 55m dash (7.34); Nsenga Bansfield in the 400m dash (57.43); Anita Jakelic in the triple jump (38' 0 3/4"); and Chris Kervaski in the weight throw (47'11 3/4"). Walker raced to fourth place in the mile (4:57.55) and Julie Roth captured fourth in the triple jump (37'11 1/2"). Cornell's four fifth places came from Roth in the 55m hurdles (8.35), Jakelic in the long jump (17'10 1/4"), freshman Tara Flegel in the pentathlon (3,089 points) and Kervaski in the shot put (41'1 1/2"). Finally, sixth-place medals were won by Linda Scheu in the 3,000m (9:57.21), Megan Kilbride in the 5,000m (18:04.73), Tara Amarosa in the shot put (40'5") and the 4x400m relay team of Shreve, Kristy Harris, Bansfield and Aruna Boppana (4:02.54).

While both teams saw good performances, the final results were disappointing and left some unfinished business to tackle at the outdoor championship meet.

IC4A/ECAC Championships

March 2-3, Boston, Ma.

The Big Red was well represented at the Eastern championship meets, which were both held in Boston this year. Nine individuals and one relay competed at Harvard in the IC4A meet, where

Cornell placed 27th with nine points. The best finish came from John Steed, who placed fourth in the 3,000m run with a time of 8:22.84. Marc Duquella was fifth in the men's shot with a toss of 60'2". Charles Shimooka recovered from a disappointing Heps by vaulting 16'0 3/4" for seventh place.

On the women's side, the Big Red earned five points for 25th place as a team. Kate Walker placed fourth in the mile with a time of 4:49.25 that provisionally qualified her for the NCAA championships. Becky Dennison was the other point scorer in the 800m, running 2:11.14 in the finals for sixth place. However, her time of 2:08.77 in the trials was good enough to earn her a trip to Indianapolis for the NCAA indoor championships.

NCAA Indoor Track & Field Championships

March 8-9, Indianapolis, In.

Junior Becky Dennison was the only Cornell runner who qualified for nationals this year, but she did the Big Red proud. Dennison ran 2:09.17 in the trials to qualify with the fifth-fastest time for the finals on Saturday. She placed eighth in the finals with a time of 2:09.25, earning her All-America honors.



Junior Becky Dennison

Meet The Big Red

by Artie Smith

Successful leadership is often difficult to define, much less discover. Hard work, the respect and support of teammates, and inner confidence are certainly qualities that make up a good leader. Nevertheless, it is a rare person who is able to combine all of these characteristics and is still able to get along with everyone. It is universally agreed by his teammates that senior Charles Shimooka, the men's track co-captain, embodies these qualities in an unusually sincere, modest and quiet way that has earned him respect from the entire team.

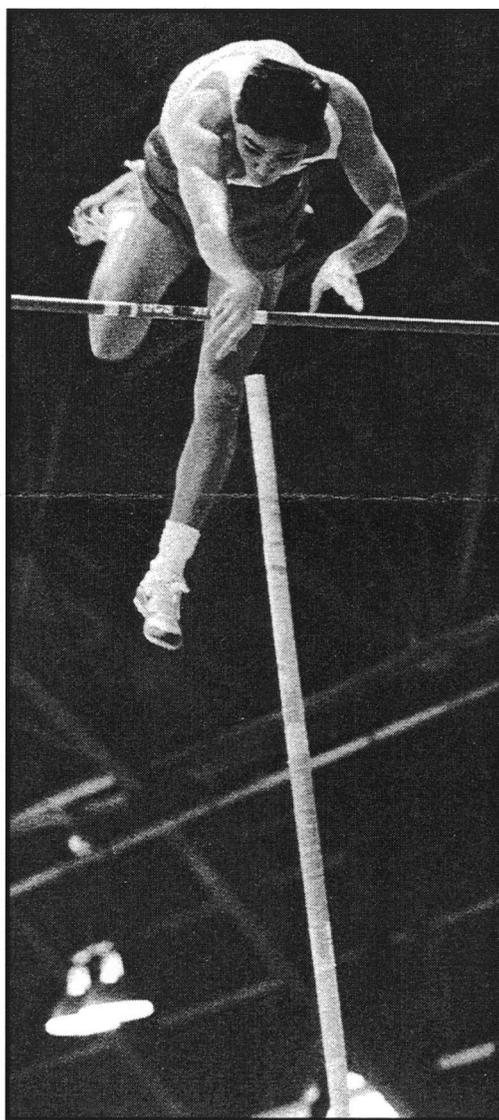
Senior hurdler Trenton Bullock describes Shimooka, as a "very dedicated athlete who works harder than anyone. He entices all of us to work harder and put in an extra effort." Freshman vaulter Greg Schlacter (who recently broke Shimooka's freshman record in the pole vault) also looks up to his captain. "I'm not sure what I'm going to do next year without Charles around. At meets and everyday in practice, he is like another coach. He is so technically proficient in the pole vault and cares so much about the sport and his teammates that I owe all of my improvement this year to his help and example," Schlacter explained.

In addition to his role as an admired leader on the team, Shimooka, from Escondido, Calif., is also the indoor school record holder in the pole vault at 16'2 3/4". The usually reserved Shimooka gets animated when discussing his passion for track and field. "I really consider myself a student of the vault," he says as his eyes light up. "Pole vaulting takes so much work, so much study of video and technique. I've read everything I could get my hands on but it never gets

boring. You combine all aspects of track and field in pole vaulting: running, jumping, sprinting, strength."

Shimooka originally chose Cornell because he wanted to experience a different area of the country than California and hoped to be able to compete on the varsity level in college, an opportunity he may not have had at some California schools. Cornell has been a good choice in many ways, he says. "I've met a lot of great people here and Cornell has taught me to be a lot more open-minded. I've had to think differently at Cornell so the choice to move out here has been a great one," he said. In terms of his athletic career, his choice of Cornell has also proved to be a successful one. A fourth-place finisher at the 1995 indoor Heps and a seventh place finisher at the 1996 indoor IC4As (earning All-East honors), Shimooka has made his mark as a tough competitor and leader. Shimooka said, "It has been great to see a resurgence in the pole vault tradition here at Cornell. In the years I've been here the school record has been raised a lot and I think the years ahead look bright as well."

After graduating this May, Shimooka, a marine biology major, is hoping to find a job in environmental consulting. He worked at William & Mary on a National Science Foundation Fellowship last summer, and Shimooka discovered an interest in biology research. Shimooka is looking forward to entering the job market, but says he is going to miss Cornell. "The team atmosphere and the friends I've made, as well as all the great times competing I've had with track, are things I'm going to miss a lot. I've had some memorable times this



year," he said.

Another Cornell captain who embodies a concern for teammates and hard work is Illinois native Kristin Davis. Blessed with unusual versatility on the track, Davis, a senior, has competed on 4x400 relay squads, is the team's leading 400-meter hurdler (she finished sixth last year at the outdoor Heps) and is a member of the outdoor school record-holding 4x800 team that is also the defending indoor and outdoor Heps champion. Ever since her freshman year, Davis has been an integral part of the Big Red's long sprint and middle distance team, but her personal successes mean less to her than the victories the whole team has experienced during her four years at Cornell.

Davis says that her greatest memories are of "being a part of the championship teams at indoor and outdoor Heps last year. There are so many great things that have happened to me while I've been a part of the team, but winning those meets - especially the indoor Heps at Barton - are very special for me." Being a part of successful teams is not new for Davis. A member of record-setting relays at Palatine High School in suburban Chicago, Davis arrived in Ithaca already accustomed to winning. "I came to Cornell," says Davis, "because it provides the best combination of athletics and academics. I simply couldn't pass Cornell up. The major bonus has been the great people I've met here. My memories of Cornell will be of the team and my teammates."

Her teammates are equally as enthusiastic about their captain. Energetic and supportive during practice, Davis is also a conscientious leader who represents her teammates on the Student-Athlete Advisory Council and in the Red Key Society. According to senior Linda Scheu, the best quality about Davis is that she knows how to enjoy running. "Kristin knows when to have fun and when to be serious," says Scheu. The ability to have fun and brighten her teammates' days has left its mark on the team. Amidst the many snowy days that comprise an Ithaca winter, Barton Hall's track has always remained a cheery place and Scheu, among others, attributes this mood to Davis' humorous and positive example.

The challenge of balancing fun times with serious training will be another fond memory that Davis has of the Cornell track team. "Track is fun, but it is also a daily challenge- physically, personally

and socially. We have the luxury of setting aside three or four hours a day in practice for these challenges and I'm really going to miss those times with my friends." Having already accepted a job with GTE, Davis, a Dean's List student in the ILR school, is looking forward to the travel and new experiences that the job will bring. But says Davis, "I'm excited about the new places that my job will take me and it is a relief to have a job because now I can really enjoy my last few months with the team. There is just so much that I've gotten out of Cornell that I'll have a lot to take with me when I leave." But even as Davis, and Shimooka, take meaningful memories with them to their life after the Cornell track team, their leadership, example of hard work and support of their teammates, will remain behind.



Outdoor Track/Soccer Facility Update

Although we are still a bit short of our fundraising goal, construction of the new Robert J. Kane Track and Soccer Facility will begin this May. This facility, which will be funded entirely through alumni support, will be state-of-the-art with new throwing and jumping areas. If completed on schedule, the new track will be poured in time to be used for practices this fall, Ithaca weather permitting! If you have not yet made a contribution to the track, please consider making a pledge to help fund this facility, which is long overdue and is desperately needed. With your support, Cornell will have its last "home" meet at Ithaca College this April. The Big Red will hold its first meet on the new facility against Oxford and Cambridge in the spring of 1997.



Alumni Updates



Dane Keehn '75 lives in the Seattle area and is making use of his advanced degree in psychology as a mediator. After graduating from Cornell, he snubbed medical school in New York City to live in the hills of California and work as a "regular old car mechanic." Now, however, he says he has found his calling in life. Dane still runs about three times a week and works as a part-time track coach for the local high school.

Bart Petracca '80 just moved to St. Louis, Mo., last May to work as the environmental administrator for Eagle Snacks. He is married with two children and is trying to run himself back into shape in time to run in a marathon this fall.

Kenyon Erickson '81 lives in Falls Church, Va., with his wife Betsy Murphy '80 and their two boys. He ran on the cross country team in '73 and '74, back when he thought he would be an engineer in the class of '76. He sends his regards to Tom Patterson, Craig Holm and Dave Stinson, his 101 Eddy St. gang. Kenyon still runs in the morning — and claims to keep up a six-minute mile pace.

David Schleuning '91 is still in school, working on his PhD in astrophysics at the University of Chicago. David still runs semi-regularly and recently spent about two months at the South Pole with a research team. While way down under, he set the new world record for the "Race Around the World," which takes place annually on Christmas Eve. David circled the world three times in 13:55 and, technically, finished the race three days after he started.

Rob Ring '91 is also living in Chicago, working as a pension consultant for TIAA-CREF. He is getting hitched to Amy Risch this July in Two Harbors, Minn., which is on the north shore of Lake Superior. Rob has been "marginally" active in the Cornell Alumni Ambassador Network, and sends his best regards to all his former teammates.

We'd love to hear from more of you about where you are and what you are up to! Please call Susie Curtis at 609-255-9782 ; email her at skc12@cornell.edu; or write to her at Teagle Hall, Campus Road, Cornell University, Ithaca, N.Y. 14853-6501. We'll keep writing the update as long as there is news to tell!!



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**Remember To Mark Your Calendars For The Weekend Of June 6-9
And Plan To Return To The Cornell Campus For Reunion Weekend 1996!**

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

Among the athletic department's most popular activities is the annual athletic reception tent in front of Teagle Hall on Friday beginning at 2 p.m. until 5 p.m. Coaches and administrators are always eager to "talk shop" or discuss your favorite sport in this casual and informal setting.

Our coaches and staff look forward to joining you at the Annual Athletic Reunion Breakfast on Saturday in the Robison Hall of Fame Room in Schoellkopf Hall beginning at 8 a.m. Due to limited space and very interested alumni and friends of athletics, we strongly urge you to make your reservations as soon as possible (cost \$7 per person). Please call 607-255-3816 for reservations of for more information.