



THE WASTEBASKET



Lou Duesing, Head Coach
Athletic Field House
(607) 255-3475

by Susie Curtis, Assistant Coach

Fall 1997

Cross Country & Track Newsletter

Cross Country Season Preview

Both the men's and the women's cross country teams arrived on campus optimistic about the season's outlook. The influx of some very talented freshman should help offset the loss of some tremendous seniors on both teams.

On the men's side, the team will miss the leadership of last year's captain Jeff Nason, who set an example on the course and in practice. Other top seven runners for the Red last year included seniors Wan Park, Larry Gosse and John Steed. Their contributions will be missed, but captain Zach Woodmansee has a competitive drive which he hopes will inspire the team to race with pride. He will be supported by sophomore Wyeth Koppenhaver, who was plagued much of last season with a stress fracture. He trained in Ithaca all summer, however, and starts the season in great shape and injury free. Junior Josh Novak will also be a team leader. He had a tremendous track season, turning in some top 5,000m races, and has a solid summer of training behind him. Senior Max Peter is focused on having a great cross country season and his early workouts show he will be making a stab at running consistently in the top seven. Sophomores Fred Merwarth and Trent Stellingwerff will also seek their places at the top, after a great start their freshman year. Three talented freshmen will help round out the group. Matt Schmucker, Chris Dupont and Chris D'Angelo will gain some battle scars this season as they fight for their place on the team. Finally, returning juniors Jim Wolfe and Doug Krisch and seniors Dan Sherry and Matt Moynihan will provide some racing experience and will look to contribute throughout the season.

The women's team will greatly miss the contributions of All-Americans Kate Walker and Becky Dennison and will look to captain Laura Audette to lead the team through the early transition. Fortunately, the women return a solid group of juniors who are up to the challenge. All-American Jessica Shaw will assume a leadership roll to support Audette, and other top juniors such as Chris Goneman, Claire Ryan, Heather Haupt and Miranda Kaye should all be in the running for the top seven spots on the team. Returning sophomores Nikki Fuccillo and Valencia Tilden will be joined by two sophomore transfers: Emily Germano, who was a top runner for Boston College last year and Liz Hill who came to the Big Red from Ohio State. The newcomers will be joined by some terrific freshmen prospects, including Ursula Lam, Anne Pearson, Meredith Freimer, Kim Chatman and Jessica Hall. The freshman will need to gain racing experience as the year progresses, but will be led by some excellent examples while they earn their spikes.

We need your memories!

Our files documenting the history of the Oxford/Cambridge meets are incomplete! We don't have any information about the team that traveled to compete in London in 1938. Any of you who have memories or stories about that trip, please contact Susie Curtis at 607-255-9782 or write her at Teagle Hall, Campus Road, Ithaca, N.Y. 14853. Your help in completing this history would be most appreciated!

Scheduling Notes

Some changes in the schedule will place the IC4A/ECAC championships at Van Cortland Park two weeks before the Heptagonal championships at the same site. Therefore, the annual meet on the West Coast has been replaced this season with something more appropriate for the schedule, which should allow the team to better prepare for this early championship meet.

Cornell vs Army
Sept. 12, 1997
Ithaca, NY

Cornell kicked off its 1997 cross country season with a dual meet with the Cadets from Army. After traveling to their ski-slope course last year, we were happy to hold the meet on the Moakley Course. Unfortunately, we were much too gracious as hosts and the Cadets beat both the Cornell men's and women's teams. The men's race was a nail biter, with Army scoring 27 points to Cornell's 28. Scott Goff from Army won the meet in 25:43, and Josh Novak was second in 26:08. Wyeth Koppenhaver placed fourth overall in 26:33 and he was followed by captain Zach Woodmansee, who completed the course in 26:46. Senior Max Peter was a big surprise, as he placed fourth for the Big Red and seventh overall in a time of 26:59. Fred Merwarth rounded out the top five for Cornell, placing 10th in a time of 27:08. Other tough performances were turned in by a pack of Cornell runners who placed 12th through 16th. The leader of the group was Jim Wolfe (27:12), and he was followed by Dan Sherry (27:27), Matt Schmucker (27:29), Doug Krisch (27:30), and Ron Paryl (27:30). Although the team score did not reflect a win, the men's team competed with an edge that bodes well for the remainder of the season.

The women weren't as competitive in their race, being defeated in the final team score, 21-38, by Army. Transfer sophomore Emily Germano did cross the line first to lead the Big Red and established a course record for the new Moakley Course, which was changed last season. She completed the course in 18:36, and Chris Groneman, the second finisher for Cornell, crossed the line in 19:21 for sixth place. She was followed by Jessica Shaw (8th, 19:29), and a pack of Cornellians who placed 11th through 15th. Meredith Freimer led that pack with a time of 19:43, followed by Claire Ryan (19:48), Nikki Fuccillo (19:59), Kim Chatman (20:02) and Ursula Lam (20:03). The women were not as sharp as they had hoped to be for their first race, as they were coming off a tough two weeks of practices. They left the course determined to improve their team performance in Boston the next week.

Fall Classic
Sept. 20, 1997
Boston, Mass

A beautiful day greeted the Big Red as it rolled into Franklin Park to compete in the Fall Classic. The harriers were eager to have some good races because they will return to this same course in the middle of November for the NCAA qualifying championship meet. Five other colleges raced in the meet, as did two running clubs in the Boston area. The Cornell men and the Cornell women dominated the collegiate racers and were led to faster times by the presence of some top club runners.

The men won the meet with 32 points, beating Brandeis (43), College of New Jersey (63), Providence (93) and Boston College (143). Wyeth Koppenhaver was the top college finisher and fourth overall, racing to a time of 25:10. Josh Novak finished sixth with a great race of 25:17. Captain Zach Woodmansee was 10th overall with a time of 25:37, and he was followed by Fred Merwarth (16, 25:51), Trent Stellingwerff (23, 26:06), Max Peter (27, 26:10) and Matt Moynihan (28, 26:11), to round out the top seven. Other gutsy performances were turned in by Dan Sherry (30, 26:13), Jim Wolfe (34, 26:25), Matt Schmucker (40, 26:35) and Ron Paryl (41, 26:37). The men raced well as a team, encouraging each other to be tough and to run with a pack mentality. They are a tight group and have started off the season with two great races.

The women also bested the competition, scoring only 19 points, to finish ahead of Boston College (50), College of New Jersey (77), Yale (112) and Brandeis (120). Emily Germano was the top collegiate finisher, placing fourth overall in a time of 18:01, which was a 40-second personal best for the course. Jessica Shaw was the second college racer to finish, crossing in 18:12 for seventh place overall. The top seven were rounded out by Miranda Kaye (14, 18:44), Meredith Freimer (16, 18:52), Claire Ryan (19, 18:55), Chris Groneman (22, 18:57) and Laura Audette (23, 18:58). Nikki Fuccillo (26, 19:02), Kim Chatman (27, 19:04), Ursula Lam (29, 19:12), Heather Haupt (33, 19:19) and Tracy Allaman (34, 19:21) all turned in great performances as well. The women ran and competed as a much stronger team than last week and it's looking like both teams should have great seasons!

Hall of Fame Inductees

As part of the Homecoming festivities, Cornell inducted three former tracksters into the Cornell Athletic Hall of Fame.

Norwood G. Wright '28 was a hammer and weight thrower for the Big Red. As a senior, he won the weight throw at the IC4As to set a new record and help Cornell to the team title. He won the Penn Relays hammer throw in 1928 and competed in the Olympic Trials that year. He was a member of the All-American track and field team for 1931. He was active in the Boy Scouts of America for 31 years, employed at the national headquarters until 1970. Norwood passed away in 1976 in Vincentown, NJ.

Dave Doupe '78 was one of the nation's top shot putters, qualifying for the NCAA championships three times and finishing sixth in the event outdoors in 1974 and 1975. He was the outdoor Heps champion in 1974, 1975 and 1978 and won the indoor title in 1975. Dave still holds the Cornell indoor record (62' 2 1/2"), outdoor record (62' 10 1/2") and the Barton Hall record (60' 7"). He was named the team's "outstanding weightman" in 1974 and in 1978, when he helped the Red capture both the indoor and outdoor Heps championships. He resides in Westlake Village, Calif.

Lauren Kulik '85 leaped onto the Cornell track scene with her spectacular triple jumping, but also left her mark in the 55m hurdles and the multi-event. At the time of her graduation, Lauren held the Cornell school records in the long jump, triple jump, 55m hurdles, and the Heps record in the pentathlon. In her senior year, Captain Kulik was the outdoor Heps champion in the triple jump, indoor and outdoor ECAC champion, 10th at the indoor NCAA championships and 21st at the outdoor NCAA championships. She was named the team's most valuable performer that year, the outstanding senior hurdler, and received the Gatling Award for the "senior who has done the most for Cornell track." Lauren lives in Boise, Idaho.

Our congratulations go out to our three newest members of the Hall of Fame!

Cornell Track Association Meeting

The executive committee of the Cornell Track Association gathered Homecoming Weekend for its first 1997-98 meeting. In attendance were Grant Whitney '86, Loren Mooney '93, Deb Coccia Young '92, Colin McClive '82, Robert Martin '54, Mike Midler '58, Charlie Moore '51, Susie Curtis '91, Ray Burton '60, Robert Anastasio '74, Jim Draddy '81, David Eckel '58, Jack Ostrom '51, Blonde Grayson Hall '79, Neal Hall '78, John Bayne '88, Coach Lou Duesing and some guests.

At the meeting, Grant Whitney informed everyone that Pete Pfitzinger '79, Olympian in 1984 and 1988, was donating both of his Olympic uniforms and warmup suits to Cornell track. Pete is moving to New Zealand and wanted to ensure that the uniforms ended up with the Big Red. We are working to preserve the uniforms and will proudly display them in the Bradley Track Center. Many thanks to Pete for remembering his alma mater as he packs to leave the hemisphere!

Coach Lou Duesing also reported that the Horace Shackelton Awards, given to track and field officials who have shown superior dedication and service, were reinstated in the spring. Joe Leeming, who has re-set the high jump bar for at least 20 years, was one of two recipients this year. The second, Jim Rothschild, has punched his stopwatch at the finish line for 46 years.



1997 Hall of Fame Inductees

Track and Field Inductees: Martin Wright representing his father, Norwood Wright (1st row, 1st person from left); Lauren Kulik (1st row, 2nd from left) and Dave Doupe (2nd row, 2nd from left).

Meet the Big Red

by Dan Traver '98

Emily Germano '00 is about the most unassuming No. 1 runner you'll ever see. She doesn't talk like someone who is one of the most dominating runners in the Ivy League, nor does she act like one. Germano showed up to practice in August, introduced herself as a transfer from Boston College, and immediately became a force to be reckoned with. "She's got this incredible work ethic, she has been a savior to the team, but never once has she exhibited an ounce of arrogance," said Jessica Shaw '98. And arrogance could probably be forgiven following Germano's unbelievable premiere performances. She won the Army/Cornell duel meet in record-setting time, was the top collegiate finisher in the Fall Classic in Boston and placed in the top five at the prestigious Paul Short Invitational at Lehigh.

Nobody really expected this from a woman who did not rank in the top seven at Boston College her freshman year. Germano credits some of her improvement to being able to handle 55 miles a week of running. However, most of her success seems to stem from an increased comfort level with her surroundings.

This leads to the story of the transfer. "A big part of the reason was homesickness," said the Long Island native. "It was really hard to meet people - at school and on the team - when I wanted to leave all the time." Cornell started to look like a perfect fit for her. It's closer to home, and Emily's sister, Beth, is a senior here. Germano had actually applied to Cornell as a

senior in high school, but was rejected. Her acceptance letter as a sophomore was, in her words, "the ideal situation."

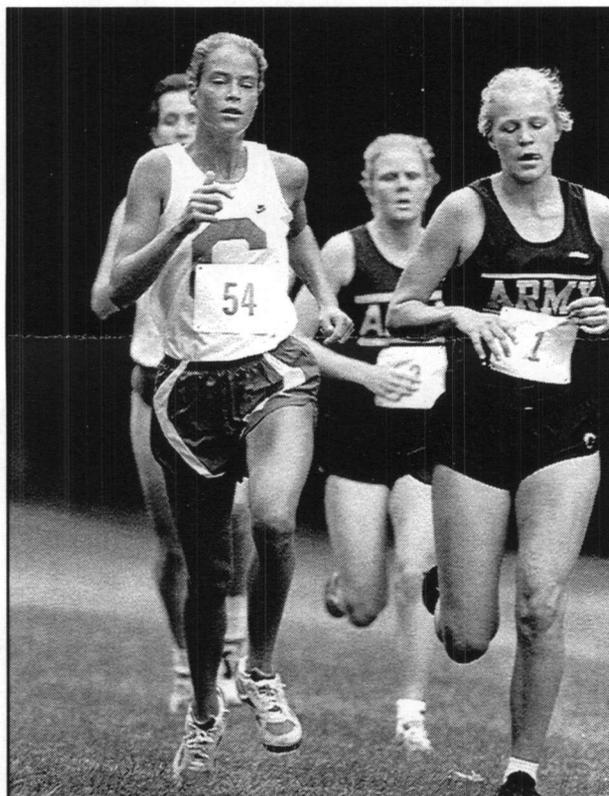
Now she is thriving in the more rigorous academic setting. The natural resources program at Cornell suits Germano's career goal of being an animal behaviorist. Going abroad in Africa to study in the wild is now a reachable goal. She concedes she would probably only go for a short time. "If I couldn't handle Boston, I don't know

how long I'd last over there," she confesses. But she has also found that people in Ithaca are "much more excited and happy about what they are learning."

Another pleasant surprise for Germano has been the spirit of the women's cross country team. "They were so easy to get to know. I was amazed at how open the cross country circle was." In return, her teammates stand in awe of the rapid adjustment she has made. "She has stepped into a leadership role so easily," said Shaw. "Whether it's yelling encouragement at us in workouts, or singing

songs to keep us loose on our pre-race warmup, she's such a valuable presence."

With a new team which already counts her as one of their most valuable, and a coaching staff that provides attention she is thriving on, there is seemingly no limit to what Germano is capable of doing. "Her mile PR is 5:17," said Shaw. "She ran that first mile at Lehigh in 5:24. This girl is going to go crazy on the track." However, you'll probably have to read about it somewhere—Germano won't be bragging about it.



Meet the new Big Red Harriers

We have a terrific group of newcomers to the cross country team this fall! You'll be reading about these athletes throughout the season, so here are just a few facts about them so you can begin to get to know them.

Kimberly Chatman comes to us from South Kitsap High School in Port Orchard, Wash. The 800m runner is excelling with the cross country team and is one of our top seven runners after the first two meets. Kim is a business major in the College of Agriculture and Life Sciences.

Chris D'Angelo is running in the middle of the men's Big Red pack. A freshman from Farmingdale High School in Farmingdale, N.Y., Chris is studying in the School of Industrial and Labor Relations.

Chris Dupont is having a great first season with the Big Red. While he prefers the mile or 800m to five miles, Chris was a standout in cross country at Hornell High School in Hornell, N.Y.

Meredith Freimer journeyed to Cornell from Central Bucks High School in Doylestown, Pa. She is the top woman freshman runner on the team this year, even though she prefers the 800m after recording a 2:17 last year. Meredith is studying natural resources in the College of Agriculture and Life Sciences.

Emily Germano is a sophomore transfer from Boston College. She has been our top finisher for the first two meets and is a top performer in practices. She attended Bay Shore High School in Brightwaters, N.Y., and like Freimer, is a natural resources major.

Jessica Hall came to the East from Kearney Senior High School in Liberty, Mo. Despite some early shin splint aches, Jessica is adapting well to the Big Red training regimen. She attends the College of Arts and Sciences and is "undecided" as to what she'll pursue.

Liz Hill is a sophomore transfer student from Ohio State. She is now studying nutrition in the College of Human Ecology and is running up a storm! Liz attended Fairport High School in Fairport, N.Y.

Geoff King is a business major in the College of Agriculture and Life Sciences. He attended Main-Endwell High School in Endwell, N.Y., last year where he was a conference standout in cross country and the 1600 and 3200 on the track.

Ursula Lam attended Bethlehem Catholic in Bethlehem, Pa., last year. Ursula was a standout in high school in cross country and is racing extremely well for the Big Red. She is officially "undecided" in the College of Arts and Sciences, but is leaning toward biology.

Anne Pearson flew across the country from Cascade Senior High School in Everett, Wash., to enter as a biology major in the College of Agriculture and Life Sciences. She was the top cross country runner in her region in high school and finished fifth at the Washington cross country meet.

Matt Schmucker is a biomedical engineering student in the College of Engineering. He attended Central Bucks East High School in Jamison, Pa., last year where he was a No. 1 runner for the team. He is leading the freshman men's squad in cross country thus far this season.

Mark Your Calendars!

Oct. 31

Cross Country Heps is at Van Cortlandt Park on Halloween. There will NOT be an alumni race this year due to a conflict with the Big East championships, which are being held at VCP in the morning. The Heps championship race will go off at 1:00 p.m. on Friday and we will gather for awards and munchies at the Cornell Tent at 3:00 p.m. Please come and support the Big Red if you can!

Feb 28 - March 1

Princeton is the host for the Indoor Heptagonal Championships this year. Mike Midler '58 has volunteered to help organize an alumni gathering. Please call him at 732-238-0738 if you are interested in helping him arrange the function.

March 7 - 8

The Indoor IC4A Championships will be held in our very own Barton Hall this winter. We are expecting more than 500 of the best athletes in the East to compete in Ithaca over the two days. It should be a great track meet and will inspire some of our own tracksters to great performances on their home track.

May 9 - 10

You guessed it! Outdoor Heps are being held at Brown University this weekend. Grant Whitney has volunteered to try to organize a gathering for returning alums for this meet. Please call Grant (617-876-9267) if you live in the area or if you are interested in helping him out.

Alumni Updates

Michael Franz '85 was appointed Assistant Professor of Surgery at the University of South Florida College of Medicine. He married Janice Urciola in 1992 and they are the proud parents of two children, 4-year-old Kyle and 9-week old Allison. The former high jumper reports that he can no longer jump his height... but he's "working on it."

Jenn Cobb '92 has finished her first year in her emergency medicine residency. This year, she will spend much more time in the ER and will also spend some time in Critical Care. Jenn's travel plans include a "business trip" to Vietnam with a group of residents and physicians to teach doctors how we handle trauma and other emergencies in the U.S. Jenn is still running to maintain her sanity, but has been out of competition circles for a while. Life on the West Coast is treating her well.

David Buck '90 recently moved to Vancouver, Wash., after seven years in Ann Arbor, Mich. He is working for Hewlett-Packard after graduating with his MBA from the University of Michigan and logging seven years with the Ford Motor Co. He extends his congratulations to Barry "the pirate/I only eat toast" Logan on his recent marriage.

Ryan Chaplinski '93 bought his first house in Phoenix, Ariz., and is enjoying not paying rent! He is working for the Vanguard Group as an account administrator and travels a bit over the western U.S. He is co-chairing Arizona Zinck's night events and is hopeful that classmates and alums will venture out for the fun. Ryan has converted from a 400m runner to a distance runner, but a 10K he ran last year almost converted him back. He sticks mostly to softball and pumping iron. Ryan can be reached at ryan_j_chaplinski@vanguard.com@inet

Michelle Simone '90 is finishing her doctorate in mechanical engineering at Rensselaer Polytechnic Institute in Troy, N.Y. She is on track to finish this winter and then hopes to find a great

job in the corporate world. Michelle is still training and has run some competitive times lately that would give her a place on the current team! You can get in touch with Michelle at simone@scorec.rpi.edu.

Ed Chai '91 is half way through his residency in New York City. He still hangs out with Mike Ealy '91 who is succeeding as an actor between his full-time job commitments. He also keeps in touch with Scott Edwards, who lives in Memphis as a resident. Ed participated in the Chase Corporate Challenge in the Big Apple (22:45 for 3.5 miles - not bad for an old sprinter!), and heard that the women's division was won by no other than our very own Loren Mooney '93, who is a reporter for Sports Illustrated. Ed can be reached at echai@juno.com.

Erik Lukens '89 is married to Michelle Mulder whom he met in graduate school in Princeton. She finished her PhD in political science in 1996 and Erik finished his in English in 1995. He's putting it to good use writing editorials for The Trentonian, a tabloid in Trenton, N.J. He still runs every day with the help of his pointer puppy.

Grant Whitney '86 married Beth in mid-July and had a pretty good turnout of track alums at his wedding. Pete Dominick '86 and John Wilcox '86 both made it, as did Barry Logan '90. Stephanie Best sent her regrets as she was participating in a USATF high altitude training camp that weekend. Grant also reports that Evan Bender '86 is doing his residency in the New York metropolitan area after attending medical school in Budapest, Hungary.

Thanks for all the alumni updates! I'd love for this section to grow even bigger and to include more updates from alumni from the 50s, 60s and 70s who mean so much to our program. Please e-mail Susie Curtis at skc12@cornell.edu, call her at 607-255-9782 or write at Teagle Hall, Campus Road, Ithaca, NY 14853.

Meet the Big Red

by Dan Traver '98

Look at you! Blond hair, blue eyes, sporting a Florida tan. And on top of that you're a piano prodigy and a wonderboy at everything you do!"

This quote, taken from a movie that Max Peter '98 co-wrote and starred in over the summer, aptly describes the senior cross country standout. To this previous list can be added his other accomplishments: five times on the Dean's List, groundbreaking research on how water currents affect offshore drilling rigs, and a true gift for all things academic.

However, one could also notice that neither the quote, nor the list, mentioned anything about running. This is not a mistake, because before this year there was not much to write about. Peter has never traveled to an indoor track meet and has not gone to an outdoor meet since freshman year. While he does have experience running in the Heps and IC4A cross country meets, it has always been on the junior varsity level. So how did the scholastic

Superman and athletic Clark Kent become a top-five performer for a vastly improved Big Red cross country team?

Peter does not see it as such a clear-cut issue. There was no miracle training method. Unlike many other cases of such dramatic improvement, he did not "start taking the sport seriously." He has always been one of the hardest workers on a team of

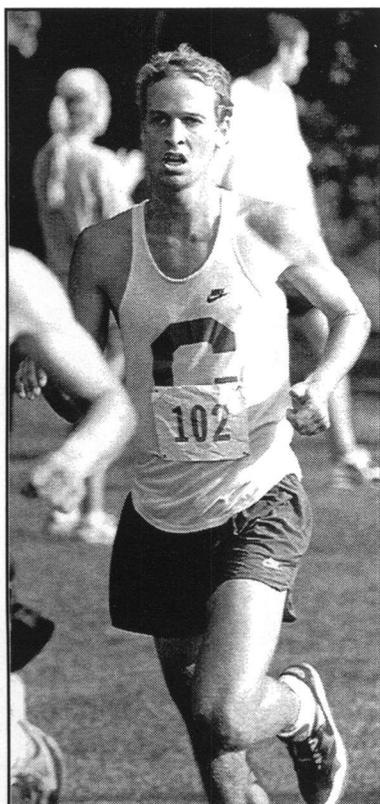
hard workers. Rather, he sees it as a progression. "I think that I've finally matured as a runner," he said.

That might not make much sense at first, so perhaps a little explanation would help. Generally, great cross country runners possess two attributes that make them successful. First, there is the necessity of putting in the miles, normally around 70 per week or more over the summer. Second, there is the mental toughness that is a prerequisite for dealing with the daily discomfort, not to mention the agony that comes with 5-mile races. Peter readily concedes that as a freshman, he had neither. "You didn't have to be mentally tough in high school, but even if I had been, I know my body couldn't have handled 70 miles a week when I was that age."

He couldn't handle it freshman year at Cornell either. On the first day of practice, he walked the last mile of the 6-mile run. (I know because I was with him.) He struggled in the back of the pack until he realized that 30 miles a week was not going to cut it. The progression began. Fifty miles as a sophomore, and a spot on the JV Heps team. Sixty miles as a junior, and a spot at IC4As. Finally, three years of struggling has produced a dramatically improved senior. Peter had his breakthrough race against Army, with a seventh-place finish and a PR. He continued with another PR one week later in Boston.

The final source of inspiration has been the "sense of urgency" Peter feels on the men's team this year. "In previous years, we've been content with saying, 'we didn't win, but we had some people do well, and we'll do better next week.' This year nobody is making any excuses, and I love being a part of that."

Peter is a perfect example of this policy of "no excuses." While others have left the team for lack of time or lack of success, he has progressed every day for four years under those same conditions. Now success for Max Peter has arrived and he's enjoying every minute of it.



*Message from Grant Whitney '86,
Chair, Cornell Track Association*

In the last issue of the Wastebasket, readers were introduced to the newest members of the Executive Committee of the Cornell Track Association. It occurred to me that our alumni might be interested in learning more about this group:

What is the Association?

We are committed to supporting, encouraging and promoting the men's and women's track and field and cross country programs at Cornell. Through the Jack Moakley Fund, the Track Development Fund and other sources, we try to assist and enrich these sports as administered by the Athletic Department under the guidance of the coaching staff. We have one annual meeting usually set for a home meet in the spring.

Am I a member?

There is a good chance that if you are reading this newsletter YOU ARE A MEMBER!!! If you competed for the men's or women's team or are a friend of the programs, congratulations and welcome.

Wait a second, how does the "Executive Committee" fit into all of this?

The Executive Committee is responsible for the general direction and management of the Association which includes stewardship and solicitation of funds for the Jack Moakley Fund and Track Development Fund to benefit the programs. As an alumni association we are always interested in re-connecting tracksters to each other and the programs. The executive committee is comprised of 15 elected members serving three-year terms; two members of the athletic administration; a coach member; and eight lifetime members who were nominated for their dedication to Cornell track and cross country. We meet in the fall and the weekend of the annual meeting.

Ah hah!! I get it, the Executive Committee is a "Star Chamber" right?

No, no, no a thousand times no. Our meetings are open to any alum who is interested and the executive committee nominations are approved at the annual meeting. That means you have THE say in who represents YOU!!!

Can I get involved?

You bet!! The Association has the following standing committees: Development Committee, Nominating Committee, Public Relations Committee, and Benefactors Committee that are open to all alums in addition to Executive Committee members. Contact Tom Patterson [TPATTER@IBM.NET, 914-245-0309 (h) or 914-766-4504 (w)] Grant Whitney [GWHITNEY@Mail. Lesley.edu or ghwhitny@tiac.net or 617-876-9267] or Colin McClive [comccliv@ix.netcom.com, 203-322-9794 (h) or 203-322-9407 (w)] for more information.

Any events coming up this year?

You bet. We plan on having a Cornell tent for alums, parents and athletes at all three Heps championships and expect strong turnouts. If you are interested in cross country at Van Cortlandt Park in New York City, contact Robert Martin '54 (212) 580-7782. If Princeton figures into your plans indoors, give Mike Midler '58 a call (732) 238-0738. Welcome spring and outdoor track in Providence by contacting me at either of my email addresses or by calling (617)876-9267. Hope to see you there!!!

Cross Country Schedule

Sept 12
Army vs Cornell dual meet
Ithaca, N.Y.

Sept. 20
Fall Classic
Boston, Mass.

Oct. 4
Paul Short Invitational
Lehigh, Pa.

Colgate Invitational
Hamilton, N.Y.

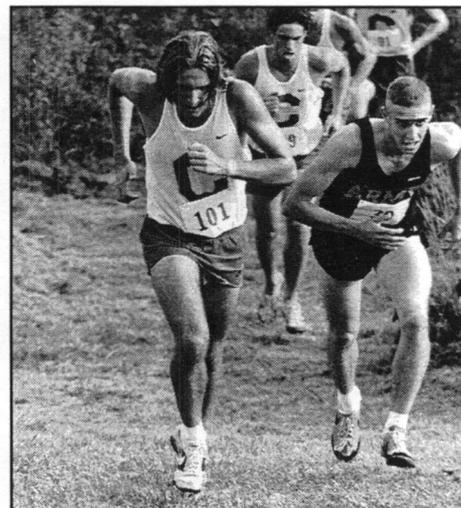
Oct. 17
IC4A/ECAC Championships
New York, N.Y.

Oct. 24
John Reif Memorial Run
Ithaca, N.Y.

Oct. 31
Heptagonal Championships
New York, N.Y.

Nov. 15
NCAA
District I Championships
Boston, Mass.

Nov. 24
NCAA
Division I Championships
Greenville, S.C.



1997 Men's Cross Country Roster

<u>Name</u>	<u>Class</u>	<u>Hometown</u>	<u>Major</u>
Seth Bindernagel	99	Cleveland, Ohio	Undecided
Greg Cipolaro	99	Cilfton Park, N.Y.	Electrical Eng
Matt Coble	01	Tampa, Fla.	Mechanical Eng
Chris D'Angelo	01	Farmingdale, N.Y.	ILR
Chris Dupont	01	Hornell, N.Y.	Material Sciences
Alan Enos	99	Bedminster, N.J.	Eng Physics
Matt Gamage	99	Anchorage, Alaska	Chemical Eng
Joe Giannelli	01	McHopac, N.Y.	Human Bio, Health
Glenn Goldenberg	98	Lyndhurst, Ohio	Mechanical Eng
Kenan Halabi	00	Brecksville, Ohio	Business
Dan Kelliher	01	Norwell, Mass.	Architecture
Geoff King	01	Endwell, N.Y.	Business
Wyeth Koppenhaver	00	Millersburg, Pa.	Graphic Design
Doug Krisch	99	Merrick, N.Y.	Natural Resources
Fred Merwarth	00	Easton, Pa.	Eng. Physics
Scott Miner	00	Webster, N.Y.	Animal Science
Colin Moore	01	Rome, Italy	Natural Resources
Jason Moore	99	Rochester, N.Y.	Human Bio, Health
Matt Moynihan	98	Macedon, N.Y.	Physics
Josh Novak	99	Williamsville, N.Y.	Human Bio, Health
Jeff Organ	99	Baldwinsville, N.Y.	Animal Sciences
Ron Paryl	00	Lisle, Ill.	Material Sciences
Max Peter	98	Sarasota, Fla.	Mechanical Eng
Tim Poole-DiSalvo	00	Poughkeepsie, N.Y.	Human Bio, Health
Chris Ryan	98	Batavia, N.Y.	Biology
Matt Schmucker	01	Jamison, Pa.	Mechanical Eng
Mike Selig	00	Orchard Park, N.Y.	Ag & Bio Eng
Dan Sherry	98	Northport, N.Y.	Nutrition
Trent Stellingwerff	00	Grand Bend, Ont.	Nutrition
Seth Weisel	01	West Orange, N.J.	Bio & Society
Jim Wolfe	99	Staten Island, N.Y.	Biology
Zach Woodmansee	98	Auburn, N.Y.	Chemical Eng
David Zachowitz	01	Flemington, N.J.	Bio & Society
Mike Zalar	00	Novelty, Ohio	Chemical Eng

1997 Women's Cross Country Roster

Tracy Allaman	99	Aurora, Colo.	Bio & Society
Laura Audette	98	Ballston Lake, N.Y.	Animal Science
Becky Avrin	00	Staten Island, N.Y.	Biological Eng
Kim Chatman	01	Port Orchard, Wash.	Business
Carrie Come	98	Newton, Mass.	Government
Colleen Costello	98	Chester Springs, Pa.	Anthropology
Mandy Deroche	00	Tewksbury, Mass.	Undecided
Debbie Dreyfus	01	Short Hills, N.J.	Undecided
Shannon Fitzgerald	99	Palisades, N.Y.	Animal Science
Meredith Freimer	01	Doylestown, Pa.	Natural Resources
Nikki Fuccillo	00	Levittown, N.Y.	Business
Emily Germano	00	Brightwaters, N.Y.	Natural Resources
Chris Groneman	99	Carmel, N.Y.	Art History
Jessica Hall	01	Liberty, Mo.	Undecided
Heather Haupt	99	Williamsville, N.Y.	Nutrition
Katie Helmstadter	01	Tampa, Fla.	Biology / pre-vet
Melina Hendricks	01	Greenbelt, Md.	Biology
Liz Hill	00	Fairport, N.Y.	Nutrition
Sabita Ittoop	01	Towaco, N.J.	Biology
Miranda Kaye	99	Tempe, Ariz.	Human Development
Ursula Lam	01	Bethlehem, Pa.	Undecided
Julie March	01	Richmond, Va.	Biology
Allison Mulcahy	98	Chagrin Falls, Ohio	Chemical Eng
Becky Orfinger	99	Ardsley, N.Y.	Bio & Society
Anne Pearson	01	Everett, Wash	Biology
Claire Ryan	99	Santa Clara, Calif.	Nutrition
Jessica Shaw	99	Westford, Mass.	American Studies
Beth Taylor	00	Hamburg, N.Y.	Nutrition



Track/ Cross Country
Cornell University
Teagle Hall
Ithaca, N.Y. 14853

First Class Mail