

Meet the Big Red

by Pete Ippel '01

At any given practice during indoor season in Barton Hall or outside on the new Kane facility, the common sounds of running feet and landing implements are often punctuated by a loud holler of "Shaka!" There's a pause, and then a deep throaty laugh permeates the whole area announcing the presence of the 6'5" track captain, Shaka Davis. Mr. Popularity, El Capitan, Skinny; he goes by many names, but it is undeniable that this man is known around campus. If anyone has ever been on a walk anywhere with him he says, "Hi!" every three to five steps, and that's just on the walk from The Friedman Center to Barton Hall. He is, quite literally, one of the BMOC. Of the approximately 18,000 people at Cornell, he knows 17,999 (and the one he doesn't know is studying abroad). It is not surprising though, that he has so many acquaintances, because, after all, he is a communication major, who says he likes "the psychology of the major... because I get to explore the differences in relationships."

Shaka is also a leader as an athlete. He started his athletic career in track because he was trying to make the basketball team at his Kentucky high school. "My coach had me doing two-a-days, both sophomore and varsity practice, plus I had to run track." In the beginning it was a fluke. His track team only had three guys on it (and the occasional fourth), but Davis' favorite track memory is from those special times in high school. He was at the largest invitational in Kentucky running the 4x400m relay with the ONLY other three kids on the team. "We were in first for a while... but when I got the baton

after the football player we were in dead last and the kid in front of me had a 100- or 150-meter lead on me. I got the baton and started gaining on him. I was talking to him the whole way... I knew on the last turn I could get him...I turned on the jets, and beat him."

Shaka is a great contributor to the family atmosphere that permeates Big Red track and field. He enjoys being captain because, he says, "It's

fun. It's a challenge though to deal with other people's viewpoints and put a message together that puts everyone on the same page... to keep everyone excited." Davis does not lack for ideas there. The meeting before Heps he put some cut-out pieces of posterboard on two separate tables in the track center, and the men had to collectively put them together as a TEAM. It was an exercise to show that the whole team had to depend on each other to do their best at Heps. When the project was completed the saying on the poster was "A goal is a dream with a deadline," and

all the men had to write their goals for the season on it. It still hangs in the locker room today.

After graduation, Shaka plans to "maybe get a job consulting, and after about three years go back to school." His goals for this season include the personal goal of making it to nationals in the triple jump and the team goal of "being the best team of the decade." Mr. Davis' kind demeanor brightens any room and his spirit and enthusiasm are contagious, which is why so many people know him as captain, athlete and mostly friend.



Alumni Updates

Dave Bailey '82 has relocated to Naples, Fla., after living overseas in Munich for seven years. He works as a product manager for Micros-Fidelio, a company which develops software for the hotel industry. Teammates can reach Dave at dbailey@micros.com.

Pam Hunt '94 is still in southern California and will begin a full-time masters program in English this fall. She is back to part-time running and is considering catching the wave and learning how to surf! She and her black labrador, Pre, enjoy life on the West Coast and can be reached at phunt@popmail.ucsd.edu.

Linda Scheu '96 is working in the Peace Corps in Honduras. She has finally mastered the Spanish language and has earned the trust and confidence of the people with which she works. She's ecstatic to have a house with running water and electricity! She is working with the locals to help them set up efficient agriculture processes and has found it very challenging and rewarding. She only has snail mail and can be written at : Guarizama Olancho, 16118 Honduras.

Jorman Granger '77 lives in Chesterfield, Va., and works for IBM as the senior location executive for Richmond and Norfolk. He also has the title of policy executive for North America for IBM Global Government Industry. He took a two-year leave of absence from his 16 years with IBM to work for Governor Wilder of Virginia as his Chief of Staff. Jorman has two sons, Daurent (13) and Armond (11) and has already begun the brainwashing to ensure they will end up at Cornell! He can be reached at grand@us.ibm.com

Charles Shimooka '96 has started an online newsletter for young Cornell track alumni living on the West Coast. The Track Shack is still in its infant stages but now has a free counter that doesn't show nearly enough hits on the site! You can visit The Track Shack at <http://members.tripod.com/~shimooka/index.htm>. The dues-paying members include **Charles Shimooka '96, Paul Belcher '96, Natalia Cortes '95, Don Vibbert '95, Ryan Stevenson '92, Julie Roth '97, Adam Zucker '97** and **Greg Williams '97**. Check it out! And let Charles know if you are on the West Coast and want to join the Track Shack!

We'd love to include as many updates as possible! Please e-mail Susie Curtis at skc12@cornell.edu, call her at 607-255-9782; FAX her at 607-255-2969 or write her at Track Office, Teagle Hall, Campus Rd., Ithaca NY 14853. Thank you for your continued participation!

All-Academic Teams

This fall, both Cornell's men's and women's cross country teams received the honor of being named to the U.S. Cross Country Coaches Association all-academic team. In order to gain this recognition, the teams needed to achieve a cumulative grade point average of 3.0 or better. Congratulations to our teams of scholar athletes!

Academic All-Ivy Honors

In addition, congratulations are extended to senior Max Peter and junior Chris Groneman, both of whom were named to the Academic All-Ivy team for cross country. We value their achievements in the classroom as much as we value their contributions on the team!

Cornell Track Association Meeting

The executive committee of the Cornell Track Association convened at Cornell over the IC4A Championship weekend. New officers were announced at the meeting:

Chairman: Colin McClive
Vice Chairman: Grant Whitney
Secretary: Craig Holm
Treasurer: Jack Ostrom

We'd like to thank Grant Whitney for his two years of great service as the chairman of the committee.

In other business, the Track Association has chosen to establish a formal means of recognition for benefactors who have given generously to Cornell track. These and future benefactors are the lifeblood of our program. Such recognition is long overdue for all they have given the Cornell track and cross country programs. Details will appear in following Wastebasket editions!



THE WASTEBASKET



Lou Duesing, Head Coach
Athletic Field House
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by Susie Curtis, Assistant Coach

Spring 1998
Cross Country & Track Newsletter

Cornell Relays December 6, 1997 Ithaca, N.Y.

The Big Red tracksters kicked off the season with the Cornell Relays, an annual non-scoring meet. The students had just finished classes but hadn't yet started finals, so the meet came at a good time in the semester. After three months of training, the teams were ready to find out how prepared they were to tackle the new season. Thirteen teams descended on Barton Hall, the majority from New York, and Cornell did very well in the competition despite the absence of most of the distance runners. The cross country harriers were still in their transition and showed up at the meet to cheer, but not to compete.

One notable exception was Cornell's Nikki Fuccillo who won the 5,000m run in 18:29.6. Nikki only competed for the first half of the cross country season and then took the second half off due to illness. Cornell earned several other first-place medals during the course of the meet. Chloe Benetatos took the 55m dash in a time of 7.46, just ahead of her teammate Becky Poulson who was second in 7.47. Both the women's and the men's 4x800m relay teams brought home the gold. The women won in 9:34.97, well ahead of Ithaca College who crossed the line in 10:11.73. The men's team ran 8:00.48, just beating out the Cornell B team, which took second in 8:03.41. Cornell dominated the 4x400m relays as well, with the women winning in 4:07.08 and the men clocking a time of 3:23.59.

In the field events, Nathan Jauvtis scaled 14' 7 1/4" for first place in the pole vault. He just edged out teammate Greg Schlachter, who cleared the same height, but had more misses. Finally, Tara Amarosa won the shot put with a toss of 42' 2 1/4". Teammate Nancy Dillabough was just behind her, throwing 37' 6" for second place.

Several other Cornellians had great performances but didn't quite win their events. Dave Wynn finished second place in the 55m hurdles with a time of 7.96. Shaka Davis and Nat Toothaker took second and third in the long jump, both setting new personal bests. Shaka leaped 23' 0 1/2" and Nat cleared 22' 10 3/4". Davis placed second in the triple jump as well, jumping 48' 5 1/4".

The meet was a great starting place for both teams and everyone was energized to return from Winter Break, ready to attack the season.

Georgetown, Penn State & Rutgers January 17, 1998 New Brunswick, N.J.

The team returned from vacation and was able to use the first meet to prepare for the rest of the season. Cornell wasn't able to field its most competitive teams because of some student's obligations, but those who travelled represented the Big Red well.

Heps Alumni and Friends Tent

Grant Whitney is organizing a hospitality tent for Outdoor Heps at Brown on May 9-10. All alumni, parents and friends of Cornell track are encouraged to use the tent as a meeting and greeting place. Anyone interested in helping Grant with the details may call him at home at 617-876-9267 or e-mail him at ghwhitney@tiac.net. We hope to see you there!

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The men had three individual winners. Shaka Davis won the triple jump with a personal best of 49' 5". Greg Schlachter won the pole vault, clearing 15' 9" and freshman Marc Deneault won the 200m dash in 22.4. Other top performances were turned in by Chris Potenza, who cleared 6'7" in the high jump for second place, Doug Heulitt, who placed second in the 55m hurdles with a time of 8.0, Mike Reed, who was second in the shot with a throw of 48' 7 1/2" and Nat Toothaker, who was second in the long jump with a leap of 21' 9". The lack of true depth hurt the men in this meet, as the team placed third with 47 points.

The women's team had some strong performances, but wasn't able to pull in any first places in the meet. Co-captain Ellen White, cleared 5' 5 3/4" in the high jump for third place. Co-captain Jessica Shaw placed second in the mile, crossing the line in 4:54.3, followed closely by teammate Miranda Kaye, who finished in 5:02.9 for third place. Catherine Regan finished fourth in the 400m dash in 58.5 and the 4x800m relay was second behind Georgetown in 9:18.0. The women had a tough time scoring points in this meet and ended up fourth overall with 26.5 points behind Penn State, Georgetown and host Rutgers.

St. Joseph's, Ithaca & Cortland

January 24, 1998

Ithaca, N.Y.

The Big Red tracksters were happy to be back in the friendly confines of Barton Hall and it showed in their performances. The men won seven events on their way to 89 points to top the visiting teams easily. Geoff King started off the meet right by winning the 5,000m in 15:27.61. He was followed by Ron Paryl, who crossed in 15:36.89. The distance medley relay was run for the second time this season and the Red won with a much-improved time of 10:15.81. Cornell took all three of the jumping events, with Shaka Davis winning the long jump (22' 9") and the high jump (6'9") and Sam Goldberg handling the triple jump (43' 9 1/4"). Doug Heulitt continued his streak in the hurdles, winning in 7.90 and Greg Schlachter once again cleared 15' 9" for first place in the pole vault.

The same luck was experienced on the women's side, as they racked up 12 first places on their way to 103 points to beat the combined score of the other three teams! Chris Kervaski won the weight throw with a toss of 51' 4 1/2" and Maggie Moore was a double winner in the long jump (16' 6 1/2") and the triple jump (38' 3 1/2"). Tara Amarosa won the shot with a put of 40' 4 1/4", Benita Gateman won the hurdles in 9.17, Catherine Regan took the 500m in 1:17.92 and Becky Poulson trounced the competition in the 55m dash with a time of 7.59. Cornell cleaned up in the 800m and the 1,000m, as Chris Groneman won the 800m in 2:18.34 and Miranda Kaye won the 1,000m in 2:54.46, just ahead of teammate Jessica Shaw (2:54.98). Ellen White scaled 5' 6" in the high jump

for first and Chloe Benetatos won the 200m (26.77), as well as running a leg on the winning 4x400m relay (4:00.56).

This meet was a huge confidence booster after the trouncing the team took the previous weekend and set the Big Red well for its first Ivy competition of the season.

Harvard & Brown

January 31, 1998

Boston, Mass.

This triangular meet was a nail-biter on both the men's and the women's sides. Runners, throwers and jumpers double and tripled in an attempt to win this emotionally-charged meet. The men finished only five points out of first place with 54.5 points. Unfortunately, Harvard won the meet with 59.5 points and Brown squeaked into second with 56 points. The men were defeated, but were extremely competitive in this meet.

The men won four events at the meet. Shaka Davis took the long jump with a leap of 23' 1 1/4", Chris Potenza won the high jump by clearing 6' 7", Dan Traver was first in the 800m in 1:55.62 and Nathan Jauvtis won the pole vault by clearing 14' 9". Other stellar performances were turned in by Zach Woodmansee, who was second in the 3,000m (8:28.27), Ryan Job, who was second in the shot put (41' 8 1/2"), Davis, who was second in the triple jump (50' 2"), Chris Ondrak, who was second in the 500m (1:06.07) and Matt Worster and Justin Mayer, who were second and third in the 400m. The men competed with a real fire that kept them in the meet from the beginning to the end. The finished third, but were far from a "last place" mentality!

The women squeaked out a first place in a closer meet than the men. Cornell scored 51 points, just ahead of Harvard's 50 points and Brown's 47 points. The team didn't let up throughout and it paid off in the end. The women won six events on their way to the victory. Tara Amarosa and Chris Kervaski handled the shot put and the weight throw, respectively. Amarosa threw 40' 4" and Kervaski turned in a toss of 56' 5 3/4". Jessica Shaw was a triple winner in the 1,000m (4:56.89), the 800m (2:13.82) and as a leg of the 4x800m relay. Finally, Emily Germano won the 3,000m in 9:58.12. Other good performances were given by Karen Chastain in the shot (39' 2 1/2") and the weight (48' 11"), Chris Groneman in the 800m (2:15.30) and Grace Nwoku in the 800m (2:16.67). The women showed they were tough this meet and retained their winning streak in the Ivy League.

Yale & Bucknell

February 7, 1998

New Haven, Conn.

The men and the women arrived in New Haven still a bit exhausted from the emotional roller coaster of the previous weekend. Despite some herculean efforts by captain Shaka Davis, the men finished third in the meet. It was a disappointment after emerging as the team victor

last year. Davis won all three of his jumping events to score a big chunk of the men's points. He jumped 22' 11 1/4" in the long jump, 47' 1 1/4" in the triple jump, and 6' 9" in the high jump. Greg Schlachter finished the sweep of the jumps by clearing 15' 3" for first place in the pole vault. Matt Moynihan was the other gold medalist for Cornell, when he won the 5,000m in 14:59.98. Nat Toothaker was a double scorer in the triple jump (fourth place) and the long jump (third place) and Jesse Randall placed second in the high jump (6'7"). Marc Deneault placed second in the 55m dash (6.62) and third in the 200m (22.79), and Jason Moore and Greg Cipolaro were second and third in the 800m, both in 1:57.

The women also had a battle and finished second behind Bucknell but beat Yale. The women had four first places in the 4x800m relay (9:20.80), Jessica Shaw in the 800m (2:13.34), Emily Germano in the 3,000m (10:02.32) and Chris Kervaski in the weight throw (53' 5"). The women were tough in several other events, such as the shot put, where Tara Amarosa took second with a throw of 40' 8 1/4"), the mile, where Miranda Kaye finished second in 4:55.73, the 400m, where Chloe Benetatos took second in 59.45 and the 1,000m, where Chris Groneman took second in 2:55.22. With the defeat of Yale, the women kept their Ivy record solid and began the count-down to Heps.

CAN-AM Classic

February 14, 1998
Ithaca, N.Y.

After two weeks on the road, it was good to get back into Barton Hall for this non-scored meet. Army, Toronto, Penn, Buffalo, Binghamton, Penn State, Ithaca College and Canisius all rolled into town for the meet. The men racked up 10 first places, despite the large number of competitors. Chris Potenza cleared 6'7" in the high jump for first, and Greg Schlachter scaled 15'5" for first in the pole vault. The mid-distance runners dominated the meet, as Cornell took 1-2-3 in the mile (with a winning time of 4:16.15 by Zach Woodmansee), 1-2 in the 800m (Dan Traver was the winner in 1:55.81), 1-2 in the 1,000 (Matt Coble crossed first in 2:36.1) and the 4x800m capped it all off with a winning time of 7:55.05. The men also swept the first four places in the 3,000m, led by Colin Moore's 8:47.78. With only two weeks to go until the Heps, it was a big confidence booster to dominate the competition.

The women were equally as tough on their guests. They won four events, with the highlight of the meet being the battle to the line between Jessica Shaw and Penn's Jessica Mitchell in the 1,000m. Shaw edged her out, winning in 2:51.43 over Mitchell's 2:52.18. Miranda Kaye raced to victory in the 800m in 2:16.37, as did teammate Grace Nwoku in the 500m (1:17.27). The last Cornellian in the winner's circle was Chris Kervaski, who continued her dominance in the weight throw with a winning toss of 55' 5". This meet was an opportunity for

several athletes to compete who had not been able to travel with the team to the away meets and it was great to have all the tracksters together again in Barton Hall.

Robert Kane Invitational

February 21, 1998
Ithaca, N.Y.

This meet is viewed by many as a last-chance to earn a spot on the bus going to Heps! Therefore, there were many people putting their best performances on the line, even though it was only one week before the big championship meet. Chris Kervaski hurled the weight 56' 5 1/4", a spectacular throw that qualified her provisionally for the NCAA championships! The other meet highlight was the 500m run. Freshman Grace Nwoku won the race in 1:15.2, setting a new school record in the process! She broke the old record by Jennifer Cobb '92 of 1:15.73. Other fine performances were turned in by Shaka Davis in the triple jump (49' 2 1/2"), Chloe Benetatos in the 200m (26.18), Chris Groneman in the 800m (2:15.52) and Trent Stellingwerff in the 1,000m (2:28.63).

Although it was a low-key meet for some, everyone competed hard and showed the great team unity and spirit that the Cornell track family is known for!

Heptagonal Indoor Championships

Feb. 28 - March 1, 1998
Princeton, N.J.

Hello New Jersey! This was the meet that everyone on the squad had been looking toward since the first team practice on Oct. 15. Both teams arrived in Princeton with some clearly defined goals and, as with every Heps, there were some neat surprises during the meet.

The men's team finished sixth overall, the highest place since the 1988 team that tied for fourth. Princeton won the men's meet with 138 points. It was followed by Penn (115), Brown (71), Dartmouth (58), Navy (55), Cornell (48), Harvard (45), Columbia (31) and Yale (28). The men didn't have any Heps champions this year, but did have many surprise placers to help score points. Marc Deneault, a freshman, placed sixth in the 400m dash in 49.94, after running 49.20 to qualify for the finals. Greg Cipolaro and Dan Traver both scored in the 800m run. Cipolaro was third in 1:54.61 and Traver was fifth in 1:55.08. Trent Stellingwerff ran an amazing race for third place in the 1,000m, running a personal best of 2:26.96. Zach Woodmansee raced to sixth place in the 3,000m run in 8:29.43, while teammate Josh Novak was a disappointing 11th, after taking a bad fall early in the race. Shaka Davis was the only double scorer, placing second in the triple jump with a personal best of 50' 2 1/2" and third in the long jump with another personal best of 23' 5 1/2", and teammate Nat Toothaker was sixth in the long jump with a leap of 23' 1 3/4". Cornell also had two scorers in the pole vault. Greg Schlachter finished in fifth place by clearing

16' 0 3/4" and Nathan Jauvtis was sixth, topping out at 15' 9". In addition, the men scored in all three relays. They were third in both the 4x800m relay (7:44.38) and the 4x400m relay (3:19.85) and fifth in the distance medley relay (10:09.67). The men's team really believed in its ability at this indoor Heps and fought for sixth with a fire that hasn't been evident for years. It was an inspirational meet to watch and was wonderful to see the pride it felt at doing better than any Cornell team had done indoors in the past 10 years.

The women came to the Heps knowing they were going to have a tough battle ahead of them. They had many wonderful surprises, however, as they battled to fourth place in the league in the two-day meet. Princeton won the women's meet with 112 points. It was followed by Brown (91), Penn (71), Cornell (70), Harvard (64), Dartmouth (41), Yale (37), Navy (10) and Columbia (0). The women had three Heps champions in open events and won the 4x800m relay! Chris Kervaski won the weight throw, with a personal best of 57' 9", soundly besting the competition. Jessica Shaw ran a convincing race in the 800m, winning in a time of 2:10.22. Miranda Kaye was the surprise winner in the mile. She had the best time going into the finals and trounced the competition with a 4:51.59, well ahead of second place's 4:55.07. Finally, the 4x800m relay of Chris Groneman, Kaye, Grace Nwoku and Shaw won in a time of 8:59.44. There were other great performances as well. Becky Poulson placed sixth in the 200m dash in a time of 26.53. Catherine Regan was sixth as well in the 400m dash with a time of 59.06, after posting a personal best of 57.80 in the trials. Groneman placed fourth in the 800m run in 2:12.41 and Kim Chatman was fifth in the mile in 5:01.44. Cross country standout Emily Germano continued her impressive racing with a second place in the 3,000m, finishing in 9:38.14. The 4x400m relay of Regan, Kristy Shreve, Poulson and Chloe Benetatos was fifth in 3:52.72. In the field events, Karen Chastain was fifth in the weight with a toss of 15.76 and Tara Amarosa was third in the shot with a put of 42' 1 1/4". Finally, Ellen White earned fourth in the high jump by clearing 5'6". The team was disappointed with the fourth-place finish, but the women were tough in competition and made some breaks for themselves that weren't supposed to happen. It felt good about the way they competed and were almost ready to turn their attention to outdoor season.

IC4A Championship

March 7-8, 1998

Ithaca, N.Y.

Welcome to Barton Hall! The IC4A's came to Ithaca for the first time and Cornell and the Cornell community served as wonderful hosts! Nearly 1,000 of the best athletes in the East ran, jumped and threw during the two-

day event in Barton, setting 12 Barton Hall records in the process. There was wonderful competition and many athletes and coaches expressed surprise and admiration at our wonderful facilities. The belief that "you can't run fast on a flat track" was disproved race after race.

Cornell was well-represented in this meet and looked right at home on our track. There were four All-East performances on the team, led by Trent Stellingwerff's fifth-place finish in the 1,000m run. He completed the race in 2:29.10, not quite as fast as the week before. Shaka Davis earned seventh-place honors in the triple jump with a leap of 48' 11 3/4" and Greg Schlachter finished seventh in the pole vault by clearing 15'9". Finally, the distance medley relay earned eighth place through the efforts of Josh Novak, Erik Nakutavicius, Greg Cipolaro and Zach Woodmansee. It needs to be noted, however, that Glenn Goldenberg ran a great 800m leg in the DMR trials to help the team qualify and he, too, earned All-East honors through his participation. Greg Cipolaro competed in the 800m trials on Saturday and ran his best time of the year (1:54.11), but missed the finals. The 4x400m relay also competed extremely well, improving on its Heps time of 3:19.07.

It was exciting to have such a great meet in Barton Hall and Athletic Director Charlie Moore '51 hopes to bring the meet back to Barton in the future.

ECAC Championship

March 7-8, 1998

Boston, Mass.

The women missed the excitement in Barton Hall as the ECAC championship was held in the Reggie Lewis Center in Boston. Eleven women made the trip, and three came back with All-East designations. Miranda Kaye ran a personal best in the mile to finish fifth in 4:51.58. Jessica Shaw placed second in the 800m run, as she broke 2:10 for the first time ever indoors on her way to a 2:09.39. The final All-East runner was Emily Germano, who placed sixth in the 3,000m run with a personal best time of 9:34.79. Both Germano and Shaw ran times to provisionally qualify them for the NCAA championships in Indianapolis, but neither ran fast enough to be invited to the big show. Cornell was also represented by Grace Nwoku in the 800m (2:13.54), Chris Groneman in the 1,000m (2:55.53), and the 4x400m relay of Catherine Regan, Chloe Benetatos, Kristy Shreve and Becky Poulson (3:50.50), which turned in its best time of the year. In the field events, Karen Chastain threw the weight 52' 7 1/4", Chris Kervaski launched it 51' 11 1/4", and Ellen White cleared 5'5" in the high jump. There were many tough performances and they provided a positive conclusion to the indoor '98 season.

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At any given practice during indoor season in Barton Hall or outside on the new Kane facility, the common sounds of running feet and landing implements are often punctuated by a loud holler of "Shaka!" There's a pause, and then a deep throaty laugh permeates the whole area announcing the presence of the 6'5" track captain, Shaka Davis. Mr. Popularity, El Capitan, Skinny; he goes by many names, but it is undeniable that this man is known around campus. If anyone has ever been on a walk anywhere with him he says, "Hi!" every three to five steps, and that's just on the walk from The Friedman Center to Barton Hall. He is, quite literally, one of the BMOC. Of the approximately 18,000 people at Cornell, he knows 17,999 (and the one he doesn't know is studying abroad). It is not surprising though, that he has so many acquaintances, because, after all, he is a communication major, who says he likes "the psychology of the major... because I get to explore the differences in relationships."

Shaka is also a leader as an athlete. He started his athletic career in track because he was trying to make the basketball team at his Kentucky high school. "My coach had me doing two-a-days, both sophomore and varsity practice, plus I had to run track." In the beginning it was a fluke. His track team only had three guys on it (and the occasional fourth), but Davis' favorite track memory is from those special times in high school. He was at the largest invitational in Kentucky running the 4x400m relay with the ONLY other three kids on the team. "We were in first for a while... but when I got the baton

after the football player we were in dead last and the kid in front of me had a 100- or 150-meter lead on me. I got the baton and started gaining on him. I was talking to him the whole way... I knew on the last turn I could get him...I turned on the jets, and beat him."

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fun. It's a challenge though to deal with other people's viewpoints and put a message together that puts everyone on the same page... to keep everyone excited." Davis does not lack for ideas there. The meeting before Heps he put some cut-out pieces of posterboard on two separate tables in the track center, and the men had to collectively put them together as a TEAM. It was an exercise to show that the whole team had to depend on each other to do their best at Heps. When the project was completed the saying on the poster was "A goal is a dream with a deadline," and

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Jorman Granger '77 lives in Chesterfield, Va., and works for IBM as the senior location executive for Richmond and Norfolk. He also has the title of policy executive for North America for IBM Global Government Industry. He took a two-year leave of absence from his 16 years with IBM to work for Governor Wilder of Virginia as his Chief of Staff. Jorman has two sons, Daurent (13) and Armond (11) and has already begun the brainwashing to ensure they will end up at Cornell! He can be reached at grander@us.ibm.com

Charles Shimooka '96 has started an online newsletter for young Cornell track alumni living on the West Coast. The Track Shack is still in its infant stages but now has a free counter that doesn't show nearly enough hits on the site! You can visit The Track Shack at <http://members.tripod.com/~shimooka/index.htm>. The dues-paying members include **Charles Shimooka '96, Paul Belcher '96, Natalia Cortes '95, Don Vibbert '95, Ryan Stevenson '92, Julie Roth '97, Adam Zucker '97** and **Greg Williams '97**. Check it out! And let Charles know if you are on the West Coast and want to join the Track Shack!

We'd love to include as many updates as possible! Please e-mail Susie Curtis at skc12@cornell.edu, call her at 607-255-9782; FAX her at 607-255-2969 or write her at Track Office, Teagle Hall, Campus Rd., Ithaca NY 14853. Thank you for your continued participation!

All-Academic Teams

This fall, both Cornell's men's and women's cross country teams received the honor of being named to the U.S. Cross Country Coaches Association all-academic team. In order to gain this recognition, the teams needed to achieve a cumulative grade point average of 3.0 or better. Congratulations to our teams of scholar athletes!

Academic All-Ivy Honors

In addition, congratulations are extended to senior Max Peter and junior Chris Groneman, both of whom were named to the Academic All-Ivy team for cross country. We value their achievements in the classroom as much as we value their contributions on the team!

Cornell Track Association Meeting

The executive committee of the Cornell Track Association convened at Cornell over the IC4A Championship weekend. New officers were announced at the meeting:

Chairman: Colin McClive
Vice Chairman: Grant Whitney
Secretary: Craig Holm
Treasurer: Jack Ostrom

We'd like to thank Grant Whitney for his two years of great service as the chairman of the committee.

In other business, the Track Association has chosen to establish a formal means of recognition for benefactors who have given generously to Cornell track. These and future benefactors are the lifeblood of our program. Such recognition is long overdue for all they have given the Cornell track and cross country programs. Details will appear in following Wastebasket editions!

Meet the Big Red

by Courtney Armbruster '99

"If you're beat mentally, don't even bother going to the starting line," reads one of her favorite quotes. "That's definitely true," junior Miranda Kaye explains. "I think that running is a very mental thing and this year has taught me to have the desire and the confidence to win."

Kaye took everyone by storm at this year's indoor Heptagonal Games, winning the mile with a four-second PR of 4:51 and beating second place by over three seconds. She says she went into the competition knowing it would be a good race because only two other girls had faster seed times. "In the trials, I wasn't trying to go that much faster than everyone else," she says. "I was thinking 'it doesn't matter that I had a fever, it doesn't matter that I haven't run. I'm resting, that's good, my legs are going to be fresh. But I was a little scared when I went into

the trials." She finished the first day of competition with the fastest seed time for the finals.

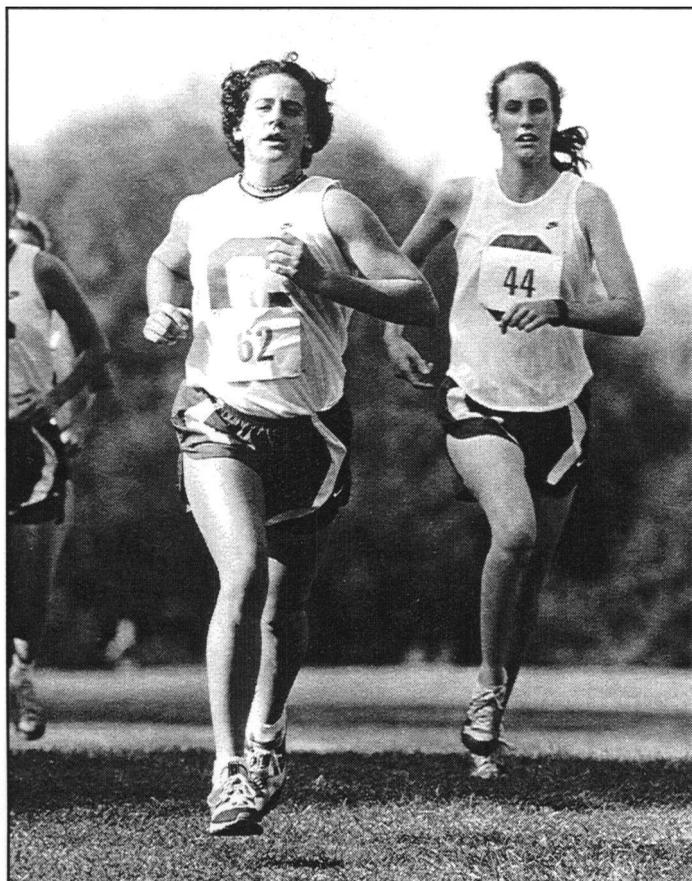
"Looking at the heat sheet and the times that the other people ran, I kind of set myself up as the one to beat. So I think that made me more confident that we had a really good meet." During finals, there was no one stopping her. From the start, Kaye led the pack, pulling away at the end of the race to finish unchallenged.

The icing on the cake came later in the day when Kaye ran a leg of the 4x800 relay, which also finished in first place.

But these outstanding performances did not come out of the blue. Kaye says that coming off a successful cross country season helped her indoor track running. "I think that coming out of cross country gave me more confidence because during the season, my racing got better every time, every race. In the past I wasn't as consistent of a runner and I think having that consistency really helps." By the end of the season she was fast enough to place at Heps.

Though the Tempe, Ariz., native has always been an asset to the Cornell team, she has become a standout this season. She will definitely be a key factor in the outdoor season, running the open mile as well as a leg of the distance medley relay and the 4x800 relay.

"I run because I like it," she explained. "Now I get to race to win, and that's a lot more exciting." Kaye continued to turn out tremendous performances as the outdoor season got started. She is looking forward to the rest of the season as a chance to improve her times even more and she definitely has her eyes steadily trained on another Heps win.



Track/Cross Country
 Cornell University
 Teagle Hall
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Outdoor Track & Field Schedule

March 21	Navy, Colgate and Maine	Annapolis, Md.
March 28	Columbia Open	New York, N.Y.
April 4	Quaker Invitational	Philadelphia, Pa.
April 11	Sea Ray Relays	Knoxville, Tenn.
	Kings College Classic	New York, N.Y.
April 25	Penn Relays	Philadelphia, Pa.
	Big Red Invitational	Ithaca, N.Y.
May 2	Cornell Invitational	Ithaca, N.Y.
May 9/10	Heptagonal Championships	Providence, R.I.
May 23/24	IC4A/ECAC Championships	Fairfax, Va.
June 4-7	NCAA Division I Championships	Buffalo, N.Y.
June 15-30	England Tour	United Kingdom