



THE WASTEBASKET



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It's hard to believe that four years have passed since the last time the Big Red tracksters travelled across the pond. Anticipation had been building for this trip since August 1997 and it was with much excitement that the group of 19 athletes boarded the bus at the Field House to begin the journey. We met up with the travel group from the University of Pennsylvania at the Newark Airport, and athletes who had been rivals all year were suddenly interested in becoming friends. The Penn men seemed especially interested in getting to know some of the Cornell women.

The flight to Heathrow left late, causing part of the group to miss the connecting flight to Dublin, Ireland. After six hours of separation, the whole group was reunited at Isaac's Hostel, which was to be our home for our four-day stay in Dublin. We held practice at the grass track at Trinity College on June 17, and were treated to a series of 800m competitions on the track before lunch. Penn junior All-American Robin Martin won the "A" race with a time around 2:02, which he claims he hasn't run since high school. Cornell was represented by pole vaulter Nathan Jauvtis, who competed in the "C" race. Nathan didn't finish last, which was a legitimate concern! The teams were also treated to a tour to view the Book of Kells, a

beautifully illustrated copy of the four gospels which is housed in Trinity College.

June 18 was a day for touring and the group split up among the Guinness Factory, a train ride to Howth on the sea and a trip to see a small castle in the countryside.

The next day was the meet at Santry Stadium, one of the national stadiums in Ireland. There weren't many spectators, but the competition was good nonetheless. Cornellians Matt Worster and Catherine Regan each won their 400m hurdle races to start off the competition and the American team never looked back. The most interesting events of the day were the women's 1500m racewalk and the men's 3,000m racewalk. Apparently, this is a regularly contested event in Ireland, so we chose some unfortunate souls to try their hand at heel-toe. Cornellian Grace Nwoku and Penn runner Bassey Adjah walked the 1500m (tying for last), while Worster and Dan Traver did the honors for the men, with the same outcome. Worster was heard exclaiming afterwards, "That's really hard," and Traver's calves didn't recover for two days. But everyone, including the Irish, were good sports about the new event. The combined teams from Penn and Cornell handily beat the combined team from University College of Dublin and the University of Birmingham, which had made a special trip for the meet. On the men's side, the Americans scored 247 points to 154 points from Dublin and Birmingham. On the women's side, the guests scored 227 points to 79 points amassed by our hosts. Chris Groneman ran a personal best in the 1500 at the meet (4:35.98), Travis Klugel ran his fastest time ever in the open 400m (48.40), and Greg Cipolaro ran a PB in the 800 of 1:50.8.

The teams said farewell to Dublin the next morning, bound for the Channel Island of Guernsey, where we were to spend four days. Once again, our flight left late and the group was split up at Heathrow. Seventeen of the group bussed to Gatwick and caught a late plane to Guernsey. The remainder of the group caught a bus at Heathrow to Poole, along the coast, to catch a ferry to Guernsey. Unfortunately, the ferry couldn't wait for the late group



The Cornell/Penn team after the Guernsey Meet



The Cornell men and women in their formal wear before the Oxford/ Cambridge Banquet

(courtesy of an inefficient airline) and the Americans missed the last ferry and had to stay the night in Poole. It was an unfortunate and unforeseen travel problem, with the meet in Guernsey scheduled for the next day. The fortunate fliers who did make it to the island by plane were whisked off to a welcoming reception at the Tourist Information Office where they got to rub elbows with members of the Achilles Club, who were planning to participate in the meet the following day.

The meet on June 21 was delayed by one hour, giving those who arrived on the early morning ferry only about 90 minutes to prepare for the competition. But no one complained. No one claimed they were too exhausted to compete. Everyone was a trooper and put their best effort forward. And many of the efforts were outstanding. The Cornell and Penn team broke 19 all-comer's records and scored 300 points in the process. Guernsey scored 166 points and the representatives from Achilles (a combined team from Oxford and Cambridge) scored 118 points.

The following day was an off-day for the group. Many decided to rent bikes to ride around the perimeter of the island and to use as a cheap mode of transportation. The group was divided among four hotels and it was difficult for people to organize outings when just relying on busses or cabs.

On the June 23, six athletes—Worster and Regan from Cornell and Matt Pagliasotti, Lucas Denies, Brent Styles and Corey Shannon from Penn—met with a group of school children from Guernsey for an impromptu coaching session. They spent over two hours with over 50 kids, showing them sprint drills, high jump technique, how to throw a wallet (which was the stunt double for a discus), and how not to hurt yourself in the long jump pits. Pagliasotti had them competing for the prize if a U.S. dollar in the high jump, which was a big hit with the kids. Both the young and old athletes had a great time with the

exchange and Regan says it was the highlight of the trip for her.

We left Guernsey on June 25 by ferry in what proved to be a very uneventful ride! We arrived in Poole and were met by a representative from Birmingham teams who had two busses to take us to the campus. That evening we attended a dinner at the student center. The two teams were able to interact and renew some acquaintances from the Dublin meet. It was an early night, however, because we were to have our third competition of the trip the next day.

It was a rainy morning, but fortunately the rain ended and held off during almost the entire track meet. The meet was Cornell and Penn vs

Birmingham Past and Present, as is usually the case. The Americans won the meet, the men besting the competition 123-70 and the women racking up 100 points to Birmingham's 76. There were many fantastic performances, including two wins by Shaka Davis in the high jump (6-6 3/4) and the triple jump (50-2 3/4), and double wins by Karen Chastain in the hammer (144-1) and the javelin (119-5). The banquet, held that evening at the Staff House, was fantastic and the speeches were heartfelt. Following the banquet, the athletes spent the rest of the evening at a dance with a live band.

On June 27, Cambridge had arranged for us to visit the university for lunch, punting and a tour. We had a fantastic buffet to choose from for lunch, including lots of salads, vegetables, fruits and entrees. So the teams were well sated when they split up to either try their hand at punting or to tour the colleges at Cambridge. The university was in the second day of graduation ceremonies, so the streets were often full of graduates decked out in their black robes and tasselled hats. The excitement in the air was contagious. The group returned late that evening to Birmingham in time to pack to leave for Oxford the next morning.

Everyone was sad to leave Birmingham because the team was so friendly and were such wonderful hosts. But Oxford awaited, so we boarded the bus and headed to St. Anne's College. After lunch, some of the Oxford athletes offered to give the Americans an informal tour, including entrance to Jesus College and Madgalen College. We had an informal track practice that afternoon and many of the tracksters were impressed to be running at the historical Iffley Road Track. Unfortunately, problems with unauthorized use of the track has prompted Oxford to install several security measures that have locked up the facility tighter than Fort Knox. The gated entrance from the road can only be opened with a punch code, and the barbed wire that surrounds the bleachers and tops the fence gives the entrance a military quality. Practice was successful, nevertheless, and the athletes had time to browse the

streets of Oxford before dinner.

June 29 was a free day and many Penn and Cornell athletes took advantage of the day to go to London. Big Ben, Parliament, the Thames, Hyde Park — you name it and we were there. It was a packed day but perhaps the only chance that some of the Americans will have to ever get to London.

Then, at long last, the most important meet of the trip was here. Our athletes were tired from the previous 15 days of the trip and the three meets they had already contested. But they woke up on Tuesday morning ready to compete. The meet started at 1 p.m. and Oxford provided a nice sandwich buffet for the athletes to snack on during the meet. Cornell first competed against Oxford and Cambridge in 1921 and Penn joined the exchange in 1953. There was much history and pride behind this meet and our athletes knew they were up to the challenge. The men defeated the Brits 124-75, and the women also won by a score of 111-68. On the men's side, two meet records were set; one by Shaka Davis who leaped 51-5 1/2 in the triple jump, and the other by Corey Shannon in the javelin, who threw it 208-5. On the women's side, two meet records were set as well, and one Cornell school record! Catherine Regan set the school mark in the 400m hurdles with a time of 1:01.73, which also eclipsed the old meet record. Ellen O'Hare from Oxford set a meet record in the 800m with a time of 2:09.26. The Penn/Cornell men's 4x400m relay made a good run at the record, but crossed in 3:13.87, missing the standard of 3:12.5. Everyone gathered on the infield for awards and team pictures following the meet, and the focus changed to the celebratory banquet. The banquet was held at Somerville College, a very short walk from St. Anne's. A champagne and orange juice reception started off the evening, and then a four-course dinner followed in a banquet hall. The captains were the featured speakers, with Jessica Shaw and Kael Coleman doing the honors for Cornell and Penn, respectively. Following the dinner (and the toasts to the Queen and the President) the teams exited to a nightclub, where they watched the end of the World Cup game (where the Brits were defeated) and then danced away their sorrows. It was a wonderful way to end the 17-day trip

The next day, the teams all joined at the gate of St. Anne's College to say farewell to their new friends, as we had to leave for Heathrow. On the plane trip back to Newark, many of the Cornell and Penn athletes marvelled at the wonderful experiences they had on the trip and realized their trip was a new installment in a larger historical exchange.

Cornell vs. Navy, Maine & Colgate

Annapolis, Md.
March 23, 1998

The Cornell tracksters weren't able to go on their wonderful spring trip to Irvine, Calif., this year because of the pending trip to England. Instead, they trained in Ithaca for the first half of the break and then travelled to Annapolis, to attend a meet at the Naval Academy. Unfortunately, the six-hour drive south didn't produce good weather, as the outdoor season started off cold, rainy and just downright nasty! Cornell competed against Maine, Colgate and Navy in a scoring meet. The women were victorious, scoring 204 points to beat Navy's 194, Maine's 113 and Colgate's 90 points. The women won 13 events and had some stellar performances despite the weather! Chloe Benetatos was a double winner in the 100m (13.0) and the 200m (26.6) and also ran a leg on the winning 4x100m relay (49.7). Jessica Shaw won the 800m with a surprising time of 2:12.4, and was followed closely by teammate Chris Groneman, who finished second in 2:16.8. Catherine Regan won the 400m hurdles in her debut race in a time of 1:05.8, and Kristy Shreve won the 400m dash in a great time of 57.5. Miranda Kaye won the 1500m run in 4:40.2, the 4x400m relay posted a winning time of 4:02.9, and Claire Ryan won the 5,000m run in 18:01.7. In the field, Karen Chastain won the discus with a toss of 151-4 and Chris Kervaski won the hammer throw with a toss of 152-0. Cornell won both the long jump and the high jump, with Tara Flegel jumping 16-4 and Ellen White clearing 5-4 1/4, respectively.

On the men's side, Cornell won three events and placed second overall in the team scoring. Navy won with 103.5 points, Cornell had 48.5 points, Maine was third with 42, and Colgate had seven. The Cornell winners were Doug Heulitt in the 110m hurdles in 15.3, Matt Worster in the 400m hurdles (53.9) and the 4x400m relay which ran 3:23.4. Captain Travis Kluegel was second in the 400m in 49.6, Josh Novak was second in the 5,000m run with a great time of 14:53.7, and Bryan Weissenboeck was second in the 400m hurdles with a time of 55.2. In the field events, Chris Potenza was second in the high jump by clearing 6-4 and Nick Senter was second in the long jump with a distance of 21-11 1/4.

The men and the women competed well despite the horrible weather conditions they faced on their "Spring Break." But more than one person expressed relief that next year, sunny California awaits!

Columbia Relays

New York, N.Y.
March 28, 1998

Talk about a weather turnaround! The Big Apple welcomed the tracksters with 80-degree weather and bright, blue skies. What a delight after the abysmal weather faced

south of the Mason-Dixon Line! And Cornell responded to the warm weather with some great performances. As this was a relay meet, no team score was kept— but Cornell certainly dominated the competition. The men won eight of 16 events and looked much stronger than the previous week. The highlight was Nick Senter's foot-long personal best in the long jump. The freshman jumped 24-1 1/2 in the last of a series of PBs he leaped that day. Chris Potenza won the high jump by clearing 6-9, which he hadn't seen since sophomore year. To round out the jumps, Greg Schlachter won the pole vault with a clearance over 15-7. Nathan Jauvtis also was a field event winner, hurling the javelin 156-5 for first place. On the track, the men won the distance medley relay with a time of 10:12.4, the 4x800m relay in 7:47.7, and the 4x1600m relay in 17:38.7. Bryan Weissenboeck was an individual winner in the 400m hurdles with a time of 54.9.

The women won nine events and dominated the meet as well. Cornell won the distance medley relay (11:38.2), the 4x100m relay (49.2) and the 4x400m relay (3:53.3). Catherine Regan won the 400m hurdles with a time of 1:03.6 as our only individual winner on the track. In the field events, Tara Amarosa won the shot with a toss of 42-9, Chris Kervaski won the hammer (168-0) and the discus (138-2), Nancy Dillabough won the javelin (117-4) and Ellen White won the high jump in a jump off, clearing 5-3 3/4. The tracksters returned to Ithaca slightly sunburned and more refreshed to gear up for the middle of the outdoor season.

Quaker Invitational

Philadelphia, Pa.

April 4, 1998

The track team headed to Philadelphia for the first of three meets there this outdoor season. Cornell teamed up against Delaware, Rowan, Kutztown, St. Joseph's, LaSalle, Haverford, Penn State and Penn. On the men's side, several Penn athletes were competing that weekend at the Texas Relays, so it had a only a partial squad. The Cornell men won the meet, amassing 161 points, to beat Penn's 134 points, Kutztown's 59, and 10 other schools. The men had several impressive performances and competed very well in this meet. The men swept the first three places in the 5,000m run, as Zach Woodmansee won in 14:42.52, Josh Novak was on his heels in 14:42.88, and Matt Moynihan finished soon after in 14:46.52. The Big Red also took the first three places in the long jump, led by Nat Toothaker who leaped 22-11 1/2. Second place was earned by Shaka Davis who spanned 22-10 1/2 and third went to Nick Senter who jumped 22-9 1/4. Things went nearly as well in the high jump where Cornell's Pete Ippel took first by clearing 6-3 and Chris Potena was second at 6-2, while Craig Halbmaier tied for third, also clearing 6-2. Other impressive performances were posted by Travis Kluegel's 49.17 victory in the 400m dash, 1:53.07 by Dan Traver for second in the 800m, and Matt Worster's first-place finish in the 400m hurdles in 53.76. Sonny Ciccolini won the javelin

with a throw of 194-7 and Toothaker won the triple jump with an effort of 45-6 1/2.

In contrast, the women had a tougher time of it and only won five events on their way to third place as a team. Penn State won the meet with 145 points, and Penn had 120.5. Cornell was third with 119 points, well ahead of Kutztown (55) and 10 other teams. Highlights for the women included Catherine Regan's win in the 400m hurdles as she set a personal best of 1:02.48. The 4x400m relay team won in 3:54.20, Grace Nwoku won the 800m in 2:13.31, Claire Ryan won the 5,000m in 18:12.20 and Ellen White won the high jump, despite only clearing 5-2. One of the best races of the day, however, was the 1500m. Captain Jessica Shaw raced to the wire and was just nipped by a runner from LaSalle. Shaw turned in a time of 4:25.20, which was a great time for this point in the season.

Columbia Invitational

New York, N.Y.

April 11, 1998

Back to the Big Apple for the second time this outdoor season. We weren't welcomed by 80-degree weather, but the blue skies made the 60 degrees feel warmer. The meet wasn't scored, but Cornell had many strong placers. At long last, Ellen White set a new school record in the high jump by clearing 5-8. Congratulations to Ellen on achieving one of her goals! Chris Kervaski won the hammer throw with a toss of 151-4 and Karen Chastain was third with a throw measuring 135-7. Shaka Davis, Nat Toothaker and Nick Senter went 1-2-3 in the long jump, with Shaka jumping 22-9 1/2. Mike Reed won the shot with a put of 47-7 3/4 and Sonny Ciccolini and Craig Halbmaier were first and second in the javelin. Chloe Benetatos won the women's 400m with a quick time of 57.56 and Meredith Fremer won the 1500m in 4:41.08. Teammate Kim Chatman was second in the 1500m with a time of 4:44.11. Cornell took the first four places in the women's javelin, with Nancy Dillabough winning the event with a toss of 120-6. The women also took the first three places in the discus, with Kervaski earning first place with a distance of 143-11. The intermediate hurdlers did well at the meet, with Catherine Regan winning (1:03.27) and Benita Gateman coming in second (1:03.52) for the women, and Dave Wynn (55.18) and Bryan Weissenboeck (55.47) coming in second and third for the men.

Cornell did a great job at the meet and recorded some good times on the track that will host next year's Outdoor Heptagonal Championships.

Sea Ray Relays

Knoxville, Tenn.

April 11, 1998

A small group of Cornellians travelled to the elite Sea Ray Relays to strut their stuff with some of the best runners in

the nation. Despite the plane flight south, cool weather greeted the Big Red. The top finisher was the women's 4x800m relay, which placed second in the championship race with a time of 8:50.71. The relay was comprised of Miranda Kaye, Grace Nwoku, Chris Groneman and Jessica Shaw. The men's 4x800m relay placed fifth in its championship race with a time of 7:39.10. The relay runners were Dan Traver, Greg Cipolaro, Jason Moore and last-minute substitute Matt Worster. Sophomore Trent Stellingwerff came to run, but was suffering from an injury that prevented him from participating. So Worster, a senior 400m hurdler, stepped in. His previous best in the 800m was 2:16 in a high school time trial so, needless to say, the team was anxious. Worster was chosen to anchor the relay and he took the baton in fourth place. He ran a relaxed and strategic race, and recorded a split of 1:56.2. It should have made him the MVP of the meet!

In the 800m, Traver ran a 1:54.51 while Cipolaro ran a 1:55.34, and, in the 400m hurdles, Worster ran a 53.57 for 16th place overall. On the women's side, three Cornellians did well in the 800m run. Shaw finished sixth in 2:09.95, Nwoku was 11th in 2:12.74, and Groneman was 17th in 2:14.73. Kaye was the final Cornell representative, running 4:33.76 in the 1500m run for 12th place.

Cornell vs Penn dual meet

Philadelphia, Pa.

April 18, 1998

At last, the much-anticipated Penn Dual. Since this is an England year, this meet had even more significance for the women because they were racing for a ticket across the pond! The women hadn't lost the dual meet since 1989 — and knew they had their work cut out for them this year with a strong Penn team that rivaled the teams of the mid-80s. Unfortunately, the women couldn't keep the streak alive and were defeated by 86.5-58.5. It was disappointing for the team, but the times and performances at this meet were still amazing. Penn competed with a fire that hasn't been evident for years and the marks showed it. Cornell won only six events, including two double winners. Freshman Karen Chastain won both the discus (154-6) and the hammer throw (146-4), and Miranda Kaye won both the 1500m (4:34.9) and the 3,000m (9:35.5). Catherine Regan won the 400m hurdles in 1:02.0 to win by only 4/10 of a second. The other winner was Jessica Shaw, who cruised to victory in the 800m with a personal best of 2:08.5. There were six sweeps in the meet: Penn took 1-2-3 in the 100m, 200m, 100m hurdles and long jump, while Cornell took 1-2-3 in the 800m and the 1500m. Other fine performances were posted by Chloe Benetatos (56.8 in the 400m and 25.2 in the 200m), Chris Groneman and Grace Nwoku in the 800m (2:09.7 and 2:10.2, respectively), and Chris Kervaski, who threw 146-2 in the discus.

The men had a tough time of it as well, but they didn't have the added pressure of qualifying for England. The men's team would be chosen at the Heps later in the

season. The men had only four winners, losing 111-52. Dan Traver won the 800m run in 1:53.0, and Cornell swept the event with Jason Moore and Greg Cipolaro taking second and third, both with a time of 1:54.3. Matt Worster won the 400m intermediate hurdles in 53.3 in a very exciting race. Doug Krisch won the 3,000m steeplechase with a good showing of 9:17.7 and the men's 4x400m relay of Travis Kluegel, Worster, Cipolaro and Chris Ondrak won in 3:14.6, the fastest time the men have run since 1988. Other impressive performances were turned in by Zach Woodmansee, who was second in the 1500m with a time of 14:48.4; Shaka Davis, who was second in the triple jump with a leap of 48-7 1/4; Sonny Ciccolini, who set a personal best in the javelin of 201-10; Nat Toothaker, who jumped 22-11 1/4 in the long jump; and Nathan Jauvtis, who vaulted 15-5 for second place.

Both teams fought hard, but weren't prepared to overcome this fired-up Penn team which was determined not to be beaten on its home track.

Penn Relays Carnival

Philadelphia, Pa.

April 23-25, 1998

Cornell returned to Philadelphia five days later to begin competition in the big Carnival. Twenty-nine members of the Big Red participated in the meet this year in everything from the javelin to the long jump to the distance medley relay. The top finisher was Shaka Davis, who placed second in the triple jump. He leaped 47-9 3/4 into a headwind to earn the medal in the Eastern competition. The men's 4x400m relay of Justin Mayer, Travis Kluegel, Chris Ondrak and Greg Cipolaro were third in the Heps heat with a time of 3:15.10. We earned three fifth places: Ellen White in the high jump (5-6 1/2), Emily Germano in the 3,000m (9:34.34) and Nat Toothaker in the long jump (23-4 3/4). Finally, we had three eighth places, in the women's 4x800m relay of Chris Groneman, Jessica Shaw, Grace Nwoku and Meredith Freimer (8:50.76), Greg Schlachter in the pole vault (14-11) and the distance medley relay in the Championship of America race. The team of Shaw, Kristy Shreve, Groneman and Miranda Kaye ran 11:22.24. As always, the Red were starting to gear up in preparation of the Heps, which was only two weeks away.

Big Red Invitational

Ithaca, N.Y.

April 25, 1998

Cornell was the host of an alternate meet on the Kane facility for those tracksters who hadn't qualified for Penn Relays. Ithaca College, St. Lawrence and Colgate participated in the non-scoring meet, which the Big Red dominated. Some new track records were set during the women's competition. Meghan Lockwood won the 100m dash with a record time of 12.59, while Heather Haupt won



Kristy Shreve '99 hands the baton to a speedy Catherine Regan '00

11 3/4 in the triple jump, and Meredith Freimer who ran a 2:15.53 in the 800m for first place.

Cornell Invitational

Ithaca, N.Y.
May 2, 1998

Cornell played host to squads from Alfred State, Erie Community College, Cortland and Plattsburgh in this home meet. As is typical, the meet wasn't scored, but the Big Red cleaned up both in the field events and on the track. The Cornell women won every event they entered except the 3,000m run. It was quite a dominating performance! Ellen White had a great day in the high jump, setting a track record by clearing 5-6 1/2 for the win. Grace Nwoku and Catherine Regan both set track records as well. Nwoku ran the 400m in 57.53 for the win and Regan raced the 400m hurdles in 1:03.03. In the field, Karen Chastain improved on two of her previous records by hurling the discus 152-3 and chucking the javelin 123-3. Miranda Kaye won the 800m in 2:14.38 while Chloe Benetatos was a double winner in the 100m dash (12.71) and the 200m dash (25.85).

On the men's side, there were four track records set as well. Matt Worster improved on his 400m hurdle time by racing to the finish in 52.80 and Nathan Jauvtis improved his pole vault mark by clearing 15-6. Two newcomers to the record board were Sonny Ciccolini, who won the javelin with a toss of 208-3 and Nat Toothaker who tied the previous standard in the long jump by leaping 23-0 1/2. Dave Wynn had a good day in the 110m hurdles, racing to first place in 15.55, and Chris Ondrak won the 800m run in 1:55.91.

It was the seniors' last home meet at Cornell, after not even having an outdoor track to call home during their fresh-

men and sophomore years. It was great to remember how far we've come!

Outdoor Heptagonal Championships

Providence, R.I.
May 9-10, 1998

The Cornell team had a great drive to Providence, and arrived with high spirits and hopes of wonderful things to happen at this big meet. And then the rain rolled in. And stayed.

The weather on Saturday wasn't so terrible. It rained before the meet started, and then was overcast, windy and in the mid-50s for the prelims. It was actually somewhat better than what the Weather Channel had predicted. But on Sunday, we paid dearly for all the wonderful weather we've had all spring. It started pouring before the first event and rained buckets all day. And it was cold and windy on top of that. By the middle of the day, the throwers were throwing into a field of ankle-deep water, one of the long jump pits was flooded out, and there were three inches of water in lane one. Even Coach Bowman couldn't remember a worse Heps — except maybe the one at Cornell when it snowed and hailed on Sunday's competition.

The most unfortunate thing about the weather was that it prevented most people from running up to their abilities and getting those personal best marks they had been seeking all year. So many people had been on a taper and were just ready to pop some great performances, but the weather didn't cooperate. It didn't get in the way of any competitive spirits, however, and Cornell battled valiantly.

The men finished sixth in the rankings, which was the same as last year. Princeton won the meet with 149 points, followed closely by Penn with 147. Brown was third (92), Navy was fourth (57), Dartmouth was fifth (43), Cornell and Harvard tied for sixth (38), Yale was eighth (36) and Columbia brought up the rear (20). On the bright side, however, Cornell had two Heps champions! Matt Worster was the surprise victor in the 400m hurdles, winning in a time of 53.32. It was the first Heps champ on the track we've had since 1994 — and the first ever in the 400m intermediate hurdles. Matt got out like a shot and just never looked back, running an extremely aggressive and confident race. The other Heps champ was Shaka Davis, who won the triple jump quite convincingly. He leaped 49-8 1/4, nearly nine inches better than second place. He is the first triple jump champion since Darren Roach won the event in 1987. Both of those victories gave the men a much-needed boost to continue to fight hard for every point. The men's pole vault was moved inside because of the weather and Nathan Jauvtis took advantage of the change in venue to clear 16-2 3/4 for third place. Davis scored in the long jump as well, jumping 22-9 3/4, which

was good for fifth place and two points. Dave Wynn was a finalist in the 400m hurdles and took fifth place with a time of 54.91. The Big Red had two other fifth-place finishes: Sonny Ciccolini threw the javelin 199-7 and the 4x100m relay was fifth with a time of 42.78. The final scorers were Chris Potenza, who got sixth place in the high jump by clearing 6-9 and Mike Reed, who threw the discus 148-11 for the point.

The women fared a bit better, but ended up fourth overall. It was a disappointment for the defending champions, but they competed well and just didn't have as many events covered as they had last year. Brown and Princeton tied for the title with 116 points, marking the first tie in Heps history. The teams will share the trophy, with Princeton holding it through the summer. Dartmouth was third with 93, just edging out Cornell's 90 points. Penn was fifth (80), followed by Harvard (67), Yale (46), Navy (34) and Columbia (9).

The women had three Heps champions, two in the field and one on the track. Chris Kervaski went out in style, winning the hammer throw with a toss of 159-8. Karen Chastain proved she is the best in the league by winning the discus, throwing it 146-6. The final winner was Miranda Kaye, who won the 1500m with a time of 4:33.51. The Big Red had four second-place finishes to help score some important points. Maggie Moore finished second in the triple jump with a leap of 37-5 3/4, Jessica Shaw was second in the 800m in 2:12.67, Emily Germano was second in the 3,000m in 9:45.5, and the 4x800m was beaten as they ran a 9:10.9 for second place. Another meet highlight came in the high jump, where Ellen White took third place by clearing 5-8 3/4, setting a school record in the process. Catherine Regan placed third in the 400m hurdles in 1:03.99 in her first defeat of the season. Meredith Freimer was fourth in the 1500m run with a time of 4:39.68 and the 4x400m relay was fourth in 3:53.5. Miranda Kaye added to her Heps title by finishing fifth in the 3,000m run in 9:57.5 and Tara Amarosa put the shot 41-6 1/2 for fifth place. The last points were earned by Danielle Conrad, who was sixth in the javelin with a throw of 111-10, Chris Kervaski who was sixth in the discus with a throw of 131-11, Chris Groneman, who was sixth in the 800m run (2:16.30) and Tara Flegel, who raked in 4,265 points in the heptathlon to place sixth.

For most athletes, this meet marked the end of their 1998 competition season. However, those competing at the IC4A or ECAC championships—and those travelling to England—were ready to improve on the Heps marks when they were given a sunny day for competition.

Outdoor IC4A Championships

Fairfax, Va.
May 23-24, 1998

Cornell had limited representation at the IC4A meet at George Mason because, just as last year, it conflicted with

Cornell's graduation. Ironically, senior Matt Worster had the top finish before he sped off to graduate at Schoellkopf on Sunday. He raced to 11th place in the 400 intermediate hurdles with a time of 52.99. The men's 4x800m relay posted a season's best with 7:34.51, which was good for 15th place overall. The men's 4x400m relay didn't fare quite as well, turning in a time of 3:15.10 for 20th place, and Doug Krisch had a tough time in the steeplechase, finishing in 9:28.59, well off his best time.

Outdoor ECAC Championships

Fairfax, Va.
May 23-24, 1998

The women had slightly larger representation than the men, but the same challenges existed for the seniors. Chris Kervaski opted to compete in the discus, rather than the hammer (her best event) because the discus was held on Saturday before graduation. She finished 12th with a throw of 140-7. But she watched her freshman teammate Karen Chastain heave the discus 160-7, good for second place. Chastain was named to the All-East second team, an honor that Cornell hasn't seen in years. Other great performances were turned in by Laura Jordan, who tied for fifth place in the high jump with a leap of 5-5 1/4 to earn All-East status as well. Jessica Shaw raced well in the 1500m, earning sixth place in the finals with a time of 4:27.65, just off her qualifying time of 4:27.20. Shaw came back and ran a leg on the sixth-place 4x800m relay team, which posted a time of 8:56.37 in the finals. Its time of 8:53.41 in the trials was the second best time on Saturday. Miranda Kaye and Emily Germano both competed well in the 3,000m, with Kaye getting 10th place in 9:43.89 and Germano finishing behind her in 13th in 9:51.94. The women's 4x400m relay ran a great time, placing 12th in 3:47.27. Finally, Catherine Regan was competitive in the 400m hurdles, finishing with a time of 1:02.49 for 20th place.

NCAA Championships

Buffalo, N.Y.
June 4-7, 1998

Emily Germano was our only representative at the NCAA championships in Buffalo. She qualified in the 3,000m and was seeded 20th out of 21 competitors based on her time from the Penn Relays. Emily ran a very smart race and finished 16th, beating four people who had come in seeded faster than she was. Her time was 9:45.68, which was just off her Penn Relays time. This was Emily's second appearance at an NCAA championship meet. She also represented the Big Red at the cross country national meet in the fall.

1998 Track & Field Banquet

This year's banquet was filled with joke awards from captains, accolades from coaches, and tears and hugs from teammates. It was held on May 12, at the Statler Hotel and was extremely well attended by team members, track officials and support staff who help us to do all the things we do. After the captains gave out their "awards," Coach Lou Duesing announced the following awards:

Shorty Lawrence Award (most improved field event man)
Shaka Davis

Clarence Morse Award (most improved track event man)
Jason Moore

Fleet Morse Award (most improved woman)
Miranda Kaye

Hank Russell Award (best sprinter)
Travis Kluegel

Theodota Ladas Award (best middle-distance runner)
Jessica Shaw

Dr. George Ladas Award (best distance runner)
Emily Germano

Theodota Ladas Award (best jumper)
Shaka Davis

Dr. George Ladas Award (best thrower)
Chris Kervaski

Jinky Crozier Award (most valuable woman)
Jessica Shaw

Gatling Awards (seniors who have done the most for Cornell track)
Shaka Davis and Ellen White

Francis M. Blanford Award (senior who has scored the most points over her four years)
Chris Kervaski (281 points)

Charles J. Blanford Award (senior who has scored the most points over his four years)
Shaka Davis (128 points)

Walker Smith Award (best hurdler)
Matt Worster

Clarence Spindler Awards
(male and female seniors who have been unselfish, do the workouts, are good team people, and good competitors)
Chris Kervaski and Sonny Ciccolini

Cornell track also recognized two outstanding officials whose dedication and support throughout the years have helped give Cornell a wonderful reputation of a place with "well run meets." Dave Fontanella, who has worked since 1992 officiating the long jump and triple jump, was thanked for his many hours of work in the field events. Don Farley received special thanks as well for the great work he has done as a timer at the finish line for over 20 years.

Next year's captains were announced at the end of the banquet. Middle distance runner Jessica Shaw '99 and sprinter Kristy Shreve '99 will guide the women's team. Pole vaulter Greg Schlachter '99 and middle distance runner Greg Cipolaro '99 will lead the men. We'd like to thank this year's captains— Travis Kluegel, Shaka Davis, Ellen White and Jessica Shaw— for the great job they did providing leadership and inspiration to the entire team.

Alumni Updates

The author of this publication, **Susie Curtis '91**, tied the knot on May 30 with **Eric Schneider '91**. We had a beautiful day for our wedding at Sage Chapel on the campus and some of our Cornell friends made it back. **Kirsten Etka Hallstrom '91**, her husband **Brian '90** and their bouncing baby boy Lars ('20?) were at the wedding, as were **Nicky Jurena Purves '92** and **David Schleuning '91**.

Ron Fritz '89 and **Laura Landauer Fritz '89** recently spent some time camping in Big Sur with **David Schleuning '91** and **Barry Logan '90**. Laura was recovering from her first marathon— and possibly her last— which she ran on May 4 in Vancouver. She finished the 26 miles in 3:04, making her the eighth woman overall and the second in her age category. It's important to note that her time is faster than that posted by **Mike "Smash" Giovanello '90**. This fall, Laura will continue pursuing her master's in urban planning at Berkeley. Laura and Ron also spend a lot of their time rounding up their two sons, Jacob (3) and Colin (1). Ron and Laura can be written at Fritzclan@aol.com.

James Fleet '81 lives in Greensboro, N.C., where he is a faculty member at UNC Greensboro in the nutrition and food service systems department and the head of the graduate program in nutrition. He was married three years ago to Meg Golden-Fleet and they have an 18-month-old son Benjamin. After he graduated from Cornell, Jim got his Ph.D. in nutrition from Cornell and moved to Tufts University's school of nutrition as a faculty member before the move to North Carolina. On the athletic front, a separated shoulder keeps him out of the weight room and, now that Benjamin is a bit older, he swears he's on his way back to pounding the pavement. You can e-mail Jim at jim_fleet@uncg.edu or write him at his office at 310 Stone Bldg, Greensboro, NC 27402.

Tony DiRubbo '91 and **Mary Ciotoli '91** tied the knot at Sage Chapel on July 25. They had a great reception at the Statler Ballroom and, unfortunately, had to return to work in Rochester on Monday, June 27. They're planning a belated honeymoon to Hawaii in September. **Gary Hurta '91** and **Amy Richardson Hurta '92** were at the wedding showing off their brand new baby girl, Sage Alexandra, who was born on June 23 and is a beautiful little girl. She was, in fact, named for the chapel at Cornell. This follows a trend that Amy and Gary have started, as their dogs and cat are named Barton, Teagle and Riley.

Matt Kendall '91 lives in Sandy Springs, Ga., with his wife Sue and their new golden retriever puppy, Samson. He is the director of business development for Ad South. He has hung up his running shoes, but has picked up his golf clubs, forever in search of the "perfect game."

Thanks to those of you who are keeping in touch! If we haven't heard from you yet, please drop Susie Schneider an e-mail at skc12@cornell.edu, call her at 607-255-9782 or write her at Teagle Hall, Cornell University, Ithaca, NY 14850. The alumni updates are the most-read part of the newsletter and your teammates would love to hear about what you're up to. Thanks in advance!



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