



THE WASTEBASKET



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Cross Country & Track Newsletter

Paul Short Invitational

Lehigh, Pa.
Oct 4, 1997

Both the men's and the women's teams continued their competitive ways in the first big invitational meet of the season. With two meets under their belts, the Big Red travelled to one of the premiere cross country courses in the nation to take part in the Paul Short Invitational for the first time in six years. The trip was well worth it for both teams, as the women finished fourth and the men finished 10th out of 31 teams.

Emily Germano finished in sixth place overall and was the top runner for the women with a time of 17:42. She had a great race, riding close on the heels of the top finishers in front of her. Unfortunately, there was nearly a minute gap between Emily and freshman Meredith Freimer, our second runner, who crossed in 18:39 for 41st place. Jessica Shaw followed (42nd, 18:40), then Miranda Kaye (44th, 18:41), and Claire Ryan was fifth for Cornell in 18:47, good for 53rd place overall. Cornell's top seven was rounded out by Chris Groneman (68th, 18:55) and Laura Audette (100th, 19:27). The Cornell team finished fourth with 185 points behind NC State (32 points), James Madison (104 points) and Army (121 points). Brown finished eighth with 233 points and Navy was 10th with 263 points.

The men's pack was about as spread out as the women. Josh Novak was the top finisher for the Red in 24:57, which was good for 21st place. Our second finisher, Wyeth Koppenhaver, didn't cross until 25:42, which gave him 57th place. The rest of the top seven were Matt Moynihan (72nd, 25:53), Zach Woodmansee (81st, 25:56), Trent Stellingwerff (85th, 25:58), Dan Sherry (120th, 26:30) and Max Peter (134th, 26:39). Josh ran a fantastic race and was tough throughout. This race was a reminder to the team to work harder to run closer to Josh, so that it can be more competitive in the upcoming championship meets.

Colgate Invitational

Hamilton, N.Y.
Oct. 4, 1997

The Cornell squad went to two races this weekend so nearly everyone on the team would have an opportunity to race. With its top performers racing at Lehigh, the women finished second in the meet with 47 points, behind Army's 25 points, but ahead of Canisius (58), Colgate (108) and Niagara (146). The men were third in the meet, pulling in 56 points. Canisius won the men's meet with 30 points, followed by Army (42), Cornell, Colgate (121) and Niagara (143). Both teams ran fairly well on the tough, hilly course.

Heps Tailgate

Robert Martin '54 put on a wonderful food spread at Heps for the Cornell harriers, alumni and parents. He was one of our first fans there to set up and stayed well past the end of the races and awards ceremony. We want to express our special thanks to Robert for taking the time to organize the great spread and providing our runners with some healthy post-race food!

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Becky Avrin was the top finisher for the women, racing the 5K course in 20:58, which was good for fourth place. Anne Pearson finished second for the harriers in 21:00, sixth-place overall. She was followed by two veterans, Colleen Costello (ninth, 21:14) and Carrie Come (11th, 21:23). The group was rounded out by Mandy Deroche (18th, 21:58), Beth Taylor (20th, 22:02), Julie March (22nd, 22:12), Becky Orfinger (41st, 23:31) and Debbie Dreyfus (49th, 24:18).

On the men's side, Geoff King put some pressure on the leader, but finished in second place overall with a time of 26:57. Greg Cipolaro was next for the Red, covering the 7800m course in 27:31 for eighth place. Mike Zalar was behind him (12th, 27:42), and the team was rounded out by Glenn Goldenberg (15th, 28:00), Jeff Organ (19th, 28:13), David Zachowitz (20th, 28:13), Kenan Halabi (25th, 28:27), Chris D'Angelo (28th, 28:35) and Scott Miner (35th, 29:10). While not everyone did as well as they would have liked, everyone appreciated the opportunity to get into a race over the weekend.

IC4A/ECAC Championships

Van Cortlandt Park, N.Y.

Oct. 17, 1997

This championship meet came too early in the season for the team to consider trying to peak for it. But the women still managed to have a great day, building on the previous meets' momentum. Emily Germano was the star of the meet, winning the women's ECAC championship race in 17:39.8 and becoming the first Cornellian ever to capture the gold. Her time was the third fastest ever for a Cornellian at Van Cortlandt Park. She led the women to a third-place finish at the meet - which meant they brought home a team plaque. Miranda Kaye was the second runner for Cornell, finishing in 18:35.2 for 16th place overall. The top seven was rounded out by Meredith Freimer (25th, 18:50.3), Chris Groneman (26th, 18:50.7), Jessica Shaw (30th, 18:58.2), Laura Audette (36th, 19:00.9) and Claire Ryan (38th, 19:01.7). Yale won the meet with 64 points, followed by Princeton (89), Cornell (98), Duke (114), U of Virginia (114), Va Tech (170), Rutgers (200), Pennsylvania (213), U of Buffalo (227), U of Delaware (293), George Mason (295), Syracuse (297), LaSalle College (315), Farleigh Dickinson (414) and Drexel (453).

The men's championship race didn't go quite as well as the women's. Josh Novak was the first finisher for Cornell, placing 28th overall in 25:39.4. Unfortunately, our second runner finished in 53rd place, when Zach Woodmansee crossed the line in 26:11.9. He was followed by Trent Stellingwerff (59th, 26:18.1), Matt Moynihan (70th, 26:26.9), Max Peter (80th, 26:42.1), Dan Sherry (93rd, 27:14.9) and Wyeth Koppenhaver (105th, 28:17.4). Wyeth was fighting a losing battle with an illness and his performance was far from what he had hoped to be able to do. The men finished 13th as a team with 290 points.

Princeton won the meet with 49 points, followed by Iona (63), Duke (124), Virginia Tech (164), Penn (171), Va. Commonwealth (172), LaSalle (192), U of Virginia (216), Villanova (228), U of Maryland (232), Yale (264), St. Joseph's (273), Cornell (290), Lafayette College (305), Seton Hall (349) and Syracuse (380).

Both the men and the women also fielded teams in the Coach's Race. Some finishers of note included Doug Krisch (26:47), Geoff King (26:48) and Ron Paryl (26:59) on the men's side. On the women's side, the top three Cornell runners ran in a pack most of the race and finished close together. Kim Chatman and Heather Haupt both completed the course in 19:20 and Tracy Allaman finished in 19:22.

John Reif Memorial Run

Ithaca, N.Y.

Oct. 24, 1997

A rainy day greeted the teams who arrived in Ithaca for the Friday afternoon meet. As has been typical of past years, the Cornell harriers who would compete at Heps the next weekend took a pass on participating in the Reif meet. They were out en masse, however, to cheer on the pole vaulters, sprinters and jumpers who ran in their stead. Julie March was the top finisher for the women's 5K race, completing the course in 20:39, which placed her third overall. Carrie Come was the second finisher for Cornell, coming in fifth in 20:58. Katie Helmstadter was right on her heels, finishing sixth in 21:05.

The men's five-mile race was dominated by St. Lawrence, which took the first five places in the race. Chris D'Angelo was the sixth runner overall and the first Cornellian to finish. He finished the race in 28:10. Kenan Halabi placed eighth in 18:18 and Chris Ryan was ninth in 28:23.

The men also had an alternative 5K race, which was a showcase of Cornell sprinters, hurdlers and jumpers - and a bunch of runners from Alfred. Travis Kluegel, the men's track co-captain, led the way for the Cornell runners, placing second overall in 17:45. The other co-captain, jumper Shaka Davis, completed the course in 22:31, which was good for 20th place and lots of cheers from the sidelines.

Heptagonal Championships

Van Cortlandt Park, N.Y.

Oct. 31, 1997

New York City produced a warm and windy day for the Heps this year. Both teams felt prepared and were eager to race well against the league rivals. The women had a stellar day, finishing second overall to Dartmouth, which scored only 23 points. Cornell had 74, edging out Princeton (82), Yale (93), Brown (121), Navy (149),

Harvard (150), Penn (204) and Columbia (254). Emily Germano was, once again, the top finisher for the Big Red, earning third-place overall in 17:53.4 for All-Ivy honors. Meredith Freimer had an excellent race for 14th place, finishing in 18:48.0. The varsity team was rounded out by Miranda Kaye (16th, 18:52.4), Chris Groneman (19th, 18:55.5), Jessica Shaw (22nd, 18:58.7), Laura Audette (32nd, 19:10.1), Ursula Lam (47th, 19:28.9), Claire Ryan (48th, 19:31.1) and Kim Chatman (19:32.4). The women put forth the best team effort yet this year and even surprised themselves with their solid finish.

The men's race was a mixture of positives and a few disappointments. Josh Novak ran a very determined race and held onto ninth place (25:47.1) to earn an All-Ivy distinction. Matt Moynihan finished second for the Big Red, earning 41st place (26:27.9) in a much better race than at the IC4As. He was followed by Wyeth Koppenhaver (44th, 26:34.5), who had recovered from his illness but had lost some valuable training time. Captain Zach Woodmansee was fourth for the Red (48th, 26:43.2), and he was supported by Doug Krisch (50th, 26:47.6), Jim Wolfe (56th, 27:00.7), Fred Merwarth (62nd, 27:13.8), Max Peter (65th, 27:20.4) and Trent Stellingwerff (67th, 27:28.5). The men's team finished a disappointing seventh place with 185 points. Princeton was the surprise victor at the meet, winning with only 25 points. Navy was second with 91 points, followed by Columbia (95), Brown (103), Penn (111), Dartmouth (130), Cornell (185), Harvard (228) and Yale (249).

Both the men and the women fielded JV teams at the Heps this year. Some top finishers included Ron Paryl, who was 10th in the race in 26:59.7, Colin Moore who was 14th in 27:12.0 and Geoff King who finished 18th in 27:20.2. On the women's side, Heather Haupt won the race in 19:13.2, with her teammate Tracy Allaman right on her heels, finishing second overall in 19:21.1. Colleen Costello also had a good race, placing sixth in 19:42.6. The women's JV team placed first in the standings with 35 points, well ahead of Dartmouth's 63 points.

NCAA District I Championships

Boston, Mass.
Nov. 15, 1997

Mother Nature can be cruel. After having nearly idyllic weather for every cross country meet this year, she dumped five inches of snow in Boston the night before the District Championships at Franklin Park. The high school state cross country meet raced on the course in the morning, so those four races managed to pound down some of the snow and created lots of slush and ankle-deep mud. But the Big Red runners just lathered up with olive oil, strapped on the inch-long spikes, and went to war.

The men's team had its best showing of the year, despite the fact that the race moved up from the familiar five

miles to the longer 10K. The men finished in an impressive ninth place out of 29 teams with 192 points. Providence and Iona both earned trips to the NCAA meet with their first and second place finishes. Dartmouth was third (104), followed by U Conn (121), Boston University (132), Columbia (171), Boston College (184), Brown (185), Cornell, Army (261), and Harvard (283). Yale was 15th with 473 points and Syracuse was 16th with 491 points. Josh Novak ran an outstanding race, getting out with the leaders and holding on despite the grueling conditions and longer distance. He finished 19th overall in 32:53, on a day when the winner, Travis Landreth from U Conn, ran 31:10. Zach Woodmansee ran the best race of his four-year college career. He finished 29th in 33:07, and his tenacity inspired many of his teammates. Matt Moynihan had a great race as well, finishing 44th in 33:39. The varsity team was completed by Trent Stellingwerff (53rd, 33:49), Doug Krisch (56th, 33:51), Fred Merwarth (61st, 33:56) and Jim Wolfe (68th, 34:02).

The women also had a great day, despite the horrible conditions! Emily Germano overcame her dislike for the course and raced her heart out in order to earn a trip to the NCAA - and her hard work was rewarded! She placed sixth overall in 18:23 and was the second of three individuals to qualify at-large for the big dance in Greenville, S.C. She led the team to a fifth-place finish. Miranda Kaye had her best race of the year, placing 14th overall in 18:54. The other varsity runners were Jessica Shaw (39th, 19:37), Laura Audette (42nd, 19:40), Meredith Freimer (56th, 20:03), Heather Haupt (60th, 20:12) and Chris Groneman (62nd, 20:15). Dartmouth (59 points) and Providence (61 points) earned their way to the NCAA championships and Boston College (80 points) was chosen as an at-large team. Army was fourth of the 27 teams with 123 points, ahead of our own Big Red's 157 points. Boston University was sixth (177) followed by Yale (228), U of New Hampshire (234), Brown (234) U Mass (245) and Harvard (299).

All the runners should be proud of their performances in the less than wonderful conditions. They didn't let the weather and snow impede their races and finished with their best showing of the year.

NCAA Division I Championships

Greenville, S.C.
Nov. 24, 1997

Idyllic weather conditions awaited Emily Germano at her first national meet ever. She raced very well and finished in 50th place overall with a time of 17:33, which was her best time of the year. The meet was won by Carrie Tollefson of Villanova, who finished the 5K course in 16:29. Bringham Young was the surprise team winner, besting the favorite Stanford 100 to 102 points. Dartmouth placed third at nationals with 205 points.

Indoor Track Preview

With cross country season behind us, the team is now turning its attention to the track season. The graduation of several All-Americans and Heps champions gives us thinner ranks this year, but both teams certainly have a solid nucleus that will be augmented by some talented freshman.

The sprint group will be led by captain Travis Kluegel, a Heps scorer in the 500m and the 4x400m. He will be supported on the men's side by junior Justin Mayer, who had the team's top 100m time last season and Robbie Navarro, the leadoff leg for the 4x100m relay last year. Freshmen twins, Marc and Richard Deneault, should contribute in the longer sprints. The women sprinters will be led by All-American Kristy Shreve and sophomores Becky Poulson and Chloe Benetatos. Shreve ran consistent 56-second 400m races last year and Benetatos set a new freshman record last outdoor season by clocking a 56.53. They will be joined by sophomore transfer Meghan Lockwood and freshmen Danielle Brown and Lauren Costantino for a formidable 4x100m relay squad.

The middle distance squad should be stronger on both the women's and men's sides this year. The men return Greg Cipolaro, who ran 1:51 for 800m last year and Trent Stellingwerff who, despite injuries, ran a 1:53. They will be joined by newcomers Chris Kellett, who ran a 1:53 last year at the New York state H.S. meet, and Erik Nakutavicius, who ran a 48.7 and 1:57 last year. In addition, Chris Dupont and Joe Giannelli, two of New York's finest prep milers, will add depth to the group. The women's core squad of Heps champ Jessica Shaw, Chris Groneman and Miranda Kaye will lead this group. They will be joined by sophomore Stacy Nicks who was plagued by injuries last year and freshman Grace Nwoku, who was one of the best 400/800m runners in Ohio last year. Finally, Meredith Freimer, who had a stellar cross country season, will try to improve on her high school time of 2:17.

The distance group will continue to be led by cross country captains Laura Audette in the 1500/3000m and Zach Woodmansee. Audette will be supported by junior Claire Ryan and sophomore Nikki Fuccillo, who will add some expertise in the 5,000m run. Cross country standout Emily Germano has clocked 10:00 for the 3,000m and freshmen Ursula Lam, Jessica Hall and Anne Pearson should add depth

here. Junior Josh Novak is hoping to have a great season in the 5,000m after such a strong cross country season. He will be joined by Wyeth Koppenhaver, Ron Paryl who finished up cross country with a series of strong races, and Doug Krisch, who is our top returning steeplechaser.

The jumping group is particularly strong this year as some talented freshman are added to the core of solid upperclassmen. Captains Shaka Davis and Ellen White will strive to lead this group by example. Heps champion White will be joined by Mia Gramata-Jones, a L.A. star who has cleared 5'8". Laura Jordan has scaled 5'5" and will look to contribute to that group also. Davis will lead the men, both in the vertical and horizontal jumps. He will be joined over the bar by freshmen Matt Sarli, Craig Halbmaier and Pete Ippel, all of whom have cleared 6'7". Davis will be joined in the sand by Nick Senter and Nat Toothaker, all of whom have jumped close to 23 feet. Senior Maggie Moore will be leading the way in the women's pit with her 39' triple jump last year. She will be joined by Louisiana state champion Danielle Brown, who has leaped 40'8" and was ranked third nationally among high school triple jumpers.

The throwers will miss the contributions of All-American Marc Duquella, but All-East scorers Sonny Ciccolini in the javelin and Mike Reed in the discus will look to score some points. Chris Kervaski and Tara Amarosa will lead the women's group. Kervaski was the Heps champion in the hammer throw and Amarosa has finished in the top three in the shot put. Danielle Conrad returns as a solid javelin thrower and freshman Karen Chastain joins the group as a 140' discus thrower.

Finally, Cornell has a neat group of multi-event competitors this year. Returning are Tara Flegel, who scored at both the indoor and outdoor Heps last year. She will be joined by freshman Jill Schleifer-Schneggenburger who was the New York state champion in the pentathlon. Dave Wynn will lead the men's squad after his impressive fifth-place finish at the Heps last indoor season. He will be helped out by Craig Halbmaier and sophomores Bryan Pease and Marco Boyce.

Meet the Big Red

by Courtney Armbruster '99

After reflecting on her vast improvements this past cross country season, junior Chris Groneman '99 says, "I guess this year I just started to love it and to look forward to running cross country races." An art history major from Carmel, N.Y., and cross country captain-elect for the 1998 season, Groneman has steadily moved up the ranks to become one of Cornell's top runners this season.

Groneman says she started running cross country her junior year of high school so that she could get in shape for the track season. "I was one of those people who used to say, 'oh my god, 5K, why?'" In fact, it was only this past season that she ran at the varsity level for Cornell. She says it definitely feels different from running at the junior varsity level, which she did during her freshman and sophomore years here. "Our first away meet in Boston [this year] was the very first cross country race where I walked away feeling like I'd raced with a team because I knew I was scoring and I knew the girls around me were scoring." Groneman moved into the forefront of the cross country team this year, regularly placing in the top five on the team at meets. She managed to use her two years on JV to build herself up to where she is today. "I think having more experience helped me gain a little confidence," she explains. This added confidence gave Groneman the edge she needed to succeed.

She also credits her improvement this year to her teammates and how well they worked together during workouts and races. "I remember coming in August and from the very first day we started running together. It was very relaxed and we all were pretty comfortable." She thinks this team mentality

and togetherness helped her have a more successful season than in years past. "Personally I think I had a much better season, and that had a lot to do with our workouts as a team and the way we worked together."

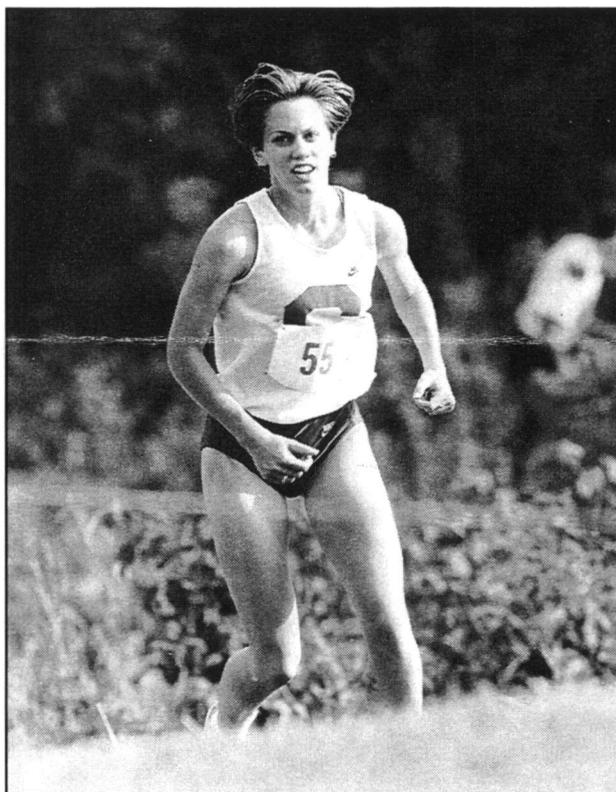
But it was during the races that the team's camaraderie really stood out. Groneman points to communication between team members as a major benefit for her. She says Cornell teammates would often tap each other on the shoulder or say a few words of

encouragement when they go by each other in a race. When faced with a little pick-me-up like that, "they all of a sudden will just wake up and realize where you are, where they are, and then you can look at each other and go and pick people off together. And that's how I think you move your pack up farther in the race."

Groneman responded positively to this team spirit commenting, "It was wonderful to be part of a team like that."

Groneman says she was surprised at being elected cross country captain for the 1998 season. "Some people mentioned that they voted for me, but I didn't think about it seriously. But I'm excited about it." Teammate Claire

Ryan '99 attributes her election to her being very accessible. "She's easy for people to talk to, so as a captain people can come to her with concerns and they can trust her to give good advice." Though she hasn't had much time to contemplate her leadership role, Groneman is looking forward to next season. "I think I'm most excited that we're returning just about everyone...and I think we have a lot of potential!"



Cross Country Banquet

As tradition dictates, the cross country team met at the Field House to do the annual trek to the Varna Fire House for the cross country banquet. Following the delicious dinner of turkey, stuffing and mashed potatoes, Coach Lou Duesing announced the following awards:

John F. Moakley Award

Presented to the senior who has done the most for Cornell Cross Country:
Zach Woodmansee

Clarence F. Spindler Award for the most valuable woman:

Emily Germano

Edward B. Kirby Award for the most valuable man:

Josh Novak

Most Improved Woman:

Chris Groneman

Herman Greenberg Award for the Most Improved Man:

Max Peter

Louis C. Montgomery Award for the Most Valuable Freshman:

Meredith Freimer

John S. Reif Award

Presented to the individual who best embodies excellence of effort; in running and academic scholarship; in respect and support of teammates; in internal competitive fire, and day to day dedication:

Laura Audette

Fifth Man Award:

Matt Moynihan

Fifth Woman Award:

Chris Groneman

Men's Letter Winners: Wyeth Koppenhaver, Doug Krisch, Fred Merwarth, Matt Moynihan, Josh Novak, Ron Paryl, Max Peter, Trent Stellingwerff, Jim Wolfe, Zach Woodmansee.

Women's Letter Winners: Laura Audette, Kim Chatman, Carrie Come, Colleen Costello, Meredith Freimer, Emily Germano, Chris Groneman, Miranda Kaye, Claire Ryan, Jessica Shaw.

Next year's captains were also announced at the end of the dinner. Chris Groneman will lead the women and Josh Novak will head up the men's team for the 1998 campaign.

Alumni Updates

Kirsten Etka Hallstrom '91 and her husband Brian '90 are the new proud parents of a bouncing baby boy, Lars Ronald. Kirsten is on maternity leave from her job as a physical therapist at the University of Michigan hospital, and Brian is trying to spend as much time at home as his residency will permit. The two of them love parenthood and Lars loves the endless attention!

Paul Belcher '95 has relocated to the West Coast and is working for an insurance company in San Francisco. He was happy to find many former tracksters enjoying the sunshine. Charles Shimooka '95 is working for an environmental consulting firm in San Rafael. Natalia Cortes '94 attends UC Davis and is working toward getting her PhD in history. And Don Vibert '94 is working in San Jose for a company involved with nuclear power. Paul can be reached at paul_r_belcher@ffic.com and Charles can be written at shimooka@usa.net.

Julie Wojcik '93 has moved from New York City to the great city of Chicago. She's enrolled at the University of Chicago and should have her MBA in two years. But it is Julie... She has reported several Scott "Scraps" Ordway '94 and Dr. Dave Schleunig '91 sightings.

Jim "Turtle" Paige '83 has come and gone from corporate America. After spending 10 years with General Electric as a mechanical engineer, he is now pastoring an Independent Baptist Church in Morrisville, Vt. The church has grown considerably since it was founded in 1993 with two families! Jim and Michelle have four children: Lucas -10, Michael - 8, Elisabeth - 6, and Naomi - 4. He is now a "binge" runner due to a lack of time and an increase in responsibilities. He is looking for Mitch Dick's e-mail

address and is curious to hear from someone who knows where Bob Diaz might be. E-mail Jim at jcp-mville@juno.com.

Mike Malarkey '92 lives in Washington DC, working for Klick, Kent & Allen, a consulting firm that works with telecommunications, petroleum and transportation companies. The former high jumper has successfully converted to road races and tries to work out on a semi-regular basis. He came back to Ithaca for his fifth-year reunion this past summer and was pleased to see the new Big Red track! You can get in touch with Mike at 1320 21st Street NW #303, Washington, DC 20036. His e-mail address is malarkeym@kka-inc.com or feel free to call him at 202-822-1707 (h).

Rich Oldrieve '81 won the Tow to Toe Marathon in mid-October. His winning time was 2:42.21 - after blazing to a 5:50 first mile. His slowest mile was his last mile, which he completed in 6:23, but his middle 22 miles all were right on 6:11 or 6:12 pace. Congratulations to Rich for doing the Cornell family proud!

Bob Oelschlager '74 has moved to Sao Paulo, Brazil, with his wife Joani and son John. They are busy meeting people from all over the world and Bob is comfortably settled into his job. Bob can be reached at home at Boelschl@Frontier.com.br.

Please continue to send in alumni updates. Everyone seems to enjoy the news and it's a great way to keep the track family in touch! You can e-mail Susie Curtis at skc12@cornell.edu; call her at 607-255-9782; or mail updates to her at Teagle Hall, Campus Road, Ithaca, NY 14850.

Our condolences are extended to the family and friends of George E. Heekin '29. Mr. Heekin passed away Oct. 20, and Coach Lou Duesing and his wife Laura Toy attended the funeral services in Cincinnati. Mr. Heekin was a sprinter for the Cornell track team and has been one of our most generous benefactors for many years. His foresight and concern for the welfare of Cornell track inspired him to endow the head coaching position in 1980, which ensures that Cornell will always have a track team, with or without financial support from the university. His enthusiasm will be greatly missed.



Meet the Big Red

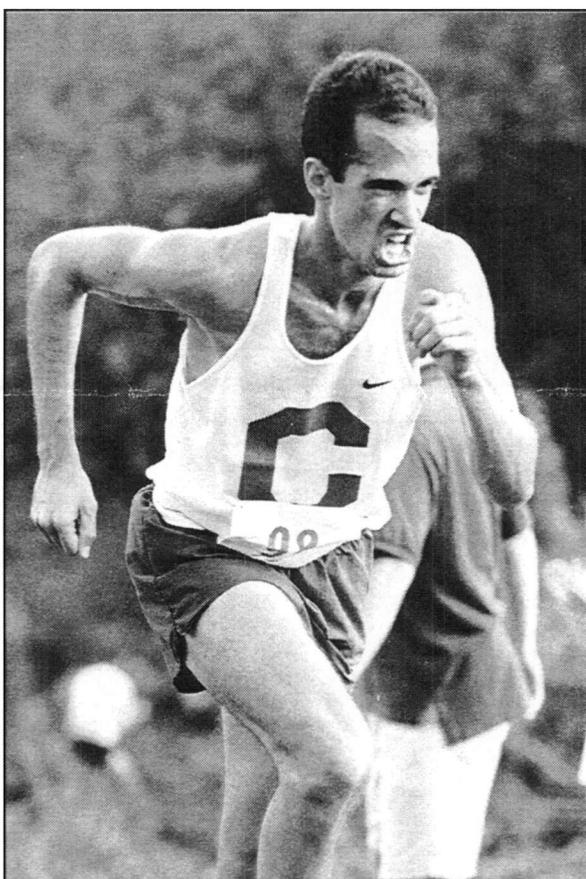
by Dan Traver '98

He drinks from puddles. He sleeps standing up. He has the fastest Cornell 8K time since 1993. People are free to decide for themselves what is fact and what is fiction when it comes to Josh "The Horse" Novak '99. While next year's cross country captain remains tight-lipped on the first two facts, there is no denying the third. Novak moved to the front of the pack early this fall, turning in solid performances at the first meet versus Army and the Fall Classic in Boston two weeks later. Then he exploded onto the national scene with a race that left observers shaking their heads and searching for the right adjectives. Novak's place performance and time of 24:57 at the Paul Short Invitational at Lehigh was a breakthrough. It saw Novak running with some of the "big boys" of Division I cross country from powerhouses like North Carolina State and Michigan State and beating quite a few of them.

Novak's nickname comes as a measure of respect from his teammates. His freshman year, some tried to nickname him "grandma" because of the unmistakable hobble he uses to get across campus. The name never stuck, because no matter how broken he looked off the track, a mysterious transformation ensued when he stepped on it. The realm of "The Horse" is the last two miles of a cross country race or the last 600 meters of a mile. The body starts shutting down; the muscles filling with lactic acid. Muscles start to work in funny ways, group by group, and the mind begs for reprieve from the physical agony. Good runners learn to ignore the pain — to work around it. Josh Novak embraces it, and at face value, it is not a pretty thing to behold. Mouth open, face set in a grimace, eyes flashing furiously and arms and legs struggling to keep up, Novak's charges to the finish

are a clinic of how to embrace the pain..

Teammates see this effort in workouts and hear about it in races, and adjust their mindsets. There is something intangible, something that makes a runner want to push himself that much more when he knows his teammates are doing the same. Novak, so to speak, has raised the bar of what is and is not acceptable for effort on the Cornell track and cross country teams.



Off the track, he is one of the nicest, down-to-earth people you'd ever want as a teammate. His intensity seems to be channeled only into his running and not his entire personality. Novak was elected captain of next year's cross country team not only because of his work ethic, but for his insight into, and genuine concern about his teammates and their problems. He is not one to take himself too seriously, and has stopped pre-race speeches before with the phrase "I'm not really sure what I'm saying here - does anybody else understand me?"

For some runners, there is a problem of too much intensity. They do not know when to "turn off" the competitive fire. Others suffer from an ability to

harness their natural talent by being willing to push themselves like they have never pushed before. What makes Josh Novak a force to be reckoned with is his simple combination of quiet self-effacement in the locker room and other social situations coupled with his startling transformation into "The Horse" whenever he puts on a pair of spikes.

1997-98 Cornell Men's Indoor Track Roster

Name	Event	Cl.	Hometown
Bindernagel, Seth	Dist.	Jr.	Cleveland, Ohio
Boyce, Marco	Jmps.	So.	New Castle, Del.
Bradley, Phil	Wts.	Fr.	Bethesda, Md.
Campbell, Mike	Dist.	Fr.	Orchard Park, N.Y.
Ciccolini, Sonny	Wts.	Sr.	Lewistown, Pa.
Cipolaro, Greg	MDist.	Jr.	Clifton Park, N.Y.
Coble, Matt	MDist.	Fr.	Tampa, Fla.
D'Amico, Nicholas	Multi.	So.	New Rochelle, N.Y.
D'Angelo, Chris	Dist.	Fr.	Farmingdale, N.Y.
Davis, Shaka	Jmps.	Sr.	Louisville, Ky.
Deneault, Marc	Spts.	Fr.	Cornwall, Ont.
Deneault, Richard	Spts.	Fr.	Cornwall, Ont.
Dupont, Chris	MDist.	Fr.	Hornell, N.Y.
Elson, Steve	PV	Jr.	Niskayuna, N.Y.
Enos, Alan	Dist.	Jr.	Bedminster, N.J.
Gamage, Matt	Dist.	Jr.	Anchorage, Alaska
Giannelli, Joseph	Dist.	Fr.	Mahopac, N.Y.
Gilmore, Damon	Hdls.	Fr.	Houston, Texas
Goldberg, Samuel	Jmps.	Jr.	Doylestown, Pa.
Goldenberg, Glenn	Dist.	Sr.	Lyndhurst, Ohio
Halabi, Kenan	MDist.	So.	Brecksville, Ohio
Halbmaier, Craig	Jmps.	Fr.	Windham, N.H.
Heullitt, Doug	Hdls.	Fr.	Yardley, Pa.
Ippel, Pete	Jmps.	Fr.	Morris, Ill.
Jauvtis, Nathan	PV	Jr.	Lexington, Mass.
Kellett, Christopher	MDist.	Fr.	Schenectady, N.Y.
Kelliher, Daniel	Dist.	So.	Norwell, Mass.
King, Geoff	Dist.	Fr.	Endwell, N.Y.
Klint, Matt	Wts.	So.	Watsonville, Calif.
Kluegel, Travis	Hdls.	Sr.	Mahtomedi, Minn.
Koppenhaver, Wyeth	Dist.	So.	Millersburg, Pa.
Krisch, Doug	Dist.	Jr.	Merrick, N.Y.
Kubica, Jeremy	Hdls.	Fr.	Warwick, R.I.
Larson, Erik	Hdls.	Sr.	Littleton, Colo.
Mabbett, Arthur	Wts.	Sr.	Medford, Mass.
Macias, Jason	Spts.	So.	Bronx, N.Y.
Mayer, Justin	Spts.	Jr.	Marlton, N.J.
McCrea, Conor	MDist./Jav.	Jr.	Dickerson, Md.
Merwarth, Frederick	Dist.	So.	Easton, Pa.
Miner, Scott	Dist.	So.	Webster, N.Y.
Moore, Colin	Dist.	Fr.	Rome, Italy
Moore, Jason	Dist.	Jr.	Rochester, N.Y.
Moynihan, Matthew	MDist.	Sr.	Farmington, N.Y.
Murnan, Matthew	Hdls.	Fr.	Stafford, N.Y.
Nakutavicius, Erik	MDist.	Fr.	Baldwin, N.Y.
Navarro, Roberto	Jmps.	So.	New York, N.Y.
Novak, Josh	MDist.	Jr.	Williamsville, N.Y.
Ondrak, Chris	Dist.	Fr.	Homer, N.Y.
Organ, Jeff	Dist.	Jr.	Baldwinsville, N.Y.
Paryl, Ron	Dist.	So.	Lisle, Ill.
Pease, Brian	Hdls.	So.	Liverpool, N.Y.
Potenza, Christopher	Jmps.	Sr.	E. Amherst, N.Y.
Rabinovitz, Daniel	Jav.	Fr.	Andover, Mass.
Raffa, Ryan	Dist.	So.	Manlius, N.Y.
Randall, Jesse	Jmps.	Jr.	Alexander, N.Y.
Reed, Michael	Wts.	Sr.	Trumansburg, N.Y.
Rowse, Braden	Wts.	So.	Greenwich, N.Y.
Ryan, Christopher	Dist.	Sr.	Batavia, N.Y.
Sarli, Matt	Jmps.	Fr.	Haddonfield, N.J.
Schlachter, Greg	PV	Jr.	Avon, N.Y.
Schmucker, Matthew	MDist.	Fr.	Jamison, Pa.
Selig, Michael	Dist.	So.	Orchard Park, N.Y.
Senter, Nick	Jmps.	Fr.	Cincinnati, Ohio
Sherry, Dan	MDist.	Sr.	Northport, N.Y.
Stellingwerff, Trent	Dist.	So.	Grand Bend, Ont.
Strem, Brian	PV	Fr.	Agoura Hills, Calif.
Toothaker, Nathaniel	Dist.	So.	Wilton, Conn.
Traver, Dan	MDist.	Sr.	Wheaton, Ill.
Weissenboeck, Bryan	Hdls.	Jr.	Kincardine, Ont.
Wolfe, Jim	Dist.	Jr.	Staten Island, N.Y.
Woodmansee, Zach	Dist.	Sr.	Auburn, N.Y.
Worster, Matt	Hdls.	Sr.	Auburn, N.H.
Wynn, David	Hdls.	So.	Basking Ridge, N.J.
Zackowitz, David	Dist.	Fr.	Flemington, N.J.
Zalar, Michael	Dist.	So.	Novelty, Ohio

1997-98 Cornell Women's Indoor Track Roster

Name	Event	Cl.	Hometown
Allaman, Tracy	Dist.	Jr.	Aurora, Colo.
Amarosa, Tara	Wts.	Jr.	Altoona, Pa.
Armbruster, Courtney	Spts.	Jr.	Los Alamos, N.M.
Audette, Laura	Dist.	Sr.	Ballston Lake, N.Y.
Avrin, Rebecca	Dist.	So.	Staten Island, N.Y.
Benetatos, Chloe	Spts.	So.	Athens, Greece
Brown, Danielle	Jmps.	Fr.	New Orleans, La.
Bulazel, Kira	Dist.	Jr.	Cos Cob, Conn.
Chastain, Karen	Wts.	Fr.	Lake Orion, Mich.
Chatman, Kimberly	MDist.	Fr.	Port Orchard, Wash.
Cole, Erin	Multi.	Sr.	Ogdensburg, N.Y.
Come, Carrie	MDist.	Sr.	Newton, Mass.
Conrad, Danielle	Wts.	So.	Millerstown, Pa.
Constable, Christine	Wts.	So.	Endwell, N.Y.
Cornell, Tammy	Wts.	Fr.	Masury, Ohio
Costantino, Lauren	Spts.	Fr.	Olympia, Wash.
Costello, Colleen	Dist.	Sr.	Chester Springs, Pa.
De Roche, Mandy	Dist.	So.	Tewksbury, Mass.
Dillabough, Nancy	Wts.	Jr.	Douglas, Ont.
Dreyfus, Deborah	Dist.	Fr.	Short Hills, N.J.
Fitzgerald, Shannon	Dist.	Jr.	Palisades, N.Y.
Flegel, Tara	Hdls.	Jr.	Michigan City, Ind.
Freimer, Meredith	Dist.	Fr.	Doylestown, Pa.
Fuccillo, Nicole	Dist.	So.	Levittown, N.Y.
Gateman, Benita	Hdls.	So.	Kitchener, Ont.
Germano, Emily	Dist.	So.	Brightwaters, N.Y.
Gramata-Jones, Mia	Jmps.	Fr.	Los Angeles, Calif.
Groneman, Christine	MDist.	Jr.	Carmel, N.Y.
Gvozdoch, Adrienne	MDist./Wts.	Fr.	Damascus, Md.
Hall, Jessica	Dist.	Fr.	Liberty, Mo.
Haupt, Heather	Dist.	Jr.	Williamson, N.Y.
Helmstadter, Katie	Dist.	Fr.	Tampa, Fla.
Hill, Elizabeth	Dist.	So.	Fairport, N.Y.
Ittoop, Sabita	MDist.	Fr.	Towaco, N.J.
Jordan, Laura	Jmps.	Fr.	Geneva, N.Y.
Kaye, Miranda	Dist.	Jr.	Tempe, Ariz.
Kervaski, Chris	Wts.	Sr.	Waynesburg, Pa.
Krablin, Joanna	Jmps.	So.	Downingtown, Pa.
Lam, Ursula	Dist.	Fr.	Bethlehem, Pa.
Lockwood, Meghan	Spts.	So.	Rye, N.H.
March, Julie	Dist.	Fr.	Richmond, Va.
Moore, Maggie	Jmps.	Sr.	Rye, N.Y.
Mulcahy, Allison	Dist.	Sr.	Chagrin Falls, Ohio
Nicks, Stacy	MDist.	So.	Thiells, N.Y.
Nwoku, Ugwulo	MDist.	Fr.	Delaware, Ohio
Ogurcak, Danielle	Spts.	Jr.	Lebanon, Pa.
Orfinger, Becky	Dist.	Jr.	Ardsley, N.Y.
Pearson, Anne	Dist.	Fr.	Everett, Wash.
Poulson, Becky	Spts.	So.	Hamburg, N.Y.
Regan, Catherine	Hdls.	So.	Needham, Mass.
Roche, Amber	Spts.	Sr.	Eugene, Ore.
Ryan, Claire	Dist.	Jr.	Santa Clara, Calif.
Schleifer-			
Schneggenburger, Jill	Multi.	Fr.	Amherst, N.Y.
Shaw, Jessica	MDist.	Jr.	Westford, Mass.
Shreve, Kristy	MDist.	Jr.	Savage, Minn.
Taylor, Beth	Dist.	So.	Hamburg, N.Y.
Thaker, Poonam	Wts.	Jr.	Lake Forest, Ill.
White, Ellen	Jmps.	Sr.	Ann Arbor, Mich.

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



Indoor Track & Field Schedule

Jan 23	Multi-Event I	Ithaca, N.Y.
Jan 24	St. Joseph's	Ithaca, N.Y.
Jan 31	Harvard/Brown	Cambridge, Mass.
Feb 7	Yale/Bucknell	New Haven, Conn.
Feb 13	Millrose Games	New York, N.Y.
Feb 14	Multi Event II	Ithaca, N.Y.
Feb 21	Can-Am Classic	Ithaca, N.Y.
Feb 28-Mar 1	Robert Kane Invitational	Ithaca, N.Y.
March 7/8	Heptagonal Championships	Princeton, N.J.
March 13/14	IC4A Championships	Ithaca, N.Y.
	ECAC Championships	Boston, Mass.
	NCAA Division I Champs	Indianapolis, Ind.

Outdoor Track & Field Schedule

March 21	Navy	Annapolis, Md.
March 28	Columbia Open	New York, N.Y.
April 4	Quaker Invitational	Philadelphia, Pa.
April 11	Sea Ray Relays	Knoxville, Tenn.
April 18	Kings College Classic	New York, N.Y.
April 25	Penn Dual	Philadelphia, Pa.
May 2	Penn Relays	Philadelphia, Pa.
May 9/10	Big Red Invitational	Ithaca, N.Y.
May 23/24	Cornell Invitational	Ithaca, N.Y.
June 4-7	Heptagonal Championships	Providence, R.I.
June 15-30	IC4A/ECAC Championships	Fairfax, Va.
	NCAA Division I Champs	Buffalo, N.Y.
	England Tour	United Kingdom