



THE WASTEBASKET



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Cross Country & Track Newsletter

Track Overview

A talented group of seniors will lead the team this year and have it as their mission to score higher in the Heps than we did last year. On the men's side, captains Greg Cipolaro and Greg Schlachter are great leaders both in their events and off the track. Cipolaro finished third in the 800m at indoor Heps last year and will look to lead a strong group of middle distance runners. He is joined by classmate Jason Moore who had a breakthrough season last year, running 1:54 in the 800m. Junior Trent Stellingwerff scored third place in the 1,000m at Heps last year and will contribute on relays as well. Sophomores Chris Ondrak and Chris Kellett have grown into their roles on the team and both look to have an impact on the season. Freshmen Geoff Van Fleet and Steve McClearn both hope to have an impact in the middle distance, as they have personal bests in the mile of 4:13 and 4:20, respectively. The distance group will be led by Josh Novak, the cross country captain. He will be supported by Geoff King and Colin Moore, who were quite successful this past fall. Freshmen Max King and Doug Mitarotonda will also look to contribute in the 5,000m. The sprint group will be led by senior Justin Mayer. He recorded a 21.7 in the 200m outdoors last year and will look to build on that success this year. He will be joined by Marc and Richard Deneault, sophomores who run all three sprint races. Bryan Weissenboeck, an intermediate hurdler outdoors, makes his home in the 400m indoors and should be a player in both the open race and in the relay. Freshman Allen Jimerson will look to support the Big Red with his contributions in the 400m. The jumps should be a very strong event for the Big Red this year as well. Schlachter and senior teammate Nathan Jauvtis both are excellent pole vaulters and battle for the top spot on the team, as both cleared 16-1 last year. The high jump will be led by sophomore Pete Ippel and his classmates, Matt Sarli and Craig Halbmaier. The horizontal jumps will be a young group this year. Junior Nat Toothaker, a Heps scorer in the long jump indoors, will lead a group of sophomores and freshman on the runway. Sophomore Nick Senter, had a best mark of 24-1 last year and will look to improve on that this year. The duo is joined by freshman Neal Okarter, who has posted a best of 46-10 in the triple jump and Tommy Thothongkum, who has sailed 48-6 in the triple jump and 22-10 in the long jump. Finally, the group will get a bit of experience from transfer JP Pollak, who was a Heps scorer at Penn. The throwers will have a building year this year, with freshman Jeremy Blanchet learning the weight throw and competing in the shot. Phil Bradley and Brad Rowse are the veterans in the event, both with a year of competition under their belts. Two freshman javelin throwers, Jon Lane and Zach Ramos, will round out the group.

The women will look to their captains Jessica Shaw and Kristy Shreve for leadership this season. Both are All-Americans and both have their sights on doing some big things this year. The middle distance should be one of the strongest events for the Big Red this season. Shaw, along with classmates Chris

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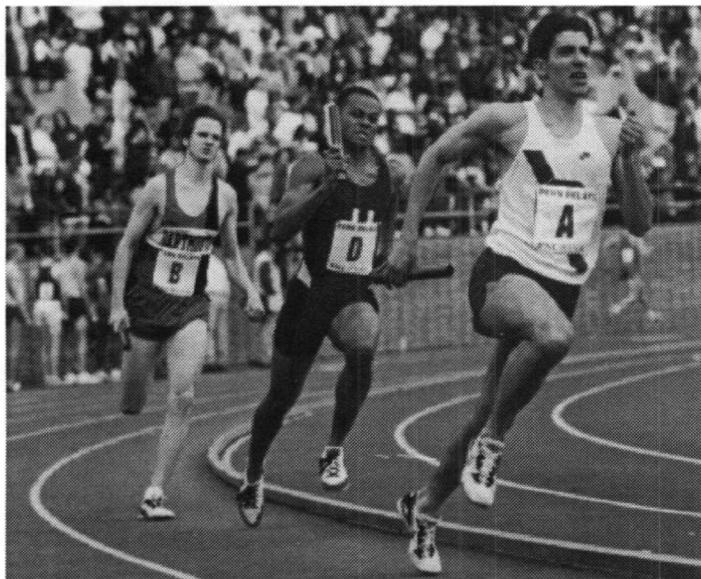
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Editor's Note

This issue of the Wastebasket contains meet synopses from both the cross country and indoor track seasons due to production issues. We apologize for the tardiness of the cross country updates and will attempt to get you the results from the outdoor track season in a much more timely manner. Thank you for your patience.

Groneman and Miranda Kaye hope to have an impact in both the 800m and the 1500m outdoors. They will be joined by sophomores Kim Chatman, Meredith Freimer and Grace Nwoku, all of whom scored in the Heps as freshmen. Freshmen Halle Watson and Anne Marie McMillan will also look to play in the 800m. The distance runners will be led by NCAA qualifier Emily Germano, who will specialize in the 3,000m and 5,000m. Kaye will also move up to compete in the 3,000m, and will be joined by freshman Mandy Richards. Shreve will lead the sprint group, joined by juniors Catherine Regan, Benita Gateman, Becky Poulson and Chloe Benetatos. Those five bring a lot of experience to the track and will be helpful to lead the younger tracksters to the finals at the Heps. Meghan Lockwood will focus on the 100m outdoors and try to improve on her times from last year. She will be joined by Kaitlin Seigenberg, who was the Massachusetts state champ in the 55m. The short hurdles should be much improved this year with the addition of freshman Betsy Swan, who was a high school standout. She will work with multi specialist Tara Flegel, Gateman and Illinois hurdler Sarah Spain to try to grab some points for the Big Red. The jumps will be a mix of old and new, both with competitors as well as events. The women's pole vault will be a full-fledged event this year and we're training some athletes who have never competed in it before, as well as working with Californian Kim Trout who vaulted in high school. Sophomore Danielle Brown, who was injured during her freshman year, will hit the runway this year to make an impact in both the long jump and the triple jump. She will be joined by freshman Liz Morikawa in the long jump and Spain in the triple jump. The high jump will be led by returners Laura Jordan, who was All-East last year, and freshman Charlene Davis, who cleared 5-8 in high school. Finally, the throws will be led by veterans Karen Chastain and Tara Amarosa. Chastain will lead the team in the weight throw and Amarosa will be a great example in the shot put. Nancy Dillabough and Danielle Conrad will take the lead with the javelin outdoors.



Greg Cipolaro at the Penn Relays

Cornell Relays

Dec. 5, 1998

Ithaca, N.Y.

The Big Red tracksters started the indoor track season with a non-scoring meet at home. The majority of the cross country runners did not compete, as they were still in transition following the completion of their racing season. However, there was still lots of excitement on the track. Freshman Tommy Thothongkum was the only double winner for Cornell, posting two IC4A qualifying marks as he won the long jump (23-5 1/4) and the triple jump (48-9). Classmate Neal Okarter also qualified for the IC4As in the triple jump with a second-place leap of 47-10. Captain Greg Schlachter won the pole vault with an IC4A qualifying mark of 15-9. The men's 4x400m relay won the race, posting a time of 3:23.62 and Jeremy Blanchet placed second in the 35 lb weight throw with a toss of 49-10 1/2.

On the women's side, the only first places came from the 4x800m relay (9:39.52) and the 4x400m relay (3:58.13). However, Danielle Brown leaped 18-3 1/4 for second place in the long jump and Poonam Thaker established the first school record ever in the pole vault by clearing 8-0 1/2 for third place. The throwers had a fairly good showing, with Karen Chastain placing second in the 20-pound weight throw with a toss of 49-3. Tara Amarosa also placed second in the shot put with a throw of 40-5 1/2.

This meet was contested on the Saturday after the last day of classes for the fall semester, but before finals started. The majority of the tracksters were to return to Ithaca in the beginning of January to start the scored part of the indoor season.

Cornell vs. Georgetown/Rutgers/Colgate

Jan. 16, 1999

Ithaca, N.Y.

Nearly everyone returned from winter break healthy and ready to begin steady training again with the team. However the Big Red took on some very stiff competition in this meet and many tracksters were not quite prepared for the intensity of the competition. Both the men and the women finished third in the meet behind Georgetown and Rutgers. On the men's side, Georgetown scored 73 points, Rutgers 61, Cornell 43 and Colgate 7. As always, there were some very exciting moments for Cornell in the meet, however. Dave Wynn won the 55m hurdles with a

time of 7.90 and captain Greg Cipolaro won the 1,000m with a time of 2:31.32. The field events also saw two Cornell winners, as Greg Schlachter won the pole vault with a clearance over 15-9 and Tommy Thothongkum won the triple jump with an effort of 47-3 3/4.

In the women's meet, Georgetown was victorious with 73 points. Rutgers scored 59 points, Cornell 47, and Colgate 7. The only individual woman champion was Grace Nwoku, who won the 800m in a time of 2:15.53. The women's 4x800m relay was also victorious, crossing with a time of 9:26.98. Catherine Regan earned second place in the 400m with a time of 59.78 and Chris Groneman was fourth in the 1,000m with a time of 2:59.17. Vaulteer Kim Trout placed second, but established a new school record by clearing 9-6 1/4. Finally, Karen Chastain improved on her weight throw distance from before break, tossing it 52-0, which was good for second place in the meet.

Cornell vs. Fordham/St Joseph's/Penn

Jan. 22, 1999
Ithaca, N.Y.

The team stayed within the friendly confines of Barton Hall for another weekend, playing host to nemesis Penn, as well as Fordham and St. Joseph's. Penn won both meets, but Cornell did take second on both the men's and the women's side. For the men, Penn scored 74.33 points, Cornell earned 59.66 points, St. Joseph got 44 points and Fordham was last with 18 points. The men had five individual winners. On the track, Geoff King won the 5,000m with a time of



Jeremy Blanchet winds up to throw the weight at Heps

15:15.87. Colin Moore took the mile with a final time of 4:14.99 and Dave Wynn continued his fine performances in the 55m hurdles with a clocking of 7.76 for first place. Finally, Greg Cipolaro won the 800m with a time of 1:54.04. The only field event winner was Nat Toothaker who leaped 22-11 1/4 in the long jump for

first place.

In the women's meet, Penn was victorious with 90.25 points. Cornell was second with 66 points, followed by St. Joseph's (24) and Fordham (13.75). Just like the men, the women had five individual winners. Emily Germano won the 5,000m with a time of 17:41.16 and Grace Nwoku won the 500m dash with an effort of 1:17.95. In the field events, Karen Chastain won the weight throw with a toss of 51-11, Laura Jordan won the high jump by clearing 5-4 1/4 and Danielle Brown won the triple jump with an ECAC qualifying leap of 39-8. Other strong performances were turned in by Kim Chatman, who was second in the 1,000m with a time of 2:58.10 and Tara Amarosa, who earned second place in the shot put with a throw of 42-3 1/2.

Despite the losses to Penn, the Cornell performances were improving with each meet in the season, in preparation of some tough triangular meets coming up.

Cornell vs. Harvard and Brown

Jan. 30, 1999
Cambridge, Mass.

Cornell headed to Boston to compete in its first focused Ivy meets of the year. Always a close fight, the men and the women knew the meet would be a battle to the relays. Harvard won the men's meet with 71.5 points, Cornell was second with 53 points and Brown was third with 45.5 points. The men competed well and were feeling positive about beating Brown in this meet. Unfortunately, the men only had three individual champions and scored many points with second and third places. Colin Moore won the mile with an IC4A qualifying race of 4:12.24. Greg Cipolaro won the 800m, also qualifying for IC4As with a time of 1:53.79 and Greg Schlachter won the pole vault by clearing 15-9. Teammates Nathan Jauvtis and Brian Strem took second and third in the pole vault, to give the Big Red some big points! JP Pollak earned second place in the triple jump with a leap of 48-5, which qualified him for IC4As. Geoff King placed third in the 3,000m run with a time of 8:37.23, Geoff Van Fleet was third in the mile (4:14.53) and Justin Mayer was third in the 400m (50.57).

Harvard also won the women's meet, scoring 55 points. Brown was second with 52.66 points and Cornell was third with 51.33 points. It was an excellent meet and was hard fought until the end. The women had five people finish first. In the field

events, Kim Trout won the pole vault by clearing 10-6 (for yet another school record!) and Danielle Brown won the long jump with a leap of 17-6. On the track, Emily Germano won the 3,000m with a time of 9:59.13, Kim Chatman won the mile in 4:59.01 and the women's 4x800m ran 9:20.85 for first place. The mile relay ran its best time of the year (3:53.90), but still finished third in that event. Jessica Shaw had a good mile race, finishing second behind Chatman in 4:59.02 and Catherine Regan was third in the 400m with a time of 56.90, just off the school record. Both Shaw and Regan qualified for ECACs with their performances.

Cornell vs. Yale and Bucknell

Feb. 6, 1999
Lewisburg, Pa.

The Yale men opted not to come to the meet this year, so the men ran a dual meet against Bucknell. The Big Red finished with 59 points while Bucknell scored 95 and earned the victory. While the Bucknell team was more talented in some areas, it simply outnumbered the Cornell men and beat us with numbers of entrants as well. Cornell won six events during the meet, with Dave Wynn bringing home the gold in both the 55m hurdles (7.83) and the 500m run (1:06.30). Colin Moore won the 800m with a time of 1:55.49 and the men's 4x400m relay was victorious clocking a 3:21.82. In the field, Nathan Jauvtis won the pole vault with a clearance of 15-9 and Tommy Thothongkum won the triple jump with a leap of 48-0 1/2. Geoff King ran a competitive race in the 5,000m for second place in 14:45.20. Pete Ippel cleared 6-7 in the high jump for second place and Greg Cipolaro earned second place in the 1,000m with a time of 2:29.98.

The women won their triangular meet, scoring 77 points to best Bucknell's 64 points and Yale's 42 points. The Big Red won seven events, with the only double winner being Danielle Brown who won both the long jump (18-9 1/4) and the triple jump (40-9 1/2). Charlene Davis won the high jump, clearing 5-4, Chris Groneman won the 1,000m in 2:52.77, Chloe Benetatos won the 200m dash in 26.32, and Emily Germano won the 3,000m in 9:57.79. The 4x800m relay was also victorious, clocking a time of 9:11.12. Grace Nwoku finished second in the 800m run with an ECAC qualifying time of 2:12.90 and Kim Trout was second in the pole vault, clearing 10-0.

Kane Invitational

Feb. 13, 1999
Ithaca, N.Y.

The annual Kane Invitational brought a dozen teams to Barton Hall to compete in the non-scored meet. Many Cornellians had the weekend off or were competing out of their event in order to prepare for the upcoming Heptagonals. For others, however, this was a chance to earn their spot to compete in the big meet. Miranda Kaye won the mile in 5:03.10, Meredith Freimer and Halle Watson took first and second in the 1,000m (2:56.52 and 2:57.80) and Charlene Davis took first in the high jump with a seasonal best of 5-6 1/2. On the men's side, Nathan Jauvtis won the pole vault by clearing 15-9 and Colin Moore won the 1,000m with a time of 2:29.94. Brit Holmberg tossed the weight 50-6 for third place and Brad Rowse threw the shot 49-1 for second place.

Indoor Heptagonal Championships

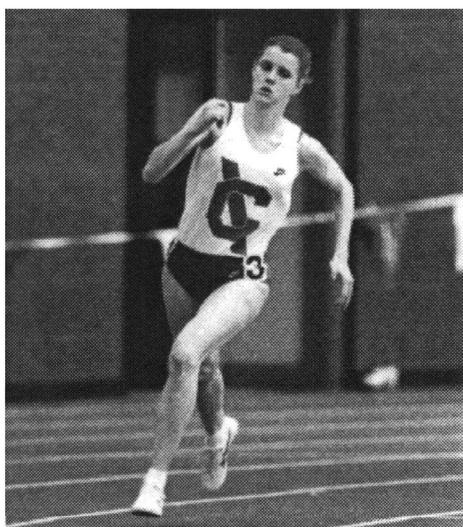
Feb. 20-21
Ithaca, N.Y.

For the first time since 1995, the Heps were back in Barton! The Big Red was eager to host its competitors and show off our wonderful facility and our loyal alumni following. While the meet did have many Cornell highlights, neither team finished where it had hoped to in the final standings. Princeton won the men's meet, amassing an impressive 137 points to destroy the competition. Navy was second with 90 points and Brown rounded out the top three with 79 points. Columbia was fourth with 68 points, Dartmouth was a close fifth with 67.5 points, Harvard was sixth with 56 points and Penn was seventh with 49.5 points. Cornell and Yale tied for eighth with 21 points each. The highlight of the men's meet was the 800m victory by captain Greg Cipolaro. It was the first Indoor Heps victory on the track since 1993 — and the first ever champion in the 800m run! The other fun event for the Big Red was the pole vault where we had two placers in Nathan Jauvtis (15-9 for fourth place) and Greg Schlachter (15-9 for sixth place). JP Pollak placed sixth in the triple jump with a leap of 47-7 and Nat Toothaker was sixth in the long jump with a personal best of 23-4 3/4. The other Cornell points were achieved in the relays. The 4x400m relay placed fifth with a time of 3:22.01, the 4x800m relay was sixth in 7:51.89, and the distance medley relay was sixth in 10:16.32. Other fine perfor-

mances included Dave Wynn, who made it to finals in the 55m hurdles and finished eighth in 7.89. Tommy Thothongkum finished less than one inch behind his teammate in the triple jump, leaping 47-6 1/4, and placed eighth.

In the women's meet, Brown was victorious, scoring 107.33 points. Princeton was second with 98 points, Harvard was third with 74 points and Cornell was a close fourth with 73.33 points. Penn was fifth with 44 points, Yale was sixth with 34 points and Dartmouth was seventh with 25 points. Navy (21 points) and Columbia (19.33) filled in the bottom two spots. The highlight of the women's meet was Emily Germano's two first place finishes in the 3,000m and the 5,000m. She won the 5,000m run on Saturday with a great time of 17:09.87 and doubled back on Sunday in the 3,000m with a win in 9:49.14. While Germano was the only individual champion for Cornell, there were many other great performances for the women. Danielle Brown made quite an impact on the horizontal jumps in her first Heps competition. She placed second in the triple jump with a new school record leap of 41-2 1/4 (just missing first place by 3/4 of an inch). In the long jump she placed third with a personal best leap of 19-0 3/4, only 1/2 of an inch out of first place! Karen Chastain finished second in the weight throw with a toss of 53-1 1/2 and was fifth in the shot put with a throw of 42-4 1/4, just behind Tara Amarosa who was fourth in the shot put with an effort of 43-6. In the 800m run, Grace Nwoku was fourth with a time of 2:12.96, closely followed by Chris Groneman who finished in 2:13.02. The women's mile was another good race for the Big Red, with Miranda Kaye placing fourth in 5:00.39 and Kim Chatman placing fifth in 5:00.84. Chloe Benetatos

also earned a fifth in the 400m with a time of 57.42. Sixth place finishes were achieved by Meredith Freimer in the 3,000m run (10:06.38), Charlene Davis in the high jump (5-4 1/2) and Kim Trout in the pole



Catherine Regan in the 400 m

vault (9-6 1/4), which was a non-scored event this year. The women scored in both relays with the 4x400m relay placing an impressive third in 3:51.66 and the 4x800m relay finishing fourth with 9:13.77.

It was not the showing either the men or the women were hoping for, but sickness and injury certainly played a part in the point totals for the Big Red. The team turned its attention toward looking forward to the outdoor season and a full, healthy team.

ECAC Indoor Championships

Feb. 27-28
Boston, Mass.

A small group of women travelled to the Reggie Lewis Center in Boston for the indoor championships. Catherine Regan set a new school record in the 400m dash, but ironically still failed to qualify for the finals. Her time of 56.59 beat the old indoor record of 56.86 which was set by Nsenga Bansfield in 1994. Kim Chatman placed third in the mile with a seven-second PR! Her time of 4:51.43 made her Cornell's top miler for the year. The other All-East performer was Grace Nwoku, who placed second in the 800m with a time of 2:12.22. The 4x400m relay team of Regan, Nwoku, Becky Poulson and Kristy Shreve ran their best time of the season, posting a 3:50.37 in the trials.

IC4A Indoor Championships

March 6-7, 1999
Boston, Mass.

One week after the women were on the track, the men had their opportunities at the Reggie Lewis Center. Nathan Jauvtis cleared 15-9 in the pole vault to earn All-East honors in a tie for fifth place. JP Pollak also was All-East, placing eighth in the triple jump with a leap of 48-0. Colin Moore made it to finals in the mile, posting a personal best time of 4:09.97, but ended up placing 10th in the finals with a time of 4:16.21 the next day.

1999 Cross Country Results

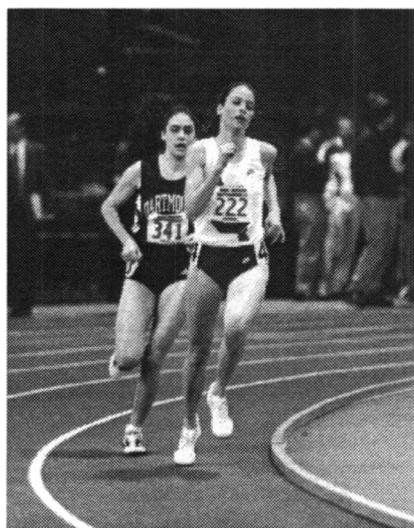
William & Mary Invitational

Williamsburg, Va.
Sept. 26, 1998

Rather than travel across the Mississippi for a big invitational cross country meet this year, the Big Red crossed the Mason-Dixon Line to run against some great Southern schools. It felt like we travelled back to July as well, as we were welcomed at the airport by 85 degree, humid weather. Fortunately, the races were in the morning and the heat had very little bearing on the outcome. The men finished second in the meet to a strong team from William & Mary. The host team scored only 18 points, besting Cornell's 47 points. However, Yale had 74 points, followed by Radford (113), Richmond (158), Maryland-Eastern Shore (175) and Norfolk (211). Cornell's top finisher was Josh Novak, who posted a great time of 25:01 on the hilly course for sixth place. Fred Merwarth was right on his heels, finishing in seventh place at 25:08. Geoff King was 12th (25:35), followed by Max King (25:55), Trent Stellingwerff (26:04), Ryan Raffa (26:14) and Geoff Van Fleet (26:49). It was a great showing for the Big Red who really were up and positive for the meet.

The women fared the same in the team score, finishing second behind a strong William & Mary team. The winning team scored 26 points, while Cornell gathered 43 points. Third place went to Yale with 90 points, followed by Coastal Carolina (100), Radford (138), Old Dominion (155), Richmond (200) and Maryland-Eastern Shore (255). All of the women

posted personal bests at this meet, which was quite a feat in itself! Emily Germano led the way, running a 17:33 for third place. She was supported by Miranda Kaye (sixth, 17:50), Jessica Shaw (eighth, 17:54), Meredith Freimer (10th, 18:05), Claire Ryan (17th, 18:30), Halle Watson (18th, 18:34), Chris



*Cross Country standout
Emily Germano leads the pack
at Barton Hall*

Groneman (24th, 18:44) and Liz Hill (27th, 18:52). The ladies performed quite well as a team and all were thrilled with their individual performances as well. All said, it was a great meet for both teams and gave them some confidence to move into the largest invitational of the season in two weeks.

Paul Short Invitational

Bethlehem, Pa.
Oct. 3, 1998

This year, the Big Red returned to the Paul Short Invitational hoping to make an impact on the competition. Unfortunately, several of the opposing teams had the same goals and the men's team did not score very high as a team, although several individuals had stellar races. The men finished 19th out of 42 teams, with a team score of 551 points. Michigan and Michigan State tied for first place, each scoring 90 points. Georgetown was second with 145 points, followed by James Madison (183), Princeton (186), Navy (212), North Carolina (220), Army (222), Mount St. Mary's (240) and West Virginia (253). Fred Merwarth was the top finisher for the Big Red harriers, completing the course in a personal-best time of 24:47.02 for 55th place. Geoff King also had a spectacular race, completing the course in 25:06.84 for 82nd place. Wyeth Koppenhaver was the third Red finisher (103rd, 25:20.89), supported by Geoff Van Fleet (158th, 25:54.19), Max King (159th, 25:54.46), Ryan Raffa (174th, 26:02.17) and Mike Selig (214th, 26:34.70). It was difficult for many of the men to race from the back of the pack and, as the winning time was 23:44.15, the race went out much faster than our harriers were accustomed to at this point in the season.

The women surprised many of the competitors - and perhaps even themselves - as they bested the other 38 teams to win the meet with 118 points. They brought home a plaque to display in the track center! West Virginia was second with 159 points followed by North Carolina (178), Idaho State (181), James Madison (195), Virginia (198), Villanova (217), Brown (253), Yale (275) and Houston (320) in the top 10. Emily Germano was the top finisher for the Red, crossing in eighth place in 17:36.31. Jessica Shaw had a spectacular race finishing 13th overall in 17:43.53. The other Cornell racers were Miranda Kaye (18th, 17:45.28), Meredith Freimer (32nd, 18:00.06), Halle Watson (47th, 18:14.85), Chris Groneman (73rd, 18:29.58), and Claire Ryan (88th, 18:39.38). The ladies were delighted with their victory and sur-

prised many other teams who saw that Cornell was a team to be contended with this season!

Colgate Invitational

Hamilton, NY

Oct. 3, 1998

The team was split this weekend in order to give everyone an opportunity to compete. The harriers who didn't run at Paul Short travelled to Colgate to race in the Harry Lang Invitational. The men were fourth out of six schools with 95 points. Marist College won the meet with 33 points, followed by Canisius (46), Colgate (49), Cornell, Niagara (194) and Siena (261). Freshman Doug Mitarotonda was the top Cornell finisher, placing 11th in 26:44 for the 7,800m course. Classmate Mike Sinkevich was the second Cornellian to cross the line with a final time of 27:09 for 17th place. He was followed by Dan Gluck (20th, 27:16), Jeff Organ (21st, 27:30), Steve McClearn (26th, 27:48), Craig Gaites (27th, 27:50) and Brook Dannemiller (37th, 28:34).

The women finished second of five schools with 49 points. Marist won with 32 points, followed by Cornell, Colgate (87), Canisius (123) and Niagara (163). Valencia Tilden was the top Cornellian, finishing in 19:41 for fourth place. Ursula Lam was right on her heels, finishing fifth overall in a time of 19:42. The other Cornell racers were Katie Helmstadter (ninth, 19:50), Larissa Bifano (14th, 20:25), Jessica Hall (17th, 20:34), Lauren Baumann (20th, 20:46), Kendra Kollar (22nd, 21:01) and Shayna Lustig (23rd, 21:01).

Both the men and the women did a fine job competing on the very hilly course and were getting ready to attack the hills at Van Cortlandt Park in two weeks.

ECAC Championships

Bronx, N.Y.

Oct. 16, 1998

The women were jazzed up as they headed into the championship part of the season. They went into the ECACs looking for a team championship and finished up second overall behind Virginia. UVA scored 63 points and Cornell was close behind with 70. Princeton was third with 105, Duke was fourth with 114, followed by Navy (121), LaSalle (150), Yale (174), St Joseph's (192), Penn (231), Rutgers (232), Delaware (271) and Long Island (349). Emily Germano won the event last year but finished third overall in 1998 in a time of 17:56.6. Jessica Shaw was ninth overall and second for Cornell in a time of

18:11.9. The other competitors were Miranda Kaye (14th, 18:16.4), Meredith Freimer (19th, 18:31.4), Chris Groneman (25th, 18:45.4), Claire Ryan (34th, 18:57.9) and Halle Watson (48th, 19:20.5). The women were happy with second place, but several felt they hadn't had their best races and were looking forward to coming back for the Heps in two weeks.



Kim Chatman in the lead at the Indoor Heps

IC4A Championships

Bronx, N.Y.

Oct. 16, 1998

The men had a rather disappointing day, finishing ninth overall out of 14 schools. Princeton won with 53 points, followed by Duke (68), William & Mary (113), Virginia (137), Mt. St. Mary's (137), New Hampshire (174), Villanova (176), Penn State (208), Cornell (220), LaSalle (227), St Joseph's (230), Delaware (283), Seton Hall (358) and Maryland (363). Fred Merwarth was the top finisher for the Red, clocking 25:32.5 for the course and placing 29th. Josh Novak was not far behind, finishing 36th overall in 25:40.2. Geoff King was the third finisher for the harriers, placing 45th in 25:52.1. He was followed by Max King (54th, 26:02.4), Trent Stellingwerff (56th, 26:04.9), Geoff Van Fleet (72nd, 26:42.3) and Mike Selig (82nd, 27:45.7). The men didn't perform well as a team and had expected to do better on the course. They left Van Cortlandt Park resolving to have a stronger performance at the Heps.

John Reif Memorial Invitational

Ithaca, N.Y.

Oct. 23, 1998

Ithaca offered a beautiful day for the Reif Invitational this fall. It was 60 degrees and sunny when the first race went off, much to the delight of some of the alums who were around for the meet. The majority of the Cornell men were off this weekend in anticipation of Heps next week. Many of the middle distance runners competed in the 5K race and finished quite

respectably. Track captain Greg Cipolaro finished second overall with a time of 16:32. He was followed by Chris Kellett, who finished third in 16:47. Joe Gianelli was fifth in 17:06, Chris Ondrak was sixth in 17:22, Matt Coble was ninth in 17:34 and Luke Hagstrand rounded out the top 10 in 17:57.

Katie Helmstadter was the first woman finisher in the coed 5K race with a time of 20:06. Grace Nwoku was second for the women with a time of 20:59, Kendra Kollar was third in 21:02 and Lauran Baumann was fourth in 21:08.

The race was quite a spectacle, as hurdlers, high jumpers and sprinters tried their hand at cross country. Most of them ended the race with a much better understanding of the challenges posed to distance runners. Although St. Lawrence, Ithaca College and Cortland all showed up for the meet, it was not scored and it was good-spirited competition all around.

Heptagonal Championships

Bronx, N.Y.
Oct. 30, 1998

The Cornell team arrived in the Bronx ready to do battle with the other Heps teams. The women were feeling particularly powerful because of the many successes they had earlier in the season. And their confidence went a long way as Cornell won the Heps for the first time since 1993! They beat the favorite Dartmouth and a very strong Brown team to bring home the trophy. Cornell scored a low 56 points, just ahead of Brown's 63 points. Dartmouth was third with 91 points, followed by Princeton (121), Columbia (127), Navy (148), Yale (163), Harvard (197) and Penn (209). The Heps individual champion was Ariana Kelly from Yale, who finished the course in 17:40.9. Cornell's Emily Germano was second in 17:45.7 and Miranda Kaye was fifth in 18:06.0, earning both of them first-team All-Ivy honors. Meredith Freimer finished 10th overall (18:22.3) to earn second-team All-Ivy honors. Kim Chatman was the fourth finisher for the Big Red, placing 18th in 18:40.1 in the race of her life! Her extra effort iced the victory for the Red. Captain Chris Groneman was the fifth runner for Cornell, finishing 21st in 18:44.3. The other four varsity runners were Jessica Shaw who finished 23rd in 18:46.3, Claire Ryan (25th, 18:49.2), Liz Hill (40th, 19:15.8) and Halle Watson (49th, 19:29.6). The women let out screams of delight as the scores were posted and there were many tears, hugs and photographs

before, during and after the awards ceremony.

In the junior varsity race, Cornell was also victorious! The Big Red scored a very low 25 points, to beat Brown's 46 points and Princeton (69), Dartmouth (91) and Columbia (111). The other teams didn't field a full team of five. Big Red harrier Mandy DeRoche won the junior varsity race in a time of 19:10.3. Mandy Richards was third (19:22.9), Julie Daum was fifth (19:32.7), Tracy Allaman was sixth (19:36.6) and Ursula Law was 10th (19:48.0). All in all it was a wonderful day for the women's team, which made for a very happy bus ride back to Ithaca!

Unfortunately, while the women were celebrating, the men were not at all happy with their finish. Cornell finished seventh again this year but had hoped to position themselves in the top five. Cornell had a very tight pack, with less than 45 seconds between the first and fifth finisher. But the team lacked a front runner at this meet to keep the score lower. Fred Merwarth was the top finisher for the Red, crossing in 28th place in a time 25:45.0. Josh Novak was 33rd in 25:52.6. The other Cornell competitors were Max King (40th, 26:15.0), Geoff King (41st, 26:17.4), Geoff Van Fleet (50th, 26:33.1), Trent Stellingwerff (63rd, 26:55.4), Dan Kelliher (68th, 27:03.8), Colin Moore (70th, 27:15.5) and Ryan Raffa (72nd, 27:21.3). While some individuals ran better times than they had two weeks ago, several ran slower and weren't as competitive as they knew they could be. It was, overall, a disappointing day because it did not accurately reflect the talent and readiness of the team. The final team scores were Princeton (46), Dartmouth (62), Columbia (69), Brown (92), Navy (126), Penn (185), Cornell (186), Harvard (204) and Yale (217).

In the junior varsity race, Cornell finished fifth as a team with 138 points. The top Cornell finisher was Doug Mitarotonda who placed 15th overall in a time of 26:54.2. Dan Gluck was 30th in 27:20.3, Mike Selig was 42nd in 27:38.3, Mike Sinkevich was 43rd in 27:40.8 and Steve McClearn was 48th in 27:50.9.

NCAA District I Championships

Bronx, N.Y.
Nov. 14, 1998

The District I meet was a great one for both the men and the women. The men finished eighth out of 27 teams with much better performances than two weeks before. The women finished second out of 24

teams, which meant they automatically qualified for the NCAA Championships in Lawrence, Kan.

On the men's side, Cornell scored 258 points for eighth place. Providence won the meet with 45 points, and it was joined by Dartmouth (59 points) as the two automatic qualifiers for the NCAA championships. Iona finished third overall with 67 points, followed by Columbia (87), Army (149), Brown (202), New Hampshire (252), Cornell (258), Yale (260) and Connecticut (267) to round out the top 10 teams. Josh Novak was the top finisher for the Big Red, placing 19th in 32:23.7 for the 10K race. Geoff King was 43rd in 33:14.6, Trent Stellingwerff was 51st in 33:24.0, Colin Moore was 62nd in 33:33.8 and Max King was 90th in 34:08.7. Unfortunately, Fred Merwarth who had been a front runner for the Red all season was sick for this meet and had a sub-par performance. The men were very pleased with their efforts, however, and felt vindicated after the disappointing performance at the Heps.

The women had some very inspiring performances to make their dreams of the NCAAAs a reality. Emily Germano finished fifth overall in a time of 17:46.7. Kim Chatman, who had only broken into the varsity team at Heps, finished second for the Big Red in 18:12.4 in a phenomenal performance as she finished 13th overall! Miranda Kaye was 19th in 18:22.0, Meredith Freimer was 35th in 18:42.9, and Claire Ryan was 50th in 18:42.9. Those five runners gave Cornell 122 points for second place, behind first place Providence (70). Boston College was third (131), followed by Brown (142), Dartmouth (156), Boston University (167), Massachusetts (268), Columbia (274), Vermont (283) and Syracuse (285) in the top 10. The women were exhausted after their race, but were excited to begin making plans to travel to the flatlands of Kansas for the NCAA championships!!

NCAA Division I Championships

Lawrence, Kan.
Nov. 23, 1998

The team got on the plane Friday evening for the big trip to Kansas. The race was run on Monday morning, but the women wanted to see the course both Saturday and Sunday to get a good feel for the terrain and strategy. Saturday and Sunday were both fairly relaxing, as the eight ladies ran the course, did some shopping, and met up with alumni Megan Kilbride for an abbreviated tour of the town. On Sunday night, the women attended the NCAA banquet and

hit the sack early to be well-rested for the big day.

Monday morning, the racers were greeted by a very windy day with temperatures hovering around 50 degrees. The course was wonderfully marked and full of long, gradual slopes across fields and through woods. Emily Germano was the only Cornellian with any cross country national experience, as she competed last year as an individual. She was the top Cornell finisher, placing 50th in a time of 17:51.56. Miranda Kaye was second for the Big Red in 18:29.52, good for 126th place overall. Kim Chatman held her own, finishing in 18:53.66 for 171st place. Chris Groneman was our fourth finisher in 19:04.50 for 189th place. Finally, Claire Ryan was fifth for us in 19:21.91, which put her in 202nd place overall. Meredith Freimer was our sixth finisher, placing 215th in 19:21.91. Unfortunately, Meredith's knee was bothering her and prevented her from running the race she wanted. Overall, the Big Red harriers finished 30th in the nation with 590 points. Villanova won the women's race with 106 points, just beating Brigham Young (110) and Standord (111). The women were disappointed they hadn't all run personal bests and the big meet, but were so happy to have had the experience of running at nationals.

Let's Get Connected!

The Cornell Track Association has established a list serve to facilitate conversation and communication among alumni about Cornell track and cross country. If you've already subscribed, just watch your e-mail for updates. If you haven't subscribed and are interested, follow the instructions below to get connected!

1. Send an e-mail to: listproc@cornell.edu

2. In the body of the e-mail write:
subscribe CornellTrackAssociation-L [your name][graduation year]

for example:

subscribe CornellTrackAssociation-L John Doe '76

Any questions? Call Susie Curtis Schneider at 607-255-9782 or e-mail her at skc12@cornell.edu. See you in cyberspace!

Alumni Updates

Ed Chai '91 is a fourth-year resident in neuropsychiatry in New York City. The former sprinter just competed in his third New York City marathon, finishing in 3:38.55. He can be reached at echai@juno.com.

Carlos Byrne '90 is the proud father of a baby boy, born in December. Carlos and his wife live in Westchester County, where he works for Met Life and his wife is a teacher.

Laura Kersting Barre '91 is on a leave of absence from medical school at Dartmouth to spend some time with her son, Aaron (AJ) who is 10 months old. You can reach Laura at Laura.Kersting.Barre@Dartmouth.edu.

Lashawn Richburg '94 lives in the Bronx with her husband Nelson Hayes and their daughter Imani. Their family will increase by one in April when they are expecting a baby boy! Lashawn is working toward her PhD in economics at Princeton after receiving her master's in economics in May 1997. She can be reached at richburg@princeton.edu.

Amy Bodek is enjoying life as a newlywed with her husband Michael Hewitt. They live in Long Beach, Calif., where Amy is a project manager for the Long Beach Redevelopment Agency. She is considering training for the Los Angeles marathon this year... but as a former jumper, she has a few doubts. Teammates can write to Amy at ajbodek@aol.com.

Alyssa Bickler Guelzow '83 was married in 1992 to her husband John, a former professional baseball player. John works for Cybex Fitness Equipment and Alyssa stays at home with their daughter, Alexandra Pauline, who was born in July. They live in Raleigh, N.C., and Alyssa has found some time to do a bit of personal fitness training on the side. Former teammates can reach her at jguelzow@aol.com.

Richard Oldrieve '82 finished second in the Towpath marathon in a time of 2:45.54. After winning the race last year, he was hoping for a repeat. He ran his second 10 miles faster than his first 10, but was beaten down during the last six miles by the stiff headwind. He finished only two minutes behind the winner, but was far from satisfied! You can reach Rich at oldrieve@aol.com

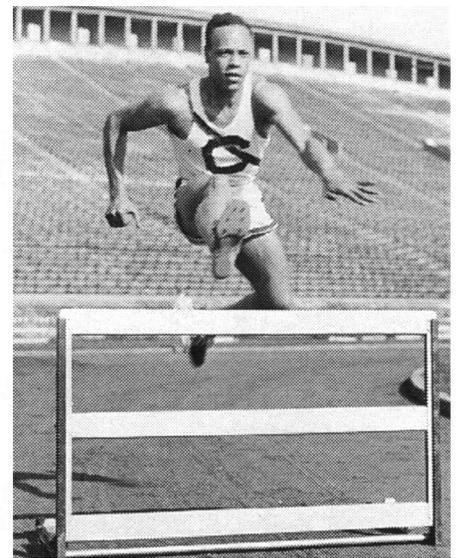
Will Neafsey '89 writes from California where he works for Ford on the automotive credit side. He ran in the Rock & Roll marathon in San Diego last June — and posted a time of 3:43. He was pleased, however, because he and his wife raised just under \$10,000 for the Lukemia Society through their efforts. Will and his wife will celebrate their fifth anniversary this spring. Will can be reached at wneafsey@ford.com

Bill Kelsey '70, who just turned 50, is back running again. He had hung up his running shoes in favor of hockey (goalie is his specialty), but now he is keeping up with both. He has a daughter who is actively involved with track. Bill would love to hear from any former teammates who are passing through Ohio. You can reach him at kanga@mail.bright.net.

Keith Strudler '92 sends updates on himself and several of his teammates. Keith (Conehead) is working on his PhD in mass communications at the University of Florida. He says the dissertation isn't flowing too well. He writes humorous newspaper columns for the University of Florida paper and would like to pursue writing professionally. He also predicts that the much-loved band, The Butlers, will record their first CD this fall in Houston. Watch your record stores... You can e-mail Cone at Hrockets1@aol.com.

Keith reports that Carl Kadlic '92 married his longtime girlfriend Shahanna in the fall of 1997. Karl works for a San Francisco law firm. He also says Darius Deak '92 works as a chemist in Huntsville, Ala., and ran his most-recent marathon in a much slower time than Laura Laudauer Fritz!

Finally, we are very sad to inform you that Meredith "Flash" Gourdine '52 passed away on Nov. 20 in Houston from complications following several strokes. As a trackster, he helped Cornell to a second-place finish in the NCAA Championship in his senior year, and followed that with an encore performance at the 1952 Olympics in Helsinki, where he earned a silver medal in the long jump. He was an integral part of his track team, competing in the sprints, hurdles and long jump. Flash was an extremely active track alumni, travelling to Ithaca many times for track meets and alumni meetings. His enthusiasm and unwavering support will be greatly missed.



Flash Gourdine in his days on the Schoellkopf Track

Silver Anniversary and Track Reunion are Great Successes!

The weekend of Feb. 19-21 held a flurry of activities to keep any track enthusiast busy. Centered around the weekend of the indoor heptagonals, track alumni gathered on campus to cheer for Big Red and spend a little time catching up with old friends. With breakfasts on Saturday and Sunday before the heptagonals, track alumni of all generations mixed and mingled, and shared stories of their glory days. It was a great time to come to campus, and despite the typical Ithaca winter weather, nearly 100 track alumni visited Cornell and shared in the excitement of the heps.

The weekend also drew many women athletes to Cornell. As part of the Ivy League's celebration of 25 years of women's competition, Cornell held special events dedicated to honoring the many women athletes who have helped build the great tradition of women's sports at Cornell. The events included panel discussions, receptions, lunches and an elegant dinner in Willard Straight Hall to honor induct Cornell's outstanding female athletes who were named to the Ivy League Silver Anniversary team.

It was an exciting weekend, and all who participated enjoyed the many activities and events. Please check The Wastebasket for future alumni events and come back to campus to make new memories with old friends.

Jack Moakley Fund Still Going Strong

The Moakley Fund is an endowment to support the costs of Cornell's ever-growing track and cross country program. By establishing an endowment that can sustain the annual needs of the track and cross country program, the future successes of the program can be guaranteed. With your support, the Cornell track and cross country program will be prepared to take on the challenges of the next century.

Look for a letter soon from Colin McClive, the chairman of the Cornell Track Association, with more information about the Moakley Fund. Please consider the impact your gift will be to the ongoing success of the track and cross-country program, and make this important gift to the Jack Moakley Track and Cross Country Endowment.



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