Germano wins Cornell *Sun* Athlete of the Year Award

Adding to her already glittering career, Emily Germano '00 was named the Cornell Daily *Sun*'s Athlete of the Year on May 5. In addition, at the senior student-athlete banquet over graduation weekend, Germano received the Charlie Moore Senior Woman Athlete of the Year Award. Selected from a group of outstanding senior athletes from the other intercollegiate sports teams at Cornell, her male counterpart for the Moore Award was lacrosse standout Sean Steinwald ’00. Germano is a four-time NCAA qualifier and four-time Heptagonal champion, winning the indoor 5K and the outdoor 10K during her senior year. The 1999 cross country captain, Germano is the first-ever three time cross country team Most Valuable Runner at Cornell. As a sophomore, she qualified as an individual for the NCAA championships during the cross country season and in the 3K in outdoor track. As a junior, she led the women’s cross country team to a Hepten title and a team-berth at the NCAAs and as a senior was among three Cornell individual qualifiers to the NCAA cross country meet. The indoor 3K and 5K Hepten champ in 1998 at Barton Hall, Germano has also been an Academic All-Ivy selection. Given this lengthy list of accomplishments, Head Coach Lou Duesing was asked what he would miss most about his star runner. His reply: “her smile.”

Emily Germano and Head Coach Lou Duesing with Germano’s Cornell *Sun* Athlete of the Year Award
Long Beach Track and Field Classic  
Long Beach, California  
March 18, 2000

The Big Red track teams opened their 2000 outdoor campaign in sunny Long Beach as part of the annual spring break trip to California. Both teams launched this important week of training and competition with strong performances as the women placed second and the men third in the overall team competitions. The women scored 188 points to Weber State's 205 and finished ahead of eleven teams. The men's 154 point effort, in a fourteen team field, saw them place only behind Weber State and Long Beach State.

First place finishers for the women included seniors Emily Germano (10:01.80 in the 3000) and Benita Gateman (63.52 in the 400 Hurdles). Senior Catherine Regan (56.47 in the 400), juniors Danielle Brown (38-6 3/4), Kim Chatman (4:31.84 in the 1500) and Freshman Katy Jaye grabbed runner-up finishes for Cornell. Other notable performances included junior Karen Chastain's pair of third-place finishes in the hammer (151-5) and the discus (154-7), and the 800 meter runs of junior Meredith Freimer (17:21.25), freshman Caitlin Ramsey in the 100 Hurdles (12.23) and sophomore Halle Watson in the 400 (56.56), 4X400 (3:52.83) relays.

On the men's side, seniors Nat Toothaker (23-5 1/2) and J.P. Pollak (22-11 3/4) placed 1-2 in the long jump to lead the Big Red attack. Sophomore Tommy Thothongkum (6th, 22-0 1/4) and junior Nick Senter (7th, 21-11 1/2) were not far behind. Sophomore Max King was third in the 3,000-meter steeplechase (9:14.80), while senior Fred Merwarth took fifth in 9:17.40 and later placed third in the 5,000 with a run of 14:43.53. Fourth place finishers were senior Ryan Raffa in the 1500 (3:56.55) and sophomore Scott Lundy in the pole vault. Also finishing fourth were sophomore Jeremy Blanchet in the hammer throw at (157-2) and freshman Scott Benowicz in the javelin (196-11).

Spring Break Invitational  
Irvine, California  
March 25, 2000

After an outstanding week of training in the warm California air, both teams closed out their spring breaks in style, winning the team titles at UC Irvine's Spring Break Invitational. First place finishers for the Big Red were: junior Doug Heulitt in the 110 high hurdles (15.17), senior Nat Toothaker in the long jump (23-11), freshman Shane Downey in the javelin (196-9), senior Catherine Regan in the 400 (56.56), junior Kim Chatman in the 1500 (4:33.99), and junior Danielle Brown in the triple jump (40-4 3/4).

The men posted other fine field performances, including sophomore Tommy Thothongkum's second-place in the long jump (23-9 1/2), freshman Scott Benowicz's third in the javelin (184-9), senior J.P. Pollak's second place in the triple jump (48-5 1/2), and freshman Brett Coffing's second-place finish in the discus (147-7). On the middle distance and distance side, sophomore Matt Gallagher was second in the 1500 with a time of 3:55.23, senior Fred Merwarth was second in the 3,000-meter steeple chase in 9:17.79, followed by Max King in third (9:23.74).

The women captured 12 second-place finishes, including Karen Chastain in the shot (44-8) and discus (158-2). Other silver medalists were sophomore Halle Watson in the 1500 (4:33.99), freshman Katy Jaye in the 1500 (4:33.99), junior Kim Chatman in the 1500 (4:33.99), and junior Danielle Brown in the triple jump (40-4 3/4).

Penn Invitational  
Philadelphia, Pennsylvania  
April 8, 2000

After a week off, the Big Red travelled to Philadelphia for the first of four trips to Penn during the 2000 outdoor season. A non-scoring affair, the Penn Invitational nevertheless provided excellent opportunities for Cornell athletes to get acquainted with new events or perfect technique in others. The men performed very well, capturing eight events and placing second in six others. The women came away with four first-places performances and three second-place finishes.

In the track events, sophomore Max King took first in the 3,000 meter steeplechase with a time of 9:14.40, while senior Dave Wynn took first in the 400 meter hurdles (54.50) and the 4x100 team placed first with a time of 41.70. Other top runners were senior Nat Toothaker and freshman Quinton Carew who placed second and third in the 200 meter dash, with times of 21.40 and 21.70 respectively. Second-place finishes were also achieved by senior Ryan Raffa (14:57.10) in the 5,000 meter run and junior Doug Heulitt (14.56) in the 110 high hurdles. The 4x400 team grabbed second with a time of 3:17.90. The Big Red dominated the field events with five first-place finishes in seven events. Junior Pete Ippel won the high jump with a leap that cleared 6-8. In the long jump, Cornell took the top three spots with Toothaker grabbing first (24-10 1/2), senior J.P. Pollak placing second (24-5 3/4) and junior

2
Nick Senter taking third place honors (23-4). In the triple jump, sophomore Tommy Thothongkum placed first after jumping 49-6 1/2. Sophomore Jeremy Blanchet came in first in the hammer throw (172-4), sophomore Shane Coffing took second in the discus (149-10).

For the women, junior Karen Chastain won the both the shot put and discus with throws of 45-2 1/2 and 158-5, respectively. Senior Catherine Regan also earned first place in the 400-meter dash with a time of 56.60, and Jamie Reed won the pole vault after clearing a height of 10-11 3/4. Sophomore Halle Watson and junior Kim Chatman took second and third in the 800 meter run with times of 2:13.33 and 2:14.07, respectively. In the 1500, junior Meredith Freimer (4:39.07) and sophomore Lena Matthews (4:44.35) placed second and third. Also placing second for the Big Red was senior Benita Gateman in the 400-meter hurdles with a time of 1:03.40.

**Sea Ray Relays**

Knoxville, Tennessee

April 12-15, 2000

A select group of middle distance runners and jumpers flew to Tennessee for the Sea Ray Relays while the rest of the squad competed at Columbia. The highlight of the weekend was the women’s 4X800 victory on Saturday. Running a seasonal best 8:48.17 sophomore Halle Watson (2:13.9), and juniors Meredith Freimer (2:08.41), Grace Nwoku (2:12.5) and Kim Chatman (2:12.2) pulled away from the field early in the competition to win comfortably. Other notable performances at the meet included senior Catherine Regan’s 56.92 in the 400, Freimer’s 2:10.99 in the 800 and the 4X400’s run of 3:51.12. For the men, J.P. Pollak placed third overall in the triple jump with a leap of 49-11 1/4 and sophomore Tommy Thothongkum was seventh with a mark of 48-4. Junior Pete Ippel soared to a sixth place finish in the high jump (6-8) and the men’s 4X100 ran 41.98.

**Columbia Open**

New York, New York

April 15, 2000

Outstanding Cornell performances were not limited to events in Tennessee. At the Columbia Open, the women’s placed first in nine events while the men captured four first place finishes in this non-scoring competition. Double winners freshman Katy Jay and junior Karen Chatain led the Big Red. Jay won the 100 (12.50) and 200 (25.44), while Chastain captured the discus (149-4) and shot put (42-0). The 4X100 relay placed first with a time of 49.13 and sophomore Teresa Emery catured the high jump with a leap of 5-1 3/4. Junior Danielle Brown won the triple jump (38-10 1/2), senior Christine Constable won the hammer (159-4) and sophomore Sarah Spain won the javelin (122-11) Other outstanding performances included sophomore Lena Mathews run of 2:14.79 in the 800 to grab third place. Leading the way with victories for the men were sophomore Max King in the 5000 (14:45.85), junior Scott Lundy in the pole vault (14-9), junior Nick Senter in the long jump (22-6 1/4) and freshman Bret Coffing in the discus (157-5).

**Penn Dual**

Philadelphia, Pennsylvania

April 22, 2000

This year, the traditional dual meet against Penn at Franklin Field also included the University of Birmingham, England in the festivities. The women continued their domination of the Penn Dual meet, winning 99.5 to 54.5 and capturing seven individual events on the track and three throwing events versus Penn. Leading the charge was junior Karen Chastain (victorious in the shot at 42-10 1/4, discus at 144-8 and hammer with 155-9) and seniors Becky Poulson (with personal bests in the 200 and 400), Christine Constable (with a PR in the hammer) and Benita Gateman (victorious in the 400 hurdles at 62.8). Other first-place finishers for Cornell included junior Kim Chatman in the 800 (2:11.6), Meredith Freimer in the 1500 (4:35.1) and senior Emily Germano in the 3000 with (9:50.0). In the field events, junior Jil Schleifer-Schneggenburger won the high jump with mark of 5-1 while classmate Danielle Brown took first in the triple jump with a leap of 39-3.

On the men’s side, the Big Red fell 87-76 in a closely contested dual meet versus the Quakers. Highlights included sophomore Max King’s victory in the steeple-chase (9:13.6, #8 all-time CU), freshman Brett Coffing’s win in the discus (158-10, #8 all-time CU) and J.P. Pollack’s second place in the triple jump (his performance of 50-2 improved on his own #9 all-time CU performance). Senior Nat Toothaker won the 100 in 10.7 seconds and took the 200 with a time of 21.7 seconds. He also finished first in the long jump with a mark of 23-10 1/4. Sophomore Doug Heullitt won the 100 Hurdles with a time of 14.7 seconds and sophomore Scott Lundy finished first in the pole vault with a mark of 15-7.

The meet was scored as both a tri-meet with Penn
and the University of Birmingham and as the traditional dual meet between Cornell and Penn.

**Penn Relays**  
**Philadelphia, Pennsylvania**  
**April 26 - 29, 2000**

The annual extravaganza that is the Penn Relays Carnival provided the usual exciting venue for Cornellians to compete at the highest level. On the men's side the 4X400 team placed sixth in the Heps race with a 3:18.37 while the Distance Medley Relay of senior Colin Moore, junior Chris Ondrak and sophomore Matt Gallagher placed 12th in the College race with a time of 9:55.33. Sophomore Scott Lundy placed third in the Eastern pole vault with a mark of 15-9 and junior Pete Ippel was seventh in the Eastern high jump with a performance of 6-7 1/2. In the Championship of American triple jump, senior J.P. Pollack jumped 48-8 3/4 and classmate Nat Toothaker was second in the Eastern long jump with a leap of 23-11 1/2.

The Big Red women had an equally successful week, although the 4X800 got off to a rocky start when lead-off runner Halle Watson was knocked down in the first lap. The team still managed to place 8th in the Championship of America in 9:01.04. The 4X400 was third in the Heps race with a run of 3:50.56 while junior Danielle Brown was second in the Eastern high jump with a mark of 6-8. Senior Emily Germano went out hard and hung on for ninth place in the Championship of America 5000, running 16:48.05. Junior Karen Chastain also placed ninth, in the Championship of American discus, with a throw of 152-4. The Distance Medley Relay also ran in the Championship of America and placed 14th in 11:44.84.

**Cornell Invitational**  
**Ithaca, New York**  
**May 6, 2000**

As a tune-up for the Heps, the Big Red competed in their last home meet of the season against Binghamton, Cortland, New Paltz, Plattsburgh, Vassar and Wheaton College. A non-team scoring invitational, the Big Red claimed 24 first place finishes in all. The men captured 13 titles and 12 runner-up finishes, while the women won 11 events and placed second in 11 others. Highlights included sweeps in the 1500 by senior Fred Merwarth (3:57.34), junior Chris Dupont (3:58.21) and sophomore Max King (4:03.81). In the long jump, senior Nat Toothaker took first with a fine jump of 24-9 while sophomore Tommy Thothongkum took second with 24-1. Thothongkum also placed second in the triple jump with an exceptional leap of 50-2. Junior Doug Heulitt captured the 110 hurdles in 14.83 while junior Kim Chatman (58.99) and sophomore Halle Watson (1:00.99) looked good in the 400. Senior Becky Poulson captured the 100 (12.58) and sophomore Lena Mathews cruised to victory in the 800 (2:16.60). Teresa Emery won the high jump for the second week in a row, improving to 5-4 1/4. Sophomore Jeremy Blanchet won the hammer with a mark of 167-11.

**Big Red Invitational**  
**Ithaca, New York**  
**April 30, 2000**

The first home meet of the season at the Kane Sports Complex gave Cornellians who did not compete at the Penn Relays a chance to flex their muscles against nine other schools. Notable performances included sophomore Doug Mitorotonda's victory in the 3000 steeplechase (9:31.78), as well as wins by senior Ryan Raffa in the 1500 (4:00.2), freshman Caitlin Ramsey in the 100 hurdles (15.50), sophomore Doug Heulitt in the 110 hurdles (15.06), freshman Katy Jay in the 100 (12.31) and senior Fred Merwarth in the 5000 (14:59.97). Victories in the field came from sophomore Teresa Emery in the high jump (5-2 1/4), junior Pete Ippel in the high jump (6-8), junior Britt Holmberg in the hammer (156-2), freshman Shane Downey in the javelin (182-7), freshman Sarah Hersksee in the discus (131-0) and freshman Brett Coffing in the discus (160-3).

**Heptagonal Championships at Penn**  
**Philadelphia, Pennsylvania**  
**May 13 - 14, 2000**

The Heps never disappoint! The League continues to be very competitive on both sides as the overall team competitions were very tight. The women finished fourth overall with four champions and the men finished fifth boasting an individual champion and three second-place finishers.

Leading the way for the men was senior Nat Toothaker who won the long jump and placed third in the 100 (10.88) and fifth in the 200 (21.88). Outstanding silver medal performers were freshman Brett Coffing in the discus (172-1), sophomore Scott Lundy in the pole vault (16-2 3/4) and junior Pete Ippel in the high jump (6-10 3/4). Other individual scorers included sophomore Jeremy Blanchet's fifth place the hammer (178-11), senior JP
Pollak's third in the long (23-6) and fifth in the triple jump (49-4 1/2), sophomore Neal Okarter's fourth in the triple jump (15.14 meters), senior Dave Wynn (fifth, 53.80) and junior Matt Murnan (sixth, 53.82) in the 400 hurdles, junior Colin Moore (fifth, 3:54.23) and senior Ryan Raffa (sixth, 3:54.75) in the 1500 and senior Fred Merwarth's gutsy fifth place in the 10K (31:33.89). Sophomore Max King just missed scoring with a seventh place run of 9:09.94 in the steeple and senior Richard Menzies advanced to the final of the 800 by running a PR 1:51.67 on Saturday and coming back with a 1:52.18 on Sunday for seventh.

The women were paced by first-place finishers in four events: senior Emily Germano in the 10K (36:37.19 to win by over thirty seconds), junior Karen Chastain (successfully defending her title) in the discus (49.96 meters), junior Kim Chatman in the 1500 (4:28.43) and the women's 4X800 (Halle Watson, Meredith Freimer, Lena Mathews and Kim Chatman) which ran 8:55.39 on the strength of Chatman's 2:09 anchor leg. Danielle Brown qualified provisionally for the NCAAs en route to placing second in the long jump (sixth, 18-7 1/4). Other scorers included senior Jamie Reed in the pole vault (third, 11-1 3/4), Chastain in the shot put (third, 45-5 3/4), freshman Sarah Herskee in the discus (fourth, 141-3), junior Jill Schleifer-Schneggenburger (fifth, 4361 points) and sophomore Sarah Spain in the heptathlon (sixth, 4289 points), freshman Katy Jay in the 100 (fifth, 12.30), senior Catherine Regan in the 400 (fourth, 56.68), juniors Grace Nwoku (third, 2:11.29) and Meredith Freimer (sixth, 2:11.92) in the 800, sophomore Halle Watson in the 1500 (sixth, 4:33.76), Emily Germano in the 5K (sixth in 17:19.66 - she also ran a very tough race to place 7th in the 3K to cap a very busy weekend!), freshman Caitlin Ramsey in the 100 hurdles (fifth, 14.66), and senior Benita Gateman in the 400 hurdles (sixth, 64.39). Other notable performances included sophomore Lena Mathews' PR in the 800 (2:13.94), a mark that fell short of making the final by only one place. In addition, freshman Natalie Whelan dropped four seconds off of her previous best, posting 2:12.49 on Saturday to earn her a spot in the final!

ECACs/IC4As
Princeton, New Jersey
May 19-20, 2000

The 2000 track campaign ended at the Eastern championships. After staging the event at George Mason for six years, this year the IC4As/ECACs were moved to Princeton. Sophomore Max King started the Red off on the right foot by winning the unseeded heat of the steeple-chase in 9:13.51 to finish 10th overall. Running her final race in a Cornell uniform, just five days after her gutsy 10K/5K/3K triple at the Heps, senior Emily Germano ran 17:23.21 to place 14th in the 5K. Junior Danielle Brown was third in the triple jump while classmate Kim Chatman placed fifth in the 1500 final (4:28.61) to garner All-East honors and then came back to anchor the 4X800 in 2:09 to a fourth place finish and their best time of the season (8:47.83). Depth in the middle distances afforded Cornell the luxury of holding out Chatman and junior Grace Nwoku until Saturday's final. In addition to sophomore Halle Watson and junior Meredith Freimer, sophomore Lena Mathews and freshman Natalie Whelan did a great job to help the team qualify for Sunday's final. The final foursome of Watson, Freimer, Nwoku and Chatman were at the front the entire race and saved their best performance for the end of the season!

Men's highlights included Nat Tothaker's seventh place finish and sophomore Tommy Thothongkum's ninth place finish in the long jump. The 4X800 ran their best time of the season (7:36.18) and finished 10th, barely missing the final. Leadoff leg Richard Menzies (1:53), junior Chris Ondrak (1:53), junior Colin Moore (1:52) and senior Ryan Raffa (1:54) all ran solid legs. In the triple jump, senior J.P. Pollak closed out his Cornell career with a third place finish while Thothongkum in fifth and sophomore Neal Okarter in sixth also garnered All-East awards.
2000 Track and Field Awards

The annual year-end track banquet was held May 16 at the Statler. The banquet also honored our many volunteer officials as well as outstanding performers from this year's team.

Women:
Fleet Morse Award (Most Improved):
Lena Mathews

Marc Deneault Award (Outstanding Freshman):
Katy Jay

Hank Russell Award (Best Sprinter):
Catherine Regan

Theodota Ladas Award (Best Mid-Distance):
Kim Chatman

Dr. George Ladas Award (Best Distance):
Emily Germano

Theodota Ladas Award (Best Jumper):
Danielle Brown

Dr. George Ladas Award (Best Thrower):
Karen Chastain

Walker Smith Award (Best Hurdler):
Caitlin Ramsey

"Jinky" Crozier Award (Most Valuable):
Karen Chastain

Gatling Award (senior who has done the most for Cornell Track):
Emily Germano

Francis M. Blanford Award (senior who has scored the most points during four years):
Catherine Regan

Spindler Award (Coaches' Award):
Becky Poulson

2000-2001 captains: Karen Chastain, Grace Nwoku

Men:
Shorty Lawrence Award (Most Improved Field Event):
Nat Toothaker

Marc Deneault Award (Outstanding Freshman):
Brett Coffing

Clarence Morse Award (Most Improved Track):
Matt Murnan

Hank Russell Award (Best Sprinter):
Nat Toothaker

Theodota Ladas Award (Best Mid-Distance):
Colin Moore

Dr. George Ladas Award (Best Distance Runner):
Fred Merwarth

Theodota Ladas Award (Best Jumper):
J.P. Pollak

Dr. George Ladas Award (Best Thrower):
Brett Coffing

Walker Smith Award (Best Hurdler):
Doug Heulitt

Narcissa Kellett Award (Most Valuable Man):
Nat Toothaker

Gatling Award (senior who has done the most for Cornell Track):
J.P. Pollak

Charles J. Blanford Award (senior who has scored the most points during four years):
Nat Toothaker

Spindler Award (Coaches' Award):
Ryan Raffa

2000-2001 captains: Pete Ippel, Colin Moore, Nick Senter
Chastain Academic All-American Selection

In addition to her outstanding performances in the throwing circles, junior Karen Chastain (below) was honored for her work in the classroom as well. Chastain was named to the GTE Academic All-District I Spring At-Large first team, selected by CoSIDA (College Sports Information Directors of America). A Presidential Research Fellow in the College of Engineering and a recipient of the DowSteele Outstanding Junior Award in the School of Chemical Engineering, Chastain is also a captain on the track team and is one of two Cornell student-athletes to receive the Academic All-American citation for the 1999-2000 year.

Let's Get Connected!

The Cornell Track Association has established a listserv to facilitate conversation and communication among alumni about Cornell track and cross country. If you’ve already subscribed, tell your teammates to get on line with us! 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 Artie Smith at 607-255-9782 or e-mail him at acsl@cornell.edu.
See you in cyberspace!

New Cornell Athletics Web-Page:

Go to www.CornellBigRed.com for the Cornell Athletics new and improved website. Check out complete results from each track meet as well as updated news and highlights for all Cornell sports contests.

Benowicz, Coffing Represent Cornell at USATF Junior Nationals

Brett Coffing and Scott Benowicz (right) competed at the USATF Junior Track and Field Championships in Denton, TX on June 23-24. Benowicz finished fourth in the javelin with a throw of 195-11 and Coffing placed ninth with a heave of 157-0. By virtue of his fourth place finish, Benowicz will serve as an alternate for the US Junior National team in its summer competitions.

Brett Coffing '03 Scott Benowicz '03
MEN'S AND WOMEN'S TRACK/CROSS COUNTRY
CLASS OF 2004

Head Coaches Lou Duesing and Nathan Taylor are excited to announce the members of the Cornell Track team, class of 2004, one of the largest and most promising recruiting classes in school history. These outstanding student-athletes will join the Big Red in August of 2000.

WOMEN:
Stephanie Anderson
Conneaut, OH
College of Agriculture and Life Sciences
Middle distance and cross country
PRs: 2:17 800, 5:09 1600

Dani Aretino
Gallup, NM
College of Agriculture and Life Science
Hurdles-Jumps
PRs: 15.01 100 Hurdles, 45.12 300 Hurdles, 5'4 high jump

Katherine Belzowski
Ann Arbor, MI
College of Arts and Sciences
Distance and cross country
PRs: 19:28 5K cross country

Theresa Bowman
Trumansburg, NY
College of Industrial and Labor Relations
Distance
PRs: NY state meet individual qualifier cross country

Lydia Briggs
Rhinebeck, NY
College of Arts and Sciences
Distance
PRs: 10:47 3K

Catherine Cofone
Miller Place, NY
College of Agriculture and Life Sciences
Middle Distance/Distance and Cross Country
PRs: 2:18 800, 3:01 1000, 4:49 1500

Aliza Cohen
San Francisco, CA
College of Arts and Sciences
Distance and Cross Country
PRs: 5:15 1600, 18:38 5K cross country

Lauren Collins
Indianapolis, IN
College of Human Ecology
Throws
PRs: 132'8" discus, 41'5" shot put

Jill Crispell
Wallskill, NY
College of Agriculture and Life Science
Sprints
PRs: 59.1 400

Colleen Eccles
Dewitt, NY
College of Arts and Sciences
Middle Distance and Cross Country
PRs: 2:17 800, 4:48 1500

Christine Eckstaedt
Orange, CA
College of Industrial and Labor Relations
Distance and Cross Country
PRs: 5:14.7 1600, 10:32 3K and 18:35 cross country 5K

Elizabeth Ferguson
Overland Park, KS
College of Arts and Sciences
Sprints-Multi
PRs: 12.08 100 meters, 25.5 200 meters

Johanna Garrity
Charlottesville, VA
College of Art, Architecture, Planning
Sprints-Jumps
PRs: 12.58 100 meters, 25.75 200 meters, 57.35 400, 38'5" triple jump

Natalie Gingerich
Lebanon, OH
College of Arts and Sciences
Middle Distance and Cross Country
PRs: 59.4 400, 2:14.1 800

Ann Hansgate
Berwyn, PA
College of Engineering
Middle Distance
PRs: 57.1 400, 2:13.7 800

Marianne Herbst
Flanders, NJ
College of Engineering
Distance and Cross Country
PRs: 5:09 1600, 11:18 3200

Lauren Kilduff
Flushing, NY
College of Agriculture and Life Sciences (Business)
High Jump-Multi
PRs: 5'6 High Jump, 58.4 400, 2:19 800

Laurie Lisgow
Stafford, NH
College of Arts and Sciences
Throws
PRs: 9' pole vault, 115' discus and 127'9" javelin

Casey Kurtz
Pittsburgh, PA
College of Arts and Sciences
Sprints
PRs: 60.3 400

Ashley McMillan
Macomb, IL
College of Industrial and Labor Relations
Sprint-Hurdles
PRs: 14.8 100 Hurdles, 62.61 400 Hurdles
Kinsy Miller  
Pandora, OH  
College of Agriculture and Life Sciences  
Middle Distance and Cross Country  
PRs: 2:18 800, 5:16 1600

Mariangela Mosley  
Ann Arbor, MI  
College of Agriculture and Life Sciences (Natural Resources)  
Sprint-Hurdles-Jumps  
PRs: 14.52 100 Hurdles, 17'10 3/4" Long Jump

Vicki Niebrzydowski  
Sterling Heights, MI  
College of Engineering  
Middle Distance and Cross Country  
PRs: 2:22 800

Elizabeth Orchard  
Albuquerque, NM  
College of Agriculture and Life Sciences (Plant Biology)  
Sprints  
PRs: 12.1 100 meters, 26.1 200 meters

Jessica Parrott  
Westford, MA  
College of Architecture, Art and Planning  
Distance and Cross Country  
PRs: 5:10 1600, 11:05 3200, 18:20 5K cross country

Kalifa Pilgrim  
Mitchellville, MD  
College of Engineering  
Jumps  
PRs: 17 long jump, 37'5" triple jump

Lorraine Ricci  
Modesto, CA  
College of Arts and Sciences  
Distance and Cross Country  
PRs: 18:53 5K cross country

Stephanie Sharp  
Mechanicsville, PA  
College of Arts and Sciences  
Middle Distance and Cross Country  
PRs: 59 400, 2:17 800

Alicia Sim  
Hamburg, NY  
College of Human Ecology  
Sprint-Hurdles  
PRs: 66.6 400 hurdles

Melanie Vanderhoof  
Sandown, NH  
College of Agriculture and Life Sciences  
Middle Distance and Cross Country  
PRs: 2:20 800

MEN:  
Dan Abromowicz  
Syosset, NY  
College of Engineering  
Mile: 4:38

Zach Bauer  
Ashland, OH  
College of Agriculture and Life Sciences  
PRs: 55' shot, 155'6 discus

Mike Bryan  
Foxboro, MA  
College of Arts and Sciences  
PRs: 49.5 400, 1:22.27 600

John Corley  
South Huntington, NY  
College of Arts and Sciences  
PRs: 3:06.5 1200

Matt Crumrine  
Wheeling Park, WVA  
College of Industrial and Labor Relations  
PRs: 1:57 800, 4:24 mile

Danfung Dennis  
Ithaca, NY  
College of Arts and Sciences  
PRs: 14'0 pole vault

Dennis “Chris” Friedrich  
Melrose, MA  
College of Arts and Sciences  
PRs: 208'6" javelin

Jon Goldberg  
Fort Washington, PA  
PRs: 1:57.8 800

Aldo Gonzalez  
N. Palm Beach, FL  
College of Arts and Sciences  
PRs: 49.3 400, 1:55.1 800

Jason Hart  
Payette, ID  
College of Human Ecology  
PRs: 21'10" long jump, 45'3" triple jump

Joel Hernandez  
Miami, FL  
School of Hotel Administration  
Sprints

Tyler Kaune  
Gig Harbor, WA  
College of Agriculture and Life Sciences  
PRs: 23'3 long jump, 47'7 triple jump

John Kellner  
Evans, CO  
College of Agriculture and Life Sciences  
PRs: 10.7 100

Tony Kimball  
Bayfield, CO  
College of Arts and Sciences  
PRs: 6'8 high jump, 50.0 400

Didier Lecorps  
Baldwin, NY  
College of Agriculture and Life Sciences  
PRs: 189'9 discus, 50'1 shot

Nick Morgan  
Flint, MI  
College of Arts and Sciences  
PRs: 14.45 110 hurdles, 38.30 300 hurdles

Mike Nasozko  
Sparta, NJ  
College of Arts and Sciences  
Decathlon
Alumni Updates

This space has been conspicuously empty this year!! We would love to continue expanding this space with more alumni news, as well as make it more diverse (as you can see, news is heavily slanted towards recent alumni)!!! If you haven’t written in a while, please get in touch to tell us what you are up to. You can e-mail alumni updates to Artie Smith at acsl@cornell.edu, or write him at the Cornell Track Office, Teagle Hall, Campus Road, Ithaca, NY 14853.

Twelve alumni signed in (more stopped by!) at the H. Hunt Bradley Track Center over reunion weekend this past June. Saying hello were Casey Cadile ’95, Matt Quicke ’95, Lenny Phillips ’94, Susie Curtis Schneider ’91, Dave Pollin ’90, Beth Fox McManus ’90, Mike Crawley ’85, Charles Fleming ’85, Pete Markowitz ’80, Bob Fife ’50, John Laibe ’50 and Newt Thomas ’50.

Bharat Guthikonda ’96 graduated in May from SUNY Upstate Medical University at Syracuse, where he received his MD. He just moved to Houston, TX to begin his neurosurgery residency at Baylor. Bharat can be reached at bguthikonda@hotmail.com. Another recent graduate is Aruna Boppana ’97, from Vanderbilt Law School. She is currently studying for the bar exam and will be working at Arnold & Porter in their regulatory practice (antitrust and environmental division) in Washington, DC this fall. Aruna’s e-mail is aruna_boppana@hotmail.com.

For the second year in a row (this time in early April), Carl Anstrom ’95 and Chris Ormond ’95 hosted a pig roast at Carl’s home in Apex, NC. Cornell tracksters were well-represented by Mike Franks ’94, Rich Roberts ’94, Chris Shields ’94, Chris Wren ’94, Artie Smith ’96, Chris McLain ’97, John Steed ’97, Becky Dennison ’97 and Brian Ayres ’97. Besides Carl’s hospitality and wizardry with the pig, highlights of the weekend included a hash run and a spirited wiffle ball game in which John Steed proclaimed that he was a member of the “best Cornell Track wiffle ball team of all time.” Any challengers?

Ithaca continues to be a hot-spot for recent track alumni. Brian Clas ’94 returned to live in the Ithaca area last fall and is still training hard. He’ll be joined next year by Jeff and Kristin Nason (both ’97) who are moving back to upstate New York after three years in Washington state. Jeff is beginning a two-year master’s program in the College of Engineering. In addition, Chrissie Groneman ’99 has found her way back to Cornell as a research support specialist in the dendrochronology lab and Nathan Jauvits ’99 continues to sprint through his doctoral program in the College of Engineering while still finding time to mentor the Cornell vaulters.

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2000 Cross Country Schedule

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>At Army</td>
<td>Sept. 8</td>
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<tr>
<td>Fordham</td>
<td>Sept. 16</td>
</tr>
<tr>
<td>Home Invitational</td>
<td>Sept. 22</td>
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<tr>
<td>Paul Short</td>
<td>Oct. 7</td>
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<tr>
<td>Pre-Nationals at Iowa St.</td>
<td>Oct. 14</td>
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<td>John Reif</td>
<td>Oct. 20</td>
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<tr>
<td>Heps at Van Cortlandt</td>
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<td>Region I at Van Cortlandt</td>
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<tr>
<td>ECAC/IC4A at Van Cortlandt</td>
<td>Nov. 17</td>
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<tr>
<td>NCAAs at Iowa St.</td>
<td>Nov. 20</td>
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