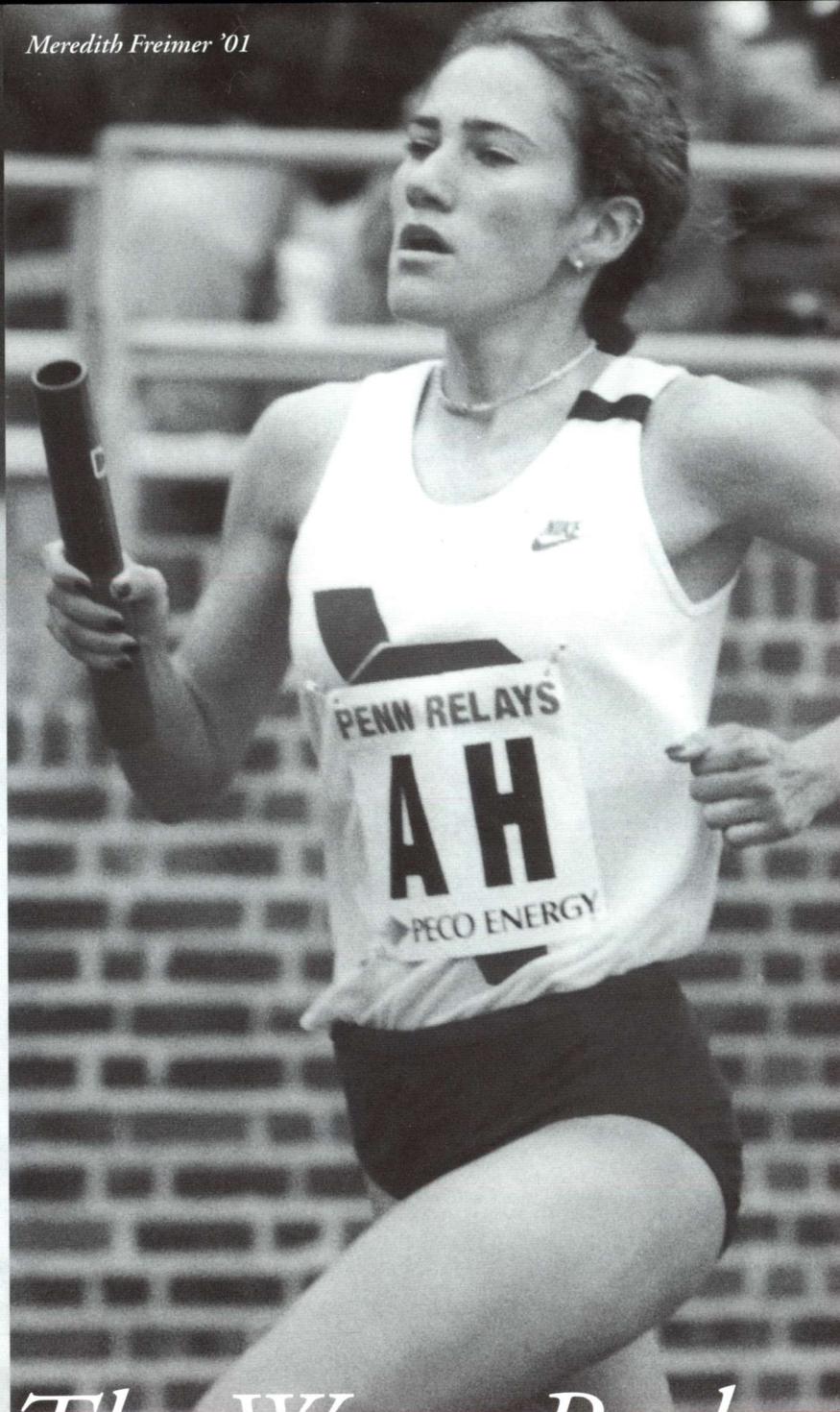


Colin Moore '01



Meredith Freimer '01



Cornell Cross Country

January 2001

The Waste Basket

Track & Field Preview

Coaches' Corner

Dear Friends,

This is the first installment of our newly formatted WasteBasket. We are excited about the new look and hope you enjoy it. The new school year has again brought more changes to the programs. The cross country teams have performed admirably this fall with both the men's and women's squads rising among the top 30 Division 1 schools. The track and field teams have been working very hard throughout the fall to improve on last year's performances. The stadium seats and lights at the Kane complex are complete and things look terrific. During the winter holiday break we will be resurfacing Barton Hall and making some changes to the track configuration that will enhance our ability to host major meets.

Cornell has been awarded the Heptagonal Indoor Championships beginning in 2002 and returning every even numbered year. We will also be entering a bid to host the IC4A/ECAC Indoor Championships at Cornell for a period of 5 years.

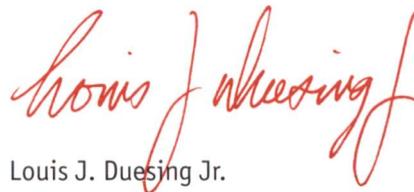
With Early Decision bringing in the largest number of recruits in many years, we are excited about the future of the programs. More and more people are looking at Cornell as their university of choice. Why shouldn't they? This is truly an exceptional time for Cornell and for the track program.

We are looking forward to a great year. Our successes are directly related to your involvement. Everyone associated with Cornell cross country and track and field appreciates the loyal support we receive from alumni and friends. We hope you'll continue to be involved and look forward to hearing your thoughts about the program.

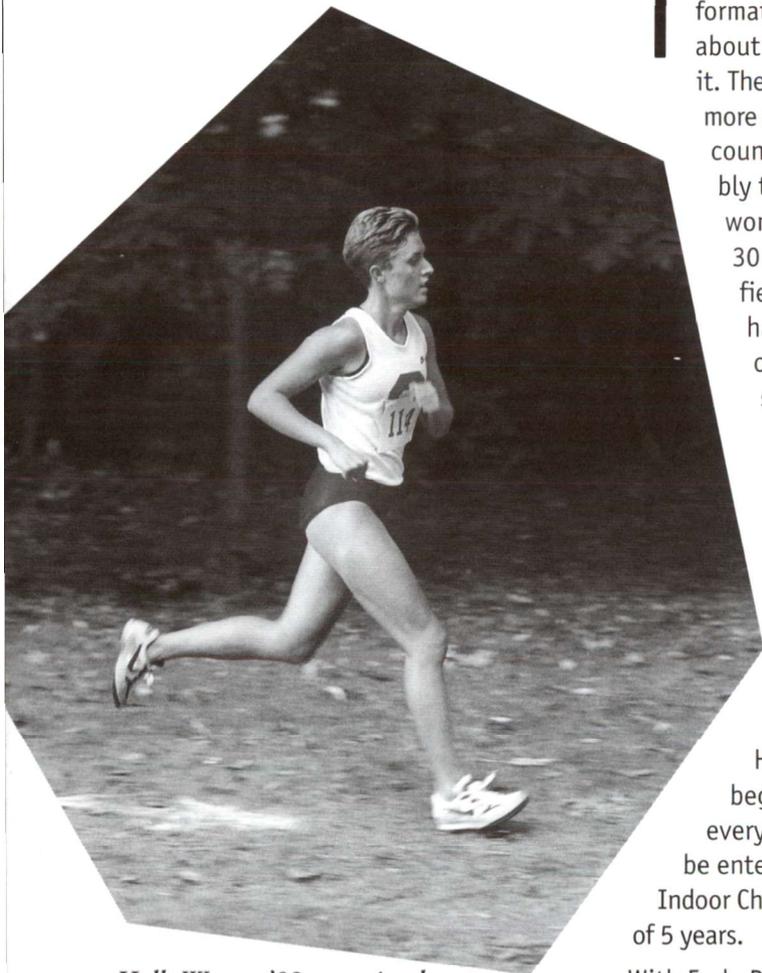
Have a happy holiday.



Nathan Taylor
George E. Heekin '29 Coach of
Men's Track and Cross Country



Louis J. Duesing Jr.
George E. Heekin '29 Coach of
Women's Track and Cross Country



*Halle Watson '02, captain-elect
2001 women's cross country*

photo: Tim McKinney



Fall Highlights

At Army with Marist

September 8, 2000

The Big Red cross country teams officially began their seasons at West Point, N.Y. with the annual dual meet versus Army and Marist. For the second year in a row, the teams started their season with victories, as both teams swept Marist and the women defeated Army 17-46 while the men handled the Cadets 22-35. The women's race was underway first, and **Jessica Parrott '04** took first-place honors (18:33 for 3.0 miles). She was followed closely the entire race by **Carlan Gray '03** (second, 18:47) and **Lena Mathews '02** (third, 18:47). On the men's side, Cornell displayed impressive strength and depth on the hilly Army course, easily defeating both the Cadets and Marist. Taking the lead just before the mile, **Max King '02** (25:32) and **Geoff Van Fleet '02** (25:37) quickly took control of the race and finished one, two.



Fordham Invitational at Van Cortlandt Park

September 16, 2000

In their first race over a Van Cortlandt Park course that both teams would become very familiar with as the season progressed, the men and the women produced impressive early season times at the famed Bronx venue. The Big Red men were dominant, sweeping the top eight places and recording impressive times on the difficult five-mile course. **Matt Gallagher '02** led the pack through 5K, but **Max King** (25:28.1) came away with his second straight victory, leading seven Cornellians who finished under 26:00. On the women's side, the Red placed second behind a vastly improved Yale team. Leading the way for Cornell was **Kim Chatman '01**, who placed fourth overall in 18:26.1. The Cornell pack hung with the Elis early but finished 21 points behind with 38 points

New York State Invitational at the Moakley Course

September 23, 2000

The first New York State Cross Country Challenge on the Moakley Course at Cornell University went off under sunny skies and picture-perfect running conditions. The Cornell women swept the first 11 places, led by co-captain **Meredith Freimer's '01** first-place finish in 18:55 (her first collegiate cross country victory!). **Brook Dannemiller's '02** second-place finish (26:52) led the Red harriers to the team trophy.

Continued on next page

MEN

★ Colin Moore

John Moakley Award (*Senior who has done the most for Cornell cross country*)

★ Max King

Edward B. Kirby Award (*Most Valuable*)

★ Steve McClearn

Herman Greenberg Award (*Most Improved*)

★ John Corley

Louis C. Montgomery Award (*Most Valuable Fresh*)

★ Max King

John S. Reif Award (*Overall Excellence*)

★ Dan Dombroski

Fifth Man Award

2001 Captains:

Max King and Geoff Van Fleet

WOMEN

★ Meredith Freimer

John Moakley Award (*Senior who has done the most for Cornell cross country*)

★ Kim Chatman

Clarence Spindler Award (*Most Valuable*)

★ Carlan Gray

Most Improved

★ Jessica Parrott

Louis C. Montgomery Award (*Most Valuable Fresh*)

★ Kendra Kollar

John S. Reif Award (*Overall Excellence*)

★ Carlan Gray

Fifth Woman Award

2001 Captain: Halle Watson



Continued from previous page

Paul Short Run at Lehigh University

October 7, 2000

Heading to Lehigh for their first true challenge of the season, the Big Red produced extremely impressive performances at the always-competitive Paul Short Memorial Run at Lehigh University as BOTH teams finished second in very large fields!!

The men created a spark early by finishing second to 15th-ranked Michigan State. Led again by **Max King**, who finished fourth (24:37.9 for 8000 meters), the Red placed 3

Triple jumper Danielle Brown '01

runners in the top 25. Backing up King were **Colin Moore** (16th in 25:00.3) and **Matt Gallagher** (25th, 25:13.6). On the women's side, Cornell ran the new championship distance of 6K for the first time this year and placed second to 19th-ranked Villanova. Undaunted by the longer race, **Jessica Parrott** (18th, 21:58.1) led the Red harriers early on. In the end, **Kim Chatman** (12th, 21:49.6) and **Meredith Freimer** (13th, 21:52.8) were first across the line for Cornell.

Pre-NCAA Meet at Iowa State

October 14, 2000

Successful performances at end of season championship meets are built upon the competitive situations runners experience early in the year. In search of national-caliber competition and in an effort to get "big-meet" experience, Cornell cross country flew out to Iowa for the Pre-NCAA meet. The trip gave the runners a preview of the NCAA course in Ames and a chance to compete against the top teams in the nation. Running the championship distance of 10K for the first time this year, the men finished 35th out of 53 teams.

Max King once again led the Red with an outstanding run over the hilly and difficult course, placing 82nd in 32:16. For the women, getting out strongly in a field of 371 runners was critical, and they accomplished that task very well. Leading the way early for Cornell was **Jessica Parrott**, who was in the top seventy-five and run-

ning very relaxed at the mile mark. The back-to-back weekend races over the 6K-distance took their toll on the Big Red women in the latter stages of the race, and the women placed 31st out of 56 teams. **Meredith Freimer** came on well to finish 112th in 22:44 and was followed by a gutsy finish from Parrott in 160th place (23:12). Racing on this tough course in an outstanding field provided crucial learning experiences for both teams as they re-focused their attention on the Heps.

Heptagonal Games at Van Cortlandt Park

October 27, 2000

Under cloudy skies but fast running conditions, the Cornell women entered the Heps seeded fourth (with early season losses to nationally ranked Yale, Brown and Columbia) and the men were seeded fifth. The festivities began with an alumni 5K; the Big Red was well represented by **John Wolff '90** and **Brian Shelden '93!** Both varsity teams posted successful results to finish fourth, while the women's JV team won its part of the competition and the men's JV earned a second place finish.

In the varsity competition, the men put themselves in good position early and continued to move up throughout the race. Late surges by **Geoff Van Fleet** (25:13.9) and **Max King** (25:14.3) netted them outstanding sixth and seventh place finishes, both good for first-team All-Ivy status.

Colin Moore ran a gutsy race on a sore groin to run a Van Cortlandt personal best of 25:36 to grab 21st. **Steve McClearn '02**

stepped up with a fine run to place 33rd (25:59.0) while **John Corley '04** continued to run impressively, posting a 37th-place performance (26:06.1) Dartmouth finished first overall to halt Princeton's three-year winning streak, and Cornell's fourth place finish was the men's best since 1994!

For the women, national rankings held form as #15 Yale edged #22 Brown and #27 Columbia in an extremely tight team competition. The Big Red finished a solid fourth, running tough and moving up as a pack over the back hills. **Meredith Freimer** (18:16.8) and **Kim Chatman** (18:22.1) led the way, with 14th and 18th place finishes. **Lena Mathews** ran a Van Cortlandt Park personal best of 18:31 to take 21st and was followed closely by **Halle Watson** in 24th (18:34.2) and **Carlan Gray** in 25th (with a 20 second PR of 18:35.0!).

NCAA Northeast Region I at Van Cortlandt Park

November 11, 2000

Another exciting day of racing at venerable Van Cortlandt Park produced even more strong performances with both the men and the women finishing in the top 10 in the NCAA Northeast region. The women were off first and were led to a seventh place finish by two all-district performers, **Kim Chatman** (20th place in 21:19.2 for 6K) and **Meredith Freimer** (25th place in 21:24.2). As a team the women finished seventh. For the men, **Colin Moore** captured all-district honors with a 24th place finish (32:11.5) to help the team earn ninth place.

IC4As/ECACs at Van Cortlandt Park

November 18, 2000

In the prestigious championship races, Cornell runners shone as the men finished second in the IC4A and the women placed third in the ECAC!

The women's varsity ran extremely well, boasting four personal bests and a third-place team showing (behind only Bucknell and James Madison). **Carlan Gray** (11th, 18:21) led the Cornell charge early and **Meredith Freimer** led the Big Red through the back hills and finished 9th (18:13). Both Freimer and Gray earned All-East status for their outstanding performances.

Jessica Parrott had a nice race to record a significant VCP personal best and place 17th (18:35). **Lena Mathews** (18th, 18:37) and **Aliza Cohen '04** (21st, 18:54) and **Kinsy Miller '04** (25th, 18:58) also contributed to the cause by posting personal bests in their last races of the season. With four freshmen and a sophomore contributing to Cornell's fourth straight top-three finish in the 86-school ECAC, the women's tradition of success is on solid ground.

The men also ended their season on an extremely positive note, since their runner-up showing to

Penn State was the best finish by the Cornell men in decades!! **Colin Moore** concluded his cross country career in great fashion, taking the lead in the race up Cemetery Hill before finishing an outstanding fourth in 25:02. **Max King** (25:16) and **Geoff Van Fleet** (25:18) finished strongly to garner 12th and 13th and All-East recognition. **Steve McClearn** (34th, 25:49) and **Dan Dombroski '03** (45th, 26:05) ran solid races to close out the scoring for the Red, helping to improve last year's sixth place team finish. With three All-East performers and only one senior in the top seven, the Red closed their season on a high note and will work to build on their momentum during the track season.



2000 IC4A runner-ups: (l-r) Steve McClearn, Colin Moore, Geoff Van Fleet, Geoff King, Max King, John Corley, Dan Dombroski

3 New Tracksters Inducted to the Hall of Fame

The number of Cornell track stars in the Cornell Athletics Hall of Fame swelled to 82 this fall as Sarah Day '87, Charles Irish '23 and Dan Predmore '80 received honors in October.

Over **Sarah Day's** four-year cross country career, she won 12 dual meets, the most in Cornell women's history. She set the course record at the Moakley Course, with a still-

standing mark of 17:48 in 1983. A 13th place finisher at the 1983 NCAA District II championships to earn All-District, she also placed 8th at the 1985 Heps in cross country to earn All-Ivy honors. In track, she was the indoor Heps champion in the 3000 in 1986 and was also a scorer that year in the indoor 5K. Captain of the cross country and track squads as a senior, Day was the cross country team MVP in 1985.



drawings: Pat Lopez

Charles Irish was the important fifth man on the legendary IC4A champion 1921 team that still holds the championship record for lowest winning total of 18 points. Irish joins his teammates Robert Brown, Norman Brown, George Miske, and Nick Carter as Hall of Fame inductees. In that record-setting race, Irish placed 7th. Charles Irish came to Cornell from Auburn, N.Y. immediately after WWI. He was fol-



lowing in a long line of family members who found a home on the hill and captained the team in '22. During his years at Cornell, he established himself as one of the great American runners of his time. Charlie Irish died in 1981 after

a distinguished career in both public service and private business in the Baltimore area. A patient, dedicated, and thoughtful man, the following quote gives us some insight into his legacy.

INDOOR TRACK

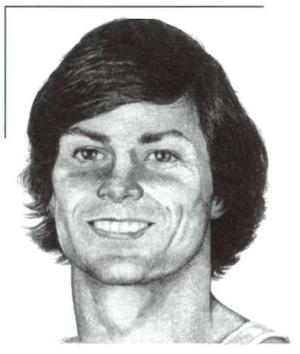
DAY	DATE	GAME
Saturday	December 2	Cornell Relays
Saturday	January 13	Penn State Invitational
Friday	January 19	Pentathlon
Saturday	January 20	Penn/St. Joe's/ Et Al
Saturday	January 27	Harvard/Brown
Saturday	February 3	Yale/Bucknell
Friday	February 9	Pentathlon
Fri. & Sat.	February 9 & 10	Cannon Classic
Saturday	February 10	Deneault Memorial
Saturday	February 17	Kane Invitational
Sat. & Sun.	February 24 & 25	Heptagonal Championships
Sat. & Sun.	March 3 & 4	ECAC Championships
Fri. & Sat.	March 9 & 10	NCAA Championships

Katy Jay '03 photo: C. W. Pack Sports

OUTDOOR TRACK

LOCATION	DAY	DATE	GAME	LOCATION
Home	Saturday	March 17	Collegiate Classic	Long Beach, Ca.
State College, Pa.	Saturday	March 24	Spring Break Invitational	Irvine, Ca.
Home	Saturday	April 7	UPENN Invitational	Philadelphia, Pa.
Home	Saturday	April 14	Columbia Invitational	New York City
Cambridge, Ma.	Fri. & Sat.	April 13 & 14	SeaRay Relays	Knoxville, Tenn.
New Haven, Ct.	Saturday	April 21	Penn	Home
Home	Thurs. - Sat.	April 27-29	Penn Relays	Philadelphia, Pa.
Indianapolis, Ind.	Sunday	April 30	Cornell Invitational	Home
Home	Saturday	May 5	Penn State/Missouri/Maryland	State College, Pa.
Home	Saturday	May 5	Big Red Invitational	Home
Cambridge, Ma.	Sat. & Sun.	May 12 & 13	Heptagonal Championships	Princeton, N.J.
Boston, Ma.	Fri. - Sun.	May 18-20	ECAC Championships	TBA
Fayetteville, Ark.				

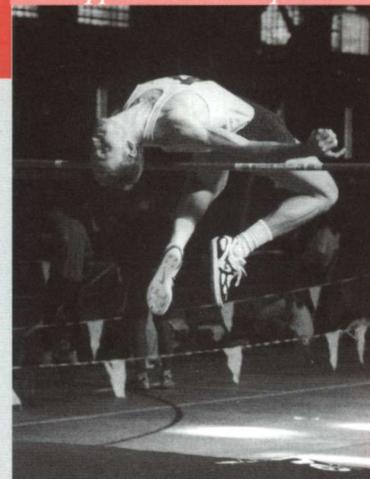
He wrote, "The varsity letter is a mark of distinction. It is only a bit of felt, but it shows that an athlete has gained, at least to some extent, a sense of good health, self control, concentration, poise, and team-work. These habits formed in youth, stick."



Daniel Predmore '80 was a six-time All-Ivy performer and finished 2nd at the 1979 Heptagonal cross country championships.

Tri-captain and MVP of the cross country team his senior year, he won the Outstanding Performer Award at the 1980 indoor Heps when he won the 5000 in a Barton Hall and Cornell record of 14:18.5 and ran the anchor for the winning distance medley relay. At the 1980 outdoor Heps, he won the 10,000m, placed third in the steeplechase and fourth in the 5000.

Pete Ippel '01, track captain



*Max King '02, captain-elect
2001 men's cross country*



photo: Tim McKinney

Let's Get Connected!

The Cornell Track Association has established a listserve to facilitate conversation and communication among alumni about Cornell track and field and cross country. If you've already subscribed, tell your teammates to get on line with us or let us know how to get a hold of them!! If you haven't yet subscribed, or if you have any questions, contact the listserve administrator Artie Smith at 607.255.9782 or e-mail him at acs1@cornell.edu

Even as the cross country seasons have been in full gear, the men's and women's track teams have been practicing hard all semester. The indoor season begins with the Cornell Relays in Barton Hall on December 2. Here is a preview of both the men's and women's teams.

★ Men's Preview

Cornell marked the millennium with the appointment of a new head coach and the best performance by a Big Red team in the last 14 years. During Coach Nathan Taylor's inaugural year, the team made significant improvements in every event, resulting in a 13-1 dual-meet record and major strides at the Heptagonal championships. With the top performer in all but four events returning and the addition of 22 outstanding freshmen representing 17 states, Cornell track should continue its rapid ascent within the league and across the country.

The **sprint** squad returns nearly intact with Erik Nakutavicius '01, who has turned in a 47.7 relay split, leading the way. He will be supported by All-East performer Rich Deneault '02, back after a year's hiatus, while Quinton Carew '03 was the top freshman at the IC4As in the 55-meter dash and has just tied the school record with a time of 6.1. Jeff Rasbury '04, who turned down several scholarship offers to join the Big Red, has the potential to rewrite the record books at Cornell. Fellow freshmen Mike Nanaszko and Mike Bryan along with Steve Terry '03 will have a big impact

here. In the **hurdle** events, Heps scorers Doug Heulitt '01 (110m) and Matt Murnan '01 (400m) established themselves last year with tremendous improvements. Joining these returners are Nick Morgan '04 and Eric Pedersen '04, who give the team excellent depth.

All-East miler Colin Moore '01 leads the **mid-distance** group that showed dramatic improvement last year. Moore has aspirations of an NCAA berth this year and is closely followed by Matt Gallagher '02 and Geoff Van Fleet '02 who were both IC4A qualifiers. Chris Ondrak '01 ran under 1:53 last year and scored at the Heps in the 800. Adding depth here will be Dan Meehan '02, Daryn Johnson '03, Joe Lamagna '03, Matt Fiorovanti '03, and Aldo Gonzalez '04. Max King will be the leader in the **longer distances**.

Cornell returns its best **throwers** in every event highlighted by All-Ivy Brett Coffing '03. Jeremy Blanchett '02 has scored at the Heps in each of his first two seasons and should again move up in the standings. Giles Longley '04 is making dramatic progress in the weight throw.

Graduation hit the **jumps** hard, as Nat Toothaker (25-0) in the long jump and J.P. Pollak (51-7) in the triple jump are both gone. Pete Ippel '01 will lead the vertical jumpers. While All-Ivy vaulter Scott Lundy '02 moved to second all-time at Cornell jumping 16'3. Travis Offner '04 has tremendous potential and is one of the best in the country. The horizontal jumps will be lead by tri-captain Nick Senter who scored at the Heps in the

long jump and looks to improve on his best of 24-0. Tyler Kaune '04 and Jason Hart '04 will push the league's elite and could score big.

With the addition of a great freshman class to a balanced roster of upperclassmen, the Big Red is looking forward to an outstanding season building on the success of last year. Senior leadership and enthusiasm will fuel the competitive fire that is rapidly becoming the hallmark of the Cornell team.

★ Women's Preview

The women's track and field squad had an excellent season in 1999-2000. The group finished third indoors and fourth outdoors at the Heptagonals, numerous school records fell and league champions were crowned. The team had good balance with headliners in nearly every area. The team graduated some mainstays, including many-times Heptagonal champion Emily Germano in the distances, triple school-record holder in the sprint-hurdles Catherine Regan and the sprint-hurdle duo of Becky Poulson and Benita Gateman, who were consistent league scorers. Ten athletes who claimed Heptagonal titles or school records return to the squad this season. An outstanding recruiting year, coupled with the return of veteran athletes, should mean another competitive campaign for the Big Red.

The **short sprint** group should be at its strongest for the Red this year. All-Ivy Katy Jay '03, set Cornell frosh marks at



2000 ECAC 3rd-place finishers: (l-r) Coach Artie Smith, Carlan Gray, Jessica Parrott, Meredith Freimer, Stephanie Anderson, Kinsy Miller, Aliza Cohen, Lena Matthews, Coach Kristin Nason

100 and 200 meters along with helping the squad break the 20-year-old varsity 4x100 relay record at 47.93. Conniel Arnold '03, and Elizabeth Ferguson '04, will make an immediate impact as will Johanna Garrity '04, and Jill Crispell '04. In the long sprint Ann Marie McMillan '02, and Lindsay Brock '04 will be major contributors. Caitlin Ramsey '03, also a school-record holder, should be the top returner in both hurdle events. Merili Mosley '04 and Ashley McMillan '04 will add significant depth.

The **middle distance** events are again the team's deepest and strongest group and is led by Kim Chatman '01, a three-time All-Ivy and All-East performer. Co-captain Grace Nwoku '01 is another excellent performer with sound experience, has held the school mark at 500 meters and with Meredith Freimer '01 is tough in relays. Newcomers Ann Hansgate '04 and Natalie Gingerich '04 should also be contributors.

Christine Diaz '02, Carlan Gray '02 and Sara Karam '02 gained valuable experience as freshmen in both cross country and track and have the ability to compete with the best in the league in **distance events** as does Lena Matthews '02. Aliza Cohen '04, Christine Eckstaedt '04, Marianne Herbst '04, Jessica Parrott '04 and Lorraine Ricci '04 all have outstanding mile and two-mile marks coming out of high school.

The **jumps** group features solid performers in every event. Danielle Brown '01 was league runner-up in the indoor and outdoor triple jump, provisionally qualifying for the NCAAs at 41-10. Kalifa Pilgrim '04, Mosley, and Garrity were all state champions and could be scorers. There are many talented pole vaulters and this group will be led by school record holder and Heps scorer Jamie Reed '01. Sonya Negriff '01, Marla Leahey '02, and Molly Dickens '03 all qualified for the ECAC's in the vault last

year. The high jump leader looks to be rookie Lauren Kilduff '04. Teresa Emery '03 improved to 5-4 last year outdoors and was the Red's top performer last spring; she will be supported by heptathletes Sara Spain '02 and Jill Schliefer-Schneggenburger '01.

Co-captain Karen Chastain '01, Cornell's most versatile **weight performer** of all-time, returns after capturing her third consecutive league title in the discus. She has also scored in the shot put and 20-pound weight. Emily Eigel '02 placed fifth at the Heps in the weight throw and continues to improve as does Sarah Herskee '03.

A Familiar Face

Joining the Cornell cross country and track coaching staff is a familiar face: **Kristin Nason '97**. After three years on the West coast, Kristin (nee Matter) has returned "home" and is starting her first season as a volunteer cross country and track coach at her alma mater. Kristin will begin pursuing a master's degree in education at Cornell in the spring. Kristin competed in cross country and track from 1993-1997 while she worked toward a BS in biometry and statistics. She was a member of a Heps-scoring 4X800 relay and competed at the ECACs in track. In her new role, Kristin will work closely with the Cornell women's cross country team as well as the middle distance and distance groups in track.

A native of New Paltz, N.Y., Kristin and her husband Jeff (a former Big Red cross country and track captain) reside in Ithaca.

Alumni Updates

We would love to continue expanding this section with more alumni news! If you haven't shared an update 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 acs1@cornell.edu or write to him at the Cornell Track Office, Teagle Hall, Campus Road, Ithaca, NY 14853.

Labor Day weekend saw the creation of what will hopefully become an annual event, an alumni relay race in Ithaca. Fourteen alumni participated in an eight-mile race over Coach Lou Duesing's "timed run" course. Heavily hyped over the summer, the race easily exceeded the pre-race build-up as the drama and closeness of the event topped everyone's expectations. Race director **Rich Roberts '94** organized three teams with no limitations on how many different legs (or at what distance) an individual could run. Team Solo (**Brian Clas '94**) was immediately deemed the pre-race favorite with little hope given to anyone else of challenging him. The only question to be answered revolved around which of the other teams would come in second. Team Hammerhead (**Lenny Phillips '94, Mike Padilla '96 and Artie Smith '96**) felt very well prepared but were faced with the daunting prospect of a 10-person contingent in Team Pig (**Rich Roberts '94, Carl Anstrom '95, Jeff Nason '97, Kristin Nason '97, Kate Walker '97, Brian Ayres '97, Colleen**



Labor Day 2000 Alumni Relay Race: (l-r) Lenny Phillips, Emily Germano, Mike Padilla, Colleen Costello, Kristin Nason, Jeff Nason, Kate Walker, Rich Roberts, Brian Clas, Artie Smith, Brian Ayres, Maggie Morrow, Ryan Raffa, Carl Anstrom, Lou Duesing

Costello '98, Emily Germano '00, Ryan Raffa '00, and Maggie Morrow Penn '95 and HGSM '01).

Amazingly, after countless different relay carries and fourteen different runners, the three teams were separated by only 14 seconds. Brian Clas finished third, having run a remarkably even paced 39:16 (average pace 4:55 per mile!!!) for 8 miles, easily the fastest time by several minutes ever run on the "timed run" course and giving clear indication of his great fitness level as he began preparation for a fall marathon. Team Pig came in first in 39:02 with Team Hammerhead finishing in 39:14. The event wrapped up with a pig roast courtesy of Carl Anstrom, hosted by coach Lou Duesing in his backyard. Since this race was heavily dominated by the presence of recent alumni, they challenge other classes to return next year for what will hopefully be an even

bigger event. How any alumni race could top the drama of this race is beyond me, but just in case I'm already training for next year.

In other alumni news, **Martha Rosett Lutz '78** is still competing and reports that she had a "decent indoor season" record at open track meets in Iowa. She has also put together a great history of the earliest days of the Cornell women's track and field team. E-mail her at lutzrun@avalon.net if you'd like to read it!

Kirsten Etko Hallstrom '91 informs us that she and her husband **Brian (rowing '91)** have welcomed a baby daughter to their family. Anneka Lynn Hallstrom was born on July 18, a mere 18 days after the Hallstroms moved to Boston from Ann Arbor, Mich.!!

There was a **Keith (Conehead) Strudler '92** sighting at the Northeast Regional meet at Van Cortlandt Park. An English

professor at Marist, *Conehead* is also the cross country team's advisor and is still competing in triathlons. He reports that **Matt Seeley '93** is also still competing (at a very high level) in triathlons and is *the* math department at Salish Kootenai College in Montana. You can check out a picture of Matt at <http://www.sk.c.edu/env/Faculty.html>.

Chris Wren '94 and Kathryn Conatser married in Chicago on September 23. The couple is currently living in Charlotte, N.C.

Lenny Phillips '94 welcomed a second child, Isaac Conway-Phillips, into the world on November 15. Isaac weighed 7 lbs., 6 oz. at birth. He and mother Mary are thriving.

Aruna Boppna '97 recently passed the bar exam and will begin work for Arnold & Potter in their regulatory practice (anti-trust and environmental division) in Washington, D.C.

Alan Enos '99 recently moved to Boulder, Col. where he accepted a position with Ball Aerospace and Technologies Corp. as a spacecraft designer. Alan can still be reached at ate1@cornell.edu and is looking for other Cornellians to join him for a run in beautiful Colorado.

Entering his first marathon on November 19 in Philadelphia, **Brian Clas '94** finished the victor, nearly five and a half minutes ahead of the pack with an outstanding de-

but time of 2:18:03 that broke the course record by a minute. Despite having his training curtailed over the summer by a nagging hamstring injury, Brian rebounded with an excellent run in Philadelphia. Brian took the lead at eight miles and never relinquished it as he quickly moved away from the field.

In other alumni marathoning news, **Mike Selig '00** competed in the Chicago Marathon in October, running 2:34:03 to finish 69th! Look forward to hearing from you!

—Artie Smith '96

Cornell Cross Country is produced by Cornell Athletics.
Editors: Chris Wilson and Elli Harkness.
Designer: Julie Manners. A 12/00 1M



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