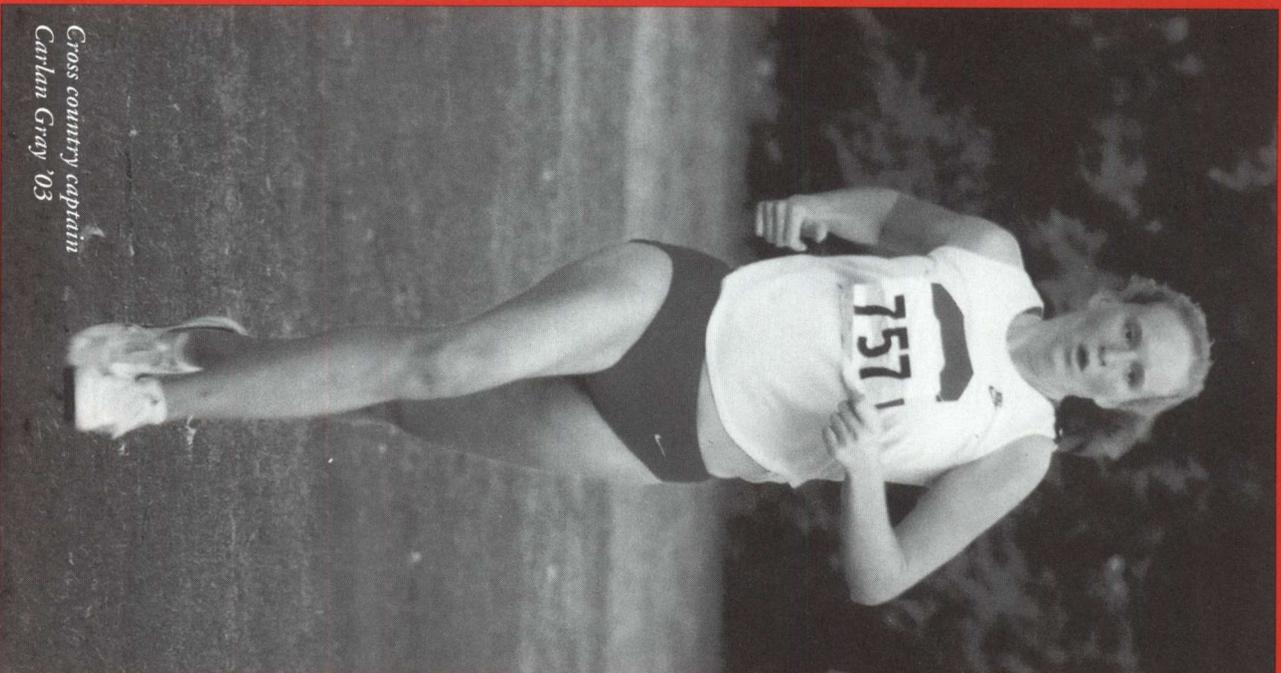


Cornell Track & Field



*Cross country captain
Carlan Gray '03*



Bruce Hyde '05

The Wastebasket

2002 Cross Country Wrap-up / 2003 Track & Field Preview

Dear Friends,

This issue of the *Wastebasket* is going out to all Cornellians that competed in either cross country or track and field as undergraduates. Of the 2400 living alums that participated, this newsletter had been going out to around 1,000. Over the years, many people have been removed from our mailing lists. Some of them have been by request, many others by mistake. We want to keep all of you informed about the great things that are going on within the programs. We are excited about our shared history and want to encourage you to either continue, or renew, your involvement with the teams.

The Cornell Track Association is making great strides to involve more and more people across the country by reaching out in a more systematic fashion. As a result many of you will be getting more information about their activities as they work to support the efforts of the coaches and the team.

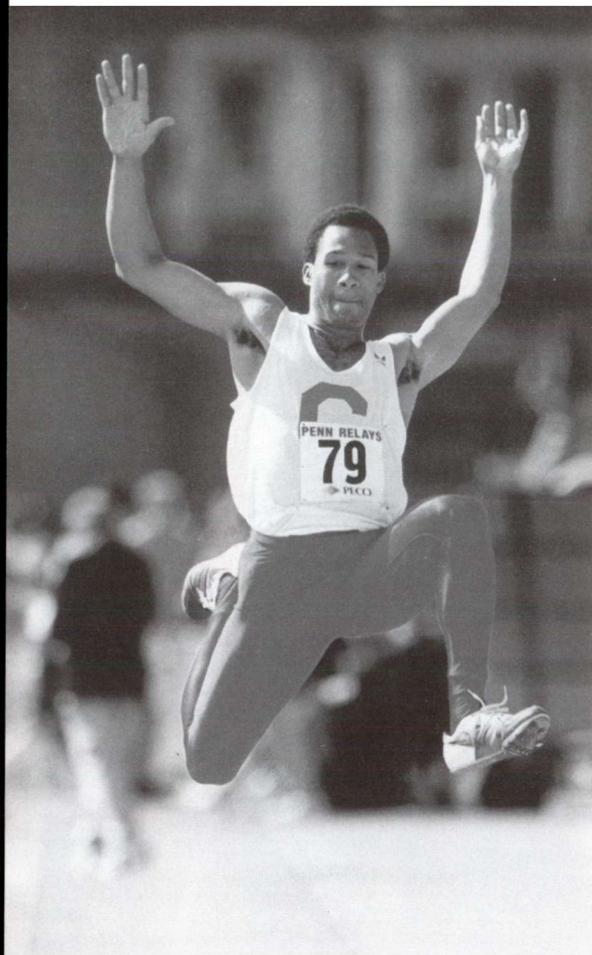
We would love to have more than 25% of you involved and connected to the program. At a minimum, we hope you'll enjoy reading about what is going on right now. We'd love to have some news to share with your former classmates and friends, expand the alumni updates section of the *Wastebasket*. Please call, write or email to let us know what you are doing. We want to reconnect with as many people as possible.

The men's and women's teams are coming out of a terrific cross country season, highlighted by winning the IC4A and ECAC championship. For the men, this was their first IC4A win since 1921; for the women it was their first ever victory at the ECACs. Cornell should also demonstrate excellent strength and balance during indoor and outdoor track and field seasons. It's a great time to be associated with Cornell Track. We hope that your support and involvement will inspire the teams to even greater heights.

Sincerely,

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

Lou Duesing, The George E. Heekin '29 Coach of Women's Track and Cross Country



Rick Jones '05

men's cross country review

After an injury-plagued and disappointing 2001 season, the men entered the 2002 campaign looking to turn the program around and lay the foundation for future Heps titles and NCAA berths under the tutelage of new men's distance coach **Robert Johnson**. It was optimistically billed as the start of a new era in Cornell's rich cross country tradition.

Little did anyone know that before the season was over the program would claim its first IC4A cross country championship in 81 years, as well as a sixth-place NCAA Northeast Regional finish. At the start of the season, however, it was hard to anticipate what was in store as the Big Red sported the highest returning point-total in the Heps, a new coach, and several returnees whose health status made them major question. As a result, the team focused on the basics: improvement and running well at the end of the season when it counts.

The team accomplished these goals as its performance improved significantly from the beginning of the season to the end. Before the season was over, every single member of the varsity had set Van Cortland Park personal-best time and the Big Red would save its best race of the season for last. However, a disappointing performance at Heps kept the season from being a total success.

The two senior co-captains, **Dan Dombroski** and **Geoff Van Fleet**, coming back from their own injuries, attempted to set the right tone for the Big Red. Dombroski,

a 29:50 10K performer on the track, would successfully come back and run better than ever after missing the end of last year's track season and almost the entire summer after breaking his ribs in a bike accident. Van Fleet, an All-Ivy performer in XC in 2000 who missed all of last year's entire year due to Achilles tendon surgery, would also come back from his injury and contribute early in the season before Achilles problems unfortunately hampered him once again late in the year.

With Van Fleet and Dombroski sitting out the first meet as a precaution, the men started out the season a well-beaten third behind Bucknell and Army at West Point. The men were led in this race, as they were throughout most of the season, by **Bruce Hyde '05**. Hyde, who had a promising freshman harrier campaign cut short due to mononucleosis, finished fourth overall.

Fielding its entire team for the first time two weeks later at the Iona Meet of Champions at Van Cortlandt Park, the Big Red finished a surprising fifth overall in a field of 26 that included three nationally-ranked teams. Dombroski led the way with an impressive 10th-place finish in a personal best time of 25:13, while Hyde continued to demonstrate his fitness, coming in 16th overall in 25:28.

Looking for improvement from its numbers 3-7, Cornell rested its top two in Hyde and Dombroski when they traveled to Philadelphia a week later to compete in the LaSalle Invitational. As a result, the spotlight



Co-captain Dan Dombroski '03

deservedly fell on **Emory Mort '05**, who finished second overall (behind an NCAA qualifier) to lead the Big Red to a second-place team finish behind Penn. The LaSalle meet was just one of many highlights of an unbelievable year for Mort. A walk-on and non-traveling member of the squad during

his freshman year, Mort would see his 8K cross country PR drop from 28:20 to 25:44 before the year was over. Mort and classmate Hyde were the glue behind Cornell's efforts all year long as they came through and were amazingly consistent all season long.

Two weeks later, Cornell's top seven turned in its finest performance to-date on the national stage of Pre-NCAAs at Indiana State. Running against 20 nationally-ranked teams, Cornell finished 33rd out of 69 in the combined scoring, ahead of nationally ranked Duke. More impressively, Cornell's top six all ran seasonal best times with five of those times being lifetime bests. Meanwhile in upstate New York, Cornell's "B" group dominated the Roberts Wesleyan Harry Anderson Invitational by claiming five of the top eight spots in the field of 152.

Thus, entering Heps, the stage seemed to be set for a much-improved showing from a year ago. However, when it mattered most, the Big Red suffered its one off day of the season. Cornell entered the meet sixth on paper, but the seniors had an off-day and the team had to settle for an extremely disappointing eighth-place showing—the same as the year before. The Big Red found little solace in the fact that the Heptagonal conference was the deepest in the country this year—the only conference in the land where every team in the league ended up ranked in the top 10 in its region.

While disappointed, the team showed true grit as it returned to Ithaca determined to do whatever was necessary to show in its final two meets of the season the great improvement it had made as a distance program. At the NCAA regionals, Cornell came through in a major way by finishing sixth. Hyde, who had garnered second-team All-Ivy honors at Heps, led the way once again as he finished 16th overall and defeated the Heps champion in the process of gaining All-Region honors. Dombroski (23rd) also earned All-Region honors.

A week later at the IC4A championships, Cornell saved its best performance for last as the Big Red vanquished all competitors to garner its first IC4A crown since 1921.

Barry Kahn '03 and **Daryn Johnson '03** certainly will remember their final collegiate cross country races as they both stepped it up big-time and earned Van Cortlandt Park PRs on a cold and blustery day that slowed times considerably.

Kahn ran 25:45 to finish 14th to join Hyde and Dombroski as All-East performers, while Johnson cracked the 26 minute barrier for the first (and only) time in his career (25:56). **Dan Hart '04** secured the team title when he crossed the line in fifth-place for the Big Red, as he had most of the season. It was fitting that Hart, who had himself an unbelievable breakout season during which his cross country 8k PR dropped from 27:48 to 25:55, was the one who capped a great end to Cornell's season. ■

WOMEN'S CROSS COUNTRY HONORS

Second Team All-Ivy

- ★ Carlan Gray '03
- ★ Kate Boyles '05

All Northeast-Region

- ★ Carlan Gray '03
- ★ Kate Boyles '05

All-East

- ★ Carlan Gray '03
- ★ Natalie Whelan '03
- ★ Christy Planer '06

MEN'S CROSS COUNTRY HONORS

Second Team All-Ivy

- ★ Bruce Hyde '05

All-Northeast Region

- ★ Bruce Hyde '05
- ★ Dan Dombroski '03

All-East

- ★ Bruce Hyde '05
- ★ Dan Dombroski '03
- ★ Barry Kahn '03

women's cross country review

The 2002 Cornell women's cross country campaign saw the Big Red continue to assert itself as one of the top programs in the Heps and the East as Cornell was nationally ranked much of the season, finished third at the Heps and won its first ever ECAC team championship.

The program's Eastern championship was a fitting ending to a season full of hard work and considerable individual improvement, but the seeds for that success were sown early on. Glimpses of the team's potential were seen at the season-opening meet against Army and three other Patriot League squads. **Jessica Parrott '04** set a course record on the challenging West Point course and **Kate Boyles '05** returned impressively from an injury-shortened freshman track season to finish 1-2 and lead five Cornell harriers in the top seven. Running in her first college race, **Christy Planer '06** competed well with a fifth-place showing, and **Natalie Whelan '03** and **Jenn Meil '05** demonstrated incredible improvement from last year, earning top five spots on the team for the first time in their careers. With senior captain Carlan Gray sitting out the season-opening meet to rest a lingering Achilles injury, the less-experienced members of the squad stepped up admirably to help the nationally ranked Cornell women open the season with a win.

The Iona Meet of Champions two weeks later marked the first time the whole squad lined up together and captain Gray led Cornell most of the way over the new 6K



(l-r) *Jessica Parrott '04 and Christine Eckstaedt '04*

course at Van Cortlandt Park before Parrott passed her to again be Cornell's first runner. Despite an impressive 25-second spread between the team's first and fifth runners, the Big Red did not get out aggressively enough in the 36-team field and was disappointed with their sixth-place team showing, although the first five teams in the field would find them-

selves nationally ranked the following week.

Cornell rebounded from Iona the next Saturday by taking out their frustrations on the eight teams at the LaSalle Invitational. Gray set the tone early, bolting to a commanding lead at the mile that she never relinquished en route to victory in 18:25, one of the top 25 performances ever at Philadelphia's storied Belmont Plateau cross country course. Boyles continued to perform well, moving up in the latter stages of the race to place second. **Sara Karam '03** had an outstanding run as well to place fourth overall and begin a great string of races in what would turn out to be a solid senior season. Cornell dominated with seven of the top 10 places in the meet and an amazing 21 of the top 41 (in a field of 85!) overall and again featured a tight spread of only 30 seconds from the first to fifth runners on the team.

At the Pre-NCAA meet in Terre Haute, Ind., the Big Red struggled in a big field just as it had at Iona and found themselves unable to work up through the competitive field. Hoping for better in their final tune-up before the

Heps, Cornell settled for 22nd out of 37 teams and were led by Boyles and Gray but were determined to use the lessons learned at Iona and Pre-NCAAs—the importance of establishing good position early—to use at the Heps. On the same day, in a further demonstration of the team's depth, the Big Red women, led by **Mandy Knuckles' '06** first-ever collegiate win, took first at Roberts Wesleyan's Harry Anderson Invitational, claiming seven of the first 12 places.

At the Heps, the women showed resolve after the Pre-NCAAs, where they had finished as the fifth Heps program, to finish third when it mattered with 99 points, only seven points behind defending champion Yale, but a hard-fought one point in front of Princeton and eight in front of Dartmouth. No. 12-ranked Columbia dominated the meet in running away from the field midway through the 5K course to capture its first-ever team championship. There was an unusually tight race for runner-up honors, as second through fifth in the team competition were separated by only 15 points. With personal bests (despite a stiff head-wind!) by five of Cornell's top seven and all three of its seniors, and two second-team All-Ivy performers, the Big Red produced a very competitive effort at the season's most important race. Senior captain Gray ran a 21-second Van Cortlandt Park PR to finish an outstanding eighth, only .2 of a second off of first-team all-Ivy status. Out strong at the halfway mark, Gray competed well the entire race to run the No. 7 time in school history at storied

Van Cortlandt and continued an amazing streak of having set a personal best every time she had run the Van Cortlandt Park course during her career. Boyles earned her second medal at the cross country Heps in her two seasons at Cornell with a competitive twelfth (and the third sophomore) place finish in 18:03. Parrott moved up in the back hills to place 20th in 18:27 while Karam PRed by 39 seconds to grab 28th in 18:35. Meil also PRed after going out hard and eventually managed 32nd in 18:37 to close out the scoring Planer (38th, 18:43) and Whelan (44th, 18:48) completed Cornell's top seven while also setting course PRs.

While hoping for an NCAA berth at the Regional meet, held again at Van Cortlandt Park, the women were up against some extremely tough competition at the Northeast Regional Championships. Not backing down, Cornell's entire top seven set personal bests en route to earning a competitive sixth-place finish. Gray and Boyles both earned All-Region honors with their 16th and 22nd-place finishes, respectively.

In ending the season on a championship note, the Big Red again demonstrated they knew how to respond in the face of disappointment and adversity by winning Cornell's first-ever ECAC championship in cross country or track. Despite not qualifying for the NCAA championships, Gray and her teammates were determined to end their seasons on a high note as they returned to Van Cortlandt Park for the

final time in the 2002 campaign. Gray capped an outstanding senior year with a third-place individual showing, running 18:00 for 5K in cold and windy weather conditions while leading her team to the championship. Gray entered the back hills in seventh and methodically worked her way to as high as second before earning a bronze medal and her second All-East cross country certificate. Natalie Whelan saved her best cross country race of her career for last, setting a significant 20-second PR of 18:28 to place 11th and come through big-time for the Big Red when it mattered. Planer ended her impressive first season at Cornell with a very fine run of 18:32 to place 14th to also garner All-East status. Parrott was solid as always to place 18th in 18:41 and **Sarah Coseo '05**, running in her first varsity race at Cornell after shining all season in the JV ranks, stepped up and was an excellent fifth runner for the Big Red, placing 21st in 18:51, another course PR. Meil (26th, 18:57) and Karam (28th, 18:59) rounded out Cornell's top seven with fine runs to conclude great seasons. Meanwhile, the women's JV swept the top five positions in their races indicating that the future of the women's team looks as bright as its present. In joining the men who earlier in the day had captured the IC4A championships for the first time in 81 years, Cornell became only the second program (Villanova in 1996 was the other) to win the IC4A and ECAC cross country championships in the same year. ■

—Artie Smith '96

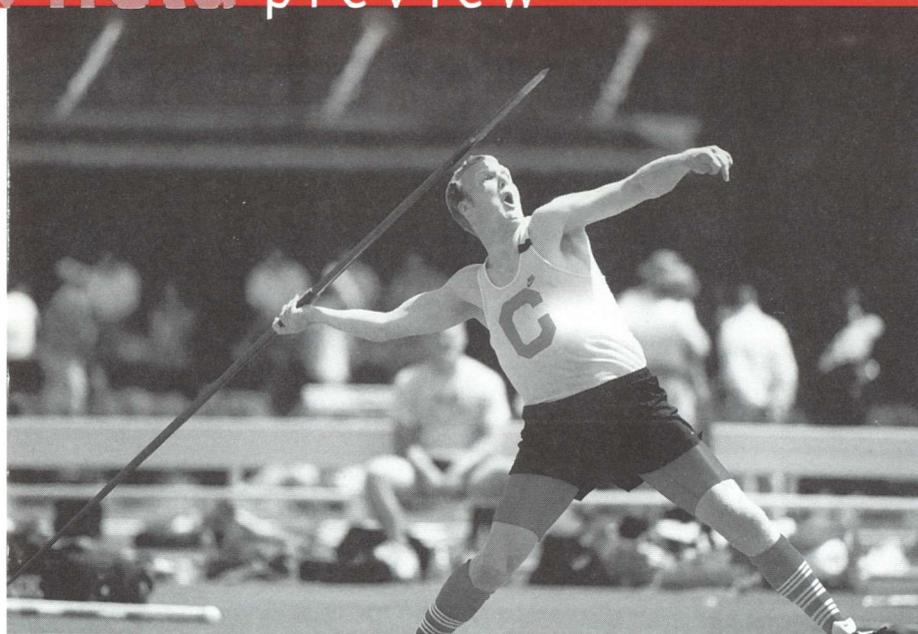
men's track & field preview

Behind the guidance of third-year men's head coach Nathan Taylor and the leadership of NCAA qualifiers **Scott Benowicz '03** and **Travis Offner '04**, Cornell men's track and field is poised for its best season in 25 years. Following up on a year where every facet of the program showed improvement and was ranked among the 30 best in the country, this year's team boasts 28 returning IC4A qualifiers and 25 Heptagonal championship scorers. The depth and breadth of the team is remarkable and will cover all events with some of the best collegiate athletes in the Eastern United States. Cornell's commitment to supporting an outstanding squad is demonstrated by a team of nearly 75 athletes representing 29 states.

The 2001-02 team was dominated by the performances of the sophomore class, which means the 2002-03 campaign sees the return of almost all of the top athletes in every event. Gone are NCAA qualifier Jeremy Blanchet '02 in the 35-lb. weight throw and All-American steeplechaser Max King '02. With the addition of a terrific freshman class and the return to action by a couple of returning starters who sat out last year, excitement for the upcoming season is running high.

Sprints

The sprint squad showed significant signs of improvement in 2001-02 and could become one of the most dominant groups in the East. Co-captain **Rahim Wooley '04**



NCAA qualifier and co-captain Scott Benowicz '03

leads the group after running 10.69 and 21.34 in the short sprints last year. Heptagonal scorer **Quinton Carew '03**, who had impressive performances of his own, and **Kenan Goggins '05** will back up Wooley in the short distances, as they both plan to continue cutting back their times. **Oliver Hoopes '06** from Tacoma, Wash., will challenge the returnees.

Goggins and **Michael Nanaszko '04** will headline the long sprints, as Cornell looks to have five runners under 48 seconds in the open 400. Joining them will be tri-captain **Mike Kiselyczynk '03** and **Brian Eremita '05**, who were both IC4A qualifiers. **Mikhaile Savary '06** will challenge for the top spot in his rookie campaign. Also look for newcomer **Greg Simonds '06** to give the Big Red unprecedented depth with six

excellent long sprinters. Last year's squad recorded a 3:12.9 with three freshmen and a sophomore, so going under the 3:10 barrier is not out of reach.

In the hurdles, Heps finalist **Eric Pedersen '04**, **Murteza Haidri '03**, and **Robert Rosborough '05** are the leading returnees. Hot on their heels will be **Brendon Earle '06** and Simonds, whose best of 52.82 was one of the top five performances in the U.S., giving Cornell excellent strength in the hurdles as well.

Middle and Long Distance

Geoff Van Fleet '03 and **Dan Dombroski '03**, who are also the cross country team's co-captains, lead the distance group as it looks to establish itself within the ever-



Quinton Carew '03

competitive Ivy League. Van Fleet, an NCAA qualifier in 2001, missed last year with an injury after running top 10 times in every event from 1,000 to 3,000 meters while also earning All-East honors in cross country. Dombroski narrowly missed an NCAA qualifying time in the 10,000 after finishing seventh at the Penn Relays.

USATF Junior National All-American steeple-chaser **John Corley '04** and **Bruce Hyde '05**, who ran 3:51 outdoors last year, will be joined by fellow sophomore **Jon Goldsmith '05** to give Cornell excellent depth. IC4A qualifiers **Daryn Johnson '03** and **Barry**

Kahn '03 will again challenge for scoring places at the Heptagonal championships, while **Oliver Tassinari '05**, **Sam MacKenzie '05** and **Ed Palermo '06** will give the Big Red five milers who can go under 4:10.

In the 800, **Aldo Gonzalez '04**, **Mike Allen '05** and Eremita will lead an excellent group of freshmen, which features **James Connolly**, **Gordon Hall** and **Ross McGowan**.

Jumps/Multi-Events

Cornell is recognized throughout the East for its outstanding jumps program, and the 2002-03 season has the top jumpers returning in every event, including seven IC4A qualifiers.

Pole vaulter Offner jumped 17-1 and was an NCAA qualifier and Heps champion. **Mike Harbeck '03** also scored at the Heps and is fourth all-time at Cornell. These two are aptly supported by **Adam Sansiveri '05** and New England super star **Djani Johnson '06**, both of whom should clear 16-0 this year.

In the long jump, Cornell had two sophomores over 24-0 and three others over 23-0 last year. All-Ivy jumpers **Jason Hart '04** (24-2) and **Tyler Kaune '04** (24-3) are among the best in the East and are just ahead of **Rich Jones '05** (23-9), who finished third in the Heps last year. Kaune was the Heps champ as a freshman and was the Heps runner-up in the triple jump, and his return from an ankle injury could bring him close to the 50-0 mark. Hart was also an IC4A qualifier and Heps scorer.

Decathlete **Ethan Albrecht-Carrie '04** (23-1) and **Ryan Schmidt '05** (23-9) also give Cornell exceptional depth in the horizontal jumps. **Michael Spadafino '06** could also be a real surprise in the decathlon.

Schmidt will also lead a talented group of freshmen in the high jump, as **Adam Farrell**, **Patrick McDonough** and **Nathaniel Grams**, who have all reached 6-8, will challenge the Cornell records while looking to score big at the Heps.

Throws

The Big Red will also demonstrate excellent depth in the throws, as a Heps scorer and a top-10 performer returns in every throwing event. Benowicz is second all-time at Cornell in the javelin and qualified



Zach Beadle '05

for the NCAAs last year. He will be ably supported by **Chris Friedrich '04** (fourth all-time and a Heps scorer) along with **Joe Roucken '05** and **Derrick Bass '06**.

In the hammer throw and 35-lb. weight, **Giles Longley-Cook '04** made dramatic improvement, as he threatened the 60-0 and 180-0 marks, respectively, in just his second year of throwing. **Mike Scarpa '05** could also surprise here.

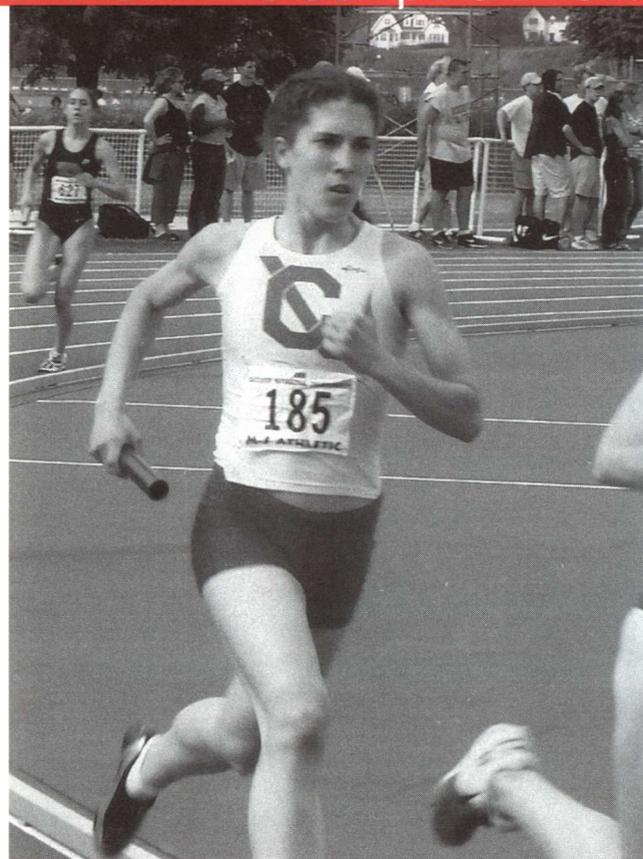
Cornell's discus throwers will be lead by All-Ivy performer **Brett Coffing '03**, who also holds the No. 3 spot on the Big Red's all-time list. Not to be upstaged will be a determined Heps scorer in **Didier Lecorps '04**, along with **Derek Kingrey '03**, who holds the No. 9 spot on the all-time chart. Both Kingrey and Coffing are also excellent shot putters, but sensation **Zach Beadle '05** stole the show his rookie season, as he finished second at the Heps and moved all the way up to the No. 4 in the Cornell record books with a heave of 56-3.

Overall

The 2002-03 edition of Cornell men's track and field is eager to show how far it has come in the last three years under the tutelage of Taylor and his outstanding group of assistant coaches. The staff has coached an NCAA qualifier in every event and is prepared to bring the team to its peak at exactly the right time. Senior leadership and enthusiasm will fuel the competitive fire that is rapidly becoming the hallmark of the Cornell program. ■

The women's track and field squad had one of the best seasons ever in 2001-02. The group captured both the indoor and outdoor Heptagonal track and field titles, winning the outdoor meet by 78 points. At the Eastern College Athletic Conference (ECAC) championships the Big Red was the top Ivy League team, finishing eighth indoors and 14th outdoors. The team captured the title at the prestigious Irvine Spring Break Invitational, and registered top finishes at the Sea-Ray and Penn Relays. Numerous school records fell and many league champions were crowned. The team had great balance with headliners in nearly every area.

While the Red suffered key graduation losses, an outstanding nucleus of young athletes returns for the 2002-03 season. The sprint-hurdle group returns virtually intact and includes two-time league MVP **Katy Jay '03**. A number of other Heps champions also returns, including hurdlers **Merili Mosley '04** and **Shonda Brown '05** and sprinters **Kari Steed '05** and **Jessica Brown '05**. All are school record holders and All-East performers. The middle distances are strong once again and return top 800 runners **Natalie Whelan '03** and **Natalie Gingerich '04**, who were both league scorers. **Ann Hansgate '04**, **Carrie Richards '05**, and **Amber McGown '05** also developed into solid performers, while **Carlan Gray '03**



All-East half-miler Ann Hansgate '04

and **Kate Boyles '05** will lead the distance runners. Thrower **Sarah Herskee '03** won the league title in the shot put and leads a strong contingent, which includes Heps discus champ **Stacey Nadolny '05** and hammer thrower **Becky Tucker '05**. Heps scorers **Jessica Brown**, **Lauren Kilduff '04**, **Kalifa Pilgrim '04** and **Ib Stanley-Ikhilioju '04** headline the jumps group. Another solid recruiting year, coupled with the return of veteran athletes, should mean another competitive campaign for the Red.



Katy Jay '03, Hannah Garrity '04 and Kari Steed '05 1-2-3 in the 2002 Heps 200 dash

Sprints

The Big Red sprint squad returns virtually intact from last season and will be led by Jay, who is a two-time Heptagonal MVP and Northeast Region most valuable athlete. Jay dominated the league in the

sprints like no other, winning three events indoors and four outdoors. She currently holds school records in the 60, 100, 200 and 300, along with anchoring the 4x100 and 4x400 relays to school marks. With a healthy season she should once again be a dominant force in the East.

Steed had an incredible frosh campaign, helping set two school relay records (4x100, 4x400), while setting frosh marks indoors at 60, 200 and 300 meters and outdoors at 200 and 400 meters. At the indoor Heps, she scored in the 200 meters and as part of the 4x400. Outdoors she won the league title at 400 meters, was on the winning 4x100 and finished third at 200 meters.

Twin sisters Jessica and Shonda Brown opened many eyes in the league last year. Jessica established frosh marks in the 500 (1:14.81) and the high jump (5-7) and was a member of the outdoor record 4x400 team. Indoors, she finished second at the Heps in the 400 and was twice All-East, scoring in both the 500 and 4x400 relay at the ECACs. At the outdoor league meet, she was third in the 400 and anchored the 4x800 relay to second and also placed third in the high jump. At the outdoor ECACs she added another All-East honor to her resume, anchoring the second-place 4x800 relay, just missing the school mark. Shonda was equally impressive, placing fourth in the 400 and sixth in the 200 at the indoor Heps and going on to earn All-East status as a member of the Red's fourth-place 4x400. Outdoors, she

was outstanding, garnering two first- and one second-place finish at the Heps, gaining a school record in the 400 hurdles. At the ECACs, she twice earned All-East honors, running outstanding relays legs for the Red. She is among the league's top sprinters with outstanding range from 60 to 400 meters and is a fearless relay competitor.

New freshmen could impact the sprint group this year. **Jan Seale '06** was the top short sprinter in Kansas and has run 11.9 for 100 meters, Connecticut state **champ Liz Cannone '06** has 12.17 and 25.33 bests at 100 and 200 meters, respectively, while prep school phenom **Afua Osseo-Asare '06** is an excellent short sprinter. Prep 400-meter talents **Jamie Greubel '06**, **Katharine Priaulx '06** and **Linda Trotter '06** have all run 57 seconds and will also add depth.

Hurdles

The Big Red welcomes back three of its most prolific hurdlers. In the 60- and 100-meter events, the team returns its three best competitors ever. Mosley returns after capturing the indoor Heptagonal 60-meter hurdle title last year as a sophomore. She established a school record of 8.61, which qualified her for the indoor ECACs. Outdoors, she ran 14.41 and struggled with injury but did qualify for the ECAC championships and ran a leg on the team's record-setting 4x100 relay, gaining All-East honors.

Caitlin Ramsey '03 returns after missing the season due to a soccer-related injury. As a sophomore, she was an indoor and outdoor Heps scorer, running 14.34 at 100 hurdles and 8.89 for the 60-meter event. Add Greubel, a 14.93 prep from New Jersey, and the Red boasts a solid short hurdle group.

The 400 hurdles should be equally strong. Shonda Brown had an outstanding frosh season, finishing second at the Heps, running a school-record 60.96. **Alicia Sim '05** has excellent potential after a solid first year, topping out at 65.13 after missing her frosh season due to mono. Added talent will come from **Ashley McMillan '04** and three impressive freshman long hurdlers, **Gina Volpicelli '06** (Pennsylvania state champ), **Maria Millard '06** (Maine state champ) and **Katharine Priaulx '06** (third in Ohio).

Middle Distance

Traditionally one of the team's strongest event groups, the middle distance runners had an outstanding 2001-02 season. The 4x800 relay earned runner-up honors at the indoor and outdoor Heps as well as at the outdoor ECACs, where the team produced one of the top 10 times in

the nation. For the fourth straight year, the Big Red middle distance relay corps captured a title at the prestigious Sea Ray Relays, winning the distance medley for the second consecutive season.

Despite the graduation of Lena Mathews, a Heps mile champion and a 1500 NCAA-



Shonda Brown '05



Heps discus champion Stacey Nadolny '05

qualifier, and Halle Watson, a many time Heps scorer, the Big Red is poised for another very successful season. Leading the way will be tri-captain Natalie Whelan. Whelan is a three-time league finalist in the 800 and earned All-East honors indoors last season in the 1,000 and in the DMR,

where she was the leadoff runner on the squad's NCAA provisional-qualifying effort. Hansgate is a two-time league finalist in the indoor 800, is a four-time All-East performer on relays and was a member of the outdoor 4x800 relay teams that recorded runner-up finishes at the Heps and the

ECACs. Classmate Gingerich also had an outstanding sophomore campaign, qualifying for the ECACs in the 800 both indoors and outdoors and running on the 4x800 at the indoor and outdoor Heps as well as the outdoor ECACs.

Among last year's freshmen, Richards had an impressive debut season for the Big Red, running well in all of the middle distance events and earning outdoor All-East honors and double second-team All-Ivy awards in the 4x800. Fellow sophomore **Jessica Brown** was a major contributor in the 4x800 as well, impressively anchoring the Big Red at both the Heps and the ECACs. McGown also made a big impact for the Big Red in her first collegiate season, earning a spot in the Heps final in the mile while qualifying for the ECACs. **Sarah Coseo '05, Jen Meil '05** and **Alison Kopljar '05** should also play a big role for Cornell in these events.

In addition to the wealth of returning talent, another outstanding incoming group looks to continue the Big Red's long tradition of success in the middle distances. New Jersey Group II mile champion **Christy Planer '06** and state qualifiers **Danielle Horgan '06, Mandy Knuckles '06, Ruth Morgan '06** and **Ashley Robinson '06** should all help keep Cornell at the forefront of Eastern track.

Distance

A young group last year, the distance runners performed very well at championship meets and are excited about even greater

successes this year. Gray, All-East and All-Region honors in cross country, is a two-time Heps scorer on the track and will lead the group again this season. The school record holder and an ECAC qualifier in the steeplechase, she also worked her way into Cornell's all-time top 10 in the 5,000 both indoors and outdoors en route to making the ECACs. Gray's runner-up showing at the Heps was not the only Cornell scoring place in the steeplechase, however, as **Jessica Parrott '04** had an outstanding race, giving the Big Red the second- and fourth-place finishers in the inaugural running of the event for women at the Heps.

Another big contributor coming off an impressive season is **Kari Haus '05**, who finished up an excellent freshman campaign by scoring at the outdoor Heps in the 5,000, while also qualifying for the ECACs in the 5,000 and for the USATF junior nationals in both the 3,000 and the 5,000. Classmate Boyles qualified for the USATF junior nationals in the 3,000 and after struggling with a pre-existing hip injury for much of the track season, will look to be healthy this year.

The distance corps will welcome an accomplished group of freshmen who could contribute right away: past Footlocker cross country national finalist **Angela Kudla '06** (who has experience in the steeplechase), New Jersey's fourth-place cross country runner and sub-11-minute two miler Planer and state qualifiers **Stephanie Baird '06**, **Emily McCabe '06** and **Natalie Jones '06**.

Jumps

The Big Red's jump group returns intact after an excellent 2001-02 season. Pilgrim and Stanley-Ikhilioju lead the horizontal group, while the entire cast returns to the vertical jumps.

Pilgrim finished second at the outdoor Heps in the long jump and was a regular in the 18-0 range. She is also an excellent triple jumper, consistently hitting 38-0. Stanley-Ikhilioju improved tremendously from last season. She was fifth indoors in the triple jump, reaching eighth all-time at Cornell. Outdoors, she finished third at the Heps in the triple jump, sailing 38-6 while contributing valuable points in the long jump gaining a fifth-place finish with an 18-0 jump. Junior **Liz Ferguson** owns the frosh record and has the potential to make this a very good threesome. She has jumped over 18-0 in the long jump on several occasions. Adding to this area will be freshman **Karen Snyder**, the New York state triple jump champ.

In the high jump, the Red features two strong competitors and a couple of new faces. Jessica Brown is a powerhouse and set the frosh record last season at 5-7, scoring both indoors and outdoors at the Heps. Kilduff shares time with basketball but managed to jump 5-5 1/2 last season and finish sixth at the indoor conference meet. Newcomer **Stephanie Dixon '06** was a consistent 5-6 jumper in high school. **Allexa Olson '06** is another talented athlete who has excellent high jump potential.

The pole vault welcomes back **Molly Dickens '03**, who vaulted 11-0 1/4 last spring to rank third all-time at Cornell. She will be joined by two newcomers **Lynne Feeley '06** and **Patti Viri '06**. Both are in the 11-0 range.

Weight Events

A young and talented group of throwers return for the Big Red and will be led by Herskee, who scored in every throwing event indoors and outdoors last year at the Heps. The outdoor Heps shot put champion, she is also one of the top contenders in the league in the discus, hammer, javelin and weight.

Adding punch to the group will be Nadolny, who was the Heps champion in the discus and an ECAC qualifier; Tucker, who set the freshman record in the hammer at 151-8, and has a 42-6 shot and 49-2 weight to her credit; **Linda Aarismaa '03** (40-6 shot and 45-4 weight) should add some depth to an already talented group. Look for **Ashley Kincaid '06**, a 42-6 shot putter from Florida, and **Kari Jo Christensen '06**, a 138-0 discus thrower from Indiana, to provide some immediate help. In the javelin, Herskee, who holds the school record of 140-0, was fourth at the Heps last year, and **Ginny Lerch '05**, who set the freshman record of 136-6, will be the top contenders in this event.

Last year, Cornell had one or two scorers in every throwing event at the Heps, and this year should be no different. ■

Penn/Cornell UK Tour 2002

By Natalie Gingerich '04

On June 12, 2002, the track teams from Cornell and Penn headed off across the ocean for the long anticipated Penn/Cornell United Kingdom tour. From the beginning of the trip, the coaches set the stage for our British adventure by showing the movie "Chariots of Fire" on the bus. Despite his rule of no textbooks on the trip, coach Lou Duesing didn't miss the opportunity to distribute study guides explaining the historical accuracies and inaccuracies of the movie, all of which we would soon have the opportunity to see in person. Despite coaches' warnings about not going to sleep until nighttime, "Chariots of Fire" proved to be an excellent nap movie. We arrived at the airport well rested and eager to meet our teammates and of course, to set off for the United Kingdom!

The first stop on the tour was Cardiff, Wales. We loaded onto a bus and attempted to catch up on some of the sleep that we hadn't gotten with our eyes glued to the Britney Spears movie shown on the airplane. Upon arrival at the Ibis Hotel in Cardiff, the teams broke apart to do some light practice and some heavy napping (again, defying all anti-jet-lag advice from the coaches).

The time in Cardiff was spent mostly as an adjustment period. Without any student hosts, or real affiliation with the athletics teams beyond the one competition, it was a good opportunity for the Penn and Cornell teams, who only a few short weeks

before had been in stiff competition at the Heptagonal Championships, to get to know each other. Several group outings were planned we ventured into town to see a number of sites including Caerffili Castle, Cardiff Castle, and Coch Castle.

Despite cool weather and a bit of rain, the "match" against the Wales under-23 squad and the Eastern England squad, which took place in Aberdare, Wales was very successful. The Penn/Cornell team was able to overcome lingering jet lag to claim 12 individual victories against the international field. After the meet the athletes headed out to celebrate with a night on the town, dancing in Cardiff.

Our next destination was the University of Birmingham. That night our hosts prepared a welcome barbeque at "Fat Paddy's" the sports bar conveniently located in the university's fieldhouse. The American athletes were amazed and intrigued, envisioning the day that a bar would find its way into Cornell's own Bartels Fieldhouse! Everybody was excited to meet and talk with the Birmingham hosts, and for some upperclassmen, to reunite with the British athletes who had visited Cornell several years earlier.

The Birmingham meet, although unscored, offered many opportunities with excellent competition. The competition was against the Birmingham team both "then and now," which provided for a very fun and diverse field. The men dominated with 11 first-

place finishers while the women also competed very well in taking four first-place finishes as well as a number of personal best performances. After the meet, the Birmingham team held a post-match party at Fat Paddy's. It was a fun night and a good chance to mingle and trade stories with the British athletes and fans.

There were mixed feelings when it was time to leave Birmingham and travel onward to Cambridge. It had been a long stay in Birmingham, but the hosts were very friendly and everybody was having a great time. But what lay ahead, the competition against Oxford and Cambridge was the culmination of the whole trip, a tradition of nearly a century. The term had just ended in Cambridge, and although most of the athletes from Cambridge had gone home, several remained to show the Americans around the campus and city. There was only one full day to be spent in Cambridge, but the athletes enjoyed the beautiful area.

The last match on the tour was the competition against the Achilles Club made up of the combined Oxford/Cambridge teams and was contested at Iffley Road track in Oxford on June 26. Both the men and women of Cornell/Penn managed to break from T-shirt bartering long enough to dominate both in first-place scorers (15 for the men, 13 for the women), and overall points, earning a continuation of bragging rights for the next two years until the Archilles Club again travels to the United States.

The final day in England, the majority of the team took buses to explore London, breaking up into groups to see various tourist sites including the changing of the guard, the Tower of London, and even to see My Fair Lady at the London theatre. Looking back, pictures and souvenirs can't even begin to capture the amazing experience that we had in travel, in athletics, and even in getting to know our Pennsylvanian colleagues. For everyone involved, it was a trip that created memories we'll carry with us the rest of our lives. ■

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For future editions of the Wastebasket, please e-mail Artie Smith '96 at acs1@cornell.edu with any news about yourself or teammates that you would like included. Also, please e-mail the above address if

Alumni Updates

you would like to be part of the Cornell Track and Field e-mail list-serve, which features weekly results highlights and opportunities for discussion and communication between Cornell Track and Field alumni.

Jennifer Cobb '92 was Cornell Track and Field's 2002 inductee into the Cornell Track and Field Hall of Fame on November

9 in Ithaca. Jenn could not be in attendance, however, as she and husband Graham Parks '93 welcomed a baby girl (Gwendolyn Jennifer Parks) into the world on that same weekend! Jenn's induction into the Hall of Fame in her first year of eligibility is not surprising. A four-time All-American at Cornell, Jenn was the 1992 NCAA Woman of the Year and won five individual Heps titles and was a part of seven Heps relay teams, as well as the first-ever Cornell women's Heps championship teams in track and cross country.



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