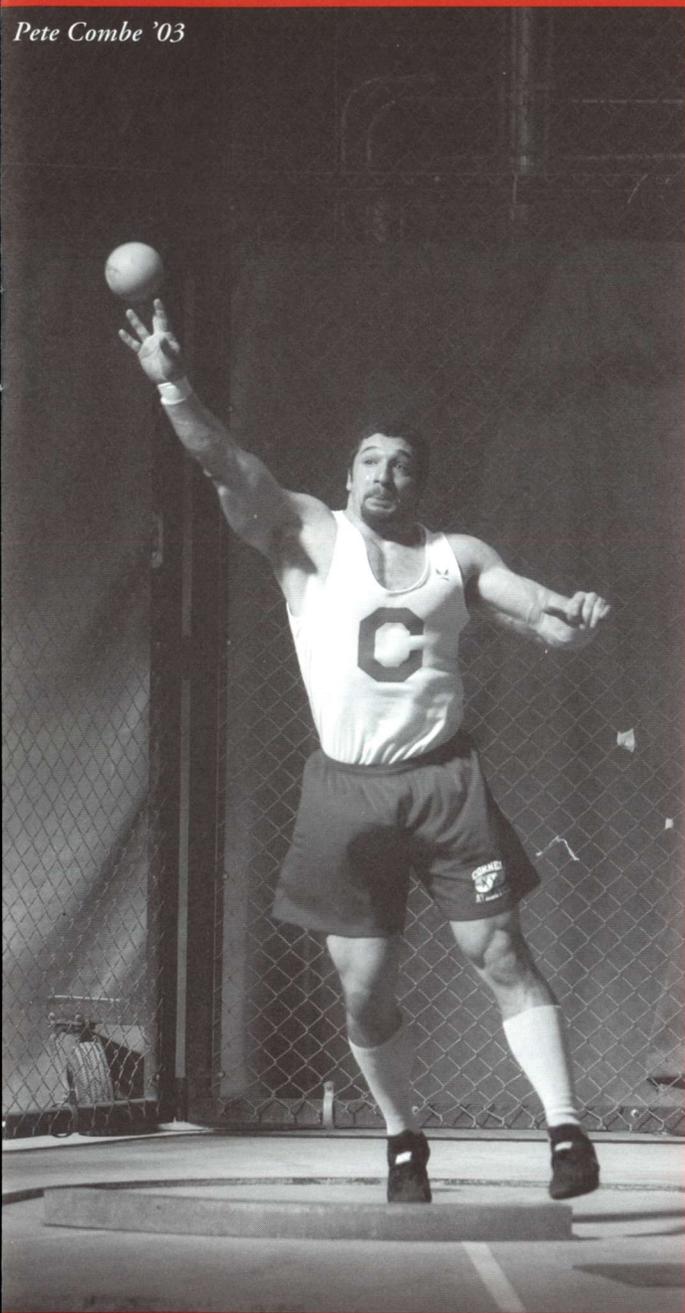
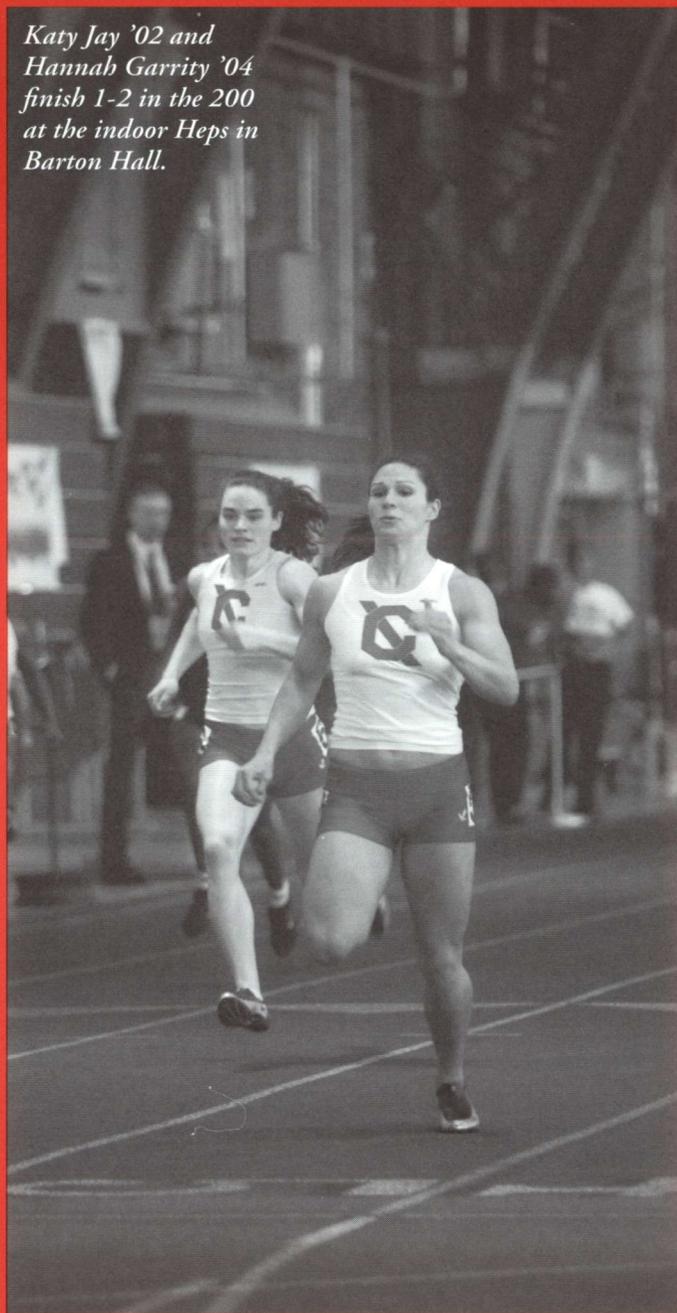


Pete Combe '03



*Katy Jay '02 and
Hannah Garrity '04
finish 1-2 in the 200
at the indoor Heps in
Barton Hall.*



Cornell Track & Field

The Wastebasket

Indoor and Outdoor Postseason Newsletter

Men's Top 10 Moments

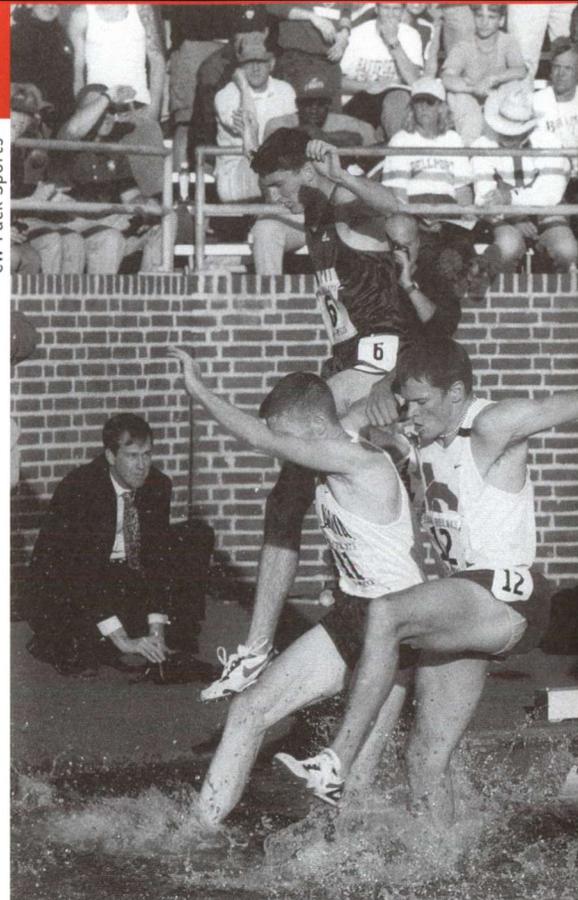
1 Max King '02 dominates Heps steeplechase. Not content to sit and kick, King put an exclamation point on his Heps career by demolishing a strong field by 15 seconds in running away with the 3K steeple championship in an NCAA-qualifying 8:43.27. To put King's race into perspective, it not only broke his own school record but was the third-fastest steeplechase ever run at the Heps and top 10 in the history of the league at any meet. King finished his Cornell career in style, earning All-America honors with a ninth-place finish of 8:43.15 at the NAAs in Baton Rouge, La. King set a Cornell school record with a run of 8:40.12 in the prelims.

2 The Big Red, anchored by Kenan Goggins '05, sizzle in the Heps 4X400 at Penn Relays. Running a seasonal best 3:13.08, the Big Red had the crowd on its feet with an exciting runner-up finish (by .02) to Penn at the Relays. Good running by Mike Nanaszko '04, Brian Eremita '05 and Justin Angle '05 set up an exciting finish by Goggins, as his 47.8 split put fear into the rest of the league's coaches. The 4X400, made up of three freshmen and a sophomore, qualified for the IC4A-race Saturday afternoon and established Goggins as a real force in the long sprints in the Heps. Goggins capped an outstanding freshman season with IC4A qualifying performances in the 200 and a near-miss in the 400.

3 Pole vaulters win championships indoors and outdoors. Travis Offner '04 and tri-captain Scott Lundy '02 finished first and second, respectively, at the indoor Heps. Offner became Cornell's first 17-foot vaulter and first indoor Heps champion, a performance that qualified him provisionally for the NAAs. Lundy had an outstanding outdoor season as well, becoming Cornell's first Eastern champion in the pole vault at the Penn Relays, establishing an event record and a school outdoor record of 16'9 1/4". Lundy came back to finish third at the outdoor Heps. The duo was joined by Mike Harbeck '03 as IC4A qualifiers.

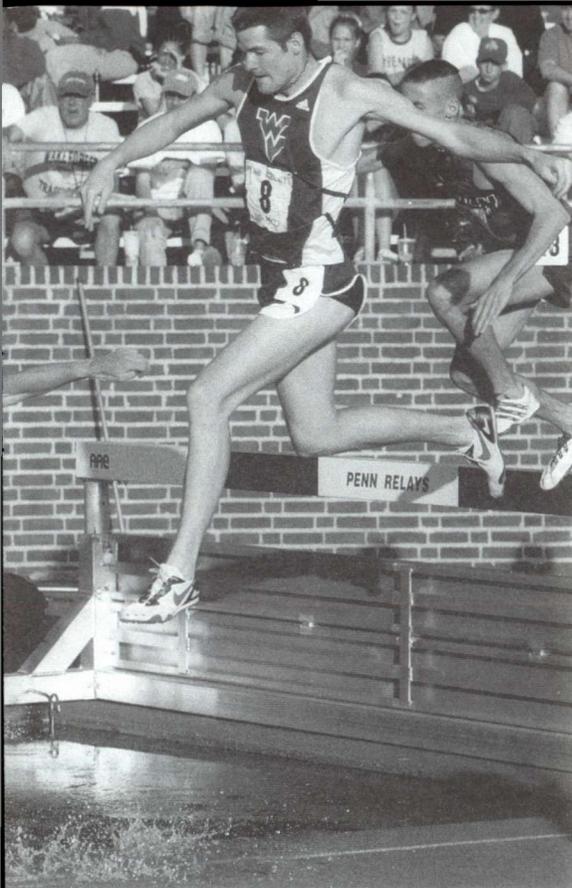
4 Zach Beadle's '05 final throw in the shot put at the outdoor Heps pushes Princeton out of the lead in the team competition. In a huge sixth and final throw, freshman Beadle putted the shot 56'2 3/4" to leap-frog into second place in the shot, a performance which knocked Princeton into fourth in the event. This change in the standings put Penn and Princeton in a tie heading into the final event at the Heps, an opening that allowed the Quakers to upset Princeton for the overall team title. Beadle's toss was nearly a 5-foot PR and is the number four all-time performance at Cornell.

CW Pack Sports



Max King '02

5 Rahim Wooley '04 comes through in the clutch at the outdoor Heps. Voted the team's most outstanding sprinter, Wooley performed admirably at the outdoor Heps, coming up with 10 individual points for the Big Red. After placing fourth in the 100 (10.69), Wooley would not be denied in the 200, storming down the final stretch to place third in the 200 (21.43) and qualified for the IC4As in both events. Wooley also anchored both scoring relays for Cornell at the outdoor Heps.



6 Tri-captain Jeremy Blanchet '02 scores big indoors and outdoors.

The team's most consistent performer, Blanchet earned silver medals at both the indoor Heps in the weight throw and at the outdoor Heps in the hammer. Earning All-East in both seasons, Blanchet saved his best throw for the final meet of his career, PR-ing by seven feet at the outdoor IC4As to place sixth in the hammer at 191'9", a performance that moved him up to No. 6 all-time at Cornell.

7 Scott Benowicz '03 stars in the javelin. With a runner-up performance at the Sea Ray Relays with a

throw of 220'02", Benowicz leaped to No. 2 all-time at Cornell and provisionally qualified for the NCAAs. The junior wrapped up his season with a competitive fifth-place finish at the outdoor Heps.

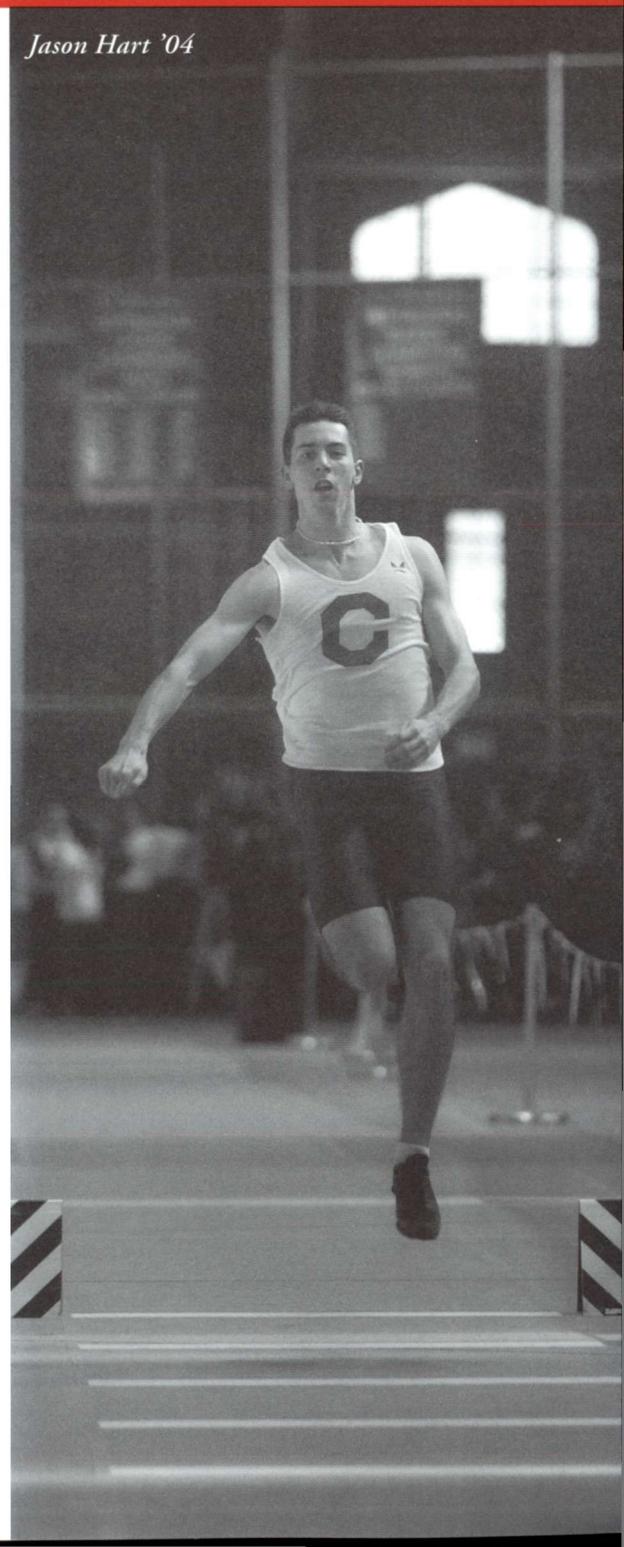
8 Dan Dombroski '03 breaks through in the 10K at the Penn Relays. Dombroski's 29:50.72 is

No. 6 all-time at Cornell and short of the NCAA provisional standard by only five seconds. Dombroski's seventh-place showing in the Championship of America represented a 60-second PR. Indoors, Dombroski scored in the 5K at both the Heps and the IC4As, leaping into Cornell's all-time top 10 in that event as well.

9 Jason Hart '04 excels in the long jump. Second-team All-Ivy with a runner-up finish at the indoor Heps (24' 0 1/4"), Hart qualified for the IC4As both indoors and outdoors and also came through with a fourth-place indoor Heps showing in the triple jump (47'3").

10 Big Red men undefeated in dual meets indoors and score highest point total at the indoor Heps since 1986. After crushing both Brown and Harvard in Cambridge in late January, the Big Red headed into the indoor Heps undefeated in dual meet competition and scored its most points since the championship season of 1986. The team's 76 points for fifth-place was closer to second-place (only five points!) than it was to sixth.

Jason Hart '04



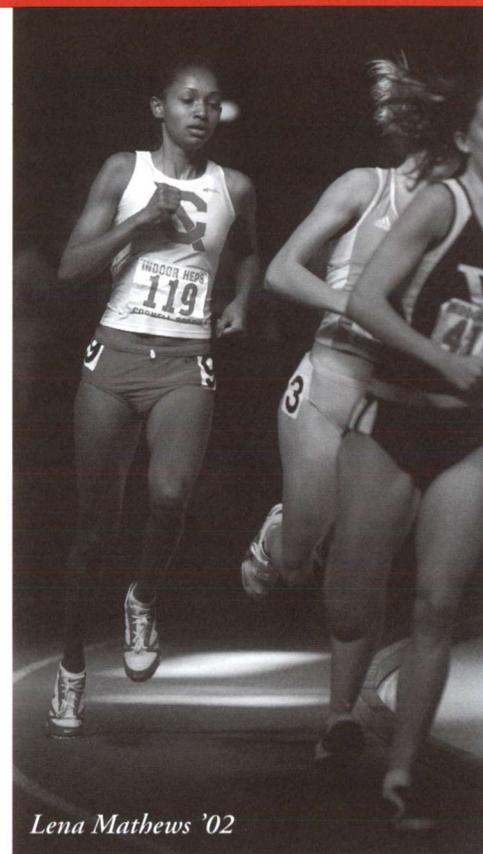
Women's Top 10 Moments

The 2002 track season was one of the most successful ever for the Cornell women as this season's team joined the 1991 and 1995 squads as indoor and outdoor Heps championship teams. In addition, the squad earned its best-ever indoor showing at the ECACs (ninth) and came up big at the outdoor ECACs as well. With Heps champions in 12 individual and relay event indoors and outdoors, the Big Red dominated the league and established 14 school records in the process. Trying to highlight 10 top moments is difficult, and inevitably leaves out something exciting, as the team relied not only on its event winners but exceptional depth as well. Every event group, and athletes from all four classes (including an outstanding freshman group) played a big part in the team's success.

1 Cornell wins indoor Heps. The Big Red's first indoor Heps title since 1995 was special not just because it was accomplished at home in Barton Hall in front of over 100 alumni and countless friends and family but because it was truly a breakthrough performance for a young team at a championship meet. Led by five event champions (Merili Mosley '04 in the 60 hurdles, Katy Jay '03 in the 60 and 200, Lena Mathews '02 in the mile and the meet record-setting 4X400), Cornell overcame a 36-point deficit to Harvard on Sunday by scoring a whopping 107 points on the final day to hold off the Crimson 113-101.

1 Cornell dominates outdoor Heps (tying with indoor Heps for No. 1). The Big Red's victory at the outdoor Heps at Navy was truly one for the record books. Setting meet records for point scored (187) and margin of victory (78!), the Cornell women excelled in every event group. If fortunes ever seemed to sag, someone else stepped up with an unexpected performance, as the Big Red cruised to its first outdoor title since 1997. The Big Red took the lead for good on Sunday in a 10-minute span that began with Sarah Herskee's '03 shot put win, an unexpected fifth-place by Kari Haus '05 in the 5K and a big win by the 4X100. After a runner-up showing by Lena Mathews '02 in the 1500 and second- and fourth-place finish by Carlan Gray '03 and Jessica Parrott '04, respectively, in the steeplechase, the women found themselves leading by 25 points just five events into the final day!! In addition to five individual champs (Sarah Herskee '03 in the shot put, Katy Jay '03 in the 100 and 200), including two freshmen (Stacey Nadolny in the discus and Kari Steed in the 400) and record-setting performances by the 4X100 and 4X400, Cornell also boasted seven runner-up showings!!

3 Katy Jay '03 Heps MVP indoors and outdoors. Jay finished first in every race she ran at the Heps in the 2002 season, adding seven relay or individual Heps titles to the outdoor 200 title she earned as a sophomore last year.



Lena Mathews '02

In dominating the Heps with a meet record in the 60 and the No. 3 all-time 100 and No. 2 all-time 200 in outdoor Heps meet history, Jay also anchored meet records in the 4X400 indoors and outdoors and held off Brown in a thrilling 4X100 victory. Jay was an indoor NCAA qualifier in the 200 and set school records in the indoor 60, 200 and 300 and the outdoor 100 and 200 in addition to her relay exploits. Jay joined elite company by winning Heps meet MVP honors both indoors and outdoors, the first Cornell

woman to earn both in one year. Her example was an important reason behind the outstanding success of the sprint group as a whole. Jay capped her season by earning the USTCH's female track performer of the year for the Northeast Region.

4 Hannah Garrity '04 is Cornell's Team MVP. Teammate Kay Jay '03 was a very deserving Heps meet MVP, but Garrity was equally valuable for the Big Red's team fortunes. Responsible for 49 points all by herself at both the indoor and outdoor Heps, Garrity literally was everywhere. In her first year hurdling, she finished fourth in the indoor 60 hurdles and was second in the 100 hurdles at the outdoor Heps. Garrity set school records in both the 100 hurdles and 400 hurdles outdoors but also was the top sprinter in the league not named Katy Jay. On top of a fourth-place finish in the indoor Heps 60, Garrity was runner-up to her teammate in the indoor 200 and outdoor 100 and 200. She also ran critical legs on the indoor and outdoor 4X400 championships relays and the first place 4X100. Garrity handled these difficult feats with a smile throughout!

5 Tri-captain Sarah Herskee '03 scores in all six throwing events indoors and outdoors at the Heps. Herskee was instrumental in Cornell's twin Heps team championships, seemingly scoring everywhere. In addition to fifth-place finishes indoors

in both the shot put and weight throw, Herskee won her first Heps championship (and Cornell's first ever) in the women's outdoor shot put. She was a runner-up to teammate Stacey Nadolny '05 in the discus and also came up with valuable points with a third in the javelin and fourth in the hammer.

6 Lena Mathews '02 indoor Heps mile championship propels the Big Red to the indoor team title. There are performances in every championship that turn the momentum and Mathews' outstanding mile championship in her last individual race in Barton Hall

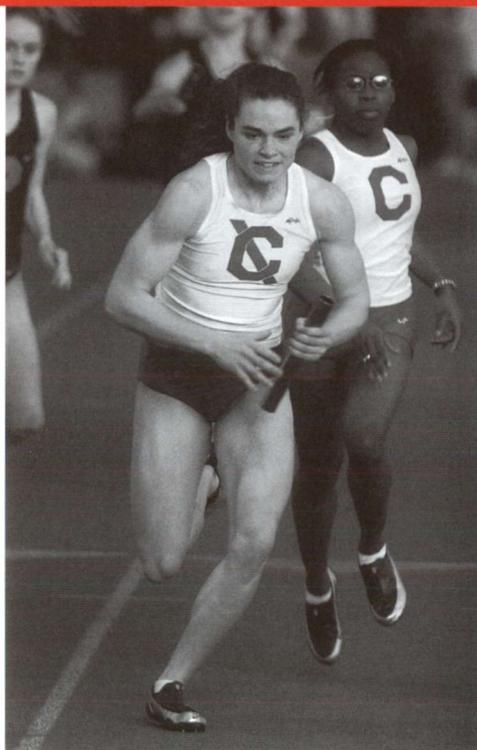
got the ball rolling for Cornell on Sunday. In good position throughout the race, Mathews pounced with a lap to go to win in commanding fashion. After winning her first individual Heps championship, Mathews came back to anchor the runner-up 4X800 and ran the No. 4 all-time indoor mile in school history (4:48.83) at the ECACs. Mathews had a great outdoor season as well, winning the George Mason Invitational in an NCAA-qualifying 4:23.78 (number six all-time at Cornell) and finishing second at the Heps. Mathews ended her career in style, handing off in first place in 2:09.9 in the 4X800 that eventually finished second at the ECACs.



Jessica and Shonda Brown '05

Women's Top 10 Moments

7 Outstanding stick-work on the relays all season was highlighted by the 4X400 at the Penn Relays, which gave Cornell its first women's Penn Relays Wheel by dominating the Heps field by a full straightaway. Outstanding performances like these were commonplace for the Cornell sprint relays all season. In addition to the Penn Relays Wheel, the women's 4X400 set new school and Heps records both indoors and outdoors en route to easy victories. Perhaps most impressive was that all three big wins involved a revolving set of outstanding quarter milers: Jessica Brown '05, Shonda Brown '05, Jill Crispell '04, Hannah Garrity '04, Kay Jay '03, Anne Marie McMillan '02 and outdoor 400 Heps champ Kari Steed '05. The 4X400's success was mirrored in the other sprint relays, as the 4X100 won the Heps title en route to a school record and the 4X200 set an impressive school record of 1:37.57 at the Penn Relays. Relay success continued at the longer distances, as the distance medley relay qualified provisionally for the NCAA's indoors and successfully defended its title at the Sea Ray Relays, the fourth straight year the Big Red has won a relay championship at that prestigious meet. In addition, the 4X800 earned a runner-up finish at the outdoor ECACs for the third time in four years, running the No. 2 time in school history and one of the top 10 times in the nation. The 4X800 success at the outdoor ECACs was complemented by scoring



Kari Steed '05 hands off to Hannah Garrity '04 at the indoor Heps.

finishes from the 4X100 and 4X400, as the Big Red was the only school to score in all three relays at that meet.

8 Horizontal jumpers perform great in the clutch. IB Stanley '04 came through with an important fifth-place finish in the indoor triple jump, the penultimate event at the indoor Heps, to give Cornell a 12-point cushion over Harvard that the shot putters kept intact to finish the meet. At the outdoor Heps, Kalifa Pilgrim '04 upset pre-meet forms charts in a huge way to place second in the long jump and give Cornell a great first day.

9 Carlan Gray '03 sets a new standard in the steeplechase and runs into Cornell's top 10 in the 5000. Gray lowered her own school record in the steeplechase to 10:56.79 and finished in second place at the Heps in that event. Gray also moved into Cornell's top 10 list both indoors (17:11.66, No. 8) and outdoors (16:50.07, No. 6) in the 5000. Carlan's 16:50.07 at the Penn Relays placed her 10th in the Championship of America and was only two seconds off the NCAA provisional mark.

10 An assault on freshman records also produces two Big Red freshman Heps champs. An outstanding freshman class was unusually productive for the Big Red both indoors and outdoors in almost every event group. Jessica Brown '05 set the tempo indoors, establishing first-year records in the 500 and the high jump and then setting an outdoor 400 freshman record, which was soon eclipsed by classmate Kari Steed '05, who also tied the 200 freshman mark. Steed then went on to win the 400 at the outdoor Heps, with Jessica in third. Steed was not the only Cornell freshman champion, however, as Stacey Nadolny '05 was the Heps leader all season long in the discus before capturing the event at the Heps. Jessica's sister, Shonda '05, set a school and freshman record in finishing as the Heps runner-up in the 400 hurdles. Other freshman records came from Ginny Lerch '05 in the javelin and Alyssa Simon '05 in the steeplechase.

Indoor 2002 ECAC Qualifiers (School records in bold)

Name	Event	Time	Date	Notes
Katy Jay '03	60	7.59	2/16/02	SR
Hannah Garrity '04	60	7.79	2/23/02	No. 2 AT
Merili Mosley '04	60 Hurdles	8.61	2/24/02	SR
Hannah Garrity '04	60 Hurdles	8.79	2/23/02	No. 2 AT
Katy Jay '03	200	24.02	3/3/02	SR,NCAA Qualifier
Hannah Garrity '04	200	24.74	3/2/02	No. 2 AT
Katy Jay '03	400	56.66	1/26/02	No. 2 AT
Anne Marie McMillan '02	500	1:14.51	3/2/02	No. 2 AT
Jessica Brown '05 FR	500	1:14.89	3/2/02	No. 3 AT,
Natalie Whelan '03	800	2:11.52	2/24/02	No. 6 AT
Ann Hansgate '04	800	2:12.43	2/9/02	
Natalie Gingerich '04	800	2:14.33	2/9/02	
Natalie Whelan '03	1000	2:52.30	3/2/02	No. 7 AT
Lena Mathews '02	1000	2:54.20	2/16/02	
Lena Mathews '02	Mile	4:48.83	3/2/02	No. 4 AT
Amber McGown '05	Mile	4:59.86	2/24/02	
Kate Boyles '05	3000	10:00.8	1/12/02	
Carlan Gray '05	5000	17:11.66	2/8/02	No. 8 AT
Steed, Garrity, McMillan, Jay	4X400	3:43.76	2/9/02	SR
Whelan, Richards, Gingerich, Mathews	4X800	9:00.11	2/24/02	No. 4 AT
Whelan, Garrity, Hansgate, Mathews	DMR	11:32.16	3/3/02	No. 3 AT
Jessica Brown '05	High Jump	5'7"	2/2/02	No. 6 AT, FR
Sarah Herskee '03	Shot Put	44' 7 1/2"	2/9/02	No. 3 AT

Other School Indoor Records

Katy Jay '03 **300** **39.87** **12/8/01** **SR**

Outdoor 2002 ECAC Qualifiers (School records in bold)

Name	Event	Time	Date	Notes
Katy Jay '03	100	11.88	5/12/02	SR
Hannah Garrity '04	100	12.09	5/12/02	No. 3 AT
Katy Jay '03	200	23.99	5/12/02	SR
Hannah Garrity '04	200	24.45	5/12/02	No. 2 AT
Kari Steed '05	200	24.52	5/12/02	No. 3 AT, T-FR
Hannah Garrity '04	100 Hurdles	14.09	5/12/02	SR
Merili Mosley '04	100 Hurdles	14.40	3/23/02	
Kari Steed '05	400	55.23	5/12/02	No. 2 AT,FR
Jessica Brown '05	400	55.98	5/12/02	No. 5 AT
Katy Jay '03	400	56.52	3/16/02	
Shonda Brown '05	400 Hurdles	60.96	5/12/02	SR, FR
Hannah Garrity '04	400 Hurdles	61.31	4/20/02	No. 2 AT
Natalie Gingerich '04	800	2:11.14	5/11/02	
Lena Mathews '02	1500	4:23.78	5/4/02	No. 6 AT, NCAA Qual.
Lena Mathews '02	3000	9:45.35	3/23/02	
Carlan Gray '03	3000 Steeple	10:56.79	4/20/02	SR
Carlan Gray '03	5000	16:50.07	4/25/02	No. 5 AT
Kari Haus '05	5000	17:07.63	5/12/02	No. 9 AT
Steed, Mosley, Garrity, Jay	4X100	46.70	4/13/02	SR
J. Brown, McMillan, Garrity, Jay	4X400	3:41.74	4/13/02	SR
Mathews, Hansgate, Gingerich, J. Brown	4X800	8:43.50	5/19/02	No. 2 AT
Whelan, S. Brown, Hansgate, Mathews	DMR	11:33.02	4/13/02	No. 7 AT
Sarah Herskee '03	Hammer	158'3"	4/20/02	No. 6 AT
Sarah Herskee '03	Javelin	140'0"	3/23/02	SR
Sarah Spain '02	Javelin	139'9"	3/23/02	No. 2 AT
Ginny Lerch '05	Javelin	136'6"	4/13/02	No. 3 AT,FR
Sarah Herskee '03	Shot Put	45'11 3/4"	4/20/02	No. 2 AT

Emily Eigel '02	Shot Put	44' 1 1/2"	5/12/02	No. 6 AT
Stacey Nadolny '05	Discus	150'11"	4/28/02	No. 3 AT
Sarah Herskee '03	Discus	142'10"	3/23/02	

Other Notable School Outdoor Marks

**J. Brown, Garrity,
Steed, Jay**

	4X200	1:37.57	4/26/02	SR
Jessica Parrot '04	3000 Steeple	11:03.26	5/12/02	No. 2 AT
Alyssa Simon '05	3000 Steeple	11:35.5	5/4/02	FR
Molly Dickens '02	Pole Vault	11'0 1/4	5/4/02	No. 3 AT
IB Stanley '03	Triple Jump	38'7 3/4"	5/4/02	No. 5 AT

Tri-captain Natalie Whelan '03



Indoor 2002 IC4A Qualifiers (School records in bold)

Name	Event	Time	Date	Notes
Dan Meehan '02	800	1:54.23	2/9/02	
Bruce Hyde '05	Mile	4:11.42	2/9/02	
Oliver Tassinari '05	Mile	4:13.42	2/19/02	
Max King '02	3000	8:24.53	1/26/02	
Dan Dombroski '02	3000	8:24.93	1/26/02	
Barry Kahn '03	3000	8:28.02	1/26/02	
Max King '02	5000	14:23.78	2/8/02	No. 7 AT
Dan Dombroski '02	5000	14:25.73	2/8/02	No. 9 AT
Barry Kahn '03	5000	14:36.73	2/8/02	
Eremita, Haidri, Kiselycznyk, Nanaszko	Mile Relay	3:18.93	1/26/02	
Gonzalez, Gallagher, Allen, Hyde	4X800	7:49.71	2/24/02	
Gallagher, Wooley, Allen, Tassinari	DMR	10:02.23	3/2/02	No. 6 AT
Tassinari, Goggins, Hyde, McKenzie	DMR	10:18.25	12/8/01	FR
Jason Hart '04	Long Jump	24' 0 1/4 "	2/23/02	No. 8 AT
Tyler Kaune '04	Long Jump	23'8"	2/23/02	
Neal Okarter '02	Triple Jump	47'10"	1/26/02	
Jason Hart '04	Triple Jump	47'8 1/2"	2/16/02	
Travis Offner '04	Pole Vault Qualifier	17'0 3/4"	2/9/02	SR, NCAA
Scott Lundy '02	Pole Vault	16'0 3/4"	2/23/02	
Jeremy Blanchet '02	Weight Throw	62'4 1/4"	2/8/02	No. 5 AT, NCAA Qual.
Giles Longley-Cook '04	Weight Throw	58'11 1/2"	2/23/02	
Brett Coffing '03	Shot Put	54'0 1/2"	2/24/02	
Pete Combe '03	Shot Put	53'6 1/4"	1/12/02	No. 7 AT
Zach Beadle '05	Shot Put	52'6"	2/24/02	
Derek Kingrey '03	Shot Put	51'11"	3/3/02	

Outdoor 2002 IC4A Qualifiers (School records in bold)

Name	Event	Time	Date	Notes
Rahim Wooley '04	100	10.69	5/12/02	No. 9 AT
Rahim Wooley '04	200	21.43	5/12/02	No. 8 AT
Kenan Goggins '05	200	21.70	4/20/02	
Max King '02	3000 Steeple	8:40.12	5/29/02	SR, All-American
Max King '02	5000	14:24.9	4/6/02	No. 9 AT
Dan Dombroski '03	5000	14:25.6	4/6/02	No. 10 AT
Dan Dombroski '03	10000	29:50.72	4/25/02	No. 6 AT
Carew, Thomas, Goggins, Wooley	4X100	41.6	5/4/02	
Nanaszko, Eremita, Angle, Goggins	4X400	3:13.08	4/26/02	
Gonzalez, Meehan, Gallagher, Ondrak	4X800	7:34.94	5/19/02	No. 8 AT
Meehan, Goggins, Ondrak, Hyde	DMR	9:59.59	4/13/02	
Jeremy Blanchet '02	Hammer	191'9"	5/18/02	No. 7 AT
Giles Longley-Cook '04	Hammer	178'10"	4/28/02	
Scott Benowicz '03	Javelin	220'2"	4/13/02	No. 2 AT, NCAA Qual.
Chris Friedrich '04	Javelin	201'8"	4/13/02	No. 4 AT
Zach Beadle '05	Shot Put	56'3"	5/12/02	No. 4 AT
Brett Coffing '03	Shot Put	53'1"	4/20/02	No. 8 AT
Derek Kingrey '03	Discus	161'6"	3/23/02	No. 9 AT
Didier Lecorps '04	Discus	157'5"	4/28/02	
Brett Coffing '03	Discus	154'5"	3/15/02	
Rich Jones '05	Long Jump	23'9"	5/11/02	
Tyler Kaune '04	Long Jump	23' 8 3/4"	5/11/02	
Jason Hart '04	Long Jump	23' 6 3/4"	5/11/02	
Neal Okarter '02	Triple Jump	48'6 1/4"	5/12/02	
Scott Lundy '02	Pole Vault	16'9 1/4"	4/26/02	SR
Travis Offner '04	Pole Vault	16' 3"	4/26/02	
Mike Harbeck '03	Pole Vault	16'0 3/4"	5/4/02	No. 4 AT



Mike Nanaszko '04

2002 Honors & Awards & Certificates

Head coaches Lou Duesing and Nathan Taylor handed out awards at the annual year-end track banquet on May 14. Our many volunteer officials were also honored at the banquet.

Women

Fleet Morse Award (Most Improved) ▶ *Jill Crispell '04/Marc Deneault Award* (Outstanding Freshman) ▶ *Kari Steed '05/Hank Russell Award* (Best Sprinter) ▶ *Katy Jay '03/Theodota Ladas Award* (Best Mid-Distance) ▶ Lena Mathews '02/**Dr. George Ladas Award** (Best Distance) ▶ Carlan Gray '03/**Theodota Ladas Award** (Best Jumper) ▶ IB Stanley '04/**Dr. George Ladas Award** (Best Thrower) ▶ Sarah Herskee '03/**Walker Smith Award** (Best Hurdler) ▶ Hannah Garrity '04/**"Jinky" Crozier Award** (Most Valuable Woman) ▶ Hannah Garrity '04/**Gatling Award** (Senior who has done the most for Cornell Track) ▶ Halle Watson '02/**Senior who has scored the most points during four years:** ▶ Sarah Spain '02/**Spindler Award** (Coaches' Award) ▶ Anne Marie McMillan '02

2002-2003 captains: ▶ Sarah Herskee '03 ▶ Merili Mosley '04 ▶ Natalie Whelan '03

Men

Shorty Lawrence Award (Most Improved Field Event) ▶ Giles Longley-Cook '04/**Marc Deneault Award** (Outstanding Freshman) ▶ Zach Beadle '05 ▶ Kenan Goggins '05/**Clarence Morse Award** (Most Improved Track) ▶ Dan Dombroski '03/**Hank Russell**

Award (Best Sprinter) ▶ Rahim Wooley '04 /**Theodota Ladas Award** (Best Mid-Distance) ▶ Matt Gallagher '02/**Dr. George Ladas Award** (Best Distance Runner) ▶ Max King '02/**Theodota Ladas Award** (Best Jumper) ▶ Scott Lundy '02 /**Dr. George Ladas Award** (Best Thrower) ▶ Jeremy Blanchet '02/**Walker Smith Award** (Best Hurdler) ▶ Erik Pedersen '04/**Narcissa Kellett Award** (Most Valuable Man) ▶ Max King '02/**Gatling Award** (Senior who has done the most for Cornell Track) ▶ Max King '02/**Senior who has scored the most points during four years** ▶ Jeremy Blanchet '02/**Spindler Award** (Coaches' Award) ▶ Mike Sinkevich '02

2002-2003 captains: ▶ Scott Benowicz '03 ▶ Jason Hart '04 ▶ Mike Kiselyczynk '03 ▶ Rahim Wooley '04

Women's Indoor All-Ivy First Team: ▶ Lena Mathews '02, Mile ▶ Katy Jay '03, 60, 200 ▶ Merili Mosley '04, 60 Hurdles, ▶ 4X400 (Kari Steed '05, Anne Marie McMillan '02, Hannah Garrity '04, Jay) **Second Team:** ▶ Hannah Garrity '04, 200 ▶ 4X800 (Natalie Whelan '03, Carrie Richards '05, Natalie Gingerich '04, Mathews)

Women's Outdoor All-Ivy First Team: ▶ Katy Jay '03, 100, 200 ▶ Kari Steed '05, 400 ▶ Sarah Herskee '03, Shot Put ▶ Stacey Nadolny '05, Discus ▶ 4X100 (Steed, Shonda Brown '05, Garrity, Jay) ▶ 4X400 (Jill Crispell '04, Shonda Brown, Garrity, Jay) **Second Team:** ▶ Lena Mathews '02, 1500 ▶ Jessica Brown '04, 400 ▶ Carlan Gray '03, 3K Steeplechase ▶ Hannah Garrity '04, 100, 200, 100 Hurdles ▶ Sarah Herskee '03, Discus ▶ Kalifa Pilgrim '04, Long Jump ▶ 4X800 (Richards, Ann Hansgate '04, McMillan, Jessica Brown '05)

Men's Indoor All-Ivy First Team: ▶ Travis Offner '04, Pole Vault **Second Team:** ▶ Scott Lundy '02, Pole Vault ▶ Jeremy Blanchet '02, Weight Throw ▶ Jason Hart '04, Long Jump

Men's Outdoor All-Ivy First Team: ▶ Max King '02, 3K Steeplechase **Second Team:** ▶ Jeremy Blanchet '02, Hammer ▶ Zach Beadle '05, Shot Put ▶ Scott Lundy '02, Pole Vault

Women's Indoor All-East ▶ Katy Jay '03, 200 ▶ Hannah Garrity '04, 200 ▶ Anne Marie McMillan '02, 500 ▶ Jessica Brown '05, 500 ▶ Natalie Whelan '03, 1000 ▶ Distance Medley Relay (Whelan, Hannah Garrity '04, Ann Hansgate '04, Lena Mathews '02) ▶ 4X400 (Kari Steed '05, Garrity, Shonda Brown '05, Jessica Brown '05, McMillan '02)

Men's Indoor All-East ▶ Jeremy Blanchet '02, Weight Throw ▶ Travis Offner '04, Pole Vault ▶ Dan Dombroski '03, 5000

Women's Outdoor All-East ▶ Katy Jay '03, 100, 200, ▶ Hannah Garrity '04, 100 Hurdles, ▶ 4X100 (Merili Mosley '04, Shonda Brown '05, Garrity, Jay) ▶ 4X400 (Jessica Brown, Shonda Brown, Garrity, Anne Marie McMillan '02, Jay) ▶ 4X800 (Carrie Richards '05, McMillan, Lena Mathews '02, Ann Hansgate '04, Natalie Gingerich '04, Jessica Brown '05)

Men's Outdoor All-East ▶ Jeremy Blanchet '02, Hammer, ▶ Travis Offner '04, Pole Vault ▶ 4X800 (Aldo Gonzalez '04, Dan Meehan '02, Matt Gallagher '02, Chris Ondrak '02)

Men's Outdoor All-America ▶ Max King '02, Steeple

USTCA Indoor and Outdoor Northeast Region
Women's Coach of the Year ▶ Lou Duesing
Outdoor Northeast Region
Female Athlete of the Year ▶ Katy Jay '03

MEN'S CROSS COUNTRY/TRACK &

Derrick Bass	Andover, Mass.	Engineering
Zach Cater-Cyker	Ithaca, N.Y.	Ag. & Life Sciences
James Connelly	Portland, Ore.	Arts & Sciences
Brian Donahue	Virginia Beach, Va.	Hotel Admin.
Brendon Earle	Milford, Conn.	ILR
Adam Farrell	Sidney, N.Y.	Ag. & Life Sciences
Ryan Field	Concord, N.C.	Engineering
Nathaniel Grams	Richmond, B.C.	Arts & Sciences
Marlin Gross	Bridgeton, N.J.	Ag. & Life Sciences
Gordon Hall	Lititz, Pa.	Arts & Sciences
Oliver Hoopes	Univer. Pl., Wash.	Engineering
Anthony Jarc	Chardon, Ohio	Engineering
Bryan Jarrett	Richmond, Va.	Engineering
Chris Jefferys	Media, Pa.	Engineering
Djani Johnson	New York, N.Y.	Arts & Sciences
Bryce Luna	Lakewood, Colo.	Ag. & Life Sciences
Patrick McDonough	Carlsbad, Calif.	Arts & Sciences
Ross McGowan	Pittsburgh, Pa.	Arts & Sciences
Ben Mercer	Fairbanks, Alaska	Arts & Sciences
Ed Palermo	Bayshore, N.Y.	Engineering
Mikhaile Savary	San. Clarita, Calif.	Arts & Sciences
Greg Simonds	Thornwood, N.Y.	Human Ecology
Mike Spadafino	E. Brunswick, N.J.	Arts & Sciences
Kris Young	Williamson, N.Y.	Ag. & Life Sciences

FIELD CLASS OF 2006

Throws	PRs: 185' javelin
Distance/CC	PRs: 9:40 3200, a top N.Y. state XC runner
Mid. Distance/CC	PRs: 1:53 800
Sprints	PRs: 10.93 100
Sprints/Hurdles /Jumps	PRs: 14.3 110 hurdles, 21'7" long jump (top in Conn.)
Jumps	PRs: 6'7" high jump, 45'4" triple jump
Distance/CC	PRs: 9:47 3200
Jumps	PRs: 6'7" high jump, provincial champion
Sprints	PRs: 48.72 400, runner up N.J. all-group meet
Middle Distance	PRs: 1:54.84 800
Sprints	PRs: 10.95 100, 22.27 200
Middle Distance	PRs: 4:23 mile
Middle Distance	PRs: 2:34 1000, 4:25.6 mile
Sprints	PRs: 11.04 100, 4X100 and 4X400 anchor
Jumps/Multi-Evts.	PRs: 14'9" pole vault, 6'3" high jump, 21'8" long jump, talented multi-eventer
Sprints	PRs: 10.82 100, 21.47 200, top sprinter in Colorado
Jumps	PRs: 6'8" high jump
Middle Distance	PRs: 1:56 800, key member of nationally ranked 4X800 relay team
Distance/CC	PRs: Top 5 at state xc and track championships
Middle Distance	PRs: 4:17.4 mile
Sprints	PRs: 49.4 400
Sprints/Hurdles	PRs: 52.96 400 hurdles, top-ranked 400 hurdler in U.S.
Multi-Events	PRs: 3400 pentathlon
Jumps	PRs: 14'0" pole vault

WOMEN'S CROSS COUNTRY/TRACK & FIELD CLASS OF 2006

Stephanie Baird	LaMesa, Calif.	Human Ecology	Distance/CC	PRs: 5:10 1600, 11:09 3200
Leah Boeckermann Belanger	South Gillies, Ont.	Ag. & Life Sciences	Mid. Distance/CC	PRs: 2:16 800, 4:42.85 1500, 10:18.65 3K
Alana Boudreau	Winnipeg, Man.	Arts & Sciences	Jumps	PRs: 17'5" long jump, 38'4" triple jump, 5'5 3/4" high jump
Liz Cannone	Greenwich, Conn.	Hotel Admin.	Sprints	PRs: 7.23 55, 12.17 100, 25.33 200, state champion and New England runner-up
Kari Jo Christensen	Fishers, Ind.	Human Ecology	Throws	PRs: 39' shot put, 140' discus
Stephanie Dixon	Danville, Ill.	Arts & Sciences	Jumps	PRs: 5'6" high jump, 35' triple jump
Jamie Greubel	Newtown, Pa.	Arch., Art & Plan.	Sprints/Hurdles	PRs: 14.93 100 hurdles, 57.4 400, 3-time N.J. state hurdle champion
Danielle Horgan	West Chester, Pa.	Arts & Sciences	Mid. Distance	PRs: 59 400, 2:18 800
Natalie Jones	Titusville, N.J.	Human Ecology	Distance/CC	PRs: 15th XC N.J. Meet of Champions
Ashley Kincaid	Lakeland, Fla.	Arch., Art & Plan.	Throws	PRs: 42'6" shot put, 120' discus
Mandy Knuckles	Hunterton, Ind.	Arts & Sciences	Mid. Distance/CC	PRs: 2:17 800, 5:01 1600
Angela Kudla	Pendleton, N.Y.	Ag. & Life Sciences	Distance/CC	PRs: 10:26.57 3K, '00 XC Footlocker National Finalist
Claire Lambrecht	Delano, Minn.	Arts & Sciences	Pole Vault	PRs: 11' pole vault
Christina LaPerle	Warwick, N.Y.	Ag. & Life Sciences	Sprints	PRs: 58.8 400, state qualifier
Emily McCabe	Queensbury, N.Y.	Human Ecology	Distance/CC	PRs: 10:46 3K, 18:36 5K XC
Maria Millard	Orono, Maine	Human Ecology	Sprints/Hurdles	PRs: 45.95 300 hurdles, 64.8 400 hurdles, 2:19 800, 6-time state champion
Ruth Morgan	Barnesville, Ohio	Ag. & Life Sciences	Mid. Distance/CC	PRs: 59.3 400, 2:14.81 800
Alexa Olson	St. Louis, Mo.	Engineering	Jumps	PRs: 5-3 high jump
Afua Osseo-Asare	Stroudsburg, Pa.	Arts & Sciences	Sprints	PRs: 12.6 100, 3rd place New England championships
Christy Planer	Rumson, N.J.	Arts & Sciences	Distance/CC	PRs: 2:18.23, 4:56 1600, 10:58 3200, 4th N.J. XC Meet of Champions
Katy Priaulx	Beaver Creek, Ore.	Ag. & Life Sciences	Sprints/Hurdles	PRs: 44.7 300 hurdles, 57.9 400, 3-time state qualifier
Ashley Robinson	Dix Hills, NY	Ag. & Life Sciences	Mid. Distance/CC	PRs: 2:17 800, 2:58 1000, 4:44 1500, 10:27 3K
Jan Seale	Overland Pk., Kan.	Ag. & Life Sciences	Sprints	PRs: 7.85 60, 12.02 100, 25.8 200, state 100-meter runner-up
Alexis Shreffler	Akron, Ohio	Arts & Sciences	Mid. Distance	PRs: 2:20 800
Karen Snyder	Norwich, N.Y.	Ag. & Life Sciences	Jumps	PRs: 36-10 triple jump, 17-3 long jump
Patti Viri	Daly City, Calif.	Engineering	Pole Vault	PRs: 10'6" pole vault
Gina Volpicelli	Ashley, Pa.	Arch., Art & Plan.	Hurdles	PRs: 15.2 100 hurdles, 44.7 300 hurdles, 62.9 400 hurdles, state 300 hurdles champion

Alumni Updates

Thanks to all of those who wrote in with updates! 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 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.

In the words of our alumni:

Robert Anastasio '74 developed an absolutely wonderful CD of hundreds of Cornell track and field photos that Robert spent countless hours scanning onto a disk this winter. Copies are available if you didn't pick one up at the indoor Heps!

"I have survived yet another round of layoffs at JPMorgan but my job has been significantly redefined. My job title is now janitorial engineer and my job responsibilities have expanded so that I am now in charge of the bottom 10 floors of the corporate headquarters. Not to let dust gather under my feet, so to speak, I also am trying to get a consulting business going—I have created a large sandwich board which I wear up Park Avenue at lunch time which says 'I structure and negotiate syndicated loans for food.'

I also have good news to report on the

running front. Despite my struggle with running related injuries, my comeback is underway and I was able to place third in the over 40 years-old over-300 pound weight division of the corporate challenge in Central Park. I feel that it is only a matter of time before I will be dominating that highly competitive group."

Kenyon Erickson '81 wrote in: "Note to historians: I was only on the cross country team for the '73 and '74 seasons,

but I made the varsity once before getting injured. Over the years since, I have run many races, including the Boston Marathon, and somehow managed to stay in the 6-minute mile range until my 40s. Since tearing my medial meniscus, I have had too much time off and too few races, but this year, I did the Cherry Blossom 10-miler in 68:05. And I somehow managed a 5K in 19:56, finishing second in my age group. My favorite saying is "My Sport is Your Sport's Punishment." Send my regards to the teams of the early '70s, including my housemates at 101 Eddy St."

Indoor Heps Alumni Recap

A big reason behind the men's and women's success at the indoor Heps was due to the great turnout of track alumni to cheer on the teams. Over 100 Cornell track alumni made a visit to Ithaca over the championship weekend of Feb. 23-24. The Cornell Track Association organized a dinner Saturday evening to honor past Cornell Heptagonal champions and 24 past individual or relay champions were in attendance along with many others. Hosted by **Tom Patterson '75**, the dinner featured a lively Cornell track and field trivia contest and time spent applauding past champions, especially the 1991 women's indoor

Heps championship, Cornell's first. Other Heps champs who were at the dinner included **Robert Anastasio '74, John Ayer '41, Tom Baker '72, John Bayne '88, Aruna Boppana '97, Kim Chatman '01, Brian Clas '94, Greg Cipolaro '99, Becky Dennison '97, Meredith Freimer '01, Emily Germano '00, Eric Groon '62, Neal Hall '78, Kirsten Hallstrom '91, Miranda Kaye '99, Loren Mooney '93, and Tom Patterson**. Finally, special thanks to those individuals who generously contributed to the fantastic championship banners now hanging in Barton Hall that were unveiled just prior to the indoor Heps.

Alumni Updates *continued*

Doriane Lambelet-Coleman '82 reports: "This has been both a rewarding and difficult year. In March, my mother died after a long illness, and it has hit hard. But also in March, our son, Alexander, turned 8, and a book I had been working on for three years was finally published. It's called "Fixing Columbine: The Challenge to American Liberalism." Also, both Alexander and Nicolas (who just turned 4) are doing wonderfully, our jobs at the Duke Law School continue to be rewarding, and so it's hard to complain! I send my best wishes to everyone."

Laura (Landauer) '89 and **Ron Fritz '89** write: "We're still living in Oakland, Calif. Ron's company—Tech Soft—is doing well despite the economic downturn and the crash of the technology sector in general. Laura is enjoying some time at home with the kids while our youngest (Gillian Tova Fritz) gets ready for pre-school. The kids are Jacob (7), Colin (almost 5) and Gillian. Since Gillian isn't walking yet it's tough to tell—but the boys seem to have inherited their mother's speed and stamina! Jacob plays soccer and baseball, and his speed and stamina certainly show up on the soccer field. Colin eagerly awaits soccer in the fall—but in the meantime he runs absolutely everywhere he goes....so we're pretty sure he's caught the running bug as well. As much as Laura is enjoying spending some time at home she is also looking forward to

easing back into the work force and flexing her master's degree (UC Berkeley) in city and urban planning."

John Wolff '90 updates us on himself and a number of former teammates: "I recently completed the L.A. Marathon, running with my sister (Rebecca Wolff '87). And I recently joined the N.Y. Flyers Running Club in NYC, to train with Ed Chai '91. Will be attending the June 1 wedding of Scott "Scraps" Ordway '93 in Chicago. In attendance will be Cornell track alumni David Schleuning '91, Aaron Pempel '91, Mike Giovannello '90, Graham Parks '93, and Brian Shelden '93.

Speaking of...**Brian Shelden '93** jumped back into his old love, triathlon competition. At a recent triathlon in New Jersey (5/18) he performed well, despite the onslaught of rain, freezing temperatures, and tough competition. He was eighth out of the water (800m swim), but made up some time on the bike (25 miles), before putting in a decent 4-mile run to hold on to third place overall. Not bad for his first triathlon in six years."

Ed Chai '91 has an exciting update of his own: "I joined "Doctors Without Borders" and I will be spending the next year in Guanxi Province, China. Guanxi is the province just west of Guangdong province where Hong Kong and Guanzhou (Canton) are located. Guilin is a big tourist attraction in the province so anyone who wants to visit me is welcome. Access

is not as difficult as you might expect. I will be working as a general medical doctor and administrator in the hospital funded by the organization. My email address will be the same. Echai@juno.com

I finished my psychiatry and neurology residency last year and I am finishing a fellowship in movement disorders (like Parkinson's disease). I still hang out with Mike Ealy ('91 captain) when we are both not busy with work." Ed is also proud that fellow Byram Hills High product Greg Simonds (who also happens to be the top high school 400-meter hurdler in the nation), will be attending Cornell in the fall!

Also heard from **Mike Malarkey '92**: "I now live in Washington, D.C. I am the GM for the Washington D.C. practice of a litigation consulting firm that specializes in providing expert financial and economic testimony."

Craig McConnel '94 says: "I graduated from veterinary school at Washington State a couple of weekends ago and am headed to Australia for a bovine internship through the University of Sydney."

Classmate **Sarah Perrotti O'Connor '94** writes: "My husband, Kristian, and I had a baby! Her name is Sophie Isabelle O'Connor and she was born March 8. Also, we are moving to Milwaukee, Wis., in August. Kris got a faculty position in biomechanics at the Univ. of Wisconsin at Milwaukee that starts this fall. So now he is busy completing his dissertation. I am getting ready to head back to work

for a few weeks before we move after being home with Sophie for three months. Also, I'm looking forward to starting back running slowly soon. I'll be visiting with Heidi (Andrews) Shields '93 in July and her and Chris' '94 two boys. Kristen Hauser '95 got married May 18."

Laura (Woeller) Baker '95 also wrote in: "Kristen Hauser's wedding was swell. My update is living in Charlotte, back engineering full-time as a systems control engineer at RE Mason Company, after a 2-year running-only stint. We moved here because husband Brian got a job as the assistant track coach/head distance coach at Gardner-Webb University. It is nice to have money again! Running really isn't that lucrative."

Tyson Sacco '95 is returning to Ithaca! The recent Ph.D. from UCLA has accepted a position teaching at Cornell for the fall semester. His official job title is lecturer and he'll be teaching autotutorial introductory bio (BIO 105 and 106).

Kristin Davis '96 has big news: "I am still in Houston and have just become certified to be an elementary school teacher. I am also going to get hitched to a fellow by the name of Mark Carrigan in October in Ann Arbor, Mich. I have seen Laura Baker a couple of times this year. We even went to the Bun Run race in Austin."

After having proved herself to be an invaluable asset as a volunteer assistant coach for the women's cross country and track teams the past two years, **Kristin**

Nason '97 and her husband **Jeff '97** (who served as our clerk of course at home meets the past two seasons) have moved from Ithaca to Austin, Texas. Both recently received master's degrees from Cornell (Kristin in education and Jeff in engineering) and Kristin will pursue a career in teaching in Austin while Jeff will get his Ph.D. at the University of Texas.

Finally, don't forget about the third annual **Labor Day Alumni Relay Race** which will be held again over Coach Lou Duesing's timed run course on Sunday, Sept. 1. We've had a big turnout the past two years and are hoping for even greater participation this year. If you have any questions, contact Artie Smith at acs1@cornell.edu



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