

Cornell Cross Country

2003 Cross Country Review and 2004 Track & Field Preview

The Wastebasket



(l-r) Emory Morr '05, Ed Palermo '06



Kate Boyles '05

women's cross country review



Nyam Kagwima '07

The 2003 cross country campaign saw the Big Red overcome an unusual number of obstacles. Beset by sickness and injury problems at the end of the summer and at the start of the season, a number of younger runners stepped up to the challenge. The team rallied to finish the last part of the season strongly, upsetting pre-race form charts in the final three championship meets of the season. This strong finish was a testament to the Red's determination in the face of adversity. On an individual level, **Kate Boyles '05** rebounded from a bout with mononucleosis to become Cornell's second ever ECAC cross country champion, leading two other teammates to All-East status and the team to a runner-up showing.

Nationally ranked in the preseason, the Big Red suffered setbacks before competition began. With top returners Boyles (out with mononucleosis), **Jessica Parrott '04** (out with pneumonia), **Christy Planer '06** (not cleared to race due to asthma complications, then mononucleosis!), **Sarah Coseo '05** (knee problems), **Alyssa Simon '05** and **Kari Haus '05** (both diagnosed with stress fractures) missing at least one of the first three meets, the Big Red fielded a young lineup.

Captain **Christine Eckstaedt '04** did a fine job keeping the team positive and focused. Her leadership as well as her vastly improved racing helped keep the Big Red on an even keel. On the race course, **Mandy Knuckles '06** led the Red

with outstanding running. Knuckles was followed by a number of other runners who stepped up to fill the shoes of their injured or sick teammates. **Emily McCabe '06**, **Angela Kudla '06** and **Natalie Gingerich '04** in particular were vastly improved from the 2002 campaign, placing in the team's top five for the first time in their careers. Knuckles finished second overall in the season-opening victory over Army, and was Cornell's top finisher in the team's seventh-place finishes at the Iona Meet of Champions, Lehigh's Paul Short Invitational and Penn State's National Invitational. A pair of freshmen also did a great job in the first few meets. Rookies **Nyam Kagwima '07** and **Megs DiDario '07** finished in the team's top five, demonstrating real promise. Furthermore, Coseo and Parrott returned to the lineup at the Red's second meet of the season, bolstering the group's depth.

The team's fortunes took a positive turn at the Penn State National Invitational on Oct. 18. Not only did the Big Red welcome back Boyles, Planer and Simon, but the group that had been competing all season showed considerable improvement. Boyles and Planer immediately made their presence known in the team's top five, and Simon debuted with a personal best over 6K. Heading into the Heps, the Big Red felt primed to surprise many—and surprise they did. Despite being ranked seventh in the league, Cornell turned the tables on Penn and Brown (who had

defeated Cornell earlier in the year) with a fifth-place showing. Boyles led the Big Red with a 19th-place finish. Kagwima was 23rd overall in 18:24, a 49-second improvement on her personal best from high school at Van Cortlandt Park! McCabe also placed 32nd in a PR 18:37, while classmates



Coach Duesing

Knuckles (42nd, 18:51) and Planer (45th, 18:53) rounded out the scoring five. Seniors Gingerich (49th, 18:59) and **Kinsy Miller '04** (53rd, 19:03) were also in the top seven. Of the top five teams at this year's Heps, only Cornell and Dartmouth will return their entire top five scorers for next year—in fact, Columbia, Princeton and Yale will each graduate at least two of their top performers.

Heading into the Northeast region meet ranked 10th, Cornell ran its finest team race of the season to place sixth. Cornell's 213 points put the Big Red closer to fifth place Boston College than seventh-place Brown. Boyles led the way again, missing out on all-region honors by one place, taking 26th out of 245 runners in 22:05 for the 6K course. Kagwima ran a great race, placing 30th in 22:16. A trio of sophomores, McCabe, Knuckles, and Kudla, rounded out Cornell's top five. Captain Eckstaedt ran a solid race and fellow senior Miller completed Cornell's varsity seven.

The women made great progress in October and November, culminating in a competitive showing at the ECAC championships. The team's second-place finish marked the sixth time in the past seven years that Cornell has finished in the top three at the ECACs! Boyles' return from illness was made complete with

her commanding 10 second individual victory, running a remarkable evenly paced 17:56 for 5K. Boyles joined **Emily Germano '00**, the 1997 champion, as the only Cornellians to win the ECAC cross country title. Kagwima had a similarly stellar race, finishing third overall in a seven-second PR of 18:16. Nyam entered the Back Hills in around 15th place and steadily worked her way through the field. Also earning All-East status was McCabe, who placed 10th in a PR 18:30. Eckstaedt saved her finest race of the season for last, placing 20th in 18:50 to set a course PR, and Simon capped her comeback by winning the JV race in a PR 18:46.

Though the 2003 team was beset by a number of unexpected hurdles, its ability to overcome those obstacles through a combination of strong performances by a number of underclassmen and the inspired return by a number of veterans, spoke volumes about the group's ability and determination.



Christine Eckstaedt '04

men's cross country review



Ricky Lader '07

Entering the 2003 cross country season, all signs indicated that the Big Red men were at least a year away from being where they want to be: contending for a Heps championship and an NCAA berth.

Barry Kahn, Geoff Van Fleet, Dan Dombrowski and **Daryn Johnson**, had all graduated and **Bruce Hyde '05**, the team's top harrier from 2003, took the fall off from Cornell. So after capturing an IC4A championship for the first time in 81 years last season, the Big Red men entered the 2003 cross country season looking to lay the ground work for the future.

A major youth movement was underway as second-year men's distance coach Robert Johnson's first recruiting class led the way for the harriers throughout most of the season. The foundation for future Heps titles and NCAA berths had been laid as the youth brigade gained valuable experience and developed throughout the season, even if the results were difficult to take at times.

The men opened the season at home with their annual dual meet against Army. Co-captain **Emory Mort '05**, the team's only returnee who was a consistent top-five finisher from the year before, led the way for the Big Red. Coming out of the gorge, Mort surged and took the lead, but victory was not in the cards. Mort had to settle for a solid opening time of 25:58 as Army defeated the Red.

The highlight of the meet belonged to rookie **Ricky Lader '07**, who had an impressive debut for Cornell. Lader turned heads by showing that clearly he is a race-day performer, holding onto the lead group until they headed down the gorge. Lader would spend the rest of the season demonstrating that his second-place showing for the Big Red wasn't a fluke. He finished first or second in every meet he ran the entire season.

The team performed solidly in the second race of the season at the Iona Meet of Champions at Van Cortlandt Park, placing sixth out of 19. **Oliver Tassinari '05**, coming off a breakout sophomore track season, led the way for Cornell with a solid 25th-place showing on an unseasonably hot and windy day. Fellow miler **Ed Palermo '06** also had his best race in a Cornell uniform as he finished third for the harriers. Equally as important was the fact that eight freshmen got their first collegiate racing experience on Van Cortlandt.

Facing back-to-back races, the Big Red rested three of its top five when it ran the next week at the Paul Short Invite at Lehigh. **Brad Baird '07** led the way with a solid 25:28 showing, as the team finished 12th out of 33. Bolstering the team's efforts was co-captain **Dan Hart '04**, who finished his first race after missing much of the early season with a viral infection in his lungs. Hart was the third man for Cornell in 25:38.

Two weeks later, the Big Red traveled to Penn State for its final tune-up before the Heps. At Penn State, it became apparent that the storybook ending for the harriers wasn't going to be in the cards. Hart's viral infection returned. Fellow co-captain Mort collapsed mysteriously in the last half-mile of the race, barely staggering home. For the rest of the season, Mort would mysteriously struggle in the final mile of each and every race.

With the co-captains struggling, Lader led the way for the Big Red with a credible 20th-place showing out of 218 as Cornell finished seventh out of 19 at the Penn State International. **Aaron Arlinghaus '07** joined the top five for the first time by finishing third for Cornell in 41st place. Arlinghaus started the season a bit behind after an inconsistent summer of training, but progressed nicely as the season wore on. Joining Arlinghaus in the top five for the first time in their careers were **Forrest Dillaway '05** and 800-meter runner **Aldo Gonzalez '04**.

The young team headed to the Heps two weeks later and took the spanking it was expecting from the more seasoned Heps programs, all of which returned at least two runners from the top 30.

However, the team's eighth-place showing, while still difficult to swallow, was full of promise. Five freshmen ran for the Red in the conference championship, and they didn't just run—they led the way. At the top of Cemetery Hill, freshmen were running 1-2-3 for Cornell. Lader led the way with a strong 38th-place showing in 26:03, with a fast-charging Baird close behind. Arlinghaus faded to fifth for the team over the final half mile. Hart, finally over his viral infection, put forth a credible effort to finish third for Cornell, and **Vasanth Coorg '05**, who missed all of 2002 due to injury, was fourth.

The team's youth and inexperience was best exhibited when it traveled to Franklin Park for the NCAA regionals. While watching his team take wrong turn after wrong turn while jogging the course the day before the race, Coach Johnson realized that only one member of his team had actually been a traveling member of the squad when the team last ran at Franklin Park two years earlier.

At the regionals, Hart continued his late-season upswing with a 59th-place finish, while the Red finished 14th out of 33.

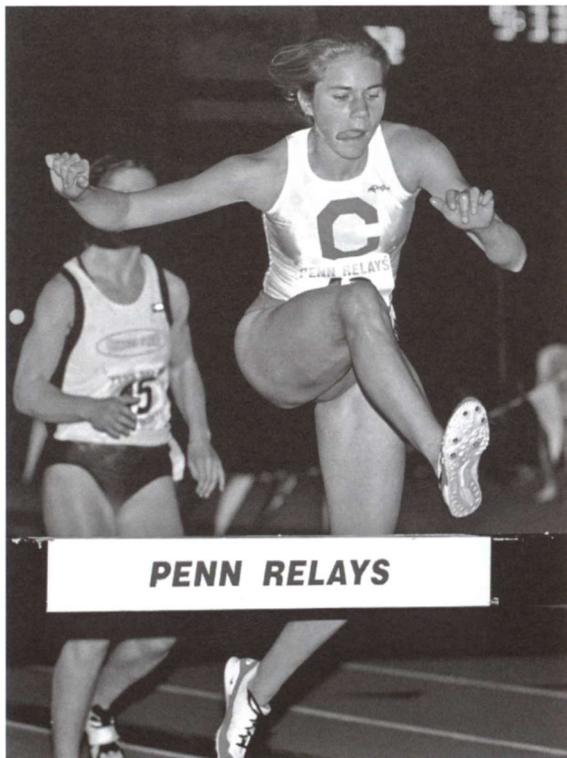
Hart's strong running continued at the IC4As, where the team ended its season on a high note by finishing sixth out of 16 teams in the championship. In his final race for the Big Red, Hart ran a huge PR of 25:45—good for a 15th-place finish and All-East status. Lader ended his freshman campaign with an incredibly strong performance as he dipped under 26:00 at VCP, placing 24th. Lader was the second best freshman in the entire race and the first from an Ivy League school. Four other Cornell harriers ran personal bests in the final meet of the season.

Support the England Trip!

As a part of Cornell Victorious! campaign, efforts are underway to permanently support Cornell's quadrennial trip to the United Kingdom. Please visit this great website to learn more: <http://victorious.alumni.cornell.edu/uk/default.html>

women's track and field preview

The women's track and field squad had one of its best seasons in 2003. The Big Red captured both the indoor and outdoor Heptagonal track and field titles, winning the outdoor meet with a record 191.5 points. At the ECAC championships, the Big Red had its best finishes ever, placing fifth indoors and eighth outdoors. The team captured titles at the prestigious Irvine Spring Break Invitational and the Long Beach Collegiate Classic, along with registering top finishes at the Sea-Ray Relays and the Penn Relays. Numerous school records fell and many league champions were crowned. The team had fantastic balance with headliners in nearly every event.



Alyssa Simon '05

While the Red suffered key graduation losses, an outstanding nucleus of young athletes returns for the 2003-04 season. The sprint-hurdle group returns eight athletes that have won Heptagonal championships, including hurdlers **Merili Mosley '04**, **Hannah Garrity '04** and **Shonda Brown '05** and sprinters **Jan Seale '06**, **Kari Steed '05**, **Jessica Brown '05**, **Linda Trotter '06** and **Jill Crispell '06**. All are school record holders and All-East performers.

The middle distance and distances are strong once again and return top 800 runners **Natalie Gingerich '04**, **Ann Hansgate '04** and **Jessica Brown**, all league champions. **Sarah Coseo '05** leads a talented group of milers, and **Kate Boyles '05**, **Emily McCabe '05**, **Christy Planer '06** and **Alyssa Simon '05** bring together a talented quartet to tackle the distance races.

Thrower **Becky Tucker '05** emerged as one of the league's best in the hammer and shot, while two-time Heptagonal discus champion **Stacey Nadolny '05** returns for a third go around. Both were NCAA regional qualifiers and will lead a strong weight contingent that includes league heptathlon champion **Jamie Greubel '06**.

Heps scorers **Brown**, **Kalifa Pilgrim '04**, **Ibralate Stanley-Ikhilioju '04**, **Amy Leung '05** and **Karen Snyder '06** headline the jumps group.



Hannah Garrity '04

Another solid recruiting year, coupled with the return of veteran athletes, should mean another competitive campaign for the Big Red.

Sprints/Hurdles

Cornell welcomes sprint sensation Garrity back to the fold after a year of study abroad. The talented senior and co-captain was one of the East's top sprinters upon her departure to Scotland. Her enthusiasm and great attitude will be looked to as Cornell hopes to keep a string of successes in the sprint and hurdle area. Shonda Brown is also a talented short sprinter and a Heps 400 meter hurdle champion. Mosley is an indoor Heps hurdles champion, giving the Big Red great depth in this area. The long sprint group looks to be strong again as the Big

Red welcomes back three outstanding juniors. Steed has scored in all four of her league meets and is a Heps 400-meter champion with a best of 55.23. Jessica Brown has a best of 55.70 and was the conference runner-up this past year both indoors and outdoors. She owns the Red's school mark at 500 meters (1:13.38), and was fifth at the ECACs. Shonda Brown has outstanding credentials as well scoring in the Heps 400-meters and the ECAC 500 meters. All three ran on the Ivy League's fastest-ever 4x400 relay that clocked a time of 3:38.67.



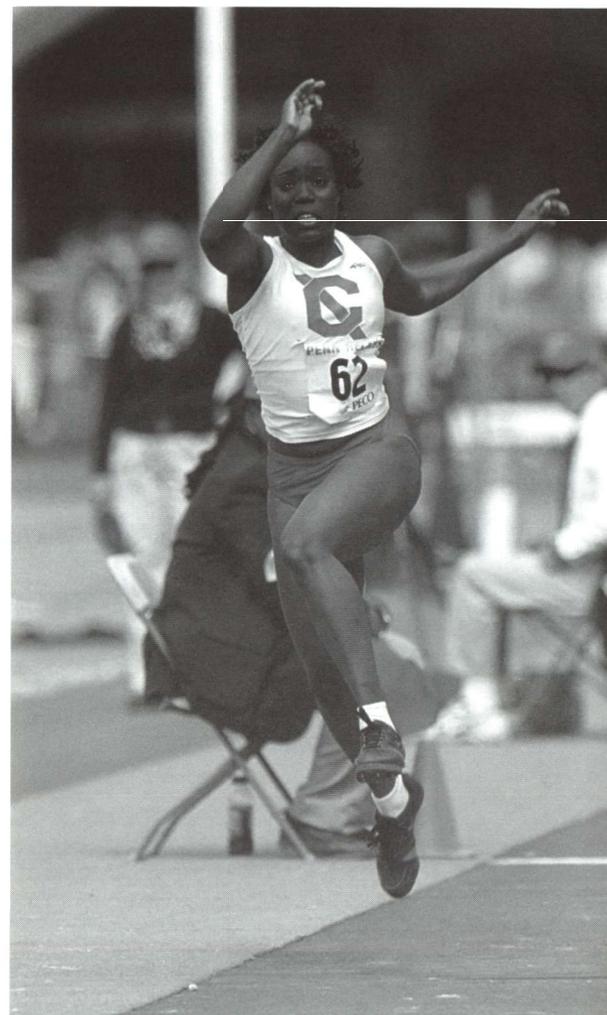
Stacey Nadolny '05

Trotter had an eye-opening rookie campaign, setting personal bests galore, splitting 56.6 and running on Cornell's Heptagonal championship 4x400 relay. Crispell also ran on that league-best relay and is a consistent 57-second runner. The Red welcomes some outstanding freshmen to the group that should impact immediately.

Middle Distance

Traditionally one of the team's strongest event groups, the middle distance runners had an outstanding year in 2003. The group should continue to be among the best in the East. Leading the way will be co-captain Hansgate and Gingerich. Both are three-time league finalists and each have five All-East certificates in their careers. Fine relay runners, Hansgate and Gingerich have proven to be tough individual competitors as well and will provide great leadership. Coseo emerged as one of the league's top milers, finishing third in the 1500 meters at the Heps and qualifying for the ECACs and NCAA regional outdoors.

This is a deep group, as ECAC qualifiers and All-East performers **Kinsy Miller '04**, **Carrie Richards '05**, **Alison Koplak '05**, **Lauren Graham '05** and **Amber McGown '05** have great range and will help the Cornell cause in a wide variety of events. In



Kalifa Pilgrim '04

addition, fellow junior Jessica Brown was a major contributor in the 4x800 as well, splitting 2:07 at the Penn Relays, and she will see plenty of action in the middle distance events.

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Jessica Brown '05 hands to Shonda Brown '05

Continued from previous page

Distance

Kate Boyles was a Heps scorer in both the indoor 3,000 and 5,000 meters and earned All-East honors outdoors in the 3,000 meters. A fixture in Cornell's top 10 in every distance event, Boyles emerged as one of the top distance stars in the East during her sophomore season and has outstanding range. After winning the ECAC cross country title this past fall, she is excited about the upcoming track season. Classmate Alyssa Simon had a breakthrough sophomore campaign as well, scoring in the Heps steeplechase and qualifying for the ECACs and NCAA regionals as well. Sophomores **Emily McCabe** (the school freshman record holder in the 10,000 meters and ECAC qualifier in both the 3,000 and 5,000 meters) and **Christy Planer** (All-East in cross country) should also be major factors after enjoying freshman years in which both set a number of personal bests.

Jumps

The Big Red returns its entire jumps group for the 2003-04 season. The squad is deep and talented and has the possibility of again scoring in all four events at the Heptagonals.

The vertical jumpers will be led by Jessica Brown, the Heps runner-up in the high jump. Pole vaulter **Amy Leung '05** was fifth at the outdoor league meet and continues to improve, reaching 11-0 last year. A talented threesome in the horizontal jumps return, all of whom are league scorers. Stanley-Ikhilioju had the best overall season in 2003, finishing third in both the long jump and triple jump at the Heps. She reached personal

bests of 18-10 1/2 and 40-6 1/4, respectively, along the way. Classmate **Kalifa Pilgrim** is right on her heels and has been a runner-up in the long jump in the conference, and she is one of the East's best in the triple jump. **Karen Snyder '06** had an awesome freshman campaign, culminating the year by putting up a scoring effort in the triple jump at the league meet with a 38-6.

Weight Events

Cornell will look to **Becky Tucker** and **Stacey Nadolny** in the throws. Both were NCAA regional qualifiers last year and should be able to handle three of the four throws. Tucker was the Heptagonal runner-up in the 20-lb. weight indoors at 54-9 1/4, scored in both the indoor and outdoor shot with a best of 43-4, and she was a scorer at the Heps and ECAC hammer as well as an NCAA regional qualifier at 174-4. Nadolny, who won the Heps discus for the second year in a row, was also the ECAC runner-up at 151-10, as well as an NCAA regional qualifier in the discus. Adding immediate help will be **Danielle Dufresne '07**, the fourth-best high school hammer thrower in the country last year who has personal bests of 177-6 in the hammer and 50-2 in the weight. The Big Red throwers are again poised to help Cornell make a significant impact at the Heps.

Relays

The Big Red has the capability of forming some impressive relay teams for the coming year. Cornell captured all three Heptagonal relays outdoors and scored in all three at both the indoor and outdoor ECACs. The 4x100 and 4x400 have the best times recorded in Ivy League history and return three of four athletes to both squads. The 4x800 is a talented group that graduated just one team member as well. The shuttle hurdle team has a definite shot at the school record. Cornell should be able to put together an excellent distance medley unit again, hoping to score high at the ECACs and qualify for the NCAA championships.



(l-r) Jan Seale '06, Merili Mosley '04

Multi-Events

Jamie Greubel '06 had an outstanding initial year, grabbing third in the league indoors in the pentathlon. Her total was good enough to establish a freshman mark of 3,494 points. She won the heptathlon at the outdoor Heps with a frosh-best 4,837 points.

men's track and field preview

Coming into the 2003 season, the Cornell men's track and field program was poised for its best campaign in the last 25 years. That position turned into reality as the team captured its first Heptagonal championship since 1985 in rousing fashion. In four short years, head coach Nathan Taylor has led the team from the depths of the Ivy League to one of the top programs in the Northeast region and was selected the Mondo Men's United States Track Coaches Association Northeast Region Indoor Coach of the Year in 2003. Exceptional breadth and depth was demonstrated as the team also moved into the elite of the NCAA by finishing in the top 25 programs in the country in the USTCA Team Power Rankings both indoors and outdoors. This year's squad boasts 22 returning scorers in the Heptagonal championships and 13 NCAA regional qualifiers.

Cornell will cover all the events with some of the best collegiate athletes in the Eastern United States, as the top performer on the team returns in 15 of the 20 events. In 2004, Cornell's commitment to supporting an outstanding and diverse squad is demonstrated by a team of nearly 65 athletes representing 31 states. With the addition of yet another excellent freshman class, the Big Red is optimistic and seems poised to challenge to repeat the championship season of last year.

Jumps

Cornell is recognized throughout the East for its outstanding jumps program with at least one NCAA regional qualifier in each event. Additionally, it again returns its top jumper in every event, including six IC4A qualifiers. **Travis Offner '04**, Heps champion and school record holder in the pole vault, has jumped 17-2 1/2 and was an NCAA qualifier. He will lead a strong group of vaulters all of whom should surpass the 16-foot mark in 2004.

In the long jump, Cornell has dominated the Heps each of the last four years and 2004 should be no different. **Tyler Kaune '04** (24-6 1/2) is a two-time Heps champion, and along with fellow senior

Greg Simonds '06

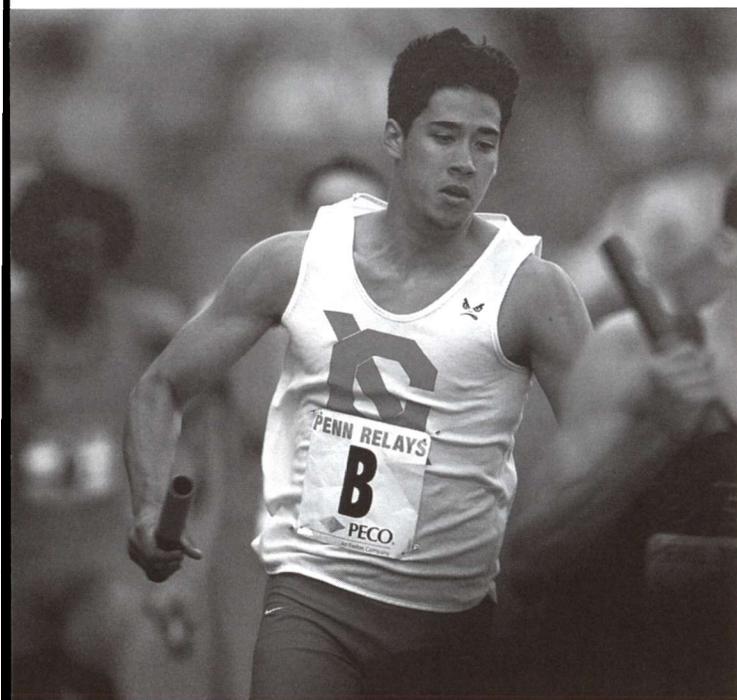
Jason Hart '04 (24-8 1/2), will provide an exceptional one-two punch in this event. Both have been All-Ivy and are high on the Cornell all-time lists.

Immediately behind them are decathlete **Ethan Albrecht-Carrie '04** (23-1), who was fifth indoors, **Rich Jones '05**, who finished third in the Heps as a freshman, and **Ryan Schmidt '05**, who was fifth outdoors in 2003. Schmidt has moved way up the all-time lists in the high jump and should challenge the school record in 2004. He will not be alone, as indoor and outdoor Heps scorer **Pat McDonough '06** will make some serious noise.

Sprints/Hurdles

The sprint squad showed incredible strength in 2003 with dramatic improvements across all the events. The great thing is that 2004 could be an even better year.

Two-year co-captain **Rahim Wooley '04** leads the group. The senior raced to school records in the 60 and 200 meters indoors and was the runner-up at the Heps in both the 100 and 200 meters. **Kenan Goggins '05** teamed up with Wooley to run 41.18 last year, and with three of the four legs of the championship/NCAA qualifying relay group returning, the plans are to cut another second from that time in 2004. **Mike Nanaszko '04** and **Brian Eremita '05** will lead the long sprint squad. Along with Goggins, these two led the way as the 2003 Cornell squad





Travis Offner '04

established an all-time Ivy League best in the indoor 4x400 by posting an exceptional time of 3:11.01 indoors, breaking the old record by almost two full seconds. In the hurdles, Heps 400 hurdles scorer **Greg Simonds '06** looks to improve dramatically, as does high hurdles scorer **Eric Pedersen '04**.

Middle and Long Distance

Though team members for the distance events will be young, they are not untested or unproven. Co-captains **Emory Mort '05** and **Dan Hart '04** will provide excellent leadership, while All-East performer **Oliver Tassinari '05** anchors a good middle distance group. **Aldo Gonzalez '04**, a Heps scorer and seventh all-time in the 800 meters at Cornell, will be going for the school records in the event. He will be challenged by junior Heps scorer **Sam Mackenzie '05** and **James Connolly '06**, who, after setting the freshman record, missed the remainder of the year due to

injury. In the longer distances, Mort, a Heps scorer and regional qualifier in the steeplechase, and Hart, a consistent top-five cross county runner, will provide the leadership necessary to get the job done.

Throws

The throwing events, like the distance events, were hit hard by graduation. Thankfully there are still a number of proven performers remaining and others who are eager to make their mark for the Big Red. In the hammer throw and 35-pound weight, co-captain **Giles Longley Cook '04** made dramatic improvements and was a regional finalist and Heps runner-up as a junior. He has surpassed 61-feet in the weight and 193-feet in the hammer, and is looking for much more in just his fourth year of throwing. **Mike Scarpa '05** made dramatic progress and was also a Heps finalist last year. **Derick Bass '06** supplanted NCAA finalist Scott Benowicz as the freshman record holder with a toss of 200-5 last year, and along with **Chris Friedrich '04**, will be a top javelin thrower. Cornell's discus throw will be led by a determined Heps scorer in **Didier Lecorps '04**, while **Zach Beadle '05** will headline in the shot. Beadle stole the show, finishing second at the Heps and moving all the way up to 56-3, fourth all-time at Cornell as a freshman, and scored in both the indoors and outdoors as a sophomore.

Overall

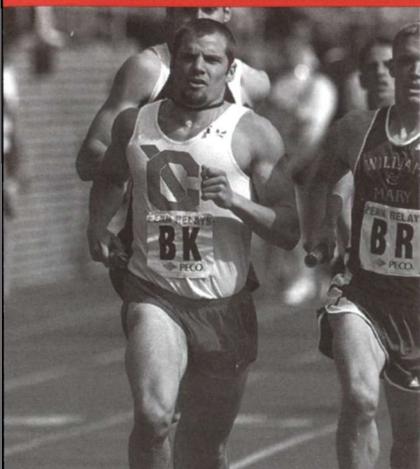
Having a great championship track and field program at a great university is truly a convergence of incredible effort from everyone involved. Without the efforts of the athletes and coaches and the support of the university, it would not be possible. Cornell has an unsurpassed combination of facilities, along with a great training and massage staff.

The 2004 edition of the Cornell track and field team is eager to show how far it has come in the last four years under the tutelage of Coach Taylor and his outstanding group of assistant coaches. This staff has coached an NCAA regional qualifier in every event and is prepared to bring the team to its peak at exactly the right time. Leadership and enthusiasm from every aspect of the team will fuel the competitive fire that has become the hallmark of the Cornell program.

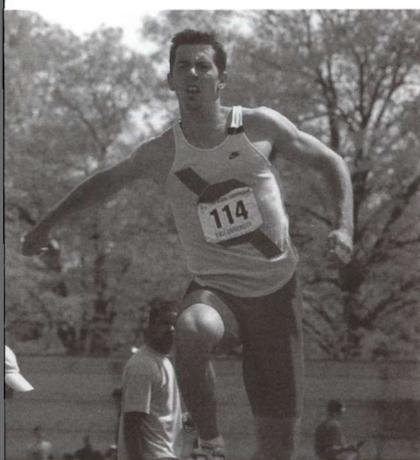


Coach Taylor and team celebrate at 2002 indoor Heps

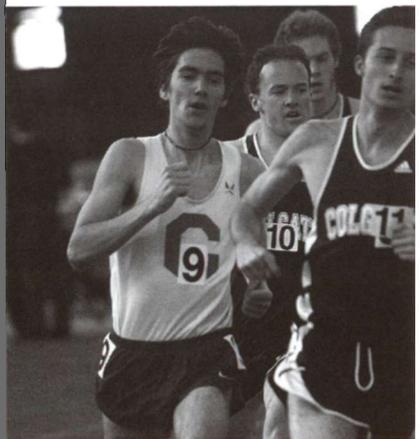
2003-04 track and field schedule



Aldo Gonzalez '04

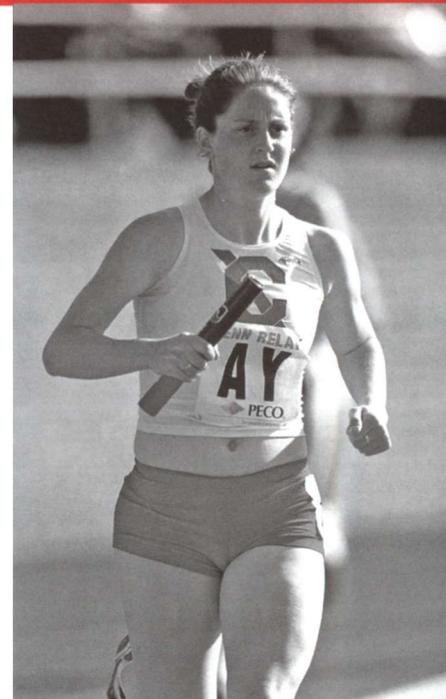


Jason Hart '04



Dan Hart '04

Date	Opponent	Location	Time
12/6	Cornell Relays	Ithaca, N.Y.	TBA
1/10	Cornell Open	Ithaca, N.Y.	TBA
1/17	Penn State Open	University Park, Pa.	TBA
1/24	Syracuse, Buffalo, Colgate, Albany	Ithaca, N.Y.	TBA
1/31	Harvard, Brown	Boston, Mass.	TBA
2/7	Yale	New Haven, Conn.	TBA
2/13	Penn State College Classic	University Park, Pa.	TBA
2/14	Kane Invitational	Ithaca, N.Y.	TBA
2/14	Penn State College Classic	University Park, Pa.	TBA
2/21	Deneault Memorial	Ithaca, N.Y.	TBA
2/28-29	Heptagonal Championships	Ithaca, N.Y.	All Day
3/6-7	ECAC/IC4A Championships	Boston, Mass.	All Day
3/12-13	NCAA Championships		All Day
3/20	Spring Break Invitational	Irvine, Calif.	TBA
3/27	UCSD	San Diego, Calif.	TBA
4/3	Penn Invitational	Philadelphia, Pa.	All Day
4/9-10	Sea-Ray Relays	Knoxville, Tenn.	TBA
4/10	Bucknell Invitational	Louisberg, Pa.	TBA
4/17	Lafayette Invitational	Easton, Pa.	TBA
4/22-24	Penn Relays	Philadelphia, Pa.	All Day
4/25	Big Red Invitational	Ithaca, N.Y.	TBA
5/8-9	Heptagonal Championships	Providence, R.I.	All Day
5/14-16	ECAC/IC4A Championships	Princeton, N.J.	All Day
5/28-29	NCAA East Regional	Gainesville, Fla.	All Day
6/9-12	NCAA Championships	Austin, Tex.	All Day



Sarah Coseo '05



Alison Koplak '05

alumni updates

There has been plenty of exciting news to pass on since our last alumni update section a year ago. I hope I haven't left anyone out. Please send an e-mail to Artie Smith at acs1@cornell.edu with future updates!

First of all, a number of weddings to report:

Cindy Morgan '78 married Jim Hall in 2000 and now resides in an 1860s farmhouse in mid-Michigan. A psychologist, Cindy and her husband recently released a folk/bluegrass CD.

Colleen Costello '98 and **Mike Padilla '96** were wed June 27 in a beautiful ceremony attended by 19 Cornell tracksters. Colleen, who graduated in May from the Johnson School of Management at Cornell, and Mike just bought a great new house in the Philadelphia area and are busily settling into married life.

Aruna Boppana '97 married Vikram Hatti on Aug. 9. A number of Cornellians were in attendance, including head coach Lou Duesing. Aruna, an attorney, and Vikram, a medical doctor, reside in Syracuse.

Jay Friedman '97 married fellow MD Jodi Frantz on June 20, another wedding well-attended by former teammates.

Megan Kilbride '97 wed Walt Dalitsch in a small ceremony in Kansas City on Aug. 2.

Carl Anstrom '95 married Paula Beam in Raleigh, N.C., on Nov. 15 and celebrated with a pig roast the day before!

Mike Selig '00 married Norah Kaplan on June 14, 2003 in Ithaca, and **Fred Merwarth '00** married Maressa Tosto this summer in Easton, Pa. **Max King '02** returned to upstate N.Y. for his wedding in early September.

Ed Chai '90 reports on his wedding day: "I want to tell everyone that I got married 9/13/03 in Central Park to Ms. Rachel Brody. Former fellow Cornell 4X100 meter relay legs Michael Ealy Capt. '91 (anchor), Scott Edwards Capt. '92 (3rd), Carlos Byrne '90 (lead-off) and Maurice Campbell '91 (2nd) did their part by "handing off" the ring to me at the altar. Deb Young (nee Coccia) '92 was also there at the meet...I mean wedding. We are already expecting a baby in June. I am hoping

the baby is not like his/her father...I want him to run on our Four by FOUR relay and if she is a she...I want her to run on our four by EIGHT!"

Andy Aggarwala '98 married **Sarah Coulter '98** at Sage Chapel in June.

Glenn Goldenberg '98 married Marisa Range, Princeton '98 in Scotia, N.Y., also this summer.

Scott Pickles '99 married Christine Bartlett in September, 2001 and is currently living in Durham, N.C.

Steve Kuntz '88 married Tricia Migloire on August 29, 2003 and just moved into an old 1890 Victorian house in Macedon, N.Y.

Some engagements to report as well:

Brian Ayres '97, **Justin Mayer '99** and **Keith Strudler '92** will all be wed in 2005.

Also, since our last update, there have been a number of new arrivals:

Mike Franks '94 and **Julie Wojcik '93** welcomed baby Grace into the world on Dec. 22, 2002.

Jeff '97 and **Kristin '97 Nason** are the proud parents of Madeline, born Nov. 7, 2003. Jeff and Kristin live in Austin, Texas.

Laura (Woeller) Baker '95 and husband Brian had a baby boy, Quinn Addison. He was born Sept. 18, 2003 and is already going on runs with his mom (in the baby jogger!).

Continued on next page

Let's Get Connected!

The Cornell Track Association has established a list-serve to facilitate conversation and communication among alumni about Cornell track and cross country. If you've already subscribed, tell your teammates to get on line with us or let us know how to get in touch with them! If you haven't yet subscribed, or if you have any questions, contact the list-serve administrator, Artie Smith at 607 255-9782 or e-mail him at acs1@cornell.edu

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Trent Stellingwerff '99 wrote in and reported that a number of former teammates ran in the 2003 New York City marathon. Trent gutted it out to finish in 2:57:55 while classmate **Ryan Raffa '99** (3:05:41), **Meredith Freimer '01** (3:16:08), **Kim Chatman '01** (3:34:08) also ran well.

Here are more updates, in their own words:

→ **Antoine Bryant '95** is doing well and "trying to hold it down at the ripe old age of 30. Right now, my wife **Zawadi Bryant '95** and I have relocated to Houston, where I'm working for a non-profit Community Development Corporation (CDC), while she is still in the high-tech/supply-chain management realm. I'm doing design and development of affordable housing, and have been here about three months. I'm not quite finished with my graduate studies in architecture at the University of Texas at Austin, but hope to receive my master's next year. On the athletic front, ya boy has gotten back into the swing of it, competing in a series of age-group and open meets this past spring and summer. I did a lot of 4x100 and 4x200 relays, but tried to concentrate on the 200 dash. I ran a few 110 hurdles, and was able to get my time down to 14.56 over 42's and 14.07 over 39's. The 200 we got down to 22.07 FAT open, and 21.45 on a leg. Not bad for an outta shape 29-year-old! I'm actively training now in Houston because I have a few friends

who want to enter some DMR's in the spring, and well I plan to go to Boston to compete in the masters championships in March. This will be interesting, as I haven't competed indoors since 1995—but I'll give it my best shot!"

→ **Charles Roll '68** has returned to competition as well. "In 2003, I was fortunate to win the USATF Masters Indoor Nationals, Outdoor Nationals, and the WMA World Championship in Carolina, Puerto Rico. This was the 55-59 age group shot put. Of course, one of the premiere master's weightmen is **Tom Gage '65**. In fact he is a member of the Master's T&F Hall of Fame. He was an Olympian in the hammer throw in the '70s."

Indoor Heps Champs Return to Cornell

Cornell will serve as host for the indoor Heptagonal championships once again at Barton Hall. Please save the weekend of Feb. 27-29, 2004 to come cheer on the Big Red! There will be a reception Friday evening and a dinner on Saturday evening. A limited number of rooms are available at the University Best Western Hotel. Please ask for the *Cornell Track* block. For more information, contact Tom LaFalce at tpl1@cornell.edu.

→ Also on the athletic front, **Bruce Davis '60** writes in: "You may not be thinking about an "injury recovery" newsletter, but here is my news: I am still playing great handball and doing only so-so running at age 65. However, in my last 10K dated late Aug. 03, I pulled a hamstring "slightly" and am still rehabbing. I have browsed the internet for clues, tried to practice correct stretching, and regulate my running for recovery, but it is an uphill battle. I believe a deep-heat, ultra-sound treatment for tight muscles would be most productive. Does anyone have a clue (a real gem of advice) for the old hamstring rehabber? Any information will be appreciated."

→ **Anthony Boyadjis, BA '81, Law '84** writes: "I have been training using **Pete Pfitzinger's '79** book *Advanced Marathon-ing*, and will be running my third marathon of the year in Philly."

→ From **John Raguin '91**: "I have been CEO of a start-up company called Guide-wire in CA for the last few years and progress is going well. I split coasts with my wife and two kids in Boston. The kids are now 4 1/2 and almost 3, and are definitely a handful. In between those activities, I still find time to run a bit. Recently, I ran a slow marathon (3:18) but in another race, won the fastest Bay Area Senior Executive (a dubious title I think)."

→ "Greetings from **Julie Dzik Anderson '82**. I'm now in Minneapolis after having been in East Africa for seven years. So,

happily, now I run as fast as most Kenyan runners! Hah! I'd love to connect with any other T and F team members from the early '80s (jjanderson@surfbest.net). Lots of great lakes to run around here!"

→ **Seth Guikema '97** has returned to Ithaca and is "a postdoctoral researcher in the Department of Civil and Environmental Engineering. I finished my Ph.D in the Management Science and Engineering Department at Stanford in September. I'm not sure if it ever made it in the Wastebasket, but I was married in August 2002 to Janice Wynn, **Dave Wynn's '99** sister. Oh, that reminds me. If you want more news, Dave Wynn finished a M.S. in geophysics at Stanford this year. He's now traveling the world for a year."

→ **Pete Pfitzinger '79** writes: "I was sorry to miss the Eddy's End reunion, but it was great to be able to call from New Zealand and talk to former team-mates Dave Washburn, Dan Predmore, Mike Wyckoff, Craig Holm, Mike Totta, Dave Bailey, Casey Moulton, Andy Parece, Joe Arthur, Doug Bamford, Rob Duncan, and Jay Johnson. Am working for the NZ Academy of Sport and coaching in my spare time. It is great to see former team-mates (Duncan Scott, Chris Kruell and Jay Johnson have visited recently), so if you are heading this way, please get in touch."

→ **Bob Gray '72** sent the following note: "I thought that one of my businesses may be of interest. I am chairman and co-founder of the MeiGray Group (www.meigray.com). It is a relatively new com-

pany founded in 1997. We sell game-worn jerseys of professional sports teams. Last year we entered into a partnership with the National Hockey League, the NHL/MeiGray game-worn authentication program to sell the league's game-worn jerseys (NHLgameworn.com). It is the first such arrangement with a professional sports team. We have a similar arrangement with the ECHL (the East Coast Hockey League) and other sports teams in the NFL and baseball. We are the largest retailer of game worn items in the U.S. I also remain president of Star Trucking and Delivery Systems Inc. in Edison, N.J."

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