

Cornell Cross Country



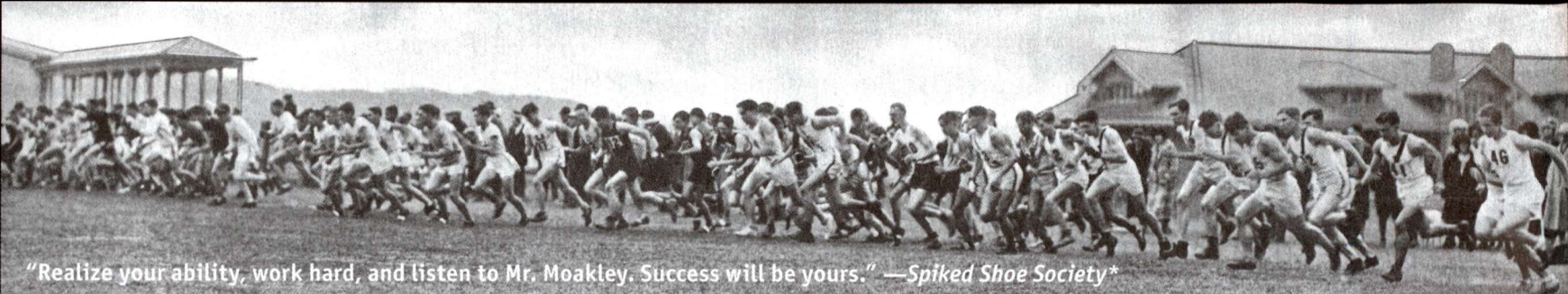
Jimmy Wyner '08



Toni-Lynn Salucci '07

The Wastebasket

2006 Cross Country Review and 2007 Track & Field Preview



"Realize your ability, work hard, and listen to Mr. Moakley. Success will be yours." —*Spiked Shoe Society**

Spiked Shoe Society Returns!

After an absence of nearly two decades, members of Cornell's track and field team have re-invigorated the Spiked Shoe Society. Under the leadership of President **Anjelica Gregory '08** and Vice President **Devon Rupley '08**, the Spiked Shoe Society will contribute to the production of the semi-annual *Wastebasket*, look to bolster team spirit, develop community service activities for the track team, and help foster and create relationships between current team members and alumni.

Many thanks to Spiked Shoe Society members who contributed to this issue, including *Wastebasket* assistant editor **Molly O'Toole '09** and contributing writers **Daniel Gorman '09**, **Erika Nolting '08**, **Megan Rae '08**, **Ian Ward '08**, and **Amanda Wheat '09**.

Spiked Shoe historians have noted that older issues of the *Wastebasket* always included a dedication. In the spirit of reviving the traditions associated with the Spiked Shoe Society, this issue of the *Wastebasket* is dedicated to the honor and legacy of past generations of the Spiked Shoe Society. The Spiked Shoe Society has made some great efforts to add content to the *Wastebasket* and while popular season review and alumni update sections will remain, you will also see in this issue an excerpt from a vintage

issue of the *Wastebasket*, a "Captain's Corner" section that will preview the upcoming track season, and feature stories on members of the men's and women's team. We hope to continue these and other fea-

tures in future issues. To touch base with the Spiked Shoe Society, contact assistant coach and *Wastebasket* editor Artie Smith '96 (acs1@cornell.edu) or Anjelica Gregory '08 (asg38@cornell.edu)

SPIKED SHOE VINTAGE

This article was taken from the spring drive of the 1918 "Waste Basket"

Which Will It Be?

By K.A. Mayer, April 20, 1918

All of us in hard races, when the other fellow was leading and when our legs felt as though they were made of lead and our lungs ached at every breath, have thought of how fine it would be to be satisfied with second place, rather than put everything into one last supreme effort which was sure to culminate in temporary but complete exhaustion. Or, at other times, when we were hopelessly outclassed, the old question of "What's the use" has arisen. "What's the use of finishing when there is no chance of winning?" In other words, if a man is forced beyond a cer-

tain point, there comes a desire to quit and it is this point which separates the "successful" athlete from the "unsuccessful" ones. By "successful" athletes we do not mean necessarily those who win, but those who have the satisfaction of knowing that they were beaten by better men, and not because they failed to do their best. The "successful" athletes are the one who have mastered the desire to "lay down," the "unsuccessful" have yet to acquire the art. Of course we do not urge that a man should go on when he knows that he is permanently injuring himself by so doing, but what we do mean is that a man should keep on until his muscles and sinews, and not his brain, tell him to quit.

*From: *A Book of Views*, © 1925

men's cross country review

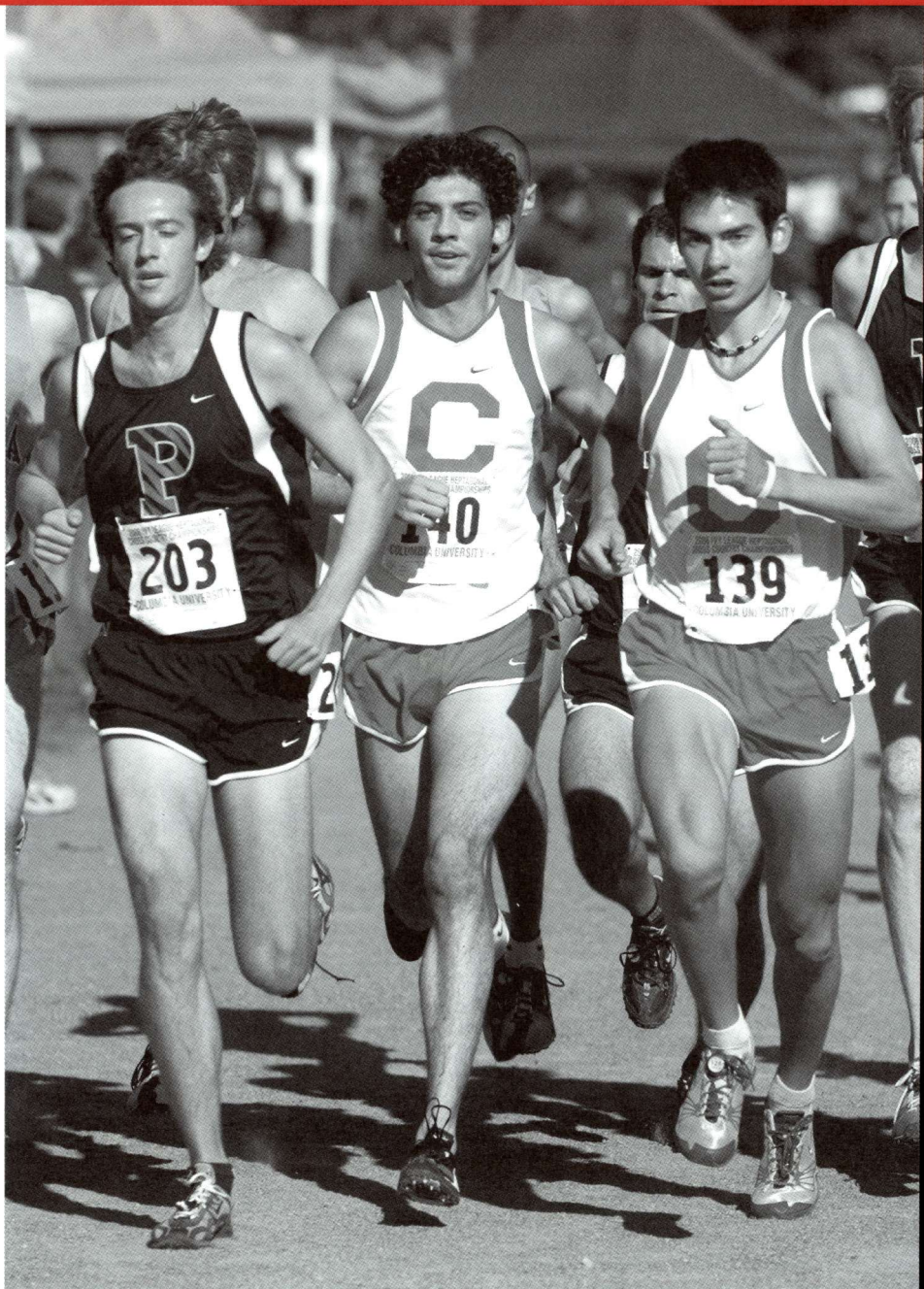
by Daniel Gorman '09

The leaves have fallen and the air holds a deep chill. It is hard to believe that just a month ago it was warm and runs frequently crossed the many rivers that wind their way through the hills of Ithaca. Now it is cold and students are bundling up. However, a good two dozen Cornell students in tiny shorts and paper-thin spikes refuse to yield to the elements. Cross country running is always in session.

The Big Red began the 2006-07 season with a dual meet against rival Army at West Point. Racing on a ski slope substituting as a cross-country course, the Big Red overcame the hills and heat, and emerged victorious with a score of 21-39. Returning in excellent form were **Sage Canaday '08** and **Jimmy Wyner '08** taking first and second place respectively in the race. Next for the Big Red in his collegiate debut was **Charlie Hatch '10**, placing fifth overall. The Big Red capped off the scoring with **David Krause '08** taking sixth place, and **Sam Luff '09** in seventh. Such a strong beginning boded well for the team. It was evident everyone had dedicated themselves more than ever during the summer months. The Big Red was ready to roll.

The Big Red split the second meet of the season, with the top 10 athletes traveling to Minnesota to run in the Roy Griak Invitational, while the remainder of the team traveled to Buffalo to compete in the University of Buffalo's Buffalo Stampede. In mud deep enough to swim in, both squads produced mixed results.

The varsity ran against a nationally competitive field at the Roy Griak Invitational. Wyner once again showed his strength with an impressive 39th-place finish in a time of 25:38. Canaday came in second for the team in 96th place, with captain **Brad Baird '07** nipping at his heels in 98th. Rounding out the scoring were Hatch and **Zac Hine '09** in 106th and 144th places, respectively. Nonetheless the Big Red was disappointed with their 18th-place finish, scoring 495 points.



Jimmy Wyner '08 and Sage Canaday '08

At Buffalo, the mud once again wreaked havoc with the Big Red runners. Despite the conditions, **Pete Loy '10**, **Andy Miller '09**, **Kyle Wolpert '10**, **Dale Taylor '10**, and **Jason Brown '08** took fourth through eighth places. The Big Red finished second to Buffalo with a score of 28-30.

The team reunited at Penn State for its last meet before the Heptagonal Championship. Canaday and Wyner were at it once again. Canaday finished strong taking fifth place in 25:52, one second ahead of Wyner in sixth place. Zac Hine had a breakout race finishing third for the Big Red and placing 27th overall in a time of 26:29. Hatch and **Owen Kimple '10** rounded out the scoring for the Big Red by capturing 33rd and 44th places, respectively. This was Kimple's first time scoring for our program. We tied Penn State for second with a score of 101. Syracuse took first with 68 points.

A week before the Heptagonal Championship, the Big Red returned home for the 20th annual John Reif Memorial Cross Country Run. With the top 11 athletes sitting out the race to rest up for the Heps, the remainder of the team competed. The winner of the race would earn the last spot to the Heps. Though the course had to be altered due to torrential rain, the Big Red still ran strong. Last year's winner, **Dan Gorman '09**, was narrowly edged out by teammate Jason Brown for first place in the five-mile run. In third place was Andy Miller, with Kyle Wolpert completing the sweep in fourth. Close behind were **Matt Murphy '10**, **Chris Tilger '10**, and **Joel Frost-Tift '10** in sixth, seventh, and ninth, respectively.

One week after the Reif Memorial Invitational, a prepared Cornell squad traveled to storied Van Cortlandt Park for the Heptagonal Championship. In one of the most competitive fields in the 70-year history of the league, the Big Red finished fifth overall despite running the fastest average in Cornell history. Wyner showed his ability to perform under pressure, finishing second overall with an unbelievable 72-second PR. Despite tripping and falling 1.5 miles into the race, Wyner still produced the second-fastest time for Cornell at Van Cortlandt, 24:32.0. Canaday was next for the Big Red, who, after taking the lead in the fourth mile, faded up Cemetery Hill and fell back to 12th place overall, running 25:04.1, a 24-second PR.

The rest of the Big Red were not wanting for PRs as Zac Hine (44 seconds, 25:19.1 – 24th), David Krause (21 seconds, 25:41.6 – 47th), and Jason Brown (over a minute, 25:50.3 – 55th) also ran personal bests. Performing exceptionally were freshmen Charlie Hatch and Owen Kimple, running times of 25:35.0 for 39th and 25:49.5 for 53rd place, respectively. Also competing for the Big Red were sophomore Sam Luff (73rd in 26:18.5), **David Shenk '07** (74th, 26:24.1), Pete Loy '10 (76th, 26:28.9), and **Joe Walsh '08** (84th, 26:49.6).

Head coach Nathan Taylor said of the team's performance, "Running the best average time in Cornell history was a huge accomplishment...but nobody likes to finish fifth." Even with everyone running in top form, the Big Red were not about to become content

with this finish, as the NCAA regional meet was to be held in two weeks time.

Spirits were high going into the NCAA regional meet, also held at Van Cortlandt Park. With 10 of the 11 finishers for Cornell running PR's at Heps, the team had great momentum going into the biggest meet of the year. Unfortunately the windy and unseasonably warm conditions hurt the Big Red as most of the runners faded over the longer distance of 10K. Nevertheless, Zac Hine had another huge breakout performance, finishing first for the team and narrowly missing All-Region honors by one place. He ran to 26th place in a time of 32:40.1. Next for the Big Red was Sage Canaday finishing 37th in a time of 33:00.7. Heps runner-up Jimmy Wyner suffered calf muscle cramps throughout the race and struggled to 43rd place in a time of 33:06.7. David Krause ran a strong race, finishing in 62nd place in a time of 33:29.3. Charlie Hatch once again performed very well, running a time of 33:56.6 for an 80th-place finish. Another strong performance from Owen Kimple placed him 109th in 34:32.2. Rounding out the team was Jason Brown who ran 35:20.6 to take 142nd place.

With the season over for most of the Big Red, a small squad of only three runners competed in the IC4A championship. Sage Canaday finished a fantastic season, crossing the line third overall with a time of 24:59.0. Canaday's bronze medal was the highest for a male Cornellian since **Bruce Hyde '06** took third place in 2002. Canaday's time makes him one of only 12 Cornellians to ever break the 25-minute mark at Van Cortlandt Park.

Though the Big Red were disappointed with their final performance at the NCAA regional meet, the cohesiveness of the team at the Heps, combined with the team's youth, promise to result in vast leaps forward for this steadily improving program. Suffering the loss of their number one runner for the

second year in a row at Heps, the Big Red still ran the fastest Cornell team average, breaking the previous record set back in 1970. Assistant coach Robert Johnson said, "If you had asked me in the beginning of the season about placing fifth at Heps, I would have been disappointed but now I am

very happy with the season. We have a very strong young team. The future has never looked brighter. It bodes very well for next year." If this year's success is any indication, an appearance at NCAA nationals is in sight for this young and ambitious team. ■

in focus: David Shenk '07

by Ian Ward '08

This fall, **David Shenk '07** finished his final collegiate cross country season. The Vermont native is like one of New England's fabled bed and breakfasts. You'd miss it if you didn't know to look closer. He may not be the flashiest of competitors, but

he has been nothing if not consistent. In cross country, he competed at the Heptagonal championships all four years, winning the John Reif Memorial both his freshman and sophomore years. On the track, Shenk was a long-distance specialist, and he accrued respectable personal bests in events ranging from 3K to the 10K.

Shenk came to running like most awkward teenagers. His mother wanted him to stay active so he joined the mass of protruding elbows and Adam's apples known as middle school track. Shenk first realized that

he was destined for distance dominance when he was the only person on his team to advance all the way to the New England championships as a freshman. He went on to finish his high school career with 11 state championships.

Running was not Shenk's only passion. As a junior in high school, he graced the cover of the Burlington Free Press, a local newspaper, in a feature article regarding his exploits as an agricultural entrepreneur. What started as a small vegetable farm has grown into Shenk Enterprises L.L.C., a company that Shenk runs full time over summer and winter breaks. Shenk has moved out of the farming business and now has focused his attention on construction and excavation when not in school. The Applied Economics and Management major has succeeded in business through the same means that have helped him excel both in the classroom and on the track: hard work. Shenk often gets funny looks for waking up as early as 7 a.m. during the school year, but he has been known to wake up as early as 5:30 a.m. dur-

ing the summer. Not many of us can say that we have ever completed an 80-hour work week or a 100-mile running week, but David Shenk would be one of the few people who has done both, in the same week. Unfortunately for Cornell's track and field program, and the university as a whole, Shenk's drive and hard work have given him the opportunity to graduate early. And like most savvy businessmen, he took full advantage of that opportunity. In a somber yet good-humored team meeting last spring, Shenk announced that he would be graduating early and that the fall of 2006 was to be his last season as a student-athlete. In that meeting Shenk said that deciding to give up competitive running was the hardest part about deciding to leave early. Both head coach Nathan Taylor and distance coach Robert Johnson were supportive of Shenk's decision.

The story of David Shenk is an open book. After graduation he plans on taking a month to travel to Vietnam as well as touring various locations within the United States. "Then," he says, "it's back to the grindstone."



women's cross country review

By Megan Rae '09

An outstanding group of seniors, including NCAA-qualifier **Toni-Lynn Salucci '07**, led the women's cross country team through a successful and competitive season. The Big Red showed remarkable improvements, with significant PRs achieved throughout the season. The 2006 season ended on a high note with a third-place finish at Heps, which was the teams' best since 2002. The following week, the women posted a fifth-place finish at the NCAA Northeast region meet behind Salucci's fifth-overall finish, and automatic qualification for the NCAA national championships. In their final weekend of competition, the 2006 women's cross country squad won the ECAC Cross Country Championship for the second straight season.

The Big Red's 2006 cross country campaign got off to a promising start with the traditional Army dual and the team earning a perfect 15-50 victory. **Nyam Kagwima '07** posted a first-place finish for the second year in a row, as she led a tight pack of Cornell women to claim the first seven spots.

A powerful group of classmates joined Kagwima, including Salucci, **Erin Linehan '07**, and captain **Robyn Ellerbrock '07**. This strong pack of seniors contributed to the Cornell women being a competitive force throughout the fall.

The team's success continued as they competed at the University of Buffalo in the Buffalo's Stampede, claiming eight of the



Nyam Kagwima '07

top 11 places in a field of 11 teams. Their 20-point score outdistanced second place Central Michigan by 48. The powerful group of seniors once again led the way. Salucci and Kagwima pulled ahead of the field to finish first and second in times of 18:13.7 and 18:16.6, respectively, in the 5K race. Racing well together, they were followed by fellow senior Linehan, who finished fourth in 18:51.1, and a strong performance by **Katie Roll '09**, who claimed fifth in a time of 18:55.0.

Rounding out the top 10 finishers of the dominant Big Red were **Erin Roberts '10**, **Marie Parks '09**, and **Christy Paul '07**. Also running well in the meet was captain Ellerbrock, **Stephanie Pancoast '10**, and **Dani Schaub '09**, **Aeriel Emig '09**, and **Fiona Cundy '09**. All contributed to the team's achievements throughout the season.

Confronted by a competitive field at the Iona Meet of Champions, the Cornell women stepped up to the challenge by turning in an impressive third-place finish out of 18 teams. The team scored 61 points to fall just short of Iona (45) and Boston College (58). The Big Red finished 63 points ahead of Ivy League competitors Brown and Harvard. Once again, an experienced group of seniors led the team, filling five of the top six Big Red finishers, behind the one-two punch of Salucci and Kagwima. A large group of supportive alumni cheered on the Big Red. Standing out among the impressive 12 PR performances delivered by the Cornell women, was Salucci's sixth-overall finish of 21:21.8, a minute faster than her time at this meet last year, and the No. 2 all-time in school history on the 6K course. Another tremendous PR performance was turned in by Kagwima running 21:23.7, No. 3 all-time at Cornell and a 75-second improvement from last season. Phenomenal breakthrough performances seemed to be the common theme for this meet as Linehan added to the PR performances with a remarkable 2:00 course PR, placing 18th overall in 21:57.1 (No. 5 all-time at Cornell). Captain Ellerbrock ran a 68 second PR to place 21st

in 22:16.8. Emig rounded out the top five with a solid 25th-place finish in 22:26.5, just ahead of Paul's PR of 22:32.7, and Roll's 33-second PR of 22:34.9. The support of alumni, success against a competitive field including some Ivy League competitors, and the tremendous PR performances at Iona left the Cornell women confident and excited as they continued their season.

The following weekend, the squad was split between the NCAA pre-national meet at Indiana State and the Rochester Invitational in upstate New York. Although not quite achieving the results they had hoped for in Indiana, the Cornell women gained valuable experience and entered the Heps with the confidence that they could compete with some of the best of the nation when they run well together. A slow start in a large field of 253 runners ultimately resulted in the team's 20th-place finish. In Rochester, a young "B" team similarly gained confidence and valuable experience as they dominated the 10-team field for a team victory. Despite the disagreeable weather, the young squad scored 28 points behind the strong performances of Pancoast, Schaub, freshman **Kerri Lyons '09**, Cundy, and **Kat Beck '09**, **Shannon Crane '09**, and **Sonia Haerizadeh '09**.

At the Heps, a nationally competitive field once again confronted the Cornell women. They were prepared for the challenge. The team improved on its 2005 sixth-place finish, defeating all but Columbia and No. 22 nationally-ranked Princeton, for a third place overall finish with 68 points. Addi-



Women's cross country team (l-r) kneeling: Katie Roll '09, Nyam Kagwima '07, Toni Salucci '07, Robyn Ellerbrock '07, Christy Paul '07. Standing: Fiona Cundy '09, Erin Roberts '10, Kerri Lyons '10, Stephanie Pancoast '10, Marie Parks '09, Aerial Emig '09.

tionally, the Big Red had the fastest average time (17:52) for the scoring-five runners in Cornell history at Van Cortland Park, breaking a 14-year-old record. It was also the first time a Cornell women's team has had five runners average under 18:00 at Van Cortlandt Park. Salucci continued her spectacular senior season by placing second (behind Yale All-American Lindsay Donaldson), and breaking the 5K Van Cortland Park school record set by **Kate Boyles '05** in 2004. She

also ran the 10th-fastest time in Heps meet history, a phenomenal 17:14.9. Classmate Kagwima also added another great race to her senior season, placing 34th in 17:31.5, No. 4 all-time in school history. Ellerbrock had a breakthrough performance, placing 10th in 17:55.4 to join Salucci and Kagwima in earning All-Ivy honors. All three once again established huge PRs: 77 seconds, 24 seconds, and 56 seconds respectively. Closing out the top five were Emig, 27th in

18:21.8, and Roll, 28th in 18:22.2. They also set PRs while delivering outstanding performances. Stellar performances also came from Christy Paul at 32nd place in 18:24.5, and Marie Parks, who rounded out the top seven by placing 43rd in 18:43.7.

Returning once again to the now familiar course at Van Cortlandt Park, the women competed at the NCAA Division I Northeast regional championships two weeks later. Closing out a tremendous season, the women boasted two All-Region finishers in the senior duo of Salucci and Kagwima, while Salucci also earned herself an automatic individual bid for the national championships. Salucci placed fifth overall to become the first cross country individual national qualifier for Cornell since Kate Boyles '05 in 2004. She also led the women to a fifth-place team finish. This improvement from last season's seventh-place finish ended a strong season of tremendous improvement and success.

The Cornell women concluded an outstanding 2006 season with a first-place team finish at the ECAC championship. This marks the second consecutive season that the women have won this race, led this year by three All-East finishers. They defeated second place William and Mary by four points, 57-61! Furthermore, the victory was the ninth time in 10 years that the Big Red women have placed in the top three at the ECAC championships, a fantastic way for this group of runners to conclude their fall, and for many, their final campaign.

One such runner, successfully ending her collegiate cross country career, was Ellerbrock, who led the way for Cornell with a strong final kick. Out of 108 runners, she crossed the line in seventh-place with a time of 18:17.1 to add All-East honors to two previous All-East track medals. Finishing with Ellerbrock was sophomore Roll, finishing her season with a breakout race. She earned All-East honors, and posted a PR of 18:18.7 for eighth place. Paul also finished her final year with a remarkable performance, placing 11th in 18:24.7 to earn her first career All-East medal. A strong effort pushed Emig up to 17th place with a time of 18:36.5.

Another PR performance was turned in by senior Linehan, who closed out the scoring for the Big Red in 19th place with a time of 18:37.2. Linehan's finish was nine places ahead of William and Mary's fifth-place scorer. With Salucci competing at the NCAA national championships, and Kagwima (a first team All-Ivy and All-Region honoree) taking the weekend off to prepare for the upcoming track season, the Big Red, without two of the team's top runners, competed in outstanding fashion, with a less than 20-second spread among the scoring finishers, to win the meet. The cross country season ended two days later in Terre Haute, Ind., at the NCAA championships, where Salucci placed 45th, the best Cornell women's finish since Laura Woeller '95 in 1993. In 83rd at the 3K, Salucci moved up methodically in the second half of the race to finish with a time of 21:34.4 ■

By Molly O'Toole '09

Four years ago, a small-town girl from Hood River, Ore., set upon a path to the great unknown—the east coast—or more specifically, Cornell University. The same path, paved with successes, has led her around the country, and even around the world. But it does not end here.

Christy Paul '07 wasn't always a runner. "I got into running through soccer. That was my sport. I ran track, but realized I wasn't as fast as I thought, so I had to do distance."

She described her first race in the 800. "I didn't know what I was doing. I just followed this girl until the end, then kicked and passed her, and I was like, 'Oh, I won.'" Interestingly, her competitor ended up going to Columbia.

Paul's first victory was only a hint of things to come. As a high school sophomore, she had a tough choice to make between soccer and cross country running. She decided to dedicate herself to running. As it turns out, it was a good decision. Paul was a top ten high school athlete in Oregon for the next three years—third as a sophomore, first as a junior, and fifth as a senior.

Paul looked all over the country at colleges, knowing she wanted to do something different. She visited several institutions. Her second to last visit was to Princeton.

"I was going there," she recalled thinking, "but then I visited Cornell." She described her first impressions: "It had everything I was looking for—big enough so you always



had something to do, not so big you were completely lost the whole time, or knew everyone. And I loved the campus."

Many could not do what Paul does, going to school so far away from home.

"When you're busy you don't think about it so much," she said, "I don't get homesick until a) I'm really stressed out or b) the weather's really bad."

Paul certainly has taken her own advice. She has kept busy with track and cross country, studied abroad, volunteered for Habitat for Humanity, and has completed a grueling Policy Analysis major. "Cross country and track take up a lot of time. One thing I've tried to be involved with is Habitat for Humanity," said Paul. She has spent all of her

spring breaks working with this non-profit organization, and considers it the most meaningful experience she's had. "We worked side by side with people who will be living in the homes, hearing their stories—it was so inspiring," she said. She added jokingly, "Of course, getting up to do workouts before working on houses was not that fun."

Last semester, Paul studied abroad in Argentina. She stayed with two different families. One of the hardest parts, she said, was learning how to live in Buenos Aires, a city of 14 million people. She studied at a smaller university with other American students. Another challenge was maintaining her fitness, "People don't run there, especially women. My long runs would be pretty interesting—I would go by the same home-

less man, stray dog, airport, and abandoned football stadium, all in one run."

"My favorite part was everything besides classes," she said. "I got to travel around Argentina. On spring break we took a trip to Patagonia, and saw things you only see in movies." When it was time to return to Ithaca, Paul was ready. "But I do miss things about it," she said. "I want to go back there again."

The transition back to university life wasn't difficult for her. In terms of running, Paul didn't skip a beat. She returned in the fall to have yet another strong cross country season. "It's bittersweet," she said. "The team did really well, maybe not as well as we thought we could have. It's hard to be disappointed when everyone improves."

Athletics are not the only aspect of Paul's life that is shifting. Like many seniors, she's constantly being asked the question, "What are you going to do after Cornell?"

Paul said, "Ask me ten years from now and I'll give you the answer to that question. I'm not too stressed about it. I don't want to get a job I'm not happy in."

With a Policy Analysis major that combines government, economics, sociology, and statistics, she shouldn't have any trouble.

Paul revealed the secret to her success: "The idea of being true to yourself, what you want to do and what you think is important. It's so easy to fall into other people's ideas, do what they think is right. But you are never going to be happy until you do what is best for you."

alumni updates

Please contact assistant coach Artie Smith '96 at acs1@cornell.edu to be included in future issues.

→ **Charles Roll '68** has had some great success recently in competition: "Thanks for the opportunity to brag. In March, I took the Indoor National Championship at Boston: shot put M55-59 at 14.37M (6K). In August, I won the Outdoor National Championship at Charlotte, N.C. Shot put M60-64, 15.53M (5K)."

Also joining him as a national champion at the Outdoor Masters National Championships in Charlotte was **Kate Walker '97**, who won the 1500 and ran on the first place 4X100 and 4X400 meter relays in the 30-34 age group for women.

→ **Bob Cartin '75** sends in this update: "My wife, Melodee, and I are still living in Oceanside, Calif., about forty miles north of San Diego. Our daughter Mackenzie, who is a high school sophomore, is running on her varsity cross country team. Our son Griffin is running on his middle school's team as well as playing Little League baseball. I own and manage two veterinary hospitals. My running is on hold for a while due to a partially torn Achilles tendon. This past weekend, we had a wonderful visit from **Pam Hunt '94**, her husband, Scott, and their beautiful little boy, Oliver."

→ **Dane Keehn '75**: "At the honorable age of 53, I just got married (for the first time) this year! Very happy. I live on an island off of Seattle and have a great job living my passion of creating peace as the Alternative

Dispute Resolution manager for the City of Seattle. I don't run much any more because of repeated injuries, but keep fit by biking to and from the ferry that takes me to Seattle. Life is good! I am continually impressed with the quality of teams at Cornell now... and am wondering if this will be the year that the two-mile relay record will fall."

→ From **Duncan Scott '81**: "Greetings from Hong Kong. A short update from me is that I am still working for the adidas-group on the product side in charge of global sourcing (development and manufacturing) for footwear. It's a great job because I can stay connected with sport every day. Today I am in a running shoe factory that proudly has posters on the wall of athletes that have recently run 2:06 marathons in our latest racing shoes and it's a good feeling to know that we are contributing to these great athletes on some level - even if I am just happy to get through my daily five milers."

→ **Kathi Berman '83**: "The National Club XC Championships will be held on Dec. 9 in San Francisco with alumna **Kelly Neilan Kruell '82** racing, me (Kathi Krause Berman '83) officiating, and likely **Terry Quan '83** spectating."

→ **Beth Fox-McManus '90** now lives in Princeton Junction, N.J. She writes, "We have lived in this area for almost eight years now. I have made it to the last two ECAC/IC4A's at Princeton to see the women's high jump (of course!). I have three kids, Kate (age 8), Kevin Jr. (age 6) and Maggie (age 3). After eight years of teaching high school

math and coaching track, I have now been at home for almost seven years raising the kids. I keep busy with the kids and their school, tutoring math and selling Longaberger. I can't wait to see the team at the Outdoor Heps at Princeton. I am hoping to get a few alums from my era here to cheer on the team! I live 10 minutes from the campus and have room for people to sleep over (Yes, **Debbie Coccia Young '92**, you do have first dibs!)"

→ **Edward Chai '91**, who has been a loyal supporter at track and cross country meets, writes: "I moved to Riverdale, N.Y. in February 2006 with my wife, daughter Jane, and son Joseph, 11 months. I am currently on faculty at St. Luke's Roosevelt Hospital practicing as a neurologist and psychiatrist and heading the outpatient neurology clinics. My daughter celebrated her second birthday this past June. **Maurice Campbell '91** showed up with his son Maurice Jr. and wife Janet. **Michael James Ealy '91** was also there for the kiddy birthday party, as well as **David Young '80**. Indoor Heps are at the Armory in February and I would like to gather a large group of people to go and watch the men and women take home another title. Please e-mail me at Echai@juno.com if you are interested. If enough people are interested, I can make the necessary arrangements to make it a great day! (i.e. food, tickets etc..)"

→ **James Gray '91** writes in: "I'm wrapping up my M.S. studies in Forestry and International Development Studies here at Michigan State in East Lansing. I'll be going down to Guatemala next year to do my field

Annual Phoneathon: January 14 & 15

work on an innovative development and natural resource management project. Work-wise I'm still writing for the magazine Linux Journal. The legs are still working, too! I jumped into some 5 and 10Ks this summer, and my tennis game is looking better than ever since I've joined a local league here."

→ **Laura Baker '95** and husband Brian welcomed their second child into the world this summer, another son. Ian York Baker was born August 18 and weighed 9 lbs 8 ounces.

→ **Aravind Swaminathan '97** and wife Sarah Johnson are the proud parents of a son. Nikhil Johnson Swaminathan was born on June 12, 2006.

→ **Jessica Shaw '99** is now working for Cornell. She writes: "After spending seven fantastic years in Cambridge, Mass., I moved to New York City this past June. I'm currently working for Cornell's Metro NY Regional Office of Alumni Affairs and Development. Living in New York City and working for Cornell is the best of both worlds! If you're coming through NYC, let me know! My e-mail is: jrs24@cornell.edu"

→ **Trent Stellingwerff '00** has been busy: "The last year has been a bit of a whirlwind for my wife Hilary and me. First we got married last June at a beautiful outdoor wedding and tent reception overlooking Lake Huron near my hometown of Grand Bend, Ontario, Canada. Cornellians in attendance included: **Meredith Freimer '01, Doug Krisch '00, Fred Merwarth '00, Ryan Raffa '00 and Zach Woodmansee '98**. Shortly thereafter, I defended my PhD in mid-

September of last fall. We then moved to Maastricht, Netherlands only four days after the defense, and I started a post-doctorate fellowship in the Department of Movement Science, University of Maastricht. Maastricht is about the size of Ithaca and is a beautiful European town, in the rolling hills of Limburg, about three and 30km from the borders of Belgium and Germany, respectively.

I have been quite busy working on several projects, all in the area of human sports performance and nutrition research in two major areas: 1) post-exercise recovery using different ratios of carbohydrate and proteins to maximize protein and glycogen re-synthesis rates and 2) fat and carbohydrate utilization during prolonged exercise. My wife has also kept very busy during this time running (literally) all over Europe and competing for the Canadian team at the Commonwealth Games this past March in Melbourne, Australia in the 1500M event (if you are curious, you can see Commonwealth and Maastricht photos and updates at www.runhilaryrun.ca).

The most recent news is I recently accepted a position at the Nestle Research Centre in Lausanne, Switzerland, which started Oct.

The phoneathon continues to be our main fundraiser for our annual fund. Gifts to our annual fund go to support team travel and other operational expenses. We could not do all we do without you, our generous alumni. Please answer your phones on our scheduled days: **Sunday, January 14 and Monday, January 15**, so that our student-athletes may have the opportunity to speak with you and fill you in on what is going on with the team.

If you are unable to take our call on these dates, you may still make a gift. Please use the coupon on page 15, or visit www.alumni.cornell.edu/giving/giftcard.html to make a gift online.

Your gift to Cornell is tax deductible.

1, 2006. I will primarily be working in their PowerBar division (note- Nestle has owned PowerBar since 2000) as their primary coordinator of sports performance and nutrition research. So Hilary and I will be moving there this September, and she will primarily be based out of Lausanne for her run up to the 2008 Olympics."

→ **Aliza Cohen '04** writes: "I finished my Master's at the University of Colorado last year and am now working for a small Civil and Environmental Engineering company in Burlington, Vt. I had a great time cheering on fellow Big Red-turned-cycling alums **Ann Hansgate '04, Alan Enos '99, Dan Dombroski, '03 and Andrew Boone '03** at the Green Mountain Stage Race this fall. The turned in impressive results!"

→ Long-time Cornell track and cross country coach **Jack Warner** writes: "Just completed my 12th year coaching the William Smith cross country team. We won the second annual CCOC (Cross Country Only Conference) championship. The CCOC is for Division III teams that have cross country but do not have track and field. Sort of comparing apples to apples. Still going strong! "Hi" to all of my old Big Red friends! CHEERS!" ■

track & field captains' profiles (men)

By Erika Nolting '08

Cornell's four men's track and field captains, **Kolby Hoover '07, David Pell '07, Rayon Taylor '07, and Evan Whitehall '07**, have experienced the glory of winning multiple Heps championships, as both individual competitors and as team members.

They have been scorers at the IC4A championships and the NCAA regional championships, competitors at the NCAA championships, Academic All-Ivy selections and Scholastic All-Americans. Not only do they share the achievement of many champion titles, they also share a genuine desire to see each and every one of their teammates, especially underclassmen, develop and reach their goals. They possess drive and

humor that resonates among their teammates and will serve as catalysts to hard work and achievement that will make for another successful and memorable season.

Each captain was asked to respond to questions in a short interview. Here's what they had to say about this year's team, what they are looking forward to most, their personal experiences on the team, and more.

How would you characterize the team?

Hoover: I'd describe them with many words: the best in my four years, the most balanced, chill, solid, and sincere.

Taylor: Resilient. The team has never relied on one person to carry the team; it's always a collective effort. The last two Heps wins

have been really rewarding because we were able to come back from pretty big point deficits thanks to some big performances by people who really stepped up and came through, in addition to points scored by consistent performers.

What are you looking forward to most this season?

Taylor: Absolutely nothing...just kidding (laughing). I would like to see the younger athletes develop and really come into their own, especially at the meets where it really counts.

If you could tell our alumni anything, what would you tell them?

Pell: If you need an engineer, hire me (smil-



David Pell '07



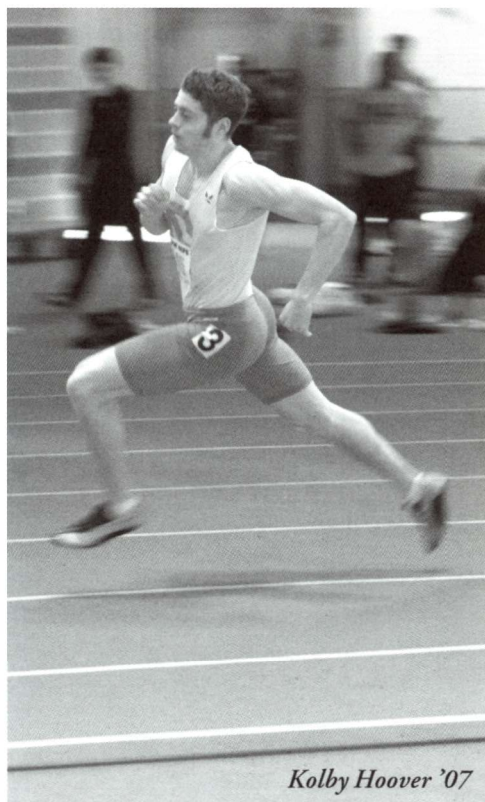
Evan Whitehall '07

ing)! Honestly, thanks for supporting us. It's nice how the recent alumni have come back and helped out. **Pete Ippel '01** comes back every year for the first meet. He has been really amazing and has helped me out with my jumping, and **Ryan Schmidt '05** has too. No doubt **Pat McDonough '06** will be the same way. I especially appreciate **Wayne Gustafson '68**, who works with the jumpers every Tuesday. He won Heps in 1968, and he continually gives back to the team.

Tell me about one of the most influential experiences you've had in your college track and field career.

Whitehall: Winning Heps for the first time was pretty big. It was a close competition in the pole vault, and the event was early in the meet. That year the team won, and winning my event was an added treat to the experience. It was evident to me that we had a team that was special.

Taylor: This past summer I got to meet the British long jumper who won the Tokyo Olympics in 1964. He talked about what it means to be a champion, and he had something really interesting to say. He said, "Look not at who has won the Olympics or other championships, but rather at who didn't win" because those who didn't win are world class athletes whom the winner had to beat. He explained that you can go from a virtual nobody on the scoreboard to being the world's best long jumper, so you can't get caught up in the rankings. Take it as it comes.



Kolby Hoover '07

What are your words of wisdom to the team?

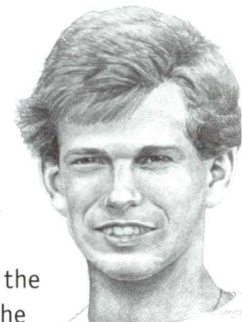
Whitehall: Always, always listen to Coach Taylor because he knows what he is doing. If he's not there...I don't know what we would do.

Pell: Some guidance from the words of the Duke Basketball coach, Mike Krzyzewski: "You can't win today's game with yesterday's press clipping." We've had success, but every year we have to start over. It gets harder every year, and so we'll have to work hard to win. ■

Bill Rathbun '90 is Inducted Into Athletic Hall of Fame

Bill Rathbun '90 was among the 11 new athletes inducted into the Cornell Athletic Hall of Fame on Nov. 3, 2006 in Ithaca.

Rathbun won All-America honors in 1990 after finishing third in the mile at the NCAA Indoor Track Championships; he ran a time of 4:00.05, which remains the school record. He won the mile at the indoor IC4As in 1990, while taking second in 1989 to earn All-East honors both years. Rathbun was a three-time Heps champion: winning the indoor mile in 1990; and twice in the outdoor 1500 in 1989 and again in 1990 when he ran a school and Heps record time of 3:43.83 to earn the Outstanding Male Performer of the Meet Award. Rathbun placed second in the trials of the 1500 and eighth in the finals at the outdoor IC4As in 1990. He was a three-time recipient of the Theodora Ladas Award as the team's best mid-distance runner, and won the Charles Blanford Award as the senior who scored the most points over his four years. Rathbun lettered in cross country in '88 and '89.



Congratulations, Bill!

track & field captains' profiles (women)

by Amanda Wheat '08

The women's team has a phenomenal trio of captains paving the way for success in **Cameron Washington '07**, **Sarah Wilfred '07**, and **Morgan Uceny '07**.

Washington enjoyed an illustrious career thus far at Cornell, accumulating seven Heps championships and setting seven school records. Looking ahead to her final season, she commented, "I'm always reluc-



Morgan Uceny '07

tant to set goals because I put my all into everything. I'm confident that if I keep doing that the results will be good. I'd like to do exceptionally, but I want to also focus on my teammates and encourage them to PR and peak as well. Track is more reliable than any other sport, you put A and B in and you get C. It really is 90 percent mental, and for me great confidence equals a great outcome." So what really makes Cornell so successful? "We're so successful because everyone is interested in how everyone else is doing," Washington says. "That's the basis that we've been able to build on for so many years."

Morgan Uceny has had an unparalleled track career, lighting up the lanes with NCAA All-America honors, Heps titles, and both the Cornell and Ivy League record in the 800 meter. Feeling confident about the upcoming season, Morgan said, "I feel I'm in the best physical and mental shape I've ever been in. As a senior and a captain, my mentality is good. I'm just in a good place right now." And what about the rest of Big Red's elite mid-d group? Uceny says, "I'm very excited about this group. It's



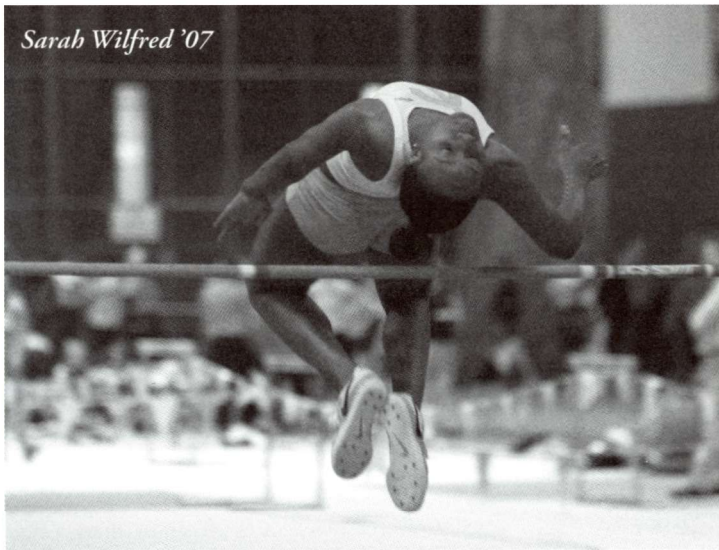
Cameron Washington '07

a big group. Last year we had a lot of injuries, but now most people are recovered and looking great." With this vast pool of talent and Morgan's strong leadership, there's ample room for and growth and success.

"Oh I don't know. Jumping higher than six feet would be fine with me." Not many people could say that as nonchalantly as Sarah Wilfred. After placing fifth at nationals last year, she acknowledges the pressure to perform well again, but is calmly focused on improvement. "Same old same old, setting goals and reaching goals."

When I asked Wilfred if there were any standouts among the jumpers yet, she immediately exclaimed, "Everyone! Everybody is just wonderful this year, I have so much respect for all of them." And just who is behind the success of one of the greatest jumpers Cornell has ever

Sarah Wilfred '07



The Wastebasket is produced by Cornell Athletics. Editor: Kathleen Bolton and Artie Smith. Writers: Spiked Shoe Society. Photos: Tim McKinney, Tim O'Dowd, Patrick Shanahan and Darl Zehr. Designer: Julie Manners. A 12/06 1400

seen? None other than men's head coach Nathan Taylor. According to Wilfred, Coach Taylor's only flaw is that there aren't more of him. "He could be fifty feet away and still know exactly what to do, he's a real genius when it comes to track and field. If I could change one thing about him, I would clone him. He just needs to make four of himself, for every jumping event."

One thing all of the captains have in common is their unwavering confidence in the athletic capabilities of the women's team. With the leadership and work ethic of this trio, there is no doubt that the Big Red is in for another successful season. ■

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