



THE WASTEBASKET



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Fall 1998

Cross Country & Track Newsletter

Cornell vs. Army

West Point, N.Y.

Sept. 11, 1998

Cornell travelled to the academy for the opening meet of the season. There was an air of excitement and anticipation on the bus during the trip and the Red arrived ready to take on the Cadets. The course was changed slightly from what we faced two years ago and the runners were happy to see that they were only required to scale the ski-slope once in the women's race and twice in the men's race.

The women raced first and Cornell's lead pack quickly set the pace. Miranda Kaye took a commanding lead halfway through the race and never looked back. She won the race in 18:12.2, followed by teammates Jessica Shaw (18:29.9) and Emily Germano (18:34.2). Halle Watson finished an impressive seventh in 19:05.4 and Liz Hill was our fifth runner in 19:10.0 for ninth place. Cornell took ninth through 18th place in the race. Claire Ryan was 10th (19:22.0), followed by Meredith Freimer (19:29.6), Chris Groneman (19:34.9), Kim Chatman (19:46.1), Tracy Allaman (19:48.5), Julie March (19:53.2), Ursula Lam (20:09.8), Julie Daum (20:12.1) and Jessica Hall (20:12.3). The women truly dominated the competition and felt great about beating a team that had beaten us in our home opener last year. In the final score, Cornell won 22-35.

The men were fighting a grudge match, as we were beaten by one point in this meet last year. Unfortunately, Army is a stronger team than last year and ran very confidently on its course. Army took first and second in the race, with the winner, Scott Goff, running the course in 25:51. Geoff King pushed his sprint to the finish and ended up tied for third with an Army runner in 26:27. The next four were Fred Merwarth (sixth, 26:42), Josh Novak (seventh, 26:51), Geoff Van Fleet (eighth, 27:04) and Ryan Raffa (ninth, 27:05). Wyeth Koppenhaver finished 11th in 27:11, while Mike Selig and Trent Stellingwerff tied for 15th in 27:55. Rounding out the top Cornell competitors were Dan Kelliher (19th, 28:03), Doug Mitarotonda (20th, 28:25), Jeff Organ (22nd, 28:32) and Scott Pickles (23rd, 28:34). In the final point total, Army won with a score of 21-34.

Save the Date

Come back to see us! Cornell is the site of the 1999 Indoor Heptagonal Championships this winter and we're hoping to see lots of track alumni back in our midst! Check your calendar and reserve the weekend of Feb. 20-21, to make the trek to the East Hill. We won't have this opportunity for another four years — so don't miss out.

The weekend will also mark Cornell's celebration of 25 years of Ivy League Women's Championships, including a lecture by Donna DeVarona. In addition, a banquet honoring Cornell's Silver Anniversary Honor Roll, including tracksters Stephanie Best '91, Doriane Lambelet '82 and Laura Woeller '95, and harriers Jennifer Cobb '92 and Pam Hunt '94, will be held on Saturday evening.

Cornell vs. Buffalo, Syracuse & Colgate
Buffalo, N.Y.
Sept. 19, 1998

The weekend after Army, Cornell travelled without its top eight runners on both squads to run in the Buffalo Invitational. The top finishers from the Army meet had the weekend off from racing to prepare themselves to compete at William & Mary in two weeks. So, it was an early rise and an early bus departure for the remaining 27 harriers who were making the trip. The course was extremely flat, which promised some fast times for our runners. Cornell was competing against the University at Buffalo, Colgate and Syracuse in both races. In the women's race, Cornell finished second overall with 47 points. Buffalo won with 35 points and Colgate was third with 62 points, followed by Syracuse with 88 points. Kim Chatman led nearly the entire race and won in a time of 18:30.4. The next Cornell runner was Mandy DeRoche, who finished fifth in 19:04.1. She was followed by Mandy Richards (10th, 19:27.0), Julie Daum (15th, 19:41.9), Tracy Allaman (16th, 19:42.2), Jessica Hall (17th, 19:43.3), Katie Helmstadter (18th, 19:44.1) and Valencia Tilden (20th, 19:53.9). The women showed quite a bit of depth in the meet and were impressive in their second-place finish.

On the men's side, Cornell also finished second to Buffalo's 30 points. The men scored 50 points, beating Syracuse's 60 points and Colgate's 86 points. Newcomer Max King finished first for the Big Red and placed fourth overall in 26:26.1. Mike Selig was our second finisher, crossing in 27:03.0 for ninth place. He was followed by Dan Kelliher (10th, 27:04.7), Dan Gluck (13th, 27:20.9), Jeff Organ (14th, 27:23.7), Scott Pickles (19th, 27:50.6), Steve McClearn (21st, 27:55.5) and Colin Moore (22nd, 27:58.2). The men also raced quite well and represented the Big Red with pride.

Cross Country Preview

The harriers returned to campus after some great summer training ready to begin the season. The men lost a few varsity runners to graduation and will miss the experience of captain Zach Woodmansee, as well as Matt Moynihan and Max Peter. The team will be led this fall by senior captain Josh Novak, who was All-Ivy at the cross country heps last year. He will be supported by a strong class of juniors and sophomores — and hopefully a few freshmen will figure in the mix. Fred Merwarth is back in action for the Big Red and has looked strong in workouts. He's officially put his baseball career behind him and his dedication should pay off this season. Classmates Wyeth Koppenhaver, Trent Stellingwerff, Ryan Raffa and Dan Kelliher round out a great group of juniors, who form the nucleus of the team. Sophomores Geoff King, Mike Selig and Colin Moore have looked very strong early in the season and will look to contribute to the top seven. Freshmen newcomers Max King and Geoff Van Fleet hope to make some of the big trips for the season and will look to earn their place to the championships.

On the women's side, the squad returns nearly intact, only losing last year's captain, Laura Audette. NCAA qualifier Emily Germano, a junior, hopes to help the team get to the championships this year. The women will be guided by senior captain Chris Groneman, who earned the Fifth Woman award last season. She is joined by classmates Miranda Kaye, Jessica Shaw and Claire Ryan, all of whom were consistently in the top seven last year. Juniors Liz Hill and Valencia Tilden return to competition after taking the track season off and look to be great contributors. Sophomores Meredith Freimer and Kim Chatman saw several varsity races last year and are hoping to step up and contend for the varsity race at Heps, while classmates Ursula Lam, Julie March and Jessica Hall hope to have solid seasons and get some good racing experience under their belts. Finally, freshmen Halle Watson, Mandy Richards and Julie Daum look great and will hope to make their marks on the squad early this season.

The schedule has a few changes this year, the most notable of which is the trip to the William & Mary Invitational. The Big Red will go up against some of the teams south of the Mason/Dixon Line to see how its stacks up against the competition. And, as last year, the IC4A/ECAC Championships will be held early in the season (Oct. 16) at Van Cortlandt Park.

Meet the New Big Red Harriers

Lauren Baumann comes to us from Sound Beach, N.Y. She is interested in studying biological sciences and is enrolled in the Ag School. She attended Rocky Point High School, where she was primarily a middle-distance runner. Her personal best in 400m is 60.0 and her team earned fifth place in the 4x800m relay at the state meet in her senior year.

Larissa Bifano is a middle distance runner who has also dabbled in the 100m dash. Her best time in the 800m is 2:19 and she has clocked a 5:15 for the mile. She is from Pittsburgh, Pa., and is majoring in physics in the College of Arts & Sciences.

Melissa Brooks is a representative from the great state of Colorado. She is from Englewood, and went to Heritage High School in Littleton. She is a biology major in the College of Arts & Sciences and her best race in high school was the 1500, where she clocked a 5:03.

Brook Dannemiller is toughing out the five-mile cross country course, although he is more of a middle distance runner on the track. He was one of the Indiana regional champions in the mile last year, clocking a 4:27 in his best effort. He attended Martinsville High School and is considering a biology major in Arts & Sciences.

Julie Daum is a distance runner hailing from Rushville, N.Y. She is a communication major in the Ag School and is doing a lot of running on the side. She attended Marcus Whitman High School in Rushville and her strongest event was the 3,000m, where she ran a 10:54.

Craig Gaites was an early decision candidate from Pierson High School in Sag Harbor, N.Y. He is studying agricultural and biological engineering in the Ag School. His best time in the 5K is 16:29 and his mile time is 4:37.

Max King sprained his ankle before the first tough practice of the year, but has had an impressive comeback. He comes to us from Crater High School in Central Point, Ore. He is studying in the College of Engineering, but hasn't declared a major yet. His best 5K cross country time was 15:40 and he has posted a 4:10 in the 1500m.

Kendra Kollar is another communication major in the

Ag School. She was primarily a distance runner in high school, running 19:50 for 5K cross country, but also posting a time of 5:10 in the 1500. Her home is Staten Island, where she attended Staten Island Technical High School.

Shayna Lustig is studying nutrition and exercise science in the College of Human Ecology. Her best time in the 5K was 20:00, but she also has experience racing the 10K. She attended Shoreham-Wading River High School in Shoreham, N.Y.

Steve McClearn moved here from Sykesville, Md., but spent quite a bit of his life running on the roads in Illinois. He is majoring in industrial and labor relations in the college of the same name. On the track, he has posted times of 2:00.3 for the 800m and a 4:24.5 for the mile.

Doug Mitarotonda is hoping to be a math major in the College of Arts & Sciences. He attended Mt. Lebanon High School in Pittsburgh, Pa., where he ran everything from the 800m to the 5000m. His best time in the 800m is 2:01 and his 3200m time is 10:00.

Mandy Richards was another early decision candidate as a chemical engineer. She comes to us from Brookville High School in Brookville, Pa. She had the most success as a middle distance runner and has run a 2:19 for 800m and 5:18 for the mile.

Mike Sinkevich is studying agricultural and biological engineering in the Ag School. His home is Clifton Park, N.Y., and he attended Shenendehowa High School. Mike has run a 9:50 for 3200m and has posted a 10:12 for the 3000m steeplechase.

Geoff Van Fleet is enrolled in the Ag school as a biological engineer. He has very impressive times from his high school track career, most notably his 1:54.3 in the 800m and a 4:13.3 in the mile. He calls Poughkeepsie, N.Y., home and attended Arlington High School.

Halle Watson is our only cross country runner enrolled as an urban & regional studies major in the College of Architecture, Art and Planning. Her home is Auburn, N.Y., and she attended Auburn High School. Halle has run 2:15.2 for the 800m and 5:06 for the mile.

Meet the Big Red

by Courtney Armbruster '99

With only one year of high school cross country under his belt, Fred Merwarth '00 plunged head first into Cornell's top notch program his freshman year. "When I was a freshman, I was at the back of the pack. Sophomore year, I was in the middle, but now I'm up at the front," he said. Hard work and steady training gave Merwarth the edge he needed to come out on top. Now in his junior year, the Easton, Pa., native has his eyes trained on placing in the top ten at the Heptagonal Championships.

Running track in the winter and spring was a huge contributor to Merwarth's current success. "The biggest factor to success is a good solid track season," he explained. He said that not running track his freshman year put a damper on his sophomore cross country season. "I'm much stronger than in past years. I feel I can run fast." Spending the summer in Ithaca gave Merwarth the opportunity to work out with other team members regularly. "I learned that consistency is one of the keys to running well. I had a good summer where I put in my mileage every week, no time off." He emphasizes that as an athlete, he needs all three seasons—cross country, indoor track, and outdoor track—to perform his best.

During his race, Merwarth concentrates on the men in front of him, thinking, "I can't let these guys go because that's where I'm supposed to be." He reminds himself, "I know I've done everything right to get to this point. I can go with these guys." Being part of such a talented group of runners pushes him to do his best in every race. He explains that if he doesn't run well, he feels as though he is letting his team-

mates down. The quote stuck to his bedroom door reads, "Thrust against pain. Pain is the purifier. Walk towards suffering. Love suffering. Embrace it." -Herb Elliot. "That's what we think during the five miles of a race," he said.

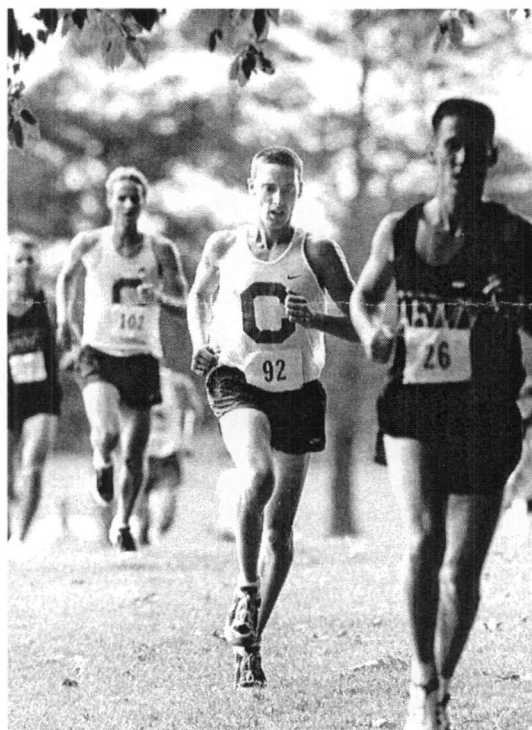
Merwarth is upbeat about the strength of the men's team this season. Unlike in past years, the team has many strong runners, not just a few standouts. Merwarth expressed confidence in his teammates, saying, "I know my teammates will run well this year. I'm not worried about where

our guys will be; I know they will do well." He believes that Cornell will do very well at Heps this year. "Looking at Heps and knowing we have a competitive team this year pushes us during workouts. We put in the extra effort now to pay off at the end of the season."

While cross country is definitely his favorite season, Merwarth is enamored by his new race, the steeplechase. He was introduced to the event his sophomore year and wound up placing third in his heat and 13th overall at outdoor Heps. "I love steeple now; it's an awesome, awesome race. Four laps into it, all of a sudden the race starts.

Then it's over so fast. Each hurdle keeps you kind of focused," he explained.

Running at Cornell has been both a learning and rewarding experience for Merwarth. "The best part about running, especially in the Ivy League, is that it's been there so long—the nostalgia of Heps and the Ivies. It's awesome to be a part of it."



Alumni Updates

Bob Johnstone '66 is a professor and chair of anesthesiology at the University of West Virginia. His primary mode of exercise is tennis now, but he recently clocked 21:31 for 5K and placed second in his age group. His daughter Emily has caught the running bug and Bob finds himself still attending cross country meets with her high school team.

Mike MacNeil '74 resides outside Miles City, Mont., and would love to visit with anyone who is passing through the area. He can be reached at macneil@mcn.net.

Mike Franks '94 and Julie Wojcik '93 recently got engaged and are planning on getting hitched at Cornell in September. Julie is finishing her MBA at the University of Chicago and hopes to join Mike in New York City after she graduates.

Lenny Phillips '94 married Mary Lourdes Conway in Pittsburgh in early August. Mary, despite the fact that she is from Penn, seems to be a great match for Len. The big day started with a 5K road race and 28 former Big Red and Penn runners competed. Brian Clas '94 took home the gold, Chris Wren '94 took the Clydesdale title and Carl Anstrom '95 proved that he must be, pound for pound, the heaviest distance runner in the country. Rich Roberts '94, Nathan Sacco '93 and Chris McLain '96 also ran, and were there for the big day.

Beth Fox-McManus '90 is the proud mother of a lovely little girl, Kate, who was born on May 1. Beth still lives outside Atlanta and is kept busy coaching her high school tracksters. Her e-mail address is mcfox85@gte.net.

Lori Harris '95 is in her second year of her MBA back on the hallowed ground of Cornell. She recently accepted a job offer to work for Goldman Sachs in Pittsburgh and will be heading to lovely Pennsylvania after graduating in June. Her e-mail address is lah10@cornell.edu.

Jennifer Caci '91 is pursuing her master's degree in entomology at the University of Delaware. She is still in the Army and looks forward to using her skills to ensure the country's defense. Jen can be reached at cacij@udel.edu.

Susan Ellis Koch '88 and her husband Richard recently welcomed a little girl into their lives. Elizabeth Anne was born on Sept. 3, and Susan hopes she will be a future runner and cheer for the Big Red! Susan hopes to hit the roads again soon, getting back into running with the help of a baby jogger. She can be reached at rtksek@aol.com.

Bart Petracca '80 lives in St. Louis, Mo., and works for the Earthgrains Company, the second-largest baking company in the U.S. He would love to hear from teammates and can be reached at petracbe@egr.com or 314-259-7150.

We received many alumni updates this past month, too many to put in this space! Thank you for your enthusiastic response. We'll be including more updates in the next newsletter, so make sure you aren't left out! Send updates to Susie Curtis Schneider at skc12@cornell.edu, or Teagle Hall, Campus Road, Ithaca, NY 14850. You can also phone them in at 607-255-9782. We hope to hear from you soon!

Let's Get Connected!

The Cornell Track Association has established a listserve to facilitate conversation and communication among alumni about Cornell Track and Cross Country. If you've already subscribed, just watch your e-mail for updates. If you haven't subscribed and are interested, follow the instructions below to get connected!

1. Send an e-mail to: listproc@cornell.edu
2. In the body of the e-mail write: `subscribe CornellTrackAssociation-L [your name][graduation year]`

for example: `subscribe CornellTrackAssociation-L John Doe '76`

Any questions? Call Susie Curtis Schneider at 607-255-9782 or e-mail her at skc12@cornell.edu. See you in cyberspace!!!!

Meet the Big Red

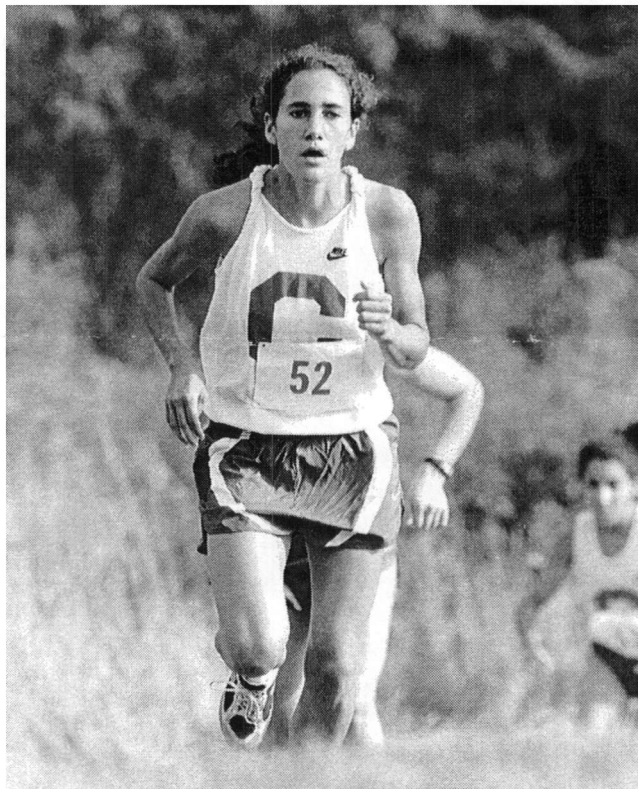
by Courtney Armbruster '99

Not many athletes manage to score at either the cross country or track & field Heptagonal Championships during their freshman year. Meredith Freimer '01 accomplished both. "My goal going into every race is to challenge myself as much as I can. At the end of the race I should have nothing left, I should have given it all and have no regrets," she said. The sophomore natural resources major from Doylestown, Pa., established herself as one of Cornell's top runners with outstanding first-year performances on the course and the track. She placed fifth for Cornell, helping boost the team to a second place finish at the 1997 cross country Heps, and claimed fifth place in the 1500m at the outdoor Heps at Brown in 1998.

"Cross country is amazing because it's such a team sport. The individual effort makes you feel so alive," said Freimer. She emphasized how important her teammates are during the races as everybody pushes each other toward the finish line. "I'm not racing against my teammates, I'm racing with them." Though she never aims for a certain time or place while still at the starting line, Freimer always gives her all in any race. She explains, "I want my teammates to trust that I will always push myself no matter what my week was like or how I'm feeling that day." Throughout the race, Freimer concentrates on what she and the team need to achieve to come out on top. Using a pre-planned race strategy, she focuses on how she should be running at set points in the race. "You have to stay focused on people around you. It's important to catch people early on before it's too late."

Freimer takes a unique attitude toward practice, saying, "I really like workouts. I know that it's coming." She doesn't back off her enthusiasm for the sport and competition at any time. "After all, if it doesn't make me hurt, it's not a workout and if I'm going to hurt, I might as well be going fast."

After her outstanding performance in the 1500m at the Penn Dual, Freimer was selected to be part of the team that traveled to England over the summer to compete against Oxford and Cambridge. "It was wonderful to be a part of that experience, to represent Cornell," she said. She tackled the 3000m for the first time while overseas and the experience served to pique her interest in the event.



Freimer is looking forward to the coming track season. She claims to have no preference between the two disciplines since each one offers something different and special. While cross country is very team oriented, track is more individual and exciting. Although already an 800m and 1500m runner, she is eager to take on new events. "I'm starting the 3,000 this year and I'm very excited to learn. It's fun to start a new race and learn to do new things."

It's hard for Freimer to imagine life at Cornell without track. "Track is a huge part of being at Cornell. It taught me a lot about myself, how to set goals and plan a way to achieve it." For Freimer, every day and every race is a learning experience. "Nothing is as rewarding if you didn't work for it; track taught me that."

NCAA Rules Compliance Corner

Dos and Don'ts of Helping the Big Red Succeed

Carrying on the Ivy tradition of excellence is hard work and competition among the best institutions is intense. Searching for a competitive edge is part of the challenge and we know that you want to help your favorite institution and be part of a winning team.

Meeting those challenges means playing by the rules. The NCAA has rules for coaches, players and YOU! As part of the team, you must know the rules of the game.

Who is governed by rules?

You are considered a representative of your institution's athletic interests if you are or have ever been a member of any group which supports or promotes the athletic program, if you have made financial donations to the athletic program, or if you have helped in any way to recruit student-athletes.

Who is a "Prospect"?

A "prospective student-athlete" or "prospect" is any student who has started classes for the ninth grade.

Can I contact prospects?

All recruiting of prospective student-athletes must be done by institutional staff members. Representatives of an institution's athletic interest are prohibited from having any contact with prospective student-athletes with very limited exceptions.

What are Extra Benefits?

Prospective student-athletes may not receive any extra benefit from the institution or representative of athletic interest. An extra benefit includes the provision of any transportation, meals, housing, clothes, service, entertainment, or other benefits not equally available to all students and prospective students who are not athletes.

How You May Help:

•Join a Friends Group/ Sports Association

These groups provide support for teams through funding for special team trips, recruiting and hosting receptions for teams at home and away contests. This is the best way to help your team of choice and you'll be kept up to date on their progress throughout the year.

•Identify Outstanding Student-Athletes

If you know of outstanding student-athletes in your area, send information such as newspaper clippings to the coach of your favorite institution or give the coach a call, and let the coach take it from there. Remember, you must not contact prospects directly, or contact high school guidance counselors to get information on prospects, but there is no rule prohibiting attendance at prospects' contests.

•Offer Assistance to the Coaching Staff

You may provide lodging, meals and transportation to coaches when they come to your community to contact and evaluate prospects. You may also provide meals to student-athletes when they are traveling with their team.

•Provide Summer Jobs and Internships

If you know of positions in your business or community which might be filled by a student-athlete then contact the athletic director for the names of those who might be qualified. (Remember that the pay for these jobs must be at the going rate for that position.)

If you have any questions about NCAA rules, please feel free to contact Virginia Augusta, Assistant Athletic Director for Compliance and Student Services, at (607) 255-8874.



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Cross Country Meet Schedule

Sept. 11	Army	West Point, N.Y.
Sept. 19	Buffalo Invitational	Buffalo, N.Y.
Sept. 26	William & Mary	Williamsburg, Va.
Oct. 3	Paul Short Invitational	Bethlehem, Pa.
	Harry Long Invitational	Hamilton, N.Y.
Oct. 16	ECAC/IC4A	New York, N.Y.
Oct. 23	Rief Memorial Run	Ithaca, N.Y.
Oct. 30	Heptagonal Championships	New York, N.Y.
Nov. 14	NCAA Regionals	New York, N.Y.
Nov. 23	NCAA Championship	Lawrence, Kan.