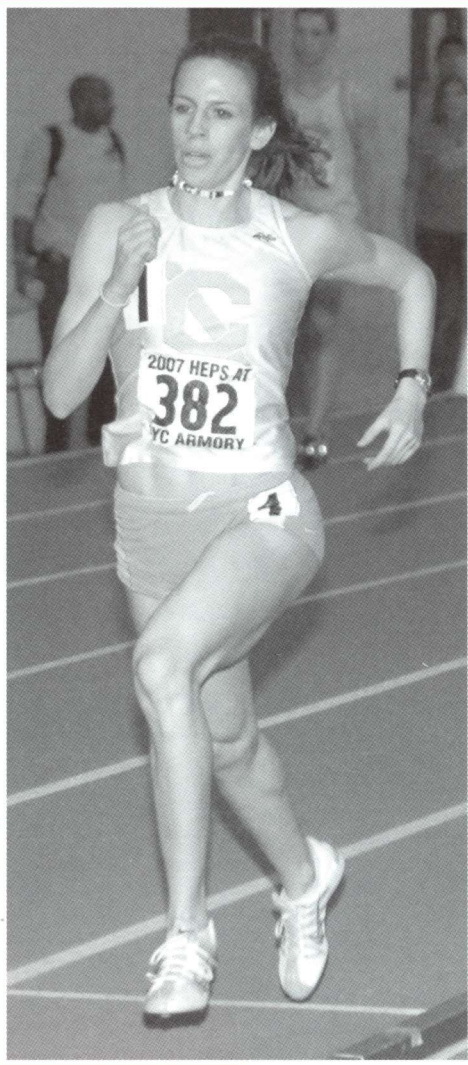


Cornell Track & Field



[2007 Indoor All-Americans]

Rayon Taylor '08

Morgan Uceny '07

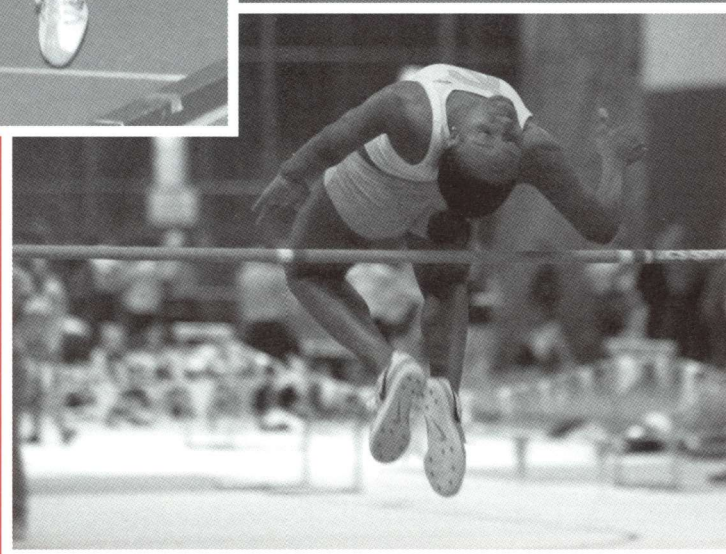
Muhammad Halim '08

Sarah Wilfred '07

The Wastebasket

Spring 2007

Indoor Track & Field Review





SPRING 2007 WASTEBASKET

Published by the Spiked Shoe Society of Cornell University every so often, or when the spirit moves.

DEDICATION

The Cornell chapter of the Spiked Shoe Society dedicates this issue of The Wastebasket to our teammates who competed valiantly at the NCAA Division I championships and came out victorious. To those four athletes we would like to say that watching you brings inspiration and motivation to all of us. Thank you.



5k Heps Champ Toni Salucci '07

Spiked Shoe Vintage

The following excerpt written by Cornell Alum was originally printed in the 1918 Get-To-Gether edition of the Waste Basket

I believe that Jack (Moakley) will bear me out in saying that Cornell invariably bears the best wishes of all her rivals.

This seems to be due to the fact that we have become mixers without seeming to deliberately set out to become such. Such little things as visiting rival teams before a race will go a long way towards creating a friendship. Then beat them fairly in competition. I have never heard rumors of a Cornell track team running "dirty." And never crow over a victory and when a man beats you congratulate him — he will remember it if it is done properly. With you fellows and Jack watching over you I feel that to mention such things is almost an insult to your intelligence and sportsmanship. Yet I have done so because that expresses exactly how we have attained the place we have, by attending to small details, and this place you must maintain and improve upon.

I have no fear as to the championships. I have too much confidence in Jack to doubt the result when he is given the support the distance men were giving him when I left. Get the squad out, keep the old Cornell spirit, work like the old Harry, everyone of you — and let Jack worry.

One other thing, something is wrong if your greatest rival on the track is not your best friend. This friendship and willingness to help the other fellow, even though it possibly means making him better than you, is one of our strongest points and the last one I'd care to see go.

Sincerely,

L.V. Windnagle '17

American Expeditionary Force, Aviation Section of Signal Corps

Something is
wrong if your
greatest rival on
the track is not
your best friend.

Surviving the Winter

By Daniel Gorman '09

Winter bears down on Ithaca like a freight train without brakes. Toward the end of the cross country season, the weather turns. Everyone on the team switches from shorts to pants, from shirtless running to long sleeve shirts in anticipation of the winter to come. The temperature continues its dive and snow begins to fall, lightly at first but then worsens as the grip of winter tightens. Eventually it becomes a struggle to run on the trails. Each run is filled with slipping and sliding and reluctantly we move out to the roads. As snows fall and cling to every part of the body, we all wish that groundhog would have his say and end all this cold weather. We learn to tolerate it, but it never becomes comfortable.

Each day could easily be a debate, to run or not? But it never comes to that. Though it's not terribly enjoyable to run outside for 90 minutes each day and not see temperatures above 15° F, the thought never crosses the mind to not do this.

What keeps Cornell distance runners going? How does one survive a winter in Ithaca, not just getting up early and going to class, but also having to venture out each day in bitter cold and blinding snow? Eventually spring comes, but until then you bundle up as best you can and head out each day, making sure to get your miles in. But what of the freshmen? How do they cope with their first experience of winter track at Cornell?

Cornell is a big adjustment from high school. There is more schoolwork, harder workouts, and less time for it all. And there is always the weather to fight against. I caught up with **Charlie Hatch '10** who after a very successful cross country season (25:35.0 — 39th at Heps — fourth place out of freshmen) continued his success into winter track (sixth place in the mile at indoor Heps). Here's what he had to say about his first indoor season at Cornell:

→ *What did you expect coming to Cornell?*

"I didn't know what to expect. In high school I knew I had a long way to improve and so I expected to improve a lot. I knew it would be very difficult but I am happy with what happened."

→ *How was your first winter track experience?*

"Training in winter in high school was never an issue — it was a lot nicer — I wasn't putting in the same kind of miles. I learned to just put up with [the weather]."

→ *What was your first indoor Heptagonal championship like?*

"A little bittersweet. I tried to stay calm and focused but I psyched myself out. My first season indoors was a lot different than expected."

→ *What would you say kept you going through the cold and snow?*

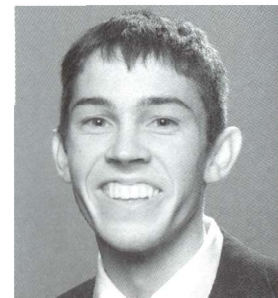
"It becomes routine. Nobody really questions it. We've got a large team focus and that helps to keep us going. You invest a lot of time. If you're going to do it, you do it all the way."

→ *How about schoolwork? Did you find that manageable with running?*

"To do well in running you have to take care of your school work. It was very manageable. I made excuses early on but it just came down to managing time. I became much more disciplined."

The team must be at its most disciplined on those worst days when the temperature is single digits and a snow storm is forecasted. It isn't so hard, though. The team is still going to run, so it becomes easier to bear the conditions with such focused teammates. Each runner helps the other out just by exiting the warmth of Barton Hall and setting out into Ithaca's frigid winter for a workout. Team unity combined with the knowledge that spring eventually will come keeps everyone going through the winter.

Waking up to the sound of rain may be the happiest moment for any runner wishing it were summer. That sound confirms that everything will be okay. The snow that has become a permanent fixture on the campus will melt, and the trails, though muddy, will be runnable again. As the temperature rises, there is a certain giddiness that can turn warm-up runs into highly mobile snowball fights or make the idea of running outside enjoyable again. Everyone comes out of their winter hibernation ready to go for spring and looking forward to another Heptagonal championship.



Charlie Hatch '10

in focus: David Pell '07

By Ian Ward '08

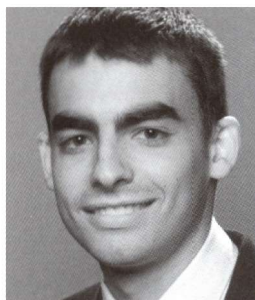
On March 3, 2007, **David Pell '07** claimed his first IC4A championship, making him one of the best high jumpers on the east coast. But things did not always come so naturally for Pell.

With athletics, as with every other venture in life, not everyone is going to get it exactly right the first time. This concept is probably exemplified no better than in Highland Park, Illinois circa 1999 when a young David Pell was struggling his way through an unspectacular cross country season. Pell had more success on the hardwood where he soon learned that he could dunk as a freshman. But it wasn't until Pell tried out for the track team that he could reap the full benefits of his vertical leaping prowess.

Over the next four years Pell would accumulate three varsity letters, two conference championships, a state qualification, and a personal record of 6' 6" in the high jump. Pell also used high school as an opportunity to excel in the classroom, which eventually landed him in Cornell's school of Civil and Environmental Engineering.

During his first semester at Cornell, Pell struggled, as most freshmen do, with the transition from both high school academics

and athletics. "It was the first time I was doing anything track related year-round. It was the first time I had a program," he says, referencing Cornell's notoriously rigorous jumps workout plan. He struggled with the program at first, and had a disappointing start to his first indoor track season, jumping a modest 6'5".



David Pell '07

However, Pell stuck with the plan. He trusted his coaching and was rewarded with a 6'9" P.R. at the next meet. He later jumped an impressive 6'10³/₄" and scored at his first Heptagonal championship. He gives credit

to head coach Nathan Taylor's positive influence for his improvement, along with a newfound consistency.

"Taylor's the man. If you put in the work with Coach Taylor, you'll be fine."

It's safe to say that Pell has been nothing short of spectacular during his Cornell career. He has scored at all seven Heptagonal championships he has participated in, most recently jumping 7'½" at the 2007 indoor Heps championship.

Pell has stuck to Coach Taylor's plan, and used that plan to work his way into the record books at Cornell. He is currently tied for the school record in both indoors and outdoors high jump. But as with every great high jumper, it is not the heights that Pell has

cleared that define him. Much more telling are the heights he aims for. Having already wrapped up a one-two finish at the IC4A championship (in second place was sophomore standout Garrett Huyler) Pell elected to have the bar set at 7'1½". The significance of this height is that it was exactly the height he needed to clear to make it to this year's NCAA championships.

After three good attempts at the height, Pell walked away. He had competed in his last ever indoor meet for the Big Red. He had set an indoor P.R. the week before and he had just won the IC4A championship, but when asked about the jump, he simply replied, "I should've made it." If hundreds of hours in the weight room, hundreds of jumps, thousands of approaches, and hours and hours of technique work could be summed up in a sentence, that simple sentence would be it.

For people who are familiar with the collegiate high jump, they know that it is nearly unheard of for a jumper to improve by more than half a foot over the course of his career. They know that there is only so much muscles and bone that can be sculpted. They know that the approach can only be changed so much, and that technique can only be improved with painstaking attention to detail. They know that most 6'6" high school high jumpers don't ever clear seven feet. David Pell is an exception to this rule, and if anyone wants to know why or how, he or she need only ask him about his last jump.

Q&A with HEPS Champs

By Saidu Ezike '08

Becoming a Heptagonal champion is something that few runners have the chance to experience. Crossing the finish line first and cementing a place in Ivy League history is priceless. After the 2007 Indoor Championships, a few more Cornellians gained the ability to carry this time-honored title. The Wastebasket spoke with Heptagonal Champions **Morgan Uceny '07, Muhammad Halim '08, Stephanie King '07, and Garrett Huyler' 098** during a short interview.

→ *As you were competing, what was going through your head?*

Halim: Don't leave here regretting not putting it all out there. If they're going to beat you, make them [work for it].

King: Before my race, I was just nervous because my season has been rocky. I was just hoping I could pull this off. My race is too short to think. And after I was just happy that I did it and that my mom was there to see me.

Uceny: Well, Jesse Carlin of Penn got out really fast; I expected that. I was calm and felt really good throughout the whole race.

Huyler: My goal was not to lose to anyone from Princeton...

→ *How does it feel to be a Heps champion?*

Uceny: It's great, because defending your title is something people always strive for and it's always motivational when your team performs well.

King: It feels great, I'm glad I could help the team win.

→ *Garrett, did watching Muhammad Halim and Rayon Taylor's performances at the start of Sunday inspire you?*

Huyler: Yes, right now, the team is nationally ranked. It makes me want to be a part of it.

Each of their stories has been etched into Cornell track and field history. All we can do now is wait for the next Heptagonal games to see what new champions are born.



Stephanie King '07, Heps Champion 60 meter hurdles

indoor Heps championship recap

The Indoor Heps returned to the Armory in New York City for the first time in 55 years and the meet did not disappoint. Cheered on by a large crowd of Cornell alumni, parents and friends, the Cornell women returned to Ithaca with their sixth-straight Heps team title to their list of accomplishments (and an unprecedented 11th title in a row counting indoors and outdoors), and a score of 159 points. Runner-up Brown was second with 71 points. The Cornell men finished just three points behind an outstanding Princeton team to place second overall after winning indoors Heps the past two years (and three of the past four). Big Red athletes won the coveted meet Most Outstanding Performer awards for both genders. Sophomore sensation **Jeomi Maduka '09** won both the long jump and triple jump, and placed second in the 60 dash to lead her team. **Muhammad Halim '08** claimed first in both the long jump and the triple jump (with clutch sixth-round efforts in both). Halim produced an NCAA provisional qualifier in the long jump and the nation's leading triple jump mark, setting a Heps meet record.

The women placed first in eight of 17 events, and scored in all but three en route to 36 ECAC qualifying marks, two NCAA automatic qualifiers, an NCAA provisional mark and two meet records. In addition to Maduka's award-winning efforts, **Morgan Uceny '07** and **Sarah Wilfred '07** hit the NCAA automatic standards. **Toni Salucci '07** achieved an NCAA provisional mark as well.

The men's performance was outstanding. The team won six events at the meet, produced five school records on Sunday alone, set two meet records, recorded two NCAA provisional marks and an NCAA automatic qualifier to go along with 37 IC4A qualifying performances. Trailing by 32 points after Day 1, the Big Red men clawed back into the meet, even

briefly taking the lead after the 800, and won the final event of the meet (the 4x400) to fall short of a determined Princeton squad. Princeton's 154 and Cornell's 151 points easily outdistanced third-place Penn (90) and fourth-place Columbia (61).

The Cornell women got off to a phenomenal start on Saturday, winning three of the five events contested. A pair of sophomores led the way as **Maria Matos '09** claimed the women's weight throw in 56-0½ (**Danielle Dufresne '07** at 51-7¼ and **Andrea Kavleski '08** at 50-9½ were in fourth and fifth place). Matos' classmate Maduka claimed her first career Heps individual title with a commanding win in the long jump. Maduka leaped 19-10¾ and led her Big Red jump-mates to an historic



Jeomi Maduka '09, Women's Heps Meet Outstanding Performer

1-2-3-4 sweep of the event. **Joan Casey '08** (18-10 3/4, ECAC qualifier and No. 8 all-time), **Jessica Retelny '09** (18-5 1/4) and **Karen Snyder '07** (18-4 1/2) gave the Big Red 28 team points.

Also performing well was Salucci, who won the 5K. With Yale's All-American Lindsay Donaldson running an NCAA provisional time in a stellar effort in the unseeded section, Salucci ran 16:24.44 in the seeded section to win by nine seconds. An NCAA provisional qualifier, Salucci's time is third-best ever at Cornell and the fifth-best in the history of the indoor Heps meet.

The Big Red women continued to roll on Sunday. Jeomi Maduka claimed her second Heps title of the weekend with her win in the triple jump (40-9 1/4). Snyder scored again with a sixth-place mark of 38-11. After **Nyam Kagwima '07** placed fifth in the mile with a competitive time of 4:52.96, the 60 hurdlers performed in outstanding fashion, going 1-2-5 to add 20 points to the team total.

Stephanie King '07 won her second career indoor title (and fourth overall) in running 8.74, while Casey continued her breakthrough weekend with another runner-up performance, and crossed the line in a PR of 8.83. Forbes earned her sash with a fifth-place run at 9.09.

The Cornell 400 runners also looked strong as **Cameron Washington '07** (55.47, No. 5 all-time), **Christina Cossell '07** (56.79, No. 9 all-time) and **Tameka Royal '07** (57.26) placed 2-4-5. Maduka closed out her MVP weekend with a second-place 60 dash of 7.63, as classmates **Janice Nsor '09** (7.72) and Retelny (7.92) placed fourth and sixth.



Heps Champion 4x400 team: Jessica Weyman '10, Christina Cossell '07, Morgan Uceny '07, Cameron Washington '07

In the 800, tri-captain Morgan Uceny was again the class of the Ivy League, winning a record third career indoor 800 title. Defeating last year's 400 Heps champion (Jesse Carlin of Penn) by three seconds, Uceny also lowered her own meet record to 2:04.58, the third-best time in the nation so far this season. Daniels placed sixth in 2:10.76, No. 8 all-time at Cornell. After Washington grabbed sixth in the 200 in 25.59, Salucci officially clinched the team title with a gritty third-place effort of 9:36.74 in the 3000, just 24 hours after her great run in the 5K. Sarah Wilfred won her third straight indoor title with a school record (and fifth-best at the Heps) of 6-1 1/2 in the

high jump, which tied her for the fourth-best jump in the nation. Classmate Shawna Rossini was third at 5-5. In the relays, a young team of **Megan Rae '09** (2:14.8), **Amanda Wheat '09** (2:18.0), **Devon Rupley '08** (2:18.7) and **Aeriel Emig '09** (2:14.5) ran 9:05.99 to place sixth in the 4x800.

To conclude the women's meet, the 4x400 won their sixth-straight indoor title, setting a meet record of 3:42.37 behind legs from **Jessica Weyman '10** (56.2), Washington (55.6), Cossell (56.2) and Uceny (53.9). Also running well were seniors **Erin Linehan '07** (12th, 10:00.72) and **Robyn Ellerbrock '07**



Maria Matos '09, Heps champion in the weight throw

(12th, 10:05.69) in the 3K, **Troy Mullins '09** (seventh, 7.96) in the dash, and Matos (seventh, 40-8¾). **Maria Telloni '08** placed eighth (40-6) in the shot put.

The men's team battle was much closer, but the Big Red men were up to the challenge. Like the women, they produced some record-setting performances. Falling to Princeton was not due to a lack of effort or resolve as both the Big Red and the Tigers competed tenaciously. An early highlight for the men was in the long jump as meet MVP Halim came through with a clutch sixth-round leap of 24-8¾ to surpass last year's winner, Penn's Kyle Calvo, by four centimeters to claim first place. An NCAA provisional qualifier (and No. 3 all-time at Cornell), Halim's sixth-round heroics would be a prelude of great things to come for the Cornell jumpers. **Duane Teixeira '10** placed fifth in a PR 23-6¾ and Rayon Taylor '08 was sixth, also in a PR (23-3¾). Scoring further valuable points for Cornell on the first day, **Erik Roneker '09** placed second in the weight throw at 58-9¾.

Princeton enjoyed a commanding lead of 55-23 after Day 1, but the Cornell men qualified a slew of athletes to Sunday's finals and gave themselves a chance to climb back into the team race.

The Big Red men gave electrifying performances in Sunday's finals. They set two meet records, five new school records, and claimed five event wins on the final day alone.

Halim became the first Cornellian since Bo Roberson '58 to win two individual events in the same indoor Heps competition. Halim added the triple jump to his long jump title

from the day before. When the team needed a lift the most, Halim and Rayon Taylor (last year's champion) delivered. With Taylor taking Halim's school record with a 51-11¾ mark on his final attempt, Halim delivered an NCAA-leading 53-2¼ triple jump on his sixth and final effort to win the event and break the old meet record by over a foot.

Momentum swung back on our side, and the Big Red began to move up the team standings. **Charlie Hatch '10** placed sixth in the mile in 4:14.71. **Saidu Ezike '08** won the 60 hurdles at 8.07, while Merrill added a point with a sixth-place finish at 8.37.

In the 400, **Adam Seabrook '08** broke his own school record with a time of 47.85. He placed second behind Columbia standout Erison Hurtault (who won his fourth-straight Heps title). **Marcel van Eeden '09** ran the second-best time in school history to place third in 48.15. The 500 duo of **Michael Kippins '10** (64.07) and **Kolby Hoover '07** (64.11) matched their long sprint teammates with a 2-3 finisher of their own. After Cloninger's fifth place 6.95 dash (No. 4 all-time at Cornell), the Princeton lead was down to single digits.

Jimmy Wyner '08 came up big for Cornell with his first career Heps title. He won the 800 in a school-record time of 1:51.22. **Mike Smayda '08** placed third with 1:52.12. **Andy Miller '09** grabbed fourth in the 1000 final, running 2:27.28 to close out the Big Red's middle distance scoring. But Princeton's Heps champion cross country runners showed their strength in the 5K, despite **Sage Canaday '08** placing 12th with an IC4A qualifier time and a PR 14:47.40 in his first track race of the season.

The Big Red's momentary lead crumbled after **Brian Cortina '09** placed fourth in the shot put at 52-6 (Roneker was seventh at 51-1 $\frac{3}{4}$). The Big Red trailed by 20 points with only the high jump and three relays remaining.

Refusing to concede, the Cornell high jumpers came through with clutch performances.

Garrett Huyler '09 and **David Pell '07** finished first and second, respectively, with clearances of 7-0 $\frac{1}{2}$, jumps that were just one centimeter under the NCAA provisional qualifying standard! Both can lay claim to the indoor school record. With **Jim Smith '09** taking fifth place in 6-7, the Princeton lead



Brian Cortina '09

was down to seven points with only the final three relays remaining.

As many prognosticators suspected, the men's meet came down to the relays. Cornell placed ahead of Princeton in two contests and won the 4x400. In the DMR, Ryan (3:03.0), Merrill (49.1), **Owen Kimple '10** (1:54.8) set up a great battle between Wyner, who split 4:05.7, and Princeton standout Michael Maag. Princeton held off a gritty effort from Wyner to win 9:53.28 to 9:53.92 (No. 5 all-time at Cornell) in a thrilling finish. In the 4x800, Smayda (1:54.7), **Will Seidel '07** (1:54.0), Miller (1:53.4) and Mongeon (1:54.3) ran 7:36.38 to place third. The performance narrowed Princeton's lead down to five points. With only the 4x400 remaining, Cornell needed to win with Princeton finishing fourth to reclaim the team title. The Big Red won the event in a meet-record time of 3:12.98. Van Eeden (48.4), Kippins (48.5), Hoover (48.4) and Seabrook (47.5) defeated the Tigers by .09. But Princeton's second place 4x400 showing was good enough to clinch the meet and cap a memorable weekend.

The indoor Heps is always an exciting event and this year proved to be no different. The Cornell women continued their historic run by becoming the first team — men or women — to win six consecutive indoor Heps team titles and also extended their record streak of 11 overall indoor and outdoor Heps track team titles. The men claimed indoor Heps team titles in 2003, 2005 and 2006 and with runner-up showings in 2004 and 2007. Cornell now has five straight years of top-two finishes, a feat that is second in school history only to the six-year run of top-two finishes by the 1953-1958 teams.



Heps 800 champ Jimmy Wyner '08

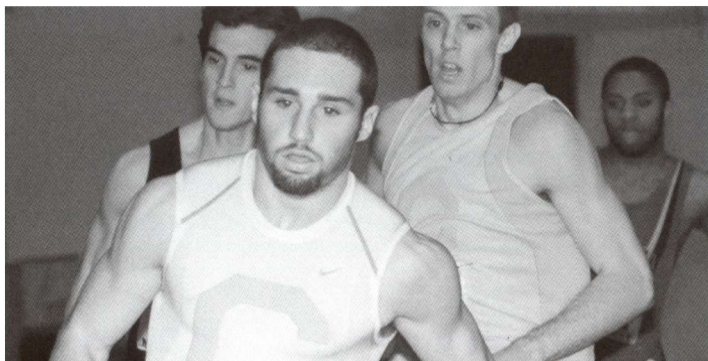
All-Ivy, All-East, NCAA qua

FIRST TEAM ALL-IVY

Morgan Uceny '08	800
Toni-Lynn Salucci '07	5000
Stephanie King '07	60 Hurdles
Maria Matos '09	Weight Throw
Sarah Wilfred '07	High Jump
Jeomi Maduka '09	Long Jump
Jeomi Maduka '09	Triple Jump
Weyman, Washington, Cossell, Uceny	4X400
Saidu Ezike '08	60 Hurdles
Jimmy Wyner '08	800
Garrett Huyler '09	High Jump
Muhammad Halim '08	Long Jump
Muhammad Halim '08	Triple Jump
Van Eeden, Kippins, Hoover, Seabrook	4X400

SECOND TEAM ALL-IVY

Joan Casey '08	60 Hurdles
Joan Casey '08	Long Jump
Cameron Washington '07	400
Jeomi Maduka '09	60
David Pell '07	High Jump
Rayon Taylor '08	Triple Jump
Adam Seabrook '08	400
Michael Kippins '10	500
Ryan, Merrill, Kimple, Wyner	DMR



lifiers, awards

ALL-AMERICAN

Morgan Uceny '07	800 (Fifth)
Sarah Wilfred '07	High Jump (Fourth)
Muhammad Halim '08	Triple Jump (NCAA Runner-Up)
Rayon Taylor '08	Triple Jump (Fifth)

ALL-EAST

Sarah Wilfred '07	High Jump - ECAC Champion
Toni-Lynn Salucci '07	3000 - ECAC Runner-UP
Cossell, Washington, Royal, Uceny	4X400 - ECAC Runner-UP
Rae, Gregory, Daniels, Emig, Broyhil, Heidt, Rupley	4X800 - ECAC Runner-UP
Wheat, Newton, Heidt, Ellerbrock	DMR
David Pell '07	High Jump - IC4A Champion
Rayon Taylor '08	Triple Jump - IC4A Champion
Garrett Huyler '09	High Jump - IC4A Runner-UP
Saidu Ezike '08	60 Hurdles
Marcel van Eeden '09	400
Van Eeden, Kippins, Hoover, Seabrook	4X400 - IC4A Runner-UP
Ryan, Ward, Seidel, Miller, Mongeon, Smayda, Wyner	4X800 - IC4A Champions

USTCCCA NORTHEAST REGION INDOOR AWARD WINNERS

Nathan Taylor	Men's Coach of the Year
Muhammad Halim '08	Male Field Event Athlete of the Year
Morgan Uceny '07	Female Track Athlete of the Year
Sarah Wilfred '07	Female Field Event Athlete of the Year

HEPS OUTSTANDING PERFORMER AWARD

Jeomi Maduka '09
Muhammad Halim '08

Marcel van Eeden '09

top indoor performances

Indoor 2007 ECAC Qualifiers

Name	Event	Time	Notes
Jeomi Maduka '09	60	7.61	
Janice Nsor '09	60	7.66	#3 AT
Stephanie King '07	60 Hurdles	8.74	
Joan Casey '08	60 Hurdles	8.83	#5 AT
Cameron Washington '07	200	25.01	
Cameron Washington '07	400	55.47	#5 AT
Tameka Royal '09	400	56.68	#8 AT
Christina Cossell '07	400	56.68	#8 AT
Jessica Weyman '10	400	56.83	#10 AT
Morgan Uceny '07	500	1:11.72	SR
Morgan Uceny '07	800	2:04.58	NCAA Auto.
Robin Daniels '09	800	2:10.76	#10 AT
Anjelica Gregory '08	800	2:11.69	
Nyam Kagwima '07	800	2:12.97	
Morgan Uceny '07	1000	2:46.52	SR
Nyam Kagwima '07	1000	2:53.92	
Robyn Ellerbrock '07	1000	2:56.98	
Nyam Kagwima '07	Mile	4:51.14	#7 AT
Aeriel Emig '09	Mile	4:55.45	
Toni-Lynn Salucci '07	Mile	4:56.19	
Robyn Ellerbrock '07	Mile	4:58.90	
Toni-Lynn Salucci '07	3000	9:23.45	SR, NCAA Prov.
Erin Linehan '07	3000	9:54.33	
Robyn Ellerbrock '07	3000	9:55.43	
Toni-Lynn Salucci '07	5000	16:24.44	#3 AT, NCAA Prov.
Marie Parks '09	5000	17:18.91	
Weyman, Washington, Cossell, Uceny	4X400	3:42.37	#6 AT
Rae, Gregory, Daniels, Emig	4X800	8:56.47	#3 AT
Wheat, Weyman, Broyhill, Heidt	DMR	11:52.98	
Jeomi Maduka '09	Long Jump	20'4$\frac{1}{4}$"	SR, NCAA Prov.
Joan Casey '08	Long Jump	18'10 $\frac{3}{4}$ "	#8 AT
Jessica Retelny '09	Long Jump	18'9 $\frac{1}{4}$ "	#10 AT
Jeomi Maduka '09	Triple Jump	40'9 $\frac{3}{4}$ "	
Karen Snyder '07	Triple Jump	38'11"	
Natalie Gengel '10	Pole Vault	12'5$\frac{1}{2}$"	SR, FR
Sarah Wilfred '07	High Jump	6'1$\frac{1}{2}$"	SR
Shawna Rossini '07	High Jump	5'7"	
Maria Matos '09	Weight Throw	57'11 $\frac{3}{4}$ "	#3 AT
Danielle Dufresne '07	Weight Throw	53'6 $\frac{1}{2}$ "	#8 AT

School Records in Bold
FR = Freshman Record

Indoor 2007 IC4A Qualifiers

Name	Event	Time	Notes
Doug Cloninger	60	6.95	#4 AT
Saidu Ezike '08	55 Hurdles	7.41	#2 AT
Saidu Ezike '08	60 Hurdles	7.93	SR
Adam Seabrook '08	200	22.07	#3 AT
Adam Seabrook '08	400	47.85	SR
Marcel van Eeden	400	47.94	#2 AT
Mike Kippins '10	500	64.07	FR
Kolby Hoover '07	500	64.11	
Aaron Merrill '08	500	64.53	
Jimmy Wyner '08	800	1:51.22	SR
Mike Smayda '08	800	1:51.92	#4 AT
Jimmy Wyner '08	800	1:52.26	#5 AT
Andy Miller '09	800	1:53.07	
Andy Miller '09	1000	2:26.65	
Brian Mongeon '07	1000	2:27.40	
Owen Kimple '10	1000	2:28.09	
Eric Ryan '09	1000	2:29.92	
Owen Kimple '10	Mile	4:10.52	
Charlie Hatch '10	Mile	4:13.55	
Eric Ryan '09	Mile	4:13.59	
Zach Hine '09	3000	8:27.11	
Sage Canaday '08	5000	14:47.40	
Van Eeden, Kippins, Hoover, Seabrook	4X400	3:11.13	SR
Smayda, Seidel, Miller, Mongeon	4X800	7:36.38	
Riley, Kippins, Seidel, Brown	DMR	10:03.23	
Garrett Huyler '09	High Jump	7'0½"	SR
David Pell '07	High Jump	7'0½"	SR
Josh Kirkpatrick '10	Pole Vault	16'0¾"	#8 AT
Muhammad Halim '08	Long Jump	24'8½"	#3 AT, NCAA Prov.
Duane Teixeira '10	Long Jump	23'6¾"	
Rayon Taylor '08	Long Jump	23'3¼"	
Muhammad Halim '08	Triple Jump	53'3½"	SR, NCAA Auto.
Rayon Taylor '08	Triple Jump	51'11¼"	#2 AT, NCAA Prov.
Aaron Gadson '09	Triple Jump	47'9¼"	
Duane Teixeira '10	Triple Jump	47'9¼"	
Mke Kippins '10	Triple Jump	46'11"	
Erik Roneker '09	Weight Throw	62'6"	#6 AT
Brian Cortina '09	Shot Put	54'6½"	#8 AT
Erik Roneker '09	Shot Put	54'2¾"	#10 AT
TJ Toro '09	Heptathlon	4875	#2 AT

Other Notable Performances

Cameron Washington '07	300	39.96	
Jessica Weyman '10	300	40.66	FR
Morgan Uceny '07	600	1:27.70	#2 Collegiate AT
Cossell, King, Washington, Uceny	SMR	3:53.19	#2 Collegiate AT

IC4A/ECAC recap

The Cornell men's track and field team won its first indoor IC4A track championship since 1930. On March 4, the Big Red became the first Ivy League team in 35 years to claim the coveted trophy. Not to be denied after a second-place finish at the indoor Heps championship the week before, the Big Red beat Seton Hall by five points and Georgetown by eight. We claimed three event wins, two runner-up showings and scored 50 points overall. The IC4A is comprised of over 70 Division I Eastern colleges, and 52 schools scored at this year's championships. The women laid claim to a successful weekend as well, competing at Boston's Reggie Lewis Center. The women brought home an individual ECAC champion and three runner-up showings en route to 37 points and a fifth-place team finish out of over 70 Division I Eastern universities.

Second indoors in 2006, the men closed out their IC4A indoor championship with thrilling relay finishes by the 4x800. They placed first in the event for the third-straight year. In the 4x400, they placed second. But they were put in great position thanks to the outstanding individual efforts of high jumpers **David Pell '07**, **Garrett Huyler '09**, and triple jumper **Rayon Taylor '08**. As at the Heps championship, Pell and Huyler came through with clutch performances as both cleared 6-11½. This time, Pell took the IC4A title, while Huyler placed second. Taylor claimed the sixth-best triple jump in the history of the Ivy League, setting a PR 52-1¼ (also an NCAA provisional mark) to place first, and improvement over his third place finish last year. Due to **Marcel van Eeden's '09** eighth-place finish in the 400 (48.20; he ran 47.94 in the preliminary heat, No. 2 all-time at Cornell) and **Saidu Ezike's '08** sixth-place run

in the 55 hurdles (7.44), the Big Red entered the final two relays with 32 points to set the stage for a thrilling finish.

The men's 4x800 won its fifth-consecutive IC4A 4x800 title (three straight years indoors as well as the past two years outdoors) with a thrilling come-from-behind victory. **Brian Mongeon '07** (1:56.8), **Andy Miller '09** (1:54.8) and **Mike Smayda '08** (1:52.9) ran very well to give their anchor, **Jimmy Wyner '08**, a chance to win. Running in a tight race with Penn and Georgetown, Wyner ran 55.7 in his final 400 en route to a 1:52.5 800 split. The team ran 7:37.28 to triumph by half a second. The Big Red made the final, thanks to **Eric Ryan '09** (1:58.2), **Ian Ward '08** (1:52.7), **Will Seidel '07** (1:54.2) and Miller (1:53.8) running 7:39.28 on Saturday.

Leading eventual team runner-up Seton Hall by seven points entering the meet's final event, the Big Red merely needed to finish respectably



David Pell '07

in their heat of the 4x400 finals to insure a team victory. Instead they finished the meet in style, running the second-best time in the history of the Ivy League (3:11.13) to place a second to a good Seton Hall team. Van Eeden led off with 47.7, **Michael Kippins '10** split 47.9, **Kolby Hoover '07** ran 48.2 and **Adam Seabrook '08** closed in 47.2. The squad made the finals with a preliminary round time 3:12.00, thanks to 47.8 from Van Eeden, 48.3 by Kippins, 48.4 from Hoover and 47.5 from Seabrook.

The men's team title was Cornell's first outright IC4A indoor track championship since 1922 as the 1930 squad tied for first. And the Big Red became the first Heps team since Penn in 1972 to win the prestigious championship.

The women impressed at the competition as well. The team led in the high jump and three runner-up showings in the 4x400, 4x800 and 3000. They also garnered an all-East effort by the distance medley relay, which racked up 37 points, only 2.5 points out of fourth place. **Sarah Wilfred '07** produced the meet's only

in focus: Shawna Rossini '07

NCAA automatic qualifier, as she battled to win the high jump at 6-0½. She added the indoor ECAC title to her trophy case to pair with her outdoor ECAC high jump title from 2006. Another big highlight came from **Toni Salucci '07**, who broke her own school record in the 3000 at 9:23.45. She placed second to Yale All-American Lindsay Donaldson. Salucci's effort produced another NCAA provisional qualifier time.

The 4x400 relay team gave another strong performance. The quartet of **Christina Cossell '07** (56.5), **Cameron Washington '07** (55.8), **Tameka Royal '09** (55.9) and **Morgan Uceny '07** (54.2) ran the race in 3:42.44, the seventh-best time in school history. The team placed second to improve on last year's fourth-place showing. The same quartet qualified for the final with a good run in the prelims. Cossell (57.0), Washington (56.1), Royal (56.1) and Uceny (54.9) ran 3:43.31 to win their heat.

The Big Red closed out the meet with three consecutive second-place finishes to leapfrog up the team standings. The 4x800 ran the third-best time in school history to place second with a time of 8:56.47. **Megan Rae '09** led off in 2:16.0, **Anjelica Gregory '08** split 2:11.2, **Robin Daniels '09** ran 2:14.0 and **Aeriel Emig '09** anchored in 2:15.5. On Saturday, the quartet of **Caroline Heidt '10**, **Rae**, **Devon Rupley '08** and **Lindsay Broyhill '10** ran 9:08.86 to qualify for the finals.

The Big Red women also garnered points in the DMR, as **Amanda Wheat '09** (3:38.1), **Emily Newton '09** (58.6), Heidt (2:16.0) and **Robyn Ellerbrock '07** (5:04.8) ran 11:58.44.

By Molly O'Toole '09

Shawna Rossini is one of many Cornell's success stories: a small-town girl overcoming injury and frustration to become one of the women's track program's best jumpers.



Shawna Rossini '07

Rossini discovered her love for track early, as an eight grader competing for her high school team. She explained that the choice of high jump was simple. "I guess my team needed high jumpers because the coaches had a lot of people try it," she said. "I jumped over the bar so they entered me into the meet, and that was the beginning of my high jump career."

Yet Rossini contributed to her school team in more than one event, hurdles. When she came to Cornell, the coaches encouraged her to focus on high jump. "High jump has definitely challenged me more mentally than hurdling ever did. I did like having more than one event to do in high school and I do miss it."

Though the campus is located five and a half hours from Rossini's hometown of Holliston, Mass., the choice to come to Cornell was also a simple one. "Cornell seemed like the perfect school for me," said Rossini. "It seemed like I'd be able to get along with people on the team. Also despite being in the middle of nowhere and having to walk up hills all the time, it's a beautiful campus."

Rossini was intimidated by the size of the university at first. "I thought Cornell was massive and that I'd never be able to figure out how to get around without my map!"

Like many Cornell athletes, Rossini is a talented and involved student majoring

in Applied Economics and Management, and she invests these gifts off the track. She has been a teaching assistant for a number of classes, and is a member of Food Marketing Fellows. Next year, Rossini will work as a district manager for Aldi, a discount supermarket chain.

With what little free time Rossini has, she loves water activities like water skiing or even just hanging out at the beach. Rossini enjoys other pursuits as well. "I enjoy a good book," she said, and described herself as "very artsy crafty."

Rossini has had many accomplishments in her time here at Cornell. When asked of what she is most proud, Rossini answered, "Being a part of a team and winning seven straight Heps titles." She claims that constantly achieving and setting goals is her greatest source of motivation.

"I've had a lot of setbacks. The past few years so I couldn't necessarily do all I wanted," she said. "Now I am finally healthy and trying to work as much as I can so that I can wrap it up with a good last season."

alumni updates

■ From **Richard E. Lewis '55**: "My wife, Edy Hutton, and I are ensconced in our Slidell, La. home by the shores of Lake Pontchartrain. We are still repairing damage from Hurricane Katrina as resources allow. Over 90% of our neighbors in a mile radius either had their house or apartment swept away completely or reduced to rubble. We were lucky ones, having been hit by eleven feet of surge, wiping out everything from the ground floor, with severe wind damage to the roof and siding. Many acts of caring and friend-to-friend support and help has come out of all of this. Needless to say, normal things in life have been set aside since Aug. 29, 2005, and we look forward to better things to come."

■ **Jon Anderson '71** reports from Eugene, Ore.: "Cack Ferrell, daughter of teammate/classmate **Charlie Ferrell '71** (and wife Anne) and a Princeton '06 grad, is now in Eugene as a member of the Oregon Track Club Elite, training under Frank Gagliano. The Andersons and Ferrells were together in early January when the Ferrells gathered in Oregon after the holidays. Cack earned a position on the U.S. Cross Country team that competed in Mombasa, Kenya, in March."

■ Writes **George Mitchell '73**: "Although I only ran for two years while at Cornell, they were some challenging but fun times. I made some friends during that time and it has been fun to see their names mentioned from time to time. My four kids are all grown and out of the house now, and I have two grandkids. Can't tell yet about running later in life but right now, that's about all they do!"

Back in 1990, I started working with the local high school track team as a volunteer coach. Four years later, I became the varsity girls coach and I'm still at it. In '96, I started an indoor program at the insistence of my middle daughter. I have had the joy (and sometimes frustration) of coaching all three of my daughters at the high school level. I guess coaching was one of those things I never knew I liked until I did it!

I have semi-retired from the fruit farming business at this point but coaching still remains. I see Jack Warner on a regular basis as he is currently living in Geneva and is a Section V track official, both for indoor and outdoor."

■ Major **Jennifer Caci '91** writes: "I was lucky enough to attend the recent Hall of Fame induction ceremony where my friend and fellow field hockey player, **Yanaka Bernal '91** was inducted. I had the pleasure of seeing both **Bill Rathbun '90** and **Barry Logan '90** there. I am leaving for a year-long all-expense paid trip to Afghanistan courtesy of the U.S. Army. I've been to Iraq twice now so I figure this trip will be a change of scenery anyway. I will be the senior Environmental Science Officer for the Combined Joint Task Force, which is running things in Afghanistan. I expect to stay quite busy and see a lot of the country while I work to ensure the health of our U.S. and Coalition forces over there. I will, of course, continue running and I am told there is a nice six-mile track around Bagram Airfield, which is where I will call home. In October I expect we will run an Afghanistan version of the Army 10 Miler so I'll be running regularly to get ready for it. I have a long-term goal of running the Chicago Marathon in 2008 and will be looking forward

to training up for that after I get back from overseas. If anyone is interested in hearing "the other side of the story" about going to war, I can be reached at jenniferfacci@yahoo.com during the deployment and would be glad to send information and photos. I should be able to give a different perspective than the one the media provides."

■ **Shane Downey '02** has this update: "I've been in London, U.K. since October, working with KPMG, doing mergers and acquisitions due diligence. We had a mini javelin thrower reunion in London back in February. Former javelin throwers **Zach Ramos '02** and **Scott Benowicz '03**, as well as three other Cornellians, flew over to London for a long weekend. Recurring elbow pain seemed to be a common theme. Otherwise, I am engaged to a wonderful Canadian girl, and we will be getting married back in Canada in August. In addition to Zach (best man) and Scott, **Quinton Carew '03** will also be in attendance."

Some new additions to report:

■ **Linda Scheu '96** and husband Kevin Greer welcomed Derek Alexander Greer into the world on March 2.

■ **Becky (Dennison) Lupes '97** and husband Matt Lupes have a baby boy! Griffin Thomas Lupes was born on Jan. 7. Reports Becky, "we moved back to the D.C. area (Silver Spring) last fall, and I would love to meet up with other track alums who are in the area. You can reach me by emailing beckykdenison@gmail.com. I'm planning to go back to my position as an environmental specialist for the U.S. Department of Transportation near the end of April."

2007 OUTDOOR HEPS — SAVE THE DATE!

The Cornell Track Association and the Cornell track and field teams invite you to cheer on the Big Red at the outdoor Heps on May 5 and 6. The Championships will be contested this year at Princeton University. Links to Princeton University and the Outdoor Heps are provided below. Thanks for all you do on Cornell's behalf. Go Big Red!

→ www.princeton.edu/main/visiting/travel/

→ www.princeton.edu/main/visiting/region/lodging/

→ www.goprincetontigers.com/ViewArticle.dbml?DB_OEM_ID=10600&ATCLID=295160

→ ivyleaguesports.com/article.asp?intID=5894

■ **Stephanie Anderson '04** is doing great: "Just finished grad school at Case Western Reserve University (in Cleveland) in December. I graduated with a M.S. in clinical nutrition. Then I was hired right away by Case's Department of Infectious Diseases. So my current position/title is dietitian/ research associate. Half of my job requires me to provide nutrition counseling and education to HIV/AIDS patients who are cared for at our Special Immunology Unit. The other half of my position is funded by the NIH, so I am involved in research too. I am currently working on a project: the FRAM 2 protocol, in which we are looking at how HIV medication affects fat distribution and metabolic complications in HIV patients. I am also working with some other grants in our Aids Clinical Trial Unit."

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