Cross Country Wrap-Up

IC4As/ECACs
October 15, 1999
New York, NY

The Cornell cross country squads traveled to storied Van Cortlandt Park in the Bronx to run the IC4A/ECAC Championships, which for the third straight year were held in the middle of the season. For over twenty years these meets had also served as the host for the NCAA Region I and II championships in November but when coaches voted to run the region I and II meets at separate sites, the IC4A and ECAC meets were moved to an earlier date in the season.

Although some member schools have chosen not to attend because of the earlier date (which conflicted with meets like the New England Championships) the quality of the teams up-front has been very good. The meet has served as an excellent opportunity for the Big Red to tour Van Cortlandt in a competitive environment similar to what will be expected at the Heps. Getting a chance to test strategy and strength in the “Back Hills” would be important for the harriers leading up to the Heps.

The IC4A competition kicked off the Friday afternoon festivities. Princeton, Duke and Penn runners were in evidence at the front early with the Big Red harriers waiting patiently farther back in the pack. The Big Red displayed too much patience, however, as Coach Jerry Smith felt the group waited too long to begin their move up the field. Although senior Fred Merwarth, junior Geoff King and sophomore Max King moved up over the last mile, the harriers felt later that they should have been more aggressive earlier in the race. Merwarth led Cornell in 25th place with a time of 25:33 and was followed by Max King and Geoff King (29th and 30th in 25:44). Sophomore Geoff Van Fleet (40th, 25:57) and junior Colin Moore (54th, 26:26) rounded out the scoring five for the Red. Princeton and Duke took the top two spots for the third straight year in a tightly fought team battle while Cornell improved on last year’s finish to grab sixth with 178 points. In the junior varsity competition, senior Ryan Raffa did an excellent job working his way through the field to win in 26:02.

In the ECAC championships, nationally-ranked Duke came in as the favorites, while the Cavaliers of Virginia were determined to defend their title from the year before. At the half-way mark, the field had already begun to string out as Duke freshman Sheela Agarwal, the eventual race-winner, took the...
race out hard. Following closely with a group of Virginia runners was Cornell senior captain Emily Germano. Moving up quickly behind their teammate were juniors Meredith Freimer and Kim Chatman and sophomore Halle Watson. In a very tightly fought team battle that would later prove to have implications in the hunt for an NCAA at-large berth, Duke took first with 54 points and Cornell was a close second in 64, edging Virginia over the last junior varsity "Coaches Race" freshman Christine Diaz impressed with a third place performance in a fine time of 19:49) and Natalie Whelan (12th, 19:59) and sophomore Kendra Kollar (15th, 20:06), produced a 40-42 team victory over Penn State.

**John S. Reif Memorial Run**
October 12, 1999
Ithaca, NY

Under rainy and cold mid-October skies, Cortland, St. Lawrence, Ithaca College, Hamilton and Moravian visited the Moakley Course to take part in the John Reif Memorial Run. While the Big Red’s varsity runners took the weekend off to prepare for the upcoming Heptagonal Championships, younger junior varsity runners were eager for another opportunity to race. In the women’s two-mile race, sophomore Rose Carlson ran her best race of the season to take eleventh in 13:42. In the Men’s 5K, freshman Joe Lamagna took second in 16:46, while junior half-miler Chris Kellett managed third in 16:49. In the women’s 5K, 800 meter specialist Grace Nwoku, running in her first cross country race of the season, won the competition in 19:57. Valencia Tilden ran a Moakley Course personal best of 20:09 to take fifth place. Freshman Alison Dailey (7th, 20:14), sophomore Kendra Kollar (8th, 20:23) and freshman Aline Speeckaert (10th, 20:46) also ran good races. Freshman Rachel McMichael’s ninth place finish in 20:24 represented an eighty second improvement over her time run against Army on the same course in September. Finally, in the men’s five mile competition, sophomore Doug Mitarotonda caught the early race leaders at two and a half miles and held off challengers from St. Lawrence to grab the victory with a time of 27:17. Fellow sophomore Mike Sinkevich also ran a nice race to take fourth in 27:33.

**Heptagonal Championships**
October 15, 1999
New York, NY

Entering the Heps with hopes matched only by the brilliant seventy-degree fall day that greeted them upon arriving at Van Cortlandt Park, both the men and the women were focused on making this visit to the Bronx a memorable one. Running an hour after the Big East Championships were concluded, the women’s championship race started off the meet. Expecting to challenge Brown for the championship, the Red were confident that they were improving from meet to meet and that they would be in the hunt for the team title. Brown entered the meet on a roll, having easily won the Iona Meet of Champions earlier in October defeating both Dartmouth and nationally recognized Boston University in the process. Undaunted, the Red was in the hunt from the beginning, with senior captain Emily Germano setting the pace for the entire field. Not far back, in the second pack, were juniors Meredith Freimer and Kim Chatman and sophomore Halle Watson. Germano dueled with Brown junior Sarah Tindall for another opportunity to race. In the women's two-mile race, Cornell could not match Brown's finish. With four in the top ten, Brown ran an outstanding race to grab their first Heps cross country title with 36 points. Cornell finished second with 71 points, while an improved Columbia squad beat out Dartmouth 81-111. Although the women were disappointed not to be able to retain the cross country title they won in 1998, three runners in the Red's top five ran faster than they had two weeks previously and it was clear that the Big Red had put forth a solid performance.

On the men's side, Coach Jerry Smith was very happy with the team's position entering the "Back Hills" and true to his directives, the scoring five, led by captain Fred Merwarth and sophomore Max King began moving up the field. Entering the "Flats" at five kilometers,
Merwarth would get as high as seventeenth in the race, only to fall back in the last mile. Princeton’s Paul Morrison was the race winner in 24:36 while Merwarth led the Red in his final cross country Heps with a gutsy 24th place finish (25:53). King (25th, 25:55), junior Geoff King (29th, 26:07), freshman Dan Dombrowski (36th, 26:16) and sophomore Geoff Van Fleet (38th, 26:19) rounded out the scoring. While Merwarth and Dombrowski ran impressive races, the general feeling was that the Red could have improved upon its sixth place finish with 152 points if they could have been closer to their times from two weeks earlier at the IC4A championships. Still, the squad was encouraged that they had improved on last year’s performance.

1999 Men's and Women's Cross Country Teams at Heps
NCAA Region I Championships
November 13, 1999
Boston, MA

The day started warmly enough, but clouds and cooler, breezy temperatures greeted the Big Red when they arrived at Franklin Park for the NCAA Region I championships. The men got the meet started off on the right foot with their finest performance of the season, finishing fifth out of 33 teams. After a disappointing team performance at Heps, the Red rebounded and turned the tables on Columbia and beat Heps rivals Brown, Harvard and Yale as well.

With the top five in the top third of the race at the mile, the Red was better positioned for low scoring up front than they had been at any of the meets earlier in the season. Captain Fred Merwarth led the charge, finishing in 27th in a fine time of 30:56. Sophomore Max King, dependable all year, followed closely behind in 30th (31:02). Running his strongest race of the season, junior Colin Moore finished 36th (31:07) and was followed by classmate Geoff King in 47th (31:24). Rounding out the top five was senior Ryan Raffa in 52nd (31:07) and was followed by classmate Geoff King in 47th (31:24). Freshman Dan Dombrowski continued to impress, crossing the line in 54th (31:32). Boasting a thirty-four second spread between the scoring five, the Big Red was in the hunt the entire race and finished only behind Iona, Providence, Dartmouth and New Hampshire.

Excited about the men's performance, the women's team started in good position with three runners in the top fifteen at the mile mark. Despite three runners up front, however, the Red's lack of depth hurt them in the large field. Sophomore Halle Watson ran ten seconds faster than her performance on the same Franklin Park course in September, but finished in 66th (18:31) and was the Red's fourth runner. Freshman Christine Diaz cracked the top five for the first time all season and finished in 81st (18:51.9). BYU captured its second team title in three years and Wisconsin junior Erica Palmer was the individual titleist.

NCAA Championships
November 22, 1999
Bloomington, Indiana

Racing in unseasonably warm sixty-five degree weather, the Big Red's NCAA-qualifying trio were excited about the opportunity presented to them but in the end were slightly disappointed with their performances, mostly because of problems encountered in the first 1000 meters. Although not necessarily the most difficult section of the course (the runners were faced, however, with a steep 300 meter climb in the first half-mile), strategy and position at the start proved crucial for good performances. Faced with a sharp-left hand turn at 700 meters, the Red harriers, despite efforts to avoid such a situation, found themselves in heavy traffic. Junior Meredith Freimer, in fact, was forced to walk at two points in the first 1500 meters because of the heavy cluster of bodies on the sharp early turns. Making up for her tough starting position, Freimer moved up to finish 105th (18:02.6) and was followed by senior captain Emily Germano in 136th (18:14.1) and junior Kim Chatman in 208th (18:51.9). BYU captured its second team title in three years and Wisconsin junior Erica Palmer was the individual titleist.

NCAA Qualifiers Emily Germano, Kim Chatman and Meredith Freimer
Cross Country Banquet

Following a nearly seventy-year old tradition, the men's and women's cross country teams walked to the Varna Methodist Church for their end-of-the season banquet on December 7th.

Head Coaches Lou Dueising and Nathan Taylor supervised the distribution of the following awards:

**Fifth Runner award:**
- Geoff King
- Mandy De Roche

**Most Valuable Freshman:**
- Dan Dombrowski
- Sara Karam

**Most Valuable Runner:**
- Fred Merwarth
- Emily Germano

**John S. Reif Award (overall Excellence):**
- Mzx King/Doug Mitarotonda
- Kim Chatman

**John Moakley Award (overall Contribution):**
- Fred Merwarth
- Emily Germano

Finally, the captains for the 2000 Big Red cross country teams were announced. For the men, Colin Moore will lead the way while for the women Kim Chatman and Meredith Freimer were selected as co-captains.

Charlie Werly Remembered

Cornell University and the Cornell Track family have lost a great and true friend. Charlie Werly '27 died at age 93 on November 30, 1999.

Charlie Werly's contributions to Cornell track were extremely generous and extensive, and he touched the lives and opportunities of Cornellians for many years and in so many ways. He was a major contributor to the Moakley Fund, almost from its inception in 1976. Further, he helped the track program whenever we needed it, especially to help fund our quadrennial exchange with Oxford and Cambridge. More than that, he was a loyal Cornellian who valued his experience as an undergraduate, and retained a deep and personal interest in the health and stability of the track program. He often spoke about how much his track experience helped him in life as well as his deep respect for his teammates and Mr. Moakley. His self-effacing character deflected any direct praise.

Charlie Werly was unable to attend the dedication of the Hunt Bradley Track Center in 1995. He did, however, send along a poem, which was included in the dedication program. The same poem was ready by his nephew John at his memorial service on December 4, and is also found below. One can not read it without seeing Charlie described by the author.

Charlie Werly leaves a legacy of love and commitment to Cornell track. I would venture to guess that not one of us who has been a part of Cornell track since his matriculation has not had his or her experience enhanced by Charlie’s generosity. We appreciate so much his dedication to Cornell, and are deeply saddened by his passing. We extend our heartfelt sympathy to his daughter Jane and we will miss him.

Building the Bridge
By William Allen Dromgoole

An old man going a lone highway
Came in the the evening cold and gray,
To a chasm vast, both deep and wide.
The old man crossed in the twilight dim;
The swollen stream was as naught to him;
But he stopped when safe on the farther side
And built a bridge to span the tide.

"Old man," said a fellow pilgrim near,
"You are wasting your strength in labor here;
Your journey will end with the closing day,
You never again will pass this way.
You've crossed the chasm deep and wide,
Why build you this bridge at eventide?"

The laborer lifted his old gray head,
"Good friend, in the the path I have come," he said,
"There followeth after me today
A youth whose feet must pass this way.
This chasm which has been naught to me,
To that young man may a pitfall be.
He, too, must cross in the twilight dim,
Good friend I am building that bridge for him."
Women’s Track Preview

The women’s track and field squad had an excellent season in 1998-99. The group finished fourth both indoors and outdoors at the Heptagonals, numerous school records fell and league champions were crowned. The team had good balance with headliners in nearly every area.

The team graduated some mainstays, including past league champions Jessica Shaw, Chris Groneman and Miranda Kaye, stalwarts in the middle distances, and top sprinter Kristy Shreve, a holder of two school marks. In the field events the contributions of shot putter Tara Amarosa and multi-eventer Tara Flegel will be missed. While the Red suffered key graduation losses, an outstanding nucleus of athletes returns for the 1999-2000 season.

The sprint group returns multi school-record holder Catherine Regan and several other members from the 3:44.47 4x400 group. The middle distance area will again be strong, led by 2:08.47 800 runner Grace Nwoku, holder of several school marks, and Heps finalists Kim Chatman, Meredith Freimer and Halle Watson. Two-time Heps champ Emily Germano should be among the league’s most dominant distance runners. Expect the field events to be impressive as well. Junior Karen Chastain is among Cornell’s most prolific throwers, dominating the discus in the Heptagonals, claiming two Heps titles over the past two years. Horizontal jumper Danielle Brown has school records in the triple jump and was an NCAA provisional qualifier last spring. Another solid recruiting year, coupled with the return of veteran athletes, should mean another competitive campaign for the Red.

SPRINTS: The short sprint group should be exceptionally strong for the Red this year. Brown returns having posted the team’s top 55-meter dash time of 7.39, good for seventh at the indoor Heps. Becky Poulson, Meghan Lockwood and Kaitlin Seigenberg all took turns leading the team at 100 meters outdoors and combined to grab fifth place at the Heps in the 4x100 relay. Look for newcomers to impact the sprints immediately. Nebraska state champ Skye Jay has run 11.8 and 24.6 for 100 and 200 meters, respectively, and will combine with Conneil Arnold of Kingston, Jamaica, a school-girl sprint champ, to push the veterans. New Jersey speedster Lauren Fanelli and Illinois state qualifier Kristina Davis will also impact, each having run 12.3 last spring for 100 meters.

The longer sprint group will be led by Regan. She clocked a 56.57 time for 400 meters indoors and was part of the Red’s record-setting 4x400 relay last spring. She will combine with another of Cornell’s long sprint record holders, Chloe Benetatos, who was a Heps scorer at 400 meters last season. Nwoku holds the school mark at 500 meters and ran on the record 4x400 relay and will be strong here as well. Sophomores Anne Marie McMillan and Jenn Krainman will impact, as will frosh sprinter Emily Stein from the American School in Japan at 58.7, as well as Jay at 56.6.

HURDLES: Three of the Red’s top hurdlers return. Senior Benita Gateman and sophomores Sarah Spain and Betsy Swan will fight it out for the top spot. They will be challenged by freshmen Mandi Ruziecki, Molly Burke and Caitlin Ramsey. Ruziecki reached the California state championships last spring and has a best of 14.47, while Burke was an Illinois state finalist. Ramsey finished sixth at the Pennsylvania state meet last spring.

Senior Captain Catherine Regan

The long hurdles return two of the league’s best. Regan holds the Cornell school record at 61.36 and is a Heps scorer as is Gateman. She reached the conference finals last spring and ran a personal best of 63.0. Ruziecki and Burke have solid credentials here as does sophomore Lauren Baumann.

MIDDLE DISTANCE: Nwoku leads here, as she has scored many times at the Heptagonals and ran 2:08.97 for 800 meters last spring at the Eastern championships. Sophomore Halle Watson was part of the the Red’s record-setting 4x800 team and has run 2:12. She has also excelled at 1500 meters as have Chatman and Freimer, who were ECAC qualifiers. Chatman scored in both the mile and 1500 meters last spring while Freimer was a league finalist and part of the record 4x800 relay squad. Sophomores Tricia Gasser and Lena Mathews along with senior Stacey Nicks add solid depth. Frosh Natalie Whelan participated in the high school national championships and was one of New York’s best last season as a prep. Elizabeth Pollak is a New York state champion at 1500 meters with an impressive 4:42.05.

DISTANCE: Germano returns after a sensational junior year. She was a Heptagonal champion in both the 3,000 and 5,000 meters last season and finished second at the outdoor Easterns. She should be dominant again and among the East’s best in the 5,000 meters. Freimer has recorded some excellent 3,000 times and will combine with frosh Kim Garnic, who has run 11:05 for two miles during her prep days in California.
JUMPS: The horizontal jumps will be dominated by school-record holder Brown. The talented junior hit 41-10 in the triple jump and 19-1 in the long jump and was an NCAA provisional qualifier last spring. She was the Heps runner-up outdoors in the triple jump and scored indoors in both jumps in the conference finals. Three athletes should back her up in the long jump. Junior Jill Schleifer-Schneggenburger and frosh Mandi Ruziecki all have solid marks and hope to impact. Triple jumper Sarah Spain has spanned 37 feet and should back up Brown admirably. Look for sophomore Teresa Emery to add depth in the event.

The Red return three excellent high jumpers. Junior Laura Jordan is an All-East performer and has a 5-6 1/2 best. Sophomore Charlene Davis was an indoor Heps scorer and has been over 5-8. Junior Mia Gramata-Jones missed last season because of illness, but has also topped 5-8 and give the Red a great group in this event.

The pole vault should also be strong with four featured jumpers. Sophomore record-holder Kim Trout was an Eastern qualifier last year and has a best of 11-0. Teammate Marla Leary was over 10-0 to cap a solid season. Freshman Molly Dickens was among the best in Florida, where she was a state scorer, clearing 11-0.

WEIGHTS: Chastain has the top marks here in three of the four weight events. She won the Heptagonal championship in the discus and has the school mark at 162-5. She was third at the Easterns and has been the dominant discus thrower in the conference over the past two years. Chastain had a personal best in the shot put last season, hitting 44-9 1/2 and scoring both indoor and outdoor in the league meet. She is also impressive in both weight events, the 20 lb. weight and hammer throws. She again scored at the Heps in both events and is closing in on the school records here. Sophomores Emily Eigel and Spain had impressive frosh campaigns. Eigel threw 39-10 1/2 near the end of the season and should continue to improve in the shot put. Spain had the team’s top performance in the javelin as she reached 129-0 feet for a personal best. Newcomers will play a big role in the success of the group. Sarah Herskee won the New Jersey All-Groups in the discus and brings marks of 147-11 in the discus, 42-6 in the shot put and 129-0 in the javelin. Tarah Rowe is a New York state champion and has bests of 138-0 in the discus and 40-6 in the shot put.

MULTI-EVENTS: Schleifer-Schneggenburger was a Heptagonal scorer in the heptathlon and is the team’s top returner. Spain also has potential here and participated in several multi-events over the past summer. Freshman Mandi Ruziecki also has had experience here and should get a chance to participate in these events.

Men’s Track Preview

Cornell will be on the move this year. With major changes in the coaching staff, a solid core of experienced veterans, some outstanding athletes returning from injury and a very good freshman class, the program will be positioned to return to pre-eminence in the Heptagonal League. First-year head coach Nathan Taylor has brought a dynamic focus to the team that will go a long way in bringing this squad back to the top of the Ivy League. He has grown accustomed to developing excellent teams that have regularly been ranked among the top 20 in the country. Fortunately, the Cornell team will not be starting at ground zero in their quest for the championships, as nearly everyone returns from the team that defeated both Pennsylvania and Brown last year.

Expectations are high for the 1999-2000 team as Cornell returns 21 IC4A qualifiers and seven All-East athletes. The leadership from captains Fred Merwarth, Trent Stellingwerff and Dave Wynn will be a major key to the success of the squad. The jumping events will be particularly strong, while last year’s 4x100 relay returns intact as the only foursome from the league to score at the IC4As. The distance group will be led by IC4A finalists Colin Moore and Stellingwerff.

SPRINTS: With an excellent group of runners who have great range, the Big Red will look for points from twinbrothers Rich and Marc Deneault. Rich has demonstrated his speed and should be the team’s top 100 runner, while Marc was a Heps scorer in the 200. Both also ran on the All-East 4x100 relay. With serious weight training they will improve rapidly. Sophomore Allen Jimerson ran second for the relay that hopes to dip into the mid-40 second range this year. Add in newcomers Quinton Carew, a Canadian finalist, and Matt Strosnider, whose best 55 dash in high school would make him a serious challenger in the dash, and you have five runners who will vie for the chance to run. In the 400, the Deneaults and Jimerson, all of whom ran in the low 48s last year, will be joined by transfer Rajat Khanna (Muskingum College) and freshman Wilbur Carmon (Piscataway, N.J.). Add in Strosnyder, and the return of mid-48 runners Chris Ondrak and Erik Nakutavicius and despite not having the big gun in the 4x400, Cornell could run under 3:12 this year.

HURDLES: Wynn will lead the hurdlers again this year. A Heps finalist and an IC4A qualifier in the 400IH, Wynn has the strength and technique to make major drops in his time this year. Junior Doug Heulitt will give Wynn a run for his money in both events, as the two look to score big at the Heps. Three newcomers join the squad and once they adjust to the higher hurdles and get stronger, their presence will be felt throughout the league. Carmon, Murteza Haidri, also from New Jersey, and Paul Martorano from New York, have all run under 14.50 over the high school hurdles and show excellent promise in this wide-open event.

MIDDLE DISTANCE/DISTANCE: The mid-distance squad has the chance to produce in a big way as Moore and sophomore Geoff Van Fleet are two of the best milers in the East. Moore was an IC4A finalist last year while Van Fleet was a Heps finalist. Both have run under 3:50 for 1500 meters and have the ability meet the NCAA qualifying standards. Additionally, they both have
necessary for great times in the distance medley relay. Sophomore Matt Gallagher looks great this year and as a 4:16 miler in high school, he could be a sleeping giant. Stellingwerff was also All-East in the 1,000 and is easily one of the league's best. With a healthy year under their belts, the season school record in the 800 by Greg Cipolaro, a Heeps champion, could be in jeopardy. Chasing this group will be juniors Chris Kellett, Chris Ondrak, and Richard Menzies, another Canadian provincial champion who has tremendous ability. All of these runners could threaten the 1:50 barrier in the 800. Dan Meehan battled injuries last year but has also run 1:53. Newcomers will add excellent flexibility to the team, particularly in the mid-distance dominated indoor season as Daryn Johnson, Matt Fiorovanti, and Joe Lamagna can also contribute. Each has run 1:56 while in high school.

In the longer events, both Moore and Van Fleet, following excellent cross country seasons, can move up to the 5,000 and, along with junior Geoff King, could all go into the 14:20s. Sophomore Max King will also be in the hunt here as well as in the 10,000. Freshmen Andy Boone, Dan Dombrowski, and Shai Birmaher all look to run well and hopefully qualify for the USAATF Junior National Championships in both races.

Merwarth will lead the charge in the steeplechase. After running 9:20 as a sophomore, his first year in the event, Merwarth took part in the study abroad program last year in Germany. He's now poised for the big breakthrough that may take him all the way to 9:00. Hot on his heels will be sophomore Doug Mitarotonda.

JUMPS: The horizontal jumps may be the greatest strength of the team this year. Five athletes have previous experience at the IC4As and three are returning Heeps scorers. Senior J.P. Pollak leads the group. Following his transfer from Penn, Pollak was All-East in the triple jump last year and is already tantalizingly close to smashing the 24-0 and 31-0 barriers. He was a Heeps scorer in both the long jump and the triple jump in his first two years at Penn. Fellow senior Nat Toothaker was also a Heeps scorer in the long Jump and looks to jump over 24-6. Junior Nick Senter aspires to build on his best, which is a team best of 24-1. Sophomore Tommy Thothongkum had an excellent rookie season, posting marks of 23-5 and 49-5. He currently sits seventh on both all-time lists. Another sophomore, Neal Okarter, jumped 48-0 and has the potential for a big performance here. The depth in these events is exceptional.

The vertical jumps feature Cornell freshman record holder in the vault, Scott Lundy, whose best of 15-6 has been matched by freshman Mike Harbeck, who finished third in the Illinois championships. Both of these vaulters have the ability to put themselves in the record books this year and threaten 5 meters (16-5) and score at the Heeps. Another freshman, Mike Kiselyczny, could be a surprise newcomer here.

Junior Pete Ippel scored at the Heeps last year and is training harder that ever to build on his 6-8 best in the high jump. Improved strength and a better run will yield great dividends. Freshman Chris Smith, who placed fifth at the national scholastic meet, owns a best of 6-9 and could challenge the best in the league.

THROWS: Senior shot putter Brad Rowse is still recovering from a thumb injury that slowed his progress last year. Freshman Brett Coffing posted exceptional marks while placing at the ever competitive Ohio state meet. His bests of 183-0 in the discus and 59-0 in the shot put indicate that, as soon as he makes the adjustment to the college implements, he could be a major force in eastern throwing. Sophomore Jeremy Blanchet showed excellent progress last year in the hammer and scored at the Heeps. His best of 161-0 was just the tip of the iceberg, as he has dramatic potential and could move to the top of the league quickly. Two newcomers could lead the way in the javelin. Freshman Scott Benowicz, the Oregon runner-up in only his first season, was just under 200-0 and looks to make all the big meets including the Junior Nationals. Sophomore Shane Downey, a transfer from the University in Ontario, has a best of 185-0 with the international implement. Both of these two could move into the top 10 all-time list in their first meet for the Big Red. Sophomores Zach Ramos and Jon Lane have the potential to make it to the IC4As.

MULTI-EVENTS: Wynn, an excellent all-around athlete, scored at the Heeps in the pentathlon, and is third all-time at Cornell. His durability will determine how often he competes in the multi-events. Freshman Chris Smith could make his biggest mark in this event. He brings solid marks in the jumps and hurdles and at 6-3, 195, he has the body and determination to become the best ever at Cornell. Not far behind these two will be freshman Paul Martorano.
### 2000 Indoor Track Schedule

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Dear Friend of Cornell Track:

Few collegiate track programs can boast a history over a century old -- Cornell can. Will the same be said 100 years from now?

We have all been affected by our participation -- pursuing athletic excellence to the extent of our talents, and desires -- with coaches who viewed their time on the Hill not as a sentence to be served, but rather as a sought after destination. This continues to be a place where, with their help, young men and women can explore the simple passion of the sport, and carry with them the lessons learned throughout their lives.

The landscape of college athletics is changing and we are faced with a simple truth. For the Cornell Track tradition to continue, it is incumbent on those who came before to insure that future opportunity is available to succeeding generations. Fortunately, over 20 years ago, Cornell Track visionaries recognized this need and established the Jack Moakley Fund to aid and support the programs. We are in a better position than some, but much work remains to be done.

If you value your track experience and want future generations to have the same opportunity, please consider a gift to the Jack Moakley Fund. Your gift, regardless of size, helps move the programs towards a secure future, promoting a second century of tradition.

If you value your track experience and want to support the Men's and Women's program in the current season, please consider a gift to the Track Development Fund. Your gift will be pooled with others to help offset the expenses incurred in properly running a Division I program with the history we can claim. These unrestricted monies are of critical importance.

Consider this as you make your decision: a gift of stock is an easy way to make a significant gesture of support, rebalance your portfolio, lower your income tax and avoid capital gains tax altogether.

Thank you in advance for your support.

Sincerely,

Bob Mealey
CTA Immediate Past Chair

Grant Whitney
CTA Acting Chair