Long Beach Track & Field Classic
March 20, 1999
Long Beach, Calif.

The Big Red travelled to the temperate West coast once again for Spring Break. After arriving on a Friday, the team geared up for its first outdoor meet the next day. Rainy skies greeted the competitors as they arrived at the track, but the storm passed and it turned into a great day for a track meet! As usual, Cornell competed extremely well in this meet. Neal Okarter was the only Big Red champion, leading a sweep in the triple jump with a leap of 47-5 3/4. Teammate JP Pollak was second in the event with an effort of 47- 4 1/2 and Tommy Thothongkum was third with a leap of 46- 8. Greg Cipolaro had a great race in the 800m run, finishing in 1:52.12 for second place. Geoff Van Fleet was second in the 1500m run, with a time of 3:54.62 and teammate Trent Stellingwerff was fourth in 3:56.63. Geoff King ran a strategic race in the 5000m, finishing third in 14:49.41 and the 400m hurdles was a good race with Dave Wynn finishing fourth in 55.52.

On the women's side, Cornell earned five first-place finishes. Grace Nwoku won the 800m with a time of 2:12.44 and Miranda Kaye won the 5000m run in 17:44.00. She had doubled back after winning the 1500m in 4:34.20, just edging teammates Jessica Shaw (4:34.58) and Kim Chatman (4:34.78). Emily Germano won the 3000m run in 10:00.86 and the women's 4x400m relay of Catherine Regan, Nwoku, Kristy Shreve and Chloe Benetatos set a new school record, winning in 3:46.98. Second place performances were recorded by Shreve in the 400m dash (57.50), Regan in the 400m hurdles (63.50) and Laura Jordan in the high jump (5- 3 3/4).

The teams were excited by the performances and were looking forward to a solid week of training to get ready for the next meet.

Irvine Invitational
March 27, 1999
Irvine, Calif.

The tracksters trained all week at Irvine's track, so they were feeling well-acquainted with the facility as they lined up for the meet. Both the men and the women finished second in the meet behind Cal Poly. In the

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Editor's Note
Due to production delays over the summer, this expanded edition of the Wastebasket contains a wrap-up of the 1999 outdoor track season, a preview of the 1999 cross country season as well as an update on the progress of the 1999 Big Red cross country squads.
women's meet, Cal Poly scored 203.5 points, Cornell earned 167, Boise State had 162.5 and Irvine amassed 112. The women earned three first places from Catherine Regan in the 400m dash (56.96), Kim Chatman in the 1500m (4:31.47) and Emily Germano in the 5000m run (17:22.42). Chris Groneman ran a very solid 4:32.07 in the 1500m for second place and Karen Chastain hurled the discus 150-10 for second place as well. Grace Nwoku ran a 2:10.55 in the 800m, which was good only for third place. She was closely followed by Jessica Shaw who clocked a time of 2:11.78 for fourth.

The men's team scores were a bit closer, with Cal Poly winning with 190 points and Cornell earning 178 points for second place. Boise State was third with 163 points and Irvine was fourth with 48 points. The men had five first place finishes, four of which were in the field events. Tommy Thothongkum leaped 22-7 1/4 in the long jump for the gold. Cornell jumpers took second and third in that event as well, with JP Pollak jumping 22-5 1/4 and Nat Toothaker jumping 22-1. In the triple jump, JP Pollak leaped 49-2 1/4, good for first place. Tommy Thothongkum was second in that event by jumping 48-5 1/4 and Neal Okarter was third with an effort of 48-1 1/4. Nathan Jauvtis cleared the pole vault bar at 16-0 for first place and teammate Greg Schlachter was second by clearing 15-6. In the javelin throw, two Cornell freshmen won the top two spots. Jon Lane hurled the spear 167-7 for first place and Zach Ramos threw 165-6 for second. On the track, the men's 4x400m relay of Justin Mayer, Allen Jimerson, Marc Deneault and Greg Cipolaro crossed first in 3:18.27. Deneault was second in the 400m dash in 49.80 and Cipolaro was second in the 800m run in 1:54.53 (while running the final 750 meters with only one shoe!). It was an extremely successful meet and the week of training set the Red up well to return to the East Coast ready to begin the middle of the season.

Penn Invitational
April 3, 1999

The Penn Invitational was an unscored meet against UMass, Penn, Kutztown, Rowan, LaSalle, St Josephs, Farleigh-Dickenson, Haverford and Penn State. The men had two event winners, with Tommy Thothongkum taking the long jump with a leap of 23-0 1/2 and Nathan Jauvtis winning the pole vault by clearing 15-11. The Big Red placed second in four events: JP Pollak in the long jump (22-5), Trent Stellingwerff in the 1500m (3:54.5), Greg Cipolaro in the 800m (1:52.3) and Josh Novak in the 5000m (14:59.0). The men's 4x400m relay finished in third place but turned in a clocking of 3:14.9 – the fastest time of the season! Colin Moore ran an impressive race in the 800m, finishing in fifth place in 1:53.9 and Justin Mayer was sixth in the 200m dash with a time of 22.0.

The women pulled in three first-place finishes in the meet. Jessica Shaw won the 800m run in 2:11.1, Catherine Regan won the 400m hurdles in 1:01.6 and the women's 4x400m relay set another school record with a time of 3:45.8! Karen Chastain placed second in the discus with a toss of 154-10, Claire Ryan was second in the 5000m run in 17:40.55, Kim Trout was second in the pole vault by clearing 10-6, and Benita Gateman was second in the 400m hurdles in 1:03.0. Sprinter Kaitlin Seigenberg ran a great race in the 100m dash, placing fourth in 12.5 and Kristy Shreve was sixth in the 200m dash with a time of 25.4.

Columbia Invitational
April 10, 1999
New York, N.Y.

The tracksters travelled to New York City and had an opportunity to compete at the Heps facility before the big weekend at the beginning of May. This was a non-scored meet and Cornell's squad was split between Columbia and the Sea Ray Relays in Tennessee. The men were victorious in three jumping events. Nathan Jauvtis won the pole vault by clearing 15-0, Nat Toothaker won the long jump with a leap of 22-10 3/4, and Tommy Thothongkum won the triple jump with a leap of 49-5 3/4. Brit Holmberg placed third in the hammer throw with a toss of 148-9 and Dave Wynn placed second in the 110m hurdles in 15.10.

The women only had one individual winner in Karen Chastain, who took the discus with a toss of 143-0. She also placed second in the hammer throw (146-10) and second in the shot put (41-4 1/2). Benita Gateman ran the 400m hurdles in 1:05.21, which was good for the silver medal and Kim Trout cleared 9-9 3/4 in the pole vault to finish second in the competition.
Sea-Ray Relays
April 9-10, 1999
Knoxville, Tenn.

Coach Lou Duesing took several tracksters down south to the annual relay event. The women’s 4x800m relay of had a fantastic race, winning the relay with a time of 8:51.81. The women’s distance medley relay also came away with success, placing third with a time of 11:40.60. The men’s 4x800m relay and men’s distance medley relay both ran very competitive races. The 4x800m finished in 14th place in a time of 7:54.74 and the distance medley clocked a 10:03.88 for 10th place overall. Cornell was well represented in the middle distance races, with three women in the 800m and four in the 1500m run. Grace Nwoku placed 12th in the 800m with a time of 2:12.03. She was closely followed by teammate Chris Groneman (2:12.78), who finished 14th, and Jessica Shaw (2:13.72), who finished 19th. In the 1500m, Miranda Kaye was 12th overall in 4:32.50, Meredith Freimer was 13th, with a time of 4:33.64, Kim Chatman was 14th in 4:33.98 and Halle Watson completed the race in 4:41.86 for 24th place overall. Cornell also amassed a number of second and third place finishes, sweeping the long jump and the 400m dash. It was a tremendous team effort and lifted the spirits of the team to help them believe in themselves and what they can accomplish as a team.

Penn Dual
April 17, 1999
Ithaca, N.Y.

Penn hosted the Penn Dual this year and Penn moaned and groaned as they made the trek to Ithaca. The forecast was for rain, but not one drop fell during the meet. The sun and the Big Red Marching Band both made guest appearances during the day! The good weather was a foreshadowing of the good things to come for the Big Red, as both the men and the women were victorious in the meet! It is the first time the men have won in 11 years and is the first time both the men and the women have defeated Penn in the same meet. The Big Red competed with fire and Penn was simply not up to the challenge!

The men won the meet 97-66, quite an impressive point spread! The men won 10 of the 18 events and put the meet away early. The Red’s 4x100m relay didn’t get the meet off to a good start, unfortunately, as they were disqualified for a poor first exchange. However, that seemed to be the only blemish in an otherwise great day. In the distance events, Doug Krisch won the 3000m steeplechase in 9:31.99 and Josh Novak won the 5000m in 14:59.92. In the middle distance races, Colin Moore won the 1500m run in 3:55.75 and Greg Cipolaro won the 800m run in 1:52.37. In the field events, JP Pollak won the long jump with a leap of 22-8 1/2 and Greg Schlachter won the pole vault by clearing 15-3. In the sprints, Allen Jimerson won the 400m dash in 49.37, Justin Mayer won the 200m dash in 22.27, Dave Wynn won the 110m hurdles in 14.97, and the men’s 4x400m relay beat out Penn with a time of 3:19.33. Cornell also won the hammer throw with a toss of 156’ 11” and the discus with a throw of 160-4, Danielle Conrad won the javelin with a throw of 122-11 and Laura Jordan won the high jump by clearing the bar at 5-6 1/2. On the track, Cornell took both middle distance events with Miranda Kaye winning the 1500m in 4:35.37 and Grace Nwoku winning the 800m in 2:12.08. In the sprints, Kristy Shreve won the 400m dash in 57.07, Catherine Regan won the 400m hurdles in 1:01.84, and the 4x400m relay beat Penn's with a time of 3:51.37. Finally, Emily Germano won the 3000m in 10:00.07. The Red swept four events, taking the top three spots in the 1500m run, the discus, the 800m run and the javelin.

The meet was a great boost for the men and the women — and Penn got out of town as quickly as the bus would go.

Penn Relays
April 22-24, 1999

The Big Red had nearly 30 tracksters competing in the Penn Relays this year. The weekend was a great one for competition and new school records were set! The 4x400m relay set another school record in the Heptagonal section, finishing second in their heat.
with a time of 3:44.47. Karen Chastain also broke her school record in the discus with a toss of 162’ 5” which placed her third in the competition. Emily Germano had a spectacular race in the 5000m, placing fourth in the Championship of America section in 16:39.73. The men’s 4x100m relay qualified for the Eastern Championship race on Saturday and placed fifth overall in a time of 42.63. Pole vaulters Nathan Jauvtis and Greg Schlachter overcame wet conditions to place fifth and eighth in the pole vault, respectively. Jauvtis cleared 15-3 and Schlachter cleared 14-9 in the competition. Triple jumpers Tommy Thothongkum, JP Pollak and Neal Okarter also finished high in the standings. Thothongkum placed eighth overall with a leap of 47-7 3/4, Pollak was 10th with 47-2 1/2 and Okarter was 15th with a jump of 46-2 3/4. The women’s 4x800m relay finished 10th in the Championship of America section with a time of 8:47.98. The 4x1500m relay was also 10th in the Championships, clocking a time of 18:19.20. The men’s distance medley relay finished 10th as well in 9:56.29. The men’s 4x800m relay crossed the line in 7:47.58 for 25th place overall. Cornell had a few other individuals compete in open events and they ran well, although they didn’t place in the top 20.

Big Red Invitational
April 25, 1999
Ithaca, N.Y.

On the Sunday of Penn Relays weekend, Cornell hosted a meet for those Big Red tracksters who had not competed at Penn Relays but were planning on competing at Hepts — or for those who were still fighting for a seat on the bus! St Lawrence, Binghamton, Moravian Valley, Delhi and Hartwick were some of the teams that made the trip for the meet. Laura Jordan had a good meet, winning the high jump by clearing 5-4 1/2. Bryan Weissenboek just missed qualifying for IC4As as he won the 400m hurdles in 53.7. Sarah Spain had a great day with the javelin, setting a personal best and nearly qualifying for the ECACs with a toss of 129’ 7”. Danielle Brown leaped 40’ 0 1/2” in the triple jump and Marla Leahy cleared 9’ 0 1/4” in the pole vault. Karen Chastain continued her tune-up for the Hepts by winning the discus with a throw of 154’ 10”. It was a great day for a track meet - the nicest yet on the Kane Track Facility - and a good preparation meet for Hepts!

Outdoor Heptagonal Championships
May 1-2, 1999
New York, N.Y.

Cornell set out on Friday for the Heptagonal championships with an optimistic attitude and goals to finish higher than it did at the indoor championships. As the busses rolled back to Ithaca on Sunday, the women were bringing home a fourth-place finish and the men were dismayed they had finished in ninth-place overall. Brown won the women’s meet with 128 points. Harvard was second with 114 points, followed by Princeton in third (92.5), Cornell in fourth (84), Dartmouth in fifth (79), Penn in sixth (73), Navy in seventh (35), Yale in eighth (25) and Columbia in ninth (20.5). The women had a single Hepts champion in Karen Chastain. She won the discus with a toss of 158-5, just beating a Harvard competitor who threw the discus 156-8. She also scored fourth place in the shot put with a toss of 44-9 1/2 and a sixth place in the hammer with a throw of 148-6. Miranda Kaye placed second in the 1500m run in a very close race. Her time of 4:31.07 was just behind a Navy trackster who won in 4:30.90. Teammate Kim Chatman finished in third in 4:32.21 for a very tight top three! Emily Germano finished second in the women’s 3000m run with a time of 9:44.80 and Kaye had a second great race of the day, finishing in third in 9:47.12. Germano also finished second in the 5000m run with a time of 17:03.14 – which made for a great double for Emily! Danielle Brown had a fantastic meet in the triple jump, placing second with a school-record leap of 41-10 1/2. The women’s 4x400m relay team of Catherine Regan, Grace Nwoku, Kristy Shreve in Chloe Benetatos finished second to Harvard with a time of 3:49.39. Likewise, the women’s 4x800m relay team of Halle Watson, Chris Groneman, Meredith Freimer and Jessica Shaw finished second in 8:58.78. Grace Nwoku placed fourth in the 800m with a time of 2:14.49 and Catherine Regan was fifth in the 400m hurdles with a time of 62.64. On Saturday, Regan qualified for the finals and set a new school record, completing the race in 61.36. The final two point scoring events for the Red were the 4x100m relay of Meghan Lockwood, Becky Poulson, Kristy Shreve and Chloe Benetatos (fifth place in 49.30) and Jill Schleifer-Schneeggenburger, who finished sixth in the heptathlon with 4,153 points.
The men's meet was dominated by Princeton, who won the team championship with 181 points. Second place Navy earned only 102 points and Penn pulled in 79 points for third. Brown was fourth with 65 points, Harvard was fifth with 52 points, Dartmouth was sixth with 48 points, Columbia and Yale tied for seventh with 37 points and Cornell was ninth with 19 points. Cornell's highest finish in the meet was fourth place, as Justin Mayer placed finished in the 200m dash with a time of 22.77, running into a stiff headwind. Marc Deneault was sixth in the 200m with a time of 22.86. JP Pollak placed fourth in the long jump with a personal best of 23-7 1/4 and Tommy Thothongkum was sixth in the same event with a leap of 23-1 3/4. Greg Schlachter was also fourth in the pole vault, clearing 15' 9" in windy conditions. Greg Ciplaro placed sixth in the 800m run with a time of 1:53.68, but he had an IC4A qualifying race on Saturday as he finished in 1:51.51. Pete Ippel had a great meet, clearing each high jump bar cleanly and earning fifth place for jumping 6-7. Jeremy Blanchet scored in the hammer throw, earning sixth place with a toss of 159-3 and the men's 4x100m relay earned a point for sixth place with a time of 42.55.

Cornell Invitational
May 8, 1999
Ithaca, N.Y.

Many of the tracksters hung up their shoes after Heps, but some who didn't make the trip to Columbia were looking forward to competing one more time this season. In addition, some competitors were still hoping to qualify for the IC4A and ECAC championships and welcomed the opportunity to try again. As a result, Cornell had four more people qualify for the Eastern Championships! On the men's side, Geoff Van Fleet ran a 3:51.04 in the 1500m run to make it in that event. In the sprints, Marc Deneault clocked a 21.3 in the 200m dash to finally get under the qualifying time. On the women's side, Meredith Freimer ran a gutsy race and qualified for the ECACs in the 1500m with a time of 4:32.81. The fourth qualifier for the Red was Marla Leahy in the pole vault. She cleared 10-0 to obtain a personal best and the chance to compete in two weeks at George Mason.

IC4A/ECAC Championships
May 22-23, 1999
Fairfax, Va.

Ten men made the trip to the outdoor IC4A Championships this spring. We had representatives in seven events and returned to Ithaca with four All-East tracksters and new school record! The men's 4x100m relay was the only scorer, earning a seventh place finish with a time of 41.72. The foursome of Allen Jimerson, Justin Mayer, Marc Deneault and Richard Deneault had run a time of 41.51 in the prelims to qualify for the finals. The other highlight was Greg Cipolaro's 800m race. He finished with a time of 1:49.98, becoming the first Cornellian ever to break 1:50 in the open 800m! His time, however, was not fast enough to qualify for the finals and he finished 18th overall. Pole vaulters Nathan Jauvtis and Greg Schlachter both vaulted 15-9 to finish in 10th and 13th place respectively. JP Pollak competed in the triple jump and finished in 14th place with a leap of 46-10 1/4. The 4x400m relay of Jimerson, Mayer, Marc Deneault and Cipolaro posted a time of 3:17.27 to finish in 22nd place. In the distance races, Doug Krisch ran the steeplechase in 9:28.77 for 25th place and Geoff Van Fleet and Colin Moore both competed in the 1500m run. Geoff finished in 3:55.97 for 35th place and Colin crossed in 3:58.82 for 37th place.

The women also had a good weekend at the championships. Fourteen women made the trip to Virginia and the team came back with a 12th-place finish in the with 22 points. The women's 4x800m relay of Halle Watson, Jessica Shaw, Meredith Freimer and Chris Groneman finished second and set a school record in the process! They ran the race in 8:44.17, beating the old record of 8:46.97. Emily Germano also posted a second-place finish in the 5000m run with a time of 16:47.92. Karen Chastain had a good day in the discus and earned a third place medal with a toss of 160-11. Cornell also had three 10th place finishes. The women's 4x400m relay of Catherine Regan, Grace Nwoku, Kristy Shreve and Groneman ran a time of 3:47.15 for 10th place, Regan ran a 62.20 in the 400m hurdles for 10th place and Nwoku earned 10th in the 800m with a time of 2:08.47. Cornell had four runners in the 1500m, and were led by Kim Chatman, who finished 13th with a time of 4:31.53. Meredith Freimer was right behind her in 4:32.13 for 14th place, Chris Groneman was 16th in 4:32.80 and Miranda Kaye was 17th in 4:34.15. In the pole vault, Kim Trout cleared 10'0" for 18th place and Chastain threw the shot 39-2 1/5 for 21st place.
The Track & Field banquet was held in the Statler Hotel on May 11, two days before finals began! We had a great turnout for the banquet, including many of our officials, and several important contributors to the team were recognized.

Coach Rich Bowman issued awards to two officials who have been outstanding supporters of Cornell Track & Field. Madeline Rockcastle, who has been an official at the finish line for over 35 years, received a plaque honoring her dedication. Madeline and her husband Verne have also welcomed many tracksters into their home for dinner over the years and have worked very hard to get to know the members of the team. Many thanks to Madeline for her time and her boundless energy through the years.

Tom Richel, a math professor at Cornell, was also thanked for his 20 years of dedication to the track team. During his time as an official, Tom has run the finish line, clerked, officiated field events and filled in anywhere he could be useful. His countless hours are much appreciated and he, too, received a plaque as a symbol of our thanks.

There were also many track and field awards given to this year’s crew of athletes, the majority of which were voted on by the team. Following are this year’s award recipients:

- Shorty Lawrence Award for the Most Improved Field Event Man - Brit Holmberg
- Clarence Morse Award for the Most Improved Track Event Man - Colin Moore
- Fleet Morse Award for the Most Improved Woman - Kim Chatman
- Hank Russell Award for the Best Sprinter - Justin Mayer
- Theodota Ladas Award for the Best Mid Distance Runner - Greg Cipolaro
- Dr. George Ladas Award for the Best Distance Runner - Emily Germano
- Theodota Ladas Award for the Best Jumper - Danielle Brown
- Dr. George Ladas Award for the Best Thrower - Karen Chastain
- Walker Smith Award for the Best Hurdler - Catherine Regan
- “Jinky” Crozier Award for the Most Valuable Woman - (tie) Emily Germano and Karen Chastain
- Most Valuable Man Award - Greg Cipolaro
- Gatling Award for the senior man who has done the most for Cornell Track - Greg Cipolaro
- Gatling Award for the senior woman who has done the most for Cornell Track - Jessica Shaw

The following awards were decided by the coaching staff:

- Clarence Spindler Award for the senior man who has always been unselfish, does the workouts, is a good team person and a good competitor - (tie) Jason Moore and Nathan Jauvits
- Clarence Spindler Award for the senior woman who has always been unselfish, does the workouts, is a good team person and a good competitor - Chris Groneman

The captains for the 1999-2000 track season were also announced. The men’s co-captains will be Trent Stellingwerff and Dave Wynn. The women’s co-captains will be Karen Chastain, Grace Nwoku and Catherine Regan.
**Women's Cross Country Preview**

The women harriers returned to national prominence in 1998, being nationally ranked throughout October and November. They achieved that status by earning a victory over 39 teams at the Paul Short Invitational, a second place finish at the ECAC championships, a great win at the Heptagonal championships and automatically qualifying for the NCAA championships in Lawrence, Kan. with a second place finish at the regional championships. In each competition the women improved their finishes from 1997. While graduation will create the need for some new faces to emerge, an impressive corps of the top nine runners return for this year's campaign.

Leading the way for the Big Red will be senior captain Emily Germano. Germano was the top performer for the Red last year finishing third at the ECAC championships, second at the Heptagonal championships and 50th at the NCAA Championships. Juniors Kim Chatman and Meredith Freimer bring both experience and speed as returning runners. Chatman enjoyed rapid improvement in cross country moving from early season JV races to finish 18th at the Heps, and a fantastic 13th at the NCAA regionals — the Red's second runner! Chatman's time (18:12.4) moved her into the top 10 all-time for Cornell at Van Cortlandt Park. Freimer had a very solid 1998 season with consistent finishes in the top 5 for Cornell. Her big race performances included 19th at the ECACs, 10th at the Heps, and 35th at the Regionals.

Two other top performers from last year are sophomore Halle Watson and senior Liz Hill. Watson made significant improvements in track, including a 2:12 in the 800 meters and a 4:37 in the 1500 meters. Hill enjoyed significant improvement in all of her cross country races in 1998.

Staying at the Big Red's accustomed level of national prominence in 1999 will occur only if the top five returners are complemented and pushed by both the veterans and newcomers. The list of veterans is extensive and from their ranks may come several impact performers. Senior Mandy DeRoche won the Coaches Race at the Heps with a time that would have placed her in the top eight for Cornell. Fellow senior Valencia Tilden was a top five runner as a freshman and hopes to regain her form in her final campaign. Junior Jessica Hall could easily move up into that top group, as could sophomore Mandy Richards. Fellow sophomore Tricia Gasser had a very productive track season even though she missed cross country last year due to injury.

The Big Red has always benefited from contributions made by incoming freshmen. This year should continue that string. Eight possible contributors are Allison Dailey, Christine Diaz, Kim Garnic, Carlan Gray, Sarah Karam, Elizabeth Paddock, Jennifer Roberts, and Natalie Whelan. All of them bring impressive cross country and track credentials to the team.

The 1999 cross country schedule is quite similar to last year's. As usual, the season opens with a dual meet against Army. The following weekend, the Red travels to Franklin Park in Boston, site of the NCAA regional meet, to do battle with Columbia, Army, and Yale. Also on that weekend some runners are likely to visit Buffalo for a tri-meet with Colgate and Buffalo. After a weekend off, the Big Red travel to Notre Dame for the Irish's interregional invitational. Cornell will see some of the top teams from around the nation at this meet. After another weekend away from competition, because of Fall Break, the harriers travel to Van Cortlandt Park for the ECAC championships. The Reif Memorial Run preceeds the Heptagonal championships with the NCAA Regional championships in Boston. The NCAA championships in Bloomington, IN complete the season.

**Men's Cross Country Preview**

The 1998 cross country season was one marked by contrast. On the plus side was a very competitive finish seventh place finish (out of 29) at the NCAA Regional Championships. On the disappointing side, two weeks earlier the Red ran to a seventh place finish at the Heps. In a move to enhance the cross country and track programs the coaching staff has been significantly expanded, allowing for a concentrated focus on the men's program. In August, Nathan Taylor was named Head Coach of Men's Cross Country and Track and Field. Soon after, Jerry Smith joined the men's staff to handle the day to day chores of overseeing the Red's harriers. Coach Taylor comes to Cornell after 11 years at Penn, where he was the head assistant. Coach Smith moves up to the collegiate ranks after directing a nationally respected Fayetteville-Manlius (N.Y.) cross country team.

There's a renewed excitement and enthusiasm for cross country at Cornell, which is well justified.
given the experience which returns to the Big Red. Senior captain Fred Merwarth leads an able supporting cast of seniors: Wyeth Koppenhaver, Doug Krisch, Ryan Raffa, Mike Selig, Trent Stellingwerff and Jim Wolfe, most of whom have top seven resumes from previous years. Bolstering the group are juniors Chris DuPont, Geoff King and Colin Moore. King was a consistent top five runner in 1998 and Moore brings dramatically improved track credentials, including a 3:49 in the 1500 to the group.

A very strong sophomore class brings impressive performances in both track and cross country to this experienced team. Max King and Geoff Van Fleet were both top five runners for the Red in 1998. Van Fleet's 3:50 in the 1500 placed him among the Heps elite and Max's 15:00 in the 5000 indicated strong potential for future success within the League. Injury plagued the impressive duo of Matt Gallagher and Dan Meehan but both are healthy and showing great promise.

Look for impressive newcomers Andrew Boone (Bend, Ore.), Dan Dombrowski (Vt.), Barry Kahn (N.J.), Daryn Johnson (N.Y.) and Carter McEvoy (Mass) to figure in the mix as well.

The Big Red was the top Ivy program in 1992 and Heptagonal champions in 1993, achieving national prominence in both years. Hopes run high that after a brief hiatus Cornell will once again be a force in the league, region and nation.

Let's Get Connected!
The Cornell Track Association has established a listserv to facilitate conversation and communication among alumni about Cornell track and cross country. If you've already subscribed, tell your teammates to get on line with us! 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 Artie Smith at 607-255-9782 or e-mail him at acs1@cornell.edu.
See you in cyberspace!

Staff Changes

Assistant coach Susie Curtis Schneider has accepted a new position at Cornell as the athletics liaison in admissions. She moved to her new desk in mid-June, where she works with all the sports to help them matriculate qualified athletes to Cornell.

In a move to bolster the men's program, Nathan Taylor was hired on August 11 as the Head Men's Track and Cross Country Coach. Taylor comes to Cornell from Penn, where he was the head assistant coach for the past eleven years. Taylor's recruiting abilities, teaching skills, and commitment to his student-athletes were instrumental in the success of the Quakers during this period.

"I'm very excited and honored to be part of the Cornell staff," Taylor said. "I think these programs have the potential to be highly successful. I'm looking forward to working with the assistant coaches, whom I've known for almost 12 years, and the administration, which has shown the support needed for us to be successful."

During his eleven seasons at Penn, Taylor helped the Quakers to Heptagonal championships in 1992, 1993, 1995 and 1997, while coaching 10 NCAA qualifiers, two All-Americans, 64 All-East and 81 All-Ivy performers. As coach of Penn's field events, sprints and hurdles, he produced 31 Heptagonal champions in addition to coaching 27 All-East athletes in all eight field events in the last three years.

Overseeing the day to day chore of managing the men's cross country team for Coach Taylor is Jerry Smith, who enjoyed tremendous success as the head coach at Fayetteville-Manlius (NY) high school.

Returning to his alma mater after three years as a graduate assistant coach at Duke is Artie Smith '96. Smith is working on his doctoral dissertation in African-American history and will be assisting Coach Duesing with the women's cross country team and middle distance and distance runners in track.
Cornell vs. Army and Niagara
September 10, 1999
The Moakley Course, Cornell University

The Big Red opened the 1999 season on a beautiful and sunny late summer day on the Moakley Course against Army and Niagara. With good summers under their belts and an impressive first three weeks of practice, the teams were feeling anxious to get out and race. The women’s race was underway first and the Red was in considerable prominence at the mile mark. Army’s two strong lead runners began to pull away from Cornell’s tightly-grouped leaders about half-way into the race and eventually captured the first two placers.

Emerging from the infamous “gorge” bunched closely together, Cornell produced the next five runners with a very low 21 seconds separating the Red’s scoring group. Junior Meredith Freimer led the charge for Cornell, placing third with a time of 19:05. Her mark was over thirty-five seconds faster than her time on the same course her freshman year. Following closely behind were junior Kim Chatman (19:12), senior captain Emily Germano (19:17), sophomore Halle Watson (19:22) and senior Mandy DeRoche (19:26). Freshman Sara Karam (19:39) finished in ninth place in front of Army’s fourth and fifth runners, pushing the final score to 25-32. The Red defeated Niagara 15-50. Other strong Cornell finishes were put forth by junior Jessica Hall and freshman Christine Diaz who ran 19:55 and 19:56 to capture 12th and 13th place, respectively.

Displaying excellent grouping and good racing instincts after a summer off, the women performed well in their opening meet of the season. Racing in front of a sizeable crowd and a huge turnout from the track team, the women’s team saw nice pack running and a willingness to compete after putting in some tough workouts to begin the season.

The men’s team also saw their season begin with a definitive win over Army and Niagara. Sticking closely together for the first two miles, the Red soon broke the Cadets’ spirit and at three miles only Army’s Ryan Kirkpatrick, who went on to win the race in 25:48, could stay with Cornell’s lead pack. After Kirkpatrick pulled away upon finishing the “gorge”, senior captain Fred Merwarth (second in 25:59), closely followed by sophomore Geoff Van Fleet (third in 26:02) led the Red to a 20-42 victory over Army and a 15-50 defeat of Niagara. Rounding out the Big Red’s top five were sophomore Max King (fourth in 26:07), junior Geoff King (fifth in 26:08), sophomore Matt Gallagher (sixth in 26:14). Freshman Andrew Boone had an impressive debut at 5 miles to finish as Cornell’s sixth runner, and seventh place overall with a nice time of 26:18.

With their first dual meet victory over Army since 1992, the Red runners were upbeat after their triumph but were focused on improving their performances for future meets.

Cornell vs. Army, Columbia, Yale
September 18, 1999
Franklin Park, Boston, Mass.

Despite fears that mighty Hurricane Floyd would wreak havoc on Franklin Park and the Big Red’s second race of the season, the day ended up being beautiful and perfect for cross country running. Heavy rains and winds from just a few days before failed to put a dent into venerable Franklin Park, which was in good condition for the meet. Alumni Grant Whitney ’86, Aravind Swaminathan ’97, Max Peter ’98, Chris Groneman ’99 and Claire Ryan ’99 stopped by to cheer on the Red.

The women got the day started off right with a convincing victory against Army, Columbia, and Yale. Despite a strong attack by a tight Yale pack that left the outcome in doubt half-way into the race, Cornell runners stormed up Bear Cage Hill to take command of the race. Leading the way for Cornell in third place (18:17) was senior Emily Germano but she was followed closely in fourth and fifth place by junior classmates Meredith Freimer (18:17) and Kim Chatman (18:19). Freimer and Chatman did an excellent job running together and moved up steadily during the race. Also closing strongly was sophomore Halle Watson (18:40) and senior Mandy DeRoche (18:40) who sealed the team victory with 11th and 12th place finishes, respectively.

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In the men’s race, a large pack of Columbia runners took a commanding early lead and seemed to have the race in hand at two miles. A group of seven Big Red harriers, led by captain Fred Merwarth, waited patiently and began moving up in the middle of the race. Sticking together, the Red
produced some impressive early-season times on the 8K course (which will serve as the NCAA regional qualifier as a 10K race). Again featuring a tight spread, the lead pack of Red runners was able to move past the Lions of Columbia for a clear margin of victory. Sophomore Max King led the Red charge in the latter half of the race to move Cornell into position to secure the win. Sophomore Geoff Van Fleet finished strongly in third place (25:09.1) and was followed closely by Merwerth (25:10.1). Sophomore Max King (sixth in 25:13.8), junior Geoff King (seventh in 25:14.6) and freshman Andrew Boone (ninth in 25:23.1) completed the scoring five for the Red which won the meet with a score of 29. Columbia was next with 42, followed by Army. Again cleanly executing their team pre-race strategy, the men displayed remarkable confidence and poise. With two straight meet victories under their belts, they are looking forward with renewed excitement to the invitational and championship portion of the season.

Cornell vs. Buffalo and Colgate
September 18, 1999
Buffalo, N.Y.

A large contingent of Red harriers traveled upstate to take on the varsity squads from Buffalo and Colgate. Determined to show off the depth of the Cornell teams, these jayvee squads performed admirably. A young men’s squad was able to hand both opponents dual meet defeats. Leading the way was freshman Dan Dombrowski who placed second in 26:21. Also producing good performances were sophomores Brook Dannemiller (fifth, 26:39), Mike Sinkevich (eighth, 26:48), Doug Mitarotonda (10th, 27:09), and Steve McClearn (11th, 27:16). On the women’s side, Cornell lost 37-18 to Colgate and 28-27 to Buffalo. Senior Valencia Tilden ran a nice race to place fourth in a 19:22 and was followed by a tightly bunched pack comprised of junior Liz Hill (10th, 19:49), freshman Kim Garnic (11th, 19:51), and sophomores Kendra Kollar (12th, 19:54) and Mandy Richards (13th, 19:56).

Notre Dame Invitational
South Bend, Ind.
October 1, 1999

Cornell flew to South Bend, Ind. for a big test against a nationally competitive field. In the women’s race, the Big Red got off to a good start with senior Emily Germano and junior Meredith Freimer representing Cornell in the lead pack at the mile. Sophomore Halle Watson and junior Kim Chatman (who was recovering from a cold) ran together and moved up well in the last half of the race. The fast Notre Dame course helped the Red to some very good mid-season times and the women produced an impressive fourth place finish out of 21 teams, finishing behind only national powers Notre Dame, Missouri and Oregon. Leading the way were Freimer (12th, 17:47), Germano (14th, 17:51), Watson (27th, 18:11) and Chatman (32nd, 18:18). Rounding out the scoring for the women was senior Mandy DeRoche (72nd, 18:53) who was followed by freshmen Sara Karam (77th, 18:56) and Liz Paddock (107th, 19:34).

Harry Lang Invitational at Colgate
October 2, 1999
Hamilton, N.Y.

Under sunny skies, the Red junior varsity squads were determined to show off the fruits of their hard work. The men got the meet started off right, with a convincing victory over host Colgate, 23-38. Senior Ryan Raffa ran a nice race to place second in 25:47 on a challenging course. Other top performers for Cornell were freshman Dan Dombrowski (third, 25:57), senior Jim Wolfe (fifth, 26:10), sophomore Dan Meehan (sixth, 26:25) and senior Mike Selig (seventh, 26:32). On the women’s side, the Red fell to Colgate 27-29 but placed all of its runners in front of the varsity seven from Canisius. Freshman Christine Diaz impressed with a third place performance in 19:34. Rounding out the top five for Cornell were senior Liz Hill (fifth, 19:47), and freshmen Kim Garnic (sixth, 19:51) Carlan Gray (seventh, 19:51) and Jennifer Roberts (eighth, 19:53).
Alumni Updates

Mike Franks '94 and Julie Wojcik '93 were wed in Ithaca on September 18 in a ceremony attended by a great many fellow Cornell tracksters, including Nathan Sacco '93, Brian Clas '94, Lenny Phillips '94, Rich Roberts '94, Chris Wren '94, Tyson Sacco '95 and Chris McLain '97. In addition to joining his classmates as part of the wedding party, Lenny was a proud father, as he and his wife Mary showed off their four month old son Sebastian.

Jonathan Trager '97 has moved from Atlanta to San Francisco. He has accepted a position with eGain Communications as a senior systems engineer. He says he is looking forward to meeting up with other track alumni on the west coast and has issued an open invitation for any friends to come visit!

Stephanie Best '91 qualified for the World Track and Field Championships in Seville, Spain by virtue of her second place finish at this June’s USA Track and Field National Championships in Eugene, Ore. in the 1500. Best failed to make it out of the heats at the world championships but her performances at the USATF meet and in Europe to achieve the qualifying standard were outstanding.

Julie Roth '97 writes from Reno, Nev., where she is pusuing a masters degree in biology. Her field study site is 30 miles south of Reno in a valley that is one ridge over from Lake Tahoe. Julie enjoys the views and the hiking almost more than the work! She can be reached at rothj@unr.edu.

Jim Paige '83 broke his ankle in December by slipping on some ice. Modern medicine brought him a miraculous recovery and he placed third in an 8K race on May 1 after only 11 training days. Jim has recently changed his e-mail ddress and can now be reached at CVPaige@aol.com.

Charles Shimooka '96 is spending three months in Costa Rica working as a nature guide at an ecotourist lodge. The biological preserve is working to promote ecotourism as a viable alternative to harvesting the rainforest. After his three months in Costa Rica, he will be in Mexico from June until September working at a non-profit organization doing marine monitoring. He has an opportunity to check his e-mail occasionally and can be written at cshimooka@yahoo.com.

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