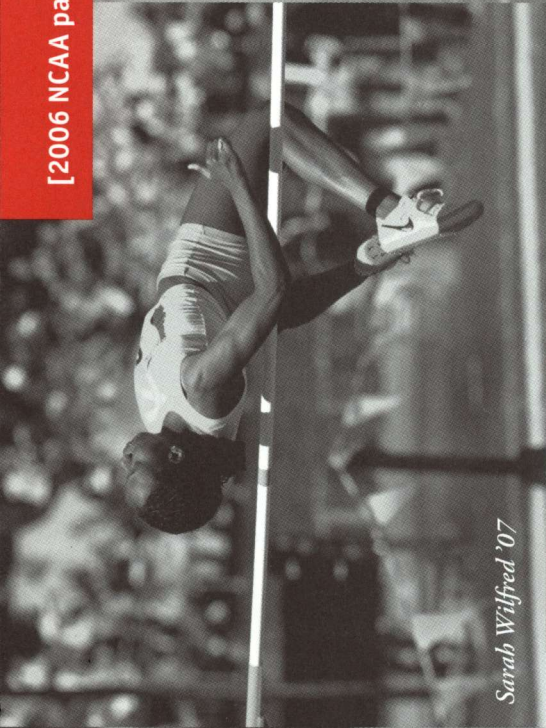


Cornell Track & Field

[2006 NCAA participants]



Sarah Wilfred '07



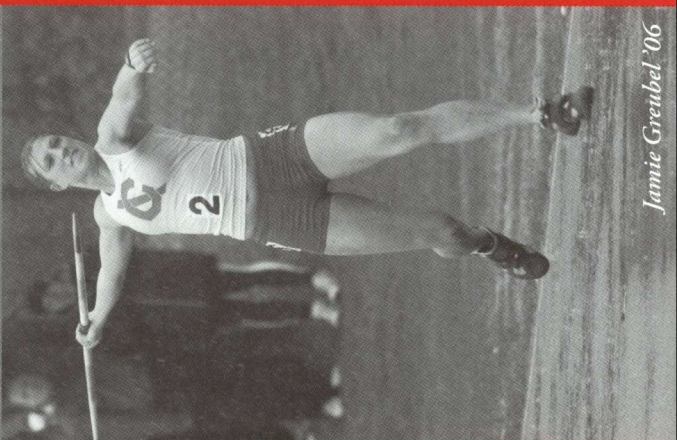
Emily McCabe '06



Morgan Uceny '07



David Pell '07



Jamie Greubel '06



Rayon Taylor '08

The Wastebasket

Summer 2006
Track & Field Review

indoor Heps championship recap

The Cornell men's and women's track teams continued their unprecedented run of success at the Heps as both teams again won the indoor Heps team titles! The women won their fifth consecutive indoor team title and ninth-straight track championship overall (counting indoors and outdoors). They scored 142 points to out-distance runner-up Yale by an overwhelming 57 points. The men won their second consecutive indoor title, the third in the last four indoor seasons (and sixth in the last seven track Heps overall) by scoring 122 to out-point Princeton by 20. Leverone Fieldhouse was home to a stunning array of quality performances throughout the weekend from all the Ivy schools as nine meet records were set during the two-day competition. The Cornell programs stood out amidst these top-quality, national-caliber competitions.

Scoring in 15 out of 18 events, the women took first-place six times and had five second-place finishes en route to 33 ECAC-qualifying performances, four NCAA provisional qualifying performances, four school records, two school freshmen records and 17 adjustments to Cornell's all-time top 10 lists. The men were similarly impressive, with an exceptionally balanced and deep team that placed in 17 of 20 events. The Big Red men crowned two Heps event champions on the weekend and boasted five runner-up finishers while producing 32 IC4A qualifiers, one freshman record, seven changes to the school all-time Top 10 lists and an NCAA provisional qualifier!

Unlike three years ago at Dartmouth when both Cornell team victories came down to the last few events, the women were able to clinch their victory in the triple jump with four events remaining. **Jeomi Maduka '09** capped an impressive debut weekend at

the Heps with a second-place finish in the triple jump. With senior co-captain **Sheeba Ibidunni's** huge victory in the shot put less than half an hour later, (**Maria Telloni '08** got third in the same event) the Big Red garnered an insurmountable 47 point cushion heading into the final two events, the relays. The Big Red held the lead from the meet's first scored event. Ibidunni repeated last year's championship performance in the weight throw as she led a dominant 1-2-3-6 Cornell showing; **Danielle Dufresne '07**, **Maria Matos '09** and **Andrea Kavleski '08** also gave Cornell 25 points right off the bat. The women built on that great start on Day One: Maduka took second in a thrilling long jump competition and **Jamie Greubel '06** won the pentathlon title, improving on her own school record to score 3,890 points and qualify provisionally for the NCAAAs.

Day Two got off to a great start when **Sarah Wilfred '07** cleared 5-10 on the high jump

Robin Daniels '09



Tameba Royal '09

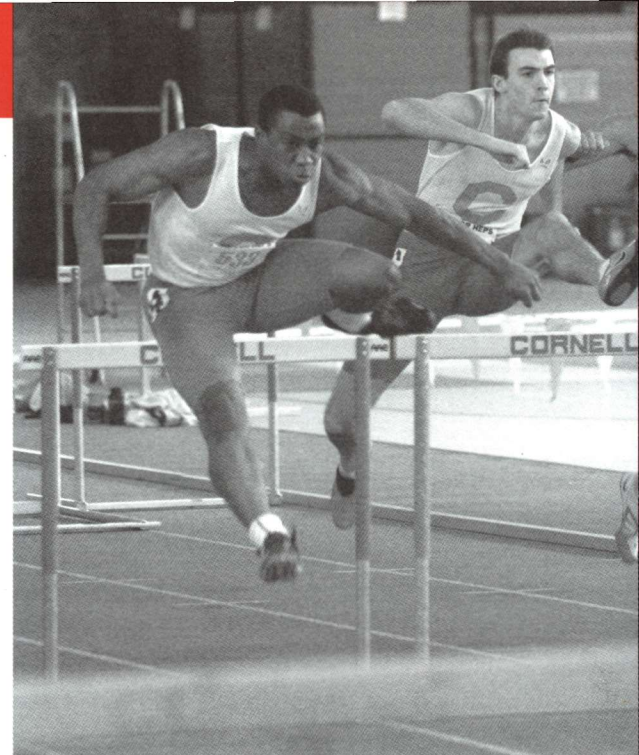


to win her second consecutive Heps title. She also tied her own school record and qualified for the ECACs in the process. Another significant highlight was when **Morgan Uceny '07** set a meet record (the previous record had stood since 1981!) in the 800, where she ran an NCAA provisional-qualifying 2:06.88 to win by nearly five seconds. With the team title no longer in doubt, Uceny helped the 4x400 to their fifth-straight indoor title as they ran 3:44.53 to win by over three seconds. Earlier in the day, the Big Red finished 2-3 in the 60 hurdles. **Stephanie King '07** and Greubel scored big points in this event, as did a trio of freshmen: **Janice Nsor '09**, Maduka and **Troy Mullins '09** in the 60 meter dash. In the 400, **Cameron Washington '07**, co-captain **Linda Trotter '06** and **Christina Cossell '07** went 3-4-6.

The men took command of the meet in the middle of Sunday's program and clinched the team title in the meet's penultimate event, the 4x800. Needing to get at least fifth, the 4x800 placed second from the efforts of **Jay Harding '08**, **James Connolly '06**, **Gordon Hall '06** and a great anchor from **Andy Miller '09**. With Princeton jumping out to an impressive 47-23 lead on Day One, the Cornell men whittled down the deficit before finally pulling even in the 500, as **Aaron Merrill '08**, **Greg Simonds '06** and co-captain **Kolby Hoover '07** went 2-5-6. **Jordan Lester's '08** second-place showing in the 60 dash gave Cornell an eight-point cushion over Princeton that it would never relinquish. A big factor in getting Cornell

back into contention was the fantastic performances of the triple-jump tandem of **Rayon Taylor '08** and **Muhammad Halim '08**. Taylor won his first Heps crown, while Halim finished third. Halim's showing came on the heels of his fine third-place leap in the long jump. An impressive group of high jumpers led by **David Pell '07** went 3-4-5-6-7 as all cleared 6-7. Also placing was **Garrett Huyler '09**, **Pat McDonough '06**, **Adam Farrell '07** and **Jim Smith '09**. Cornell had other field event heroes as **Evan Whitehall '07** continued to impress in winning his first Heps crown in the pole vault. After going 41 years without an indoor Heps pole-vault champ, the Cornell men have now won five in a row indoors.

As the field events kept Cornell in contention on Sunday, the track events were heating up for the men. An outstanding group of second-year men led the charge. **Jimmy Wyner '08** attempted an ambitious double in the mile and the 1000. He performed well in the mile to finish second with a time of 4:05.93, the fourth-best performance ever at Cornell. Wyner later crossed the line first in the 1000, coming back from a huge deficit, but was disqualified for a foul on the last lap. The deep Cornell middle distance squad still picked up big points as **Mike Smayda '08** placed second and Miller placed fourth. **Gordon Hall '06** gave a tough 800 field a good race and finished third. The Big Red also got valuable points on Sunday from **Saidu Ezike '08**, who gutted out a fourth-place finish in the 60 hurdles. **Adam Seabrook '08** picked up points in



(l-r) Saidu Ezike '08, Aaron Merrill '08

the 400 with fifth place. Just before the relays began, Farrell and co-captain **Vito Spadafino '06** placed fourth and fifth in the heptathlon. Maintaining a 109-90 lead with only the three relays remaining, the Big Red was determined to hold off a late charge by Princeton. The DMR placed before the 4x800 sealed the team victory, and the 4x400 concluded the meet with a fourth-place finish.

To put the team victories in deeper historical context, the Cornell women join the Princeton men (who won titles from 1998-2002 indoors) as the only Heps track program of either gender to win indoor team titles five years in a row. For the men, this indoor title represented the first time since 1977-78 that the Big Red men have won successive indoor Heps titles.

outdoor Heps championship recap



The meet was blessed with great weather and outstanding performances from all the teams. Nevertheless, the Big Red stood out. In scoring 152.5 points, the Cornell women had 39 ECAC qualifying performances on the weekend, 18 different NCAA regional qualifying performances, two NCAA provisional qualifying performances, four school records and three school freshman records. The men were similarly impressive, boasting 31 IC4A qualifiers and 11 NCAA regional qualifying performances.

The men had an uphill battle as they trailed Princeton 60-22 on Sunday, but 11 athletes qualified through the second day's finals. Halim won his first individual Heps title in the long jump, and

Whitehall added a second-place finish in the pole vault. With 22 points in hand, Cornell wasted no time making a run at Princeton.

Brad Baird '07 got the ball rolling with a win in the 3000 steeplechase. The tandem of Taylor and Halim finished 1-2 in the triple jump to rack up huge points. In the 1500, Wyner was third in a fast 1500, while a pair of scorers in the high jump (Pell with third and Huyler fourth), and the 110 hurdlers (Ezike and Merrill) drew the Big Red within a few points of the Tigers.

A great performance in the 800 pushed Cornell into the lead for the first time. Hall placed second to Penn's All-America athlete

The outdoor Heps competition at Penn's historic Franklin Field proved thrilling. Cheered on by over 50 alumni who were encouraged to attend the meet due the organizing efforts of the Cornell Track Association, the Cornell men and women continued their historic championship runs. The women won their fifth consecutive outdoor team title, and an unbelievable 10th consecutive track Heps team title counting indoors and outdoors. The men won for the fourth year in a row. It was their seventh track title in eight Heps meetings, counting indoors and outdoors.

The women outdistanced second-place Penn by over 50 points on the strength of seven event wins, five second-place finishes, and four meet records. In the face of considerable adversity (two past Heps champions and a number of past scorers were sidelined

due to injury and sickness) the men rallied to overcome a 38-point deficit on the final day of competition, and won by 15 points over Princeton. The men won four events and earned four second-place showings as part of 13 top-three event finishes overall.

Courtney Jaworski, while Smayda and Connolly stepped up with good performances. The 16 points earned by 800 trio set the stage for an historic showing the 400 hurdles. The event not only propelled the Big Red into a huge lead, but swung the meet's momentum in Cornell's favor. The quartet of Merrill, Seabrook, Simonds and Hoover swept the first four places to score a remarkable 28 points. **Erik Roneker '09** grabbed two valuable points with a fifth-place toss in the discus, and Spadafino added a sixth in the decathlon. But Princeton continued to chip away at the lead in the 5K and decathlon, leaving Cornell with a nine-point cushion heading into the 4x400. Cornell closed the meet out well, running the eighth-best time in school history to finish third as Merrill ran his leg in 48.4, Hoover ran 49.1, Seabrook split 47.2 and Simonds anchored in a remarkable 46.9 to push the final tally to 129 for Cornell and 114 for Princeton.

The women scored in every event but two en route to a commanding victory. In addition to four meet records, the Cornell women had seven other performances that were in the all-time top 10 in meet history. Cornell's scoring began with Dufresne winning the hammer for the second consecutive year. Maduka was outstanding in arguably the best long jump competition in the history of the women's Heps. Surpassing the old meet record, she ultimately finished second to Meet MVP Joslyn Woodard of Yale. Other big points came in the shot put, where Ibiidunni upset pre-meet form charts with a second place heave, while Telloni was sixth.

Despite a sprained ankle, **Joan Casey '08** managed to score with a tie for sixth in the vault. Also in the field, **Erin Folger '09** was fifth in the javelin to earn her sash. A thrilling second-place in the 10K produced the Big Red's final points of the day and put the team in first place at the end of Day One. **Emily McCabe '07** PRed by 65 seconds to run the second-best time in school history and the sixth-best time ever at the Heps.

With a five-point lead over Yale, the women didn't settle. In fact, the team got off to a great start, literally picking up right where things left off. The 5K was the first scoring event of the day. McCabe again ran a big PR, this time getting third place. The 4x100 continued the momentum as Trotter, Maduka, Washington and **Jessica Retelny '09** won in a meet record, the fifth consecutive 4x100 championship for Cornell. **Robyn Ellerbrock '07** followed up with another school record, placing fourth in the steeplechase. Big points continued to tally as Wilfred (second) and **Shawna Rossini '07** (fourth) did well in the high jump. In the 1500, **Nyam Kagwima '07** competed brilliantly, finishing second by a tenth of second. The Big Red scoring machine kept rolling along as King won the 100 hurdles for the second straight year. Washington (third) and Trotter (fifth) scored valuable points in the 400 as did Maduka in the 100 (sixth). Another win came in the discus, with Matos first and **Crystal Thomas '08** fifth. Matos' win represented the eighth time in nine years that a Cornell athlete has won the discus title.

In the 800, Uceny won her fourth career Heps individual title, setting a meet record by nearly three seconds. Also running superbly was **Robin Daniels '09**, who was fifth and set a new school freshman record. Following the open 800, Greubel concluded the finest heptathlon performance in Heps meet history, running 2:16.41 to score 5,465 points, yet another school record and another meet record. This was Greubel's third Heps championship in the heptathlon (with wins in her freshman and junior years) and fourth overall counting the 2006 indoor pentathlon.

The Big Red was comfortably in command as the meet wound to a close. Maduka was third in the triple jump, and the long sprint duo of Washington (fourth) and Trotter (sixth) were great in the 200. The 4x800 came in fifth place. Despite holding an insurmountable 48 point lead over Penn, the Big Red closed the meet out in style in the 4x400, setting a new meet record of 3:39.51. Trotter lead off in 55.4, Washington split 54.9, **Tameka Royal '09** ran 55.2 and Uceny cruised to a 53.9 split, holding off Penn by half a second.

The quality of league performances this year was remarkable. However, the Cornell men and women were up to the challenge. Both teams faced considerable adversity but stepped up time and again. Both teams had individual stars but also benefited from success in unexpected places as runners, jumpers and throwers scored across the board.

men's top 10 highlights*

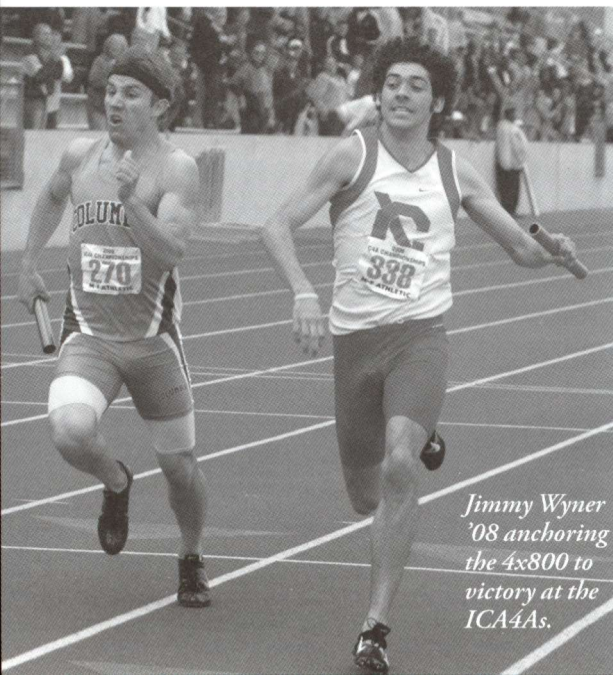
1 Rayon Taylor '08 rules triple jump.

Taylor had a simply unbelievable year in the triple jump. He captured Heps titles in the event both indoors and outdoors. At the NCAA regionals, Taylor rose to the occasion and became the first regional champion in school history with a school-record leap over 53 feet. The jump is the fourth best-ever recorded by an Ivy League athlete in the event. Taylor advanced to the finals at the NCAAs and finished ninth. It was the highest individual finish for a Cornell men's athlete since **Max King '02** in the steeplechase in 2002.

2 4x800 sweeps IC4As.

The 4x800 team turned heads once again in 2006. For the second year it captured both the IC4A indoor and outdoor crowns. Indoors, the team defended its

**outside of the Heps*



Jimmy Wyner '08 anchoring the 4x800 to victory at the IC4As.

title with the nation's No. 1 indoor time of 7:27.24. **Mike Smayda '08** gave the team the lead on the opening leg with a 1:52.9 split and the team never looked back as **Andy Miller '09** (1:51.6), **Gordon Hall '06** (1:51.0) and **Jimmy Wyner '08** (1:51.4) followed up with excellent solo legs. Outdoors, the team came from behind to win. A team of Smayda (1:53.4), **Jay Harding '08** (1:55.2), and **James Connolly '06** (1:53.9) put the team in third heading into the anchor leg. It was only appropriate that Wyner was able to get the job done on the anchor as he's been a constant on all four of the IC4A championship teams. The sophomore standout ran a 1:50.7 to give Cornell a narrow .06 win. At the Penn Relays, thanks in large part to a 1:47.9 leg by Wyner, the 4x800 ran 7:25.81. The mark is the fastest time by a Cornell team in over 30 years, but the team was disappointed as they were hoping to go sub 7:20.

3 Team MVP Muhammad Halim '08 excels in long and triple jump.

Indoors, Halim was third in both the triple at long jumps at Heps. At IC4As, he captured the title with a monstrous 51-7 jump (third all-time at Cornell). That mark put him in the top 20 nationally. He missed competing at NCAAs by the narrowest of margins possible: one centimeter. At the outdoor Heps, Halim won the long jump with a clutch sixth and final jump of 23-9. He came back the next day to grab runner-up honors in the triple jump with a 51-3½ leap. At the NCAA regionals, Halim scored with an eighth-place showing of 50-6¼.

4 400 hurdlers dominate.

The 400 hurdle quartet of **Aaron Merrill '08**, **Adam Seabrook '08**, **Greg Simonds '06** and **Kolby Hoover '07** went 1-2-3-4 at the outdoor Heps to score 24 points and give the Big Red a lead they would never relinquish as we battled back from a big Day One deficit. Merrill is the third Cornell runner to win the 400 hurdle crown over the last three years as Simonds won in 2004, and Seabrook in 2005. For the year as a whole, Merrill, Seabrook and Simonds all qualified for the NCAA regionals. Merrill and Seabrook both broke 52.00 with 51.85 and 51.90, respectively (fourth and fifth best all-time times at Cornell). Merrill also excelled in the 110 hurdles (14.46 personal best, fifth-place at Heps) as well as the 500 indoors, where he was the runner-up at Heps.



(l-r) Aaron Merrill '08, Adam Seabrook '08, Greg Simonds '06 and Kolby Hoover '07



Muhammad Halim '08

5 Mid-D again among the best in the East.

The middle distance runners enjoyed another sensational year. Leading the way was Wyner. Indoors, Wyner excelled from beginning to end. He opened his 2006 campaign with a school record in the 1K (2:24.58) and closed it with a 4:03.48 mile at Notre Dame. On Dartmouth's flat track at the Heps, he ran a standout double of 4:04, good for second place in the mile, before doubling back and running 2:24 to cross the line first in the 1K. Wyner was actually disqualified for fouling his own teammate Smayda in the 1K, but Cornell still picked up major points in the event. Smayda finished second at

2:26.27, and Miller placed fourth at 2:26.33. In the 800, Hall and Connolly traded possession of the school record before Connolly ended up in possession of it and an All-East performance at IC4As (1:51.26). Outdoor in the 800, Hall led the way as the team put on a dominating performance taking second, third and fifth in final. Hall, Smayda and Connolly all PRed in the final with times of 1:50.40, 1:50.66 and 1:50.88 respectively. Wyner continued to run well. He garnered a 1:47.9 split at Penn before making the finals of the NCAA regionals in 1,500.

6 Whitehall continues to soar in pole vault.

Evan Whitehall '07 had a fantastic year. He captured both the indoor Heps crown as well as IC4A titles (16-8 3/4). He was over 16 at every meet. The indoor Heps crown marked the fifth consecutive year that a Big Red vaulter under the tutelage of head coach Nathan Taylor has walked away as indoor Heps champ. Outdoors, the junior finished ninth at the NCAA regional meet.

7 David Pell '07 breaks seven feet in high jump.

High jumper Pell continued to impress. Equaling the school record set by **Pete Ippel '02**, Pell soared to seven feet at the Irvine meet. He also had jumps of seven feet and 6'11" in other meets during the year and qualified for the NCAA championships. During his outstanding year, he was over 6'10" in over 90 percent of his meets indoors and out.

8 Brad Baird '07 captures steeplechase at Heps.

Baird made up for a disappointing indoor campaign by capturing the Heps steeplechase title. Baird took the lead at 2K and never relinquished the lead. At Penn Relays, Baird was fifth with a PR of 8:57.13 (good for sixth-best all-time at Cornell).

9 Saidu Ezike '08 shines in hurdles.

High school All-America honoree Ezike avoided the dreaded sophomore slump with some fine hurdling throughout the year. Indoors, Ezike placed fourth in the 60 meter hurdles. Outdoors, Ezike missed much of the season with a stress fracture, but he came back just in time to earn fourth place at Heps. Ezike saved his best for last at the end of the season. At IC4As, Ezike equaled his PR with a time of 14.24 in the prelims before setting a new PR in the final (14.21) to grab third. At NCAA regionals, he ran 14.23. Ezike is currently third-best all-time at Cornell.

10 Looking ahead to 2007.

Excitement for next year is already building. The incoming class of 2010 resembles the class of 2008 in both its excellence at the top and in its depth. They will join a strong team that returns its top performers in each and every event. There will be 31 IC4A qualifiers returning who have already set 18 freshman records and 42 changes to the all-time lists at Cornell.

women's top 10 highlights*

1 Big Red women place third at outdoor ECACs and fourth at the indoor ECACs.

Despite limiting entries the week after Heps triumphs, the Big Red women proved again to be among the best in the East, equaling the second-best team finishes ever in school history. Indoors, the Big Red was led by ECAC Meet MVP **Morgan Uceny '07**. Uceny won the 800 in meet record fashion. Outdoors the team boasted three champions: **Sarah Wilfred '07** in the high jump, **Emily McCabe '06** in both the 3000 and the 4x400, which won for the third straight year.

**other than sweeping the Heps team titles!*



2 Success abounds on the national level.

The women had an unprecedented five NCAA provisional qualifiers indoors. The team boasted an NCAA automatic qualifier in Uceny, who went on to earn All-America honors for the second straight year in the 800 with a fourth-place finish. **Sheeba Ibidunni '06** in the weight, **Jamie Greubel '06** in the pentathlon, Wilfred in the high jump and **Jeomi Maduka '09** in the long and triple jump all bettered the NCAA provisional standards. Outdoors, the women qualified a phenomenal 17 athletes to the NCAA regional championships, one of the meet's largest teams. Qualifying to the national NCAAs were four athletes in four events: Wilfred in the high jump (she placed fifth to earn All-America honors), Uceny in the 800 (she advanced to the semifinals and placed 12th) Greubel in the heptathlon (she placed 13th) and McCabe (she advanced to the 5K finals and placed 12th). The 4x400 missed making the meet by one spot.

3 Jamie Greubel '06 is the female Athlete of the Year at Cornell.

Honored at the Athletic Department's year-end banquet with the Charles H. Moore Award as the top female athlete in the class of 2006, Greubel was also the class of the Ivy League in the multievents for the second year in a row. Greubel successfully defended her outdoor Heps heptathlon title and improved on her school records in the both the pentathlon and heptathlon. Her improvements were stunning: already a

national caliber athlete, Greubel PRed in the heptathlon by over 400 points, setting Heps meet records both indoors and outdoors.

Also an NCAA regional qualifier in the high jump, Greubel ranks among Cornell's top ten all-time in the high jump, javelin, 60 hurdles and 100 hurdles and the long jump. She also split 54.9 on the 4x400 at the Penn Relays.

4 Morgan Uceny '07 shines all year.

Uceny won the indoor and outdoor 800 at the Heps for the second straight year, setting meet records both times. In addition, Uceny bested a twenty-year-old school record set by Doriane Lambelet '82 as well as the ECAC meet record. Named indoor ECAC Most Outstanding Performer, Uceny was fourth in the indoor 800 at the NCAAs and 12th outdoors. She ran the No. 2 time in school history in the 500 and the No. 4 time in the 1000. A stalwart on the 4x400 all season, she anchored the team to a Heps record at the Penn Relays, and a come-from-behind triumph at the outdoor ECACs.

5 Sarah Wilfred '07 rewrites the high jump records.

Wilfred had a stellar junior campaign, winning the indoor Heps high jump for the second year in a row and adding the ECAC outdoor title to her resume. Named the outstanding Field Event performer at the prestigious Sea Ray Relays for her victory in the high jump, Wilfred was second in the championships section at Penn Relays and was voted the Northeast's top female field

Toni Salucci '07



event athlete of the year by the USTCCCA. She concluded the season earning All-America honors with her fifth-place finish at the outdoor NAAs.

6 Emily McCabe '06 has a break-out senior year.

Following a solid indoor season where she PRed in three events and regained her footing after a stress fracture had sidelined her for the cross country season, McCabe had a fantastic final outdoor season that included a string of ten consecutive races with PRs. McCabe vaulted into the upper echelon of a nationally-competitive league in the dis-

tance events. She either PRed or set meet records in every race during the outdoor season. McCabe was the Heps runner-up in the 10K (setting a PR by over a minute) and came back the next day to finish third in the 5K (a PR by 17 seconds). McCabe won the 3K at the ECACs and qualified for the NAAs in the 5K. She finished the season ranked second all-time in the 3K, 5K and 10K and advanced to the finals of the NAAs, where she finished 12th.

7 Steeplechasers hurdle to new heights.

The duo of **Robyn Ellerbrock '07** and **Toni Salucci '07** took turns lowering the school record in the steeplechase. Ellerbrock won the Penn Dual, while Salucci took first in the College Race at the Penn Relays. Ellerbrock finished fourth at the Heps, second in the ECACs, won her section at the NCAA East Regional and had final claim to the school record (10:32.77). Salucci finished her season with dramatic improvement in the flat 3000 meters, placing third in the ECACs in 9:34.02, No. 6 all-time at Cornell.

8 Sheeba Ibadunni '06 closes out a great throwing career.

A provisional qualifier for the NAAs in the weight, Ibadunni improved her own school record by three feet and won the Heps for the second straight year. She also won the indoor shot put title at the Heps and scored at the indoor ECACs (weight) and outdoor ECACs (hammer).

9 Relays shine all season.

Long a hallmark of the Cornell women's team's success, the Big Red was outstanding in relay events all year. The 4x400 won both the indoor and outdoor Heps, and set meet records at the Penn Relays as well as at the Heps itself. In addition, the squad won the outdoor ECACs for the third year in a row. They finished sixth at the NCAA East Region, missing out on the NAAs by only one spot. The 4x100 took the outdoor Heps crown for the fifth straight year. The sprint medley relay, highlighted by a 2:03 800 meter split from Uceny, finished third at the Penn Relay's Championship of America. The distance medley relay also won the College Race.

10 A talented freshmen class contributes significantly in all event groups.

The future looks extraordinarily bright as six school freshmen records fell indoors, and five fell outdoors. Maduka traded the freshman record in the 60 with **Janice Nsor '09** throughout the season before finally laying claim to the dash title, the indoor and outdoor long jump, the outdoor triple jump and the 100. The DMR and 4-by-mile freshman records fell indoors as did the freshman mile record (broken by **Ariel Emig '09**). Outdoors, **Maria Matos '09** set a new Ivy League record in the discus while Emig (1500) and **Robin Daniels '09** (800) broke long-standing freshman records. In addition, a slew of first-years qualified for the ECACs: **Mallory Biblo** in the long jump, **Jessica Retelny** in the 100, Matos in the weight throw, **Tameka Royal** in the 400, **Katie Roll** in the 5000, and **Shannon Crane**, **Erin Payne** and **Amanda Wheat** on relays.

IC4A and ECAC qualifiers

Indoor 2006 IC4A Qualifiers

Name	Event	Time
Jordan Lester '08	60	6.79
Saidu Ezike '08	60 Hurdles	8.10
Adam Seabrook '08	400	48.62
Kolby Hoover '07	400	48.76
Marcel van Eeden '09	400	48.88
Kolby Hoover '07	500	63.74
Aaron Merrill '08	500	64.35
Adam Seabrook '08	500	64.62
Greg Simonds '06	500	64.68
James Connolly '06	800	1:51.26
Gordon Hall '06	800	1:51.28
Jimmy Wyner '08	800	1:52.26
Jimmy Wyner '08	1000	2:24.58
Mike Smayda '08	1000	2:26.27
Andy Miller '09	1000	2:26.33 FR
Jimmy Wyner '08	Mile	4:03.48
Joe Walsh '08	Mile	4:13.19
Joe Walsh '08	3000	8:26.19
Merrill, Baker, Simonds, Hoover	4X400	3:13.55
Smayda, Miller, Hall, Wyner	4X800	7:27.24
Ward, Baker, Seidel, Walsh	DMR	10:01.20
Muhammad Halim '08	Long Jump	23'7¼"
Muhammad Halim '08	Triple Jump	51'7"
Rayon Taylor '08	Triple Jump	51'2¼"
David Pell '08	High Jump	6'11"
Shane Messner '07	Weight Throw	55'10½"
Evan Whitehall '07	Pole Vault	16'8¾"
Adam Farrell '07	Heptathlon	4868
Vito Spadafino '06	Heptathlon	4836

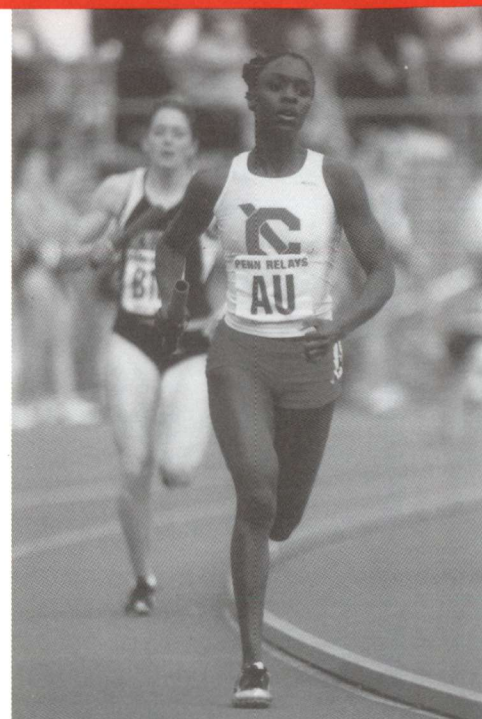
Indoor 2006 ECAC Qualifiers

Name	Event	Time
Jeomi Maduka '09	60	7.60, FR
Janice Nsor '09	60	7.66
Jamie Greubel '06	60 Hurdles	8.78
Linda Trotter '06	400	55.47
Cameron Washington '07	400	56.25
Christina Cossell '07	400	56.86
Morgan Uceny '07	500	1:13.17
Morgan Uceny '07	800	2:04.42

Ruth Morgan '06	800	2:13.13
Nyam Kagwima '07	800	2:13.89
Morgan Uceny '07	1000	2:49.21
Nyam Kagwima '07	1000	2:56.65
Anjelica Gregory '08	1000	2:57.51
Nyam Kagwima '07	Mile	4:51.42
Aeriel Emig '09	Mile	4:55.95 FR
Christy Planer '06	Mile	4:59.22
Emily McCabe '06	3000	9:52.41
Toni Salucci '07	3000	9:53.35
Emily McCabe '06	5000	16:58.61
Trotter, Washington, Royal, Cossell	4X400	3:44.0
Daniels, Gregory, Uceny, Morgan	4X800	8:58.88
Crane, Payne, Daniels, Emig	DMR	11:48.84 FR
Emig, Schaub, Crane, Roll	4X Mile	20:43.53 FR
Sheeba Ibidunni '06	Wt Throw	62'10"
Sheeba Ibidunni '06	Shot Put	47'0¾"
Maria Telloni '08	Shot Put	45'8½"
Jeomi Maduka '09	Lg Jump	20'3½" SR, FR
Jeomi Maduka '09	Triple Jump	41'7" SR, FR
Jamie Greubel '06	Long Jump	19'4¾"
Mallory Biblo '09	Long Jump	18'8½"
Sarah Wifred '07	High Jump	5'10"
Jamie Greubel '06	Pentathlon	3890

Outdoor 2006 IC4A Qualifiers

Name	Event	Time
Nathan Crabtree '09	100	10.81
Nathan Crabtree '09	200	21.78
Saidu Ezike '08	110 Hurdles	14.21
Aaron Merrill '08	110 Hurdles	14.49
Aaron Merrill '08	400 Hurdles	51.85
Adam Seabrook '08	400 Hurdles	51.90
Greg Simonds '06	400 Hurdles	52.29
Kolby Hoover '07	400 Hurdles	53.34
Gordon Hall '06	800	1:50.40
Mike Smayda '08	800	1:50.66
James Connolly '06	800	1:50.80
Jimmy Wyner '08	800	1:51.07
Jimmy Wyner '08	1500	3:46.55
Brad Baird '07	3K Steeplechase	8:57.13
Aaron Arlinghaus '07	3K Steeplechase	9:05.79



Nyam Kagwima '07

Jimmy Wyner '08	5000	14:28.35
Brad Baird '08	10K	30:37.23
Zach Hine '09	10K	31:05.64
Crabtree, Seabrook, Mengel, Taylor	4X100	41.64
Merrill, Simonds, Hoover, Seabrook	4X400	3:11.75
Miller, Wyner, Hall, Connolly	4X800	7:25.81
Rommell Medina '08	Hammer	176'9"
Shane Messner '07	Hammer	172'0"
Erik Roneker '09	Discus	154'4"
Muhammad Halim '08	Long Jump	24'3½"
Rayon Taylor '08	Triple Jump	53'0¾"
Muhammad Halim '08	Triple Jump	51'3½"
David Pell '07	High Jump	7'0½"
Garrett Huyler '08	High Jump	6'9½"
Evan Whitehall '07	Pole Vault	16'9¾"
Adam Farrell '07	Decathlon	6313
Vito Spadafino '06	Decathlon	6307
TJ Toro '09	Decathlon	6223

2006 track and field awards

Outdoor 2006 ECAC Qualifiers

Name	Event	Time
Jeomi Maduka '09	100	11.94 FR
Jessica Retelny '09	100	12.13
Stephanie King '07	100 Hurdles	14.13
Jamie Greubel '06	100 Hurdles	14.40
Cameron Washington '07	200	24.54
Linda Trotter '06	200	24.70
Cameron Washington '07	400	54.08
Linda Trotter '06	400	54.19
Morgan Uceny '07	400	56.29
Tameka Royal '09	400	56.42
Morgan Uceny '07	800	2:04.32
Robin Daniels '09	800	2:08.95 FR
Nyam Kagwima '07	1500	4:25.95
Aeriel Emig '09	1500	4:27.20 FR
Emily McCabe '06	3000	9:28.80
Toni Salucci '07	3000	9:34.02
Robyn Ellerbrock '07	3K Steeplechase	10:32.77
Toni Salucci '07	3K Steeplechase	10:36.02
Emily McCabe '06	5000	16:13.30
Katie Roll '09	5000	17:18.74
Emily McCabe '06	10K	34:33.21
Trotter, Maduka, Washington, Retelny	4X100	46.04
Trotter, Washington, Royal, Uceny	4X400	3:36.14
Gregory, Uceny, Daniels, Morgan	4X800	8:45.70
Sheeba Ibdunni '06	Hammer	179'3"
Danielle Dufresne '07	Hammer	174'10"
Jamie Greubel '06	Javelin	136'3"
Sheeba Ibdunni '06	Shot Put	45'3¾"
Maria Matos '09	Discus	168'10" SR, FR
Jeomi Maduka '09	Long Jump	20'5¼" SR, FR
Mallory Bibbo '09	Long Jump	19'1¼"
Jeomi Maduka '09	Triple Jump	41'8¾" FR
Karen Snyder '07	Triple Jump	38'9½"
Sarah Wilfred '07	High Jump	6'0½"
Jamie Greubel '06	High Jump	5'8¾"
Shawna Rossini '07	High Jump	5'7"
Jamie Greubel '06	Heptathlon	5465

School Records in Bold,
NCAA Regional Qualifiers in Italics,
FR = Freshman Record

Fleet Morse Award
Most Improved, Women
Jamie Greubel '06

Shorty Lawrence Award
Most Improved
Field Event, Men
Rommell Medina '08

Marc Deneault Award
Outstanding Freshman
Jeomi Maduka
Andy Miller/Garrett Huyler

Hank Russell Award
Best Sprinter
Cameron Washington '07
Adam Seabrook '08

Clarence Morse Award
Most Improved Track, Men
Mike Smayda '08

Theodota Ladas Award
Best Mid-Distance
Morgan Uceny '07
Jimmy Wyner '08

Dr. George Ladas Award
Best Distance
Emily McCabe '06
Brad Baird '07

Theodota Ladas Award
Best Jumper
Sarah Wilfred '07
Rayon Taylor '08

Dr. George Ladas Award
Best Thrower
Sheeba Ibdunni '06
Shane Messner '07

Walker Smith Award
Best Hurdler
Stephanie King '07
Aaron Merrill '08

"Jinky" Crozier Award
Most Valuable Woman
Jamie Greubel '06

Narcissa Kellett Award
Most Valuable Man
Muhammad Halim '08

Gatling Award
Senior who has
done the most
for Cornell Track
Linda Trotter
Gordon Hall

**Most points scored
in four years**
Sheeba Ibdunni '06
Gordon Hall '06

Spindler Award
Coaches' Award
Ashley Kincaid '06
Vito Spadafino '06

2006-07 captains
Morgan Uceny '07
Cameron Washington '07
Sarah Wilfred '07

2006-07 captains
Kolby Hoover '07
David Pell '07
Evan Whitehall '07

Aeriel Emig '09

Jay Harding '09



Robyn Ellerbrock '07

All-Ivy, All-East, NCAA quali

WOMEN'S INDOOR ALL-IVY

FIRST TEAM

- › Morgan Uceny '07, 800
- › Linda Trotter '06, Cameron Washington '07, Morgan Uceny '07, Christina Cossell '07, 4X400
- › Sarah Wilfred '07, High Jump
- › Sheeba Ibidunni '06, Weight Throw, Shot Put
- › Jamie Greubel '06, Pentathlon

SECOND TEAM

- › Danielle Dufresne '07, Weight Throw
- › Jeomi Maduka '09, Long Jump, Triple Jump
- › Stephanie King '07, 60 Hurdles

WOMEN'S INDOOR ALL-EAST

- › Morgan Uceny '07 (ECAC Champion), 800
- › Sarah Wilfred '07 (ECAC Runner-Up), High Jump
- › Sheeba Ibidunni '06, Weight Throw
- › Linda Trotter '06, Cameron Washington '07, Tameka Royal '09, Christina Cossell '07, 4X400
- › Ruth Morgan '06, Robin Daniels '09, Devon Rupley '08, Aerial Emig '09, Christy Planer '06, Amanda Wheat '09, 4X800

MEN'S INDOOR ALL-IVY

FIRST TEAM

- › Rayon Taylor '08, Triple Jump
- › Evan Whitehall '07, Pole Vault

SECOND TEAM

- › Jordan Lester '08, 60
- › Mike Smayda '08, 1000
- › Jimmy Wyner '08, Mile
- › Aaron Merrill '08, 600
- › Jay Harding '08, James Connolly '06, Gordon Hall '06, Andy Miller '08, 4X800

MEN'S INDOOR ALL-EAST

- › 4X800 (IC4A Champions)
- › Muhammad Halim '08 (IC4A Champion) Triple Jump
- › Rayon Taylor '08, Triple Jump
- › Evan Whitehall '07 (IC4A Champion) Pole Vault
- › David Pell '08 (IC4A Runner-Up) High Jump
- › James Connolly '06, 800
- › Vito Spadafino '06, Heptathlon
- › Kolby Hoover '07, 500
- › Aaron Merrill '08, Neil Baker '08, Greg Simonds '06, Kolby Hoover '07, 4X400

WOMEN'S OUTDOOR ALL-IVY

FIRST TEAM

- › Stephanie King '07, 100 Hurdles
- › Morgan Uceny '07, 800
- › Maria Matos '09, Discus
- › Danielle Dufresne '07, Hammer
- › Jamie Greubel '06, Heptathlon
- › Linda Trotter '06, Jeomi Maduka '09, Cameron Washington '07, Jessica Retelny '09, 4X100
- › Linda Trotter '06, Cameron Washington '07, Tameka Royal '09, Morgan Uceny '07, 4X400

SECOND TEAM

- › Sarah Wilfred '07, High Jump
- › Emily McCabe '06, 10K
- › Nyam Kagwima '07, 1500
- › Jeomi Maduka '09, Long Jump
- › Sheeba Ibidunni '06, Shot Put

WOMEN'S OUTDOOR ALL-EAST

- › Emily McCabe (ECAC Champion) 3000
- › Sarah Wilfred '07 (ECAC Champion) High Jump

fiers, awards

- › Robyn Ellerbrock '07
(ECAC Runner-Up) 3K Steeplechase
- › Toni Salucci '07, 3000
- › Linda Trotter '05
(ECAC Runner-Up) 400
- › Maria Matos '09, *Discus*
- › Sheeba Ibidunni '06,
Hammer, Shot Put
- › Danielle Dufresne '07, *Hammer*
- › Linda Trotter '06, Cameron
Washington '07, Tameka Royal '09,
Morgan Uceny '07
(ECAC Champions) 4X400

MEN'S OUTDOOR ALL-IVY

FIRST TEAM

- › Brad Baird '07, 3K Steeplechase
- › Rayon Taylor '08, *Triple Jump*
- › Aaron Merrill '08, 400 Hurdles
- › Muhammad Halim '08, *Long Jump*

SECOND TEAM

- › Adam Seabrook '08, 400 Hurdles
- › Gordon Hall '08, 800
- › Muhammad Halim '08, *Triple Jump*

MEN'S OUTDOOR ALL-EAST

- › Will Seidel '07, Jay Harding '08,
Mike Smayda '08, Ross McGowan
'06, James Connolly '06, Jimmy
Wyner '07 (IC4A Champion) 4X800
- › Jimmy Wyner '08, 1500
- › Muhammad Halim '08
(IC4A Runner-Up) *Long Jump*
- › David Pell '07, *High Jump*
- › TJ Toro '09, Decathlon
- › Vito Spadafino '06, Decathlon
- › Saidu Ezike '08, 110 Hurdles
- › Rayon Taylor '08, *Triple Jump*
- › Muhammad Halim '08, *Triple Jump*

WINTER ACADEMIC ALL-IVY

- › Evan Whitehall '07

SPRING ACADEMIC ALL-IVY

- › Danielle Dufresne '07
- › Evan Whitehall '07

NCAA ALL-REGION

- › Morgan Uceny '07
- › Sarah Wilfred '07
- › Linda Trotter '06
- › Cameron Washington '07
- › Tameka Royal '07
- › Rayon Taylor '08
- › Muhammad Halim '08

NCAA PARTICIPANTS

- › Morgan Uceny '07, 800
(Indoors and Outdoors)
- › Sarah Wilfred '07, *High Jump*
- › Jamie Greubel '06, *Heptathlon*
- › Emily McCabe '06, 10K
- › Rayon Taylor '08, *Triple Jump*
- › David Pell '07, *High Jump*

NCAA ALL-AMERICAN

- › Morgan Uceny '07, 800 Indoors
- › Sarah Wilfred '07, *High Jump*
Outdoors
- › USTCCCA Women's Northeast
Indoor AND Outdoor Coach of
the Year
Lou Duesing
- › USTCCA Women's Northeast
Women's Field Event Athlete
of the Year
Sarah Wilfred '07
- › Sea Ray Relays Outstanding
Field Event Performer
Sarah Wilfred '07
- › Indoor ECAC Outstanding
Performer Award
Morgan Uceny '07

2006 United Kingdom tour

Seventeen Cornell women and 14 Cornell men had the experience of a lifetime in June as they took part in the quadrennial Big Red track and field tour of the United Kingdom. Featuring three meets (the Welsh National Championships, a match with the University of Birmingham and the renewal of the TransAtlantic Series with Oxford and Cambridge), Cornell teamed with Heps rival Penn. Many new friendships between athletes from Penn and hosts in Wales and England made the trip a meaningful one. For more details, see daily journals from team captains **Kolby Hoover '07**, **Sheeba Ibdunni '06**, **Vito Spadafino '06** and **Linda Trotter '06** at: <http://cornellbigred.cstv.com/>

Here is an annotated itinerary for the trip:

June 13: 12:00 p.m. — Cornell departs Ithaca for the bus trip to Philadelphia. The Big Red meet up with new teammates from Penn and departs for Manchester at 8:30 p.m.

June 14: 8:35 a.m. — After a long flight, the team lands in Manchester and after clearing customs, departs for Bangor, Wales and a light workout at the university.

June 15: Trip to historic Caernarfon Castle

June 16: More historic castles, this time in Conwy, home to a fully intact city wall. Both Caernarfon and Conwy were built by Edward I in an attempt to subdue the Welsh.

June 17: The team departs Bangor on a beautiful drive through the Welsh countryside, arriving in Cardiff in the evening. The team has a light practice in preparation for Welsh National Championships.

June 18: The Big Red impresses at the Welsh Senior National Championships, with the women claiming 12 Top 4 finishes and the men boasting 10 Top 4 finishes.

June 19: After a great first week in Wales, the team departs for the University of Birmingham and are greeted warmly by team members and managers, who visit Cornell every four years on a tour of their own. The Birmingham team hosts a barbecue and the athletes take in a World Cup match on television.

June 20: Many athletes explore Birmingham, some view the world-famous Cadbury Chocolate Factory while others enjoy the campus.

June 21: In a good competition with Birmingham, the Cornell/Penn women prevail 130-117 while the Big Red and the Quakers win 139-114 on the men's side.

June 22: Most of the team visits historic Warwick Castle. Afterwards, the University of Birmingham provides an excellent banquet for their visitors from Penn and Cornell.

June 23: Once again traveling by bus, the team departs for Oxford and are welcomed with a great lunch and many smiles by team members there. The team stays at St. Hilda's College, only a few blocks from the historic track at Iffley Road, site of the first sub-four-minute mile.

June 24: Team members split up, with some taking the short train trip to London while others enjoy the amazing sites at Oxford. The team receives a special tour of many of the university's 42 colleges, including

Jesus College (where we received a rare glimpse at the archives, which houses such treasured first editions as Newton's *Principia Mathematica*) and New College.

June 25: The team departs for Cambridge and arrives safely at Fitzwilliam College, our final home on our trip. After workouts at the Wilberforce Road track, the team enjoys a wonderful dinner in the Great Hall and sets out to explore!

June 26: As at Oxford, the students at Cambridge were wonderful hosts and gave intimate tours of such famous colleges at King's, Queen's and Trinity, site of the famous courtyard race in Chariots of Fire.

June 27: Relaxing the day before the final meet, the team goes punting on the River Cam.

June 28: Renewing a rivalry that dates back to 1921, the Cornell/Penn teams competed against the combined forces of Oxford and Cambridge at Wilberforce Road. The women emerged triumphant, 121-80 and the men won 115-84. Afterwards, a formal banquet at St. Catherine's College provided a memorable conclusion to the day's festivities and a reminder of the shared bonds between the four universities.

June 29: A 5:00 a.m. departure for the Manchester airport began a long day of travel which ended at 8:30 p.m. in Ithaca. After such a wonderful two weeks, no one begrudged the long travel; in fact most were so tired they slept the entire journey!

alumni updates

Many thanks to those who have submitted updates. I hope I haven't left anyone out—please send an e-mail to Artie Smith at acs1@cornell.edu with future updates.

■ It was good to hear from **Richard Lewis '55**. He writes: "Until recently, my wife, Edy Hutton and I lived in Slidell, La. for the past nine years. The home, only 200 yards from Lake Pontchartrain with a deep-water residential boat canal in the back, was hit badly by Hurricane Katrina, with a surge of 17 feet high coming off the lake. This was not near the levee breaks in New Orleans that you have heard much about, but the wind-driven surge as wreaked such terrible damage on the south Mississippi coast.

My present address is in Incline, Nev. We enjoy the high Sierra, the temperate summers, the beautiful snowy winters and the many friends and family who enjoy vacationing there. I am now young enough to ski all season long for only \$60. At age 80, it will be entirely free. Wow! Time flies.

A particular highlight was being a member of the joint Cornell-Penn track team competing against Oxford and Cambridge at White City Stadium, London. We were put up for the week before at Oxford. We practiced at Iffly Field where Roger Bannister had just broken the four-minute mile. It was a modest cinder track, not in as good condition than the smallest high school tracks at that time in the U.S. Bannister was a very special guy, quiet and sincere and a true, humble gentleman.

■ An update from **Barbara Amoscatto Sabaitis '81**: "Still run about 20 miles per week, slowly. We live at the beach in Spring Lake, N.J., so I run on the boardwalk across the street from our house, four to seven miles about four times a week. Our local road race, the Spring Lake Five Mile Run, starts each year on the Saturday of Memorial Day weekend in our front yard! This was the 30th anniversary of the race and I have run at least 20 of them."

■ **Anthony Boyadjis '81** just completed a marathon: "I just completed my eighth marathon in Boston last April, and managed to raise nearly \$13,000 for polymyositis research, an auto immune disease in the lupus family from which my wife suffers. The immune system attacks the muscles, thinking they are foreign and need to be eliminated. There is no cure, but with medications, the illness can be managed. Donations may still be made at www.myositis.org/how_to_help/doange_form.cfm or directly to The Myositis Association at 1233 20th St. N.W., Suite 402, Washington, DC 20036. Thanks."

■ **Charles Fleming '85** writes: "I have just passed my 20 year mark with Lockheed Martin in Orlando, Fla. My son, Evan, is going into his sophomore year in high school and my wife, Kerry, is an associate director of human resources at the University of Central Florida. I've enjoyed installing military simulators for the government, and I've enjoyed seeing all of the success the team has had over the last couple of years, especially this one! It's been a while since we had such a large contingent go to Nationals. Keep up the good work."

■ **John Raguin '91** writes: "I have been keeping in touch with **Matt Seeley '92**. Matt lives near Missoula, Mont. In 2005, he came in fourth overall in the Coeur D'Alene Ironman event in 8:37, including a 2:54 marathon run after a 2.4 mile swim and 112 mile bike. This was a PR for Matt. Recently, the OLN channel televised a profile on Matt. As part of a stellar year for Matt, he also represented the United States at the Long Course Triathlon World Championships in Denmark and was the fastest American."

■ In the "better late than never" department, **Artie Smith '96** received his doctorate in history at Duke University this spring. His dissertation, entitled "Coaching and Community During Jim Crow: A History of the Golden Era of the CIAA," examined the first intercollegiate athletic conference among historically black colleges, the Central Intercollegiate Athletic Association. He will continue as an assistant women's track and cross country coach at Cornell, as he has for the past seven years.

■ Here's an update from **Scott Pickles '99**: "Since graduating from Cornell in '99, I was [unfortunately] not accepted to vet school. I spent a year and a half working towards a master's degree in education. Realizing that students have a severe lack of respect for teachers and education these days, I cut that career short. I am now a Network Engineer with VPN Systems, Inc. in Honeoye Falls, N.Y. I am living in Farmington, N.Y. with my wife Christine (married 09/29/01)."

■ **Miranda Kaye '99** wrote in with some updates on classmates: "**Kristy (Shreve)**

Powers '99 and her husband had a baby boy, Alexander Powers, on March 4, 2006. They are moving to Maryland in July.

■ **Shannon Fitzgerald '99** graduated from Vet School this May and is headed to South Carolina. Recently, she placed 40th in the nation for cycling after breaking her collar bone in the race with five miles to go.

■ **Phil Bradley '01** writes: "I've been living in D.C. almost two years now after enjoying some time in California, and now work in advertising at *The Washington Post*. I am working on my MBA at Johns Hopkins University in the evenings and should be done next year."

■ From **Kalifa Pilgrim '04**, who did a great job as a volunteer assistant coach this year with the track team at Cornell: "I just grad-

uated from Cornell with my master's degree in Operations Research and Industrial Engineering. Starting this June, I will be working in the supply chain management department of Schlumberger Ltd., an Oilfield Services Company, as a production planner."

■ **Martina Hoppe '94** wed Matthew Barnes on June 24 in Ithaca. Classmate **Sarah (Perotti) O'Connor '94** was in attendance.

■ **Bharat Guthikonda '96** and wife Jodi welcomed son Rowen Arun into the world on Feb. 28, 2006.

■ **Aruna Boppna Hatti '97** and husband Vikram have a son. Ahilan Vihar Hatti was born on April 27, 2006.

■ **Claire Ryan Sexton '99** writes: "Can you share the good news that Patrick and I have

a baby boy, Liam Patric Saxton, who was born on Feb. 9, 2006? We are living in Santa Clara, Calif., and enjoying the great trail running in the area. We are eagerly awaiting Liam's six-month birthday so we can put him in the jogging stroller."

■ **Joanna Krablin '00** married Jeff Nelson in Princeton, Mass. on May 20, 2006. Teammates Stacy (Nicks) Fitzgerald, Mandy DeRoche, and Marc Duquella attended. Joanna is currently a graduate student at Tufts University and her new husband is the systems administrator for a biotech company. The couple lives in Cambridge, Mass.

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Men's and Women's
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Teagle Hall
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Track & Field

June 26, 2006

The phrase worn on the t-shirts of the Cornell Women's track and field team during the Heps: *Tu Casa es Mi Casa* had several meanings for Cornell on May 6-7, 2006.

University of Pennsylvania graciously opened up their campus the Saturday of the Heps, May 6, 2006 to allow us to hold our annual Cornell Track Association meeting that morning and a reception that evening. We felt quite at home there and accomplished a significant amount of business with attendees at the meeting, including electing new members to the CTA executive committee:

Pete Pfitzinger '79, Martha Lutz '78, Pam Hunt '94 and Kathy Berman '83.

**Letter
from the
Cornell Track
Association
Chair**

The Executive Committee will convene the next meeting: Saturday, Oct. 21, 2006, 8:30 a.m. at the Hunt Bradley Center, Cornell University, Ithaca, N.Y. We are looking forward to attending a cross county meet and gathering with the athletes that weekend.

The men and women's track and field teams also felt right at home at Penn as they captured the 2006 Heps Championship titles. *Congratulations on a terrific outdoor season!!* A superb effort by the athletes and coaching staff continue the successes of the track and field and cross country programs. *Call* an athlete and congratulate them or *call* a former teammate to spread the word of the winning legacy of the programs or just to reminisce.

Memories are lasting, and they will be for this year's teams also.

"1/100" is CTA's plan to support our teams. We ask anyone who has as little as one hour during 2006-07 or up to as many as 100 hours during 2006-07 to perform any volunteer activity you want on behalf of the teams. We have long wanted *successful* teams and we now need to support them. Your skill set, your interest or your endeavor into something new to you are all appreciated: calling teammates about athlete and program achievements, sending information to the *Wastebasket*, building or updating our webpage, planning a reception or breakfast around a team meet, fundraising, or sending press releases to papers in your area about area athletes, etc. Just let us know how you want to help — 215.557.8100 or bhallassociates@aol.com.

Please continue the tradition and legacy of Cornell track and field and cross country however you choose. Thank you for your past and future efforts.

Sincerely,

Blonde Grayson Hall '79

Chair, Cornell Track Association



*Graduates from the classes of 2003, 2004 and 2005 at the alumni reception
hosted by the Cornell Track Association at the 2006 Outdoor Heps in Philadelphia.*