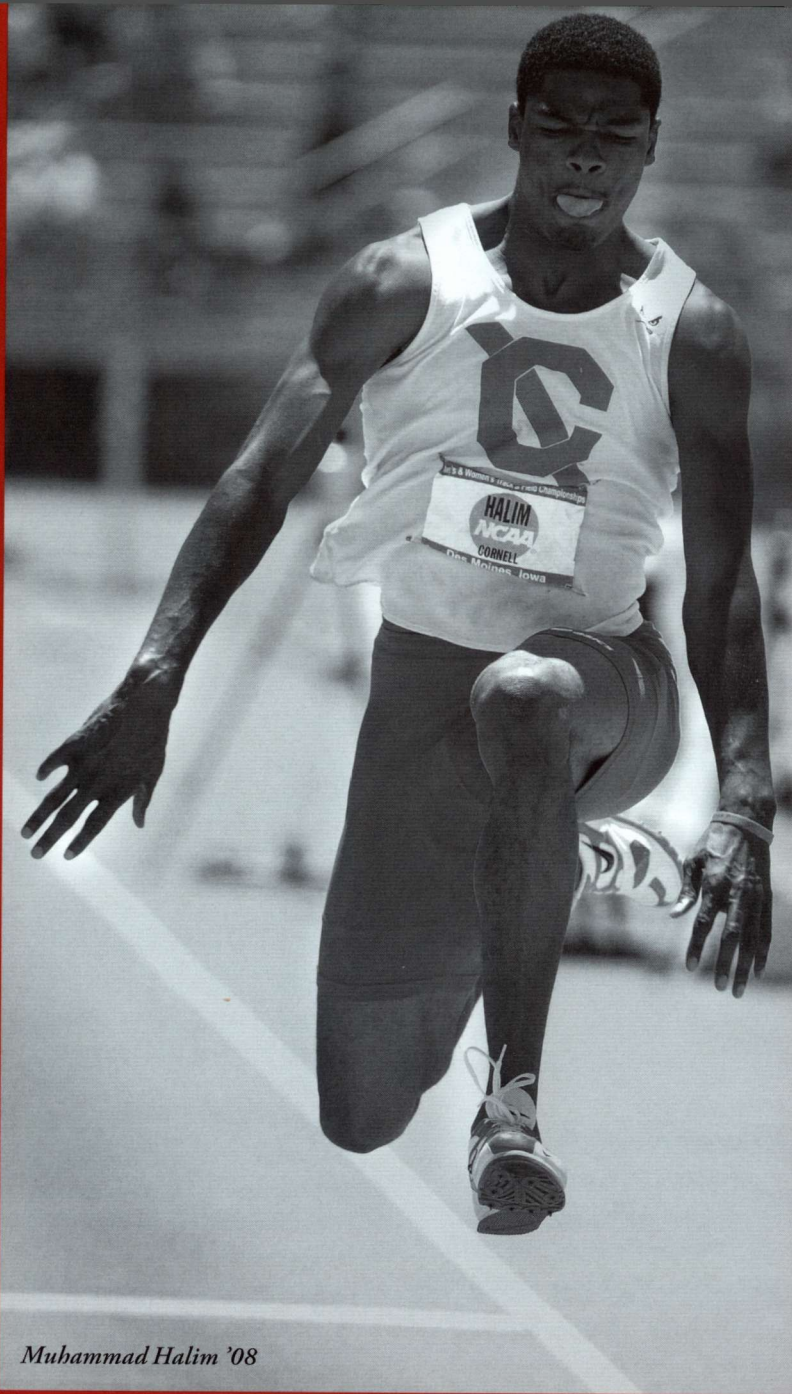




*Jeomi Maduka '09*



*Muhammad Halim '08*

# Cornell Track & Field

*The  
Wastebasket*

Summer 2008  
Track & Field Review





## SPIKED SHOE VINTAGE

### And Still They Keep Running

by John R. Bangs, Jr., 1933

The most familiar story of long distance running is that of the Athenian soldier who is said to have run from the plains of Marathon to the city of Athens to announce the victory of the Greeks over the invading forces of Darius of Persia. He dropped dead so history tells us, but the distance—26 miles 384 yards—was carefully recorded and has become our modern marathon run.

Actually the history of running goes back to time immemorial, when fleetness of foot and endurance of body were paramount in preventing the sudden

death that lurked in every shadow of the prehistoric jungle.

From the jungle lands of Africa and South America come stories of marvelous powers of endurance displayed by native runners. In Peru is said to be an almost extinct race of Inca Indians who run great distances and who have remarkable powers of endurance which are augmented by a stimulant derived from chewing cocoa leaves. The Indian tribes of North America all have had their famous runners, even down to this day. The Yaqui Indians of Mexico and the Hopi tribe of New Mexico are perhaps the best known for their remarkable feats of endurance.

The last American to win the Olympic Marathon was Johnny Hayes, who won the classic event in 1908. His victory was a peculiar one. He won only after a front runner fell and received aid in crossing the finish line. But his victory still had a stimulating effect upon American running. Running clubs sprang up all over the country and young Americans took to the great out of doors. It was during this period that Cornell running (1908-10) was at its height. You remember she won the Intercollegiate Cross Country Championship continuously from 1902-1911. But now to get down to present day...

*This "spiked shoe vintage" was originally published in 1933.*



## olympic trial excitement: Muhammad Halim '08

By Anjelica Gregory '08

One of the major benefits of being a track athlete at Cornell is the people on the team. During my time at Cornell, I had the honor of having Muhammad Halim as a teammate and a friend. A multiple Heps champion, he was constantly inspiring everyone around him. Breaking school records over and over with style and humility, he is an individual who will truly be missed. Unfortunately, Halim's time at Cornell has come to an end but before leaving, the Wastebasket decided to ask him a few questions.

**AG:** *First and foremost, we would like to know why and how you ended up here at Cornell?*

**MH:** Cornell was my dream school when I started looking at colleges. It had the best combination of track and academics. Also the coaching staff appeared to be great.

**AG:** *What is it exactly that you love about track and field?*

**MH:** I love the competition. It allows a person to determine his or her own fate.

**AG:** *If you could do it over again is there anything about your athletic fate that you would change?*

**MH:** Yes. If I could do it over again I would have studied my sport more intensely earlier in my career because then I would have learned how to stay healthy. During the early part of my career, I injured myself often, which still impacts my ability to perform today. If I had done a better job of understanding the mechanics behind jumping

prior to reaching college or freshman year, I would be a much better athlete now. Today I have a good grasp on it; however, I am always trying to learn more.

**AG:** *How are you feeling about the Olympic trials?*

**MH:** I'll see how nationals go before I decide how to approach the Olympics. Only three guys make the team, and right now those guys are jumping insanely further than the collegiate athletes. However, I am really looking forward to the trials because it will be something that I'll cherish for the rest of my life.

**AG:** *What do you think will be the best part about the Olympic trials?*

**MH:** The atmosphere. Eugene is the track capital of the United States. I doubt that I have ever been to a meet like it. Everyone there will most likely be so knowledgeable and interested in track and field. I really look forward to being able to compete in that atmosphere and at that level of competition.

**AG:** *As you leave Cornell do you have any advice for incoming track and field athletes?*

**MH:** Keep coming to practice. To excel at this sport it is not something that you can just do from 4:30 p.m. to 7 p.m. if you want to see results. You have to try and make progress everyday. However, don't get overwhelmed. It's a difficult school but you will have enough time. If you schedule everything and prioritize correctly, you will be fine. Just remember that you're here for a reason and you have the ability to do it.

*After this interview Muhammad Halim continued on to a historic performance at the 2008 NCAA Division Track and Field Championships. On June 14, he was crowned the national champion of the men's triple jump with a leap of 54'8".*





# Heps championship recap

## INDOORS

**T**he Indoor Heps returned to Barton Hall in early March, and the Cornell track and field teams were cheered on by a boisterous crowd of over 100 alumni and a packed house. Always a festive atmosphere, the meet did not disappoint! The Cornell men, in particular, were impressive, steamrolling over the Ivy League with a meet record 205 points to out-distance second place Princeton by 56 points. This was also a meet record for margin of victory. Nine event wins, seven event runner-up finishes, and three NCAA qualifying efforts secured the victory.



*Saidu Ezike '08*

For the second straight year (and third in his career counting the 2007 outdoor meet), **Muhammad Halim '08** was voted the meet's Most Outstanding Performer. Halim won both the long jump and triple jump yet again. Event winners included Halim in the long jump and triple jump, **Erik Roneker '09** in the weight, **Josh Kirkpatrick '10** in the pole vault, **Adam**

**Seabrook '08** in the 400, **Zach Hine '09** in the 5K, **Jordan Lester '08** in the 60, **Saidu Ezike '08** in the 60 hurdles and the 4X400. The men have now won their fourth indoor Heps team title in the past six years, their ninth in the past 11 Heps track championships overall, and their second in a row counting the 2007 outdoor meet.

On the women's side, a determined Big Red squad led after Day One and battled throughout the meet to score 100 points, finishing third in one of the closest women's team competitions in recent years. They placed behind good teams from Princeton (114 points to win the team title) and Brown (107 points). **Jeomi Maduka '09** led the women. She earned Most Outstanding Performer accolades for the second year in a row at the indoor Heps, and for the third time in her career counting the 2007 outdoor meet. Maduka won three events with school record performances in each (60, long jump and triple jump), set a meet record (long jump), eclipsed the NCAA automatic standard by posting the third-best leap in the nation this

year, and reached an NCAA provisional mark in the triple jump. Clawing back into within five points of the lead mid-way through Sunday's program, the Big Red women never gave up and tallied a meet-best five first place finishes (Maduka in the 60, long jump and triple jump, **Maria Matos '09** in the weight throw, **Natalie Gengel '10** in the pole vault and the 4X400). In the end, Princeton proved to be too strong and the Cornell women's unprecedented run of six straight indoor (and 12 straight overall) Heps titles ended where it began: Barton Hall back in 2002.

Both Cornell teams showed depth, and more impressively, breadth. The men scored in 18 of 19 events, missing out only in the heptathlon, (**T.J. Toro '09** still recorded the No. 2 mark in school history with a ninth place total of 4,932 points). Similarly, the women scored in 15 of 17 events, missing out only in the mile and the pentathlon (where the team didn't enter a competitor).

The men were truly impressive in compiling 37 IC4A qualifying performances on the weekend to pair with a meet record and three NCAA qualifying efforts, not to mention the second straight Most Outstanding Performer honors for Halim. Although the women were unable to win the team championship, the Big Red's effort was characterized by determination, competitiveness, heart and class. The squad continued to be among the elite in the Ivy League, with six event wins, one event runner-up showing, three NCAA qualifying efforts, 19 ECAC qualifying performances, a meet record and the Outstanding Performer accolade for Maduka.



## OUTDOORS

**T**he Cornell men and women continued their strangehold on the outdoor Heps as both squads claimed the team championships at Yale on the second weekend of May. The women took home their seventh straight outdoor Heps title (and 13 of 14 Heps track titles overall) and the men won their sixth straight outdoor Heps title (and 10 of 12 Heps track titles overall).

It was an unbelievable weekend with the Cornell men putting together a meet of historical proportions. They set a meet record for most points (199) and had the second largest margin of victory ever, with a 75 point cushion over a good Princeton team. On the women's side, the team showed remarkable poise in staging a tremendous comeback on Sunday afternoon. They overcame a deficit that had ballooned to as much as 51 points early in Sunday's program before rolling to a 165-141 victory over Princeton.

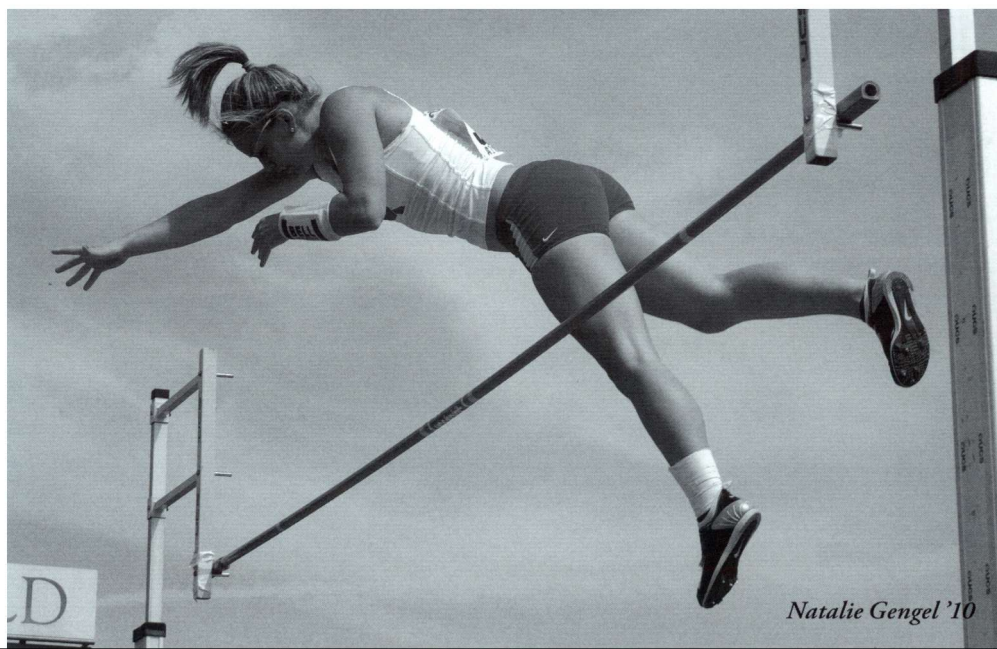
With the win, the women's seventh consecutive outdoor Heps title matches the longest streak in men's or women's Heps history (indoor or outdoor). It is comparable to the outdoor men's teams from Penn of 1971-1977. It's the longest women's streak in league history. The men's run of six straight outdoor Heps titles is the second longest winning streak men's in Heps history, behind only the aforementioned Penn dynasty of the 1970s.

Both teams won eight events, and each team boasted a meet Most Valuable Performer. On the men's side, Seabrook won one of the most demanding and rarely attempted individual doubles. He claimed both the 400 and 400 hurdles while also running a leg on the runner-up 4X100 and anchoring the 4X400

to victory. On the women's side, Maduka was co-meet Most Valuable Performer (along with Penn senior Stacy Kim). She won the long jump by setting a meet record, the triple jump, the 200, ran a leg on the victorious 4X100, and placed second in the 100 in a school record time. She gave a phenomenal set of performances over five events. Maduka has now been honored with the meet's Most Valuable Performer at the past four indoor and outdoor Heps. Also winning Heps championships were Halim in the long jump and triple jump, Ezike in the 110 hurdles, **Garrett Huyler '09** in the high jump, and

**Sage Canaday '08** in the 10K. In addition to Maduka's event wins, the Big Red women won the 4X100, 4x400, **Joan Casey '08** won the 100 hurdles, **Maria Matos '09** took the discus, and **Jessica Weyman '10** won the 400 hurdles.

Just as remarkable were the great efforts from both teams across the board. The men scored in 19 of 21 events and the women scored in 20 of 23, a fine demonstration of both team breadth and depth as the Big Red came to play in every event they entered. And while the Heps is all about head-to-head competition, the quality of performances was also strong. The women earned 35 ECAC qualifying efforts and 13 NCAA regional qualifiers to pair with six alterations to the school all-time lists, two school records and two meet records. The men earned nearly 40 IC4A qualifiers, nine NCAA regional qualifiers, and three alterations to the all-time lists.



*Natalie Gengel '10*



## olympic trial excitement: Jeomi Maduka '09

By Saidu Ezike '08

**T**he WasteBasket had the opportunity to speak with Jeomi Maduka '09 about her upcoming efforts at the Olympic trials. After speaking to her on the phone while she was at home (Arlington, Texas) it was clear that her humble nature could not overshadow the excitement in her voice. After long jumping 6.58 meters (21 feet 7.25 inches) on April 19, 2008 at the Moravian Greyhound Invitational, Maduka obtained the Olympic Trial "A" standard. In the midst of Nike and Adidas sponsored athletes, she is currently ranked ninth in the long jump among Americans. She will be competing in the Olympic Trials which run from June 27th–July 6th with hopes of placing in the top three to qualify for the Olympics.

**SE:** Jeomi, you are well known for being a juggler. How does balancing pre-med academics, Division I basketball, and Division I track affect you? Do you think it has helped you get to where you are now in terms of looking ahead to the Olympics?

**JM:** Juggling has helped me tremendously with my time management. It has helped me discover what kind of person I am in terms of the decisions I have to make to balance basketball games, track meets, and prelims. I've learned that if I have to, I will miss practices just to go to office hours or study for a prelim.

**SE:** Has it always been your dream to qualify for the Olympics?

**JM:** Qualifying for the Olympics has never been my dream. I never thought I'd be capable of doing it because I never get to fully devote my time to track. So now that it's a possibility, I'm still kind of surprised, but excited to take on the challenge!

**SE:** What were your thoughts when you hit the "A" standard three months ago?

**JM:** Well, I was very excited! I qualified for the Olympic Trials at the Moravian meet in April and ever since then, I've been looking forward to jumping further and qualifying for the Olympics.

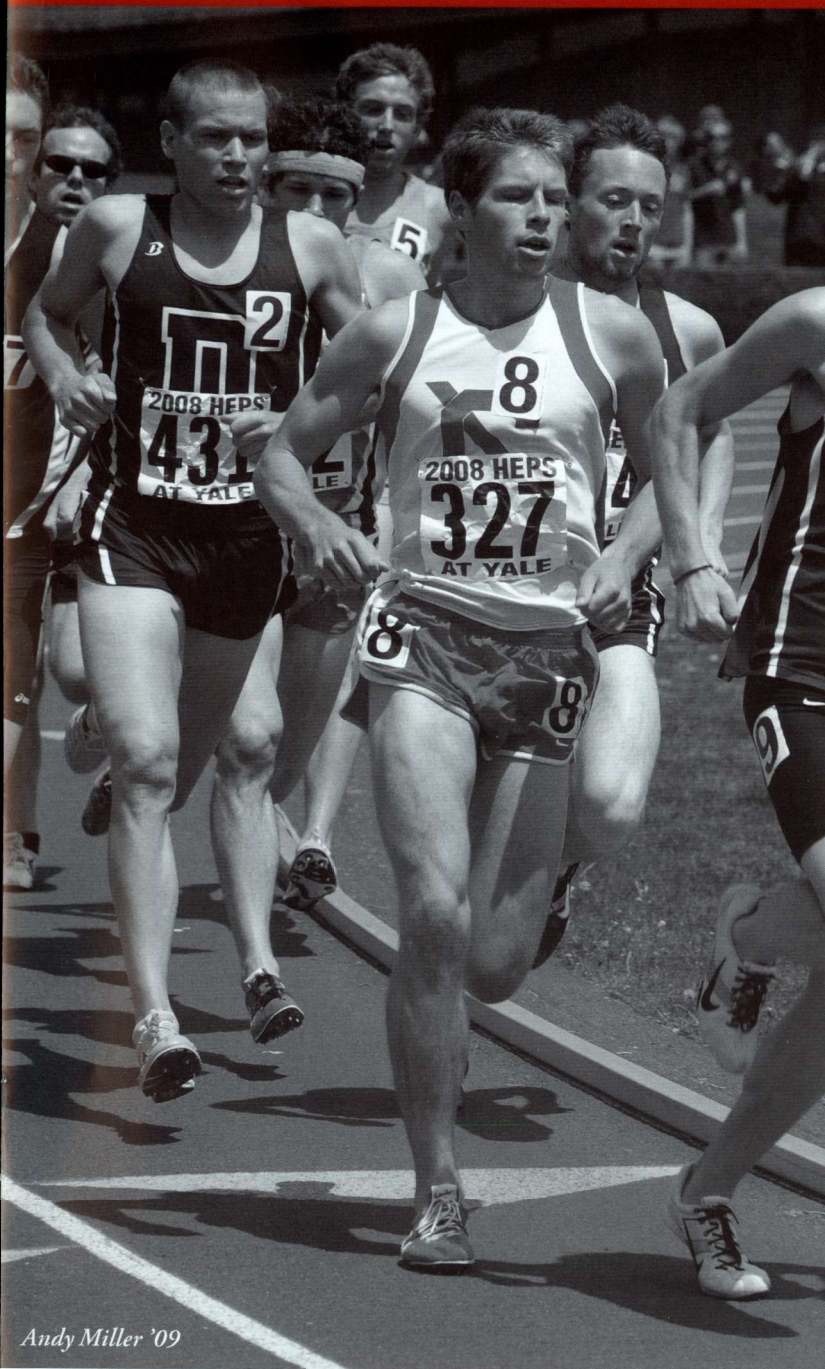
**SE:** Are you changing anything in preparation for the trials?

**JM:** I didn't think I was able to qualify at first, but after talking with head coach Nathan Taylor, I'm more confident. He's given me so much confidence. I have jumped further [than 6.58 meters] but I've been behind the board. I'll be training in Ithaca with Coach Taylor and studying for the MCAT.

*The long jump trials take place on June 30, 2008 and the finals take place on July 3rd. The trials will be broadcast on USA and NBC networks from the 27th to the 6th. Tune in, you may see Jeomi competing!*







*Andy Miller '09*



# 2008 team awards



## **Fleet Morse Award**

*Most Improved, Women*

Katie Murdoch '10

## **Shorty Lawrence Award**

*Most Improved*

*Field Event, Men*

Duane Teixeira '10

## **Marc Deneault Award**

*Outstanding Freshman*

Cassilyn Schweighofer '11

Cody Boyd '11

Brian Freitas '11

## **Hank Russell Award**

*Best Sprinter*

Jessica Weyman '10

Adam Seabrook '08

## **Clarence Morse Award**

*Most Improved Track, Men*

Nate Crabtree '09

David Mengel '08

## **"Jinky" Crozier Award**

*Most Valuable Woman*

Jeomi Maduka '09

## **Narcissa Kellett Award**

*Most Valuable Man*

Muhammad Halim '08

Adam Seabrook '08

## **Theodota Ladas Award**

*Best Mid-Distance*

Katie Murdoch '10

Andy Miller '09

## **Dr. George Ladas Award**

*Best Distance*

Marie Parks '09

Sage Canaday '09

Zac Hine '09

## **Theodota Ladas Award**

*Best Jumper*

Jeomi Maduka '09

Muhammad Halim '08

## **Dr. George Ladas Award**

*Best Thrower*

Maria Matos '09

Erik Roneker '09

## **Walker Smith Award**

*Best Hurdler*

Joan Casey '08

Aaron Merrill '08

Saidu Ezike '08

## **Gatling Award**

*Senior who has*

*done the most*

*for Cornell Track*

Joan Casey '08

Aaron Merrill '08

## **Most points scored in four years**

Joan Casey '08

Muhammad Halim '08

## **Spindler Award**

*Coaches' Award*

Maria Telloni '08

Mike Smayda '08

## **2008-09 captains**

Aeriel Emig '09

Maria Matos '09

Tameka Royal '09

Amanda Wheat '09

## **2008-09 captains**

Andy Miller '09

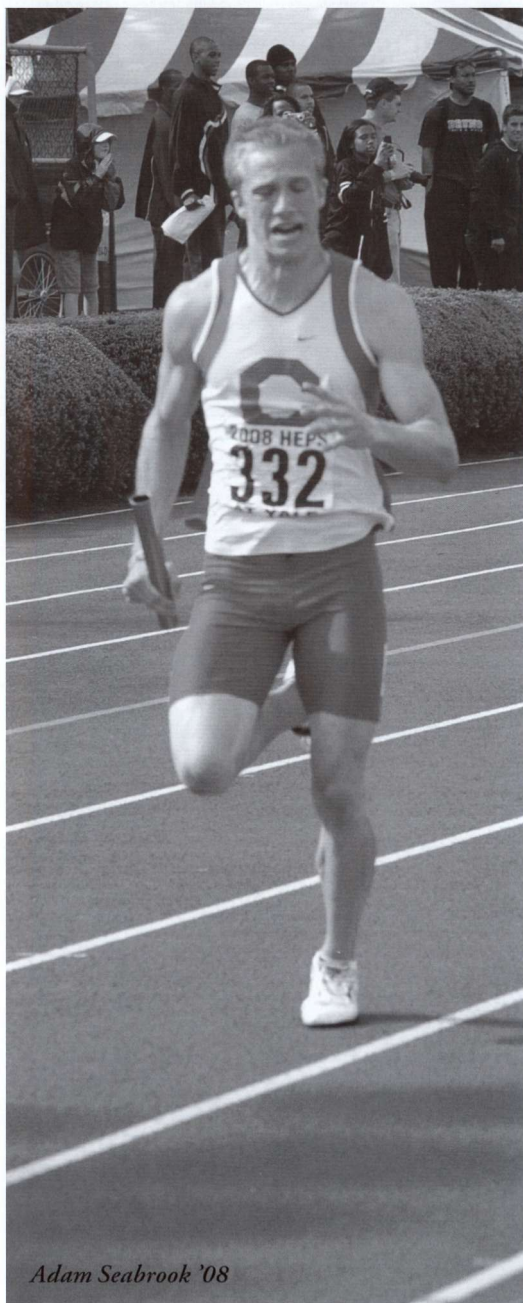
Erik Roneker '09

Garrett Huyler '09

Marcel van Eeden '09



# men's track and field top 10 moments



*Adam Seabrook '08*

*By Jason Brown '08*

## 1 Halim a National Champion!

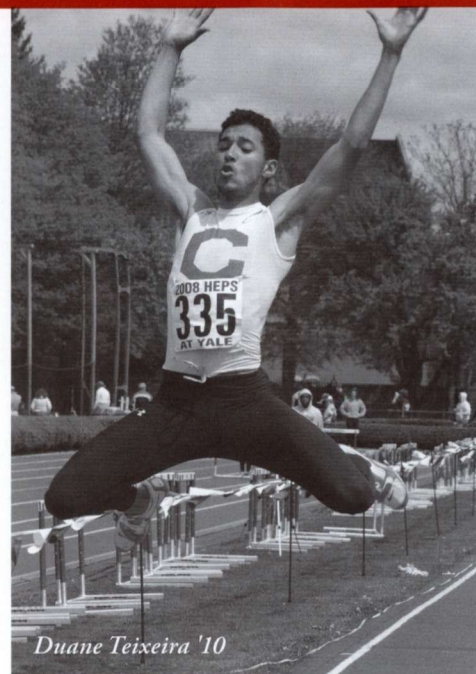
**Muhammad Halim '08** won the 2008 outdoor title in the triple jump, reaching a school record 54-8. He became the second straight Cornellian (**Rayon Taylor '07** was victorious last year) to win the NCAA title in this event. As he has throughout his career, Halim came through in the clutch in his final collegiate competition to win by a centimeter in a field that included three other national champions.

## 2 Seabrook, Huyler qualify for NCAA championships.

At the NCAA East regionals, **Adam Seabrook '08** was fifth in the 400 hurdles with a time of 50.33 seconds. He bettered the school record of 51.04 seconds previously held by teammate and friend **Aaron Merrill '08**. **Garrett Huyler '09** jumped 6-11 in the high jump to secure seventh place. He qualified for the NCAA championships based on high marks earlier in the season.

## 3 Cornell's 4X400 team wins Penn Relay's IC4A and Heps races.

The team of **Marcel Van Eeden '09**, **Cody Boyd '11**, **Aaron Merrill '08**, and **Adam Seabrook '08** combined to win the Penn Relays 4X400 IC4A race in a time of 3:11.66. Morgan State jumped out to a big lead after the first two legs but Merrill reeled the leader back in and gave the baton to Seabrook in a tie for first place. A strong surge by Seabrook in the last



*Duane Teixeira '10*

100 meters ultimately put the race away.

A day earlier, the foursome had also won the Penn Relays Heps 4X400, beating teams from Yale, Dartmouth, and Penn.

## 4 Cornell places high in Penn Relays Championship of America DMR and Miller '09 runs four minutes flat in the 1600.

Bolstering Cornell's reputation as a premier middle-distance force, the team of **Charlie Hatch '10**, **Michael Kippins '10**, **Mike Smayda '08** and **Andrew Miller '09** ran a 9:37.7 in the Penn Relays Championship of America DMR. Anchor-leg tactics by Texas' Leonel Manzano and Stanford's Russell Brown slowed the race down and let the field catch up, making the last 300 super-fast and super-exciting. In the mix, Cornell's Miller would ultimately run a 4:00.7 second anchor-leg for 1600 meters.



**5 Muhammad Halim '08 places fourth in the NCAA Indoor championship triple jump, and earns All-America status.**

Halim set a personal and school record by jumping 53'-3¾" at the 2008 NCAA Men's Indoor Track and Field championship at the University of Arkansas. He was joined at the NCAA championships by teammate Saidu Ezike.

**6 Shuttle Hurdle Relay team breaks 1951 school record at Penn Relays.**

The team of **Ezike, Merrill, Andrew Corridore '11, and Josh Kirkpatrick '10** combined to run 58.6 and break the school record by .9 seconds. Interestingly, three of the four members of Cornell's 1951 shuttle hurdle relay team would go on to become Olympians at the 1952 Games held in Helsinki, Finland, which bodes well for Ezike's Olympic aspirations.

**7 Garrett Huyler '09 high jumps 7-2 to set school record.**

On a sunny spring day at Cornell's Big Red Invitational, Huyler impressed fans, teammates, and opponents alike by jumping 7-2 a school and complex record, and an U.S. Olympic trials "B" standard that may allow him to compete at the U.S. Olympic trials in Eugene, Oregon this summer.

**8 Aaron Merrill '08 breaks a 55-year Cornell record in the 400 hurdles.**

Competing at the Cal State Northridge Invitational during the team's annual spring break trip to California, senior tri-captain Merrill ran a school record 51.04 seconds



in the 400 meter hurdles to set a record previously held by Charlie Moore '51. The record was especially sweet because a week earlier at the IC4A championships, Merrill had run a school record time in the 500m only to be disqualified for taking three steps on the line.

**9 Four 10k guys run sub 31:30 in rain at Bucknell Invitational.**

In a race that started around midnight due to rain delay, **David Krause '08** and **Sam Luff '09** would run 30:34 and lead **Dale Taylor '10** and **Steve Soprano '10** to sub 31:30 10k performances. The race had historical significance because Krause and Luff had been two of the seven Cornell men who had run sub

15:00 at the Bucknell Invitational 5K exactly a year earlier, foreshadowing Cornell's 2007 successful cross country season.

**10 Cornell wins the 4X400 at the indoor IC4A championships.**

Van Eeden, Boyd, Merrill, and Seabrook combined to run back-to-back 3:10 second 4x400s to win the indoor IC4A 4x400 in exciting fashion. Van Eeden and Boyd kept the Big Red near the front of the field before a monster leg by Merrill (46.4 seconds) broke open the race. A tough Coppin State team stayed close though, and it took a great last 75 meter kick by Seabrook to capture the win by .24 seconds.



# women's top 10 highlights

By Megan Rae '09

## 1 Third place team finish at the outdoor ECACs

In a highly competitive field, the women placed an impressive third out of 86 Division I schools. This marked the women's fifth-consecutive placement in the top-four teams.

## 2 Jeomi Maduka earns All-America honors in the indoor and outdoor long jump

An all-star athlete, Maduka flew from the indoor meet to New York City to help the women's basketball team win the Ivy League play-off game. This win earned her team a bid to the NCAA basketball tournament. In addition to her All-America honors indoors, she also garnered a top-10 finish in the long jump at the outdoor NAAs to bring her career All-America honors in track to three.

## 3 Two all-time top 5 Cornell women's performances in the hurdles

Joan Casey '08 (No. 3 all-time) and Jess Weyman '10 (No. 2 all-time) dominated in the 100 hurdles and 400 hurdles respectively. In addition to winning Heps titles in both events, the pair qualified for the NCAA regionals.

## 4 Two school freshmen records broken

With an impressive first year on the team, **Kimberly Standridge '11** broke both indoor and outdoor Cornell freshman records: the indoor mile and the outdoor 1500.

## 5 4x800 second-place finish at indoor ECACs

The first day was run by Standridge, **Lauren Bariexca '11**, **Tammy Wynne '09**, and **Megan Rae '09**, while **Lindsay Broyhill '10**, Wynne, Rae, and **Kerri Lyons '10** ran in the finals. This was the women's second straight second-place finish in the event at the indoor ECACs.

## 6 Impressive Penn Relays performances in the distance events

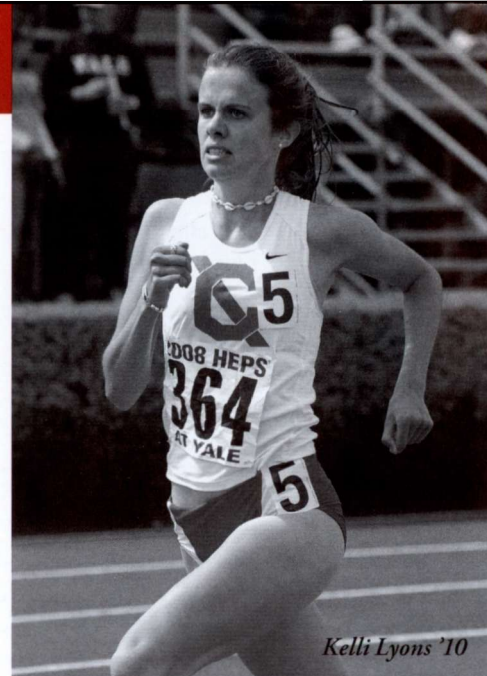
**Aeriel Emig '09** placed an outstanding second place finish in the 3000 meters, **Marie Parks '09** placed in the top 10 in the Championship of America 5000 meters (and qualified for the NCAA regional championships), and the sophomore duo of **Stephanie Pancoast '10** and **Erin Roberts '10** both qualified for the NCAA regional meet in the 3K steeplechase.

## 7 A young middle distance group emerges as among the top in the East.

With NCAA regional qualifying performances from **Katie Murdoch '10** in the 800, **Kerri Lyons '10**, **Caroline Heidt '10** and Standridge in the 1500, to go along with individual All-East showings by Murdoch, Lyons and Heidt, the perennial powerful Cornell women's middle distance group continues to be strong.

## 8 Eighth-place team finish at the outdoor NCAA East regional meet

This was the team's second straight year to place in the top ten. At the meet there were three All-Region performances: two by Maduka and one by **Maria Matos '09**.



Kelli Lyons '10

## 9 Maduka and Matos qualify for the outdoor NCAA's

The junior duo earned automatic qualifying bids to the NCAA championships at the NCAA East regional meet. Maduka qualified in both the long and triple jump, while Matos qualified in the discus, both athletes for the second straight year.

## 10 12 women compete at NCAA regionals

This number marks one of the biggest team contingents at the meet. The qualifying standard is based on the 100<sup>th</sup> best collegiate performance in the event from the previous year. Joining Maduka and Matos were Parks (5000m), Pancoast and Roberts (3K steeplechase), Murdoch (800), Heidt, Standridge and Lyons (1500), Joan Casey (100H), Weyman (400H), and **Cassilyn Schweighofer '10** (discus).



# captain's farewell

THE LEGACY LIVES ON

By Maria Telloni '08

**A**s I embark out into the real world, down from The Hill that I have loved so much for four years, it is surreal for me to think that I am ending not only my academic career, but also my 10-year adventure in track and field. The hardest part about saying goodbye is leaving my friends and teammates behind to continue the Cornell track and field dynasty without me.

However, I know that my team will be in the hands of amazing captains who will carry on the tradition of success and Big Red pride. One of those amazing ladies is my dear friend and fellow thrower Maria Matos. You may have read about her, met her, or even had the privilege of watching her throw. However, how well do you know one of the best throwers in the history of not only Cornell but the entire Ivy League?

In only three years at Cornell, Maria has accumulated five Heps titles: three in the discus and two in the indoor weight. Besides being the Cornell and Ivy League record holder in the discus, Maria has placed third in both the 2007 and 2008 regional meets, making her a two-time national qualifier. During the shot put competition at this year's Heptagonal championship, Maria was in seventh place going into finals. A competitor from Dartmouth was ahead of her in sixth place. Because every

point mattered in this meet, Maria turned to me and said, "Don't worry, I'm going to get this girl!"

On her next throw, Maria did just that — she had her best throw of the meet, moved up to sixth place, and earned a valuable and crucial point for our team. This type of determination and passion perfectly describes Maria's character as a person and an athlete and shows that Maria is going to make an excellent captain. It was at that moment that I could not help but feel a symbolic passing of the torch. I felt at ease about my graduating and leaving my teammates behind because I knew that they would be in good hands.

Looking ahead to the 2008-09 season, I have the utmost confidence in the Cornell team captains, and in Maria Matos. Her leadership, talent, passion, and completely genuine personality will allow her to lead the team to victory and achieve high levels of success in all of her events. I wish nothing but the best of luck to her and the team next year. It has been an honor and privilege to be a part of this program and I will continue to cheer on the Big Red. I will watch the tradition and passion carry on through talented athletes like Maria Matos as a part of my heart will always be out there on that field and track with them. Go Big Red!



*Maria Matos '09*





# indoor 2008 ECAC & IC4A qualifiers

## Indoor 2008 ECAC Qualifiers

Name	Event	Time
<b>Jeomi Maduka '09</b>	<b>55</b>	<b>7.02</b>
<b>Jeomi Maduka '09</b>	<b>60</b>	<b>7.58</b>
Janice Nsor '09	60	7.69
Joan Casey '08	60 Hurdles	8.76
Jessica Weyman '10	400	55.66
Tameka Royal '09	500	1:15.69
Katie Murdoch '10	800	2:10.66
Anjelica Gregory '08	800	2:11.85
Amanda Wheat '09	800	2:12.37
Kerri Lyons '10	800	2:12.49
Kim Standridge '11	800	2:14.00
Amanda Wheat '09	1000	2:51.70
Lindsay Broyhill '10	1000	2:54.33
Kim Standridge '11	1000	2:55.33
Katie Murdoch '10	1000	2:55.65
Anjelica Gregory '08	1000	2:56.28
Kerri Lyons '10	1000	2:57.47
Kerri Lyons '10	Mile	4:53.18
Aeriel Emig '09	Mile	4:55.05
<b>Kim Standridge '11</b>	<b>Mile (FR)</b>	<b>4:55.36</b>
Aeriel Emig '09	3000	9:48.61
Stephanie Pancoast '10	3000	9:54.38
Marie Parks '09	3000	9:55.37
Stephanie Pancoast '10	5000	17:06.46
Marie Parks '09	5000	17:14.01
4X400		3:46.39
4X800		8:58.44
DMR		11:43.11
<b>Jeomi Maduka '09</b>	<b>Long Jump</b>	<b>21'2"</b>
Kim Lienhoop '11	Long Jump	18'11 <sup>3</sup> / <sub>4</sub> "
Joan Casey '08	Long Jump	18'3 <sup>1</sup> / <sub>4</sub> "
<b>Jeomi Maduka '09</b>	<b>Triple Jump</b>	<b>43-1<sup>3</sup>/<sub>4</sub>"</b>
<b>Natalie Gengel '10</b>	<b>Pole Vault</b>	<b>12'9<sup>1</sup>/<sub>2</sub>"</b>
Maria Matos '09	Weight Throw	61'7 <sup>1</sup> / <sub>2</sub> "
Maria Matos '09	Shot Put	45'11 <sup>3</sup> / <sub>4</sub> "
Cassie Schweighofer '11	Shot Put	45'10 <sup>1</sup> / <sub>2</sub> "

School Records in Bold,  
FR=Freshman record

## Indoor 2008 IC4A Qualifiers

Name	Event	Time
<b>Jordan Lester '08</b>	<b>60</b>	<b>6.75</b>
David Mengel '08	60	6.90
Saidu Ezike '08	55 Hurdles	7.38
Aaron Merrill '08	55 Hurdles	7.55
<b>Saidu Ezike '08</b>	<b>60 Hurdles</b>	<b>7.78</b>
Aaron Merrill '08	60 Hurdles	7.99
Nathan Crabtree '09	200	21.99
Adam Seabrook '08	200	22.01
<b>Adam Seabrook '08</b>	<b>300</b>	<b>34.27</b>
Adam Seabrook '08	400	48.07
Marcel van Eeden '09	400	48.30
Cody Boyd '11	400	48.30
Aaron Merrill '08	400	48.93
<b>Brian Freitas '11</b>	<b>400 (FR)</b>	<b>49.11</b>

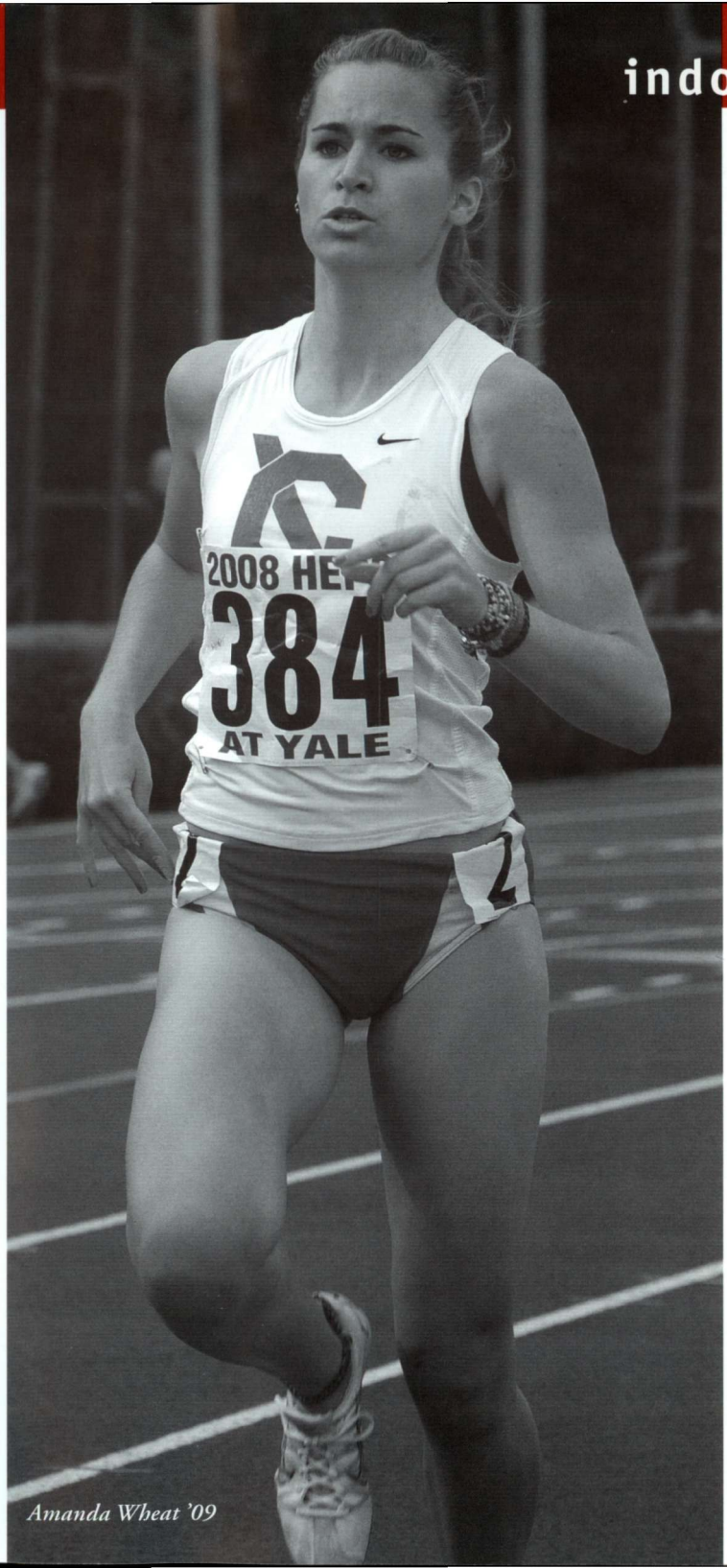


Sage Canaday '08

Name	Event	Time
Nathan Crabtree '09	400	49.26
Brian Freitas '11	500	63.53
Aaron Merrill '08	500	63.66
Adam Seabrook '08	500	64.44
Marcel van Eeden '09	500	64.83
Mike Smayda '08	800	1:51.38
Owen Kimple '10	800	1:54.84
Ian Ward '08	1000	2:26.83
Andy Miller '09	1000	2:27.00
Charlie Hatch '10	1000	2:27.56
Eric Ryan '09	1000	2:29.22
Owen Kimple '10	1000	2:29.95
Andy Miller '09	Mile	4:06.19
Charlie Hatch '10	Mile	4:09.12
Ian Ward '08	Mile	4:14.12
Eric Ryan '09	Mile	4:14.36
Zach Hine '09	3000	8:15.38
Andy Miller '09	3000	8:20.10
Sage Canaday '08	3000	8:24.01
Jason Brown '08	3000	8:24.86
Zach Hine '09	5000	14:25.88
Sage Canaday '08	5000	14:34.69
<b>4X400</b>		<b>3:10.19</b>
4X800		7:32.34
DMR		10:02.21
<b>Garrett Huyler '09</b>	<b>High Jump</b>	<b>7'1</b>
Jim Smith '09	High Jump	6'9 <sup>3</sup> / <sub>4</sub> "
<b>Muhammad Halim '08</b>	<b>Long Jump</b>	<b>24'5<sup>3</sup>/<sub>4</sub>"</b>
Duane Teixeira '10	Long Jump	23'8"
Muhammad Halim '08	Triple Jump	53'3 <sup>3</sup> / <sub>4</sub> "
Duane Teixeira '10	Triple Jump	49'1 <sup>1</sup> / <sub>2</sub> "
Gary Jones '10	Triple Jump	48'10"
Aaron Gadson '10	Triple Jump	48'4 <sup>1</sup> / <sub>2</sub> "
Josh Kirkpatrick '10	Pole Vault	16'4 <sup>3</sup> / <sub>4</sub> "
Jason Inzana '10	Pole Vault	15'9"
Erik Roneker '09	Weight Throw	64'5 <sup>3</sup> / <sub>4</sub> "
Damian Silverstrim '10	Weight Throw	55'7 <sup>1</sup> / <sub>2</sub> "
Erik Roneker '09	Shot Put	55'11 <sup>3</sup> / <sub>4</sub> "
TJ Toro '09	Heptathlon	4932



indo



*Amanda Wheat '09*



## ALL-IVY

### FIRST TEAM

- › Jeomi Maduka '09, *Long Jump*
- › Jeomi Maduka '09, *Triple Jump*
- › Jeomi Maduka '09, *60*
- › Maria Matos '09, *Weight Throw*
- › Natalie Gengel '10, *Pole Vault*
- › Williams, Payne, Royal, Weyman, *4X400*
- › Jordan Lester '08, *60*
- › Adam Seabrook '08, *400*
- › Zach Hine '09, *5K*
- › Saidu Ezike '08, *60 Hurdles*
- › Van Eeden, Crabtree, Merrill, Seabrook, *4X400*
- › Josh Kirkpatrick '10, *Pole Vault*
- › Muhammad Halim '08, *Long Jump*
- › Muhammad Halim '08, *Triple Jump*
- › Erik Roneker '09, *Weight Throw*

### SECOND TEAM

- › Murdoch, Rae, Broyhill, Standridge, *4X800*
- › Marcel van Eeden '09, *400*
- › Aaron Merrill '08, *500*
- › Andy Miller '09, *Mile*
- › Mike Smayda '08, *800*
- › Aaron Merrill '08, *60 Hurdles*
- › Garrett Huyler '09 *High Jump*
- › Duane Teixeira '10, *Long Jump*

## ALL-EAST

- › Standridge, Bariexca, Wynne, Rae, Lyons, Broyhill, *4X800, ECAC Runner-Up*
- › Williams, Weyman, Payne, Royal, *4X400*
- › Broyhill, Backel, Bariexca, Standridge, *DMR*
- › Katie Murdoch '10, *800*
- › Kerri Lyons '10, *1500*
- › Amanda Wheat '09, *1000*
- › Van Eeden, Kippins, Merrill, Seabrook, Boyd, *4X400 (IC4A Champions)*
- › Levy, Leonberg, Harding, Hatch, Smayda, Ryan, *4X800*
- › Jordan Lester '08, *60*
- › Josh Kirkpatrick '10, *Pole Vault*
- › Erik Roneker '09, *Shot Put*

## ALL-AMERICAN

- › Jeomi Maduka '09, *Long Jump*
- › Muhammad Halim '08, *Triple Jump*

## USTCCA NORTHEAST REGION

### AWARD WINNERS

- › Nathan Taylor  
Indoor and Outdoor Men's Coach of the Year
- › Jeomi Maduka '09  
Outdoor Female Field Event Athlete of the Year
- › Muhammad Halim '08  
Outdoor Male Field Event Athlete of the Year

## INDOOR HEPS OUTSTANDING PERFORMER AWARD

- › Muhammad Halim '08
- › Jeomi Maduka '09



# outdoor 2008 ECAC & IC4A qualifiers

## Outdoor 2008 ECAC Qualifiers

Name	Event	Time
<b>Jeomi Maduka '09</b>	<b>100</b>	<b>11.71</b>
Megan Williams '10	100	12.10
Jeomi Maduka '09	200	24.47
Jessica Weyman '10	200	24.94
Jessica Weyman '10	400	55.44
Katie Murdoch '10	800	2:09.73
Amanda Wheat '09	800	2:10.39
Kerri Lyons '10	800	2:11.35
Kerri Lyons '10	1500	4:26.05
<b>Kim Standridge '11</b>	<b>1500 (FR)</b>	<b>4:27.08</b>
Caroline Heidt '10	1500	4:27.37
Aeriel Emig '09	1500	4:33.46
Aeriel Emig '09	3000	9:43.18
Marie Parks '09	3000	9:48.94
Marie Parks '09	5000	16:43.87
Caroline Schultz '11	5000	17:19.22
Marie Parks '09	10K	36:11.11
Joan Casey '08	100 Hurdles	13.90
Jessica Weyman '10	400 Hurdles	60.87
Stephanie Pancoast '10	3K Steeple	10:43.42
Erin Roberts '10	3K Steeple	10:43.94
<b>Jeomi Maduka '09</b>	<b>Long Jump</b>	<b>21'7 1/4"</b>
Joan Casey '08	Long Jump	19'8 3/4"
Kim Lienhoop '11	Long Jump	19'4 3/4"
<b>Jeomi Maduka '09</b>	<b>Triple Jump</b>	<b>44'2"</b>
Cassilyn Schweighofer '11	Shot Put	44'8"
<b>Maria Matos '09</b>	<b>Discus</b>	<b>172'8"</b>
Cassilyn Schweighofer '11	Discus	160'2"
Crystal Thomas '08	Discus	150'5"
Erin Folger '09	Javelin	139'1"
Natalie Gengel '10	Pole Vault	12'7 1/2"
4X100		46.55
4X400		3:44.27
4X800		8:52.57

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

## Outdoor 2008 IC4A Qualifiers

Name	Event	Time
Jordan Lester '08	100	10.68
Nathan Crabtree '09	100	10.68
David Mengel '08	100	10.75
Nathan Crabtree '09	200	21.50
<b>Adam Seabrook '08</b>	<b>400</b>	<b>46.98</b>
Marcel van Eeden '09	400	47.46
Cody Boyd '11	400	48.13
Mike Smayda '08	800	1:50.44
Andy Miller '09	800	1:51.63
Andy Miller '09	1500	3:46.24
Charlie Hatch '10	1500	3:49.10
Ian Ward '08	1500	3:50.75
Owen Kimple '10	1500	3:51.75
<i>Ian Ward '08</i>	<i>3K Steeple</i>	<i>9:06.36</i>
Aaron Arlinghaus '08	<i>3K Steeple</i>	<i>9:13.02</i>
Zach Hine '09	5000	14:35.10
Sage Canaday '08	5000	14:35.58
Sam Luff '09	5000	14:35.89
Sage Canaday '08	10K	29:48.70
Zach Hine '09	10K	30:33.35
David Krause '08	10K	30:34.19
Sam Luff '09	10K	30:34.67
Dale Taylor '10	10K	30:51.13
<b>Saidu Ezike '08</b>	<b>110 Hurdles</b>	<b>13.76w</b>
Aaron Merrill '08	110 Hurdles	14.19w
<b>Adam Seabrook '08</b>	<b>400 Hurdles</b>	<b>50.33</b>
Aaron Merrill '08	400 Hurdles	51.04
Brian Freitas '11	400 Hurdles	53.11
Mike Kippins	400 Hurdles	53.75
<b>Garrett Huyler '08</b>	<b>High Jump</b>	<b>7'2 1/2"</b>
Jim Smith '09	High Jump	6'10 3/4"
Josh Kirkpatrick '10	Pole Vault	16'2 3/4"
Jason Inzana '10	Pole Vault	15'10"
Muhammad Halim '08	Long Jump	24'4 1/4"
Duane Teixeira '10	Long Jump	24'0 3/4"
<b>Muhammad Halim '08</b>	<b>Triple Jump</b>	<b>54'8"</b>
Duane Teixeira '10	Triple Jump	50'7 1/2"
Aaron Gadson '10	Triple Jump	49'11 3/4"
Julian Remounds '11	Triple Jump	47'7 3/4"
Erik Roneker '09	Shot Put	55'5 1/2"
Scott Jaffee '10	Discus	170'11"
Erik Roneker '09	Discus	157'1"
Erik Roneker '09	Hammer	194'4"
4X100		40.92
4X400		3:11.26
4X800		7:31.12
DMR		9:37.70
<b>Shuttle Hurdle</b>		<b>58.60</b>
<b>SMR</b>		<b>3:26.12</b>



Erik Roneker '09



# outdoor All-Ivy, All-East, awards

Joan Casey '08



## ALL-IVY

### FIRST TEAM

- › Jeomi Maduka '09, Long Jump
- › Jeomi Maduka '09, Triple Jump
- › Jeomi Maduka '09, 200
- › Maria Matos '09, Discus
- › Joan Casey '08, 100 Hurdles
- › Jessica Weyman '10, 400 Hurdles
- › Nsor, Maduka, Williams, Casey, 4X100
- › Backel, Payne, Royal, Weyman, 4X400
- › Adam Seabrook '08, 400
- › Adam Seabrook '08, 400 Hurdles
- › Sage Canaday '08, 10K
- › Saidu Ezike '08, 110 Hurdles
- › Van Eeden, Kippins, Body, Seabrook, 4X400
- › Garrett Huyler '09, High Jump
- › Muhammad Halim '08, Long Jump
- › Muhammad Halim '08, Triple Jump

### SECOND TEAM

- › Jeomi Maduka '09, 100
- › Broyhill, Rae, Standridge, Gregory 4X800
- › Nathan Crabtree '09, 200
- › Andy Miller '09, 1500
- › Zac Hine '09, 10K
- › Ian Ward '08, 3K Steeple
- › Lester, Crabtree, Seabrook, Mengel 4X100
- › Erik Roneker '09, Shot Put

## ALL-EAST

- › Stephanie Pancoast '10, 3K Steeple
- › Jeomi Maduka '09, Long Jump (ECAC Champion)
- › Joan Casey '08, Long Jump
- › Kerri Lyons '10, 1500
- › Caroline Heidt '10, 1500
- › Jeomi Maduka '09, Triple Jump (ECAC Runner-Up)
- › Jessica Weyman '10, 400 Hurdles
- › Broyhill, Wynne, Bariexca, Standridge, Murdoch. 4X800
- › Backel, Royal, Williams, Weyman. 4X400
- › Lester, Crabtree, Seabrook, Mengel, 4X100
- › Saidu Ezike '08, 110 Hurdles
- › Ward, Ryan, Levy, Harding, Smayda, Miller, 4X800
- › Adam Seabrook '08, 400 Hurdles
- › Van Eeden, Freitas, Kippins, Boyd, 4X400

## OUTDOOR HEPS OUTSTANDING PERFORMER AWARD

- › Adam Seabrook '08
- › Jeomi Maduka '09

## COSIDA ACADEMIC ALL-DISTRICT

- › Adam Seabrook '08
- › Emily Bartlett '09
- › All-American: Jeomi Maduka '09, long jump
- › Muhammad Halim '08 triple jump National Champion



Jeomi Maduka '09



■ **Ron Madaras '64** and his wife Karen are enjoying a year abroad living in France. Ron continues to work as a high-energy elementary particle physicist at the Lawrence Berkeley Laboratory at the University of California, Berkeley. His current experiment is the ATLAS experiment (<http://atlas.ch/>) at the Large Hadron Collider (LHC) at the international science laboratory CERN in Geneva, Switzerland. The aim of the experiment is to understand the fundamental particles that make up the universe. In order to work more closely on ATLAS, which will start operating this summer, they relocated last October to France for about 14 months. The CERN lab is actually right on the French-Swiss border, and they are living in a small French village, Thoiry, just across the border, at the foot of the Jura mountains. They can see the Alps on the other side of Geneva. They are enjoying the good food, wine and cheese there, and the opportunity to visit various local villages and take weekend trips. Ron had many great skiing days in the French Alps. Ron has continued to run regularly, and enters occasional races. Last December he raced 4.5 miles in the 30th "Course de l'Escalade", through Geneva, Switzerland. About 25,000 runners participated! Since one runs through the narrow, very hilly, cobble-stoned streets of Geneva's old town, different age groups of men and women start at various times throughout the whole day. He was running with "only" 1,200 other old men. There were a lot of spectators, and in places they had boarded barriers set up so that there was room to run, so in those places one was running through chutes with spectators cheering on

both sides! Just recently he raced on one of the teams entered in the annual CERN Relay Race, which goes all around the CERN site.

■ It is good to hear from **Jeanne Arnold (Schwetje) '78**. She writes: "I was only on track one season (winter 1977-78), but I really enjoyed being on the team! I ran in high school, and ran the 220, 440, and 880 relay, as well as being forced to try to run the 880 at times! I am still running about three miles three or four times a week and working out almost daily, doing step-aerobics weight-lifting, pilates and yoga.

My daughter Kate was on track in high school here in Mattituck, out on the east end of Long Island where we live. She has since graduated NYU both undergrad and grad — and is still running. She's a social worker at a school in the Bronx and the staff have a running club. Their workouts are in Central Park and Vanny. She ran the 100 hurdles and did the pole vault back in her high school days. She still holds the high school record for pole vaulting. I am glad she didn't continue to do that in college!

My husband John was the track coach at the high school here for years (he coached our daughter for four years), and he's a runner as well. He still is the cross country coach, for both the girls' and boys' teams. The last two years they went to states and he has some great runners. I enjoy going to most meets and cheering them on. I help out scoring at meets because it's a bit crazy with John coaching the two teams.

■ **Pete Pfitzinger '79** follows the team closely and has this update: I am retired from

foreign language teaching and am now doing interpreting using my Russian in the local court here. I am also enjoying singing and playing keyboards in the rock and funk band I have with my husband (who plays bass) and brother (who plays guitar). It's called Jeanne and The Obvious.

I enjoy following the women's track team. I remember driving myself and a bunch of teammates down to Princeton for a meet. We didn't have a bus back then. I competed in the 220, 440, and 880, and then drove back up to Ithaca all in one day. I am glad the track team has a bus now!

After 20 years since representing the U.S. in the marathon in Seoul, I am looking forward to being part of the NZ Olympic Team as a triathlon coach. Olympic distance triathlon is very popular down here and I have been coaching triathletes for about nine years. In addition to being personal coach for one of the athletes, the role is primarily as "caretaker coach" to be the eyes and ears for the other athletes' personal coaches, and to help keep everyone relaxed and positive."

■ Currently the executive editor of *Bicycling*, **Loren Mooney '93** has been promoted to Editor-in-Chief!

■ **Aliza Cohen '04** writes, "I recently moved back to San Francisco, where I enjoyed my first warm winter in, oh, about eight years. I am really enjoying catching up with all the great CU alumni living in the bay area! My return to warm California weather was short lived, and I'll be starting law school in the fall at the University of Michigan."



■ **Nathaniel Grams '05** writes, "I'm in British Columbia, just finished the first year of my MA in counseling psychology and dearly missing working out in Barton with coach Taylor and the guys."

■ **Jason Oswalt '05** writes: "I am finishing up my second year of teaching math in my home town of Pleasanton, Calif. Last year I taught at the same high school I attended. This year, I teach at a middle school. I also coach track and cross country here. Our cross country team finished 15th in California Division 1 this year. We had 11 runners under 4:50, nine of whom will be back for cross country in the fall. Of those nine, five are under 4:40, and two have been under 4:30, so we're hoping for a top 10 finish in the fall. By the time this newsletter hits the newsstands I will certainly be enjoying the summer months, where I replace my working schedule with a schedule of coaching and drinking, and maybe a little running. Those are the perks of the job. I try to spend time with my CUBA compatriots (Cornell University Bay Area) as much as possible."

*Some graduation news to report:*

■ **Liz Paddock '03** graduated from Albany Medical College and will be moving to Madison, Wis., to start a residence in family medicine.

■ **Jennifer Watkins '95** successfully defended her dissertation in April and received her Ph.D. in history from Cornell in May!

■ **James Gray '91** graduated this May with a master's degree in forestry and international development from Michigan State University. He spent the winter in the Guatemalan highlands doing his field work on an innovative forestry

project. In the fall he and his wife Lisa Jilk will return to Guatemala where James will spend a year working on natural resource projects with CARE International.

*Also, some new additions to announce!*

■ **Nathan Sacco '94** and Su Akyuz are the proud parents of baby Ryan Sacco, born on December 18.

■ **Christine Kervaski Gross '98** writes: "My husband and I welcomed our first child in to our lives on January 29, 2008. Despite some last minute complications, Clara Grace Gross arrived safe and sound, albeit four weeks early. Clara joined us at 9:55 a.m. and weighed 5 lbs. 10 oz. and was 18.75" long. We're all doing well and enjoying all the special moments that come with welcoming a little one in to your lives."

## Alumni Focus

### Eyes On Morgan Uceny '07

*By Amanda Wheat '09*

As three current Cornell athletes jump toward the Olympic trials, Morgan Uceny '07 sprints in the same direction. Most graduates leave cozy college life to enter the world of work, but a rare few remain steadfast on their childhood dreams of athletic success. Uceny holds the same goal she had at the age of 12, to achieve Olympic glory. When Uceny graduated from Cornell University in 2007, she held track records in the 500m, 600m, 800m, 1000m, and numerous relays. Today she is training in Michigan as a Reebok athlete with her eyes on making the Olympic team in the 800-meter dash.

When asked why she stays so true to the 800, Uceny said, "It's a gutsy race of strength and endurance; you have to find a balance between the two." The 800-meter is run fast enough to be considered a sprinting event (2:01.75 for Uceny) but it is long enough for those who run it to know the difference. The speed needed to succeed must be held on to for two grueling laps.

So what makes all this pain worthwhile after 11 years of racing? Uceny said, "I'm still having fun. Every year, I find more success on the track, and it has always been my dream to make the Olympic team so I'm gonna keep going."

With the trials lurking right around the corner, focus is key to staying strong in the final straightaway of training. Uceny said, "It's all about consistency. Having the Olympics down the road keeps me motivated to do what needs to be done each day." She will step to the line in June for the trials of the 2008 Beijing Olympic Games.



## olympic trial excitement: Garrett Huyler '09

By Aerial Emig '09

**G**arrett Huyler has earned the right to swagger, but doesn't. He lets his performances speak for themselves. Initially only picking up track to stay in shape for basketball and football, Garrett realized his junior year in high school that his achievements in the high jump added up to a bright future. But years ago, he may never have dreamed that by his third year at Cornell, success would be defined as being elected captain of a Division I track team, holding both indoor and outdoor all-time records, and jumping the "B" standard qualifying mark for the Olympic Trials in June.

**AE:** *This has been a huge year for you, Garrett. What was one of your defining moments?*

**GH:** I was coming off of a no-height performance at our last home meet and had a terrible first jump at 6-6 mid-meet. I decided to shorten my approach to six steps instead of 10 since I figured it couldn't get much worse. It ended up working out pretty well and I jumped my personal best (7-2 1/2) that day.

**AE:** What Garrett really means by this humble remark is that he jumped not only a personal record, but the No. 1 all-time outdoor mark at Cornell, and also high enough to place this rising senior in contention to compete at the Olympic trials.

**AE:** *What do you think has gotten you to this point?*

**GH:** There's no other school in the country where I could have improved so much from



high school. I owe it to my coaches, Nathan Taylor and Wayne Gustafson, and all my teammates. Dave Pell '07 and Pat McDonough '06, helped to teach me everything I know.

**AE:** *What are your thoughts on the Olympics at this point?*

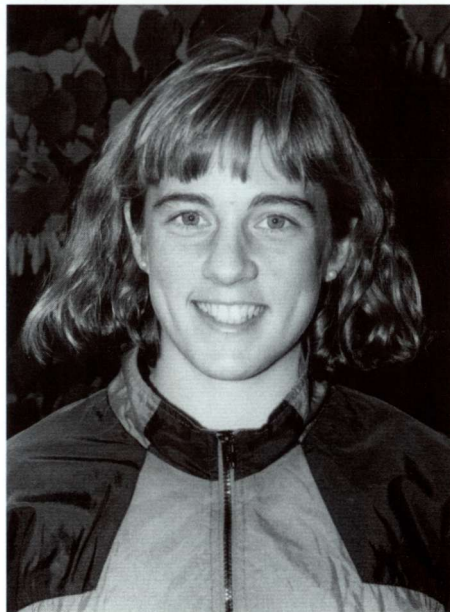
**GH:** I would like to jump higher and give

myself a better shot since 2.20m may not make it. If I do well at nationals then I'll put myself in a better position, but I would love to be able to compete there. I'd be jumping against the best athletes in the U.S. It's hard for me to believe I could be competing at that level. The experience would be priceless.



# hall of fame: Kate Walker '97

A standout in both track and cross country, Walker was a first-team Ivy pick in 1994, 1995 and 1996 for cross country, in 1996 and 1997 for indoor track and in 1997 for outdoor track. She earned her first All-America honor in 1997 as part of the indoor distance medley relay team that competed in the NCAA championships, running the 1600 meter anchor leg in a time of 4:42.9. The squad took fourth place and set a school record of 11:14.74 (currently untouched). She qualified for NCAA indoor competition in the mile in both her junior and senior years, finishing third at the indoor Heps in that event as a senior. Outdoors, she was the Heps champion at 3000 meters as a senior and qualified for the NCAAs in the 3000 meters that year with a personal



best of 9:35.99, still #10 all time at Cornell. Competing at the NCAA Championships, she finished with a time of 9:36.53 to earn her second All-America honor. She currently remains fifth in school history at Van Cortlandt Park (17:43.0), fifth indoors in the mile (4:49.25) and sixth in the 1500 (4:23.74). Kate was a member of the 1993 women's cross country team that placed fourth at the NCAA Championships and was a part of Heps championship teams in cross country (1993), indoor track (1995) and outdoor track (1995, 1997). She captained the cross country team in her senior year.

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