Yale Men’s Track and Field Outdoor Review

Beauchman earns All-American honors, sets new Yale Standard in the High Jump

After an incredibly successful Ivy League - Heptagonal Championship, the Bulldog Men’s Track and Field team charted new territory, qualifying the most athletes ever for the NCAA Regional Championship in North Carolina, and sending two athletes on to the NCAA Championship in Sacramento, California.

Yale came away from the Franklin Field on the first weekend in May with the most All-Ivy honorees in recent memory (12 athletes). Tremendous performances by Captain Elect John Langhauser ’07 in the shot put (1st Place), Jihad Beauchman in the High and Triple Jumps, Kevin Alexander in the 400m, Victor Cheng 100m and Dan O’Brien in the 110 hurdles were bookended by smashing victories in both the 4X100m relay and the 4X400m relay.

Finals day began with a stirring come-from-behind victory by the bulldog 4X1 quartet of Victor Cheng (’08), Kevin Alexander (’06), Dan O’Brien (’08) and Russ Kempf (’07). Kempf was able to pass and hold off the best of the Ivy league for the exciting win and fastest time run by a Yale relay since the late 1960’s. Langhauser, lived up to his pre-meet billing as the number one shot putter in the league, grabbing the league championship from a tremendous field of throwers. Beauchman was his usual self, bouncing to second in the High Jump, and 4th in the Triple Jump. Alexander ran an eye popping 46.23 seconds in the 400m, good for second place in what was the fastest race top to bottom in the history of the league. In the two days of the championships, he lowered his PR by an incredible 1.6 seconds. Cheng burst through a pack of runners to earn 2nd in the 100m while his classmate O’Brien ran to a solid 3rd place finish in the 110 hurdles.

The final event of the day was without a doubt, the most exciting. The Eli quartet of Russ Kempf, Dan O’Brien, Jihad Beauchman and Kevin Alexander emerged victorious sealing an amazing final day for the Elis. Kempf (stepping up in distance after spending most of the year as short sprinter) provided a solid lead-off leg, Woodard’s Record 20th Hep Title Leads Yale to 4th Place Finish

Joslyn Woodard capped her brilliant Yale Heptagonal career by winning three more titles at the outdoor championships breaking two more meet records in the process. These victories bring her victory total to an astounding twenty. The previous Ivy League high was 16. On the first day of the Hep’s Joslyn leaped 20’ 9” to dominate the long jump and better the fourteen year old meet record of 20’ 5” held by Yale’s Samantha Lincoln ’92. This marked Joslyn’s eighth Heptagonal long jump title, giving her a clean sweep of the indoor and outdoor competition for all four years.

On day two, Woodard won both the 100 and 200 meter dashes. Her 23.73 in the 200 Final broke both her own Yale record (24.06) and the meet record (23.90). Woodard’s dominating performances earned her an unprecedented fifth most valuable performer at the championships in her four years. Earlier in the day, Joslyn and teammates Cathy Bader ’08, Ola Awolesi ’08, and Katrina Castille ’07 finished second in the 4x100 meter relay in a new Yale record time of 46.33 (previous 46.44).

Other runner-up performances were accomplished by Erica Davis ’07 in the discus, Dionna Thomas ’06 in the triple jump and Molly Lederman ’06 in the Pole Vault. Davis’ best toss of 155’ 11” broke her own Yale discus record (155’ 10”). Thomas finished her marvelous Yale career with a lifetime best triple jump of 41’ 3”, good for second on the Yale All-time list. For captain Lederman, the indoor champion and meet record holder, her 11’ 11” ¾ second place finish was sub-par by her lofty standards, but a solid result nonetheless.

Junior Ashley Nolet matched Molly’s height in the vault, but finished third on more misses. Rounding out the scoring for Yale were Katie Dlesk ’07, 3rd in the 400 meter hurdles (62.13), Erica Davis, 4th in the shot put (44’ 10”), Lindsay Donaldson, 3rd in the 3000 meters, Margo Angelopoulos, 5th in the shot put (43’ 8”) and 6th in the hammer (155’04”), and Ola Awolesi 6th in the Long Jump (19’ ¾”).
Donaldson and Dantzer Named Academic All-District

Yale cross country and track standouts Lindsay Donaldson and Patrick Dantzer were named a first-team ESPN The Magazine Academic All-District selections for District I. A sophomore history major, Donaldson competed in the 5,000-meter run at nationals. She is a four-time All-American, placing seventh at the NCAA championships in the indoor mile (4:43.74) earlier this year. Last year she was fourth in the 3,000-meter run (9:24.70), sixth in the 5,000-meter run (16:45.83) and sixth at the cross country championship (20:40). Donaldson was Academic All-Ivy last fall. She holds the school record for the mile run (4:43.56). Dantzer, a senior biology major, holds the school record in the 5,000-meter run (14:10.59). He was also part of Yale’s All-Ivy distance medley relay team indoors, and ran a 4:04 mile leg to help the relay team finish second at indoor IC4As. Dantzer, who qualified for outdoor IC4As in the 1,500-meter run, was the cross country team captain and finished 20th at the NCAA Northeast Regional Cross Country Championship last year.

Beauchman & Woodard Academic All-Ivy Selections for Spring

Joslyn Woodard (Irvine, Calif.) of the track and field team, Jihad Beauchman (San Jose, Calif.) of the track and field team, Woodard, a senior biology major, won a record 20 individual Hepts titles and competed in the NCAAAs. Beauchman, a senior economics major, was part of Yale’s Ivy champion 4x400-meter relay team and is the school record holder and an All-American in the high jump. Both competed in the 2006 NCAA Championships.

Five Elis Named to USTFCCA All-Academic Team

Four Eli Women Tracksters and one Man earned USTFCCA All-Academic honors for the 2006 outdoor track and field season. Senior Captain Molly Lederman, Senior Joslyn Woodard, Junior Claire Hamilton and Sophomore Lindsay Donaldson all earned the honor by virtue of their qualification for the NCAA regional championships. Any NCAA regional qualifier with a cumulative grade point average above 3.25 qualifies. Senior Jihad Beauchman earned the same honor for the men’s squad. Additionally, both the men’s and women’s squads earned All-Academic Honors. In order to qualify the cumulative GPA for the entire team must exceed 3.25. This year’s men’s team had a stellar cum of 3.33 while the women came in a tick higher with a 3.38 team GPA.

Lederman, Woodard, Donaldson Qualify for NCAA’s

On May 26th-27th 6 Yale women competed in the NCAA Regionals at North Carolina A&T in Winston-Salem, NC. Erica Davis, (discus), Lindsay Donaldson (5000 meters), Claire Hamilton (3000 meter steeplechase), Molly Lederman (pole vault), Dionna Thomas (triple jump), and Joslyn Woodard (long jump) each achieved the distinction of qualifying for the NCAA Regionals. As usual, all acquitted themselves well, but Molly Lederman registered Yale’s best result, finishing 4th and equaling her lifetime outdoor best at 13’3. Molly thus was an automatic qualifier to the NCAA Championships. Also scoring and qualifying for the NCAA’s was Lindsay Donaldson who finished 7th in the 5000 meters in 16.16. Woodard’s winning 20’9 jump from the Heptagonal was good enough to earn an at-large berth at Nationals. Thus, Yale had 3 individual women qualifiers to the NCAA’s, the most since the mid ‘80’s. Joslyn Woodard capped her senior season by earning her 19th place finish in the nation with a jump of 6.13 meters. Lindsay Donaldson ALSO ended up 19th overall with a time of 16:27.31. She finished sixth in this event last year. Lederman concluded her Yale career by finishing 25th with a vault of 12’9”.

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handed off to O’Brien in 2nd place. O’Brien held his place and handed off to Beauchman, whose responsibilities were normally limited to jumping, but who’d prepared for the entire year for this moment on the 4X4. His courageous and physical leg set the bulldogs up for an exciting finish. Alexander, fresh off his huge personal best an hour or so earlier, got the baton in third place. Down the backstretch he left little doubt as to the outcome of the race, flying past his competitors and holding off all comers with an astounding split of 45.7 seconds. The NCAA regionals proved almost as successful. Against the top competition from every division 1 school from Florida to Maine, both Beauchman and Alexander qualified for the NCAA Championship and earning all-East Region Honors. In tricky wind conditions Beauchman managed to finish second in the High Jump with a leap of 2.11 meters (6’11”). At the NCAA Championship in Sacramento, both Alexander and Beauchman capped their Yale careers by proving they could compete with the best the nation has to offer. Alexander just missed making the semi-final race in the 400m while Beauchman ended his career in blue in true style, breaking his own Yale record in the High Jump 2.17m (7’1.5”) and finishing in 11th place over all. As the 8th American in the field, he earned All-American Honors (the second year in a row that a Yale has garnered such an honor – Lucas Meyer earned it in the Steeplechase at the 2005 NCAA’s). Both Kevin and Jihad move on to bigger things 2006. Alexander was accepted into medical school at the University of Pennsylvania where he’ll continue to train while Beauchman gained admission to Harvard Law School.
Men’s Cross Country Outlook 2006

This fall will be the Bulldogs seventh season under the command of Dan Ireland and should see the return of the Yale harriers to among the top four teams in the Ivy League. The 2005 season was a disappointing year for the team but will serve as tremendous motivation for this year’s squad. The squad will have more talent and depth than Coach Ireland has ever had in his tenure at Yale. When Coach Ireland arrived at Yale he established goals of taking Yale to the top of the Ivy League and solidifying the Bulldogs as a perennial cross country favorite and potential NCAA qualifier year in and year out. This season should continue to show that the Bulldog program has reached that level. The 2006 squad will have a mix of both veteran harriers and talented youth that possess the drive and dedication to success to compete with not only the best in the Ivy League but in the northeast as well.

The senior class could have the largest impact on the success of the Bulldog’s season. Senior Captain David Napper will be aiming to return to the form that saw him garner 2nd team All-Ivy honors with his 11th place finish as a freshman. After being one of the squad’s top finisher’s his first two seasons Andrew Pitts looks to become the top runner on the team and one of the best in the Ivy League as well. Brian Gertzen and Brian Hanak will contribute tremendously to the team’s depth and quality. Gertzen and Hanak were consistent top 7 runners last season and both should run in the top 5. Gertzen had a great season on the track last spring and is looking for that success to carry over to the cross country course.

The junior classes’ contribution will be heavily relied on if the team is to attain its goals. Joe Kingsbery will be looking up to his potential All-Ivy performer now that he has been healthy since his freshman year. Kingsbery will be looking to regain the form that made him one of the top high school cross country runners in New Jersey. Tadhg O’Callaghan comes off a sophomore year which saw him struggle with several injuries. O’Callaghan will be looked upon to be one the top performers on the squad and has the potential to be an All-Ivy performer. Eric Kercherger has the necessary talent to make huge contributions. All three will be relied upon if the team is live up to its potential.

The sophomore class is arguably the most talented ever to enter Yale and figures to have a necessary and immediate impact on the squad. Jake Gallagher is looking to regain his high school success after having gotten a stress fracture in the middle of his freshman cross country campaign. In high school Gallagher was a member of the Canadian World Junior Cross Country team and finished 78th at the world championships this past March. In addition on the track he has pr’s of 1:53, 3:55 (1500m), 8:30 (3000m), and 14:44 (5000m). Jared Bell and Murat Kayali both possess untapped potential on the cross country course. Both are going to be looked upon to be top 7 runners for his years squad. Jacob Bruene, Rolando Garcia, and Andrew Samuel are all cross country specialists and will be looked upon to provide the dedication and depth that is required to insure that the success of Yale cross country continues for the next several years. The freshman class is quite possibly the deepest and most talented that has ever arrived on campus at Yale. Max Brown (Alison Park, PA) and Matt Shaffer (Delmar, NY) will be looked upon to make an immediate impact on the team. Both had great success in high school in cross country and on the track. Nick Blixt (Greenfield, MA), Kevin Brown (Cranford, NJ), Max Goldman (Beverly Hills, CA), Alex Harris (Brentwood, TN), and Bryce Scanlan (Manhattan Beach, CA) all the potential to be top ten runners for the Eli as freshmen. With the leadership and focus of the upperclassmen combined with the great talent of the younger harriers the 2006 Yale Cross Country season has the potential to be one of the best in recent history for the Bulldog program. There is a lot of excitement and enthusiasm surrounding the prospects for this upcoming season. With the continued dedication and commitment that has become synonymous with the Yale men’s cross country team this fall’s lofty goals should be more than attainable.
Women’s Cross Country Preview

The 2006 edition of the women’s cross-country team should be very exciting. Led by All-American Lindsay Donaldson ’08 who owns the fastest two performances ever by a Yale woman at Van Cortlandt Park, the Eli also expect big contributions from senior captain, Katie McKinstry (10th at last year’s HEPs and 11th in the Northeast Region) and the return of All-American Cara Kiernan ’07, who missed all of last year with leg injuries. A two-time first team All-Ivy performer, Kiernan was 5th at HEPs in '03 and 4th in '04. McKinstry was also runner-up at Indoor Heps in the 5,000 at 16:33 and placed 6th in 3000 at the same meet.

Other seniors who should make major contributions are Ashley Campbell, Claire Hamilton, and Katie Dewitt. Campbell, runner-up in the '04 Heptagonal games 1500, returned to form last spring and posted three sub ten-minute 3000 performances with a best of 9:44. Hamilton is a 3-time NCAA Regional qualifier in the 3000-meter Steeplechase who was hindered by back woes during the last cross-country season. Dewitt had a strong spring season in '06, qualifying for the ECAC championships with a pair of sub 9:55 3000-meter performances.

Donaldson has been the Heptagonal cross-country runner-up in each of the past two years. She was an astonishing 6th at the 2004 NCAA Championships, and has already been an All-American at the mile and 3000 meters during the indoor season as well as the 5000 meters outdoors. She is expected to pace the strong Eli squad. Liz Calle is another junior who could make an impact. A regular in the top five last year, Calle is a consistent and tough competitor.

From the sophomores, strong contributions will be expected from Bevin Peters, Kelli Buck, and Claire Leatherwood. Peters was the number two freshman in last year’s HEPs, finishing 21st with a strong 18:07. Buck was Yale’s number five at HEPs last year and progressed steadily throughout the ensuing track seasons. Leatherwood, coming off a strong summer training experience appears ready to be a constant in the lineup.

The depth of the returnees to this year’s squad may make it difficult for freshmen to break into the line-up. Those most likely to succeed are Alex Cadicamo from The Hackley School, who posted a high school best of 10:52 for 3200 meters, Allyson Rinderle of Amherst, Massachusetts who has run 5:02 for the mile, and Stevie Pearl of Concord, Massachusetts. Neither Rinderle nor Pearl have run cross-country before, opting for soccer in the fall instead. Both look very good in early season preparation.

Coach Mark Young, now in his 27th year at the helm of the Yale squad, feels that this team has the proven quality at the front end of the team and the requisite depth through nine or ten places to seriously contend for the Ivy title and another NCAA team bid.
Men’s Awards

Lee Calhoun Award:
Awarded annually to outstanding member of the men’s track and field team, who excels in sportsmanship, courage, and inspiration. Given annually in memory of Lee Calhoun, Yale Men’s Head Track Coach, 1975-1980.
Kevin Alexander ’06

Jim Stack ’61 Track and Field Award:
Presented annually to the senior male track and field athlete who best personifies Jim Stack, the captain and leader of the 1961 team, which won the “Big Three” Heptagonal and IC4A Championships.
Jihad Beauchman ’06

Gardner W. Millett Award:
Awarded to the outstanding member of the men’s track and field team who excels in sportsmanship, courage, and inspiration. Given annually in memory of Gardner Millett Jr., Yale Class of 1938.
Matt Boshart ’06

Women’s Awards

Lee Calhoun Award:
Awarded annually to outstanding member of the women’s track and field team, who excels in sportsmanship, courage, and inspiration. Given annually in memory of Lee Calhoun, Yale Men’s Head Track Coach, 1975-1980.
Katrina Castille ’07

Jim Stack ’61 Track and Field Award:
Presented annually to the senior female track and field athlete who best personifies Jim Stack, the captain and leader of the 1961 team, which won the “Big Three” Heptagonal and IC4A Championships.
Joselyn Woodard ’06

Stroube Family Award:
Awarded to the outstanding member of the women’s track and field team who excels in sportsmanship, courage, and inspiration.
Margo Angelopoulos ’06

SAVE THE DATE

• Friday, October 27, 2006 •
10am - 1pm
Outdoor HEPS Reception
at the tent near the finish line.

• Friday, February 9, 2007 •
Winter Board Meeting and 2nd Annual Dinner
Yale Club of NYC
Board Meeting: Branford Suite, 4-5:30pm
Dinner: Tap Room, 6-10pm

• Saturday, May 5, 2007 •
6 - 8pm
Outdoor HEPS Reception
at Team Hotel, at Princeton
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6.
Fall 2006

Dear Alumni/ae and Friend of Yale Track,

On behalf of the Track Association, we would like to take this opportunity to thank those of you who have made contributions to the Association. The 2005-2006 academic year marked another great campaign for the Yale Track and Cross Country programs. It was also a productive year for the Track Association. Our first annual Track Association Dinner at the Yale Club in New York City was a resounding success, as several generations of Yale Track greats re-connected to celebrate our rich history of Track and Field at Yale. Please plan to join us at this year’s gala in February, as we celebrate the 20th Anniversary of Yale’s first Woman’s Heptagonal Championship Team, who won the ’86 Cross Country Heps and the ’87 Outdoor Track Heps. Second, the periodic e-newsletter, written by Rob Doyle, detailing results and other team news, continued to reconnect alums and friends to the program. This will now be written by Association Board Member Shannon Duff ’99 (if you are not already on the distribution list and would like to receive this newsletter, please email yale.track@yale.edu). Along with the positive relationships we’ve cultivated, the added benefit of these strong connections is that our endowments, including our flagship Giegengack Fund continued to grow, contributing significantly to our programs, and our annual fund contributions from donations topped $60,000. We would like to build upon this momentum from last year and ask that you continue to support Yale Track. If you are not a regular donor, we ask that you start this year. Whether your gift is $25 or $1,000, your generosity is important and makes a meaningful impact on our program. All of the money raised through gifts to the Track Association goes directly to the program’s annual budget and subsidizes the spring training trip, competition outside of the Northeast, equipment, and recruiting visits. All of these components are important for the success of Yale Track and allow Yale to remain competitive in the Ivy League and at the national level.

Also, as Co-Chairs of the Yale Track & Field Board, we would like to invite any alumni/ae, parents, and friends to be a part of our efforts. There are many opportunities to help: cheering on Yale athletes at a cross-country or track meet, helping to design our Yale Track Association website, or volunteering to speak with Yale athletes who may be interested in learning about your profession. We welcome any and all enthusiastic people who want to lend a hand. Thank you in advance for your support. Our goal is to provide the Cross-Country and Track and Field programs with the funding necessary to allow our student-athletes to achieve their highest goals. With your assistance, we are confident that this can be achieved. Thank you in advance for your consideration and for helping the young men and women of the Yale Track and Field and Cross Country programs continue to succeed. Go Bulldogs!

Sincerely,
Lauren Garry ’77
Co-Chair
Track & Field Board
lauragarry@fa.org

Letter from the Presidents

Dear Alumni/ae and Friend of Yale Track,

On behalf of the Track Association, we would like to take this opportunity to thank those of you who have made contributions to the Association. The 2005-2006 academic year marked another great campaign for the Yale Track and Cross Country programs. It was also a productive year for the Track Association. Our first annual Track Association Dinner at the Yale Club in New York City was a resounding success, as several generations of Yale Track greats re-connected to celebrate our rich history of Track and Field at Yale. Please plan to join us at this year’s gala in February, as we celebrate the 20th Anniversary of Yale’s first Woman’s Heptagonal Championship Team, who won the ’86 Cross Country Heps and the ’87 Outdoor Track Heps. Second, the periodic e-newsletter, written by Rob Doyle, detailing results and other team news, continued to reconnect alums and friends to the program. This will now be written by Association Board Member Shannon Duff ’99 (if you are not already on the distribution list and would like to receive this newsletter, please email yale.track@yale.edu). Along with the positive relationships we’ve cultivated, the added benefit of these strong connections is that our endowments, including our flagship Giegengack Fund continued to grow, contributing significantly to our programs, and our annual fund contributions from donations topped $60,000. We would like to build upon this momentum from last year and ask that you continue to support Yale Track. If you are not a regular donor, we ask that you start this year. Whether your gift is $25 or $1,000, your generosity is important and makes a meaningful impact on our program. All of the money raised through gifts to the Track Association goes directly to the program’s annual budget and subsidizes the spring training trip, competition outside of the Northeast, equipment, and recruiting visits. All of these components are important for the success of Yale Track and allow Yale to remain competitive in the Ivy League and at the national level.

Also, as Co-Chairs of the Yale Track & Field Board, we would like to invite any alumni/ae, parents, and friends to be a part of our efforts. There are many opportunities to help: cheering on Yale athletes at a cross-country or track meet, helping to design our Yale Track Association website, or volunteering to speak with Yale athletes who may be interested in learning about your profession. We welcome any and all enthusiastic people who want to lend a hand. Thank you in advance for your support. Our goal is to provide the Cross-Country and Track and Field programs with the funding necessary to allow our student-athletes to achieve their highest goals. With your assistance, we are confident that this can be achieved. Thank you in advance for your consideration and for helping the young men and women of the Yale Track and Field and Cross Country programs continue to succeed. Go Bulldogs!

Sincerely,
Lauren Garry ’77
Co-Chair
Track & Field Board
lauragarry@fa.org
Did you know that a gift to the Yale Track Association can be credited to your reunion giving total? Even a pledge up to 4 years in advance of a 5 year reunion can be earmarked for support of Yale Track. While continuing to support other important facets of this magnificent institution, you can also designate some or all of your reunion giving to support the Track Association in the following ways:

- Contribute to one of our endowments.
- Support foreign trips (the team is traveling to Oxford/Cambridge in summer ‘07).
- Support special projects.
- Annual support of the program.

We greatly appreciate all the generous support of our wonderful track alums and friends of Yale Track!

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**Career Networking Program**

Are you willing to help our current undergraduate athletes find summer internships or their final career goal? This requires nothing more than giving advice on how you did it. If you are willing please send name, sport, address where you want contact, preferred day and time of day. Also need information regarding preferred means of contact e-mail - give address, phone - give phone number. A brief description of what you do would also be helpful in guiding the student athlete regarding whether you are someone who is able to help him in his desired area for the future.

Please email this information to donald.scharf@yale.edu or call Don Scharf ’55 (203) 432-7678 for more information.

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**MEN’S CROSS COUNTRY**

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<th>Opponent/Location</th>
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<tr>
<td>Sat</td>
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<td>IC4A Championships/Van Cortlandt Park</td>
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**WOMEN’S CROSS COUNTRY**

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<tr>
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**Head Coach: Dan Ireland**

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**Reunion Giving**

A great opportunity to support our endowments, special projects, or trips abroad

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