From the Director

Well, I'm just back from Athens where I watched Kate O'Neill compete as the first U.S. Olympian since former teammate Frank Shorter in '72 and '76. Kate’s 21st in the 10K was a terrific performance for one just one year removed from collegiate racing. Frank and she compared notes in August at the Falmouth Road Race. The 2003-04 seasons had many outstanding moments. Among the highlights on the men’s side - Freshman Russ Kempf was 2nd at HEP’s in the 60 and 100 meter dashes and Cross-Country captain-elect Lucas Meyer won the HEP’s in the 3000 meter Steeplechase and Josh Yelsey was runner-up in the 1500 meter run. For the women, Captain Lisa Wygant capped off her Yale career with a dramatic rain-soaked victory in the HEP’s High Jump and Joslyn Woodard extended her streak of HEP’s wins in the Long Jump to four (indoor and outdoor) in her first two years at Yale. Joslyn also added the HEP Outdoor 200 crown to her increasingly impressive list of accomplishments. Freshmen, Cara Kiernan and Ashley Campbell were HEP runner-ups at 5,000 meters and 1500 meters respectively. Anne Martin was an impressive 2nd in the HEP Steeplechase as well. Cara’s 16:17 was the fastest 5k ever by a HEP freshman. There is much exciting news to write about. Most dramatically is the outstanding performance of the Yale cross-country teams. Both our Men’s and Women’s Cross-Country teams should be very happy with their achievements of the program. With Indoor HEPS in Boston this year and Outdoor HEPS at Columbia, there will be ample opportunity for those of you in the northeast to come watch us compete and say hello. Keep it up.

Yours in Yale Track, Field and Cross-Country,

Mark

2004 YALE WOMEN’S X COUNTRY ROSTER

Betsy Boucher 2008 Groton, CT / Robert E. Fitch H.S.
Liz Calle 2008 Danbury, CT / Danbury H.S.
Ashley Campbell 2007 Lutherville, MD / Bryn Mawr
Susan Chan 2005 Walnut Creek, CA / Monte Vista H.S.
Lauren Davis 2006 Humble, TX / Humble H.S.
Katie Dewitt 2007 Los Angeles, CA / Harvard-Westlake
Melissa Donais 2006 Bradford, MA / Phillips Academy
Lindsay Donaldson 2008 Lincoln, MA / Lincoln-Sudbury H.S.
Julia Emanuel 2007 Tenafly, NJ / Tenafly H.S.
Vanessa Everding 2005 Skaneateles, NY / Skaneateles H.S.
Claire Hamilton 2007 Guilford, CT / Guilford H.S.
Rachel Harrington 2006 West Mystic, CT / Robert E. Fitch H.S.
Cara Kiernan 2007 Vienna, VA / Potomac School
Ingrid Sproll 2008 Winnipesaukee, NH / St. Mary’s Academy
Meredith Leenhouts 2008 Franklin, MA / Franklin H.S.
Maureen Lloyd 2008 San Antonio, TX / Incarnate Word
Jessie MacLeod 2008 Guilford, CT / Choate Rosemary Academy
Anne Martin 2005 Auburn, ME / Edward Little H.S.
Emely Martinez 2006 Alta Loma, CA / Elthawa H.S.
Kathryn Matlack 2006 Bonsall, CA / Fallbrook Union H.S.
Vanessa Mazandi 2005 Brookline, MA / Brookline H.S.
Kathryn McKinstry 2007 Slaughter, PA / Westtown School
Madeleine Meek 2004 East Setauket, NY / Ward Melville H.S.
Jaclyn Myers 2007 Lancaster, PA / Manheim Township H.S.
Hannah Oberman-Breindel 2006 New York, NY / The Fieldston School
Julia Pudlin 2006 Bryn Mawr, PA / The Baldwin School
Emily Vince 2006 Palos Verdes, CA / Palos Verdes Peninsula H.S.

2004 Captain: Anne Martin

2004 YALE MEN’S X COUNTRY ROSTER

Erik Brown 2006 Tinton Falls, NJ / Academy of Allied Health/Science
Stephen Carden 2007 Hamburg, NY / Frontier HS
Nathan Clute 2007 Enfield, CT / Enfield HS
Patrick Dantzler 2006 Grosse Pointe Park, MI / Grosse Pointe So. HS
Brian Gertzen 2007 Linwood, NJ / Mainland HS
Wyatt Golden 2006 Bantam, CT /Phillips Exeter Academy
Brian Hanak 2007 Alexandria, VA / Thomas Jefferson HS
Andrew Johnson 2006 Des Moines, IA / Roosevelt HS
Connor Kilpatrick 2008 Seattle, WA / Seattle Prep HS
Joseph Kingsberry 2006 Shrewsbury, NJ / Red Bank Regional HS
Reid Mauser 2005 Setauket, NY / Ward Melville HS
Joseph Matthews 2007 Richmond, VA / Midlothian HS
Lucas Meyer 2005 Ridgefield, CT / Ridgefield HS
Casey Moriarty 2005 Seattle, WA / O Dea HS
David Napper 2007 Cypress, CA / Cypress HS
Tadhg O’Callaghan 2008 Cork, Ireland / Colaiste Chriost HS
Andrew Pits 2007 Southwick, MA / Southwick Tolland Reg. HS
Will Starks 2005 Louisville, KY / Kentucky Country Day School
Mark Turner 2006 Mechanicsburg, PA / Cumberlend Valley HS
Josh Yelsey 2005 Corona del Mar, CA / Corona del Mar HS

2004 Captain: Lucas Meyer
Where Are They Now?

This column is the first in what will be a series of updates on Yale Track and Cross Country Alumni. If you have an idea for a column in an upcoming newsletter, please email shannon.duff@yale.edu.

For our inaugural column, we’ve decided to update Association members on what Kate and Laura O’Neill ’03 are doing...

As Kate O’Neill reflects on her Olympic experience, you’ll notice the emphasis on team that has always pervaded her thoughts. She describes the opening ceremonies: “it was so amazing to line up with all the athletes from the many different countries. Everyone was so excited, and positive.” Life in the Olympic Village and the racing atmosphere were also defining aspects of her thrilling experience in Athens. Before the race, “walking into the beautiful stadium and seeing the huge crowd gave me a surge of energy. To add more excitement, the medal ceremony for the men’s 200 meter was right before the start of our race. I had the chance to hear the national anthem and see three American flags as we did our final pre-race preparations.” Kate finished 21st at the Olympics in the 10,000 meter race, and after such an achievement both Kate and Laura’s passion and determination are only renewed. Laura said, “It was great to have the chance to train with Kate in Crete and to be there to see her compete in Athens. The experience made me very determined to do everything I can to make the next Olympic team.”

After their incredible Olympic experience, Laura and Kate are back to their routine. And for them, that means work in Yale’s Development Office, training under the guidance of Coach Mark Young, and enjoying New Haven. The twins, Yale’s most decorated female runners ever, will be the first to tell you how much they like New Haven. They certainly know it better than most after putting in so many miles around town, and appreciate that living in New Haven allows them to stay in touch with the current Yale team and to work in the Development Office whose efforts, they note, helped them to attend Yale — not to mention that they love New Haven’s restaurants! For those looking for recommendations amidst the booming restaurant scene, Bentara and Café Adulis are among Laura and Kate’s New Haven favorites.