Men’s X Country Outlook 2005

This fall will be the Bulldogs sixth season under the command of Dan Ireland and should see the return of the Yale harriers to among the top three teams in the Ivy League. Last season saw Seniors Lucas Meyer and Casey Moriarty finish 2nd and 4th in the Ivy League Cross Country Championships. In addition, Meyer went on to finish 3rd in the NCAA Regionals and 18th at the NCAA Cross Country Championships. Meyer’s top twenty finish was the highest finish by an Eli in 15 years and garnered All-American status for him as well. Last season also witnessed the Bulldogs first ever national ranking in cross country. 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 2005 squad will be captained by Senior Patrick Dantzer who was a scorer at 5000m in the Ivy Outdoor Track Championships this past spring and is the Eli’s top returning distance runner. His strong dedication and leadership in addition to his athletic success will be essential to the success of this year’s team. Erik Brown, Wyatt Golding, and Andrew Johnson will add great depth and experience to the squad.

The Junior class could have the largest impact on the success of the Bulldog’s season. David Napper is ready to return to the form that saw him garner 2nd team All-Ivy honors with his 11th place finish at a freshman. After being the squad’s fifth man for his first two seasons Andrew Pitts looks to become one of the top runners on the team and in the Ivy League as well. Nathan Clute, Brian Gertz, and Brian Hanak will contribute tremendously to the team’s depth and quality. Clute and Hanak were consistent top 7 runners last season and both have aspirations of breaking into the top 5. Gertz had a great season on the track last spring and is looking for that success to carry over to the cross country course.

The sophomore classes’ contribution will be heavily relied on if the team is to attain its goals. Tadhg O’Callaghan comes off a freshman year which saw him struggle to make the adjustment to running collegiate cross country but saw him have great success on the track. O’Callaghan will be looked upon to be one the top per-

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Women’s X Country Outlook 2005

The 2005 edition of the women harriers should be potent once again. Captain Katie Matlack ’06 will lead a young but veteran squad on its quest for the Ivy title, and a return trip to the NCAA Championships. With only 2 of last year’s top 7 lost to graduation (Anne Martin and Susan Chan) the 2005 team will be talented and experienced. Last year’s squad finished 3rd at HEPS and in the Northeast District NCAA Region.

The team features All-Americans Lindsay Donaldson ’08 and Cara Kiernan ’07. Donaldson’s runner-up in the HEPS and sixth at the NCAA Championships as a freshman, also own the fastest time ever run by a Yale woman at Van Cortlandt Park. Kiernan, 5th at HEPS as a Freshman and 4th last year, finished 33rd in the 2004 NCAA Championships and is the 4th fastest Yale ever at VCP.

Junior Katie McKinstry will also be a key component of this Eli squad. McKinstry had a breakout spring track season; placing 6th in the HEPS 5,000, then running under 16:55 at both the ECAC Championships and the NCAA Northeast Regionals to go to #10 on Yale’s all time list.

Sister Juniors Ashley Campbell and Claire Hamilton are expected to be among the top 7 as well. Campbell was HEP runner-up at 1500 in 2004, and her 18:19 at ECAC’s last year puts her at #27 on the Yale VCP list. Hamilton is a 2-time NCAA Regional Qualifier in the 3000meter steeple chase, and her 10:48 puts her at #3 on the all-time list for that event.

Betsy Boucher ’08 was Yale’s #3 at ECAC’s last year, with a best of 18:21 on the venerable VCP course. She too should make her way into the Eli top 7. Sophomores Liz Calle, Meredith Leenhouts, and Ingrid Sproll have all looked impressive in early season workouts and should provide depth to what promises to be a very strong group all the way through the top 12 runners.

The incoming Freshmen will have to work hard to crack into the top 7, but there are at least 3 who have that ability. Bevin Peters (Seattle, WA), Lauren Bowles (Ft. Washington, PA), and Claire Leatherwood (Cincinnati, OH), are all capable runners with great potential. Peters Finished 8th in the Washington State Cross-Country Championships last year and has track bests of 10:58 (3200) and 5:06 (1600). Bowles has run 10:06 for 3000 and 10:50 for 3200. Leatherwood also ran very well in the Ohio State Cross-Country Championships.
Spring Track Highlights

Lucas Meyer Caps Career with 7th Place Finish at USA Track and Field Championships
Meyer (Ridgefield, CT) one of only 8 collegians in the race, finished in 8:38.30, the second best time in school history, (second to his own school record of 8:36.39).

Beauchman Sets High Jump Record at NCAA Regional
Jihad Beauchman broke the school record in the high jump on day one of the NCAA East Regional in New York. His 2.11m mark (6'11") bested Kevin Gaugush’s mark from 1990 by 1 inch.

Dantzer, Meyer, Moriarty Named Academic All-District
Patrick Dantzer, Lucas Meyer, and Casey Moriarty, were among just 11 student-athletes chosen from Division I track and cross-country programs to receive this prestigious honor. Moriarty was track captain in 2005, and Dantzer is the current cross country captain.

Joslyn Woodard Named Academic All-District
Joslyn was named the “Outstanding Performer” at both the indoor and outdoor Heptagonal Championships. At the outdoor Heps, she captured to long jump, 100, and 200 meter dashes. At the indoor Heps, she won the long jump, 60 and 200 meter dashes. Joslyn currently holds the school records indoors in the 55, 60, and 200 dashes, and outdoors in the 100 dash, long jump, and as part of the 400 and 800 relays.

Donaldson Caps Year with All-America Honors at NCAAs
Completing a fabulous freshman year, Lindsay finished 6th in the 5000m run at the NCAA Track and Field Championships. Her time of 16:45.83 was only 14 seconds behind the winner (West Virginia’s Megan Metcalfe, at 16:31.83).

Track Award Winners - 2005

**Gardner Millett Award:** Presented to 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., ‘38. **Winner: Josh Yelsey ’05.**

**Stroube Family Award:** Presented to outstanding member of the Women’s Track and Field Team who excels in sportsmanship, courage and inspiration. **Winner: Vanessa Mazandi ’05.**

**James Stack ’61 Award:** Presented annually to that senior male and female Track and Field athlete who best personify Jim Stack, the captain and leader of the 1961 team which won the “Big Three”(HYP), Heptagonal and IC4A Championships. **Winners: Lucas Meyer ’05, Joslyn Woodard ’06.**

**Lee Calhoun Award:** Presented to outstanding member of the Men’s and Women’s Track and Field Team who excels in sprinting and/or hurdles. Given annually in memory of Lee Calhoun, Yale Men’s Head Track Coach 1975-1980. **Winners: Kevin Alexander ‘06, Katrina Castille ‘07.**

Captains of this fall’s Cross Country teams: **Men:** Patrick Dantzer ‘06, **Women:** Kathryn Matlack ‘06.

Association Schedule:

**October 28, 2005:** Fall HEPS Van Cortlandt Park, New York City. Reception Tent for Parents, Alums, and Friends.

**Friday, November 18, 2005:** Yale Athletics Blue Leadership Ball: Our annual celebration of Yale Athletics, at which the “George H. W. Bush Lifetime of Leadership” Awards are presented. Complete details are available at www.Yalebulldogs.com. Among this year’s Honorees is former Track and Field athlete Edgar M. Cullman ’40.

**Thursday, February 2, 2006:** First Annual Track and Field/Cross Country Dinner: The Yale Club of New York City. Put this one on your calendar as a “must attend” event. This will be a great way to reconnect with fellow Track and Field and Cross Country mates and friends, in the fabulous “Grand Ballroom” at the Yale Club. Complete details and formal invitations will follow.

**February 25-26, 2006:** Indoor HEPS: Dartmouth College, NH.

**May 6-7, 2006:** Outdoor HEPS: UPenn, Philadelphia, PA. Motel Reception Saturday evening.
Fond Memories of Gregory A. Yamanaka, Ph.D.

The Yale Track and Field family lost one of its most active supporters, and member of the Track Association Board of Directors. Dr. Gregory Arata Yamanaka, born on December 20, 1953, was unexpectedly taken from us on June 27, 2005 while riding his bicycle in the New Haven area. Dr. Yamanaka was 51.

Greg enjoyed a full life, including a strong appreciation of the arts, symphonies, fine wines, walking, running, bicycling, and supporting many Yale affiliated programs. His lifelong love of running began on the varsity cross country team at Hamilton (CA) High School, where he was Valedictorian.

Greg received his undergraduate degree at Yale in 1976, and later earned his doctorate in microbiology in 1981 at the University of California, Berkeley and completed his post doctorate studies at Stanford in 1985. An esteemed research scientist with Bristol Myers Squibb, Greg was a senior research virologist and biochemist until his passing, last May.

A soft spoken and gentle man, Greg was always happy to contribute his time and energy to all things Yale, including Yale Track and Field, as he was regularly in attendance at track and cross country meets, Board meetings, and special events. He will be sorely missed and dearly remembered.

Lucie Giegengack Passes

Lucie Dowling Giegengack, wife of beloved Track and Field Coach Robert Giegengack, passed away on September 27, 2005. She was 97. Lucie was in attendance at many Yale Track and Field meets and events, and often traveled with coach Giegengack to Yale and U.S. Olympic Team competitions. As a result, she was well-known and well-liked within the Yale Track and Field community.

In Connecticut, she was active in the Yale Coaches’ Wives Club and the Bethany Garden Club. She also wrote poetry and enjoyed reciting her poems to friends and family. She moved to Brunswick, Maine in 1990, three years after the passing of coach “Gieg”. She enjoyed the beauty of the Northeast, and met many new friends in Maine. She was a good friend of Yale Track and Field and will be fondly remembered by all who knew her.

Letter from the Presidents

October 2005

Dear Alumni/ae and Friend of Yale Track,

On behalf of the Yale Cross-Country and Track program, we would like to invite you to join the Yale Track Association for the 2005-2006 year. Membership is a great way to stay connected with Yale and the most effective way alumni/ae and friends can directly support the Track program. The Yale Track Association is one of the prime resources that sustains our program to be at the top of the Ivy League and is becoming increasingly relied upon to annually support the following areas:

• Recruiting Costs (Candidate campus visits, coaches travel)
• Travel Costs (Out of region Team Trips – spring recess)
• Technical Support (Video equipment – technological upgrades)
• Special equipment needs
• Conventions, clinics and professional growth – Coaches’ expenses

In 2004-2005, we had one of the most productive fundraising years ever, with general fund contributions topping $60,000 for the first time. The year was also highlighted by the construction of a new banked track, infield, and scoreboard in Coxe Cage, unveiled during a spectacular February dedication ceremony. We enjoyed the opportunity to see so many alumni and friends at the grand opening of this magnificent facility. The 2005-2006 academic year promises to be another exciting one for Yale Cross Country/Track and Field. We would like to build upon the momentum from the past few years and complete a capital fundraising initiative to pay for the new scoreboard in Coxe Cage.

We hope that you will continue to support Yale Track through a gift to the Yale Track Association. If you are not a regular donor, we ask that you start this year. In doing so, you will help the program and its young men and women succeed on the track, course, and field. All gifts to the Association are credited to your personal giving total, and for alumni/ae to your class giving total for your next reunion.

As Co-Chairs of the Yale Track & Field Board, we would also like to invite any alumni/ae, parents, and friends to be a part of our efforts. There are many opportunities to help, besides writing a check: cheering on Yale athletes at a cross-country or track meet, joining us at special events and Association get-togethers, 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 of this important effort. We appreciate the chance to continue to build on our relationships with the Yale Track Association, and look forward to seeing you at a meet or race this year.

Sincerely,

Larry Kreider ’69 Louisa Gerritz Garry ’87
Co-Chair Co-Chair
Track & Field Board Track & Field Board
larry@kreider.net louisa_garry@fa.org
From The Director
2004-2005
Retrospective: WOW! What a year!

Though there were notable accomplishments on the track and in the field, by far, the most significant event in 2005 occurred on February 12, as we dedicated the new Frank Shorter ’69 track, a generous recognition gift of Don Roberts ’57. The dedication was centered around the annual HYP Championship, which included the Princeton men for the first time since 2001.

Frank participated fully with a celebratory lap with Yale team members and firing the starter gun for the men’s and women’s mile runs (an event for which Frank once held the Yale record). For those of us who experienced Yale running on the flat cinders of Coxe cage, the new track is a marvel. A 200 meter banked board surface modeled after the fantastic facility currently in the 168th Armory in New York City, the new track will provide a great place to train and compete. Consequently, we will initiate a new home event in February which will be called the Giegengack Invitational. This meet will be a true invitational, not an all-comers meet, designed to provide first rate competition and high level performances.

Other pieces of this newsletter chronicle the remarkable achievements of several of our team members through the Spring. Particular kudos for Heptagonal Championship Josh Yelsey (a first time winner in his final Heps), Lucas Meyer, Molly Lederman, Lindsay Donaldson and Joslyn Woodard (another three). Joslyn becomes the first Yalie to win the Heps MVP award both indoors and outdoors. Lucas Meyer’s great finish to his brilliant career included a telephone call from former Steeplechase record holder Jim Gibson ’91, who called Lucas just before the NCAA final. Very Classy! Donaldson becomes the first Yale freshman to earn All-American in all 3 seasons. Only Kate O’Neill (twice) and sister Laura have ever accomplished this feat in the same year.

As the school year begins, we are looking for another three terrific seasons. All six teams (men’s and women’s cross country and indoor and outdoor track) should provide excellent performances and excitement.

Thanks to Rob Doyle, ’01, and his email newsletter, participation at our events and interest in our program are at the highest levels in my coaching tenure. We look forward to hearing from you and seeing you whenever it may fit your schedule.

Go Bulldogs!

Mark Young ’68, Director of Track

Men’s Cross Country Outlook 2005

formers on the squad and has the potential to be an All-Ivy performer. Joe Kingsbery, Connor Kilpatrick, and Eric Kercherger all have the necessary talent to make huge contributions.

The freshman class is arguably the most talented ever to enter Yale and figures to have a necessary and immediate impact on the squad. Jake Gallagher (Nova Scotia, Canada) possesses the cross country experience of the group. Gallagher was a member of the Canadian World Junior Cross Country team and finished 78th at the world championships this past March. Jared Bell (Inglewood, CA) possesses untapped potential on the cross country course. Having a break out senior year of high school on the track, he showed that he was one of the top prep milers in the nation with his fifth place finish at the California CIF State Championships. a Murat Kayali (LaJolla, CA) also had a huge senior year in both cross country and on the track. He was runner up at the Division 2 California state cross country championships and was a CIF state qualifier in the mile. Brendan Chestnut (Spokane, WA), Kevin Collins (Allentown, PA), Jacob Bruene (Lansing, IL), and Andrew Samuel (Bloomingdale, NJ) 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.

With the leadership and focus of the upperclassmen combined with the great talent of the younger harriers the 2005 Yale Cross Country season has the potential to be one of the best in the history of the Bulldog program. 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.