Men's Cross Country Outlook

This fall will be the Bulldogs fourth season under the command of Dan Ireland and has the potential to become his most successful. Coming off a disappointing 2002 campaign, the Bulldogs are committed to achieving Yale's most successful cross country season in over a decade. 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 show signs that the Bulldog program is headed in that direction. The 2003 squad will again be very young, with over half the squad being either freshmen or sophomores; nonetheless it is a talented squad which has aspirations of breaking into the top four at the Ivy League Championships and receiving an NCAA Championship bid this fall.

This year's squad will again be led by Lucas Meyer '05, who as a sophomore just missed qualifying as an individual for the 2002 NCAA Cross Country Championships with his 10th place NCAA regional finish. Fellow Bulldog harriers aim to follow Meyer's lead and show huge gains from seasons past. With another year of experience behind them and another talented freshmen class there is little doubt that this year's team is headed in the right direction.

The 2003 squad will be captained by Senior Robert Dwyer, who was a consistent performer in cross country and Indoor Hepts scorer in the mile this past winter running 4:09. His leadership as well as his athletic contribution will be essential to the success of this year's team.

The junior class will play a tremendous role on this year's squad. Lucas Meyer, Casey Moriarty, and Josh Yelsey were all consistent top 5 performers on last season's squad. Meyer had a very successful sophomore campaign earning All-Ivy honors for his 8th place finish at Hepts, All-Regional honors (10th place) and All-East with his runner-up finish at the IC4A Championships. He has aspirations this fall of being first team All-Ivy and garnering All-American status at the NCAA Championships.

Women's Cross Country Preview

How does Coach Mark Young plan to replace 3-time Cross Country All-Americans Kate and Laura O'Neill? The answer is that he doesn't. "They were once in a career experience." He does plan to have another strong team, however, "maybe better than last year." That might seem ambitious given that the '02 edition won its 4th consecutive H-Y-P title, was runner-up at the Ivy Championships and finished a strong 4th at NCAA Regionals.

Nonetheless, led by senior captain Rebecca Hunter, Yale should have an imposing top 10-12 runners. Hunter, a fixture in the top 7 since her freshman season, concluded her junior year by finishing second in the league championship 1500. Senior twins Alex and Nadia Sawicki have progressed steadily since their freshman year. Alex was in the top 5 last year and has run 17:20 for 5k, and Nadia had improved to 36:40 for 10k by the end of last spring.

Junior Anne Martin, a NCAA Regional qualifier in the steeple-chase, should contend for a spot in the top 7 as well.

A super sophomore group is headed by former Footlocker Finalists Melissa Donais and Julia Pudlin. Both struggled with injuries left over from high school during their freshman year but each appears ready to go in '03. Emily Vince posted 17:30 for 5k on the track last spring and Lauren Davis claims a 10:08 3k to her credit. Both should battle for positions in the top 7.

The freshman crop is led by '02 Footlocker Finalist Cara Kiernan (14th). She is joined by Pennsylvania state 3200 meter (outdoor) and 1500 meter (indoor) champion Emily Kruger, New Jersey state 1600 meter finalist Julia Emanuel (4:57), and Californian Katie DeWitt (10:57 3000m). Ashley Campbell (Baltimore, MD) and Jackie Myers (Lancaster, PA) will make this one of the strongest freshman classes ever at Yale.

If the three Footlocker Finalists can stay healthy, there is enough quality of depth on this team for it to contend for the league championship and for an NCAA berth. It should be an exciting season.
Men’s Outlook
Continued from Page One

Moriarty and Yelsey will be looked upon to provide veteran leadership while again solidifying the top five with both being capable of finishing among the top fifteen at the Ivy Championships.

The sophomore class has the potential to be the heart of the squad. Patrick Dantzler, Andrew Johnson, Wyatt Golding, Mark Turner, and Erik Brown will contribute tremendously to the team’s depth and quality. Dantzler was the top freshman harrier for the Bulldogs last season as well as one of the top 3 freshmen cross country runners in the Ivy League. His continued development should lead him to be one of Yale’s top harriers this season. Johnson and Turner had solid freshmen campaigns but are looking for much improvement this fall with the potential to be consistent top seven performers for the Eli. Golding and Brown will add the quality depth that is necessary to have a successful cross country squad.

The freshman class is quite possibly the best ever at Yale. Highlighted by one of Southern California’s top distance runners in David Napper (Cypress, CA). Napper comes to Yale with pr’s of 4:16 and 9:09 and in cross country finished 15th at the Foot Locker West Regional. Andrew Pitts (Southwick, MA) was a 2-time MA state cross country champion in addition to finishing in the top 20 at the Foot Locker Northeast Region in both his junior and senior seasons. On the track Pitts was the MA state outdoor mile runner-up and has a pr of 4:14.14 for the mile. Both Napper and Pitts are tremendous harriers that will play a very important role in the success of this year’s squad. Brian Hanak (Alexandria, VA) was a top 20 finisher in the Virginia State cross country championships and has run 9:31 on the track. Brian Gertz (Linwood, NJ) was a solid contributor to his NJ State Cross Country Championship team and has track pr’s of 1:55 and 4:19. Nathan Clute (Englewood, CO) was a top 5 finisher in the CO state cross country championships while excelling at the middle distances on the track with pr’s of 49.7 and 1:53.7.

With balanced contributions from all four classes the 2003 Cross Country season has the potential to one of the best in the history of 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 been synonymous with the Yale men’s cross country team this fall’s lofty goals should be more than attainable.

Dear Friends of Yale Track,

Now that school is back in session and the cross-country team has been practicing for several weeks, it’s a good time to reflect on Yale’s recent success and look forward to another exciting year of competition. The 2002-2003 season was an incredible year for the Yale program. Our women finished runners-up at the Heptagonal in all three seasons, the men’s distance medley relay won the IC4As indoors, the O’Neill twins surged to the forefront of the national scene, and there were many All-Ivy and All-East performances on both squads—and these are just a few of the highlights. It was also a record-breaking season for the Yale Track Association.

First, we launched a periodic e-newsletter, which highlights results from the fall, winter, and spring seasons, as well as alumni updates (if you are not already on the distribution list and would like to receive this newsletter, please email robert.doyle@aya.yale.edu). Second, the Yale Track & Field Board was established in January, with the goal of enhancing the Yale Track Association fundraising and programming efforts. Third, and with the help of our first two accomplishments, we had one of the most successful fundraising years in recent memory which represented a significant increase in participation and in the overall amount raised. The funds have enabled the program to have the flexibility to send some of the better athletes to meets outside the region to give them an opportunity to run qualifying times and get better exposure. Through the Giegengack Fund fundraising efforts we were able to finance the Oxford-Cambridge trip this past summer and will fund the team’s flight to California to train during spring break 2004. Through the extraordinary efforts of the Giegengack Committee, led by John Cleary, ’54, and Mike Stanley, ’54, the fund is close to achieving its goal of one million dollars.

We would like to build upon this momentum from last year and ask that you 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. 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 budget and subsidizes competition outside of the Northeast, equipment, recruiting visits, and other team expenses. 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, besides by writing a check: 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, whether monetary, through volunteering or both. Yale Track affected both of us in so many positive ways and it’s been very fulfilling to be able to reconnect with former teammates as well as meet members of the current team and support their endeavors. All the best and let’s go Blue!

Sincerely,
Larry Kreider ’69 (proud parent ’03)
Co-Chair, Yale Track & Field Board
larry@kreider.net

Louisa Gerritz Garry ’87
Co-Chair, Yale Track & Field Board
Louisa_garry@ia.org

Yale Track Association Notes/Upcoming Events

Many thanks to all alumni, parents and other Yale fans who made the trip to New Haven for the Heptagonal Track Championships on May 3rd and 4th, both the Coaches and Athletes appreciated everyone’s attendance at what turned out to be the largest Yale Track Alumni gathering in recent history. We hope to continue to show this strong support for our Teams. Please mark your calendars with the following upcoming events:

October 31, 2003
Heptagonal Cross Country Championships
Van Cortlandt Park, New York City
11:30 Men’s Varsity Race; 12:00 Women’s Varsity Race
Reception Tent for Parents and Alumni

January 18, 2004
Indoor Track Tri-Meet: Yale, Columbia, and Dartmouth
New Haven, CT

February 5, 2004
Yale Track Association Board Meeting & Reception
Yale Club of New York City
(Both will be evening events, exact times TBD)

February 7, 2004
Indoor Track Tri-Meet: Yale, Cornell, and Army
New Haven, CT
### 2003 Yale Cross Country Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Meet</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Sat.</td>
<td>10/04</td>
<td>Yale vs. Harvard (M)</td>
<td>Franklin Park, Boston, MA</td>
</tr>
<tr>
<td>Sat.</td>
<td>10/04</td>
<td>Yale vs. Harvard &amp; Princeton (W)</td>
<td>Franklin Park, Boston, MA</td>
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<tr>
<td>Fri.</td>
<td>10/10</td>
<td>New England Championships (M&amp;W)</td>
<td>Franklin Park, Boston, MA</td>
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<tr>
<td>Sat.</td>
<td>10/18</td>
<td>*NCAA Pre-Nationals (M&amp;W)</td>
<td>Waterloo, IA</td>
</tr>
<tr>
<td>Fri.</td>
<td>10/31</td>
<td>Heptagonal Championships (M&amp;W)</td>
<td>Van Cortlandt Park, Bronx, NY</td>
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<tr>
<td>Sat.</td>
<td>11/1</td>
<td>Wemple One Invitational (M&amp;W)</td>
<td>Providence, RI</td>
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<tr>
<td>Sat.</td>
<td>11/15</td>
<td>NCAA District I Qualifier (M&amp;W)</td>
<td>Franklin Park, Boston, MA</td>
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<tr>
<td>Sat.</td>
<td>11/15</td>
<td>Coaches’ Race (JV, M&amp;W)</td>
<td>Franklin Park, Boston, MA</td>
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<tr>
<td>Sat.</td>
<td>11/22</td>
<td>ECAC Championships (W)</td>
<td>Van Cortlandt Park, Bronx, NY</td>
</tr>
<tr>
<td>Sat.</td>
<td>11/22</td>
<td>IC4A Championships (M)</td>
<td>Van Cortlandt Park, Bronx, NY</td>
</tr>
<tr>
<td>Mon.</td>
<td>11/24</td>
<td>NCAA Championships (M&amp;W)</td>
<td>Waterloo, IA</td>
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* Limited Entry  
* M=Men, W=Women

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### From the Director

What a year 2002-2003 was! Three team runner-up performances by the women’s teams at HEPS, an IC4A relay championship for the men, and the unprecedented successes of Kate and Laura O’Neill. Additional individual accolades went to Joselyn Woodard, who was MVP of the Indoor Heptagonals, and Kate and Laura, who were named co-MVPs of Outdoor HEPS. Kate and Laura were subsequently named co-winners of the Nellie Pratt Eliot Award presented on class day. Kate was also selected as District I Athlete of the Year and most recently was named as NCAA Woman of the Year for the state of Connecticut. Wow!

It was also an unprecedented year for the growth and development of the Yale Track Association. The formation of a board of directors, the development of an e-mail newsletter, and the participation of a greater than ever number of alumni/ae and friends all were major developments of the past year.

The summer included successful competition with Oxford and Cambridge and the Universities of Birmingham and Limerick. Results of the spring season and the transatlantic tour will follow in the next edition. For now, please check out the previews and schedules for the cross country season and save the dates for major alumni events you may be able to attend. We expect a great year!

Yours from Yale,  
Mark
2003-2004 Yale Women’s Cross Country Roster

Ashley Campbell  2007
Susan Chan  2005
Lauren Davis  2006
Katie Dewitt  2007
Melissa Donais  2006
Julia Emanuel  2007
Vanessa Everding  2005
Rebecca Fausel  2004
Claire Hamilton  2007
Rachel Harrington  2006
Rebecca Hunter  2004
Cara Kiernan  2007
Jackie Kim  2006
Emily Kruger  2007
Anne Martin  2005
Emely Martinez  2006
Kathryn Matlock  2006
Vanessa Mazandi  2005
Katie McKinstry  2007
Madeleine Meek  2004
Monica Modi  2006
Jaclyn Myers  2007
Hannah Oberman-Breindel  2006
Julia Pudlin  2006
Alexandra Sawicki  2004
Nadia Sawicki  2004
Emily Vince  2006

2003 Captain: Rebecca Hunter

2003 Yale Men’s Cross Country Roster

Erik Brown  2006
Stephen Carden  2007
Nathan Clute  2007
Patrick Dantzker  2006
Robert Dwyer  2004
Miles Farmer  2007
Brian Gertzen  2007
Wyatt Golding  2006
Brian Hanak  2007
Andrew Johnson  2006
Robert Lobue  2004
Reed Mauser  2005
Joseph Matthews  2007
Lucas Meyer  2005
Casey Moriarty  2005
David Napper  2007
Andrew Pitts  2007
Mark Turner  2006
Joshua Yelsey  2005

Tinton Falls, NJ / Academy of Allied Health/Science
Hamburg, NY / Frontier Central HS
Englewood, CO / Cherry Creek HS
Grosse Pointe Park, MI / Grosse Pointe South HS
Winsted, CT / The Berkshire School
Santa Fe, NM / Santa Fe Prep HS
Linwood, NJ / Mainland HS
Bantam, CT / Phillips Exeter Academy
Alexandria, VA / Thomas Jefferson HS
Des Moines, IA / Roosevelt HS
Kennett Square, PA / Salesianum HS
Setauket, NY / Ward Melville HS
Richmond, VA / Midlothan HS
Ridgefield, CT / Ridgefield HS
Seattle, WA / O’Dea HS
Cypress, CA / Cypress HS
Southwick, MA / Southwick Tolland Reg. HS
Mechanicsburg, PA / Cumberland Valley HS
Corona del Mar, CA / Corona del Mar HS