On February 2nd the Track Association sponsored its first annual dinner and celebration at the Yale Club in New York City. The goal of this event is to reconnect decades of track alums and friends with the current team members and coaches, and celebrating the rich history of this illustrious program at Yale. This is a new endeavor for us in a continuing effort to keeping our program strong and well supported by our alumni and friends. If the turnout for our first dinner was any indication, we should enjoy many lively and festive future dinners in the city together.

Former Yale and Olympic track and field champion Jim Fuchs ’50 was honored at the February dinner, and over 100 Friends of Yale Track and Field gathered to reconnect with each other and the program, and to honor Jim. Five decades of track alums were in attendance, along with current Yale track athletes, parents, coaches, and friends of Yale Track and Field.

Fuchs, accompanied by several family members, entertained and inspired the track savvy crowd, and recounted some of his Yale triumphs, which included some lighter moments, and fond memories of the great coach Bob Giegengack. Fuchs described how he innovently revolutionized the sport, as he experimented with new throwing techniques while recovering from an early knee injury. He received a warm reception from all in attendance, and was clearly touched by the honor of the evening.

Some of Fuchs many awards and accomplishments in track and field include:

- 2005 USA Track and Field Hall of Fame Inductee
- Shot Put World Record Holder
- Olympic Bronze Medalist, 1948, 1952
- NCAA Shot Put Champion, 1949 and 50
- IC4A Indoor Shot Put Champion, 1948, 49, and 50
- IC4A Outdoor Shot Put Champion, 1949
- IC4A Outdoor Shot Put Champion, 1949 and 1950
- HEPS Indoor Shot Put Champion, 1949
- Yale School Record Holder in the Shot Put for 55 Years

Many thanks to all in attendance, and we hope to see many more of you at future alumni events!

First Annual Track and Field/Cross Country Dinner a Huge Success

Hill, Ohene-Frempong Among Four Bulldogs on List of NCAA’s Most Influential Student-Athletes

Four former Yale student-athletes were among the NCAA’s 100 Most Influential Student-Athletes, released as part of the NCAA’s Centennial Celebration. President George H.W. Bush ’48, Calvin Hill ’69, Dr. Kwaku Ohene-Frempong ’70 and Dr. Benjamin Spock ’24 were Yale’s honorees, giving the Bulldogs the most selections of any Ivy League school.

Dr. Ohene-Frempong, a soccer and track athlete at Yale, was listed at No. 82. The list was presented in a special two-hour show on ESPN Classic. “The list of 100 student-athletes represents the best of what college sports and higher education bring to our society,” said NCAA President Myles Brand. “Their collective positive impact serves as a model for today’s student-athletes.”
Katrina Castille and Joslyn Woodard with Coach Davis after the 60-meter dash

After their second place finish at the Heptagonal Indoor Championships at Dartmouth in February, Yale's Distance Medley Team of Jared Bell ’09, Dan O'Brien ’08, Matthew Boshart ’06, and Patrick Dantzer ’06 all garnered First Team, All-Ivy status. Receiving All-Ivy Second Team honors were: Kevin Alexander ’06, Jihad Beauchman ’06, and John Langhouser ’07. The Women’s First Team honorees were Joslyn Woodard ’06 and Molly Lederman ’06. Second Team honors went to: Katrina Catille ’07, Katie McKinstry ’07 and Lindsay Donaldson ’08.

Twelve Eli Track & Field Athletes Earn All-Ivy Honors

After their second place finish at the Heptagonal Indoor Championships at Dartmouth in February, Yale’s Distance Medley Team of Jared Bell ’09, Dan O’Brien ’08, Matthew Boshart ’06, and Patrick Dantzer ’06 all garnered First Team, All-Ivy status. Receiving All-Ivy Second Team honors were: Kevin Alexander ’06, Jihad Beauchman ’06, and John Langhouser ’07. The Women’s First Team honorees were Joslyn Woodard ’06 and Molly Lederman ’06. Second Team honors went to: Katrina Catille ’07, Katie McKinstry ’07 and Lindsay Donaldson ’08.

Woodard Makes History as Yale Finishes Second at Heps

Winning three more individual HEP titles, Joslyn Woodard led the Bulldogs to a second place finish at the Heps held at Dartmouth February 25 and 26. Yale scored 85 points behind Cornell’s 142 points. Joslyn’s 3 victories raised her career total to an astonishing ten as she set the record for the most individual indoor Heps titles. The old record was eight by Harvard’s Dora Gyorffy (1998-2001) and Princeton’s Nicole Harrison (1995-1998). She won the Long Jump (6.23m, 20’ 5 1/4”), the 60-meter dash (7.61) and the 200-meter dash (24.80). Joslyn was named HEP co-MVP for her efforts. Teammate Katrina Castille was second in the 60-deter dash with a time of 7.63. Molly Lederman broke the HEPS and Yale records in winning the Pole Vault (4.10m, 13’ 5 1/4”). Lindsay Donaldson broke her own school record in winning the Pole Vault (4.10m, 13’ 5 1/4”). Lindsay Donaldson broke her own school record in the one mile run, taking second with a time of 4:43.79. She also took third in the 3,000-meter run with a time of 9:32.00. Katie McKinstry palced second in the 3,000-meter run with a time of 9:24.70 and was the only freshman to qualify for this event. She also competed in the 3,000-meter run this year, placing 17th with a time of 9:37.61.

Alexander Breaks School Record in Day One of IC4A Championship

Kevin Alexander broke a 13-year old school record in the 400-meter dash. His time of 47.43 in the preliminary heat was over four tenths faster than the previous record by Charles Clarke in 1993 (47.84).

Donaldson Named to NCAA All-America Team

Lindsay Donaldson continued her phenomenal career at Yale, being named to the NCAA Division I Indoor Track and Field All-America Team for the second year in a row. The top eight finishers in each event at the NCAA Championships each year are recognized for their talent and ability to compete. On March 11 at University of Arkansas’ Randal Tyson Track, Donaldson finished the mile run in seventh place with a time of 4:43.74. It was the fifth consecutive year in which a Yale woman made an appearance at the NCAA Indoor Championships. Last year, she was fourth in the 3,000-meter run with a time of 9:24.70 and was the only freshman to qualify for this event. She also competed in the 3,000-meter run this year, placing 17th with a time of 9:37.61.
Women’s Indoor Track Recap

What an exciting indoor season! The Yale team entered the 2006 campaign with proven strength in several areas; the horizontal jumps, the sprints, the pole vault and some of the distance races. There was hope for development in other areas as well.

Yale’s first scored meet of the season was against Columbia and Dartmouth in Hanover. The Eli’s prevailed here by the score Yale-70-Dartmouth-57-Columbia 54 mainly through the strength of our depth in the sprint and horizontal jump events. Joslyn Woodard won the 60 and 200 meter dashes and the long jump. Molly Lederman won the pole vault. Dionna Thomas won the triple jump while sophomore Ola Awolusi finished 2nd in both the long and triple jumps. Lindsay Donaldson captured the mile and freshman Kristen Farley prevailed in the 1000 meters. Senior thrower Margo Angelopoulos provided a glimpse of things to come by finishing 2nd in both the shot put and 20 lb. weight throw.

Two weeks later, on the weekend of February 3rd and 4th, the Frank Shorter track hosted the first ever Giegengack Invitational. The meet is intended to be a true invitational, bringing together a few selected teams so as to maximize performances while allowing competing teams to get adequate competition for all of their athletes. This year’s event included teams from the University of Pennsylvania, Georgetown, the University of Connecticut, St. Joseph’s, Boston College, Providence, and Southern Connecticut. It was a good inaugural event.

Yale traveled next to Harvard for our annual battle for the H-Y-P crown. The seniors were mindful that we had lost two of the past three HYP meets by one point each time to each of their ancient rivals. The task was more daunting this time due to an injury to sprint star Joslyn Woodard who competed at considerably less than full strength. The nail biting result this time, had Yale prevailing by one point over Princeton 61-60, with Harvard scoring 38. Yale was led by 1-2 finishes in the long and triple jumps with Woodard, Thomas, and Awolusi leading the way, and two very solid wins by Margo Angelopoulous in the shot and 20lb weight throw. Captain Molly Lederman again dominated the pole vault. Lindsay Donaldson followed up a close loss in the mile with a gritty win in the 800, and Katrina Castille won a fight 60 meter dash over Harvard’s Stevie DeGroff. A second place finish by the 4x400 meter relay team provided the final points necessary to secure this victory. The result here was truly a team victory with every third and fourth place point being necessary. Thus, the team finished its indoor season as 4-0 and looked toward the Heps.

Men’s Indoor Season Review

2006 was a season of excitement in New Haven for the Bulldog men’s Track and Field Program. Everyone was excited to see what kind of results the first full season of training on the Frank Shorter ’69 Track would produce. There was no doubt that the facility would allow us to train at a higher level than ever before and by the end of the year, the results of that training were evident in the tremendous results the Elis posted in every event.

With the addition of a number of quality freshman the bulldog squad proved to be the most well rounded in recent years, as evidenced by impressive performances in scored dual and tri meets. The Elis managed three wins (over Dartmouth, Columbia and Harvard) to go along with only one defeat, to a powerful Princeton squad that eventually finished second at the heps. Great athletes fill every event on the docket for the first time in many years.

Three Elis in particular, posted a number of impressive results throughout the season, highlighted by Kevin Alexander’s (’06) gigantic personal record of 47.43 seconds, to break Charles Clarke’s 13 year old Yale Record. Alexander had an incredible indoor season, garnering All-Ivy honors in the 400 and running on a 4X4 relay team that ran the number two time ever by a Yale Quartet.

Junior thrower John Langhauser had a breakout campaign that can only be described as staggering. He improved on his personal best in the shot put by a full four feet, throwing a season best of 55’0” and garnering All-Ivy and All-East honors in that event. Langhauser also established himself among the top 35lb weight throwers in the league, with a 56’+ throw, good for second at the H-I-Y-P meet.

Senior Patrick Dantzer returned to form after being diagnosed with anemia late in the 2005 cross country season. He came back with a vengeance to anchor Yale’s Heps Champion Distance Medley Relay (along with Matt Boshart ’06, Dan O’Brien ’08, and Jared Bell ’09) and run to an impressive 3rd place finish in the 3000m run at the Heps. Look for big performances during the outdoor season, as the bulldogs return a number of athletes from the injured list to shore up an already solid group and look to improve on their 5th place finish last year’s league championship.

Letter from the Presidents

Spring 2006

Dear Alumni/ae and Friend of Yale Track,

Membership in the Yale Track and Field Association is a great way to stay connected with the Yale Track programs. We would like to take this opportunity to thank those of you who have made contributions to the Association this year. If you have not yet made a donation, please take the time to send one now, as the timing is perfect to help cover the costs of the current spring campaign.

Your donations are the primary source of funding for the recently concluded spring training trip and out of region competition (like the Raleigh Relays), and an important source of revenue to cover many day-to-day expenses for the program.

Our goal is to provide the Track and Field and Cross-Country programs with the funding necessary to allow our student-athletes to achieve their highest goals on and off the field of competition. With your continued 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,

Larry Kreider ’69
Co-Chair
Track & Field Board
larry@kreider.net

Louisa Gerritz Garry ’87
Co-Chair
Track & Field Board
louisa_garry@fa.org
**MEN’S TRACK**

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*Head Coach: David Shoehalter*

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*Head Coach: Mark Young*

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Alumni Reception at HEPS  
Philadelphia, PA  
Saturday, May 6, 2006  7-9pm

This year’s outdoor HEPS are at U Penn, on May 6–7, 2006: We will host a Reception at the team hotel on Saturday evening, following the meet.

For details, call Duke Diaz, at 203-432-1422, or e-mail: anthony.diaz@yale.edu. Alums, Parents, and all friends of the program are welcome!

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**Reunion Giving**

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

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 Spain 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!