

# **MIT TRACK AND CROSS COUNTRY FRIENDS OF TRACK AND CROSS COUNTRY NEWSLETTER #57 AUGUST 1998**

## **COACH TAYLOR BACK AT THE HELM**

Last Year's Newsletter went out prior to my finding out that I would be taking a leave of absence from head coaching duties. Coach Richard MacKenzie took over the reins on an interim basis, and did a marvelous job. I worked on special projects in the Dean for Residential Life Office while supervising the Cross Country and Track Programs. This afforded me the opportunity to be an assistant coach once again and help out where I could. The leave also happened to afford me more time to put into the hosting of the NCAA Division III Men's and Women's Cross Country Championship, which went very well despite the incredibly foul weather--even for cross country.

Working for residential life in an administrative and policy making position was a wonderful experience. Unfortunately, it was a very challenging year for MIT, particularly in the residential life arena. Much of the aftermath is still not totally realized.

For 1998-99, I will be returning to head coaching for Men's Cross Country and Indoor and Outdoor Track. I will continue to work on special projects during the summer, and when time permits during the academic year.

Coach MacKenzie has accepted an offer from the University of Rochester to be their new Men's Head Coach of Cross Country and Track. We wish him the best of luck. Although if he does the same job he did for us this year, luck will not be necessary for success.

I am now looking for one to two assistant coaches to replace Coach MacKenzie and Coach Singhose. Bill has accepted a faculty position at Georgia Tech for the fall. Bill has been a tremendous help over the years. I am not sure what we will do without his "huge" attitude and presence.

## **WEB ADDRESS CHANGES**

Our World Wide Web address has changed. The new address is: <http://web.mit.edu/hwtaylor/mtfx/mtfx.html>. I will continue to change things on the page as I have time. One addition this year I hope to add will be more photos. I will try to purchase a digital camera later this summer in order to be able to accomplish making those photos available.

This past year, I was unable to keep up with the weekly email articles to you. I will be able to make a better commitment this coming year. Any of you who wish to be added to the email list can email me at [hwtaylor@mit.edu](mailto:hwtaylor@mit.edu).

## **CENTURY CLUB**

Thank you all very much for the contributions you have made to the Men's Cross Country and Track and Field Programs. Special thanks to those of you who were able to give \$100.00 or more. I know how difficult it is when you have many other financial obligations. For the '97-'98 fiscal year, we received a record \$17,226.00 from alumni. We are now to the point that we can fund the Spring Trip entirely with alumni donations.

In addition to the annual Cross Country trip and Spring trip, we occasionally must fund computer and technology items that make it possible to administrate our meets and overall program. Our goal is to raise \$30,000.00 per year by the 2000 season.

One item your money went towards again this year was replenishing the shirts and hats we give for 2nd and 3rd year letter awards. The cross country team once again enjoyed their annual trip to New York to run in the Cortland State Invitational. Of course, once again the Spring Trip was the highlight of the year. Coach MacKenzie was able to give the following summary on the Spring Trip to Orlando.

Twenty-three Engineers took wing to sunny Orlando for 9 days of training, competition, and general relaxation. We used the brand new state-of-the-art Track & Field facility at Disney's Wide World of Sports (right next to the Braves' spring training stadium) for the week. Disney provided us with all equipment, trainers, and weight room use (for a nominal user's fee). We also received passes to two Disney Theme Parks, which we used to great satisfaction.

Our first Sunday in Florida was a Beach Run day at Daytona, though the cool front that had us in hooded sweatshirts the night before at the meet, kept us from absorbing too many rays, which may have been a good thing indeed.

We trained in the late mornings, getting in good workouts as the temperatures rose throughout the week. The afternoons were Tourist Time, and on Monday and Thursday we took in the Disney complex, splitting up and touring Epcot, MGM Grand, and the Magic Kingdom in groups. Lines were long, but the weather was excellent.

On Wednesday, we visited Kennedy Space Center at Cape Canveral. Our tours took us past the Assembly Building, to the Launch Observation Tower, to the Saturn V Display Center where the actual 300-foot tall rocket hung in sections from the ceiling over numerous explanatory displays (quite impressive), and finally to the International Space Station Assembly Plant, where we could observe the actual construction in progress of a section of this planned station.

The week did immeasurable good for team camaraderie and spirit, as well as each one's mental rejuvenation.

The order of \$100.00 donors listed below is by date received. Those with an asterisk after their name donated \$1,000.00 or more. We had a total of 146 gifts. Thank you very much for your support.

Dr. David B. Kieda	Dr. W. Sumner Brown	Mr. Joseph F. Presing
Mr. William J. Bruno	Mr. Stanley A. Martin	Dr. Robin K. McGuire
Dr. and Mrs. G. Parkins	Mr. Stanley T. Johnson	Mr. Edward A. Martin
Dr. Frederick Bunke Jr.	Mr. Daniel J. Corcoran	Fidelity Investments *
Dr. Edward P. Hoffer	Mr. Mark R. Schwartz	Dr. Donald E. Shobryz
Mr. Patrick B. Sullivan *	Mr. William W. Heil Jr.	First Chicago NBD
Mr. Michael C. Lyons	Dr. William T. Stewart	Mr. Kenneth C. Sun
Dr. James M. Flink	Capt. Kyle W. Robinson	Dr. Dennis W. Sivers
Dr. Donald G. Morrison	Mr. Thomas A. Goddard	Dr. Frank C. Richardson
Mr. Rudolph W. Hensel	Mr. Albert K. Lau	Mr. Paul G. Mahoney
Mr. Gordon J. DeWitte	Mr. George W. Kimball	Mr. John L. Usher
Thomas Bohannon MD	Dr. Reid H. Hansen	Mr. Peter B. Hutzel
Mr. Kevin P. Scannell	Richard N. Sutton MD	Mr. James G. Garcia
Dr. Peter Peckarsky *	Dr. W. David Carrier III	Dr. David R. Wilson
Mr. Robert L. Wesson *	Dr. Kenneith R. Morash	Mr. David A. Dobos
Mr. John E. Kaufmann	Mr. Craig A. Andera	Mr. Robert B. Millard
Dr. John J. Dillon	Mr. Paul E. C. Miller	
Dr. Larry D. Petro		

	Mr. Timothy J. McManus
Mr. Edward A. Arenberg	Mr. Tom A. Washington

## WHERE ARE THEY NOW

Sumner Brown '66, is still among the top performers all-time for MIT in the Mile Run, ranked 7th in both indoors with a 4:15.6 and outdoors with a 4:14.1 effort. Sumner also ranks 7th on the all-time combined scoring list with 359.75 points. Sumner still lives in the Boston area.

### **Sumner Brown now and then.**

Our company is having trouble. We make capital equipment for the semiconductor industry and they are not buying. Our stock price is down around 8 from 35 last summer. A co-worker and I have a nasty technical problem that concerns bearings that wear out before they should. Customers are angry. The supplier blames my servo. The coworker and I were lamenting the questionable management and occasionally unpleasant personal interactions within the company and he remarked, "Sumner, you never seem perturbed. How do you do that."

"I'm running Mount Washington tomorrow."

### **MIT, 1962**

As an entering freshman, I was worried that I was not going to make it at MIT. One particular worry was that I had been admitted because I had run well in high school. I had to find out. At the Freshman Activity Midway I said "hello," found out when cross country practice was, and kept a low profile. My first day at practice I kept quiet and waited. We ran some loops around Briggs Field that strung the team out. I ran up with Tommy Goddard, the team captain, with no difficulty. When we finished Coach Farnham promptly asked me what I had done in high school. I determined with complete certainty, by watching his reaction as I told him "4:25 mile," that he had had nothing to do with my admissions decision. I was relieved.

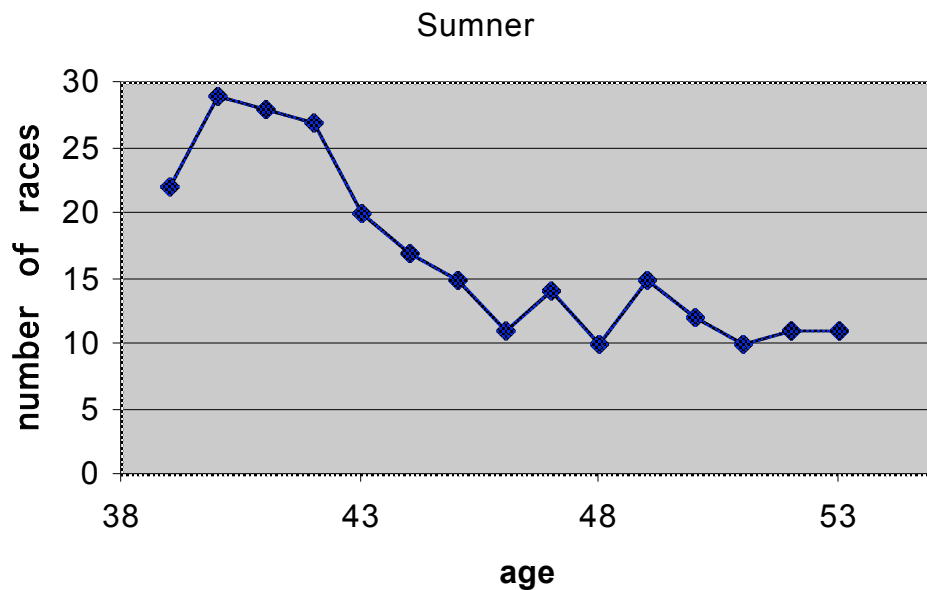
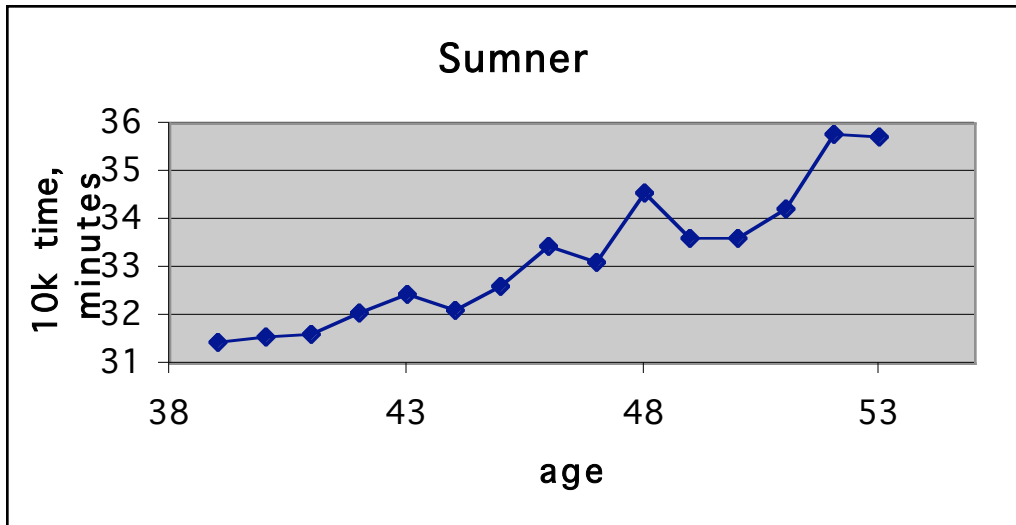
The day of my first cross country meet was also the day when several problem sets were due, and I had a quiz. Freshmen got real grades back then, but they had separate teams. Freshmen did not compete at the varsity level. Despite my efforts, the night before I had to choose between studying or sleeping for the race. I reluctantly stayed up to 2 am to do a good job with the studying. The next afternoon we ran against a prep school, perhaps Governor Dummer. I set a course record, and began to think that perhaps I was going to be able to both study and run.

Trends, I'm afraid this data speaks for itself.

Sumner Brown

For the record, Sumner has two age group records at Mt. Washington, for 45-49 and 50-54.

<b>age</b>	<b>aces</b>	<b>age</b>	<b>best 10k</b>				
				48	10	48	34.57
				49	15	49	33.6
39	22	39	31.47	50	12	50	33.63
40	29	40	31.58	51	10	51	34.25
41	28	41	31.63	52	11	52	35.78
42	27	42	32.03	53	11	53	35.73
43	20	43	32.42				
44	17	44	32.1				
45	15	45	32.62				
46	11	46	33.43				
47	14	47	33.1				



### WHERE ARE THEY NOW PART II

Jim Garcia '80, is one of America's premier ultra-marathoners. He continues to race, some distance or another, nearly every weekend. Jim also lives in Massachusetts.

#### **Jim Garcia, now and then.**

I had been running for several years when I went back to grad school at MIT in 1989 at the ripe age of 31. I was reading the MIT XC results in the Tech in mid September and said to myself, "Those times aren't that fast", forgetting that this was cross-country and not road racing. Anyway, I went over to Coach Taylor's office to say Hello and next thing I know, I'm on the XC team.

I knew I was old when we (the team) ran out to Fresh Pond and I ran into a running acquaintance. He asked me if I was the coach.

My most memorable race at MIT was the indoor NE Div. III 5000 meter race. I had barely qualified at the Harvard track two weeks before, after having stepped on a chunk of asphalt during my warm-up run in the dark. I had time to limp back to the track, ice my foot for 10 minutes, tape the hell out of it, and run the race, barely qualifying in 15:27. Come

championship day, Sean Kelly was the best runner in the field, but wouldn't take the lead at first. I took the lead after a couple of laps, and was content to stay there. I was too slow for Sean, so he took the lead. However, as Sean passed me, some knucklehead from Bowdoin came up with Sean and cut in front of me. Of course, he couldn't hold pace either and we drifted back away from Sean. I was forced to pass him. As I did, the knucklehead sped up to hold me off, and we both ran into the rear of Sean. I kept going and retook the lead. Of course within a lap Sean got tired of following me and got out in front again. The Bowdoin guy came by again, pushed me back, then slowed down. This game was repeated at least five more times. With 2 laps to go, I regained the lead and went as hard as I could. Sean passed me with a lap to go, winning easily. The whole field was right there behind me, and the next four guys were within a second of me in 15:13 and change. Boniface Makatiani, our stud sprinter at the time, told me afterward that the 5k race had everybody, including the sprinters totally engrossed. I didn't take it as a compliment though.

My closest chances to make the Division III National Championship were at the NE Div. III XC championships, where I finished 9th and the outdoor 10 km where I ran a 31:21, again, right behind Sean.

The greatest part about running at MIT was finally getting a Varsity letter and letter jacket, as I had dropped out of Tennis as a sophomore. Running with all of the young guys greatly improved my speed. In the year after graduating in 1990, I set personal bests in road racing from the mile (4:27.4) to the marathon (2:26:56, but since lowered to 2:25:46 in the wind aided 1994 Boston Marathon).

In 1992 I ran a 50 miler in Rhode Island, which I won in 6:00:27. I just had to go back the next year to break 6 hours, which I did in 5:38 (and 5:36 in 1994). I also won the Vermont 100 miler in 1994 in 16:39 on a hot and humid day. That course has 14,000 feet of climb (and an equal amount of descent).

By this time, I figured that I should try to make the USATF 100 km National Team. In February 1995 I ran the National Championships in Sacramento. I went out too hard, crashed terribly at 33 miles, but recovered, running 7:25:50 and making 3rd alternate to the 6 man team. Due to some injuries, including Alberto Salazar's, I was named to the team 12 days before the race. I had something to prove. I ran the race of my life, finishing 2nd American in 6:57:21, and getting a silver (not real silver) team medal. Since then, I have made the US team 3 more times, but have yet to break 7 hours again. I am named to the team that will run in Japan in October.

On top of the road 100 km races I have done a few of the trail 100 milers. I finished 6th overall in the famous Western States Endurance Run in 1996, the highest placing of any easterner in history at that time. That race has 15,000 feet of climb and 21,000 of descent, as it starts in Squaw valley, CA (Elev. 6200 ft) and runs up and over the ski slope (8700 ft) at the start and ends at an elevation of under a thousand feet. There is a tremendous home-course advantage to that race. In June of this year, I won the Mohican Trail 100 miler in Central Ohio in a course record 16:11:21.

For trivia, Colin Corkery (I think he ran for MIT in the early 80's) has run a few ultras. He broke 6 hr for 50 miles and 16 hours for the Vermont 100 mile race right about the time I was just getting in to 50 milers.

My most interesting post-MIT Track connection came a few months after graduating. Some nice looking woman came up to me at a road race and asked, "Hey, are you The Jim Garcia?" I responded, "Gee whiz, Sure, where do you know me from?" She replied, "At an MIT Track meet." Very interested now, I asked, "So, you go to track races a lot?" She said, "Not really, I was just watching my son race." Ouch! At least I beat the youngster that day.

## **CROSS COUNTRY**

## Varsity Record

Won 3, Lost 4

### MIT

34

20

44

50

### OPPONENT

**Alumni 23**

RPI 38, WPI 85

**Tufts 31, Bates 55**

**Bowdoin 34, Bates 48**

Cortland Invitational            2nd of 17 - 109 points  
National Preview Inv.            6th of 15 - 173 points

NEIAAA Championship        14th of 36 - 409 points  
CAC Championship            2nd of 6 - 35 points  
NCAA Div. III Qualifier        8th of 26 - 241

## **1997 MEN'S CROSS COUNTRY TEAM**

YR.	FIRST NAME	LAST NAME	CITY	ST.
01	AARON	ADLER	LEXINGTON	
MA				
01	REID	ANDERSON	SAN MATEO	CA
00	KAORU	AOU	UITHOORN	NETH.
01	JEFF	BILLING	MYSTIC	CT
99	GUS	BLOMQUIST	GREENSBORO	NC
01	AMAY	CHAMPANERIA	SEAFORD	DE
99	ASHLEY	CLAYBORNE	PFLUGERVILLE	TX
01	ROB	COX	NEWARK	DE
01	LIYAN	GUO	WATERTOWN	
MA				
00	STANLEY	HU	LOS ALTOS	CA
01	ALBERT	HUNG	LOS ALTOS	CA
98	SOHAIL	HUSAIN	NEWTON	
MA				
00	FRANK	JOHNSTON	ATLANTA	GA
01	ED	KEEHR	STOCKTON	CA
99	DAVID	KELMAN	ATLANTA	GA
01	PHIL	LOISELLE	LEOMINSTER	
MA				
99	GERARDO	MARTINEZ	BROWNSVILLE	TX
00	CHRIS	MCGUIRE	GOLDEN	CO
00	RAY	MOLNAR	SALIX	PA
01	SEAN	MONTGOMERY	GREENTOWN	PA
99	MICHAEL	PARKINS	PRAIRIE VILL.	KS
00	RYAN	PEOPLES	MEDFORD	NJ
98	RICH	ROSALEZ	PAULDING	OH
01	MARK	STRAUSS	MESA	AZ
98	CHUCK	VAN BUREN	HOUSTON	TX
01	KEN	WALKER	TOWSON	
MD				

## 1998 MEN'S CROSS COUNTRY SCHEDULE



9/5	ALUMNI	FRANKLIN PARK	5:00*
9/12	ENGINEER'S CUP (RPI, WPI)	FRANKLIN PARK	2:00
9/19	BATES, TUFTS	FRANKLIN PARK	1:00
9/26	CODFISH BOWL INVITATIONAL	FRANKLIN PARK	TBA
10/3	BABSON INVITATIONAL	BABSON COLLEGE	TBA
10/10	NATIONAL PREVIEW INVITATIONAL	DICKINSON COLLEGE	TBA
10/16	NEIAAA CHAMPIONSHIP	FRANKLIN PARK	11:30
10/24	TUFTS' INVITATIONAL	TUFTS	TBA
10/31	CAC CHAMPIONSHIP	COAST GUARD	TBA
11/7	ECAC CHAMPIONSHIP OR OFF	TBA	TBA
11/14	NCAA DIV. III REGIONAL QUALIFIER	BABSON COLLEGE	11:00
11/21	NCAA DIV. III CHAMPIONSHIP	DICKINSON COLLEGE	11:00

**\* TIME IS SUBJECT TO CHANGE - CALL (617) 253-4918 FOR UPDATE**

### Cross Country Surprises Then Falters in Roller-Coaster Season

Given the loss of four of 1996's top six runners -- Arnie Seto, Josh Feldman, and Dan Helgesen to graduation, and Leif Seed '99 to a semester abroad -- the 1997 MIT Harriers faced a rebuilding situation. Top man Mike Parkins '99 and fourth man Chris McGuire returned, so the front pair was solid. Both had produced National qualifying marks in the spring: Parkins in the Steeplechase, and McGuire in the 5000, which was an MIT freshman record.

So, as the squad entered the season-opening Alumni Meet at Franklin Park, there was a let's-find-out feeling in the air. The Alumni gave us no quarter though, as Jesse Darley, Ethan Crain, and Terry McNatt ran roughshod with a 1-3-4 finish and led the Has-Beens to a 23-34 triumph. McGuire broke up the rout with a strong second place finish in 25:50. The surprise of the race came from Mark Strauss '01, who nearly held off Crain, and claimed fifth in 26:05, an excellent freshman time. Parkins took sixth, but alumni James Garcia, Seto, and Gordon Holterman claimed 6-7-8, leaving the Beavers licking their competitive wounds. Co-Captain Rich Rosalez '98 and Liyan Guo '01 in 10th and 11th, respectively, completed the MIT scoring.

Things looked a bit brighter in the next week's Engineers' Cup. A three-man tie for first by Parkins, McGuire and Strauss put the hammer down, and when Rosalez (6), Jeff Billing '01 (8), and Sohail Husain (9) all garnered top ten spots, the Cup was secured. The box score read: MIT 20, RPI 38, WPI 85.

The following week brought us to Tufts' new course in Grafton to face two nationally-ranked teams on a brutally hot day. We beat Bates 44-55, but lost to the hosts 31-44. Parkins (2), McGuire (5), and Strauss (7) again led the way on the dusty and hilly terrain. The split moved MIT into the top 25 nationally.

Our trip to the Cortland Invitational in New York may have been our best overall moment of the season. Guo got the day rolling with a great win in the JV race, stalking the field, moving up consistently, and overpowering his final challengers in the closing mile. The varsity team raced well and looked strong too. With McGuire and Parkins taking 4th and 6th in the 110-man field, our team hopes looked good. Strauss' 20th was a tad off his prior performances, but still solid, and Rosalez ran an excellent controlled race for 35th.

Phil Loisel '01 emerged as the team's 5th man in 44th, and the team laid claim to the Runner-Up spot (out of 17 schools) with 109 points.

Since MIT was to be the host of the NCAA Division III Cross-Country Championships at Franklin Park, we also hosted a National Preview Meet there in early October. MIT performed well in the quality 15-team field -- the meet was won by eventual NCAA Champ North Central (IL) -- taking 6th with 173 points. Parkins led the way in 12th, with a PR 25:16 clocking. Strauss' ferocious final mile overtook a surprised McGuire, as the two of them posted PR's, 25:34 (23rd) and 25:40 (26th), respectively. Loisel (55th) continued his strong running, and Husain (57th) took the fifth-man slot. The team's 5-man delta was 1:24, without Rosalez, whose LSAT commitment precluded his participation. MIT's national ranking rose to 18th.

The All-New Englands were next, and MIT entered with lofty top-ten ambitions. McGuire (34th in 24:58), and Parkins (36th in 25:00) ran together the whole way, and both logged PR's. Strauss' 92nd, Rosalez' 123rd, and Loisel's 129th were all solid races, but not enough to elevate the team, which placed 14th out of 36, just 7 points behind Bates.

The week that followed was intended as a little bit of a break from the rigors of 5-mile races, as we trekked to Bowdoin for a 5K. Unfortunately, our break turned out to be mental as well, and Bowdoin (34) and Bates (48) both beat MIT (50), mostly with moves over the last mile. Husain was the brightest light of the day, racing as third man for the first time.

The CAC Championships, which had looked like a lock in September, began to appear to be more of a battle: Coast Guard was continuing to gel, and MIT had slipped a bit since all-NE's. Sure enough, despite an impressive 1-2 finish from Parkins and McGuire, Coast Guard prevailed 29-35, giving MIT our first loss since the inaugural meet in 1990. Rosalez's excellent 7th place (over a minute faster than his Engineers Cup race on the same course) gave us some hope, but when CG took 8 and 9, comfortably ahead of Strauss (11) and Husain (14), it was a done deal.

The final meet on the Beavers schedule was the NCAA Qualifier at Southern Maine. As fate would have it, eight inches of snow fell in whiteout conditions the day before, leaving the course more suitable for cross-country skiing than cross-country running. Still, it did not deter the squad from a memorable pre-meet blizzard run, and it did not hold back the meet. Mike Parkins ran a determined race, knowing as the race played out, that he would need a 12th place finish to qualify for the NCAA's. He gained and gained over the closing mile, but the snow and ice mitigated his usual charge, and he finished 13th, an agonizing 3 seconds from his goal. McGuire, whose stride is less suited for slippery terrain ran 34th. Husain finished his CC career as third man once again (56th). Rosalez (66) was fourth and Frank Johnston '00 (87) broke into the top five. Strauss (104) and Ray Molnar '00 (113) completed the team, which finished 8th out of 26.

Mike Parkins was the team MVP for the second straight year, and Ray Molnar earned the JV award. Parkins was also elected captain for his senior year.

### \*\*\* SEASON SUMMARY \*\*\*

## MASSACHUSETTS INSTITUTE OF TECHNOLOGY 1997-98 INDOOR TRACK AND FIELD

### VARSIITY

Won 12, Lost 1

### MIT

48  
222  
196.5

### OPPONENT

**Alumni** 74  
**Williams** 230, UMass-Dartmouth 67, Worcester Polytech 65  
Bates 181, Bowdoin 135.5, Colby 78

### JV

Won 1, Lost 0  
MIT 77 NAPS 50



219.5  
258

Springfield 118.5, Westfield State 110, Colby 76, Worcester Polytech 70  
Tufts 186, Coast Guard 110, Middlebury 28

### VARSITY SCORING & ROSTER

Ravi Sastry *	'98 157	Sam Sidiqi	'99 19.5	Adam Winkel	'01 7
Mike Parkins	'99 80.25	Sam Towell	'00 19	Rich Rosalez	'98 6
Neal Karchem	'99 51.25	George Torres	'99 17	Alex Rodriguez	'99 5
Todd Rosenfield	'01 44.25	Jason Dailey	'99 17	Sean Montgomery	'01 4.25
Joel Ford	'98 42	Martin Suresh	'99 14	Brian Rogers	'01 4
Sam Thibault	'00 33.5	Ashley Clayborne	'99 13.75	Steve Lefkowitz	'00 4
Mike Butville	'98 33	Chuck Van Buren*	'98 13.75	Brian Wong	'99 3
Matt Potts	'00 31	Ray Molnar	'00 13.25	Tony Pelosi	'01 3
Chris McGuire	'00 30	Ed Tolson	'01 11.5	John Biesiadecki	'01 2.5
Sohail Husain	'98 30	Gus Blomquist	'99 11.5	Marc Bouget	'01 2.25
Junius Ho	'01 29	Jeff Daniels	'01 11	Leif Seed	'99 1
Ken Walker	'01 28.75	Kamal Mokeddem	'01 11	Aaron Adler	'01
Kalpak Kothari	'01 28	Ed Keehr	'01 9	Kaoru Aou	'00
Phil Loiselle	'01 27.5	Mark Strauss	'01 8	Ajai Bharadwaj	'01
Patrick Dannen	'98 27	Liyao Guo	'01 8	Tim Booher	'99
Tyson Lawrence	'01 25	Jeff Billing	'01 7.25	Rick Chang	'01

\* Captain

### CHAMPIONSHIPS

#### New England Division 3 (2nd) 72 points

Chris McGuire	5000	15:09.07 (1st)
Ravi Sastry	55 Meter Hurdles	:07.92 (1st)
Ken Walker, John Biesiadecki, Joel Ford, Leif Seed	3200 Relay	7:59.78 (1st)
Sam Thibault	Pole Vault	13'6.25" (2nd)
Ravi Sastry	Pentathlon	3221 (2nd)
Ravi Sastry	Long Jump	22'0.25" (2nd)
Joel Ford	1000	2:33.88 (3rd)
Mike Parkins	1500	3:59.24 (4th)
Sohail Husain, Chuck Van Buren, Gus Blomquist, Phil Loiselle	Distance Medley Relay	10:38.18 (4th)
Patrick Dannen	Shot Put	44'8.75" (5th)
Mike Parkins	3000	8:47.46 (6th)
Junius Ho	55 Meter Hurdles	:08.34

#### New England Intercollegiate Amateur Athletic Association (18th) 4 points

Ravi Sastry	55 Meter Hurdles	:07.94 (4th)
-------------	------------------	--------------

### BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Mike Butville	51'1.75"
	Jason Dailey	50'8.75"
Shot Put	Patrick Dannen	45'1.5"
	Mike Butville	42'9"
Long Jump	Ravi Sastry	22'0.25"
	Junius Ho	19'8.25"
Triple Jump	Kalpak Kothari	41'5.75"
	Tyson Lawrence	40'5"
Pole Vault	Sam Thibault	13'9"

	Matt Potts	13'0"
High Jump	Ravi Sastry	6'0.5"
	Sam Towell, Sam Thibault	5'6"
55HH	Ravi Sastry	7.92
	Junius Ho	8.34
55	Ravi Sastry	6.78
	Alex Rodriguez	7.08
200	Ravi Sastry	24.11
	Neal Karchem	24.17
400	Todd Rosenfield	51.97
	Neal Karchem	52.08
600	Martin Suresh	1:28.02
	Neal Karchem	1:28.38
800	Sean Montgomery	1:57.74
	Joel Ford	1:59.40
1000	Joel Ford	2:30.22
	Phil Loiselle	2:36.59
1500	Mike Parkins	3:59.24
	Phil Loiselle	4:09.95
Mile	Mike Parkins	4:20.33
	Chris McGuire	4:27.87
3000	Mike Parkins	8:45.50
	Chris McGuire	8:49.50
5000	Chris McGuire	15:02.47
	Mike Parkins	15:03.96
1600R	Todd Rosenfield, Neal Karchem,,	3:29.68
	Joel Ford, Martin Suresh	
3200R	Ken Walker, John Biesiadecki,	7:49.10
	Joel Ford, Leif Seed	
DMR	Sohail Husain, Chuck Van Buren,	10:38.18
	Gus Blomquist, Phil Loiselle	
Pentathlon	Ravi Sastry	3221

### **Team Depth and Youth Produce 11-1 Season, 2nd in NE-3 Championship**

Led by the consistent top-levels performances of a nucleus of upperclassmen, and the solid depth provided by a developing freshman class, the MIT indoor team surprised the region by rolling up a 11-1 Quad Cup record, and nearly pulling off a great upset victory in the New England Division III Championship Meet.

Ravi Sastry '98 would end up with the team MVP award for the season, having scored a record-breaking 157 points during the regular season, and 26 in the NE-3 Meet. Sastry, who will return for a fifth year (he spent his freshman year at Vanderbilt without competing), was a busy man, covering the 55 Meter Hurdles, 55 Meter Dash, Long Jump, and High Jump, with occasional duty in the Triple Jump and 200, and 34, 33, 32, and 42 points in the four Quad Cup meets. His crowning achievement came in the NE-3's when he won the 55H and took seconds in the Long Jump and Pentathlon.

The season started modestly enough, with the strongest Alumni team yet assembled clubbing the Varsity, 74-48. Bill Singhose paced the Has-Beens with 14.5 points, quite modest by his standards. Dr. Bill, who will be a professor at Georgia Tech next year (MIT track will miss him), won the Pole Vault, took seconds in the LJ, 55H (losing both of those to his protege Sastry), TJ, and SP, and adding a tie for third in the HJ. Akin Aina was a double winner, posting victories in the 200 and 55 -- the latter being a hair's breadth leaner over a charging Sastry. Former NCAA Division III Champion John Wallberg also claimed two wins, leading a 1-2 with John-Paul Clarke in the 35 Pound Weight, and heading a sweep of the Shot. The Alumni also swept the Triple Jump, with Morio Alexander besting

HJ winner Andy Ugarov. Ethan Crain provided yet another double whammy, taking the 1500 with ease -- with Gordon Holterman in second -- and edging surprising freshman Sean Montgomery in a close 800. With the team victory in hand, the Alum's 5000 corps of Jesse Darley and Terry McNatt raced to a 1-2 finish over Mike Parkins '98. The lone bright spot for the Varsity, aside from Sastry's two wins, came with a sweep of the 400 Meters by Neal Karchem '99, Todd Rosenfield '01, and Martin Suresh '99.

The Beaver Relays, as usual, gave the team a chance to shake out its competitive fire and get geared up for the Quad Cup season. Mike Butville '98, who would win the Johnson Award in May as MIT's Outstanding Male Senior Athlete, produced the best mark of the meet when he twirled the 35# Weight 51'1.5" for the win. Sastry won the 55H and 55, but was beaten out for the win in the LJ after having taken the lead on the final round. Todd Rosenfield '01 won the 400 with a gritty display over the final 100 meters. Mike Parkins easily dispatched a trio of Tufts runners, including their CC All-American, with an impressive 3000.

The following weekend brought the annual showdown with Williams to Cambridge, and it was another barnburner. Sastry won the LJ and the HH, took second in the HJ, fourth in the 55, and fifth in the TJ. Parkins won the 1500 over Williams' All-American, took another victory in the 1000, and came back twenty minutes later to score more points for the team with his fourth in the 5000. Rosenfield won the 400, and Joel Ford '98 took the 800. MIT scored a 2-3-4-5 tandem from Matt Potts '00, Sam Thibault '00, Sam Sidiqi '99, and Steve Lefkowitz '00 in the Pole Vault; Butville and Patrick Dannen '98 earned seconds in the WT and SP, respectively; and Chris McGuire '00 best his Eph counterparts in the 5000. But Williams sprint prowess (32 points in the 55 and 200, to MIT's 10) spelled the difference, as they eked out a 230-222 win.

Somewhat flat from the ferocity of the previous weekend, the Engineers nearly let one slip away at Bates, though team depth, and the emergence of some freshmen, held off the Maine rivals. Sastry did his usual yeoman's work, with wins in his specialties, the LJ and 55H, a second in the 55, a third in the HJ, and a fifth in the TJ. Parkins continued to take the measure of CC All-Americans, this time with a well-timed drive in the 1500. He also came back to win the 800 and anchor the Distance Medley to victory. Rosenfield again won the 400, just ahead of teammate Karchem, and the Potts-Thibault combination took 2-3 with PR vaults. Freshmen Ken Walker in the 800, and Kalpak Kothari in the TJ, and Junius Ho in the 55H all contributed valuable depth points with solid performances.

The final two Quad Cup meets followed similar scripts. Sastry produced victories in the HJ, 55, and 55H against Springfield, and LJ, 55H, 55, and 200 vs. Tufts. Parkins' roll continued as well with a 1500/800 double and a Mile/3000 combination. Dannen stepped up a level in the Shot, posting a breakthrough 45'1" PR against Springfield, and coming back for the win against Tufts. Phil Loiselle '01 continued to make big improvements in the 1500 and 1000, earning third place in both meets. The Triple Jump freshmen, Kothari and Tyson Lawrence, scored a 1-3 and a 1-2, with Kothari taking the win in both meets. Ford began to show his typical late season rise to prominence, posting season bests for a 1000 win and an 800 second. And Jason Dailey '99 topped the 50' barrier in the Weight.

The culmination of the season, was, as always, the New England Division III Championships, held this year at Bowdoin. Seeded fifth entering the meet, MIT had eyes on a bigger prize. Sastry started us off on the right foot with a PR score of 3221 in the Pentathlon, good enough for second place, and 8 points. Parkins began Saturday on a good note, racing to a solid fourth place in the 1500 in a PR 3:59.24. Sastry equalled his PR in the Long Jump and took second. Thibault continued his fine vaulting with a second place by virtue of a PR 13'6.25". Dannen came through with a fifth in the Shot. Ford, knowing he was in with some tough kickers, made a strong run at the 1000, and ended up with third place points. Things were already looking good, but soon got better.

Ravi blitzed the field in the 55 Meter Hurdles, stepping to a wide victory in a PR 7.92 seconds. Junius Ho chipped in what looked to be a huge point with a sixth place in a big PR 8.34.

The sprinters from Bowdoin and UMass-Dartmouth were limiting Williams' point production there, but Bates' front-liners were having career days, and the Engineers found themselves right in the thick of a good three-way battle. It was in the 3000 that Williams put the hammer down, scoring 20 points with a 1-3-4 finish that pushed them into a lead.

Still, MIT fought back. McGuire blasted the final 600 of his 5000 and came away with the victory in an indoor PR 15:09.07. The "no-star" Distance Medley team of Sohail Husain '98, team co-captain Chuck VanBuren '98, Gus Blomquist '99, and Loiselle came through with excellent races, pulled down a fourth place, and put MIT back in the thick of things. Williams' anchor kicked from seventh to fifth on the final lap to give them two points, which would prove very significant.

Having not run a really top 4x800 all year, the Engineers were relegated to the slower heat for this meet. Unfazed, the foursome came through in a big way. Ken Walker's strong leadoff gave us great position, John Biesiadecki '01 charged us into the lead, Ford blazed out a furious 400 and held on for his best 800 of the season, giving Leif Seed '99 a huge lead. Seed responded with a 1:54 solo effort, for a final team clocking of 7:59.78. Then it was a waiting game as the seeded heat ran. Amherst's 8:00.01 was not enough, and MIT had the ten points. Williams, however, had scored just enough relay points to hang on to a 2-point win, 74-72.

Given the pre-season expectations, the Runner-Up trophy was a major victory, but coming so close to pulling off the win made it a bittersweet day. As a side note, Ravi's 26 points would have placed him tenth as a team.

In the All-New Englands at Boston University, Sastry placed fourth in the 55 Meter Hurdles in 7.94. The 4x800 team ate up the banked track and posted an IC4A-qualifying 7:47.34, finished off in fine fashion by Seed's 1:53.7 anchor.

With Ravi returning for 1998-99, Parkins, Seed and McGuire back to lead the longer races, excellent sophomores in the vault, and a fine freshman class (they scored 29.5% of the team's regular season points), the future of MIT Indoor Track looks good indeed.

## 1998-99 MEN'S INDOOR TRACK AND FIELD SCHEDULE

12/9	NAVAL ACADEMY PREP	HOME	4:00
12/12	ALUMNI	HOME	1:00
1/9	BEAVER RELAYS	HOME	9:00
1/16	COAST GUARD, TUFTS	HOME	1:00
1/23	BATES, BOWDOIN, COLBY, TUFTS	BOWDOIN	1:00
1/30	BATES, WILLIAMS, WPI	HOME	1:00
2/6	BOWDOIN, MIDD., SPRING., WESTFIELD	HOME	1:00
2/13	QUAD CUP INVITATIONAL	HOME	12:00
2/19-20	NEW ENGLAND DIV. III CHAMPIONSHIP	WESLEYAN	11:00
2/26-27	NEIAAA CHAMPIONSHIP	BU	TBA
3/6-7	IC4A CHAMPIONSHIP	TBA	TBA
3/12-13	NCAA DIV. III CHAMPIONSHIP	OHIO NORTHERN	TBA

### \*\*\* SEASON SUMMARY \*\*\*

## MASSACHUSETTS INSTITUTE OF TECHNOLOGY 1998 OUTDOOR TRACK

### VARSIITY

Won 5, Lost 5

**MIT**

77.5  
82.5  
39.5  
94

**OPPONENT**

**RPI 96.5**, WPI 29  
Colby 53.5, Bowdoin 41, Bates 25  
**UMass 175.5**, **NU 139**, **Dartmouth 96**, **URI 85**, Bentley 18  
Springfield 69

**VARSITY SCORING & ROSTER**

Ravi Sastry *	'98 69	Matt Potts	'00 4 1/2	Todd Chamoy	'98
Chris McGuire	'00 32	Tony Pelosi	'01 3	Ashley Clayborne	'99
Leif Seed *	'99 32	Alex Rodriguez	'00 2 1/4	Jason Dailey	'99
Sam Thibault	'00 19 1/4	Ed Keehr	'01 2	Jeff Daniels	'01
Nikos Michalakis	'01 13	Tyson Lawrence	'01 2	Roy Emmanuel	'99
Joel Ford	'98 12 1/2	Sam Sidiqi	'99 1 1/2	Peter Finin	'01
Kalpak Kothari	'01 11	Sam Towell	'00 1 1/2	Jose Gonzalez	'01
Mike Parkins	'99 10	Patrick Dannen	'98 1	Mitchell Hesley	'01
Todd Rosenfield	'01 10	Liyan Guo	'01 1	David Kelman	'99
Sean Montgomery	'01 9 1/2	Phil Loiselle	'01 1	Steve Lefkowitz	'00
Neal Karchem	'99 9	Ed Tolson	'01 1	Chris McLean	'00
John Biesiadecki	'01 8	Brian Wong	'99 1	Kamal Mokeddem	'01
Sohail Husain	'98 7	Aaron Adler	'01	Brian Rogers	'01
Roger Nielsen	'01 7	Kaoru Aou	'00	Chad Souke	'99
Rich Rosalez	'98 7	Ajai Bharadwaj	'01	Chuck Van Buren	'98
Mark Strauss	'01 6	Gus Blomquist	'99	Ken Walker	'01
George Torres	'99 6	Daniel Bush	'01	Adam Winkel	'01
Junius Ho	'01 4 1/2				

\* Captain

**CHAMPIONSHIPS****New England Division 3 (NE Div. 3)** (4th) 54.5 points

Ravi Sastry	110HH	15.22 (1st)
Chris McGuire	5000	14:49.02 (2nd)
Ravi Sastry	Long Jump	22-06 1/2 (2nd)
Leif Seed	1500	3:57.40 (2nd)
Sam Thibault	Pole Vault	12-09 (3rd)
Montgomery, Rosenfield, Ford, Karchem	1600 Relay	3:22.71 (4th)
Joel Ford	800	1:55.10 (5th)
Nick Michalakis	Javelin	181-07 (5th)
Leif Seed	400IH	55.79 (5th)
Mark Strauss	3000SC	9:26.93 (5th)
Sam Towell	Decathlon	5177 (5th)
Matt Potts	Pole Vault	12-09 (6th-tie)

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name Performance</u></b>	<b><u>Meet</u></b>
Hammer	George Torres 158-02	Springfield
	Brian Wong 142-10	Engineer's Cup
Shot Put	Patrick Dannen 43-02 1/4	Williams Inv.
	George Torres 39-09 1/4	Spring Break Meet
Discus	George Torres 137-06	Engineer's Cup
	Patrick Dannen 119-10	NU Inv.

Javelin	Nick Michalakis	181-07	NE Div III
	Chad Souke	143-11	Bates, Bowdoin, Colby
Long Jump	Ravi Sastry	23-00 3/4	Springfield
	Junius Ho	20-05 1/4	RPI
Triple Jump	Kalpak Kothari	44-02 1/2	Springfield
	Sam Thibault	40-08 3/4	Bates, Bowdoin, Colby
Pole Vault	Sam Thibault	14-01	Bates, Bowdoin, Colby
	Matt Potts	13-03	Williams Inv.
High Jump	Roger Nielsen	6-00	Springfield
	Ravi Sastry	5-10	Bates, Bowdoin, Colby
100	Ravi Sastry	11.23	Springfield
	Alex Rodriguez	11.91	Williams Inv.
110HH	Ravi Sastry	15.22	NE Div III
	Junius Ho	15.99	Springfield
200	Ravi Sastry	23.34	Bates, Bowdoin, Colby
	Todd Rosenfield	23.44	Bates, Bowdoin, Colby
400	Sean Montgomery	50.24	NE Div III
	Neal Karchem	51.86	NU Inv.
400IH	Leif Seed	55.47	NE Div III
	Tony Pelosi	60.74	Williams Inv.
800	Leif Seed	1:54.94	Williams Inv.
	Joel Ford	1:55.10	NE Div III
1500	Leif Seed	3:57.40	NE Div III
	Sohail Husain	4:03.97	Williams Inv.
3000SC	Mark Strauss	9:26.47	NEIAAA
	Mike Parkins	9:28.74	Bates, Bowdoin, Colby
5000	Chris McGuire	14:49.02	NE Div III
	Rich Rosalez	15:43.94	Bates, Bowdoin, Colby
10,000	Rich Rosalez	33:17.54	Williams Inv.
	Ed Keehr	34:10.74	Williams Inv.
400R	Sastry, Karchem,	44.12	NU Inv.
	Rosenfield, Rodriguez		
1600R	Montgomery,	3:22.45	NEIAAA
	Rosenfield, Ford, Karchem		
Decathlon	Sam Towell	5177	NE Div III
	Tony Pelosi	4668	Holy Cross Inv.

### **SASTRY SPURS SPRING SQUAD'S SOLID SEASON**

The season began in Florida, with competitions at either end of the scale. The inaugural Bob Mosher Relays, held at Disney's brand new Wide World of Sports facility (where MIT trained all week) turned out to be quite a dud, with only a handful of schools attending, and most of those being small or incomplete teams. An intra-squad feeling prevailed as MIT won most relays and found very little competition in individual events.

The next weekend, however, was quite the opposite: The Florida Relays. The Shuttle Hurdles Relay team earned themselves the coveted shoebags that are awarded there, by racing to a third place finish behind Clemson and Florida International. Ravi Sastry '98, Junius Ho '01, Sam Towell '00, and Sam Thibault '00 constituted the team. Sastry came back to run a substantial PR in the individual 110 Meter Hurdles as well, chopping his best from :15.8 to :15.24. The Distance Medley Relay of Leif Seed '99, Neal Karchem '99, Joel Ford '98, and Mike Parkins '99 produced the next best place of the day, clocking a very respectable 10:15.12 for 9th place. Our Sprint Medley squad of Karchem, Todd Rosenfield '01, Ford, and Seed also performed well, also taking 9th, in 3:33.54. In addition, the team engineered a very large and precisely sculptured pyramid on Cocoa Beach on the last day.

Once back in sunny New England, we got a slice of humble pie as RPI wrenched the Engineers Cup from our grasp for the first time ever. Sastry won the LJ and 110H, Parkins aced the Steeplechase, and Seed and Chris McGuire '00 went 1-2 in the 1500 to keep us close in the meet's early stages. John Biesiadecki '01 sprinted to a fine 800 Meter win to give MIT the lead at 43-38, but RPI's well-balanced team gradually pulled away. The only other MIT wins came from Seed in the 400H and Nikos Michalakis '01, from Greece, who took the Javelin. RPI went 1-2-3 in the 200, and 1-2 in both the High Jump and Triple Jump, and won the meet convincingly, 96.5-77.5

The Beavers bounced back the next week, though, showing much more competitiveness, and took the measure of the Maine schools: MIT 83.5, Colby 53.5, Bowdoin 42, Bates 25. Again, Sastry got the meet rolling well, by launching himself to a PR 22'2" win in the LJ. Parkins strutted to a Steeplechase win over indoor 1500 All-American Matt Twiest from Bates; Seed and McGuire raced to 1-2 in the 1500; Ravi took the 110H and 100; and Joel Ford '98 and Biesiadecki sped to a 1-2 in the 800. And with the meet not half over, MIT led by 23 points. Kalpak Kothari '01 PR'ed at 42'6" to win the Triple Jump, Sam Thibault '00 PR'ed to win the Pole Vault with 14'1", Seed PR'ed to win the 400H in :56.4, and Michalakis bombed a big 176'3" on his final throw to win the Javelin. It was a very encouraging day for the team, as they proved that they could step it up when they wanted to.

The next weekend brought us to Northeastern for a 6-way meet with Dartmouth, UMass-Amherst, URI, NU, and Bentley. We beat Bentley, but were rather outmanned by the Division 1 schools. Individually, the Engineers competed well. Just about everyone posted seasonal bests. Sastry took second in the 110H and third in the LJ. McGuire captured second in a 5000, with Ed Keehr '01 breaking through for a big PR in 6th. Thibault's 14'0" vault and Ford 1:56.45 800 were other quality highlights.

Without a doubt, the best meet of the season was the annual dual meet faceoff with Springfield College. Competing on their brand new track, we knew we were in for a dogfight, and came out fighting. Ravi dropped a bomb on the LJ field in Round 1, only to see Springfield's Jason Aguda pass him in Round 6. Undaunted, Ravi answered with a big 23'0.75" to reclaim the win. Seed and Mark Strauss '01 powered to a 1-2 in the Steeple (Parkins sat out with a knee injury), with the freshman chalking up a 30-second PR.

Definitely the best finish of the day was in the 4x100 relay. Sastry, Karchem, and Rosenfield had kept Springfield's sprint corps close, but Thibault took the stick about 7 meters in arrears. With 40 meters left, "Turbo" launched a mad sprint, flailed for the line, caught SC's anchor, and bit the track. The photo showed about a 1" margin of victory for MIT. That turned a likely 14-18 deficit into a 19-13 lead, and seemed to deflate Springfield. MIT's sweep of the 1500 by Sohail Husain '98, McGuire, and Ford reinforced the point. Sastry followed with a win in the 110H, with Ho PR'ing at :15.99 for third. Rosenfield then charged from third to first in the final straightaway to claim the 400, and MIT held a 43-25 advantage. Kothari's third PR of the day, 44'2.5", gave him a clutch second in the TJ; Ravi won the 100 in a PR :11.23, and Ford and Sean Montgomery '01 took 2-3 in the 800 to keep the Engineers up by 15.

Unfortunately, Springfield would sweep both the Shot and Discus, and MIT needed 1-2 finishes from Seed and Tony Pelosi '01 in the 400H, Thibault and Matt Potts '00 in the Vault, and McGuire and Rich Rosalez '98 in the 5000 to cement the 94-69 win.

The non-scoring "Ephitational" at Williams served as a tune-up for the Championships, and a major show for Seed. Leif charged to victory in the 1500 with a 3:58.83, then dominated the 800 in 1:54.7. Husain chased him in the 1500, earning a NE-3 qualifier in the process, and Ford clocked his best 800 (1:56.1). The 4x400 team of Montgomery, Ford, Rosenfield, and Karchem continued to show flashes, eagerly taking down the host team with a season-best 3:24.61.

Middlebury hosted the New England Division III Championships. Sam Towell '00 PR'ed in all but his feature event (the PV) and scored a surprising 5th place in the decathlon, and optimism ran high. Sastry dusted the 110 Meter Hurdle field, winning by 6 meters in a

PR :15.22. Ravi had earlier produced the 2nd, 3rd, and 4th best long jumps of his life, but his 22'6.5" netted him second place. His 18 points would end up as 1/3 of MIT's points. Leif's strong second half propelled him to a second place in the 1500 in a PR 3:57.40, and he came back to capture a fifth in the 400H, PR'ing again at :55.47. An ailing McGuire didn't match a late race surge in the 5000, but his determined drive almost brought him back to the victory stand, his 14:49.02 PR earning him second, and an NCAA provisional qualifier.

Thibault and Potts scored 3rd and 6th in the Vault, Michalakos tossed a PR 181'7" for fifth in the Javelin, and Joel Ford's 1:55.10 in the 800 got him fifth in probably the deepest quality event of the meet. Strauss knocked another 18 seconds off his PR in the Steeple, placing fifth in 9:26.93, less than 2 seconds off of Seed's MIT Freshman Record.

The 1600 Relay team closed the meet with an excellent performance, running 3:22.71 for fourth place. Montgomery (50.6), Rosenfield (50.9, a big PR), Ford (50.8), and Karchem (50.3) stayed right in the hunt, but with two National-Champions-to-be also on anchor for opposing teams, Neal's task was a tad too tall.

Ravi Sastry was a solid choice for team MVP, and freshman Ed Keehr won the JV Award. Ravi also was voted Most Improved by the coaches and captains. Joel Ford won the Paul McKenzie Award for overall exemplary attitude and leadership.

### MIT 1999 MEN'S OUTDOOR TRACK AND FIELD SCHEDULE

DATE	MEET	LOCATION
4/3	ENGINEER'S CUP (RPI, WPI)	WPI
4/10	BATES, BOWDOIN, COLBY	BOWDOIN
4/17	TBA	TBA
4/24	SPRINGFIELD	HOME
5/1	EPHITATIONAL	WILLIAMS
5/7-8	NEW ENGLAND DIV. III CHAMPIONSHIP	COLBY
5/15-16	NEIAAA CHAMPIONSHIP	MAINE
5/20-22	NCAA DIV. III CHAMPIONSHIP	BALDWIN-WALLACE

**Please remember the Alumni Cross Country Meet at Franklin Park on September 5 (5:00 PM), and the Alumni Indoor Meet on December 12 (1:00 PM).**

#### Alumni Executive Committee

W. Sumner Brown '66  
 Greg Hunter '76  
 Brian Moore '73  
 Patrick Sullivan '71  
 Dave Wilson '73

#### Track Staff

Head Track Coach: Dick MacKenzie  
 Asst. Coach: Dave Palmieri  
 Asst. Coach: Bill Singhose '90  
 Asst. Coach: Halston Taylor  
 Captains:  
 Cross Country: Mike Parkins '99  
                   Rich Rosalez '98  
 Indoor Track: Ravi Sastry '98  
                   Chuck Van Buren '98  
 Outdoor Track: Joel Ford '98  
                   Neal Karchem '99  
                   Ravi Sastry '98



