

**MIT TRACK AND CROSS COUNTRY
FRIENDS OF TRACK AND CROSS COUNTRY
NEWSLETTER #58
JULY 1999**

NEW ASSISTANT COACHES

Last year, I told you I would be looking for two new assistant coaches for Indoor and Outdoor Track and Field. I was able to find one for 1998-99, but have not yet filled the other position.

Mike Cleaves, is our new throws coach. Mike is a Rockland, MA native, who received his degree in Computer Science from Bridgewater State College. While at Bridgewater, Mike set the discus record, and has a best of 180'. After coaching and throwing for a number of years, Mike decided to try his hand at collegiate coaching. Mike did a fantastic job with the throwers this year, producing our first Javelin All-American, Nikos Michalakis. He and his wife Robyn are expecting a baby boy later in the summer.

I am looking at two very good candidates for the jumps position. However, neither are from the area and may not want to make the move for a part-time position. With the fantastic group of freshmen jumpers coming in, I hope we are successful in hiring a good coach to take on the responsibility of making them even better.

WEB SUCCESS

Our World Wide Web address has changed. The new address is: <http://web.mit.edu/hwtaylor/mtfxc/mtfxc.html>. In last year's Newsletter, I promised more timely articles, results, and photos. I was able to live up to that promise, and I hope will be able to continue to provide you updates in a timely manner.

Don Shobrys '75, our newest member of the Friends of Track and Cross Country Executive Committee, has organized a 5k mail competition amongst the Alumni. I plan on putting the results up on the alumni link on my web page <http://web.mit.edu/hwtaylor/mtfxc/Alumni/MITAlumni.html>. You can also fill out a form at this same site to enter your performance. I will include the application at the end of this newsletter as well.

In addition, the recruiting form, results, and general information are creating a remarkable amount of interest in the web site from prospective MIT student/athletes. Almost all communication is by email or phone calls, which helps a lot when one does not have a secretary to get the letters out.

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 '98-'99 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. Since much time and effort go into raising the money for the Spring Trip, If anyone were to have the means and interest to endow this effort it would allow for the coaches and athletes to devote more time to the sports of running, jumping, and throwing.

Next year, we are working on taking the team to Greece for the spring trip. Currently, both our new javelin record holder and his soon to be freshman brother are members of the team, and both hail from Greece. Their father is working on setting up a meet and lodging for the team. Unless we can find other funding at the Institute, we will have to come up with the airfare, food, and other miscellaneous expenses.

As many of you know, both our Indoor and Outdoor track facilities are in desperate need of renovation, as neither have ever been resurfaced. George Steinbrenner visited in May to take a look at the Steinbrenner Track at the request of the Institute. While he did not promise to fund the effort, he did say to send him a proposal and he would see about getting it done. The proposal will include the addition of two more lanes, the ability to run the dash in either direction and from either side, a second high jump apron, the relocation of the Javelin and Discus areas to take advantage of the wind, additional throwing circles, and jumping pits, and additional storage areas for the current and new equipment. The total cost of this project would be about \$2,000,000.00. For those of you who may not know, Henry Steinbrenner '27, George's father, ran track for MIT, and while here won the National AAU 220 Yard Low Hurdles Championship, the IC4A 220 Yard Low Hurdles Championship, and the Penn Relays 120 Yard High Hurdles Championship. We are optimistic, but we have been down this road before.

Don and Carol Shobrys, made a very generous gift of over \$130,000.00 to go towards the renovation of the track and field facilities. My hope is that Mr. Steinbrenner will step up to take care of the Outdoor Track, and Don and Carol's gift can go towards the addition of a second layer on the Indoor track. The Johnson facility also needs better insulation, new curtains to separate the infield, an additional horizontal jumping pit, and better acoustics. This total project would probably run about \$500,000.00.

Upon making his gift Don said that "athletic activity has always helped me maintain some degree of balance in my life. I enjoy it even though I have never been particularly successful (although as you get older and fewer of your peers continue to participate, it is easier to finish towards the top of your age group). I have also met some great people through participation in team sports.

Time spent at other universities helped me realize that MIT is special in that the athletic programs and facilities are available to the entire community. My wife Carol, and I are happy to be able to contribute to this special part of MIT life."

Since both track facilities are over 20 years old and have never been resurfaced, it seems likely that if either are going to ever receive the funding necessary, it may have to

come from our own Friends and Alumni. I hope that others can join Don and Carol in support of this effort.

The cross country team took what has become an annual trip to the National Preview Invitational. This past year the meet was hosted by Dickinson College in Carlisle, PA. We finished 2nd in that meet, beating two teams who eventually finished in the top 10 at Nationals. This coming season, I will be taking 9 individuals to Oshkosh, WI for the National Preview Invitational. Since it is so far away, forcing us to fly, I am limiting it to 9 athletes, which gets us a group discount.

Of course, once again the Spring Trip was the highlight of the year. This season we decided to go back to sunny California (most of the time). We left on a Friday morning, spent the night in Claremont, and then drove to Santa Barbara for their annual relay meet. As expected, we were a bit rusty for the first outdoor competition, which was not helped by the rain. Nevertheless, numerous New England Division III qualifying performances were achieved.

We spent the next 5 days working out at the Claremont facility and getting to know each other. We took one easy day, and visited Six Flags, which the team seemed to enjoy immensely. The Claremont College Track Coach, and other officials were very accommodating and helpful. They even gave us the key to their weight room so we could workout on the weekend.

On Thursday, we drove down to San Diego so that we could get familiar with their facilities for our meet on Friday and Saturday. The weather cooperated, which is what you expect in San Diego, and we performed accordingly. We left with one national qualifier, and a total of 17 NE Division III qualifiers.

The trip was an outstanding success. The 20 guys got to know each other a little better and feel like more of a team, a lot of hard work was put in to lay the foundation for a great outdoor season, and we got off to a very fine start from a performance point of view.

The order of \$100.00 donors listed below is alphabetical. Those with an asterisk after their name donated \$1,000.00 or more. We had a total of 133 donors, totaling \$15,274.99. Thank you very much for your support.

Mr. David Afshartous
Mr. Morio Alexander
Dr. Barry Bayus
Mr. Lewis Bender
Mr. Richard Benfer
Thomas Bohannon MD
Dr. W. Sumner Brown
Mr. William Bruno
Dr. Frederick Bunke Jr.
Mr. Jonathan Claman
Dr. John-Paul Clarke
Mr. Joseph Davis
Mr. Gordon DeWitte
Mr. David Dobos

Mr. Ross Dreyer
Dr. James Flink
Mr. James Garcia
Mr. John Golden Jr.
Dr. Thomsen Hansen
Dr. Edward Hoffer
Mr. Gordon Holterman
Mr. Glenn Hopkins*

Mr. Peter Hutzell
Mr. Kevin Iga
Lt. Murphy Johnson
Mr. Stanley Johnson
Mr. John Kaufmann
Capt Stephen Keith
Dr. David Kieda
Dr. Max Klein
Mr. Joseph Kowalski
Mr. Michael Kozubek
Dr. John Krowlewski
Mr. Albert Lau
Mr. Frank Luedtke
Mr. Michael Lyons

Mr. Edward Martin
Mr. Stanley Martin
Dr. Robin McGuire
Mr. Timothy McManus
Robert & Bethany
Millard
Dr. Donald Morrison
Mr. Michael O'Leary
Mr. Leonard Parsons

Mr. John Pearson
Dr. Peter Peckarsky
Dr. Larry Petro
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Mr. Mark Schwartz
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Dr. William Singhose
Mr. Patrick Sullivan*
Mr. Kwaku Temeng
Mr. John Usher
Mr. Charles Van Buren
Mr. A R Von Waldburg Jr.
Mr. Robert Wesson*
Mr. Robert White
Dr. David Wilson
Mr. David Wright Jr.

WHERE ARE THEY NOW

John Morefield '56, is the Varsity Record holder in the Shot Put for both Indoor and Outdoor Track and Field with marks of 52-8 3/4 and 53-3 1/2 respectively. John is listed as 2nd in the 35 Lb. Weight with a throw of 61-0 1/2, and 6th in the Discus with a mark of 149-9. Our scoring records only go back to 1963, so John does not appear on those. John currently resides in Mechanicsburg, Pennsylvania.

"Following my graduation from MIT in 1956, I had the privilege to compete in several national track events in California - the NCAA and AAU National Championships - culminating with the United States Olympic Trials for the team that was selected to go to the Melbourne '56 Games. I placed 5th in the Hammer Throw but was upgraded to alternate position when one of the top three was subsequently disqualified. That marked the end of my active involvement in track and field forever.

I returned in July 1956 to Central PA to join my father in a small communications business he had founded about ten years before. He passed away a few years later, and it was fortunate that I was on hand to keep the business going. I served as President for thirty-four years, presiding over the growth of the company as it has become one of the premier independent telecommunications marketing firms in the country, providing voice, data and video networking solutions for businesses within our state. I retired this April from very active involvement, and now am the Chairman. This allows me more time to enjoy golf, and many other community interests.

In the forty-plus years since I was an MIT Track and Field man, I have expressed my affection for MIT through alumni service opportunities. One of my favorites was

the Educational Council - interviewing prospective students for the Admissions Office - for almost thirty-five years. I helped to raise funds for the Institute in many campaigns, and have been a member of the MIT Corporation for six years, reelected in June this year for another five years. Last year I had the honor of serving as the 124th President of the 85,000 member MIT Alumni Association, a great experience for me personally.

I keep in contact with MIT Athletics as a member of the Visiting Committee, and admire the continuing philosophy that characterizes the mission that sports and fitness play in the lives of the current students - unchanged from what I remember so many years ago. The main goal is encouraging as many students as possible to be athletically active. The Institute believes students profit from experiencing the pressures and rewards of athletic competition. MIT also believes individuals perform best when in good physical condition, and so seeks to teach the value of lifelong fitness. I heartily concur.”

CROSS COUNTRY

Varsity Record

Won 7, Lost 0

MIT

25
22
35
26

OPPONENT

Alumni 32
RPI 39, WPI 76
Tufts 42, Bates 48
Tufts 30, UMass/Boston 82

Codfish Bowl	1st of 16 - 55 points
Babson Invitational	1st of 27 - 58 points
National Preview Inv.	2nd of 45 - 87 points
NEIAAA Championship	13th of 39 - 376 points
NEWMAC Championship	1st of 7 - 15 points
NCAA Div. III Qualifier	5th of 32 - 132 points

1998 FINAL CROSS COUNTRY RANKING

NAME	DELTA	RANK	PLACE	RANK	# OF RACES	RANK	TOTAL	FINAL RANK
ADLER	4:25	24	21	24	6	5	53	24
ANDERSEN	3:06	16	13.6	16	9	2	34	16
AOU	4:18	21	20.25	23	4	7	51	23
BAILEY								
BILLING	2:24	11	10.6	11	7	4	26	10
BLOMQUIST	4:10	20	18.75	20	8	3	43	20
ESPARZA	2:33	12	11.5	13	8	3	28	13
FAVILUKIS	2:56	15	12.75	15	8	3	33	15
FELDMAN	:25	3	2.9	3	10	1	7	3
GUO	1:56	10	8.4	9	9	2	21	9
HAMBY	6:29	28	25	28	2	9	65	28
HU	3:53	19	17	19	9	2	40	19

HUNG	2:45	14	12.1	14	9	2	30	14
JACOBS	7:01	29	25	28	1	10	67	29
JOHNSTON	1:33	8	6.3	6	9	2	16	7
KARCHEM	4:21	23	19.9	22	7	4	49	22
KEEHR	1:30	7	6.8	7	10	1	15	6
KELMAN	5:49	26	23.5	26	8	3	55	26
LOISELLE	1:10	5	5.1	5	10	1	11	4
MARTINEZ	6:05	27	23.7	27	3	8	62	27
MAZOR	3:36	17	15.9	17	8	3	37	17
MCGUIRE	1:05	4	5	4	6	5	13	5
MOLNAR	2:38	13	11.4	12	9	2	27	12
MONTGOME RY	1:28	6	7.1	8	9	2	16	7
PARKINS	:11	2	2	1	10	1	4	2
PEOPLES	3:46	18	16.6	18	9	2	38	18
RAPHAEL	4:22	22	19.5	21	6	5	48	21
SEED	1:54	9	8.75	10	4	7	26	10
STRAUSS	:06	1	2	1	10	1	3	1
WALKER								
WHITING	5:01	25	22.1	25	8	3	53	24

1999 MEN'S CROSS COUNTRY SCHEDULE

9/4	ALUMNI	FRANKLIN PARK	5:00*
9/11	ENGINEER'S CUP (RPI, WPI)	RPI	1:00
9/18	BATES, TUFTS	BATES	3:00
9/25	CODFISH BOWL INVITATIONAL	FRANKLIN PARK	TBA
10/2	BABSON INVITATIONAL	BABSON COLLEGE	TBA
10/9	NATIONAL PREVIEW INVITATIONAL	WISC./OSHKOSH	TBA
10/15	NEIAAA CHAMPIONSHIP	FRANKLIN PARK	
	11:30		
10/23	TUFTS' INVITATIONAL OR TBA	GRAFTON, MA OR TBA	TBA
10/30	NEWMAC CHAMPIONSHIP	MT. HOLYOKE	TBA
11/6	ECAC CHAMPIONSHIP OR OFF	TBA	TBA
11/13	NCAA DIV. III REGIONAL QUALIFIER	BABSON COLLEGE	
	12:00		
11/20	NCAA DIV. III CHAMPIONSHIP	WISC./OSHKOSH	
	12:00		

*** TIME IS SUBJECT TO CHANGE - CALL (617) 253-4918 FOR UPDATE OR CHECK THE WWW AT web.mit.edu/hwtaylor/mtfxc/mtfxc.html**

Cross Country Produces Great Season, But Falters at National Qualifier

The return of Chris McGuire, Mike Parkins, and Mark Strauss was enough for any program to anticipate a successful season. What was not known was who would step

up to bring the 4th and 5th positions within that all important 60 seconds of the front runner.

Chris McGuire was injured before the competitive season got started, which made things look quite dismal going into the Alumni Meet. As expected, Jesse Darley took control of the race after 3 miles and won easily by 7 seconds. The big surprise was not that Parkins and Strauss were 2nd and 4th respectively, but that freshman Dan Feldman split them for 3rd. The finishes of Arnold Seto (5th), Terry McNatt (6th), and Jim Garcia (8th), were not enough to bring victory for the Alumni. Josh Feldman, in from St. Louis, had a tough day and finished 12th. Ethan Crain was a spectator as he didn't have the energy after just flying in from his honeymoon. Other alumni competitors giving it their best were Omar Saleh, Dev Sinha, Mike Mollod, and Chuck Van Buren.

Now that it looked like the team might be pretty good, even without McGuire, we settled down to the business of making the team as good as possible with the hopes that when Chris was ready, we would be that much better.

The first intercollegiate competition was the annual Engineer's Cup against RPI and WPI. This was supposed to be an easy meet for MIT, but thanks to a wrong turn by Strauss in the last mile, and his resulting disqualification, the team had to depend on it's depth. Fortunately, Frank Johnston, Ed Keehr, and Leif Seed finished 5th, 6th, and 8th respectively to go along with the 1-2 finish by Parkins and Feldman. Overall, the delta for the first 5 runners, minus Strauss of course, was 1:18. Not good, but something to work with.

The next challenge was to avenge the loss to Tufts from last year. Hosting the Bates and Tufts Meet, we took advantage of the familiarity of Franklin Park and let Tufts and Bates do most of the work. In fact, with 1 mile to go, we were still behind due to Tufts having 6 runners in front of our 4th man. However, Ed Keehr made up a lot of ground, passing 4 Tufts' runners in the final 1/2 mile to lead us to victory. Strauss lost a close race to Mike Danahy from Bates, and Parkins and Feldman finished 3rd and 6th respectively. The delta moved to 1:30, showing that depth at the front was not good enough for MIT to be a championship team.

The first invitational was on the horizon in the form of the Codfish Bowl. This meet has been a long standing Boston tradition. The last time we ran in the meet (1985), which typically draws the best New England teams, we won it. We were hoping for a similar outcome this time.

Again using the strategy of running from behind, Strauss and Parkins led the way to the Engineer's victory. National 1500 champion, Robert Mitchell won the race in the final 1/2 mile, but Strauss finished 3rd, and Parkins 4th, as both avenged the loss to Danahy from the week before. Feldman continued to surprise as he was able to run his own pace and hang on to a very respectable 10th place and a 25:54 time. Ed Keehr had his second great meet in a row with a 16th place finish. Coming out of nowhere to finish 5th for us was Phil Loisselle. Phil finished :10 ahead of Johnston, cutting our delta to 1:17. Perhaps the biggest surprise was Sean Montgomery passing about 20 people in the final mile to finish 7th for us, just :06 behind Johnston.

Not having experienced a loss, we took our fortunes, and our record to the Babson College Invitational. We had run this meet a number of times in the early 90's but

never won it. This year, Babson College was hosting the national qualifier, so seeing the course under race conditions would be quite helpful.

Similar to the week before, we took the pace out slow, letting the other runners do the work. Parkins outkicked Strauss for the victory, and Feldman finished 6th to lead us to a convincing victory over Brandeis, Coast Guard, and once again, Bates. Chris McGuire ran for the first time, finishing 35th overall, and 6th among MIT runners.

In the Junior Varsity race, MIT dominated, finishing 1,2, 4, 5, and 9 to easily win the race. Montgomery continued his improvement as he won the race.

Next, the team traveled to Pennsylvania to take on #1 ranked Williams College, and two other teams ranked ahead of MIT at Dickinson College, the site of the 1998 National Championship.

Our strategy of running from behind did not work very well this time. Williams took the pace out hard, having 5 runners in front of our first one at mile one. We did begin to make up ground but not quickly enough. Strauss, Parkins and Feldman all moved up to the leaders, but MIT's second group of runners were positioned too far back, and could not make up the necessary ground. Strauss lost a close battle to Dan McCue from Williams, but Parkins finished 4th ahead of the 2nd Williams' runner. Feldman finished 13th overall, but there were 6 runners from Williams in front of him. Loisel finished in 30th, and Montgomery in 42nd to close out the MIT scoring.

The one thing that has proven fatal for this particular group of runners is going out too fast. This tends to break up our groups and exposes our weakness, which is competing as individuals. The All New England Championship was the perfect race for us to test our ability to compete with very good runners, which is to say, run a well paced race and yet be competitive throughout. We focused too much on position and not enough on pace. The first mile for our varsity ranged from 4:36 (30th position) to 4:55 (140th position). Given that we were shooting for times ranging from 24:40 to 26:00, and our pace between miles did not want to vary by more than :20 from our fastest to slowest mile, we were either going to run very fast or have a long day on the course.

We chose the latter, as Tufts, and Brandeis moved up in groups (the way we normally run), as we struggled for survival. Strauss held on to finish in 34th place, but Parkins fell back considerably to 59th. Overall, we finished in 13th place, but we were 4th among Division III Colleges. Getting beaten by both Tufts and Brandeis for the first time this season was a difficult pill to swallow, but we knew what we did wrong and what we needed to do to fix it.

Not able to find a meet for the following weekend, we hurriedly got a meet together with Tufts (again) and UMass Boston out at Tufts new course at their Grafton based veterinary school. The course is very hilly and quite unforgiving for anyone taking the pace out hard. Feeling good from their fine finish at the New England Championships, Tufts took the pace out very ambitiously. At the mile mark, Tufts occupied the first three positions by a sizable margin, and had a second group of three ahead of our second group of three, again by a large margin. As the race progressed, the lead Tufts' runner maintained his position but his teammates faded badly. Mike Parkins held on for 2nd, and Sean Montgomery joined Dan Feldman and Mark Strauss to place 5th, 4th, and 6th respectively. Chris McGuire and Phil Loisel closed out the victory in 9th and

10th as they finished 8 seconds in front of the Tufts' 5th runner. Our delta was now down to :56.

Back on track (so to speak), the Engineers' next objective was to run for the inaugural New England Women's and Men's Conference (NEWMAC) Championship. The race was held at the difficult and somewhat dangerous Coast Guard Academy course.

Running according to plan, we ran a controlled but quick pace behind the lead Coast Guard runners through the flat first mile. At 1 1/2 miles, Coast Guard held 1-2-6-7-8 positions with MIT occupying the other places back to 12th place. By three miles, the race was virtually over as MIT runners came through the first barrage of hills in 1-2-3-5-6-7 positions and closing on the lone Coast Guard runner in 4th. At the finish, we initiated the conference properly with a perfect sweep, with both Strauss and Parkins (who would have won if not for a wrong turn in the last mile) breaking the old course record. Our delta was :25, and it appeared we were ready for the National Championship.

Before we could show the rest of the country how good we could be, we first had to get to nationals by placing amongst the top 4 teams in our regional championship. This was not a simple task, but given the way we were running we saw no way that we would not make it. However, we didn't. Logic cannot explain this one. At miles one and two we were in perfect position and running according to plan. But by the 2 mile mark it was obvious that Parkins and Strauss were not going to provide the 1-2 punch they had been doing all season. They went from top 15 to about 40th place as the race went on. McGuire, Loisselle, and Montgomery ran season bests as they led the team with finishes of 23rd, 25th, and 28th, but Feldman (27th), Parkins (29th), and Strauss (34th) did not deliver, and in fact ran between :04-:30 slower than they had on the same course 6 weeks earlier on a very hot day. It was difficult to end the season in 5th place, one place out of national qualifying, but it should not take away from the undefeated season, two victories in invitationals, and a season high national ranking of 9th.

The MVP for Cross Country was once again Mike Parkins. Looking forward to 1999, we lost Parkins to graduation, but return everyone else in the top 10. The cross country recruits are unproven and may not add to the top 10 depth in 1999. However, if they do their mileage, anything can happen. The captain for 1999 is Chris McGuire.

*** SEASON SUMMARY ***

MASSACHUSETTS INSTITUTE OF TECHNOLOGY 1998-99 INDOOR TRACK

VARSIITY

Won 11, Lost 2

MIT

59
290.5
189
210.5
266

OPPONENT

Alumni 63
Tufts 194.5, Coast Guard 96
Tufts 155.5, Bates 107.5, Colby 75, Bowdoin 73
Williams 256, Bates 83.5, WPI 41
Springfield 131, Bowdoin 101, Westfield St. 92

JV

Won 1, Lost 0
MIT 121.5 NAPS 19.5

VARSITY SCORING & ROSTER

Ravi Sastry*	'98	88	Peter Bluvas	'01	23	Damian Plummer	'02	8.25
Sean Montgomery	'01	67.75	Jason Dailey	'99	21	Ken Walker	'01	7.50
Jordan Alperin	'02	64.25	John Biesiadecki	'01	19.75	Roy Emanuel	'99	7
Leif Seed	'99	58.25	Alan Raphael	'02	19.75	Brian Rogers	'01	7
Dan Feldman	'02	53	Todd Chamoy	'99	19	Matthew Yarosz	'00	6
Todd Rosenfield	'01	52.75	Roger Nielsen	'01	16.50	Chris McLean	'00	4
Robbie Gray	'02	51	Sam Sidiqi	'99	14.50	George Torres	'99	4
Neal Karchem	'99	50.75	Ashley Clayborne	'99	13.75	Albert Hung	'01	3.50
Mike Parkins*	'99	46.25	Ed Keehr	'01	11	Alfred Ashford	'02	2
Kalpak Kothari	'01	39	Ray Molnar	'00	10.25	Chris Kelly	'02	2
Phil Loisel	'01	33.50	Dan Kwon	'02	10	Steve Lefkowitz	'00	1
Mark Strauss	'01	31	Liyan Guo	'01	9.50	Kevin Atkinson	'02	
Yuval Mazor	'02	30.75	Kamal Mokeddem	'01	9	Jeff Billing	'01	
Matt Potts	'00	29	Alex Rodriguez	'00	9	Tim Booher	'99	
Sam Thibault	'00	27	Gus Blomquist	'99	8.25	Brent Yen	'99	
Chris McGuire	'00	26						

* Captain

CHAMPIONSHIPS

New England Division 3 (NE Div. 3) (2nd) 86 points

Peter Bluvas	Pentathlon	3147 (2nd)
Kalpak Kothari	Triple Jump	44-06 3/4 (2nd)
Ravi Sastry	55 HH	7.85 (2nd)
Sam Thibault	Pole Vault	13-06 (2nd)
Chris McGuire	5000	15:16.04 (3rd)
Mike Parkins	3000	8:33.72 (3rd)
Ravi Sastry	Long Jump	22-03 1/2 (3rd)
Ravi Sastry	Pentathlon	3114 (3rd)
Leif Seed	1000	2:31.39 (3rd)
Plummer, Loisel, Raphael, Seed	3200 Relay	8:03.43 (3rd)
Jordan Alperin	Pentathlon	3011 (4th)
Dan Feldman	5000	15:21.33 (4th)
Neal Karchem	600	1:24.92 (4th)
Sam Sidiqi	Pole Vault	13-00 (4th)
Jordan Alperin	High Jump	6-01 (5th - tie)
Mark Strauss	3000	8:38.94 (6th)

New England Intercollegiate Amateur Athletic Association (NEIAAA) (19th tie) 9 points

Mark Strauss	5000	14:43.29 (3rd)
Leif Seed	1000	2:27.14 (5th)
Chris McGuire	5000	14:56.98 (6th)

Eastern Collegiate Athletics Conference (ECAC) (7th) 29 points

Dan Feldman	5000	14:52.08 (2nd)
Mark Strauss	3000	8:28.35 (2nd)
Leif Seed	800	1:55.02 (3rd)
Chris McGuire	5000	15:03.69 (4th)
Mike Parkins	5000	15:06.28 (5th)
Phil Loisel	1000	2:33.03 (6th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Todd Chamoy	51-09 1/2
	Jason Dailey	51-05 1/4
Shot Put	Peter Bluvas	42-02 3/4
	Brian Rogers	40-10 1/4
Long Jump	Ravi Sastry	22-03 1/2

Triple Jump	Robbie Gray	20-02
	Kalpak Kothari	44-06 3/4
Pole Vault	Robbie Gray	41-00 1/2
	Sam Thibault	13-06
	Matt Potts	13-03
High Jump	Sam Sidiqi	13-03
	Jordan Alperin	6-02
	Roger Nielsen	6-00
	Ravi Sastry	6-00
55HH	Ravi Sastry	7.85
55	Jordan Alperin	8.30
	Robbie Gray	6.72
200	Ravi Sastry	6.74
	Todd Rosenfield	23.85
400	Neal Karchem	23.96
	Todd Rosenfield	51.64
600	Yuval Mazor	52.59
	Neal Karchem	1:24.92
800	Yuval Mazor	1:26.57
	Leif Seed	1:53.82
1000	Sean Montgomery	1:55.68
	Leif Seed	2:27.14**
1500	Phil Loisselle	2:33.03
	Sean Montgomery	3:56.48
3000	Dan Feldman	4:01.99
	Mark Strauss	8:28.35
5000	Mike Parkins	8:33.72
	Mark Strauss	14:43.29*
	Dan Feldman	14:52.08#
1600R	Mazor, Rosenfield, Karchem, Montgomery	3:26.44
3200R	Loisselle, Feldman, Parkins, Seed	8:00.09
DMR	McGuire, Clayborne, Karchem, Strauss	10:47.8
Pentathlon	Peter Bluvus	3147
	Ravi Sastry	3114
	Jordan Alperin	3011#

* Varsity Record

** Ties Varsity Record

Freshman Record

Team Depth and Youth Produce 11-2 Season, 2nd in NE-3 Championship, Again

You may have noticed that the title is the same as last year. On the upside, it means that once again we have reloaded and continued to compete at the same level. On the downside, it still means that Williams College is beating us.

The month of November kicked off the start of Indoor Track and Field for the 1998-99 season. We began with three weeks of increasingly hard conditioning in hopes of further reducing the early and mid-season injuries that seem to plague the athletes in this sport. We ended the preseason with some testing and an Intrasquad Meet to see how much work we needed to do to get ready for the Alumni the following week.

After a very successful beginning, we took on the Alumni in an effort to stop the three year slide. Bill Singhose once again mounted a formidable number of teammates

to get the job done. Bill himself did most of the damage in winning the Long Jump, High Jump, Pole Vault, Shot Put, and 55HH. J.P. Clarke won the 35LB. Weight Throw and finished just out of the scoring in the Shot. Patrick Dannen participated for the Alumni for the first time and scored a 2nd in the Shot Put. Kevin Scannell left his family long enough to finish 3rd in the LJ. Morio Alexander jumped better without practicing, as he placed 2nd in the TJ, and just out of the money in the LJ. In the sprints, Akin Aina and Mark Dunzo took advantage of the lack of Varsity sprinters, placing 3rd and tied for 1st respectively in a photo finish in the 55 and 1-2 respectively in the 200. Terry McNatt was the lone scorer in the events over 200 meters, scoring a 2nd in the 5000 behind a great effort by freshman Dan Feldman.

After all that, it still came down to the 800 Relay. The Varsity was up by 1 point going into this final event. Bill Singhose led off the relay for the Alumni against freshman Yuval Mazor. Yuval was slightly behind at the hand-off to Neal Karchem who caught Aina and handed off even with the Alumni. Freshman Kevin Atkinson was next. As he was about to step around Morio Alexander in hopes of setting Sean Montgomery up to take down Mark Dunzo on the anchor leg, Kevin pulled up with a hamstring tear (and it wasn't like Ed Martin at the Florida Relays--you had to be there). So once again, the Alumni won the meet, meaning that the senior class graduated without having beaten Williams College or the Alumni.

After the Christmas Break, we began working on event specifics in preparation for the quad cup season. As a warmup to that series of four meets, we held our annual Beaver Relays to sort of shake the cobwebs out. It was a good thing too, because while the competitiveness was there, the performances were not. There were a few highlights however, and leading the way were those in the Pentathlon. Both Jordan Alperin, and Peter Bluvus showed that they will be contenders come New England Division III time as they went 1-3 in the event. Ravi Sastry, last years Division III runner-up in the pentathlon, took the meet off to complete his recovery from hamstring woes. Also performing well was Sean Montgomery in the 800 with an uncontested 1:56.50. Perhaps the worst news was that George Torres, our leading thrower, was taking a leave from MIT for a semester. While this is probably a good thing for George, our weakness in the throwing events suddenly became much worse. We demonstrated good depth in the jumping events, but with the exception of Sastry in the long jump, we were not showing signs of much quality.

Our first Quad Cup meet was against Tufts, and Coast Guard (I know, three teams does not make a quad meet, but the scheduling in this league does not always allow for exactly four teams to be involved). As a reminder, Quad Cup scoring is 9-7-6-5-4-3-2-1, and each team is allowed up to 4 entries per event.

The guys wasted no time taking control of this meet, despite the continued loss of Ravi Sastry. Our depleted group of throwers responded to the challenge and secured a first and third in the Weight Throw from Jason Dailey and Todd Chamoy. The Pole Vault also went well as Tufts did not even have a vaulter entered, leaving only two vaulters from Coast Guard to contend with. Tech vaulters came through with a 1-2-5-6 finish. After a sweep in the 1500 with four MIT runners going under 4:05, and a 2-3-4-5 finish in the Long Jump, the meet was essentially over, as MIT cruised to an easy victory over the two rivals.

We have not seemed to do as well at away meets in recent years as we do at home, so the following week's trip to Brunswick, Maine to face Bowdoin, Bates, Colby, and Tufts again, had me a little worried. Tufts had been embarrassed in the previous week, and was not about to let that happen again.

Sastry was going to see if his hamstring was up to competition, so providing he was successful, the team was confident they would get the job done. Due to Bowdoin's facility, the Triple Jump is the first event. After his first jump, Robbie Gray, Tech's 2nd best sprinter, long jumper, and triple jumper, pulled his hamstring enough to pull himself out of the meet. Kalpak Kothari, leading the event until the last round, ended up in third behind two Tufts' jumpers who came through when it counted. In the Weight Throw, Jason Dailey went from 5th to 7th in the finals. We got blanked in the Shot Put, and other than Sastry's winning effort, we failed to score in the Long Jump. At this point we were behind 46-19 to Tufts and praying for the running events to start.

The vertical jumps helped a bit as Jordan Alperin won the High Jump, and Matt Potts won the Pole Vault. Because of the support from the other high jumpers and vaulters, MIT caught up to within 9. The hurdles brought us into the lead as Sastry won his 2nd event. After that we continued to gain points by outscoring Tufts in the 400 - 1500, but lost big in the 55 and 200. Going into the 5000 we were only up by 11 points. Dan Feldman took the lead right from the start in the 5K and ended up with a huge freshman record of 14:54.27, qualifying him provisionally for nationals. MIT won both of the final relays to take home the victory and remain undefeated, but Tufts had proven a more worthy opponent than the previous week.

Week 3 was the long awaited showdown with Williams. Bates and WPI were also along for the ride but were not going to figure significantly in the scoring. In my tenure at MIT, we had won 8 of the last 16 meets with Williams, so this was going to be the tie-breaker. Williams was favored, but depending on the readiness of Sastry and Gray, we thought we could get the job done. Next to graduating, there is nothing Sastry wanted more than to beat Williams before leaving MIT.

Things started off okay with Ravi jumping 22-0 to win the Long Jump and running a best of 7.90 to win the High Hurdles. We scored well in the Weight Throw relative to Williams, and they scored well in the Long Jump. We outscored them in the High Jump, but they surprised us with a better outing in the Pole Vault. In the 1500, we hoped to sweep them to get the ball rolling in our favor, but they entered the #1 ranked runner in the country in the 5K to prevent that sweep. He took the kick out of our squad as he came through the 1200 in 3:10. Sean Montgomery passed him in the final straight with a national qualifying time of 3:56, but our other places were 3rd, 4th, and 7th, even though they ran 4:01, 4:02, and 4:05.

Williams showed off their superiority in the sprints as they took the 55 with a 25-8 score, and the lead 123-121 1/2. Sean Montgomery, once again kept us together, as he ran a superb 1:55.65 to Williams 156.62 to win the 800. MIT also outscored Williams in this event as well as the 1000 to take a 7 1/2 point lead. However, news of the Shot Put was coming to the scorer's table, and it was not good. Williams took the event by a score of 21-1. If that was not bad enough, the 200 was a perfect sweep for Williams as they went 1-2-3-4. We scored 5th, 6th, and 7th, but in just two events Williams had turned a 7 1/2 point deficit into a 30 1/2 point lead. The 3000 was our last chance to

catch up, and that was unlikely against a team that placed 3rd at the National Cross Country Championship. Nevertheless, MIT runners went after it. In a race that saw all 8 places go under 9:00, we took 4 of those places. But, it was not enough as Williams ran to a 256 to 210 1/2 victory.

The final week of the Quad Cup Season had Springfield, Bowdoin, and Westfield State competing at MIT. The big news of the week was not the meet, but the fact that Sean Montgomery had broken his big toe while running down some stairs in his fraternity to answer the phone. The competition was not supposed to be stiff, and in fact, we doubled the score of our closest opponent, Springfield. Numerous bests were had as individuals focused on qualifying for the New England Division III Championships.

All in all, seventeen season or personal bests were had by MIT as we won 10 of the 17 events. Sam Sidiqi and Robbie Gray had very memorable days. Sam improved by over a foot in the Pole Vault with a 13-3 effort while Robbie established three season bests with a 6.72 in the dash, a 20-2 in the Long Jump, and a 41-0 1/2 leap in the Triple Jump. Other notable performances were turned in by Neal Karchem in the 600 with a 1:25.7, Dan Feldman, showing his versatility in the 800 with a 2:02.81, Ed Keehr, running 15:39.37 in the 5000 to become the fifth MIT runner under 15:40 this season, and Todd Chamoy, throwing a PR of 49-5 3/4 in the Weight Throw.

The week before the New England Division III Championship (NE3), we had a non-scoring coed invitational to try and get the marks necessary to enter the Championship. This was the first coed meet hosted by MIT ever. We were able to run the meet in 5 hours, which was about as tight a schedule as possible with the number of entries we had. The reason we do not host or participate in more coed meets, or invitationals for that matter, is the time factor. Even at 5 hours the MIT athletes were complaining about the amount of time they had to sit around. I do not feel we can impose the additional hours on the team when they are already pushed to the limit with their time management. As you all know, the academic load is too great here to add another 2-3 hours per week for coed meets.

Also that week, Ravi Sastry, needing a pentathlon score in order to qualify for NE3, took advantage of some of the stipend he is getting from his MEng program in EECS, and flew to a meet in Hillsdale, MI to get a score. This was all Ravi's idea, and just shows the type of competitor he is. Ravi scored enough to qualify for the Championship but injured his back in the process to go along with his ankle and hamstring that were still bothering him.

Going into the NE3 Championship, we were seeded 3rd as a team behind Williams and Wheaton College. MIT had been seeded 2nd but with Sean Montgomery not being able to run properly due to his broken toe Wheaton and Williams were 8 and 20 point favorites.

The Pentathlon is the only event on stage during the first day of competition. Having prepared for this since November, the Engineers were represented by Sastry, Jordan Alperin, Peter Bluvas, and Roger Nielsen. Ravi was having troubles even walking with his back hurting so much, and Jordan had not practiced in over a week due to a bout with the flu. Wanting a championship victory more than they cared about their health, Ravi, Jordan, Peter, and Roger opened up with a 1-2-3-6 finish after the

first event. After two events we slipped to 1-2-4, and stayed that way until after the High Jump where we now had 2-3-4-5. Due to the injuries and illness the only one of the four who had adequate training for the 1000 was Peter. They all ran magnificently however and held on to their places with Peter getting 2nd, Ravi placing 3rd, Jordan in 4th, and Roger just 21 points out of scoring with a 7th place finish.

The 18 points were a phenomenal start, and now we had to try and make up for the injuries and score a lot more. Ravi got us going with a 22-3 1/2 PR in the Long Jump for 3rd, and another PR of 7.85 in the High Hurdles for 2nd. Kalpak sucked up the pain from his ankle injury, and ripped through his step for a 44-6 3/4 PR to place 2nd in the Triple Jump. Jordan came back from exhaustion and tied for 5th in the High Jump. The Pole Vaulters would not be outdone as they earned a 2nd and 4th from Sam Thibault (also nursing an injured ankle) and Sam Sidiqi respectively. The Weight Throw let us down, but we were not expecting more than a couple of points in that event.

The running events were not going to be the savior they had been in the past with Montgomery still feeling the effects of his toe but he gave it a try anyway. Looking good, early in the 1500, it was obvious that the training and confidence were no longer there as he slipped to the back of the pack. He made a better showing in the 800, but not enough to score with a 1:58.85. Leif Seed did not appear to have the confidence in the 1000 even though he placed 3rd with a 2:31.39. Neal Karchem ran an excellent race in the 600 to once again move from an unseeded position to 4th place with a PR of 1:24.92. Mike Parkins came through with an excellent run in the 3000 with a PR of 8:33.72 for 3rd, but Mark Strauss lost his desire late in the race, and finished in 6th with a 8:38.94. Chris McGuire fell back after an early effort to stay with the leaders in the 5000 but came back to finish in 3rd. Dan Feldman, seeded 1st, was beginning to come down with the flu and it showed. After trying to take the race out, he faded badly at the end, but still managed to hang on for 4th. Overall, the runners did not have the kind of day they needed to get the job done, and Williams did. Fortunately, enough guys overlooked their adversity and competed well anyway, giving us the 2nd place for the 3rd year in a row.

The All New Englands were once again held at BU's banked track. We did not take many athletes over as most of them opted to allow their bodies to heal for Outdoor Track. The only ones continuing were those who had a chance of qualifying for Nationals.

Mark Strauss, showing much more competitiveness than the week before, ran a tremendous race in the 5000, finishing with a 31 second last 200 to finish 3rd, just a little over a second from 2nd with a time of 14:43.29. Mark's time was a new Varsity Record and qualified him automatically for Nationals. Also in that race, Chris McGuire ran an indoor PR of 14:56.98 to qualify for Nationals and place 6th. Leif Seed did not set a Varsity record in the 1000, but he did the next best thing by tying it with a 2:27.14 to place 5th overall.

Leif was on a hot streak and took his chances on the IC4A Championship the next weekend, which was being held at the Reggie Lewis track in Boston. Leif went after it, holding nothing back as he ran the 800 in a huge personal best of 1:53.82 to qualify for Nationals provisionally.

Across town the ECAC Division III meet was taking place at BU. Those who were still trying to qualify for Nationals, or improve their chances of making the top 11 who get to go, competed on the banked oval. Dan Feldman, almost totally recovered from his flu, ran an inspired race in the 5000 to lower his own Freshman record to 14:52.08. Also running a superb race for a tune-up for Nationals, was Mark Strauss. Mark narrowly missed the Varsity record by just over .6 in the 3000 with a 8:28.35.

As it turned out, Mark was the only one to actually get to go to Nationals. Leif missed it by 1 person, Sean would have made it, but his toe was not ready, and Dan and Chris did not quite make the field in the 5000.

The 5000 began with a slow pace for the first quarter, which was run in 73 seconds, then picked up to 71 pace for the next 1200. Mark appeared fine at the mile, then suddenly dropped back like he had a parachute that was pulled. Mark totally lost focus, running the last mile in 5:46 to put an end to the long indoor season.

The 11-2 season, 2nd place NE Div. 3 finish, Varsity and Freshman records in the 5000, tying the record in the 1000, setting a new Freshman record in the Pentathlon, 5 individuals qualifying for Nationals, and a total assault on the top 10 lists with 16 new entries, not including the Pentathlon, all define a truly great season.

Ravi Sastry again won the MVP for the season, as would be expected. Ravi also finished as the top all-time point scorer for Indoor Track and Field. Captains for next year are Chris McGuire and Matt Potts.

1999-00 MEN'S INDOOR TRACK AND FIELD SCHEDULE

12/11	ALUMNI	HOME	1:00
1/8	BEAVER RELAYS	HOME	9:00
1/15	BATES, RIC, USM, WESTFIELD STATE	BATES	1:00
1/22	BOWDOIN, SPRINGFIELD, USM	HOME	1:00
1/29	COAST GUARD, RIC, WESTFIELD ST.	COAST GUARD	1:00
2/5	MIDDLEBURY, SPRINGFIELD, TUFTS	TUFTS	1:00
2/12	QUAD CUP INVITATIONAL	HOME	12:00
2/18-19	NEW ENGLAND DIV. III CHAMPIONSHIP	BATES	11:00
2/25-26	NEIAAA CHAMPIONSHIP	BU	TBA
3/4-5	IC4A CHAMPIONSHIP	REGGIE LEWIS	TBA
3/10-11	NCAA DIV. III CHAMPIONSHIP	ILLINOIS WES.	TBA

***** SEASON SUMMARY *****

MASSACHUSETTS INSTITUTE OF TECHNOLOGY 1999 OUTDOOR TRACK

Varsity

Won 6, Lost 0

MIT

110.5

81

156

Opponent

RPI 55, WPI 37.5

Colby 66, Bowdoin 49, USM 11

Tufts 128

VARSIITY SCORING & ROSTER

Ravi Sastry *	'98	36.75	Jason Dailey	'99	9	Gus Blomquist	'99	1
Sean Montgomery	'01	36	Jordan Alperin	'02	8	Dakus Gunn	'01	1
Leif Seed *	'99	26.5	Dan Kwon	'02	8	Chris Kelly	'02	1
Peter Bluvus	'01	26	Yuval Mazor	'02	7.25	Alex Rodriquez	'00	1
Neal Karchem	'99	22.5	Sam Sidiqi	'99	6	Ken Walker	'01	1
Mark Strauss	'01	18	Matt Potts	'00	5.5	Kevin Atkinson	'02	
Todd Rosenfield	'01	17.5	John Biesiadecki	'01	5	Ashley Clayborne	'99	
Nikos Michalakis	'01	16	Alan Raphael	'02	5	Roy Emanuel	'99	
Chris McGuire	'00	15	Tony Pelosi	'01	4	Ed Keehr	'01	
Dan Feldman	'02	14	Liyan Guo	'01	2	Steve Lefkowitz	'00	
Kalpak Kothari	'01	14	Phil Loiselle	'01	2	Kamal Mokeddem	'01	
Sam Thibault	'00	13	Chris McLean	'00	2	Damian Plummer	'02	
Robbie Gray	'02	11.5	Roger Nielsen	'01	2	Matt Yarosz	'00	
Mike Parkins	'99	10	Alfred Ashford	'02	1	Brent Yen	'99	

* Captain

CHAMPIONSHIPS

New England Women's and Men's Athletic Conference (NEWMAC) (1st) 189 points

Chris McGuire	10,000	31:23.73 (1st)
Nikos Michalakis	Javelin	194-07 (1st)
Sean Montgomery	1500	4:07.24 (1st)
Mike Parkins	3000SC	9:35.34 (1st)
Leif Seed	400IH	56.91 (1st)
Rosenfield, Mazor, Karchem, Seed	1600 Relay	3:28.14 (1st)
Dan Feldman	10,000	32:21.11 (2nd)
Sean Montgomery	800	2:00.23 (2nd)
Mike Parkins	5000	15:54.87 (2nd)
Ravi Sastry	Long Jump	23-02 (2nd)
Ravi Sastry	110HH	15.18 (2nd)
Gray, Karchem, Rosenfield, Sastry	400 Relay	44.05 (2nd)
Dan Feldman	5000	15:56.07 (3rd)
Liyan Guo	10,000	32:59.65 (3rd)
Neal Karchem	400	51.31 (3rd)
Kalpak Kothari	Triple Jump	44-10 1/4 (3rd)
Sam Sidiqi	Pole Vault	12-06 (3rd)
Yuval Mazor	400	52.65 (4th)
Chris McGuire	5000	15:58.83 (4th)
Matt Potts	Pole Vault	12-06 (4th)
Alan Raphael	800	2:01.11 (4th)
Jordan Alperin	110HH	15.96 (5th)
Jordan Alperin	High Jump	6-0 (5th)
Peter Bluvus	400IH	60.30 (5th)
Robbie Gray	100	11.70 (5th)
Phil Loiselle	3000SC	10:03.18 (5th)
Todd Rosenfield	400	52.42 (5th)
Ken Walker	1500	4:10.70 (5th)
Robbie Gray	Long Jump	20-06 1/2 (6th)
Ed Keehr	10,000	33:46.55 (6th)
Dan Kwon	Pole Vault	11-05 3/4 (6th)
Roger Nielsen	High Jump	5-10 (6th)
Tony Pelosi	400IH	60.53 (6th)

New England Division III (NE Div.3) (2nd) 74 points

Kalpak Kothari	Triple Jump	45-03 3/4 (1st)
Peter Bluvus	Decathlon	5634 (2nd)
Sean Montgomery	1500	3:53.58 (2nd)
Ravi Sastry	110HH	15:02 (2nd)

Jordan Alperin	High Jump	6-03 (3rd)
Dan Feldman	5000	15:15.96 (3rd)
Ravi Sastry	Long Jump	22-11 3/4 (3rd)
Mazor, Seed, Karchem, Montgomery	1600 Relay	3:19.94 (3rd)
Chris McGuire	10,000	32:12.10 (4th)
Leif Seed	1500	3:55.59 (4th)
Mike Parkins	3000SC	9:19.88 (5th)
Jordan Alperin	110HH	16:29 (8th)
Leif Seed	800	1:55.18 (8th)

New England Intercollegiate Amateur Athletic Association (NEIAAA) (14th) 14 points

Dan Feldman	10,000	31:26.7 (3rd)
Leif Seed	800	1:51.10 (5th)
Mark Strauss	5000	15:01.78 (6th)
Mike Parkins	3000SC	9:17.9 (8th)

National Collegiate Athletic Association (NCAA Div. III) (28th) 10 points

Leif Seed	800	1:50.90 (3rd)
Nikos Michalakis	Javelin	193-00 (5th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>	<u>Meet</u>
Hammer	Jason Dailey	154-07	Ephitational
	Chris McLean	122-01	Ephitational
Shot Put	Peter Bluvas	41-09	Tufts
	Jason Dailey	33-03 3/4	Tufts
Discus	Peter Bluvas	115-10	NE Div. 3
	Jason Dailey	103-08	UCSD
Javelin	Nick Michalakis	198-09**	Tufts
	Peter Bluvas	137-05	NE Div. 3
Long Jump	Ravi Sastry	23-04 3/4	Tufts
	Robbie Gray	20-06 1/2	NEWMAC
Triple Jump	Kalpak Kothari	45-03 3/4	NE Div. 3
	Sam Thibault	39-00	Tufts
Pole Vault	Sam Thibault	13-05 1/4	UCSD
	Dan Kwon	13-00	Tufts
High Jump	Sam Sidiqi	13-00	Tufts
	Jordan Alperin	6-03	NE Div. 3
100	Roger Nielsen	6-00	UCSB
	Ravi Sastry	6-00	RPI, WPI
110HH	Robbie Gray	11.50	Ephitational
	Ravi Sastry	11.60	UCSD
200	Ravi Sastry	15.02	NE Div. 3
	Jordan Alperin	15.68	NE Div. 3
400	Neal Karchem	23.37	NEWMAC
	Yuval Mazor	23.74	NEWMAC
400IH	Yuval Mazor	50.90	Ephitational
	Todd Rosenfield	50.96	UCSD
800	Leif Seed	55.97	Bowdoin, Colby, USM
	Tony Pelosi	58.69	Ephitational
1500	Leif Seed	1:51.10	NEIAAA
	Sean Montgomery	1:55.34	Tufts
	Sean Montgomery	3:51.89	NEIAAA

	Lief Seed	3:55.59	NE Div. 3
3000SC	Mike Parkins	9:17.9	NEIAAAA
	Mark Strauss	9:27.06	UCSD
5000	Mark Strauss	15:01.78	NEIAAAA
	Chris McGuire	15:07.70	UCSB
10,000	Chris McGuire	31:23.73	NEWMAC
	Dan Feldman	31:26.7*	NEIAAAA
400R	Gray, Karchem,	43.78	NE Div. 3
	Rosenfield, Sastry		
1600R	Mazor, Karchem	3:19.94	NE Div. 3
	Rosenfield, Seed		
Decathlon	Peter Bluvus	5634	NE Div. 3

* Freshman Record

** Varsity Record

NATIONAL QUALIFIERS LEAD WAY TO UNDEFEATED SEASON

Whenever we begin an Outdoor Season, unless we have at least two very good sprinters and a couple of well rounded throwers, there is always the feeling that we will struggle to match our Indoor season. This year was no different, and in fact was worse than normal. Typically, we have one sprinter who can compete at or near the NE3 Championship level, and 1-2 Hammer throwers of national caliber, who can also throw the Shot and Discus pretty well. Going into this Outdoor season, we knew we had no sprinters at that level, and no throwers at the necessary level. However, what we did have was tremendous quality and depth in the 800-10K, pretty solid performers in the 400 and 400IH, NE3 caliber hurdlers, a national level javelin thrower, championship performers in the horizontal jumps, and good balance in the vertical jumps. We just had to score enough points in these events to balance the total beating we were likely to take in the 100, 200, Shot, and Discus.

Our first meet back from the successful Spring Trip, was a revenge match against RPI in the Engineer's Cup with WPI. Last year, the boys from Troy came to Cambridge and took the Cup for the first time in the brief history of the meet.

The MIT charges took the meet very seriously and doubled the score on RPI 110 1/2 to 55. We won every event from the 400 up, including both relays, and swept the top 4 places in both the 800 and 1500. Outstanding performers were Montgomery in winning both the 800 and 1500, and Nikos Michalakis for winning the Javelin and qualifying for Nationals with his very first throw of the season at 193-3.

Week two brought us to Bowdoin for the MIT vs. the rest of Maine meet. Actually, it just seems that way when we are up there. This particular time, we were missing three key athletes in the 110HH, three in the Long Jump, and two in the High Jump. All together, we were giving up about 25 points, which if gathered by one team could mean a 50 point swing.

The answer, as usual, was to load up where we are strong, the 800-5000. We did this with such success that we scored 37 of the possible 44 points to secure the victory. The Leif and Sean show continued to lead the way. Leif earned seconds in the 1500 with a 4:04.34, 400IH with a 55.97, and the High Jump with a 5-10 leap, which he volunteered

to do because of depleted troops. He also ran a superb 49.9 second leg on the 1600 Relay to put us in front. Sean, not to be outdone, won the 1500 in 4:03.23, the 800 in 1:57.80, and anchored the winning relay with a 49.6 to give us a time of 3:22.02.

Tufts was next on the horizon in a good old-fashioned dual meet. At the request of the Tufts' coach we did amend the scoring to go 5 deep (the new NCAA rules recommend 4 places score in a dual meet).

Most of our key athletes were back competing, but a few (Seed, Feldman, Parkins) had come down with what turned out to be a walking pneumonia or upper respiratory infection. The meet was highlighted with superb performances by the stars on the team. Sastry came from behind to win the Long Jump in a nationally qualifying 23-4 3/4. Nikos had his best javelin throw of the season with a 198-9 effort to win easily. Montgomery had to come back from a victorious 1500 with a 1:55.34 to win the 800. However, the key to MIT's victory were the relays. MIT won both of them for a 12-0 score difference.

Finishing the regular season undefeated accomplished the first of three goals set by the Track and Field team. The second was to win the inaugural NEWMAC Track Championship being hosted by Smith College. Members include Wheaton, Springfield, Coast Guard, and WPI.

Wheaton College, loaded with sprinters and jumpers, would be difficult to handle. The plan was to score some big points on them in the jumps (their strength), while shutting them out of the distance points (our strength). We received some key efforts from the jumpers as Sastry earned a second place in the Long Jump with a 22-9 effort, Kalpak earned a 3rd in the Triple Jump with a PR of 44-10 1/4, and the Pole Vaulters, led by Sam Sidiqi, Matt Potts, and Dan Kwon went 3-4-6 respectively. This was about all the help that was necessary for the distance runners to get the job done. Scoring 83 points in the 1500, 3000SC, 5K, and 10K, the distance men put the meet away. Event winners were Seed in the 400IH with a 56.91, Montgomery in the 1500 with a 4:07.24, Mike Parkins with a 9:35.34 in the Steeple, Chris McGuire with a national qualifying mark of 31:23.73 in the 10K, and Nikos in the Javelin with a 194-07.

The third goal of the season was to win the New England Division III Championship. Going into the meet at Colby College in Waterville, Maine, Nikos had to pull out due to a bad back, Sean was not totally recovered from a bad cold that affected him at the NEWMAC meet, Dan Feldman was continuing to have breathing problems from his bout with walking pneumonia, Chris McGuire had come down with an illness as well, and Sam Thibault, Tech's best vaulter was not able to compete due to a hamstring injury. Even though we were seeded 3rd, well behind Williams and Wheaton, we thought we could pull it off if everything went right.

To start things off, Peter Blugas, seeded 6th in the Decathlon, placed 2nd after coming from last place after the 2nd event. Peter had the best marks in the 110HH, Shot, Discus, and Javelin. He also vaulted 11-0 3/4 after just two hours of practice. Energized by Peter's efforts, the Engineers went to work. Ravi had a great day, placing 2nd in the 110HH with a personal best of 15.02, and claiming 3rd in the Long Jump with a 22-11 3/4 effort. Montgomery was up to the task in the 1500 as he placed 2nd behind National Champion, Robert Mitchell from Amherst, with a PR of 3:53.58, which also qualified him for nationals. Leif also placed in the 1500 with a 3:55.59 effort, and then came back 30 minutes later to run a 1:55.18 in the 800 to claim 8th. Mike Parkins ran a valiant race

in the Steeplechase but only managed a 5th as he ran a 9:19.88. Mark Strauss was unable to help in the Steeple as he ran a 9:44.51. McGuire could not shake his cold, but still held on for a 4th in the 10K with a 32:12.10. Feldman tried to go with the leaders but fell back after the mile mark. Nevertheless, he held on for 3rd place with a 15:15.96 in the 5000. The biggest performances were turned in by freshman Jordan Alperin and sophomore Kalpak Kothari. Jordan ran a PR of 15.47 in the 110HH to make the finals and also jumped a season best of 6-3 on his first attempt to claim 3rd in the High Jump. Kalpak came from behind on his last jump in the Triple Jump to garner the only MIT victory with a 45-3 3/4 mark. 11 PRs were established by the Engineers on this day, including a very fast 3:19.94 1600 Relay. But, it was only good enough for 2nd place as Williams went on the win easily.

The post season is usually a time at MIT where the athletes hunker down to catch up on work, final projects, and preparation for final exams postponed due to track. This year was no exception. Traveling to Maine for a second week in a row for the All New England Championships was no help. Going all the way to Bangor meant two overnights.

A small but fast group of runners elected to make the trip. Sastry elected not to go, and hope his 23-4 3/4 mark would get him to Nationals, as did McGuire in the 10K. Kothari had too much work to do and called it a season. Michalakis's back was still bothering him a lot, and he had not practiced three weeks.

Leif got things rolling with a finals qualifying run of 1:53.23 in the 800. Sean was up next in the 1500, and he responded with a 3:51.89 to automatically qualify for Nationals in the 1500. Mark Strauss wanted to give the 5000 one more try in an effort to qualify for Nationals. Mark ran his best race of the season with a 15:01.78, but it was not good enough to continue his season. It was good enough however to place 6th and earn MIT's first points. Last to compete on the first day was Dan Feldman. Dan was healthy, and came out in style. Averaging 5:02 per mile, Dan obliterated the Freshman 10K record, placed 3rd, and qualified for Nationals with a time of 31:26.7.

On day two, Mike Parkins tried once again to return to the National Championships in the Steeplechase. Mike improved his season best with a 9:17.9 effort, but three Division III athletes moved ahead of him on the list to make his trip to Ohio seem doubtful. Sean came back in the finals looking great through a fast 1200 of 3:04, but allowed the quality of the competition to distract him, as he faded to the back with a 3:54.34. Leif, trying not to think, and just run, was carried through the first quarter in 53, missed an opportunity to go with the leaders, and then responded to finish in 1:51.10. Leif's time automatically qualified him for Nationals, and placed him second all time on MIT's performance list. The final event of the day was the 1600 Relay. The relay team wanted one more chance to try and qualify. Perhaps it was sitting around for two days, or just the long season, but the juice was not there. Yuval Mazor led off with a fine 50.6, but we needed better. Leif added on a 49.6 to help the effort. Neal Karchem finished his MIT career with a 50.0, but again it was not enough. Sean was only able to finish with a 49.8 to give MIT a respectable but dissatisfying 3:20.07.

The quartet of Leif, Sean, Ravi, and Nikos are the ones who actually qualified for the NCAA Championships at Baldwin Wallace College in Berea, Ohio. Parkins, McGuire, and Feldman did not make it off of the provisional list. All were healthy and ready to go

except for Nikos, who was remaining in Cambridge in order to take his exams, and to try out his back for a couple of days.

The National Championships has been shortened to three days, eliminating all of the field event qualifying rounds, and cutting out some of the dead time. Sean was the only one to compete on the first day. Sean ran pretty effortlessly in qualifying in 4th position in both his heat and overall with a time of 3:53.10.

On day two, Ravi started things off in the Long Jump. Not having competed in two weeks seemed to take a little away from his timing. Ravi got off a 21-10 3/4 to finish where he was seeded, 15th. It took a jump of over 23-8 to place, and over 25 to make the top 3. Later in the day, Leif took to the track in the 2 lapper. The pace went out in a pedestrian 55 seconds for the first quarter. In a race where the entire seeded field is only separated by 2.15 seconds at 1:52.39 or better, going out in 55 usually means panic. However, the entire group moved together. Leif missed an opportunity to take the lead, and it almost cost him. He ran a best of 1:50.86 to finish 4th in his heat. Only the top 2 in each heat and the next two fastest were advancing to the finals, so Leif had to beat third place in the next two heats. We waited impatiently, timing the 3rd place runners in the final two heats. Fortunately, his time held up, and he made the finals.

Nikos had two successful days in Boston, throwing 180' on a slow 3 step approach, and finishing without much soreness. So he made the trip out on Thursday night, and competed on Saturday morning. He began throwing in a light rain, diminished from an earlier downpour. This was actually to his advantage because Nikos' asset is his arm, not his block. Other throwers were either fouling at the line, or having to be cautious in their approach under the wet conditions. Nikos started with a throw of 185-0 to start in 7th position, and gradually moved into 4th going into the finals with a 193-0 throw. He did not improve on that effort, and only 1 person passed him in the finals to put Nikos in 5th and earn the first All-American honor in 1999 for MIT Track and Field.

Sean was just about to race in the 1500 final when the Javelin was finishing up. The race started out fine with a 62 first quarter, but then slowed to a 68 second quarter. Sean let those in front of him dictate his stride and race too much, causing him to cut his stride and lose momentum. Going into the end of the third quarter this happened again, and the runner behind Sean shoved him to avoid tripping. Sean never seemed to recover from this, falling back to 10th position with a time of 3:54.87.

Leif was the last to compete in the 1999 season. Again the pace went out too slow (55). This time when they moved only six of the eight were able to respond. Leif pushed hard down the backstretch and moved into 2nd place. He had a brief opportunity to continue his attack and take control with just over 200 meters to go, but backed off and settled into 2nd. He then proceeded to get boxed in, and got caught in sixth place coming off the final turn. With a burst of speed and desire, Leif broke out of the box, and wove past two runners. With ten meters to go he squeezed out a little more and passed one more runner to finish in 3rd place in 1:50.90, ending his collegiate career in fine fashion.

In retrospect, the team disregarded their weaknesses, rallied around their strengths, and competed to the best of their ability all season. The undefeated season, NEWMAC Championship, New England Division III Runner-up position, and two All-Americans are a tribute to how hard this team has worked. Among the team accomplishments were ten MIT top ten performances, a varsity record in the Javelin, a freshman record in the 10K,

and Ravi became the combined indoor and outdoor all-time point scorer in MIT Track and Field history.

At the end of season awards banquet the following awards were given out:

MVP	Ravi Sastry
Paul McKenzie	Neal Karchem
Most Improved	Sean Montgomery
JV	Matt Yarosz
2000 Captains	Chris McGuire, Sean Montgomery, and Matt Potts

Next Year:

It is always difficult to predict how freshmen will respond to Track and Field when faced with a new coach, team, and philosophy, particularly at a university like MIT. Having said that, I think we may have the best recruiting class in the last 20 years. Here are some of the more promising student/athletes:

Brian Hoying	Ohio	6-10 High Jump
Mark Jeunette	U. of Chic. transfer	54. 400IH, 1:54 800
Spiros Michalakis	Greece	180+ Javelin
Craig Mielcarz	Massachusetts	6-10 High Jump, 22' Long Jump, 110HH, 50.8 400, over 6500 Decathlon
15.1 points in HS		
Dan Opila	Pennsylvania	14-0 Pole Vault
Richard Rajter	New York	21-0 Long Jump, 44-5 Triple Jump, 50.5 400, 15.1 110HH, 56. 400IH, 3500+ Pentathlon

MIT 1999 MEN'S OUTDOOR TRACK AND FIELD SCHEDULE

DATE	MEET	LOCATION
4/8	ENGINEER'S CUP (RPI, WPI)	HOME
4/15	TBA	TBA
4/22	NEWMAC CHAMPIONSHIP	SPRINGFIELD
4/29	TBA	TBA
5/4-6	NEW ENGLAND DIV. III CHAMPIONSHIP	SPRINGFIELD
5/12-13	NEIAAA CHAMPIONSHIP	UCONN
5/20-21	IC4A CHAMPIONSHIP OR TBA	GEORGE MASON
5/25-27	NCAA DIV. III CHAMPIONSHIP	NORTH CENTRAL

Please remember the Alumni Cross Country Meet at Franklin Park on September 4 (5:00 PM), and the Alumni Indoor Meet on December 11 (1:00 PM).

FROM THE ALUMNI

Reestablishing the Alumni Executive Committee

by Patrick Sullivan '71

Over the years, many members of the cross-country and track teams have stayed actively involved with the program after leaving the MIT. These alumni have contributed time and money to support funding for new facilities and equipment, production of team brochures, and activities such as the Varsity-Alumni Meet and the Spring Trip. Understandably, recent alumni still located in the Cambridge/Boston area are usually the most active, even to the extent of taking on assistant coaching duties. Yet, there are many others around the country who have ideas and resources which would greatly benefit the program, but their plans never make that key transition from concept to reality.

What is needed is a clearly defined, easily executable, procedure that would allow alumni everywhere to actively participate in initiating and supporting both new and on-going support projects. In 1974, the organization of track alumni was started at MIT with a goal similar to this in mind. Its primary focus in the early years was getting the annual Varsity-Alumni meet firmly established, and that tradition has continued to this day. By 1976, the organization was officially recognized by the Institute as the MIT Track Alumni Club, but it has never been a highly structured body. In the beginning, it was headed by three officers: a president, vice-president, and secretary-treasurer. As time passed, the lack of clearly defined duties associated with these official positions led to a transition from the standard officer designations to a generic group known as the executive committee. The committee was made up of people who had done some sort of organizational work to increase alumni support and participation. A few members were added in the mid-1980's, but the committee has been essentially inactive for over 10 years. With the advent of new technology to facilitate rapid, effortless communication, and a recent interest shown by several alumni to become more involved, now seems to be an opportune time to recreate the executive committee as the first step in increasing activity throughout the MIT track and cross-country alumni community.

Some members of the former executive committee, and several other alumni already actively involved through their individual efforts, have expressed interest in joining the new committee. A number of different ideas have already been proposed as to what the function of the committee should be, including improving fund raising efforts, interfacing with the Institute as it sets priorities for major capital expenditures, establishing nationwide recruiting efforts, production and expansion of the alumni newsletter, promotion and coordination of alumni "get-togethers" throughout the country, and organizing a way to provide merchandise (such as track apparel) and services (such as coaching advice). In fact, the primary goal of the executive committee will be to provide a mechanism for turning all of these suggestions, and more, into active, on-going alumni functions. Executive committee members may want to be major participants on specific projects, and of course that level of support will be greatly appreciated, but we know that not everyone can afford a major time commitment. Hopefully, through the use of e-mail, which wasn't available to the original committee back when it was formed, we can quickly circulate ideas for new projects, and implement those that the committee, or other alumni they contact, decide are worth trying. It shouldn't be necessary for the committee members to spend huge amounts of time on this, unless they are willing and able to do so. What is required, is that everyone stays in the loop, and contributes ideas and criticism that will eventually lead to new projects. If the projects are appealing enough, we ought

to be able to find alumni who have the time and desire to work on them. If successful, many of the projects will become permanent, and will probably have different groups of alumni working on them in different years.

Anyone who would like to participate on the committee is welcome. We will make use of facilities such as e-mail, web pages, on-line chat rooms, and teleconferencing as much as possible, and will probably schedule one or two face-to-face meetings during the year. The first meeting is likely to take place at MIT on the weekend of the Varsity-Alumni Meet. We recognize that not everyone's schedule will permit them to attend the meetings, so don't let an inability to travel to the meetings keep you from participating. If you are interested in becoming a member of the committee, please contact Pat Sullivan. You can e-mail him at psullivan@alum.mit.edu, call him at (703) 620-2888, or send a letter to 3274 Dutch Mill Ct., Oakton, VA 22124.

Alumni Executive Committee

W. Sumner Brown '66
Greg Hunter '76
Brian Moore '73
Richard Rosalez '98
Donald Shobrys '75
Patrick Sullivan '71
Chuck Van Buren '98

Track Staff

Head Track Coach: Halston Taylor
Asst. Coach: Mike Cleaves
Asst. Coach: Dave Palmieri

Captains:

Cross Country: Mike Parkins '99
Indoor Track: Mike Parkins '99
Ravi Sastry '98
Outdoor Track: Ravi Sastry '98
Leif Seed '99

To: All MIT Track and Field and Cross Country Alumni

We are holding a Postal Meet this year on an experimental basis to encourage MIT's Track and Field and Cross Country alumni to stay in touch with the program and their teammates. If feedback is positive, we hope to repeat it annually.

This year there will be one "event," a 5 kilometer road race, with three divisions: weight events, sprinters/hurdles/jumpers, and distance runners. Each division will have separate 10 year age groups for men and women (20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, etc.) with awards to the top three in each age group in each division. **Enter as often as you like.** Only your best time will apply towards awards.

The window for competition is April 1 through October 31. Run in any local road race with a certified course during that period and submit your time. We will post intermediate results as they come in. Results will be tabulated during November,

distributed to participants along with awards, and posted on the MIT Track and Field and Cross Country web site at web.mit.edu/hwtaylor/mtfxc/home.html.

To enter, fill out and mail the form below, or e-mail the information to dshobrys@home.com

We look forward to hearing from you!

MIT Postal Meet Entry Form

Name: _____ **Sex:** M F **Age on 4/1/99:** ____ **MIT Class:** ____

Address: _____

Former Events: Weights ____ Distance/XC ____ Sprinter/hurdler/jumper ____

Time for 5k: _____ **Date of Race:** _____

Race Name and Location: _____

Mail to: MIT Postal Meet, c/o Don Shobrys, 186 Blackburn Road, Summit, New Jersey 070901. Entries can also be submitted electronically to dshobrys@home.com

Handwritten marks or scribbles in the top left corner.