

# MIT TRACK & CC NEWS

Newsletter for the Friends of MIT Track and Cross Country

Number 65 - August 2006

## Harriers Keep NEWMAC Championship Streak Alive

by Halston W. Taylor

Whenever a team loses an All-America runner like Ben Schmeckpeper it is interesting to see who on the team will step up and demonstrate leadership on the race course. Elected captains Fivos Constantinou and Eric Khatchadourian brought that leadership to the table and took a young team through a successful season.

We celebrated our 100<sup>th</sup> anniversary of Men's Cross Country at MIT, which brought an exceptionally large turnout for the annual [Alumni Meet](#). Sumner Brown took advantage of the age graded scoring, moving him from 42<sup>nd</sup>



Kevin Brulois on his way to a third place finish at the NEWMAC Championships, which MIT won for the 8th straight year.

to 5<sup>th</sup> place and Terry McNatt from 10<sup>th</sup> to 6<sup>th</sup> to seal the varsity's fate, 26-29.

Fivos took over as the number one runner through the All New England Championship, finishing a very respectable 38<sup>th</sup>. The problem was that the top five runners were 1:19 apart and finished 17<sup>th</sup> as a team.

MIT had never lost a NEWMAC cross country championship, but winning the eighth was certainly in jeopardy and could not be taken for granted. Coast Guard had the favored top runner in the conference as well as a strong team. Led by Khatchadourian, the Engineers finished 2-3-5-6-9 for a 25-33 victory over Coast Guard. Spencer Dudley came

*(Continued on page 3)*

## Engineers Post 9-1 Indoor Record; Orji Selected NCAA AOY

by Halston W. Taylor

The indoor season began with a lot of changes. On the positive side of things, Coach Brooks put the field event athletes through a very detailed and rigorous pre-season program. On the negative side, and totally unrelated, a very large number

of student-athletes decided not to come out for the team. There were a total of 13 individuals who, for one reason or another, did not participate in track and field for '05-'06. Excuses ranged from academics to mental health to participating in other sports. Equally surprising was the fact that four recruited freshmen also decided not to participate.

One of the ways that MIT has changed over the quarter century I have been here is that there are infinitely more activities and opportunities for involvement, and they all compete for the student-athlete's attention before he even arrives on campus. If the captains do not get the freshmen involved during the summer and continue that involvement in the fall, then there is a fair chance we will lose those who were not already totally committed to the sport and those who have doubts about their ability to handle both academics

and track and field. This past year we failed in that aspect, and it may have had an effect on who came out for the team.

Another change was allowing Uzoma to go from the glide to the spin in the shot put, of which we were unsure until the end of the season. Coach Brooks and I were reluctant, but when Uzoma made it through the suggested trial period with a 58-6  $\frac{3}{4}$  effort in the December [Northeastern Husky Invitational](#), we decided to give it a try.

Regardless, entering the season with 34 bodies instead of 50+ was not going to work in our favor, and the early season loss to the [Alumni](#) showed how true that was. Somehow we managed to finish the regular season at 9-1, only losing to Williams in a very close meet at their track. Exciting wins over Tufts, Bates,

*(Continued on page 4)*



Uzoma Orji wins the NCAA Division III Shot Put Championship with a throw of 58-3  $\frac{3}{4}$ .

# Outdoor Squad Upsets Coast Guard to Retain NEWMAC Title

by Halston W. Taylor

As in the last 23 of 24 seasons, we began with our spring break trip. However, for the first time, the women's team joined us, making the week seem much more like a full team event. Our only free competitive weekend coincided with the California vs. Nevada meet, and we had to think about the finances necessary to bring an additional sixteen people on the trip. Both of these factors contributed to the decision to return to the Orlando area, training at the National Triathlon Training Center. Nate Ball completed his eligibility and was now helping us by coaching the vaulters during the trip. Our vault coach, Brad Bowery, will be going to Stanford for graduate school in the fall, and Nate will be taking over the coaching reins for good at that point.

The team bonded well during the week, spending a lot of time together at practice, playing cards and hanging out at the pool. In addition to the two track meets ([Tri-Meet](#) at the training center and the [Diet Pepsi Invitational](#) at the University of Florida), the team took an afternoon off and visited Busch Gardens in Tampa—getting the most out of the roller coasters. With the exception of the great week of training, I felt the team got the most out of watching and competing against some of the best Division I teams in the country.

The team cruised through easy victories in the [Engineer's Cup](#) and the

[Bates College Quad Meet](#). We rested and prepared for the month of championships with our [Spring Invitational](#) the week before our [NEWMAC Championship](#).

Going into the NEWMAC Championship, we were very concerned about maintaining our winning streak. For the first time in the eight year history of the event, Coast Guard was in the favorite's role with Springfield looking good for second and MIT third. Despite being ravaged by the flu, we thought the fact that we were hosting gave us a good chance to win our sixth championship in succession, and seven of eight overall. Part of this optimism was attributed to the lack of experience Coast Guard had in being the favorite, and part to Springfield's seeming inability to compete at their highest level outside of their home track. Setting 24 personal bests and winning seven events, the entire team contributed to producing a strong 36½ point victory over Coast Guard.

The [New England Division III Championship](#), which for the first time was a combined men's and women's meet, was hosted by Springfield College. In order to accommodate the large numbers, finals in the hammer, 10K and long jump were held on Friday evening. Even though Thad Wozniak was unable to compete in the decathlon due to medical issues, he was able to long jump and he finished fifth with a personal best of 22-4¼.

Chris Bateman supported him with an eighth place finish. Steve Maltas recovered from the flu and led Spencer Dudley and Eric Khatchadourian, who was not recovered from the flu, to a 3, 6, 7 finish in the 10K. Uzoma started things off with a 205-9 MIT record for the victory in the hammer throw. The 26 points on the first day had us feeling pretty optimistic about our chances to finish second.

Day two was not quite as impressive, in that we had a few things go wrong to balance all the things that went well. Uzoma easily won the shot put, but Omari Stephens was not able to place in either the hurdles or pole vault. David Blau ran a strong 200 to place fourth and led off our 4x100 to a season best 42.73 for fourth. However, he got left in the blocks in the 100 final because he thought he false started and that the starter would call it – he did not! Even though some others stepped up we could not hold back Tufts University from passing us for second place.

We hosted the [All New England Championship](#) under an absolute deluge of rain, receiving nine inches that weekend. David Blau ran great, placing fifth in the 100 with a 10.89 and seventh in the 200 with a 21.96. James Oleinik was the only other athlete to place for MIT, finishing eighth with a great put of 48-9 for a new personal best.

The [IC4A Championship](#) was held on the same weekend as the All New England Meet and we elected to send Uzoma to Princeton so he could see better competition. He saw it, but failed to compete well as he could only manage a 53-10 ½ put and a 188-10 hammer throw. Many nights of inadequate sleep due to his final projects were taking their toll, and things were not going to get any better academically until the day before nationals.

Uzoma was our only athlete at the [NCAA Division III Championship](#) held at Benedictine University in Lisle, IL. Uzoma and the coaches were hoping

(Continued on page 3)



*Constantinou, Ruzevick, Khatchadourian, and Cohen stick together to take places 2-5 in the Engineer's Cup 1500 at WPI.*

## ...Cross Country

*(Continued from page 1)*

through with his best race of the season on a difficult course, finishing just ahead of two Coast Guard runners.

The New England Division III Championship / NCAA Division III Regional Qualifier should always be the race of the season. For the youngsters in the top seven it was, but for the captains it was not. Fivos and Eric went out with the leaders, determined not to make the same mistake as last year, where they were so conservative in the first mile that they had put themselves out of the race.

Kevin Brulois and Jake Ruzevick were also out in the top 20, and things were looking pretty good for MIT. Towards the end of the second mile, Fivos and Eric were showing

signs of fatigue as they dropped from the lead pack. Kevin and Jake had fallen back a few places but were maintaining their positions in the top 30. Trevor Rundell, starting conservatively, was moving up through the pack very well, running the same pace now as Kevin.

Unfortunately, Fivos and Eric continued to fade, falling out of the top 40. Kevin had a great finish, ending up in 22<sup>nd</sup> place. Jake and Trevor ran superb races as freshmen, finishing 27<sup>th</sup> and 40<sup>th</sup> respectively. Fivos held on for 43<sup>rd</sup> place and Eric managed a 54<sup>th</sup> place finish. All together, that placed MIT a respectable sixth out of 49 teams.

Fivos was voted MVP for the season and the captains for the 2006 season are Chris Bruce, Steve Nicholson and

Erik Staff. The squad they lead should be a large one, as only three graduate from this year's squad: Fivos, Eric and Steve Maltas. The incoming freshman class will be loaded with ability. Six members of the 2010 class have cross country 5K times in the upper 15 to very low 16 minute time range, with mid 4:20-4:30 mile times to back it up. In addition, Chris Bruce and Chris Wong, outstanding runners their freshman year, will be returning to the lineup from injury, providing a big boost to the 2006 squad.

There is a new formula in place for qualifying for the NCAA Division III Championship next year. Only the top two teams from each region automatically qualify, regardless of how strong or weak the region may be. The remaining teams will be decided on an at-large basis.

## ...Outdoor Track and Field

*(Continued from page 2)*

for the usual NCAA magic he seems to bring to these championships *because* the past two weeks of throwing had not been anything to cheer about. On day one in the hammer, no one threw well in the first flight. In the second flight, Uzoma managed a 185' effort to place him second going into the finals, and Kevin Becker, the favorite and indoor weight throw champion, failed to qualify for the finals. Throwers traded positions in the final rounds but Uzoma threw 198-4 to place second, missing first place by seven inches. In the shot put, Uzoma opened up with the Division III season best at 58-9 ½. The competition was close with four throwers over 57'. Uzoma put it out of reach on his second throw in the finals with a new MIT record of 60-2 ½ for his fourth national title and 12<sup>th</sup> All-America honor. At this point, we decided switching to the spin was not such a bad idea after all.

Uzoma added to his honors by winning the NCAA Division III Championship Male Field Athlete of the Meet award, for the first time outdoors and fourth time overall. He was also voted the MIT student-athlete of the year for not

only his prowess in the throws, but also his 4.9 GPA in Electrical Engineering.

Uzoma capped all this off by being selected ESPN Magazine's Academic All-America of the year for the sports of Track and Field and Cross Country. This was his third first team selection and an improvement over last year's second place finish.

At the team's awards dinner, Uzoma was of course voted the team MVP for both indoor and outdoor track and

field. Uzoma also was selected as the winner of the McKenzie Award. Dave Reshef was selected as the most improved for his contributions in the 600 and 800 meter events, although it should be mentioned that Uzoma, Chris Bateman, David Blau and Thad Wozniak deserve recognition here as well. Nate Sharpe was selected as the JV Award recipient for his dedication and effort during both seasons. The 2006-07 captains for indoor and outdoor track and field are Chris Bateman and Chris Bruce.



*David Blau hands-off to Dan Rodgers on the first exchange of the 4x100 in the National Training Center Spring Fling meet in Clermont, Florida.*

## . . . Indoor Track and Field

*(Continued from page 1)*

Bowdoin, Coast Guard and Springfield showed that the team could put it together despite our low numbers.

While everyone contributed to the success of the team, it was clear that the seniors and freshmen were dominating the scoring. The seniors, led by Uzoma Orji and Nate Ball, were cruising through the season undefeated. David Blau, already a very good sprinter, was showing additional improvement. Fivos Constantinou, Eric Khatchadourian and a rejuvenated Thad Wozniak were taking care of business on and off the track to keep the team focused and in a position to win each meet. The freshmen were led by Jake Ruzevick, Dan Rodgers and James Oleinik, but all together, 12 different freshmen scored points.

In the [New England Division III Championship](#), hosted by MIT, Nate Ball was totally off his game and no-heighted. The entire freshman class looked like they were deer caught in the competition's headlights. Other teams actually came into our house and produced more noise and more support for their teams than we did—something that has not happened in the last ten years, home or away. With the exception of a sixth place finish and a new freshman record in the distance medley relay, the freshmen did not score a point. Uzoma blasted his two expected victories by a total winning margin of 8 feet, 9 inches. David Blau sprinted to third place finishes in both the 55 and 200, running an outstanding time of 6.56 in the



*Nate Ball clears 16-6 at the BU Invitational for a new MIT indoor record.*

finals of the dash, and we finished a disappointing fourth place when we could have finished third.

The [All New England Championship](#) (NEICAAA) has become much less competitive over the years as there are more and more scheduling conflicts with conference championships. Two individuals scored, placing MIT ninth with 28 points. Nate Ball rebounded from his bad experience the week before to win the vault at 16-3 ¼. Uzoma added a victory in the weight throw with a near personal best of 64-7 ¾ and came back with a 55-11 effort in the shot put to lose for the first time in the season.

At the prestigious [IC4A Championship](#), Uzoma and Nate were the only two MIT athletes to compete. Nate no-heighted for the second time in three weeks. This was certainly not ideal with Nationals one week away. Uzoma continued to have difficulties in the shot put,

managing only a 55-2 ¼ for fifth place. However, in the weight throw he won with a new MIT record of 65-1 ½. This is the first IC4A victory for MIT since 1954 when the late Warren Lattoff won the indoor hurdles and William Antoine tied for the victory in the high jump.

Nate was able to clear a height at the [NCAA Championship](#) but came a little short of getting his third All-America honor, placing in a tie for ninth at 15-7 ¾. Uzoma continued to save his best for the national championship meets. In the weight throw, the favorite did not foul out as he did last year, but took away the NCAA record, placing it at an impressive 68-3 ¾. In the best weight throw competition in the history of division III, second through fourth all threw 63-11. Uzoma moved from fourth to second by virtue of his final throw of 63-6 ½, moving ahead based on the second best throw. One of Uzoma's throws looked to be farther than the new record but was a sector foul. In the shot put, Uzoma left no doubts as he put the competition away with a 58-3 ¾ throw in the finals to win by nearly two feet. Uzoma's efforts placed MIT in eighth place at the NCAA Championship, bettered all New England teams, earned him his third consecutive NCAA Division III Indoor Championship Field Athlete of the Meet award, and of course, gave him his third national title. To top it all off, Uzoma was awarded the NCAA Division III Track and Field Male Athlete of the Year, a first for MIT.

## Change in Coaches Marks New Era

*by Halston W. Taylor*

2005-06 was a landmark year for MIT Cross Country and Track and Field. Coach Fletcher Brooks, previously the Associate Head Coach for Men's and Women's Track and Field at Williams College, was hired as the Head Coach of Women's Cross Country and Track and Field at MIT. Why this marks the beginning of a new era for the Cross Country and Track and Field teams of both genders is that Coach Brooks and I share similar philosophies and believe in the same team policies, which allows us to work together. In short, we re-organized the coaching duties, consolidated the assistant coaches with the end result being that both teams improved greatly given what the returning individuals had accomplished in previous years.

Coach Brooks took responsibility for all field events and multi-event performers. To assist him, Brad Bowery was the primary coach for the vaulters, Josh Bokel assisted Coach Brooks in the throwing events and Rick Rajter assisted in the jumping events and hurdles for those jumpers who also performed in the short hurdle event. I coached all the runners (sprints, hurdles and relays events) with Summer Hutcheson assisting me in all areas. Akin Aina came in to help with starts when time permitted.

Although this edition of the Friends Newsletter is still for Men's Track and Cross Country, the hope is that next year we will combine the teams' news in a combined newsletter. We also hope to combine web pages if we can convince the administration to allow us to hire a full-time assistant coach, a position I once held that was eliminated when I succeeded Gordon Kelly as Head Coach.

## Class of 2010

*by Halston W. Taylor*

We are fortunate to have an outstanding freshman class joining our ranks next year. There are a few more who have not committed to the rigors of the sport yet, so I will not list them below. Last year, I introduced a mentoring program that had mixed results, but overall did not succeed very well. This year I have assigned an upper-classman to each freshman to help guide them throughout the years, but particularly during this transition from high school to college. I do not wish to abandon what we started last year, as I believe you all are the greatest ambassadors of our program and have the obvious experience to help these young men make better decisions. I am listing our top recruits in alphabetical order so that if any of you would like to contact them you may. Even if it is just to wish them well at MIT, it can make a difference.

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# Gifts from the Friends of MIT Track And Cross Country

by Halston W. Taylor

As in past years, we could not do many of the things we do without your very generous support. Your commitment to the success of this team is nothing short of phenomenal. When I made a plea for your help with getting the outdoor track scoreboard, we had the money in hand within a few short weeks.

The 100<sup>th</sup> anniversary of Men's Cross Country at MIT was a very successful celebration, as Jesse Darley describes in another section of this newsletter. In the indoor alumni meet the "Has Beens" handed the youngsters a nice defeat. The following is a list of those competing in and in attendance at the cross country meet and the indoor track meet:

## Cross Country

Ben Schmeckpeper, Dan Feldman, Sumner Brown, Terry McNatt, Chris Fidkowski, Carlos Renjifo, Bob Collins, Jim Garcia, Eugene Tung, Sean

Montgomery, Ian Driver, Bob Zak, Anton Briefer, Sean Kelley, Yuval Mazor, Ed Keehr, James Williams, Gus Blomquist, Robert Wesson, Gerardo Corona, Dave Schultz, Jeff Lukas and Mike Lyons.

Other alumni cheering their teammates on were: Sean Nolan, George Hanson, Albert Liu, Josh Feldman, Larry Petro and Jim Yankaskas.

## Indoor Track

Zach Traina (55, 200, TJ), Matt Lehman (200, 400), Ben Schmeckpeper (mile, 800, 5000), John Brewer (mile), Yuval Mazor (400), Chris Fidkowski (800), Terry McNatt (5000), Craig Wildman (5000), Ravi Sastry (55HH, LJ, HJ), Rick Rajter (55HH, HJ, LJ, TJ, Pent.), Craig Mielcarz (HJ, 55HH, LJ), Al Tervalon (55HH), Bill Singhose (PV, TJ, SP), Dan Kwon (PV), Akin Aina (55, 800 relay), Francisco Cruz (WT, SP), Josh Feldman (5000), George Hanson (800), Mark Jeunnette (800), Steve Lefkowitz (PV), Jeff Lukas (800) and Ned Rich (WT, SP).

As we continue to combine the assets of the men's and women's programs, it makes sense

to combine the fundraising and perhaps this newsletter. As mentioned earlier, this is in part dependent on us being permitted to hire a full-time assistant coach.

In 2006-07 we need to continue to work towards endowing the program, even if it is only portions of the program, such as my position or the sport of cross country itself, independent of track and field. As the Institute seeks a new athletic director, we need to be prepared for many changes. The more solvent our program is, the better chance we have of being in a good position to continue taking our spring trip in track and national preview trip in cross country.

Overall, you all contributed an amazing \$62,847.08 in 2005-06. We had donations from 106 alumni and friends. I want you all to know how much your support is appreciated. Below is the list of Century Club members (those giving \$100 or more for the 2005-06 fiscal year) with an asterisk beside those giving \$1,000 or more.

## Century Club 2005-2006

**Total Funds Donated: \$62,847.08**  
**Number of Donors: 106**

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Mr. Morio Alexander  
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# MIT XC 100: Running the Numbers

by Jesse Darley '95

The annual MIT Cross-Country Alumni Race always draws a handful of local stalwarts and lures a few fit alums from farther afield to toe the line at Franklin Park. The returning varsity runners are eager to kick off the racing season and show the alums what a flat stomach looks and runs like. The 2005 affair took it up a few notches as alums young and old poured through Logan en route to the rolling hills of Jamaica Plain to toast a century of MIT cross-country. The heat, beer and years took their usual toll on the graying horde and even the throwback singlets couldn't bring the alums a victory (though they pulled off an age-graded victory thanks to great efforts by elder statesmen Terry McNatt, Eugene Tung and Sumner Brown). The harrier Beavers showed that glory is for the short of tooth.

The race was simply Act I of the

weekend's celebration. The caravan wound back along the Emerald Necklace passing a few precious running gems – the Arnold Arboretum, Jamaica Pond, the Fens, a glimpse of the Brookline hills – and arrived at the newest jewel in MIT's athletic crown, the Zesiger Sports and Fitness Center. At lunch, the alums showed their weakness one more time, succumbing to the pizza-eating prowess of the young runners. A tour of the gleaming "Z" center (where more than




*CC alums, from classes spanning five decades, gathered to celebrate the 100th year of Cross Country at MIT.*

a couple Has-Beens went searching for some ice or a handful of Ibuprofen) followed lunch.

As night fell, the alums hit their stride. Short shorts gave way to "business casual" as the aged and the young alike descended upon the Hotel@MIT. Tables outside the banquet hall overflowed with memorabilia from the ten decades of MIT cross-country. After dinner, representatives from five decades braved the lectern, adding nuggets of running lore. It was a night where memories bumped against dreams. The old and content drew energy from the young and anxious. More than a few alums (and maybe a varsity runner, but I'm not telling) couldn't let the night end and took the party down the Avenue. The sign said "Science", but it should have read, "The Miracle of Running". Let's raise our glasses to the next 100 years of MIT cross-country.

## By the Numbers

Most anecdotes submitted	4 (Dave Afshartous, '89)
Alumni race finishers	50
Year of first recorded MIT XC race	1902
Number of MIT NCAA All-America honors	11
Highest individual finish at NCAA DIII	4 <sup>th</sup> (Frank Richardson, 1976; Dan Feldman, 2001)
Number of MIT XC coaches since 1905	8
Approximate distance of Alumni race, in miles	5
Average distance typical alum enjoyed 2005 Alumni race, in miles	1.5
Finishing place of this dog (unattached) in 1971.	DNF
	
Place on the team you want to avoid	8
Number of grass loops and Summit Ave crestings an average varsity runner completes in four seasons	$\infty$
Number of Infinite Corridor repeats needed to complete an 8k cross-country race	31.87

# Pole Vaulter Journeys - Showdown in Osaka

by Sam Sidiqi '99

Each year, new vaulters come, and old vaulters go... the relentless cycle of the culling continues. However, some old boars seem to keep running with the pack long after their time is past. It is up to the other boars in the herd to challenge the old beasts, and let them know it is time for them to just roll over and die. The herd has continually tried to convince the 40-something-year-old Singhugue (OK, he's actually 39) of his needed departure, but he continues to hang on to life by the last hair on his head (which means his hold is pretty tenuous).

Some of you may have been surprised that Singhugue won last year's email contest for handstand push-ups as detailed in last year's Pole Vaulter Journeys—Online Vaulters. Despite his age, Bill was able to beat his younger competition. In that competition there was much acrimony over what a handstand push-up really was, and whether or not having hair on your head gave you an inherent advantage in the competition. The problem was that with no neutral observer, who could say what the winning number really meant?

This year the virtual vaulters have continued their competition, and branched out into new events. Following the handstand push-up competition was a pull-up competition (How many pull-ups can you do in 10 minutes?) and a wall-sit competition (How long can you enjoy intense burning sensations throughout your legs?). The same problems existed: how wide are your grips? What is the



*Singhugue and Rambo go head-to-head in the Osaka push-up showdown.*

friction coefficient on the wall you lean against? Are you using wraps to tie yourself to the bar? There were winners and losers, but who can really say without the IAAF to verify the record (The 10

minute competition is not an officially sanctioned event yet)?

Finally in the fall of 2005, the team went  
(Continued on page 8)

## .. .Class of 2010

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Hemagiri Arumugam	Hagerstown, MD	301-714-1216	<a href="mailto:hmuar@mit.edu">hmuar@mit.edu</a>	4:27, 15:47
Fred Baba	Cincinnati, OH	513-886-9006	<a href="mailto:fred.baba@gamil.com">fred.baba@gamil.com</a>	14.9, 41.2
Eric Beecher	Fairport, NY	585-425-7057	<a href="mailto:beechman@rochester.rr.com">beechman@rochester.rr.com</a>	21-0, 41-4, 6-0
Andrew Bibb	Pole, MO	660-352-6621	<a href="mailto:lbibbb@greenhills.net">lbibbb@greenhills.net</a>	11.0, 23.56
Jack Bourbonnais	Atlanta, GA	404-255-6901	<a href="mailto:jbournbs@mit.edu">jbournbs@mit.edu</a>	1:59, 15:58
Jeremiah Edwards	Albuquerque, NM	505-265-029	<a href="mailto:jeremi-edwards@yahoo.com">jeremi-edwards@yahoo.com</a>	17:18
William Fedus	Winslow, ME	207-877-0808	<a href="mailto:newfiedog11@verizon.net">newfiedog11@verizon.net</a>	50.64, 1:23.52, 1:59
David Fernholz	Southampton, NJ	609-923-1927	<a href="mailto:sundavid87@hotmail.com">sundavid87@hotmail.com</a>	7.62, 12-0
Will Gibson	Natick, MA	508-655-8390	<a href="mailto:willgibson@gmail.com">willgibson@gmail.com</a>	1:30 600
Tim Humpton	Jamison, PA	215-343-4044	<a href="mailto:ace1240@aol.com">ace1240@aol.com</a>	42-10, 41.3
Ethan Huwe	Perham, MN	218-346-3101	<a href="mailto:ethanhuwe@hotmail.com">ethanhuwe@hotmail.com</a>	4:48, 17:10
Charles Kiplagat	Kenya		<a href="mailto:audiocharlo@yahoo.com">audiocharlo@yahoo.com</a>	4:26 - 1500
Joseph Laurendi	Summerville, SC	843-873-2732	<a href="mailto:jlaurend@mit.edu">jlaurend@mit.edu</a>	17:19
Stephen Morton	Lexington, KY	859-299-1645	<a href="mailto:rabbit36@alltel.net">rabbit36@alltel.net</a>	45-4, 22-10, 21.6
Bill Phipps	Pittsford, NY	585-383-1087	<a href="mailto:tarheel@rochester.rr.com">tarheel@rochester.rr.com</a>	52.6, 1:58, 16:41
Brandon Pung	Black Mountain, NC	828-669-4226	<a href="mailto:bpung@mit.edu">bpung@mit.edu</a>	4:23, 9:34, 15:36
Cody Rebholz	Madison, WI	608-445-2683	<a href="mailto:acdcrebholz@charter.net">acdcrebholz@charter.net</a>	11-0, 114 disc
Russell Rodewald	Franklin, TN	615-591-0864	<a href="mailto:rodewaldr@frastudents.com">rodewaldr@frastudents.com</a>	2:00, 4:27, 16:03 – 3 mile
Justin Schmidt	Toms River, NJ	908-773-9416	<a href="mailto:toofasttofollow@yahoo.com">toofasttofollow@yahoo.com</a>	13-6
Johannes Schneider	Bad Driburg, Ger.		<a href="mailto:johannes_bubby@hotmail.com">johannes_bubby@hotmail.com</a>	1:59, 4:21, 16:05
Sandy Spicer	Orinda, CA	925-451-6152	<a href="mailto:aspicer@gmail.com">aspicer@gmail.com</a>	4:37, 16:00 – 3 mile
Archi Stuk	St. Louis, MO	314-991-4411	<a href="mailto:speedy3as@yahoo.com">speedy3as@yahoo.com</a>	4:30, 17:20
Greg Tao	Lafayette, IN	765-447-5179	<a href="mailto:gtao18@yahoo.com">gtao18@yahoo.com</a>	14-6
Oliver Yeh	Bellevue, WA	425-208-9763	<a href="mailto:yeh5@msn.com">yeh5@msn.com</a>	40-4 tj

## ... Pole Vaulter Journeys

(Continued from page 7)

into the greatest online event of them all: the classic push-up competition. How many push-ups could someone do in ten minutes (You can take breaks in between sets, but there is a total time of ten minutes to do as many as you can.)? The numbers started off slowly, but then quickly moved up close to the 200 mark. As in the previous online competitions, there was much discussion about who was doing a real push-up and who was doing girly push-ups. There was one clear solution – the winner of the competition should be chosen in a head-to-head finale.

This was difficult to achieve with competitors in many different countries: Japan, Kuwait, and the US. However, vaulters know the importance of competition and will travel to great lengths for it. The two leading contenders, Rambo and Singhuge, arranged to travel to Osaka, Japan and face off there.

Many people imagine the beautiful shrines of Kyoto as being emblematic of the area. Kyoto, however, with its majestic setting, bountiful cherry blossoms and natural serenity, is not Osaka. Osaka is a classic port town. That means that if there is a crab restaurant on one side of the street, then there is a sex shop on the other. Both competitors agreed that a hearty crab feast was the correct meal to prepare for a push-up competition, and that the other activities the town had to offer would, in the words of Rocky Balboa's coach, "just weaken the knees", in addition to other negative consequences they might provoke from the vaulters' wives.

Having explored half of Osaka's wares the night before, the vaulters prepared for their competition with a warm-up jog through the city to the Osaka Castle. Surely a competition held in such an austere setting would bring out the best from the

competitors. The "warm-up" became a five mile run due to poor map reading. The vaulters also did not want to show any weakness before a competition, so neither would relent in their pursuit of a target that was actually in the opposite direction. Finally, the two sides came to a brief truce in their run and decided it was time for the real competition to start. They found the closest available Japanese war shrine, and began preparations for their epic battle (These basically involved catching their breaths, as neither vaulter had done much preparatory running in the weeks prior to the competition.)

The strategy of the ten minute push-up competition is still an art form, as no global optimal solution has been formulated. One school of thought says that you should try to keep fairly even sets for as long as possible. The other school says that you will go lactic in one or two sets anyway, so you might as well go lactic quickly and see how many reps you can pump out before your body realizes it. Singhuge took the former approach and started with a first set of 40, following quickly with another strong set. Rambo was a follower of the latter technique and started off with a strong set of 75 push-ups, followed by a weaker set of 20, followed by a couple sets of ten, and a quick resignation to the campy sets of five. Rambo maintained a lead doing sets of fives while Singhuge was slowly catching up with his sets of ten. The key to the whole thing really rests in the wait time in between sets. Anyone who has worked themselves up into the 200 range realizes that it is a waste of time to stand up between every set. Instead, a better solution is to switch between standing up to get the blood flowing, and lying on the ground face down like a murder victim, only breathing harder and crying.

The culmination of the event is the last minute where your arms really don't work. It is a tough concept to realize that if you don't go all out, you can fail halfway through a set of five push-ups. Worst of all, you can't count half a push-up, and you only get to count two. As time wound down, the desperate begging for the other competitor to just roll over and die was replaced by a focused silence of rep after rep. The final result was Rambo defeating Singhuge by a count of 254 to 253. Of course, given the delirium of both competitors, the accuracy of the totals down to a single push-up may be questionable.

From a workout perspective, this



*It wouldn't be a Pole Vaulter Journey without a few handstands (or backflips).*

is impressive because if it takes a second to do a rep, then more than four minutes were spent doing reps, with less than six minutes of rest time. From the vaulters' perspective, it was really about the competition. Rambo was hoping this was the final spear to drive into the old boar to get him to keel over. A loss in the push-up competition could be followed quickly by a heart attack, an effective instrument of culling. Some might question the merits of a 28-year-old rejoicing in the defeat of a 38-year-old Has Been, but anyone who has competed against Singhuge knows that you take your wins when you can get them.

The rest of the afternoon was spent eating more Japanese delicacies and seeing the grand castle of Osaka (OK, there is more to this port town than just crabs and prostitution...). The castle is pretty cool, but the vaulters basically ignored that, waiting in anticipation for the normally undefeated Singhuge to roll over with a career-ending condition. Alas, it was not to be. Although Rambo won this, the greatest of all ten minute competitions, Singhuge had survived. Rather than retire into the sunset, Singhuge instead developed a new competition for the winter season, The Quad. The diabolical Quad (also not yet sanctioned by the IAAF, nor allowed under the rules of the Geneva Convention) involves ten minutes of handstand push-ups followed immediately by ten minutes of pull-ups, ten minutes of push-ups and finally a wall-sit where one point is awarded for every six seconds of sitting. The Quad competition took place in the final days of February, 2006. Rambo and the others tried to use this occasion to tip Singhuge from the precipice, but he responded with a winning effort that fully crushed the competition. However, once again there was no face-to-face final showdown, so maybe the old man just lost count.



*Rambo proudly rings the victory bell.*



## SEASON STATISTICS

## CROSS COUNTRY

**RECORD**

Won 2 , Lost 0

**MIT**23  
21**OPPONENT**Alumni 32 (not included in season record)  
RPI 36, WPI 72 (at Smith College Invitational)**INVATIONALS / CHAMPIONSHIPS**

<b>MEET</b>	<b>LOCATION</b>	<b>PLACE</b>	<b>SCORE</b>
Smith College Invitational	Smith College	1st of 7	22
UMass Dartmouth Invitational	UMass Dartmouth	8th of 33	236
Jumbo Invitational	Tufts	3rd of 7	75
NEICAAA Championship	Franklin Park	17th of 47	441
Albany State Invitational	University of Albany	7th of 27	210
NEWMAC Championship	Smith College	1st of 7	25
NCAA Div. III Regional Qualifier	Springfield College	6th of 49	186

## Performance Charts

The first chart below contains the place (on the MIT team, not overall in the race) and time for each athlete in every meet run during the season. The second chart shows the deltas (the amount of time the athlete finished behind MIT's number one finisher) for each athlete, and the third contains the final season ranking of all athletes on the team. The rank was computed as follows:

1. All the places for an athlete are averaged to get an average place for the season.
2. The place score is then obtained by determining how the athlete's average place compares to those of his teammates. The lowest average place thus receives a place score of 1, the highest a 16 (since there were 16 athletes who ran in at least one meet).
3. The delta score is computed just like the place score, only using all the average deltas from the season rather than the average places.
4. As some indication of dedication and commitment, the number of meets run by an athlete during the season is used to determine a third score, with the athlete running the most meets getting the lowest score. Two athletes running in the same number of meets would receive the same score.
5. The three scores are added for each athlete to get a composite score. The athletes are then given an overall rank based on that total, with the athlete who has the lowest composite score ranking first, the next lowest score second, etc.

## PLACES/TIMES

NAME	ALUMNI	RPI,WPI	UMASS/DART	TUFTS	NEIAAA	ALBANY	NEWMAC	NCAA DIV III	AVERAGE RANK
Abrams	28:42	9/ 29:02	9/ 29:02	14/ 28:20	16/ 28:54	14/ 27:46	18/ 29:25	DNR	13
Berberian	DNR	INJ	INJ	INJ	INJ	INJ	INJ	DNR	0
Bieniosek	29:26	14/ 29:12	12/ 27:48	17/ 29:18	17/ 29:02	17/ 27:56	17/ 28:54	DNR	15.71
Bruce	DNR	INJ	INJ	INJ	INJ	INJ	INJ	DNR	0
Brulois	26:14	1/ 27:08	DNR	3/ 26:26	4/ 26:57	3/ 25:38	2/ 26:21	1/ 26:21	2.29
Cohen	28:35	5/ 28:06	4/ 26:58	7/ 27:50	9/ 27:40	11/ 27:30	10/ 27:29	DNR	7.71
Constantinou	26:05	DNR	1/ 25:35	1/ 25:58	1/ 26:01	DNF	3/ 26:27	4/ 26:43	1.83
DiGenova	27:40	4/ 27:58	7/ 27:18	9/ 27:58	8/ 27:34	8/ 27:08	9/ 27:28	DNR	7.29
Dudley	28:39	7/ 28:48	6/ 27:15	6/ 27:16	7/ 27:32	7/ 27:06	5/ 26:55	6/ 27:26	6.63
Hernandez-Mena	DNR	DNR	INJ	INJ	14/ 28:38	DNF	INJ	DNR	14
Hofmeister	28:40	11/ 29:05	INJ	INJ	INJ	INJ	INJ	DNR	10.5
Jacokes	28:42	12/ 29:07	5/ 27:12	10/ 28:12	INJ	INJ	INJ	DNR	9.75
Khatchadourian	26:58	2/ 27:21	DNR	2/ 26:23	2/ 26:27	1/ 25:18	1/ 26:08	5/ 26:49	2.29
King	29:33	13/ 29:07	13/ 27:55	11/ 28:15	13/ 28:34	16/ 27:50	16/ 28:29	DNR	14.14
Maltas	28:54	15/ 29:16	16/ DNF	16/ 28:58	11/ 28:09	9/ 27:18	11/ 27:42	DNR	12.67
Nicholson	28:43	10/ 29:03	8/ 27:22	DNF	15/ 28:40	15/ 27:47	12/ 28:07	DNR	12.17
Repetski	29:39	8/ 29:01	11/ 27:48	12/ 28:17	12/ 28:23	12/ 27:33	14/ 28:15	DNR	12.43
Rodgers	29:57	16/ 29:17	14/ 28:12	13/ 28:19	INJ	13/ 27:45	15/ 28:24	DNR	15
Roy-Mayhew	INJ	INJ	INJ	8/ 27:50	10/ 28:02	6/ 27:01	7/ 27:03	DNR	7.75
Rundell	27:07	3/ 27:33	DNR-INJ	INJ	5/ 27:10	5/ 26:58	6/ 26:59	3/ 26:35	4.5
Ruzevick	27:04	DNR	2/ 25:53	4/ 26:48	3/ 26:54	2/ 25:33	4/ 26:31	2/ 26:23	3
Sharpe	29:07	6/ 28:44	10/ 27:48	15/ 28:39	18/ 29:23	10/ 27:26	13/ 28:09	DNR	12.43
Stafil	27:58	DNR - EX	3/ 26:52	5/ 27:12	6/ 27:20	4/ 26:31	8/ 27:17	7/ 27:31	5.71
Wong	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	0

## DELTAS

NAME	ALUMNI	RPI,WPI	UMASS/ DART	TUFTS	NEIAAA	ALBANY	NEWMAC	NE DIV III
Abrams	2:37	1:54	1:51	2:22	2:53	2:28	3:17	DNR
Berberian	DNR	INJ	INJ	INJ	INJ	INJ	INJ	DNR
Bieniosek	3:21	2:04	2:13	3:20	3:01	2:38	2:46	DNR
Bruce	DNR	INJ	INJ	INJ	INJ	INJ	INJ	DNR
Brulois	:09	:00	DNR	:28	:56	:20	:13	:00
Cohen	2:30	:58	1:23	1:52	1:39	2:12	1:21	DNR
Constantinou	:00	DNR	:00	:00	:00	DNF	:19	:22
DiGenova	1:35	:50	1:43	2:00	1:33	1:50	1:20	DNR
Dudley	2:34	1:40	1:40	1:18	1:31	1:50	:47	1:05
Hernandez-Mena	DNR	DNR	INJ	INJ	2:37	DNF	INJ	DNR
Hofmeister	2:35	1:57	INJ	INJ	INJ	INJ	INJ	DNR
Jacokes	2:37	1:59	1:37	2:14	INJ	INJ	INJ	DNR
Khatchadourian	:53	:13	DNR	:25	:26	:00	:00	:28
King	3:28	1:59	2:20	2:17	2:33	2:32	2:21	DNR
Maltas	2:49	2:08	DNF	3:00	2:08	2:00	1:34	DNR
Nicholson	2:38	1:55	1:47	DNF	2:39	2:29	1:59	DNR
Repetski	3:34	1:53	2:13	2:19	2:22	2:15	2:07	DNR
Rodgers	3:52	2:09	2:37	2:21	INJ	2:27	2:16	DNR
Roy-Mayhew	INJ	INJ	INJ	1:52	2:01	1:43	:55	DNR
Rundell	1:02	:25	DNR-INJ	INJ	1:09	1:40	:51	:14
Ruzevick	:59	DNR	:18	:50	:53	:15	:23	:02
Sharpe	3:02	1:36	2:13	2:41	3:22	2:08	2:01	DNR
Staff	1:53	DNR-EX	1:17	1:14	1:19	1:13	1:09	1:10
Wong	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNR

## FINAL TEAM RANKINGS

NAME	PLACE	SCORE	DELTA	SCORE	# OF RACES	SCORE	TOTAL	RANK ON TEAM
Abrams	13	17	2:28.9	15	7	2	34	16
Bieniosek	15.7	21	2:50.4	21	7	2	44	20
Brulois	2.3	2	:18.0	2	7	2	6	2
Cohen	7.7	9	1:42.1	10	7	2	21	9
Constantinou	1.8	1	:06.8	1	6	3	5	1
DiGenova	7.29	8	1:33.0	7	7	2	17	8
Dudley	6.6	7	1:33.1	8	8	1	16	7
Hernandez-Mena	14	18	2:37.0	19	2	7	44	20
Hofmeister	10.5	12	2:16.0	13	2	7	32	14
Jacokes	9.75	11	2:06.7	11	4	5	27	11
Khatchadourian	2.3	2	:20.7	3	7	2	7	3
King	14.1	19	2:31.4	18	7	2	39	18
Maltas	12.67	16	2:31.3	17	6	3	36	17
Nicholson	12.17	13	2:14.8	12	6	3	28	12
Repetski	12.43	14	2:30.0	16	7	2	32	14
Rodgers	15	20	2:37.0	19	6	3	42	19
Roy-Mayhew	7.75	10	1:37.8	9	4	5	24	10
Rundell	4.5	5	:53.5	5	6	3	13	5
Ruzevick	3	4	:31.4	4	7	2	10	4
Sharpe	12.43	14	2:26.1	14	7	2	30	13
Staff	5.7	6	1:19.3	6	7	2	14	6

# INDOOR TRACK

## VARSIITY

Won 9, Lost 1

### MIT

59  
160  
192  
184

### OPPONENT

**Alumni 71** (not included in season record)  
Bates 98, Coast Guard 96  
**Williams 207**, RPI 109, Westfield State 90  
Tufts 156, Bowdoin 98, Springfield 96, Colby 20, Gordon 0

## VARSIITY SCORING & ROSTER

Uzoma Orji*	'06 62	Nate Ball*	'G 21	Patrick Barragan	'08 06
David Blau*	'06 57	Chris Bruce	'08 20	Chris Wong	'08 06
Omari Stephens	'08 52	Alex Rothberg	'09 20	John McGonagle	'09 04.25
Jake Ruzevick	'09 47.75	Matt Bieniosek	'09 18.25	Tyler Abrams	'09 03
Dan Rodgers	'09 33	Chris Bateman	'07 18	Spencer Dudley	'07 01
Eric Khatchadourian	'06 28	Aron Walker	'07 15.75	Ryan King	'09 01
Thad Wozniak	'06 26.75	Joe Roy-Mayhew	'08 14	Stephen Oney	'07 01
Fivos Constantinou	'06 26	Yermie Cohen	'09 13	Nate Sharpe	'09 01
James Oleinik	'09 25	Dave Reshef	'08 10.25	Steve Maltas	'06
Anthony Teixeira	'08 24	Obinna Anyanwu	'09 09	Steve Nicholson	'08
Trevor Rundell	'09 22	Ulzie Read	'07 09	Rocco Repetski	'08

\* Captain

## CHAMPIONSHIPS

### New England Division 3 (NE Div. 3) (4th) 57.5 points

Uzoma Orji	Weight Throw	62-09 1/4 (1st)
Uzoma Orji	Shot Put	57-10 (1st)
David Blau	55	6.56 (3rd)
David Blau	200	22.70 (3rd)
Eric Khatchadourian	5000	15:14.44 (4th)
Omari Stephens	Pole Vault	13-06 (4th - tie)
Joe Roy-Mayhew	3000	8:48.89 (5th)
Stephens, Omari	55HH	8.07 (6th)
Constantinou, Walker, Reshef, Bieniosek	3200 Relay	8:08.18 (6th)
Cohen, Rothberg, Rodgers, Ruzevick	DMR	10:39.52 (6th)
Fivos Constantinou	Mile	4:20.13 (7th)
Thad Wozniak	Pentathlon	2915 (8th)

### New England Intercollegiate Amateur Athletic Association (NEIAAA) (9th - tie) 28 points

Nate Ball	Pole Vault	16-03 (1st)
Uzoma Orji	Weight Throw	64-07 3/4 (1st)
Uzoma Orji	Shot Put	55-11 (2nd)

### Intercollegiate Athletic Association of Amateur Athletics (IC4A) (21st - tie) 14 points

Uzoma Orji	Weight Throw	65-01 1/2 (1st)
Uzoma Orji	Shot Put	55-02 1/4 (5th)

### National Collegiate Athletic Association (NCAA) (8th) 18 points

Uzoma Orji	Shot Put	58-03 3/4 (1st)
Uzoma Orji	Weight Throw	63-11 (2nd)

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
Weight Throw	Uzoma Orji	65-01 1/2*
	James Oleinik	41-11 1/4
Shot Put	Uzoma Orji	59-04
	James Oleinik	48-01 3/4
Long Jump	Obinna Anyanwu	20-11 1/2
	Thad Wozniak	20-04
Triple Jump	Anthony Teixeira	43-01
	Omari Stephens	42-02 1/4
Pole Vault	Nathan Ball	16-06*
	Omari Stephens	14-00 1/2
High Jump	Chris Bateman	5-07 1/2
	Thad Wozniak	5-06
55HH	Omari Stephens	8.07
	Thad Wozniak	8.59
55	David Blau	6.56
	Stephen Oney	6.81
200	David Blau	22.34
	Thad Wozniak	23.01
400	Alex Rothberg	52.10
	Ulzie Rea	53.53
500	Dan Rodgers	1:06.04**
	Aron Walker	1:08.65
600	Dan Rodgers	1:24.58
	Aron Walker	1:26.68
800	Jake Ruzevick	1:58.42
	Matt Bieniosek	1:58.98
1000	Jake Ruzevick	2:32.24
	Yermie Cohen	2:35.31
Mile	Fivos Constantinou	4:16.52
	Jake Ruzevick	4:19.78
3000	Joe Roy-Mayhew	8:45.18
	Chris Bruce	8:49.20
5000	Eric Khatchadourian	15:14.44
	Trevor Rundell	15:25.95
1600R	Bieniosek, Rodgers, Rothberg, Walker	3:28.63
3200R	Constantinou, Walker Reshef, Bieniosek	8:04.31
DMR	Cohen, Rothberg, Rodgers, Ruzevick	10:39.52**
Pentathlon	Thad Wozniak	2915

Varsity Record \*

Freshman Record \*\*

# OUTDOOR TRACK

## VARSITY

Won 7, Lost 0

### MIT

209  
177.5  
244

### OPPONENT

Colby 120, Grinnell 16  
RPI 129, WPI 91.5  
Bates 208, USM 104, Colby 89

### VARSITY SCORING & ROSTER

Uzoma Orji*	'06 46	Spencer Dudley	'07 12	Ryan King	'09 05
Ouari Stephens	'08 40.25	Dan Rodgers	'09 11.25	Chris Wong	'08 05
Anthony Teixeira	'08 38	Obinna Anyanwu	'09 11	John McGonagle	'09 04
Chris Bateman	'07 32.25	Ulzie Rea	'07 10.75	Yermie Cohen	'09 03
David Blau*	'06 28	Steve Maltas	'06 09	Brian Jacokes	'08 02
Thad Wozniak	'06 24.75	Rocco Repetski	'08 09	Nate Sharpe	'09 02
James Oleinik	'09 21	Aron Walker	'07 08.75	Stephen Oney	'07 01.25
Fivos Constantinou	'06 20	Matt Bieniosek	'09 07.75	Tyler Abrams	'09
Eric Khatachadourian	'06 20	Kenny Rosche	'08 07.75	Kevin DiGenova	'07
Jake Ruzevick	'09 18	Chris Bruce	'08 07	Dave Reshef	'08
Alex Rothberg	'09 12.5	Patrick Barragan	'08 05	Joe Roy-Mayhew	'08

\* Captain

### CHAMPIONSHIPS

#### New England Women's and Men's Athletics Conference (NEWMAC) (1st) 214.5 points

Chris Bruce	3000SC	10:03.11 (1st)
Spencer Dudley	10,000	32:57.33 (1st)
Uzoma Orji	Shot Put	58-06 (1st)
Uzoma Orji	Hammer	195-05 (1st)
Uzoma Orji	Discus	147-10 (1st)
Ouari Stephens	Pole Vault	14-06 (1st)
Thad Wozniak	Long Jump	22-00 3/4 (1st)
Chris Bateman	Long Jump	21-07 3/4 (2nd)
David Blau	100	11.10 (2nd)
David Blau	200	22.66 (2nd)
Joe Roy-Mayhew	10,000	33:32.43 (2nd)
Jake Ruzevick	1500	42-07(2nd)
David Blau		
Kenny Rosche		
Thad Wozniak	400 Relay	43.23 (2nd)
Demario Dayton		
Fivos Constantinou	1500	4:01.94 (3rd)
Rocco Repetski	3000SC	10:12.80 (3rd)
Ouari Stephens	110HH	15.88 (3rd - tie)
Anthony Teixeira	Triple Jump	42-01 1/2 (3rd)
Alex Rothberg		
Dan Rodgers		
Matt Bieniosek	1600 Relay	3:27.94 (3rd)
Kenny Rosche		
Chris Bateman	Triple Jump	41-08 3/4 (4th)
Yermie Cohen	5000	15:54.75 (4th)
James Oleinik	Shot Put	46-11 3/4 (4th)
Alex Rothberg	400	51.15 (4th)
Nate Sharpe	Pole Vault	12-06 (4th)
Kevin DiGenova	3000SC	10:33.21 (5th)
Dan Rodgers	800	1:59.53 (5th)
Yermie Cohen	1500	4:06.55 (6th)
Ryan King	3000SC	10:34.14 (6th)

## MIT Track & CC News

Steve Maltas	5000	16:05.38 (6th)
John McGonagle	400IH	59.21 (6th)
Anthony Teixeira	110IH	15.92 (6th)
Thad Wozniak	200	23.25 (6th)
Kenny Rosche	100	11.51 (7th)
Anthony Teixeira	Long Jump	20-06 (7th)
Chris Wong	5000	16:14.99 (7th)
Fivos Constantinou	800	2:00.84 (8th)
Alex Rothberg	200	23.60 (8th)

### **New England Division 3 (NE Div. 3)** (3rd) 64 points

Uzoma Orji	Hammer	205-09 (1st)
Uzoma Orji	Shot Put	58-07 1/2 (1st)
Steve Maltas	10,000	33:01.84 (3rd)
David Blau	200	22.41 (4th)
Uzoma Orji	Discus	150-00 (4th)
Blau, Rosche, Wozniak, Dayton	400 Relay	42.86 (4th)
Thad Wozniak	Long Jump	22-04 1/4 (5th)
Chris Bruce	3000SC	9:39.27 (6th)
James Oleinik	Shot Put	48-02 1/2 (6th)
Joe Roy-Mayhew	10,000	33:36.57 (6th)
Anthony Teixeira	110HH	16:06 (6th)
Eric Khatchadourian	10,000	33:41.39 (7th)
Jake Ruzevick	3000SC	9:41.72 (7th)
Chris Bateman	Long Jump	21-04 1/4 (8th)
David Blau	100	15.46 (8th)
Fivos Constantinou	1500	3:59.81 (8th)

### **New England Intercollegiate Amateur Athletic Association (NEIAAA)** (28th) 7 points

David Blau	100	10.89 (5th)
David Blau	200	21.96 (7th)
James Oleinik	Shot Put	48-09 (8th)

### **Intercollegiate Athletic Association of Amateur Athletics (IC4A)** (33rd) 9 points

Uzoma Orji	Shot Put	53-10 1/2 (4th)
Uzoma Orji	Hammer	188-10 (5th)

### **National Collegiate Athletic Association (NCAA)** (15th – tie) 18 points

Uzoma Orji	Shot put	60-2 1/2 (1st)
Uzoma Orji	Hammer	198-4 (2nd)

### **BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
Hammer Throw	Uzoma Orji	205-09*
	James Oleinik	129-08
Shot Put	Uzoma Orji	60-2 1/2*
	James Oleinik	48-09
Discus	Uzoma Orji	150-00
	James Oleinik	130-04
Javelin	Thad Wozniak	130-09 1/2
Long Jump	Thad Wozniak	22-04 1/4
	Chris Bateman	21-08 1/4
Triple Jump	Anthony Teixeira	43-03 3/4
	Omari Stephens	42-07
Pole Vault	Omari Stephens	14-06
	Patrick Barragan	12-06
	Nate Sharpe	12-06
High Jump	Chris Bateman	5-08

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	Omari Stephens	5-08
110HH	Omari Stephens	15.88
	Anthony Teixeira	15.92
100	David Blau	10.86
	Kenny Rosche	11.04
200	David Blau	21.96
	Alex Rothberg	22.95
400	Alex Rothberg	51.10
	Ulzie Rea	51.57
800	Jake Ruzevick	1:58.04
	Aron Walker	1:58.93
1500	Fivos Constantinou	3:59.81
	Jake Ruzevick	4:01.67
3000SC	Chris Bruce	9:39.27
	Jake Ruzevick	9:41.63
5000	Eric Khatchadourian	15:27.56
	Spencer Dudley	15:28.45
10,000	Spencer Dudley	32:57.33
	Steve Maltas	33:01.84
400R	Blau, Rosche, Wozniak, Dayton	42.73
1600R	Rea, Bieniosek, Walker, Rothberg	3:26.25

Varsity Record \*

## 2006-2007 SCHEDULES

### CROSS COUNTRY

9/02	Alumni Meet	Franklin Park
9/09	Engineer's Cup (RPI,WPI)	Franklin Park
9/16	Bates, Colby, Keene State, USM	Bates College
9/22	National Preview	Wilmington College
9/30	Mt. Holyoke Invitational	Mt. Holyoke College
10/7	NEICAAA Championship	Franklin Park
10/14	TBA	TBA
10/28	NEWMAC Championship	Mt. Holyoke College
11/11	NCAA Div. III Regional Qualifier	Springfield College
11/18	NCAA Div. III Championship	Wilmington College

### INDOOR TRACK

12/2	Northeastern Invitational	Reggie Lewis
1/6	Alumni Meet	Home
1/13	Bates, Coast Guard	Bates College
1/20	RPI, Westfield State, Williams	Home
1/27	Bowdoin, Colby, Springfield, Tufts Gordon	Bowdoin College
2/3	Boston College, Boston University, Northeastern, Providence College	Boston University
2/10	MIT Coed Invitational	Home
2/10	Valentine's Fastrack Invitational	Boston University
2/16-17	New England Div. III Championship	Bates College
2/23-24	NEICAAA Championship	Boston College
3/2-3	ECAC Championship	Wesleyan University
3/3-4	IC4A Championship	Boston University
3/9-10	NCAA Div. III Championship	Rose Hulman College

### OUTDOOR TRACK

3/31	Spring Break Meet	TBA
4/7	Engineer's Cup	RPI
4/14	Bates, Colby, USM	Home
4/21	Spring Invitational	Home
4/28	NEWMAC Championship	Coast Guard
5/4-5	New England Division III Championship	Tufts
5/11-12	NEICAAA Championship	TBA
5/12-13	IC4A Championship	Princeton
5/18-19	ECAC Championship	TBA
5/24-26	NCAA Div. III Championship	UW Oshkosh

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**Mark Your Calendar**

<b>Varsity / Alumni Cross Country Meet</b>	<b>Franklin Park</b>	<b>September 2, 2006</b>
<b>Varsity / Alumni Track Meet</b>	<b>MIT Johnson A.C.</b>	<b>January 6, 2007</b>