

MIT TRACK & CC NEWS

Newsletter for the Friends of MIT Track and Cross Country

Number 67 - August 2008

HARRIERS DOMINATE NEWMAC CHAMPIONSHIPS

by Halston W. Taylor

The men's and women's cross country teams had very similar seasons. Both were nationally ranked among the top 20 in the country for NCAA Division III, both won their respective NEWMAC Conference Championship and both underperformed at the NCAA Division III Regional Championship, missing the opportunity to go to the national championship as a team.

The women, captained by Elizabeth Finn and Erika Erickson, began the season strong despite beginning mileage later in the summer and not doing any hard workouts until the third week in September. By mid-October the ladies showed the country they were a team to be reckoned with as they placed sixth among 44 teams at the All New England Championship ([NEICAAA](#)), a meet in which they had never come close to finishing in the top 10 before. MIT finished ahead of all the Ivy League teams, and only Amherst and Williams Colleges placed higher among division III institutions.

Three weeks later at the [NEWMAC Championship](#), the women were reeling from feeling very tired and certainly showing a lack of confidence. A serum ferritin test would probably have shown a number of the women to be low in the ready supply of iron their bodies were carrying. Maria Monks, the number one runner for MIT since her arrival in 2007 as a



Brian Jacokes '08, Jack Bourbonnais '10, Trevor Rundell '09, Joe Roy-Mayhew '08, and Chris Bruce '08 stick together at the NEWMAC Championships. This group all finished between 26:29 and 26:54 to help clinch the victory.

freshman, struggled from the start, unable to keep up with the two leaders from Smith College on their home course. Elizabeth Finn and Jennifer Doyle ran their plan as did Katy Gordon and Adrienne Bolger. However, Jacqui Wentz and Liz Labuz were not able to put solid races together after finishing in the top five for MIT three weeks earlier. Showing her fortitude Monks finished fourth, two seconds and one place ahead of Finn. Doyle had her usual great finish to end up 12th and Gordon and Bolger placed 14th and 15th respectively, giving the team a relatively easy victory. MIT put five runners ahead of every other team's third runner and had only a 28 second delta in scoring a low of 50 points. Gordon won Rookie of the

Year honors as the top freshman in the race.

The lack of energy and presumed low iron stores continued to affect the team at the [NCAA Division III Regional](#) race two weeks later. Finn finished 20th to advance to the NCAA Division III Championship as an individual but the team finished a disappointing seventh among the 47 teams. Even though it was the highest team finish ever in this meet, it was nowhere near the performance five weeks earlier. Monks, Wentz and Labuz struggled, although Monks fought with everything she had to preserve a 38th place finish. Doyle ran with what turned out to be another stress fracture and was not able to finish better than 81st. Gordon ran a solid race finishing in

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Adrienne Bolger '09, Kirsten Aarsvold '11, Jennifer Doyle '09, and Erika Erickson '08 after the first mile of the Engineers' Cup/Smith Invitational. MIT finished first of eight teams

WOMEN SET EIGHT SCHOOL RECORDS INDOORS

by Steve Vaitones

It would not be going too far to call the 2007-2008 indoor season the most successful in the program's history. While numbers were a bit smaller than those of the past few years, and some injuries kept a few individuals out all season, team scores and placings reached all-time highs in the New England Division III meet and the ECAC Championships.

Team scoring is a mix of strength and depth; the dual/quad meet season relies more on depth of performance where MIT would score often and deep in the results. Championships need the big points to make an impression; four winners total more points than recording two

points (seventh place) in each and every event.

The New England was a time to step up and be counted, passing on the concept of holding athletes out to just run relays for projected "easier" points, and instead going head to head in the individual events. The middle distance corps did just that and responded with individual as well as relay successes, maybe best exemplified by Andrea Bradshaw's second overall in the 800 out of the unseeded section. The combination brought an unprecedented third place team finish. Then, at the ECAC, the team placing achieved through big points scored early in the meet held up through the final



Adrienne Bolger '09 hands off to Andrea Bradshaw '09 in the 4x400m relay at the Bates/Colby/MIT meet.

events, requiring Coach Fletcher Brooks to make a return trip to Harvard in the heavy rains to pick up the second place plaque.

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INJURIES DAMPEN MEN'S INDOOR CHAMPIONSHIP HOPES

by Halston W. Taylor

The start of the indoor track and field season brought with it high hopes for an opportunity to win another New England Division III title. Early season results confirmed that the MIT team was the strongest it had been in six years and Williams was down, particularly in the field events. Tufts had made a run for the

championship the past two years and appeared deep enough and talented enough to possibly get the job done, particularly with the championship being held at their track.

The journey began on November 5 with the first conditioning practice. This was a very dedicated group of athletes, many of whom spent the

entire off-season working on getting stronger and on their overall conditioning. The first two weeks of practice we turn it up a notch to make sure they are ready for the event specific workouts but also to build a little community through adversity.

One of the highlights of the early season was actually the intrasquad meet. Through some creative meet management the meet ended in a tie. The tie-breaker was to be a replay of our obstacle course with each team putting up one candidate. Patrick Barragan dug deep and somehow defeated Nate Sharpe (who had performed the fastest ever obstacle course a week earlier) by the narrowest of margins (second fastest performance ever) to give the seniors and freshmen the victory over the juniors and sophomores.



Stephen Morton '10 competing in the triple jump at the NE Div III Championships. Stephen won the triple jump (47' 1 3/4") and long jump (22' 5 3/4"), placed 2nd in the 200m (22.41), and ran a leg of the 4x400m relay.

After a three week break, including a week of exams, the team

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VAULTERS LEAD MEN'S OUTDOOR SQUAD WITH THREE CHAMPIONSHIP VICTORIES

by Halston W. Taylor

Going into the outdoor season there were mixed feelings of anticipation. For starters, coming off the success of the indoor season and seeing how much the team had improved gave us a lot of hope for an even better outdoor season. On the other hand, the loss of Yermie Cohen for the entire season and the uncertainty of whether or not Jake Ruzevick would get back to full strength for the end of the season created some reasonable doubt.

The team left for California for spring break for some hard work and strong competition. The plan was to spend the first five days in Claremont, training at the CMS college track, a marvelous facility. The final two days would be spent in San Diego with competition at

[Point Loma Nazarene College](#) in a fairly large invitational. The men's and women's teams brought a total of 36 athletes along with four coaches. The biggest and possibly only negative to the trip was the loss of freshman star 800 runner, John Granata in the first practice to a season ending injury. On the plus side, the men finished second among 12 teams, led by Stephen Morton's 10.79 varsity record in the 100 meters. The women were fifth out of 10 teams with only 16 women competing for MIT.

The Engineers coasted through the regular season, resting individuals when necessary and still having no trouble in the [Engineer's Cup](#) or the [MIT vs. Maine meet](#). Everything prior to the NEWMAC and New England Division III Championships was just preparation for those two meets.



Anthony Teixeira '08 "destroys" his hurdle on the way to a 110M hurdle victory in the MIT Spring Invitational.

Going into the [NEWMAC](#) meet, it was surprising to see that Coast Guard was actually favored on paper to win the meet. Fortunately, the MIT team does not believe they can lose this meet and took the challenge very personally.

The other teams in the conference finally figured out that they should

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WOMEN CONTINUE RECORD ONSLAUGHT – SETTING SIX NEW OUTDOOR MARKS

by Steve Vaitones

The core of the outdoor team began with the spring break trip, heading to California after a few years in Florida. Training culminated with a multi-team meet at what may be the most scenic facility in the country, San Diego's [Point Loma Nazarene University](#). Oceanside views were matched by the performances on the oval where the first three Tech records of the season were turned in by Andrea Bradshaw, Adrienne Bolger, and the 4x400 relay team. Bolger's record in the 1500 (4:40.83) erased the oldest mark on the outdoor scrolls, 4:48.0, set by Nicole Freedman in 1992. The short-staffed team placed fifth of ten squads, and headed back to reality - spring in New England.



Aline Thomas '08 competed in the shot and hammer at the NCAA Division III Championship meet, taking sixth place and All-American honors in the hammer.

The women won their first two meets back home, the [Engineer's Cup](#) against RPI and WPI, and a narrow 143-139-124 victory over [Colby and Bates](#). Andrea Bradshaw made it season record #2 taking the 800m standard down to 2:17.68. Amy Magnuson ran her first outdoor hurdles race of the spring season, and easily attained the NCAA provisional qualifying mark with her 14.64 win. The sophomore ace added points with a long jump victory and a second place in the triple jump. The pole vault crew again dominated results with 4 of the top 6 placers. Margaret Leibovic scored a 100-200 double in almost wind-free conditions, and

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challenge MIT in the 10K. In 2007, the Engineers swept the 6.2 mile race with the fourth guy only needing a sub 34:00. This year, seventh place was 33:43. As a result, Tech was only able to garner first, fifth and seventh places, a severe setback to start the meet. Fortunately, the team dug down and began to make up points on Coast Guard. The freshmen steeplechase duo of Paul Welle and Richard Prevost ran huge personal bests of 9:34.34 and 9:35.62 to take an unexpected 1-2 finish. Another freshman, Vlad Sobes, beat his own PR with a 189-4 in the javelin to place third. The pole vaulters and 5K runners put the meet away. The pole vaulters placed 1-2-3, with Greg Tao winning in a personal best 15-6 ¼. Omari Stephens and Patrick Barragan both cleared 14-9 for second and third respectively. Barragan's mark was a new personal best and put him into the top 10 on the all-time MIT list. In a hotly contested 5000 meters, Joe Roy-Mayhew led the team to a 1-3-4-5 performance with a 15:22.12 time. Hemu Arumugam, Brian Jacokes and Chris Wong ran 15:28.00, 15:31.71 and 15:39.15 respectively with Roy-Mayhew and Wong coming back from the 1500. The final score was MIT 240 to 188.5 for Coast Guard, giving Tech their eighth consecutive NEWMAC championship. Stephen Morton was again named NEWMAC Athlete of the Year for track and field for his winning effort in the 100 and long jump, second in the 200, and fifth place in the triple jump. He also anchored the third place 4x100 team to a season best 43.23.

The only team goal remaining was to improve upon the indoor New England Division III third place finish. Once again Coast Guard

appeared to be a very serious threat as did the teams that defeated MIT indoors; Tufts and Williams.

On day one of the [DIV. III Championship](#), the 10K, hammer throw and long jump were all contested, events in which MIT hoped to do well. Similar to the week before, the competition was much better than it had been the previous year. Despite all running personal bests, Joe Roy-Mayhew, Chris Wong and Brian Jacokes were only able to place fourth, seventh and eighth with respective times of 31:35.61, 31:54.31 and 32:10.97. The eight points in the 10K may not have been as many as expected, but the long jump results more than made up for it. Stephen Morton once again came from behind, winning the event by over a foot with a huge personal best of 23-08 (the number two jump all time for MIT). Anthony Teixeira added a much needed third place with 21-09. MIT did not score in the hammer throw but the 24 points in the two events certainly gave MIT a good start to the meet.

Unfortunately, the overnight did not help Stephen Morton's hamstring, which tightened up on him unbeknownst to the coaches. The 4 x 100 had a solid three legs, but when Morton was unable to move on the leaders we knew he was not 100%.

The pole vaulters continued to rule their event. Once again, Greg Tao won the event, this time with 15-5. Stephens earned second with 15-1 and the much improved Barragan cleared 14-3 ¼ to earn fifth. The other winner for MIT on day two was James Oleinik, who put the shot 49-08 ½ to win by nine inches.

The freshmen really came through for MIT in this meet. The first freshmen on the track were Paul Welle and Richard Prevost in the 3000 Steeplechase. Both went with the leaders and an aggressive pace but fell off in the final two laps. Welle finished third in 9:29.39 while Prevost completed the race in seventh place with a 9:38.22. At the same time as the steeplers were clearing the water jump, Vlad Sobes threw the javelin 186-08 to secure fourth place for the Engineers. Mattias Flander finished a great freshman year on a high note with a fourth place effort at 45-03 ¾ in the triple jump.

Anthony Teixeira teamed up with Stephens in the 110HH to score eight points after placing fourth and sixth respectively. However, the effort of the meet came with two events to go. Coast Guard, helped by their 21 in the decathlon to start the meet, had climbed to within nine points of MIT by earning key points on the track and in the field. The Bears had one of the best 4 x 400 relays and if they won and MIT did not place, Coast Guard would pass MIT for second place. In case just such a situation arose, the 10K runners who had qualified for the 5K were entered in that event. Fortunately, Joe Roy-Mayhew was willing and able to get the job done. Roy-Mayhew's sixth place for three points, in a season PR of 15:12.95 no less, clinched second place for MIT.

In the remaining post-season meets, few great marks were obtained. Of note, Oleinik threw a personal best of 50-10 in the

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returned on January 5 to prepare for the [Alumni/ae meet](#). Despite a very good alumni team, the varsity managed to win every running event with the exception of the high hurdles, which was won by Rick Rajter, in a new personal best no less. Nevertheless, the meet still came down to the 4x200 relay with the winner taking the meet. .46 seconds determined the winner as Stephen Oney took the lead in the final straight, just inching away for the victory.

Commanding victories over [Bates and Colby](#) and then [Tufts, Springfield, Bowdoin](#) and again Colby were surrounded by invitationals at Boston University. In the first [BU](#) meet, the quartet of Yermie Cohen (1200), Stephen Morton (400), Matt Bieniosek (800) and Jake Ruzevick (1600) ran 10:03.3 in the distance medley relay to qualify for nationals, and we had barely begun doing any track workouts. However,



Omari Stephens clearing 15' 9-3/4" at the NCAA Championships to take 8th place and earn All-America honors.

Ruzevick developed an injury a couple of weeks later and Cohen went down a week before the Championships with a stress fracture to rule out a trip to the NCAA Division III Championship. At least they will all be back next year.

Before we knew Cohen had a stress fracture, and the medical people told him he would not hurt it worse, he persevered the pain and

decided to run the mile in the [New England Division III Championship](#). However, with the pain he had to endure, he was only able to manage a seventh place. Without being able to double or triple Cohen and without Ruzevick altogether, the championship chances looked slim for the team. However, the team remained positive and concentrated on who needed to step up to take up the slack.

Even in our Division III championship victories over the years, I have never had a team that was louder or more supportive than this one. Great performances were delivered on the track and in the field. Stephen Morton won both the long jump and triple jump in his final attempts as well as picking up a second place in the 200. The distance runners really came through, earning third and sixth in the 3000 with Joe Roy-Mayhew

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[All New Englands](#) to earn sixth place. Teixeira jumped a personal best of 22-05 to finish eighth in the long jump and Stephens cleared 15-09 to place second in the pole vault in this same meet.

At the [NCAA Division III Championships](#), Stephens and Tao both earned the trip in the pole vault while Morton made it in the long jump. Morton did not quite make finals, missing it by one competitor with his 22-03 effort. However, he had one jump easily over 23' but had forgotten to move his mark back after a previous foul, wasting a great jump. In the vault, both Tao and Stephens cleared

opening height of 14-11 ½, a height that rarely would place at this championship. However, many of the top vaulters did not clear at their entering height and Stephens tied for eighth place while Tao finished 10th due to more misses.

In both indoor and outdoor track and field Morton was named the team's MVP for the season and 2008-09 captains will be James Oleinik, Jake Ruzevick and Nate Sharpe. The Paul McKenzie award went to Anthony Teixeira, and Patrick Barragan earned the Most Improved.

The 2008-09 team will undoubtedly miss the seniors, particularly captains Chris Bruce, Joe Roy-

Mayhew and Anthony Teixeira. Newly anointed "Has Beens" Patrick Barragan, Peter Mulligan, Stephen Oney, Rocco Repetski, Omari Stephens and Chris Wong will also be missed very much. Chris Wong will be with us next year for cross country, and graduating senior, Dave Reshef will be at MIT for graduate school and has eligibility in all three seasons.

Trying to fill the shoes of the departing seniors will be a class including five vaulters between 13-0 and 13-6, a 6-2 high jumper, two throwers, three hurdlers and four distance runners who have run the mile between 4:15 and 4:23.

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Aline Thomas contributed big points with a discus win in a PR 127'9" (for #3 on the all-time MIT list), and a pair of seconds in the shot and hammer.

Freshman Hazel Briner then placed 11th in a 22 athlete field at the Holy Cross Heptathlon April 16-17 in Worcester. Her 3613 point total put her third on the MIT all-time list, and qualified for both the New England Division III and the ECAC Division III Championships. She achieved personal bests in the shot and the hurdles in the process.

For the final tune-up before the NEWMAC Championships, MIT hosted its annual [Spring Invitational](#) on April 19, which featured 14 teams across multiple NCAA divisions. The Engineers performed well, highlighted by three first-place finishes from Aline Thomas in the shot, discus, and hammer. That accounted for half of MIT's six individual wins, with Amy Magnuson, Adrienne Bolger and Emily Hwang securing the other victories in the 100 hurdles, 800, and vault, respectively.

The team gave it a valiant run in an attempt to repeat as [NEWMAC](#) team champions, but came up just short in the final totals. The Engineers scored 178 for third behind champions Wheaton (205) and Springfield (203) in the eight team field. With four events remaining, the top three were within five points of each other, but the depth in the final events gave the Lyons and the Pride the top two spots.

While the outcome may not have changed, MIT's hopes at repeating were dealt a severe blow when Amy Magnuson pulled up injured after taking the anchor leg handoff of the 4 x 100. A twinge which turned out

to be a hamstring tear also caused the multi-event star to finish a stride awkwardly which in turn led to a turned ankle as well. She had just placed second in the long jump in a season best 17'6", and an almost certain hurdle win and top 3 place in the triple jump would have pulled the final scores even closer all around. The team responded with a slew of personal and season bests to cover the point loss.

A pair of records were set by the AB duo, both lowering their own Tech records in their middle distance specialties. Adrienne Bolger dropped the 1500 standard nearly 3 seconds from her March mark with a 4:42.98, just nipped for the win at the wire. Andrea Bradshaw clipped her own 800 record yet again with her 2:17.07 behind a meet record. Jacqui Wentz, in third, was also under the old standard in 2:17.40, while Bolger also scored in the event in sixth.

Aline Thomas was a double winner on the field. Her shot put win of 43'1.75" was a personal best, and her hammer victory was number 2 MIT all-time as well as a championship record. Three other team members earned NEWMAC titles; Wentz in the steeplechase in 11:39.37 - yet again unpressed in the competition - co-captain Leanne Veldhuis in the 400 Hurdles with her best time of the season, 1:04.88, and Emily Hwang in the pole vault, clearing 11'9" for both a championship record and NCAA provisional qualifier. The 4x400 relay was a case of deja vu as the quartet of Bradshaw, Wentz, Bolger, and Veldhuis passed the baton in 4:04.21, good for the bronze medal in the #2 Tech time ever - and identical to the mark from the 2007 NEWMAC.

The longest race of the day, the meet-opening 10,000, produced the smallest winning margin of the day

(including all sprint events) where Lauren McCarthy was barely outkicked by .06 as she recorded a big personal best of 39:48.42.

Third placings were scored by Hana Adaniya (5000), Liz Labuz (steeplechase), and Sarah Rich (hammer).

After the NEWMAC meet, the [New England Division III Championship](#) would be a challenge. Different days, different meets, but similar results. On a not particularly inspiring day along the Thames River, the final team tally found the Engineers third with 77 points, behind NESCAC powers Williams (111) and Amherst (81) among 28 scorers.

The team would need to - and did - look at a day of excellence to be in the title hunt following Amy Magnuson's season ending injury. The possibility of a repeat second place was still remote going into the long-lasting pole vault. But quality efforts still left them just short, as Emily Hwang added another gold to her season with the 11'1 3/4" win, Karen Fisher took a solid fourth, Becky Stavely cleared a personal best 9'8" for a non-scoring 10th, and Lynn Jepsen made 8'8", an inch off her PR.

The team opened smartly on Friday evening as the 10,000 meters put thirteen points on the board; Hana Adaniya, Jennifer Doyle, and Lauren McCarthy were 3-5-6, respectively. Adaniya rallied for a 37:39.03, an NCAA provisional qualifier - the first time she has achieved that level of excellence.

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Saturday's first points on the track were tallied by Jacqui Wentz with a third place in 11:04.47 in the steeplechase, rewarded with a provisional national qualifier and #2 all time Tech time. Two events later, Adrienne Bolger placed fourth in a most competitive 1500. The tightly bunched seeded section did not start breaking up until after the bell lap, and the win was still a hope for any one of a half-dozen racers down the homestretch. Bolger broke the line at 4:40.83, a third school record of the season.

Aline Thomas covered three throwing events in two days, the senior taking second in the hammer on Friday and the shot put (40'1/2") on Saturday. Also putting up points over two days was freshman Hazel Briner, posting a fourth place in the heptathlon.

Three new records were etched onto the record boards at the [All New England](#) meet at the University of New Hampshire May 10-11 where MIT women tallied 19.5 points to place 14th overall. There is no other way to describe Aline Thomas' time in the throwing circles except as a "career day". In the hammer on Friday, she spun the ball 164'7" to move her own record up by a foot and place third. On Saturday, she added another honor with a 43'10 3/4" toss in the shot put which tacked 1/4" to the Princess Imoukhuede record dating back to 2002. She ended the day with a non-scoring toss in the discus.

A third Tech mark was set in a deep 800 meter field where Andrea Bradshaw did not place for points out of a slower section of the race, yet was able to bring the school record down yet again to 2:16.89, her fourth rewrite of the 2008 campaign.

Jacqui Wentz topped the heavy timbers for third in the steeple, with a time of 11:07.63. Jennifer Doyle picked up two points with a seventh in the 10,000 at 38:16.38, and Emily Hwang tied for sixth in the pole vault at 10'11 3/4".

Though not scoring, Margaret Leibovic achieved a pair of wind-legal personal bests in the sprints (100,12.75; 200,26.37) to solidify her #2 all-time ranking in those events.

Thomas continued her championship season roll with a another record at the [ECAC Championship](#) at Springfield May 16-17. The senior added nearly three feet to her school best in the hammer, finishing second with a spin of 167'3" and followed with a third in the shot put. Also taking a silver medal was Jacqui Wentz in the steeplechase, moving closer to a Tech record and improving her NCAA provisional mark to 11:00.50; she now has three of the four fastest times in school history. Scoring points in the pole vault were captain-elect Emily Hwang and Karin Fisher, both scaling 10'8 3/4" for seventh and eighth, respectively. The Engineers amassed 25 points and finished only thirteenth among the 53 scoring teams, but many qualifiers took the option of focusing on finals instead of prolonging the season.

Finally, the Big Show - NCAA Division III in Oshkosh Wisconsin, with two Tech reps - Aline Thomas and Emily Hwang.

The duo did not disappoint, with Thomas medaling in the hammer. In her last two years of competition for MIT, Thomas became a "money" thrower with her best performances coming at season's end in the big events. Twice more upping the hammer record, she pegged the standard at 170'5" to take sixth place. A double qualifier, she tossed the

shot 42'3/4" but did not qualify for the final. Also making the trip to Dairyland was pole vaulter Emily Hwang. The captain-elect junior cleared 11'4 1/2" for fifteenth in another strong field.

Team honors and accolades were shared at the awards dinner on May 14. Coach Brooks noted that this team ranks among the tops in MIT history, not a small feat given the previous year's NEWMAC title.

The presentation of the five big awards then took center stage. Most Valuable Performers, as voted by teammates, were Amy Magnuson (indoor) and Aline Thomas (outdoor). Rookie of the Year was shared by a pair of athletes who were multiple event contributors, heptathlete Hazel Briner and jumper Karin Fisher. Most Improved went to a two season multi-time record-setter with big improvements in times and consistency, Adrienne Bolger. The Lynn Snyder Award for four years of long distance running participation and contribution was presented to senior Hana Adaniya. The captains' mantles were passed to Andrea Bradshaw and Emily Hwang.

And lest we forget about the first word in the phrase student-athlete, three track and field athletes earned Academic All-America Honors among 11 national selections from MIT (a single-year Institute record). Graduate Hana Adaniya and sophomore Amy Magnuson, along with junior Joe Roy-Mayhew on the men's team, were selected to the 2008 ESPN the Magazine Academic All-America Track and Field/Cross Country Teams.

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54th position. At the [NCAA Championship](#) the next week, Finn finished 100th out of 280 in her first exposure to national competition.

The team MVP was Maria Monks and the captains for 2008 are Elizabeth Finn and Liz Labuz.

Chris Bruce and Joe Roy-Mayhew captained the men's team, which may have been the deepest ever for the Engineers. The men finished a respectable 12th at the NEICAAA Championship behind three division III teams (Williams, Amherst and Bowdoin), but would have placed 10th in all likelihood had number one runner, Jake Ruzevick, not had to drop out. However, everyone on and associated with the team knew this was not a solid team effort. The team believed they were the best team in New England most of the time, but sometimes doubted it on the course.

The turning point in the season could well have been at the [Plansky Invitational](#) at Williams College. The short course distance was to be 6K, and the team was ready to duke it out on the Ephs' course with the hope of a little payback from the previous week. No one wanted to take the pace out hard so MIT was happy to oblige, leading with a slow pace. The end result was a solid victory over Williams, Tufts and six others with a 21 second delta for the top five runners. Jake Ruzevick led the way with a second place finish and was supported by Yermie Cohen (3rd), Roy-Mayhew (5th) with Trevor Rundell and Gihan Amarasiriwardena in 12th and 13th respectively.

Winning the NEWMAC Championship appears to be a foregone conclusion for the men's team and buoyed by the victory over Williams there were no

concerns among the Engineers. MIT claimed seven of the top eight places and 10 of 12 to score 18 points to 52 for Coast Guard and win their 10th consecutive victory in the 10 years the race has been in existence. Ruzevick led the way on the muddy course and was rewarded with the victory as well as being named the NEWMAC Runner of the Year. Amarasiriwardena received Rookie of the Year honors as the top finishing freshman.

Two weeks later, at the NCAA Division III Regional Championship, MIT looked great through two and a half miles. The early pace was a little slow, but MIT was among the leaders and in good position at the halfway point of the five mile race. All seven MIT runners, led by Ruzevick were among the top 25 runners. This is where things began to falter. Ruzevick was pushed to the ground and had to use significant energy to get back to the lead group. Cohen had his hamstrings begin to cramp up and the seven second delta at 2.5 miles was now 31 seconds at four miles. Roy-Mayhew took the lead to try to make something happen but this was ill advised as he did so against a strong wind. In the final mile, MIT had 17 runners pass them, putting them 46 points out of first

place and 13 points behind the teams going to nationals.

The teams will now have their serum ferritin levels checked twice per year, at the end of the academic year and at the end of the cross country season. It takes a few months to get the serum ferritin levels back up if they are down, so testing at these two times each year will give individuals the opportunity to recover in time for the cross country and track seasons.

The team MVP was Jake Ruzevick and the 2008 captains are Ruzevick and Chris Wong.

The women's team will have all of their top 11 runners returning next year, and they will be joined by a large group of capable freshmen.

The men lose two of their top seven and also number eight. However, with the depth of the team, the drastic improvement of the rising sophomores during the track season, and the incredible mile speed displayed by the incoming freshmen, the team should actually be improved. With that kind of potential, MIT could really make it tough for the rest of NEWMAC and New England.

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Adaniya carried a perfect 5.0 grade point average into the second year of her graduate program in Masters of Engineering and was selected to the women's second team. She was a two-time NEWMAC All-Conference performer in the 5,000-meter run and was a provisional qualifier for

the 2008 NCAA Championships in the 10,000m.

Despite missing the spring campaign because of injuries, Magnuson was still named to the women's third team; she carries a 4.9 GPA in Civil Engineering into her third year.

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Records were set in 8 events through the campaign, most altered more than once. And that topic can only begin with discussing Amy Magnuson.

Amy's 2007 record in the hurdles was an eye-opener, but she made that appear average once the big meets came up in February of 2008, knocking down the Tech standard seven times in five meets ending with a 8.01 in the NCAA final, placing second. And at the ECAC, she popped her biggest mark in the long jump (17-6) to etch her name in that record slot as well.

The AB duo (Andrea Bradshaw and Adrienne Bolger) also combined for seven individual and three relay records; Andrea Bradshaw brought the 800 record down by a full seven seconds through four races to 2:16.89, and Adrienne Bolger lowered the 1000 meters and dipped under three minutes three



Amy Magnuson '10 set new MIT records in both the 55m hurdles (8.01) and the long jump (17' 6") during the 2007-2008 indoor season.

times, finishing with 2:58.43. They also teamed to better the 4x800 twice (a total of 16 seconds to 9:25.86) and the Distance Medley Relay, running 12:17.06 in provisionally qualifying for the NCAA Division III Championship. Joining them on the relays was Jacqui Wentz who strode into the top 3 all-time on the 800 and mile lists as well.

Emily Hwang went undefeated in the pole vault through the all-New Englands, exhibiting consistency in

an event noted for inconsistency and earned big points at ECAC.

Adding to the reliable performance charting was Margaret Leibovic. She bettered her 55 meter time in several races during the season, setting an MIT record of 7.51 in the NE D3 championship trials, and then running the exact same time again in the finals.

The biggest losses for next year will be seniors Leanne Veldhuis and Aline Thomas. The former leaves with one individual record (600 - 1:40.01) and a share of both the 4x800 and distance medley record. The latter matured into the number two thrower on both the shot put and weight throw lists (behind all-American Princess Imoukhuede), showing perfect timing in peaking the past two years and twice achieving the NCAA provisional qualifying mark in the weight. The reliable performances of Hana Adaniya in the 1000 through 5000 will also be missed.

Top 10 lists were reconstructed including an addition to the pentathlon ranks for the first time in years, as Hazel Briner scored points with all-around quality performances at the NE D3. (She also earned a spot in the Tech top 10 in the hurdles).

...MEN'S INDOOR TRACK AND FIELD

(Continued from page 5)

and Gihan Amarasiriwardena running 8:42.55 and 8:50.14 respectively, and Chris Wong and Brian Jacokes placed second and seventh in the 5000, running 15:08.38 and 15:15.48. The vaulters gave a preview of what was to come outdoors as Omari Stephens, Patrick Barragan and Greg Tao ruled the vault, claiming first, sixth, and eighth places. Nearly everyone involved came through but it was not quite enough as MIT finished third with 101 points to 106 for Williams and 118 for Tufts.

When all was said and done, Morton and Stephens claimed All

America honors at the [NCAA Division III Championship](#) with eighth place finishes in the long jump and pole vault respectively. En route, Morton set the MIT triple jump record with a 47-11 effort at the ECAC Championship. Also at that meet the quartet of Richard Prevost, Paul Welle, Shawn Conrad and Kevin Kleinguetl set the freshman 4x800 record with a 7:54.43 performance. At the Division III Championship, Kleinguetl (1200), Nick Leonard (400), Conrad (800) and Welle (1600) set the freshman DMR record. Also at the DIII Championship, freshman John Granata broke the freshman 600 record with a 1:22.91 showing.

FAREWELL TO COACH BROOKS

by Halston W. Taylor

It has been three years that went by much too fast, but what a difference those three years meant for MIT's Women's Track and Field team. Fletcher Brooks left Williams College in 2005 to take over the Women's Indoor and Outdoor Track and Field team at MIT. Since then, the women's team has improved significantly, winning the NEWMAC Track and Field Championship for the first time and finishing in second place in the New England Division III Championship. Fletcher's advanced strength training, individualized coaching, meticulous

technique instruction in the throws, jumps, hurdles and sprints has improved both the women's and men's teams over the past three years.

Unfortunately, the opening for the Head Coach of Men's and Women's Track and Field back at Williams was an opportunity Fletcher could not ignore, and Williams (showing why they continue to be a dominant power in many sports) wasted no time in hiring him. Please join me in thanking Fletcher for his contributions to our program at MIT and in wishing him all the best in the future at Williams College.

NEW COACHES JOIN MIT STAFF

by Halston W. Taylor

Please join me in welcoming Todd Linder as the Women's Associate Head Track and Field coach. Todd has a masters degree from North Carolina A&T University in Technology Education and has previously coached at the University of Rhode Island and Sacred Heart University. Todd, is USATF Level II certified in both the throws and the jumps. In addition to being responsible for the day to day management of the women's track and field program, Todd will also supervise the field event and multi-event athletes on both the men's and women's teams.

Kathrine Wallace, a graduate of Wheaton College and an All America high jumper, comes to MIT as a full-time Assistant Coach of Men's and Women's Cross Country and Track and Field. Kathrine has most recently been coaching at her alma mater and prior to that at Connecticut College. Kathrine is USATF Level II certified in the jumps. She will work under Todd as a jumps coach as well as assisting with the administration and recruiting for both the programs.

2007-2008 COACHING STAFF

Halston Taylor – Director of Track & Field and Cross Country
Head Coach Men's and Women's Cross Country

Head Coach Men's Indoor and Outdoor Track and Field

Fletcher Brooks – Head Coach Women's Indoor and Outdoor Track and Field (responsible for all field events as well as multi-event athletes)

Nate Ball – Assistant pole vault coach

Mark Coogan – Assistant cross country distance coach

Summer Hutcheson - Assistant cross country and sprints coach

Uzoma Orji – Assistant throws coach

Jeff Paterno – Assistant distance coach

Rick Rajter – Assistant jumps coach

Chi-Fong Wang – Assistant javelin coach

Next year we will be losing Nate Ball and Rick Rajter as Nate's company is really taking off and Rick has completed his PhD. Of course, Fletcher will be on the other side of the field, coaching Williams College in 2008-09. Patrick Barragan, recently graduated and acting assistant coach during the spring semester, will be taking over the reigns from Nate Ball.

NEW HIERARCHY FOR MIT TRACK AND FIELD

by Halston W. Taylor

In order to provide some guaranteed continuity to both programs, which will allow for sharing of coaches, administrative work, recruiting, practices and meets, we have made some changes in the coaching hierarchy. I will become the Director of Track & Field and Cross Country while maintaining head coach responsibilities of the Men's Track

and Men's and Women's Cross Country teams. An Associate Head Coach will be hired to head up the women's track and field program. An additional full-time position will be added for an assistant coach for all the teams. As Director, I will coordinate the policies, recruiting, budget preparation, travel planning, equipment management, alumni relations and overall program philosophy, thus taking much of this

responsibility off of the women's coach so he or she can focus on coaching and the team. I in turn will get significant help from the full-time assistant, which will allow me to provide the necessary focus on the job of coaching. Finally, we hope to maintain most of the part-time assistant coaches so that the student-athletes can continue to be coached in small groups and get one on one attention when necessary.

NEW FACILITIES

by Halston W. Taylor

An additional long jump/triple jump pit is being put in the Johnson indoor facility this summer, thanks to the very generous gift from Don and Sherie Morrison (not reflected in this year's totals since it was donated in 2006-07). This will enable us to cut down on the length of our meets, which in turn will allow the student-athletes to get back to the real reason they are at MIT.

What many of you probably are not aware of is that thanks in large part to a gift from a soccer parent and a gift from the Steinbrenner family, a turf field

will be installed in Steinbrenner stadium. Along with the field there will be quite a few stadium enhancements, including lights, a new press box and more storage. The changes will require relocation of the javelin area, and at the same time the hammer/discus area will be upgraded and moved to prevent interference with the new javelin area and preserve simultaneous use of the two facilities.

The athletic department really stepped up here. We run very efficient track and field meets because we can have three throwing events in competition at the same time (hammer, javelin, shot put) for both men and women and then finish with both discus

events since we have two discus venues. Moving the javelin to an area that would conflict with the hammer or discus would have made the length of our men's and women's track meets six hours instead of the current four and a half hours.

Finally, we are getting a much needed pole vault pit replacement outdoors with a portable shed (as well as one for the high jump) that will always cover it without having to move the pit — another big time saver, particularly for practice. I thank our administration for doing what was right and preserving the high quality of one of the strongest track and field programs and facilities in the country.

FRIENDS' SUPPORT

by Halston W. Taylor

Once again, the generosity of our alumni/ae, friends and parents guaranteed we had the resources to have another successful year. I only wish we were able to thank each of you individually and perhaps with the new full-time assistant we will be able to do just that. For now, accept our sincere gratitude for giving us the opportunity to maintain our winning tradition and to always put the student-athlete first with the best coaching we can offer.

In addition to the new long jump pit, we secured the final dollars needed for the indoor scoreboard. It is still being determined whether their is time to install it prior to the start of the indoor season. The cross country team appreciated the trip to pre-nationals and it undoubtedly served as motivation for Elizabeth Finn to make it to the national championship. The spring trip was the best ever in terms of building team unity and getting ready for the season. We plan on duplicating both

trips next year and can hopefully take a few more student-athletes.

It was great seeing all the former athletes at our cross country and track alumni/ae meets. Representing the alumnae in the cross country meet were Betsy Eames '06, Martha Buckley '04, Margaret Nervegna '01 and Jennifer Gaugler '05. On the men's side the "Has-Beens" were represented by Sumner Brown '66, Terry McNatt '87, Eric Khatchadourian '07, Bob Collins '82, Ethan Crain '95, Eugene Tung '88, Robert Zak '86, Ian Driver '05, Fivos Constantinou '06, John Brewer '05, Sean Montgomery '01, Kevin DiGenova '07, Yuval Mazor '02 and Jeff Lucas '82. Josh Feldman '97 and David Moyle '94 intended on racing but the traffic relegated them to spectators.

In the track meet, the alumnae competing were Adeline Kuo '02, Meri Silberstein '05, Chi-Fong Wang '07, Rachel Niehuus '07, Martha Buckley '04, Alisha Schor '07 and

Lila French '99. In attendance and competing for the men were David Blau '06, Zach Traina '05, Ben Schmeckpeper '05, Fivos Constantinou '06, Kevin DiGenova '07, Bob Collins '82, Matt Lehman '04, Eric Khatchadourian '06, Ethan Crain '95, Craig Wildman '03, Terry McNatt '87, Josh Feldman '97, David Moyle '94, Rick Rajter '03, Craig Mielcarz '03, Chris Bateman '07, Nate Ball '05, Thad Wozniak '06, Uzoma Orji '06, Bill Singhose '90, Todd Chamoy '98, Gary Wilkes '74, Ned Rich '72 and Ravi Sastry '99. Bob Walmsley '84 ran the open mile and Steve Stoddard '06 and Josh Chartier '06 were in attendance cheering on their teammates.

The 2008 cross country meet will be on September 6 and the 2009 indoor meet on January 10. Once again we look forward to a good turnout and a very competitive meet.

(Continued on page 12)

...FRIENDS' SUPPORT

(Continued from page 11)

Your continued generosity is necessary for our success and will hopefully allow us to keep the number of assistant coaches we currently employ. In addition to endowing an assistant or head coach position, we would also like to endow the spring trip. We are also hoping to purchase an indoor and outdoor record board for the men and women at a cost of \$8,000. As always, contributions can be made online at <http://giving.mit.edu/index.html>. For men's cross country, type in account number 2641800, for women's cross country 2641900, for men's track 2648100, for women's track 2648900. Anyone interested in endowing either a

coaching position or the spring trip should give me a call at 617-253-4918.

For 2007-2008 your generous dollars totaled \$49,681.84. The breakdown is shown in the following chart:

Account #	Account name	# of gifts	# of donors	Total dollars
2641800	Men's Cross Country Fund	49	48	\$5,716
2641900	Women's Cross Country Fund	20	19	\$1,115
2648100	Men's Track Fund	158	138	\$30,840.34
2648900	Women's Track Fund	36	33	\$6,507.50
2739705	Indoor Track Scoreboard Fund	4	4	\$5,503

CENTURY CLUB 2007 - 2008

(Gifts of \$100 or more)

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Mr. Morio Alexander
Dr. Jeffrey Baerman
Mr. Arthur Barber
Mr. Christopher Bateman
Dr. Barry Bayus
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* \$1000.00 Club

ALUMNI NEWS

72 Years in the Making: MIT's Longest Standing Record and the Man Who Made the Leap

By Candace Royer

The year was 1936 and Stanley Johnson was an MIT senior on a mission. Competing for an Olympic berth to Berlin against the likes of Jesse Owens (Ohio State), Kermit King (Pittsburg State) and Al Olson (USC), he was the only non-scholarship athlete vying for this honor and privilege.

Although Johnson fell a bit short in the Olympic Trials, his record long jump of 24'2" at MIT still stands. In hot pursuit is Stephen Morton '10, who finished eighth at the 2008 NCAA Outdoor Track

and Field Division III Championships with a long jump of 22'3". His personal best at MIT is 23'8", just six inches short of Stan's record.

"The story is a great one for MIT and for collegiate sports in general," says Professor Donald Morrison '61, a member of the "top-six" long jump club at MIT. "Stanley has done something quite special and we want to celebrate his accomplishment as well as give Stephen Morton the incentive to leap to greater distances before he graduates in 2010."

Stanley was born in Arlington,

Mass., and attended the Institute on a bifurcated scholarship funded in part by MIT. Stan's father, an athletic trainer at MIT, only had to pay half tuition for Stan. The remainder was funded by the Rotary Club of Newton Centre (Mass.).

Stan fondly recalls his coaches, the legendary Oscar Hedlund and assistant coach, Bob Bowie. "They told me, and my dad agreed, to always stay in good physical condition." And this he has. As of this writing, he weighs about the same as he did in 1936 when he made that record-setting

(Continued on page 15)



The top six all-time MIT long jumpers. From left to right: Don Morrison '61 (6), Kevin Scannell '92 (5), Ravi Sastry '99 (4), Stanley Johnson '36 (1), Bill Singhose '90 (3), Stephen Morton '08 (2)

WHERE ARE THEY NOW – ALYSSA THORVALDSEN

by Alyssa Thorvaldsen

Editors Note: Alyssa holds the MIT record in the 400IH at 62.04, and she is second on the all-time list in the 100H at 15.30. She also anchored the indoor record setting 4x400m (4:00.31) and 4x200m (1:46.94) relay teams. In 2000, she earned All America honors with her 6th place finish in the NCAA 400IH.



Alyssa Thorvaldsen became MIT's first All-America performer in women's track and field when she placed sixth in the 400-meter hurdles at the NCAA championships.

I am happy to have been a part of the women's track and field team for four years and to see the program grow during my time there. During my freshman and sophomore years, I had to adjust to differences between MIT and what I was accustomed to in high school. In high school, we had a women's indoor track team even though we had no indoor track to train on. MIT had an indoor track, but no women's

indoor track team. My junior year, 1999, was the first year of the women's indoor track program. I am very thankful to the many people including Elaine Chen and Robin Evans who worked hard to start the women's indoor program.

Since graduating from MIT with a degree in environmental engineering, I have been working for QEA LLC, an environmental consulting firm headquartered in northern New Jersey. For the first few years after leaving MIT, I ran in the summer for exercise and in the winter to practice for alumnae meets. I enjoyed returning to MIT for the alumnae meets, where I got a chance to see old friends and meet current students and other alumnae. I miss the camaraderie and motivation that comes from training with others as part of a track and field team. In March, I gave birth to my daughter Kaylee, who has been keeping my husband and I very busy. This spring, we moved from New Jersey to Quincy, Massachusetts to be near my family. Since June, I have been working for QEA out of our newly opened Cambridge office.

POLE VAULTERS' JOURNEYS – PART 8

by Sam Sidiqi

Vaulter Journeys, now in its 8th year, is half about vaulters on interesting journeys and half about vaulters journeying into old age. This past year was a year without any inspiring vaulter journeys, and thus was really just a year for getting older. Singhuge galloped into his 40th year with about half a hamstringing left, and Rambo hit 30 with an officially-measured vertical leap of only 6 inches. A key lesson of life seems to be that flying around on business trips may pay the bills, but it does not make you better on the track, on the vault runway, or perhaps anywhere else of importance.

While flying around doing various sordid business deals,



Professors get much better gyms than businessmen (GA Tech. Recreation Center)

Rambo found himself in the land of peaches – Atlanta. If you've been trapped in Europe, or any other un-American continent (which vaulters tend to do on their journeys...) there is one thing that you are bound to miss – good barbecue. Thankfully, Atlanta has more than just peaches, it has great barbecue. Rambo, and whatever

excuse for business partners he had, chowed away thoroughly on savory meat. This diet, exactly what a vaulter needs to get strong in his college years, seems to be less effective when the only exercise a vaulter does is pushing pencils and running through airports when he is late for a plane.

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...72 YEARS IN THE MAKING

(Continued from page 13)

leap. "Oh, at almost 94, I have some back pain and my knees are not too good, but I really have little to complain about at my age."

Son Steven agrees. His father still lives on his own in Arden, N.C., where Steve visits every six weeks or so. "Dad is great. He loves to talk about some of his competitions and each time I come home, I learn a bit more. His career with US Steel started with an interview where the hiring manager was as interested in his competitive feats as he was in his MIT degree in Metallurgy. Dad stayed with US Steel for nearly 50 years, and always credited his first job to the dedication and ability he had as an athlete."

Stan has some very good company in the top six long jumpers from MIT, most notably current MIT junior Stephen Morton. A mechanical engineering major from Lexington, Kentucky, Morton is the two-time reigning NEWMAC Athlete of the Year in men's track and field.

"Breaking Stanley Johnson's long jump records would be an honor," remarked Morton. "The fact that they have stood for over 70 years shows how much of an achievement those marks are. I thank him and his family as well as our alumni for their continued support of my career."

In third place on MIT's all-time long jump chart is Professor of Engineering at Georgia Tech, William Singhose '90, who was unarguably the best decathlete that MIT has ever had. A transfer student from the

University of Oregon, Singhose broke many records at MIT and was the 1990 CoSIDA/ESPN the Magazine Academic All-America of the Year recipient, but he could never best Johnson's long jump. "I had a chance to break Stanley's record one day out at the Northeastern University track," said Singhose. "There was a massive Nor'easter tailwind blowing that pushed me down the runway faster than I had a right to go. But, I fouled the jump by a couple of inches, so the record lived on, and on."

Following in fourth place is Ravi Sastry '99, a PhD candidate and mentee of Professor Morrison's at the Anderson School of Business at UCLA. Sastry was not only a superb long jumper, but ran the high hurdles, high jumped, and performed in the pentathlon.

In fifth is Kevin Scannell '92. "My fondest MIT memories are of track, of course - I don't remember much about my math classes even though that's what I do every day now," commented Scannell, who currently holds a position as the Director of the Computer Science department at St. Louis University. "Being on the track team allowed me to train and compete with people I had, and still have, a lot of respect for."

"The one specific thing I remember most clearly is the noise and intensity on the indoor track after we went up 16-2 on Northeastern after two events in 1990," continued Scannell. "I jumped a personal record of 23'0" and then Bill (Singhose) came back on the next jump with a PR of 23'1.25". I think JP (John Paul Clarke) had a big throw in the weight too. Of course that's a bittersweet memory since we went on to lose the meet,

but everyone came to compete that day."

And recently "jumped out" of fifth is Professor Morrison, who holds the sixth spot in the long jump record books. "When Stephen jumped 23'8", I was so pleased for him....and sorry that I'd lost the fifth spot! But records are made to be broken and it's great to see MIT Track and Field doing such great things. Coach Halston Taylor makes a difference not only in the record books, but in developing the skills that carry our MIT scholar-athletes to the heights of their chosen careers. He is the most recent in a stellar stream of Track coaches at Tech that include my academic/athletic mentor, Art Farnham, and New England Pole Vault Champion, Gordon Kelly."

Of all the memories that Johnson holds dear, none are more vivid than his walks across the Harvard Bridge from the Lambda Chi Alpha fraternity house. "My sister Astra married the president of the LCA fraternity, so I guess you could say I was a "brother" to both of them."

Another memory that surfaces is the old wooden track that was located outdoors and had to be shoveled free of snow for winter track meets. "We didn't have a crew that prepped the track. We did it! Then we ran on it...and won on it."

Stanley Johnson is 93 this year and lives contentedly in Ashville, North Carolina. He continues to serve as the greatest long jumper in MIT lore, and recently reminisced about breaking the great Henry Steinbrenner's hurdle record in 1932 as a freshman. "I even met Henry once, as a young man. This is a memorable moment for me, even now."

...POLE VAULTERS' JOURNEYS

(Continued from page 14)

Interestingly enough, Atlanta is also where Singhuge can sometimes be found. By no small error, he was given tenure at whatever they call an engineering school outside of Cambridge, MA. Engineering school or not, if you want to stay in shape, professors have a few key advantages over businessmen: 1) "researching" leaves lots of time for work outs 2) free meals on University trips do not usually come with unlimited steak and lobster, leading to lower fat build up, and 3) Universities always have nice gyms. More important than all of these advantages, however, is the fact that a University professor can hire graduate students and basically force them into becoming workout partners. In the business world, there are taboos and union laws against that.

Upon Rambo's arrival at the Georgia Tech lab, Singhuge ordered his research squad to change clothes and get ready for a workout. Apparently, they had been warned of Rambo's coming and were promised a painful experience in the gym. Singhuge would argue that the MIT track team of the late 90's (of which Rambo was a member) were scraggly and weak when compared with the track team of his era. (It must be really depressing when your heyday was two eras ago.) Whether one agrees with his argument or not, the research team Singhuge had assembled was certainly a scraggly bunch in comparison to any member of any MIT track team, except for the distance runners, of course.

Interestingly, Rambo's arrival was just after Singhuge's 40th

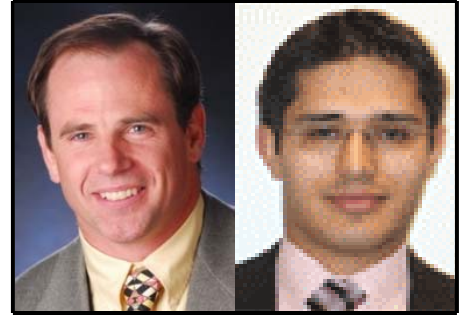


Singhugue and Rambo THEN (1999)

birthday. The first thing out of Singhuge's mouth was that he had recently joined the 40-40 club. Now, as this is track and field, not baseball, we are not talking about the steroid-fueled 40-40 club of Canseco, Rodriguez, Bonds, and Soriano who stole 40 bases and hit 40 home runs in the same season. Rather, we are talking about a vaulter doing a set of 40 pull ups and a set of 40 handstand push ups in the same workout.

Willie Mays hit 52 home runs in 1965 and stole 40 bases in 1956 – but he never actually put together the stats in the same year to gain entry into the 40-40 club. Well, in this case, Rambo is the Willie Mays of the Vaulter 40-40 club – he's done a set of 40 pull ups, and he's done a set of 40 hand stand push ups, but they were in different seasons. That was only 10 years ago, not quite long enough for people to forget that. Perhaps in another 10 years memories will have faded enough for Rambo to gain entry into the vaulter 40-40 club.

The remarkable part about the Singhuge 40-40 workout was that he did it on his 40th birthday – really making it the 40-40-40 club. (Some might argue that Alfonso Soriano, who had 46 home runs, 41 stolen bases and 41 doubles in the 2006 season matches this, but to them I would say: "who really counts doubles anyway?", and



Singhugue and Rambo NOW

baseball isn't even a sport).

With the 40-40 story as the backdrop, the barbeque-engorged Rambo had to prepare for a challenge workout with an in shape 40 year old. Despite the feebleness of his muscles from too many business meetings, Rambo had a really good workout, and somehow beat Singhuge in one exercise out of 6, and looked good in a few others. Rambo couldn't figure out how he was able to pull off such a good workout with so little preparation beyond saturating his arteries with powerful fat molecules via tasty barbeque. The cause, it appears, is that the load of scraggly work out partners created an incentive to outperform.

The key to keeping up Singhuge style metrics is to not only continue working out (even when hand stand push ups put a rug burn on your bald spot), but to also surround yourself with weak lab rats. Properly motivated lab rats will struggle to keep up with you and eventually get stronger. This forces you to dig down deep for that little additional effort that let's you push them into the dirt again. Rambo found even just the one workout extremely gratifying. If you are getting old, and don't have a hamstring left to call your own, but you still want to perform, then you should work out with weak grad students. It's a sure fire way to get back into PR territory.

SEASON STATISTICS**WOMEN'S CROSS COUNTRY****RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st	17
Engineers' Cup (RPI,WPI) (within Smith College Invitational)	Smith College	1st of 12	37
St. Olaf Invitational	St. Olaf College	8th (tie) of 27	220
Connecticut College Invitational	Connecticut College	5th of 14	109
NEICAAA Championship	Franklin Park	6th of 44	285
Plansky Invitational	Williams College	2nd of 4	41
NEWMAC Championship	Smith College	1st of 10	50
NCAA Div. III Regional Qualifier	Connecticut College	7th of 47	282
NCAA Div. III Championship	St. Olaf College	NA	NA

PERFORMANCE RANKING

The first chart below contains the final season ranking of all athletes on the team. The rank was computed as follows:

1. The athlete's finishing places (on the MIT team, not overall in the race) in all races during the season 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 her teammates. The lowest average place thus receives a place score of 1, the highest a 14 (since there were 14 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.

NAME	PLACE	SCORE	DELTA	SCORE	# OF RACES	SCORE	TOTAL	RANK
AARSVOLD	7.5	11	1:30	10	2	6	27	11
BOLGER	6	7	1:11	7	7	2	16	7
DOYLE	4.6	6	:53	6	8	1	14	6
ERICKSON	11	14	2:34	12	1	7	33	13
FINN	3	2	:25	2	6	3	7	2
GATOWSKI	7	9	1:17	8	6	3	20	8
GORDON	3.4	3	:34	3	7	2	8	3
HOLT-GOSSELIN	7	9	1:51	11	6	3	23	10
LABUZ	4.6	5	:47	5	7	2	12	5
MANBER	10	13	5:53	14	1	7	34	14
MONKS	1.3	1	:03	1	6	3	5	1
OHRT	6.7	8	1:20	9	4	5	22	9
VELDHUIS	9.5	12	3:43	13	4	5	30	12
WENTZ	3.4	3	:37	4	7	2	9	4

MEN'S CROSS COUNTRY

RESULTS

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st	15
Engineers' Cup (RPI,WPI) (within Smith College Invitational)	Smith College	1st of 8	26
St. Olaf Invitational	St. Olaf College	6th of 25	153
Connecticut College Invitational	Connecticut College	6th of 19	129
NEICAAA Championship	Franklin Park	12th of 43	407
Plansky Invitational	Williams College	1st of 9	34
NEWMAC Championship	Smith College	1st of 7	18
NCAA Div. III Regional Qualifier	Connecticut College	6th of 36	163
NCAA Div. III Championship	St. Olaf College	NA	NA

PERFORMANCE RANKING

(For a description of how rankings are computed, refer to the women's performance ranking on page 9.)

NAME	PLACE	SCORE	DELTA	SCORE	# OF	SCORE	TOTAL	RANK
ABRAMS	9.2	11	1:04	11	6	2	24	11
AMARASIRIWARD	6.7	7	:42	6	7	1	14	6
ARUMUGAM	6.3	6	:48	8	7	1	15	7
BIENIOSEK	14.3	17	1:51	17	6	2	36	17
BOURBONNAIS	7	9	:57	9	6	2	20	9
BRUCE	6.8	8	:45	7	5	3	18	8
COHEN	2.5	2	:22	3	6	2	7	3
DAUM	20.5	23	3:50	24	4	4	51	22
DELANEY	21.3	24	5:37	28	3	5	57	27
FEDUS	18.3	21	4:15	26	3	5	52	23
GRANATA	24	28	5:30	27	2	6	61	28
HUWE	18.3	21	2:52	21	6	2	44	21
JACOKES	4.3	4	:30	5	6	2	11	5
KLEINGUETL	10.7	14	1:22	14	6	2	30	14
KUNDUKULAM	22.8	27	4:11	25	5	3	55	26
MULLIGAN	17.8	20	2:30	20	6	2	42	20
NICHOLSON	16.8	19	2:21	19	6	2	40	19
PHIPPS	12.3	15	1:30	15	6	2	32	15
PREVOST	9.8	12	1:13	12	6	2	26	12
REPETSKI	13	16	1:36	16	6	2	34	16
RESHEF			INJ		0			
RODEWALD	22	25	3:32	22	3	5	52	23
ROY-MAYHEW	2.6	3	:15	2	7	1	6	2
RUNDELL	4.6	5	:27	4	7	1	10	4
RUZEVICK	1.2	1	:00.6	1	5	3	5	1
SCHNEIDER			INJ		0			
SPICER	15.3	18	1:59	18	6	2	38	18
VAN	22.4	26	3:48	23	5	3	52	23
WELLE	7.8	10	:57	9	6	2	21	10
WONG	10	13	1:14	13	6	2	28	13

WOMEN'S TRACK AND FIELD**INDOOR****VARSITY**

Won 5, Lost 0

MIT86
178.5
206**OPPONENT**Alumnae 23
Bates 158, Colby 136, USM 120.5
Bowdoin 188, Colby 168**VARSITY SCORING & ROSTER**

Amy Magnuson	'10	63	Karen Davie *	'08	19.5	Juls Andren	'10	2
Margaret Leibovic	'10	44.75	Anna Holt-Gosselin	'11	17	Sara Chen	'11	1
Leanne Veldhuis *	'08	37.75	Hana Adaniya	'08	16	Jennifer Doyle	'09	
Aline Thomas	'08	37	Sarah Rich	'08	12	Erika Erickson	'08	
Emily Hwang	'09	32.75	Lauren McCarthy	'08	11	Caroline Figgatt	'11	
Andrea Bradshaw	'09	31.75	Karin Fisher	'11	10	Katy Gordon	'11	
Hazel Briner	'11	30.75	Lynn Jepsen	'11	8.5	Liz Labuz	'09	
Jacqui Wentz	'10	27.75	Elizabeth Finn	'09	8	Ashley Nash	'11	
Jen Tran	'11	25	Kirsten Aarsvold	'11	6.25	Danielle Smith	'11	
Adrienne Bolger	'09	24.75	Alina Gatowski	'11	4	Becky Stavely	'11	

* Captain

CHAMPIONSHIPS**New England Division III (NE Div. 3)** (3rd) 79 points

Margaret Leibovic	55	7.51 (3 rd) #
Jacqui Wentz	Mile	5:17.44 (8 th)
Leanne Veldhuis	600	1:40.01 (4 th) #
Andrea Bradshaw	800	2:17.32 (2 nd)
Adrienne Bolger	1000	2:59.03 (2 nd)
Amy Magnuson	55H	8.26 (1 st) #
Bradshaw, Bolger, Veldhuis, Wentz	3200R	9:39.26 (4 th)
Emily Hwang	PV	10' 11-3/4" (1 st)
Karin Fisher	PV	10' 00" (7 th)
Amy Magnuson	LJ	16' 10-3/4" (4 th)
Amy Magnuson	TJ	33' 08" (7 th)
Aline Thomas	SP	39' 01-1/4" (4 th)
Aline Thomas	WT	49' 00-1/4" (2 nd)
Hazel Briner	Pent	2594 (5 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (20th) 9 points

Adrienne Bolger	1000	2:59.18 (7 th)
Amy Magnuson	55H	8.16 (6 th)
Bradshaw, Bolger, Veldhuis, Wentz	3200R	9:25.86 (6 th) #
Emily Hwang	PV	10' 10" (T-7 th)

Eastern College Athletic Conference (ECAC) (2nd) 42.5 points

Jacqui Wentz	Mile	5:12.26 (7 th)
Andrea Bradshaw	800	2:16.89 (3 rd)
Amy Magnuson	55H	8.04 (2 nd)
Bradshaw, Bolger, Veldhuis, Wentz	DMR	12:17.06 (3 rd) #
Emily Hwang	PV	11' 00-3/4" (T-3 rd)
Amy Magnuson	LJ	17' 06" (4 th) #
Aline Thomas	SP	42' 02" (3 rd)
Aline Thomas	WT	50' 07-1/4" (4 th)

National Collegiate Athletic Association (NCAA) – Top 8 signifies All American

Amy Magnuson	55H	8.01 (2 nd)
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BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Shot Put	Thomas, Aline	42' 2"
	Briner, Hazel	31' 11-1/2"
Weight Throw	Thomas, Aline	50' 7-1/4"
	Rich, Sarah	39' 11-1/4"
Long Jump	Magnuson, Amy	17' 6" #
	Tran, Jen	15' 8-3/4"
Triple Jump	Magnuson, Amy	34' 5-3/4"
	Fisher, Karen	32' 3-1/2"
Pole Vault	Hwang, Emily	11' 3-3/4"
	Fisher, Karen	10' 6-3/4"
High Jump	Briner, Hazel	4' 7"
	Hwang, Emily	4' 6"
Pentathlon	Briner, Hazel	2594
55m	Leibovic, Margaret	7.51 #
	Davie, Karen	8.40
55 Hurdles	Magnuson, Amy	8.01 #
	Briner, Hazel	9.59
200m	Leibovic, Margaret	27.10
	Veldhuis, Leanne	28.02
400m	Veldhuis, Leanne	1:01.63
	Bradshaw, Andrea	1:03.80
500m	Veldhuis, Leanne	1:20.15
600m	Veldhuis, Leanne	1:40.01 #
	Bradshaw, Andrea	1:40.96
800m	Bradshaw, Andrea	2:16.89 #
	Bolger, Adrienne	2:24.78
1K	Bolger, Adrienne	2:58.43 #
	Adaniya, Hana	3:08.49
Mile	Wentz, Jacqui	5:09.82
	Bolger, Adrienne	5:19.13
3K	Finn, Elizabeth	10:35.16
	Holt-Gosselin, Anna	10:37.61
5K	Adaniya, Hana	18:10.69
	Holt-Gosselin, Anna	18:29.91
4x200m Relay	Leibovic, Briner, Bradshaw, Veldhuis	1:52.64
4x400 Relay	Bradshaw, Bolger, Veldhuis, Wentz	4:08.16
4x800m Relay	Bradshaw, Bolger, Wentz, Veldhuis	9:25.86 #
DMR	Bolger, Veldhuis, Bradshaw, Wentz	12:17.06 #
Varsity Record - #		

OUTDOOR**VARSITY**

Won 4, Lost 0

MIT**180****143****OPPONENT**

RPI 145.5, WPI 42.5

Colby 139, Bates 124

VARSITY SCORING & ROSTER

Amy Magnuson	'10	36	Emily Hwang	'09	12	Becky Stavely	'11	1
Aline Thomas	'08	34	Jennifer Doyle	'09	9.25	Lynn Jepsen	'11	2
Karin Fisher	'11	30	Lauren McCarthy	'08	8.25	Juls Andren	'10	2
Margaret Leibovic	'10	29	Hana Adaniya	'08	8	Sara Chen	'11	2
Hazel Briner	'11	25	Kirsten Aarsvold	'11	7.25	Katy Gordon	'11	2
Jacqui Wentz	'10	23.5	Karen Davie *	'08	6	Danielle Smith	'11	1
Adrienne Bolger	'09	20.5	Alina Gatowski	'11	5	Caroline Figgatt	'11	
Andrea Bradshaw	'09	19.5	Anna Holt-Gosselin	'11	4	Elizabeth Finn	'09	
Leanne Veldhuis *	'08	17.5	Sarah Rich	'08	4	Liz Labuz	'09	
Jen Tran	'11	13	Erika Erickson	'08	1.25	Ashley Nash	'11	

* Captain

CHAMPIONSHIPS**New England Women's and Men's Athletics Conference (NEWMAC)** (3rd) 178 points

Margaret Leibovic	100	13.10 (4 th)
Margaret Leibovic	200	26.58 (5 th)
Andrea Bradshaw	800	2:17.07 (2 nd)
Jacqui Wentz	800	2:17.40 (3 rd)
Adrienne Bolger	800	2:23.87 (6 th)
Adrienne Bolger	1500	4:42.98 (2 nd)
Jennifer Doyle	1500	4:53.66 (6 th)
Hana Adaniya	5000	19:01.03 (3 rd)
Anna Holt-Gosselin	5000	19:24.03 (6 th)
Jennifer Doyle	5000	19:32.22 (7 th)
Lauren McCarthy	10000	39:48.42 (2 nd)
Alina Gatowski	10000	41:03.68 (3 rd)
Katy Gordon	10000	41:03.99 (4 th)
Hazel Briner	100H	17.37 (6 th)
Leanne Veldhuis	400IH	1:04.88 (1 st)
Jacqui Wentz	3000 SC	11:39.37 (1 st)
Liz Labuz	3000 SC	12:18.81 (3 rd)
Kirsten Aarsvold	3000 SC	13:15.09 (5 th)
Bradshaw, Wentz, Bolger, Veldhuis	1600R	4:04.21 (3 rd)
Karin Fisher	HJ	4' 09" (6 th)
Emily Hwang	PV	11' 09" (1 st)
Karin Fisher	PV	10' 02" (3 rd)
Becky Stavely	PV	8' 09" (5 th)
Lynn Jepsen	PV	8' 09" (6 th)
Amy Magnuson	LJ	17' 06" (2 nd)
Karin Davie	TJ	32' 06-1/4" (6 th)
Karin Fisher	TJ	31' 01-1/4" (8 th)
Aline Thomas	SP	43' 01-3/4" (1 st)
Aline Thomas	DT	119' 08" (4 th)
Aline Thomas	HT	162' 03" (1 st)
Sarah Rich	HT	129' 10" (3 rd)
Juls Andren	HT	108' 03" (8 th)
Hazel Briner	Jav	86' 01" (7 th)

MIT Track & CC News

New England Division III (NE Div. 3) (3rd) 77 points

Margaret Leibovic	100	12.90 (5 th)
Margaret Leibovic	200	26.49 (7 th)
Andrea Bradshaw	800	2:18.12 (5 th)
Adrienne Bolger	1500	4:40.83 (4 th) #
Hana Adaniya	10000	37:39.03 (3 rd)
Jennifer Doyle	10000	37:52.57 (5 th)
Lauren McCarthy	10000	38:07.77 (6 th)
Jacqui Wentz	3000SC	11:04.47 (3 rd)
Bradshaw, Wentz, Doyle, Bolger	3200R	9:26.67 (4 th)
Emily Hwang	PV	11' 01-3/4" (1 st)
Karin Fisher	PV	10' 08" (4 th)
Aline Thomas	SP	42' 00-1/2" (1 st)
Aline Thomas	HT	156' 03" (2 nd)
Hazel Briner	Hep	3459 (4 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (14th) 19.5 points

Jennifer Doyle	10000	38:16.38 (7 th)
Jacqui Wentz	3000SC	11:07.63 (3 rd)
Emily Hwang	PV	10' 11-3/4" (T-6 th)
Aline Thomas	SP	43' 10-3/4" (6 th) #
Aline Thomas	HT	164' 07" (3 rd)

National Collegiate Athletic Association (NCAA) – Top 8 signifies All American

Aline Thomas	Hammer	170' 5" (6 th) #
Emily Hwang	Pole Vault	11' 4-1/2" (15 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer	Thomas, Aline	170' 5" #
	Rich, Sarah	132' 8"
Shot Put	Thomas, Aline	43' 10-3/4" #
	Briner, Hazel	34' 5-3/4"
Discus	Thomas, Aline	127' 9"
	Andren, Juls	97' 9"
Javelin	Briner, Hazel	89' 5"
Long Jump	Magnuson, Amy	17' 6"
	Tran, Jen	15' 6-3/4"
Triple Jump	Magnuson, Amy	35' 7-3/4"
	Fisher, Karin	32' 7-3/4"
Pole Vault	Hwang, Emily	11' 9"
	Fisher, Karin	11' 1-3/4"
High Jump	Fisher, Karin	4' 11"
	Briner, Hazel	4' 8-3/4"
Heptathlon	Briner, Hazel	3613 *
100HH	Magnuson, Amy	14.41
	Briner, Hazel	17.19
100m	Leibovic, Margaret	12.75
200m	Leibovic, Margaret	26.37
	Briner, Hazel	28.09
400m	Bradshaw, Andrea	1:00.80
	Erickson, Erika	1:08.35
400IH	Veldhuis, Leanne	1:04.88
800m	Bradshaw, Andrea	2:16.89 #
	Wentz, Jacqui	2:17.40
1,500m	Bolger, Adrienne	4:40.83 #
	Doyle, Jennifer	4:50.56
3,000SC	Wentz, Jacqui	11:04.47
	Labuz, Elizabeth	12:09.25
5,000m	McCarthy, Lauren	18:28.58
	Doyle, Jennifer	18:33.45
10,000m	Adaniya, Hana	37:39.03
	Doyle, Jennifer	37:52.57
4 x 100m relay	Leibovic, Bradshaw, Veldhuis, Magnuson	50.92
4 x 400m relay	Bradshaw, Wentz, Bolger, Veldhuis	4:04.07 #
4 x 800m relay	Bradshaw, Wentz, Doyle, Bolger	9:26.67

Varsity Record - #

Freshman Record - *

MEN'S TRACK AND FIELD**INDOOR****VARSIITY**

Won 6, Lost 0

MIT**70****211****240****OPPONENT**

Alumni 61

Bates 90, Coast Guard 42

Tufts 107, Springfield 86, Bowdoin 70, Colby 51

VARSIITY SCORING & ROSTER

Stephen Morton	'10	82	Chris Wong	'08	12	Obinna Anyanwu	'10	02
Anthony Teixeira*	'08	44.25	Kevin Kleinguetl	'11	11.25	Adam Hartz	'11	02
Yermie Cohen	'09	30.75	Omari Stephens	'08	11	Tim Humpton	'10	02
John Granata	'11	25.5	G. Amarasiriwardena	'11	09	Richard Prevost	'11	02
Matt Bieniosek	'09	21.5	Eric Beecher	'10	09	Travis Hery	'11	01
Mattias Flander	'11	21	Nick Leonard	'11	08	Tony McDonald	'10	01
Paul Welle	'11	20.25	Johannes Schneider	'10	08	Andrew Musacchio	'11	01
James Oleinik	'09	20	Nate Sharpe	'09	08	Djidjoe Agbeyibor	'11	
Greg Tao	'10	20	Patrick Barragan	'08	07	Chris Bruce*	'08	
Stephen Oney	'G	19.75	Dave Fernholz	'10	07	Travis Hery	'11	
Bill Phipps	'10	17.25	Ulzie Rea	'G	07	Jonathan Hsieh	'08	
Jake Ruzevick	'09	17	Trevor Rundell	'09	06	Ethan Huwe	'10	
Brian Jacokes	'08	14	Shawn Conrad	'11	04.75	Mitchell Kelley	'11	
Dave Reshef	'08	13.25	Jack Bourbonnais	'10	04	Kieran McLaughlin	'11	
Hemagiri Arumugam	'10	13	Peter Mulligan	'08	03.5	Rocco Repetski	'08	
Joe Roy-Mayhew*	'08	12	Oliver Yeh	'10	03	Lakshman Sankar	'11	

* Captain

CHAMPIONSHIPS**New England Division III (NE Div. 3)** (3rd) 101 points

Stephen Morton	Long Jump	22' 05-3/4" (1st)
Stephen Morton	Triple Jump	47' 01-3/4" (1st)
Omari Stephens	Pole Vault	14' 11" (1st)
Stephen Morton	200	22.41 (2nd)
Chris Wong	5000	15:08.38 (2nd)
Joe Roy-Mayhew	3000	8:42.55 (3rd)
Kleinguetl, Leonard, Conrad, Welle	DMR	10:29.65 (3rd) *
James Oleinik	Shot Put	48' 01-1/4" (4th)
Anthony Teixeira	55HH	7.87 (4th)
Morton, Oney, Bieniosek, Granata	1600R	3:25.61 (4th)
John Granata	600	1:22.91 (5th) *
James Oleinik	Shot Put	48' 10-3/4" (5th)
Reshef, Prevost, Mulligan, Phipps	3200R	7:58.78 (5th)
Gihan Amarasiriwardena	3000	8:50.14 (6th)
Patrick Barragan	Pole Vault	13' 11-1/4" (6th)
Bill Phipps	800	1:57.13 (6th)
Yermie Cohen	Mile	4:18.28 (7th)
Brian Jacokes	5000	15:15.48 (7th)
Anthony Teixeira	Long Jump	21' 02" (7th)
Anthony Teixeira	Triple Jump	45' 05" 1/4 (7th)
Mattias Flander	Triple Jump	45' 03" 1/4 (8th)
Stephen Oney	400	51.13 (8th)
Greg Tao	Pole Vault	13' 05-1/4" (8th)

Eastern Collegiate Athletic Conference (ECAC) (8th) 25 points

Omari Stephens	Pole Vault	16' 00-3/4" (1st)
Stephen Morton	Triple Jump	47' 11" (2nd) #
Prevost, Welle, Conrad, Kleinguetl	2 Mile Relay	7:57.23 (4th) *
Greg Tao	Pole Vault	14' 05-1/4" (7th)

National Collegiate Athletic Association (NCAA Division III) (56th – tie) 2 points

Stephen Morton	Long Jump	22' 09-3/4" (8th)
Omari Stephens	Pole Vault	15' 09-3/4" (8th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	James Oleinik	45' 07-3/4"
	Tony McDonald	43' 01"
Shot Put	James Oleinik	48' 02"
	Tony McDonald	40' 11-1/2"
Long Jump	Stephen Morton	23' 01-3/4"
	Anthony Teixeira	21' 05-1/4"
Triple Jump	Stephen Morton	47' 11" #
	Anthony Teixeira	45' 05-1/4"
Pole Vault	Omari Stephens	16' 00-3/4"
	Greg Tao	14' 05-1/2"
High Jump	Eric Beecher	5' 08"
	Nick Leonard	5' 07-1/4"
Pentathlon	Nick Leonard	2912 pts.
	Travis Hery	2649 pts.
55HH	Anthony Teixeira	7.87
	Omari Stephens	7.93
55	Stephen Morton	6.55
	Anthony Teixeira	6.78
200	Stephen Morton	22.41
	Anthony Teixeira	23.18
400	Stephen Oney	50.82
	John Granata	51.55
500	Matt Bieniosek	1:07.15
	Dave Reshef	1:07.15
600	John Granata	1:22.91 *
	Dave Reshef	1:24.24
800	John Granata	1:55.16
	Matt Bieniosek	1:56.48
1000	Yermie Cohen	2:31.00
	Kevin Kleinguetl	2:33.44
Mile	Yermie Cohen	4:15.82
	Paul Welle	4:21.23
3000	Joe Roy-Mayhew	8:37.35
	Yermie Cohen	8:43.73
5000	Joe Roy-Mayhew	14:55.36
	Jake Ruzevick	14:59.46
1600R	Oney, Bieniosek, Reshef, Granata	3:22.46
3200R	Prevost, Welle, Conrad, Kleinguetl	7:54.43 C *
DMR	Cohen, Morton, Bieniosek, Ruzevick	10:03.3

Varsity Record - #
 Freshman Record - *
 Converted - C

OUTDOOR

VARSITY

Won 15, Lost 1

MIT

274

191

224

OPPONENT

Azusa Pacific 306.5, Point Loma 247, George Fox 183, UCSD 161, Cal Lutheran 142, Concordia (CA) 130, Middlebury 123.5, La Verne 99, Vanguard 46, San Diego 10, San Diego Christian 2

RPI 101, WPI 95

Bates 171, USM 156, Colby 106

VARSITY SCORING & ROSTER

Anthony Teixeira*	'08 45	Jake Ruzevick	'09 08.25	Logan Daum	'11 02
Stephen Morton	'10 41	Hemagiri Arumugam	'10 08	Adam Mustafa	'11 02
Omar Stephens	'08 32	Jack Bourbonnais	'10 08	Oliver Yeh	'10 02
Mattias Flander	'11 29.25	G. Amarasiriwardena	'11 07	Kieren McLaughlan	'11 01
James Oleinik	'09 27	Dave Fernholz	'10 07	Chris Bruce*	'08
Tony McDonald	'10 26	Bill Phipps	'10 06.25	Yermie Cohen	'09
Richard Prevost	'11 18.25	Travis Hery	'11 06	Shawn Conrad	'11
Paul Welle	'11 14.25	Eric Beecher	'10 05	Michael Fitzgerald	'10
Stephen Oney	'08 13.75	Rocco Repetski	'08 05	Jonathan Garrity	'11
Nick Leonard	'11 12.5	Greg Tao	'10 05	John Granata	'11
Obinna Anyanwu	'09 12	Chris Wong	'08 04	Adam Hartz	'11
Vlad Sobes	'11 12	Nate Sharpe	'09 04	Tim Humpton	'10
Matt Bieniosek	'09 11.5	Coco Agbeyibor	'11 03	Brian Jacokes	'08
Kevin Kleinguettl	'11 10.5	Mitch Kelley	'11 03	Peter Mulligan	'08
Dave Reshef	'08 09.5	Andrew Musacchio	'11 03	Trevor Rundell	'09
Patrick Barragan	'08 09	Joe Roy-Mayhew*	'08 03	Andrew VanBenschoten	'11

* Captain

CHAMPIONSHIPS

New England Women's and Men's Athletics Conference (NEWMAC) (1st) 240 points

Jack Bourbonnais	10,000	32:53.30 (1st)
Stephen Morton	Long Jump	22' 04-1/4" (1st)
Stephen Morton	100	11.32 (1st)
James Oleinik	Shot Put	48' 10-1/4" (1st)
Joe Roy-Mayhew	5,000	15:22.12 (1st)
Greg Tao	Pole Vault	15' 06-1/4" (1st)
Paul Welle	3000SC	9:34.34 (1st)
Stephen Morton	200	22.64 (2nd)
James Oleinik	Discus	137' 09" (2nd)
Richard Prevost	3000SC	9:35.62 (2nd)
Omar Stephens	110HH	15.55 (2nd)
Omar Stephens	Pole Vault	14' 09" (2nd)
Hemagiri Arumugam	5000	15:28.00 (3rd)
Patrick Barragan	Pole Vault	14' 09" (3rd)
Nick Leonard	400IH	57.19 (3rd)
Jake Ruzevick	1500	4:00.17(3rd)
Vlad Sobes	Javelin	189' 04" (3rd)
Anthony Teixeira	Long Jump	21' 08-3/4" (3rd)
Anthony Teixeira	Triple Jump	45' 04-1/2" (3rd)
Anthony Teixeira, Nick Leonard,	400 Relay	43.23 (3rd)
Mattias Flander, Stephen Morton		
Stephen Oney, Dave Reshef,	1600 Relay	3:22.56 (3rd)
Matt Bieniosek, Kevin Kleinguettl		
Mattias Flander	Triple Jump	44' 09-3/4" (4th)
Brian Jacokes	5000	15:31.71 (4th)
Matt Bieniosek	800	1:57.44 (4th)
Tony McDonald	Hammer	151' 10" (5th)
Stephen Morton	Triple Jump	44' 02-3/4" (5th)
Bill Phipps	800	1:57.65 (5th)
Joe Roy-Mayhew	1500	4:04.68 (5th)
Trevor Rundell	10,000	33:16.78 (5th)
Anthony Teixeira	200	22.95 (5th)

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Anthony Teixeira	110HH	15.99 (5th)
Chris Wong	5000	15:39.15 (5th)
Tony McDonald	Shot Put	44' 00-3/4" (6th)
Tony McDonald	Discus	130' 03" (6th)
Stephen Oney	400	50.86 (6th)
Rocco Repetski	3000SC	10:04.13 (6th)
Dave Reshef	800	1:57.78 (6th)
Chris Wong	1500	4:05.56 (6th)
Gihan Amarasiriwardena	10,000	33:43.70 (7th)
Obinna Anyanwu	Triple Jump	41' 10-1/2" (7th)
Mitchell Kelley	Discus	126' 11" (7th)
Kevin Kleinguetl	800	1:58.51 (7th)
Nate Sharpe	Pole Vault	13' 03-1/2" (7th)
Mattias Flander	Long Jump	19' 08-1/4" (8th)

New England Division III (NE Div. 3) (2nd) 92 points

Stephen Morton	Long Jump	23' 08" (1st)
James Oleinik	Shot Put	49' 08" 1/2 (1st)
Greg Tao	Pole Vault	15' 05" (1st)
Omari Stephens	Pole Vault	15' 01" (2nd)
Anthony Teixeira	Long Jump	21' 09" (3rd)
Paul Welle	3000SC	9:29.39 (3rd)
Mattias Flander	Triple Jump	45' 03-3/4" (4th)
Joe Roy-Mayhew	10,000	31:35.61 (4th)
Vlad Sobes	Javelin	186' 08" (4th)
Anthony Teixeira	110HH	15.44 (4th)
Patrick Barragan	Pole Vault	14' 03-1/4" (5th)
Omari Stephens	110HH	15.77 (6th)
Joe Roy-Mayhew	5000	15:12.95 (6th)
Anthony Teixeira, Nick Leonard, Mattias Flander, Stephen Morton	400R	43.63 (6th)
Richard Prevost	3000SC	9:38.22 (7th)
Jake Ruzevick	1500	4:00.62 (7th)
Chris Wong	10,000	31:54.31 (7th)
Brian Jacokes	10,000	32:10.97 (8th)
Stephen Morton	Triple Jump	44' 08" (8th)
Stephen Oney, Dave Reshef, Matt Bieniosek, Kevin Kleinguetl	1600R	3:27.02 (8th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (20th) 12 points

Omari Stephens	Pole Vault	15' 09" (2nd)
James Oleinik	Shot Put	50' 10" (6th)
Anthony Teixeira	Long Jump	22' 05" (8th)

Eastern Collegiate Athletics Conference (ECAC) (10th) 26 points

Greg Tao	Pole Vault	15' 05" (1st)
Omari Stephens	Pole Vault	14' 11" (3rd)
James Oleinik	Shot Put	49' 05-1/2" (4th)
Stephen Morton	Long Jump	22' 01-3/4" (6th)
Patrick Barragan	Pole Vault	14' 05-1/4" (7th)

National Collegiate Athletic Association (NCAA) (81st) .5 points

Omari Stephens	Pole Vault	14' 11 (8th -tie)
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BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Tony McDonald	153' 06"
	Coco Agbeyibor	136' 06"
Shot Put	James Oleinik	50' 10"
	Tony McDonald	44' 01-1/4"
Discus	James Oleinik	137' 09"
	Tony McDonald	130' 03"
Javelin	Vlad Sobes	189' 04"
Long Jump	Stephen Morton	23' 08"
	Anthony Teixeira	22' 05"
Triple Jump	Mattias Flander	45' 10"
	Anthony Teixeira	45' 04-1/2"
Pole Vault	Omari Stephens	15' 09"

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High Jump	Greg Tao	15' 06-1/4"
	Eric Beecher	5' 10-3/4"
	Travis Hery	5' 06-1/2"
110HH	Anthony Teixeira	15.10
	Omari Stephens	15.28
100	Stephen Morton	10.79 #
	Mattias Flander	11.55
200	Stephen Morton	22.26
	Anthony Teixeira	22.95
400	Stephen Oney	50.86
	Matt Bieniosek	51.81
400IH	Nick Leonard	57.19
	Kieran McLaughlan	62.81
800	Kevin Kleinguetl	1:55.72
	Matt Bieniosek	1:57.44
1500	Jake Ruzevick	4:00.15
	Paul Welle	4:04.65
3000SC	Paul Welle	9:29.39
	Richard Prevost	9:35.62
5000	Joe Roy-Mayhew	15:12.95
	Hemagiri Arumugam	15:28.00
10,000	Joe Roy-Mayhew	31:30.12
	Chris Wong	31:54.31
400R	Teixeira, Leonard, Flander, Morton	43.23
1600R	Oney, Reshef, Bieniosek, Kleinguetl	3:22.98

Varsity Record - #

2008–2009 SCHEDULES

CROSS COUNTRY

9/06	Alumni Meet	Franklin Park	Men & Women
9/13	Engineer's Cup (RPI, WPI)	Smith College	Men & Women
9/20	UMass/Dartmouth Invitational	UMass/Dartmouth	Men & Women
9/27	Purple Valley Invitational	Williams College	Men & Women
10/4	Pre-Nationals	Hanover College	Men & Women
10/11	NEICAAA Championship	Franklin Park	Men & Women
10/18	Plansky Invitational	Williams College	Men & Women
11/1	NEWMAC Championship	Smith College	Men & Women
11/15	NCAA Div. III Regional Qualifier	Connecticut College	Men & Women
11/22	NCAA Div. III Championship	St. Olaf College	Men & Women

INDOOR TRACK

1/10	Alumni Meet	MIT	Men & Women
1/17	Bates, Colby, Southern Maine	Bates College	Men & Women
1/23-24	Terrier Classic	Boston University	Men & Women
1/31	Bowdoin, Colby, Springfield, Tufts	Bowdoin College	Men & Women
2/13-14	Valentine's Invitational	Boston University	Men & Women
2/14	MIT Coed Invitational	MIT	Men & Women
2/20-21	New England Div. III Championship	MIT	Men
2/23	New England Div. III Championship	Bates College	Women
2/27-28	NEICAAA Championship	Boston University	Men & Women
3/6-7	ECAC Championship	Tufts University	Men & Women
3/8-9	IC4A Championship	Boston University	Men & Women
3/13-14	NCAA Div. III Championship	Ohio Northern University	Men & Women

OUTDOOR TRACK

3/28	Spring Training Trip	Point Loma University	Men & Women
4/4	Engineer's Cup (RPI, WPI)	WPI	Men & Women
4/11	Bates, Colby, USM	Bates College	Men & Women
4/19	MIT Spring Invitational	MIT	Men & Women
4/25	NEWMAC Championship	Mt. Holyoke College	Men & Women
4/31-5/2	New England Division III Championship	Springfield College	Men & Women
5/7-9	NEICAAA Championship	UMass Amherst	Men & Women
5/14-15	ECAC Championship	Williams College	Men & Women
5/15-17	IC4A Championship	Princeton University	Men & Women
5/21-23	NCAA Div. III Championship	Marietta College	Men & Women

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