



# Track and CC News

Newsletter for the Friends of MIT Track and Cross Country

Number 80 - November 2020

## SENIORS RELUCTANTLY SAY EARLY GOODBYES



## WHEN THEIR FINAL SEASON IS CANCELLED DUE TO COVID-19



# IN THIS ISSUE

(Click on the left margin of any page to return to this table of contents)

Announcements .....	p. <a href="#">03</a>
Cross Country .....	p. <a href="#">05</a>
Indoor Track and Field .....	p. <a href="#">06</a>
Covid-19 Shuts Down MIT Track and Field (Cover Story)	
The Season That Wasn't .....	p. <a href="#">07</a>
Athletes' Reflections on the Impact of Covid-19	
Katie Bacher '20 .....	p. <a href="#">09</a>
Marrissa McPhillips '20 .....	p. <a href="#">11</a>
Jenna Melanson '20 .....	p. <a href="#">14</a>
Margaret Trautner '20 .....	p. <a href="#">16</a>
Sarah Ishamuddin '21 .....	p. <a href="#">19</a>
Katie Williams '21' .....	p. <a href="#">20</a>
Yoria Shaoul '21 .....	p. <a href="#">20</a>
Lianna Reilly '21 .....	p. <a href="#">21</a>
How Covid-19 Affected Our Program .....	p. <a href="#">22</a>
2019–2020 Athletic Awards and Records .....	p. <a href="#">43</a>
2019–2020 Academic Awards .....	p. <a href="#">44</a>
2020–2021 Preview .....	p. <a href="#">48</a>
Thank You Friends of MIT Cross Country / Track & Field.....	p. <a href="#">52</a>
Century List 2019--2020 .....	p. <a href="#">53</a>
Thanks To Those Who Make a Difference .....	p. <a href="#">55</a>
Changing of the Guard.....	p. <a href="#">56</a>
Coaching Staff .....	p. <a href="#">57</a>
Mark Dunzo Will Be Missed .....	p. <a href="#">58</a>
Where Are They Now	
Lila French '99 .....	p. <a href="#">59</a>
Andrea Bradshaw '09 and Dan Harper '11 .....	p. <a href="#">60</a>
Season Statistics	
Women's Cross Country	
2019 Results .....	p. <a href="#">61</a>
Individual Performances .....	p. <a href="#">62</a>
Men's Cross Country	
2019 Results .....	p. <a href="#">66</a>
Individual Performances .....	p. <a href="#">67</a>
Women's Track and Field	
Indoor	
2019 – 2020 Results.....	p. <a href="#">71</a>
Varsity Scoring & Roster .....	p. <a href="#">71</a>
Championships .....	p. <a href="#">72</a>
Best Individual Performances .....	p. <a href="#">72</a>
Men's Track and Field	
Indoor	
2019 – 2020 Results.....	p. <a href="#">74</a>
Varsity Scoring & Roster .....	p. <a href="#">74</a>
Championships .....	p. <a href="#">75</a>
Best Individual Performances .....	p. <a href="#">76</a>
2020 – 2021 Combined Schedules .....	p. <a href="#">77</a>

# ANNOUNCEMENTS

## **Adapting to Covid-19**

I want to take this opportunity to thank you for your support and understanding in this very difficult time for humanity, our country, and locally, our student-athletes. President Reif has announced MIT's plan for returning in the fall ([President Reif's Message](#)) and Chancellor Cynthia Barnhart has [previewed the spring semester](#).

This means we will not have a Cross Country or Indoor Track & Field season, and no in-person Alumni/ae Meets.

At this time there are many unanswered questions regarding eligibility, waivers from the NCAA, gap years by incoming freshmen and leaves of absence by upperclassmen. Here are two links that you may find helpful to answer some of your questions:

[DAPER Fall 2020 Announcement](#)  
[Athletics Q&A](#)

This is expected, but nevertheless crushing to our coaches and student-athletes. Losing the spring season, and now the fall, and winter season is tragic for all of us.

**Your support is needed more than ever. The Institute, and DAPER have lost and will lose significant income due to COVID-19. These losses affect all our budgets and what we need to do in the future. I greatly appreciate all you have done and continue to do.**

Stay well and safe.

Halston

## **A Statement From the MIT Men's & Women's Track & Field and Cross Country Teams**

As a team we pride ourselves on having an atmosphere of diversity, inclusion and gender equality. We support those working towards ending systemic racism and all types of discrimination. As a team we stand in solidarity with the Black Lives Matter Movement. Racial injustice has been embedded in the American society in numerous aspects for generations. We as a team condemn the senseless murders of Breonna Taylor, Ahmaud Arbery, and George Floyd, as well as the countless others before them including; Trayvon Martin, Tamir Rice, and Eric Garner. We stand united against acts of prejudice, discrimination and social injustice that continue to exist in the world today. We reaffirm our commitment to fostering a culture of empathy and kindness through our actions and education. As a team we must continue to reflect and listen to the different voices advocating for equality within society.

Our full plan for inclusion, diversity and Black Lives Matter can be found on our team webpage at:  
<http://scripts.mit.edu/%7Ehwtaylor/brochure.php#statement%20on%20diversity%20and%20inclusion>

## **MITTCC Alumni/ae Employment Opportunity Network**

Last year, I reached out to see how many of you might be interested in hiring cross country and track & field student-athletes for summer internships or career starts after graduation.

I received numerous responses, which are now posted as our Alumni Network spreadsheet at [https://docs.google.com/spreadsheets/d/1S5FQsNRv62o8mPNyo7CbpGxH21LZ\\_fedisvIOLICq4k/edit#gid=0](https://docs.google.com/spreadsheets/d/1S5FQsNRv62o8mPNyo7CbpGxH21LZ_fedisvIOLICq4k/edit#gid=0).

Whether you own your company, or you are responsible for recruiting, if you wish to be part of the network just follow the link above and add your contact information to the list. This is an ideal way for you to connect with the extremely talented students that make up our teams, and form new and prosperous business relationships.

Halston Taylor, Director and Head Coach

*(Continued on page 4)*

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## **Virtual Alumni/ae - Varsity Meets**

As our cross country and indoor competitive seasons have been terminated, and it appears we will not be having a competitive outdoor season, we will have three alumni/ae competitions this academic year.

In reverse order - **Outdoor virtual meet** will be held at the end of May and will be traditional track & field events — more to come.

**Indoor season**, in the week leading up to December 12, we will have some very unique events. There will be more details on this coming soon, but for now you can prepare for the following events:

### **Running**

200 in Crocs

Best GPS art - question on who judges the places

Timed Rubiks 800 - must solve prior to finishing 800

### **Jumps**

Number of touches in a minute - 10' basketball hoop for men, top bar of soccer goal for women

Distance for 3 bounds from standing start - R,R,L or L,L,R

Jumping over something - creativity and athletic ability (similar to slam dunk contest)

### **Throwing**

12 oz. can of soup shot put

Broom Javelin

Football throw

### **Miscellaneous**

Timed wall sit - 90 degree angles at hips and knees

Pull-ups without resting - full range of motion (pull up to clavicle and down to full extension)

Juggling - creativity and athletic ability

### **Relay**

Chocolate milk 4x400 (each member must down one quart of chocolate milk within 10 seconds to start of 400)

This will include a Zoom session breakout per event at noon EST on 12/12.

**Cross Country** – If you haven't yet, you have until Sunday, 11/15, at 3:00 p.m. EST to get in a full 5K performance (honor system) that does not finish at a lower elevation than the start. Your performance will be age corrected if you share your age when submitting your performance.

Results will be announced asap.

Halston Taylor, Director and Head Coach

## **Social Media**

While the 2019-2020 seasons were unfortunately much shorter than expected, the break gave us a chance to make some adjustments to our social media platforms and offerings. Our current focus has shifted toward [Instagram](#) as our primary platform for sharing information during the 2020-2021 season. New features to the site include wallpaper backgrounds for smartphones, which can be found on our profile, and a new IGTV stream, which includes our Student-Athlete Perspective series. In this series, our students tackle some commonly asked questions and share their experiences at MIT. These video features can also be found on our [YouTube](#) channel, which we are expanding in the upcoming year as well.

Additionally, we will continue to use [Twitter](#) and [Facebook](#) as a resource for sharing headlines, stories, and meet updates during the season. If you haven't already done so, you can follow us across all of these platforms using the handle @mittfxc.

As always, Social Media comes with its compliance do's and don'ts. We ask that current student-athletes and those affiliated with our programs please refrain from commenting publicly on, or responding to, any public posts or comments by prospective student-athletes. Hitting the like button is OK. If there are any questions, please email [derekrou@mit.edu](mailto:derekrou@mit.edu) or direct message any of our social media accounts.

Derek Rousseau, Assistant Coach

# CROSS COUNTRY

## WOMEN 2ND, MEN 3RD IN NE DIV III MEET

### BOTH TEAMS EXTEND THEIR NEWMAC STREAKS

by Halston W. Taylor

The 2019 season promised to be unique. Being on the podium at the NCAA Division III Championship or not making it to the championship were at opposite ends of the spectrum, and I had no idea where we would be on that continuum.

Going into the season, the women, who had finished among the top six teams at Nationals every year since 2009, graduated All-American Leandra Zimmermann '19, had a second weak recruiting class in succession and all four All-America seniors (Katie Bacher, Megan McCandless, Marissa McPhillips and Jenna Melanson) as well as #1 returning runner, Izzi Gengaro may not be able to return to racing this season, and if they were able to, it would be an unknown level of fitness.

The men, by contrast, had a second amazing recruiting class in a row. However, we graduated



*Katie Collins '21 with a slim lead over Megan McCandless at the two mile mark of the Alumni/ae meet at Larz Anderson Park in Brookline, MA.*

three of our top four from 2018. We would be depending on a lot of youth to get the team to perform to their potential

#### **ALUMNI/AE MEET**

At the Alumni/ae Meet, held on the 2.76 mile, hilly, Larz Anderson Park course in Brookline, the varsity women

defeated the alumnae 7 to 16 (scoring three runners) as Mary Eccles '18 and Maryann Gong '17 broke up the women's sweep, running 17:32 for third and 17:38 for fifth respectively. Alexandra Taylor '14 finished 17<sup>th</sup> in 19:26.

Katie Collins '21 led the race from start to finish, winning in 17:17. Megan showed she was back to competitive form, taking second in 17:25. Anna Haddad '23 gave me some hope for the freshman class when she claimed fourth in 17:37. Katie Williams '21 surprised me and others by taking sixth place in 17:48. She was followed by Einat Gavish '22 in 17:56 and Kirsi Rajagopal '23 in 18:01.

The men's race had a full contingent of alums racing (11), but they were not quite at the level of the varsity. The freshmen stuck it to the rest of the team, claiming 1-3-4-5. The only varsity runner breaking up the freshmen was Matthew Kearney '22, a freshman eligibility wise, due to missing his first year with a concussion and lower leg injury. Cameron Kleiman '23 led the way



*Cameron Kleiman '23 outkicks Matthew Kearney '22 for the victory in the Alumni/ae meet. The race was dominated by the freshmen who placed 1-3-4-5.*

[\(Continued on page 25\)](#)

# INDOOR TRACK AND FIELD

## MEN REPEAT AS NE DIV III CHAMPIONS

## WOMEN NARROWLY EDGE TUFTS TO TAKE 2ND PLACE

by Halston W. Taylor

When starting a season's summary article, I generally have no idea what the theme will be and this one was no different. I can certainly say that nothing about this season was normal.

On paper, we had a very strong recruiting class for the men and a pretty poor one for the women. Of course there are always surprises in both directions. There are those who were not pushed in high school, and now have someone who believes in them and pushes those expectations. And then there are those who have a lot of talent, but doubt themselves and are not very competitive. They struggle with the level of competition. Then again, if they do not stay healthy it just does not matter what their talent level might be.

It has to be noted that at no point this year did we compete more than 29 men in a meet and we had 49 on the roster. For the women, we never competed more than 31 in a meet and we had 48 on the roster. The absence from competition was mostly due to injury or illness. We certainly rested distance runners and jumpers from time to time, but there were relatively few of those situations.

I have addressed my thoughts on why we have so many injuries each year, as compared to 30 years ago and before, but I will define it again. The athletic workload was more intense and the volume higher in my earlier years, plus we competed much more often. We did absolutely no preventative injury measures in the earlier years, unless individuals stretched on their own. Now we work less, do a lot of preventative work, do more recovery days, and get injured much more. The only significant change outside the track & field environment is electronics. I mean that these young people never turn off during their waking hours. Every opportunity they get they are looking at the phones, replying or sending a message or contributing to some form of social media. It monopolizes their lives. Even taking a few minutes to decompress between classes, or in-between any two events, does not happen anymore. Even when sleeping, many of these young folks stay turned-on with lights and sounds that interrupt sound sleep. Lack of recovery leads to injury. We talk about this, and needing eight hours of sleep each night, ad nauseum.



*The start of the womens 800 in the Alumni/ae Meet, where Louise van den Heuvel '14 claimed the victory in 2:20.84.*

Entering the season, we knew based on the small number of male point scorers who had graduated, and the point scoring potential from the freshmen, that barring a total team collapse, the men should be favored to easily win the New England Division III Indoor title. The women did not graduate too many key points, but with the low level of expected points from freshmen, and the scoring potential of Williams College, it was likely our women would be fighting for second place.

### ALUMNI/AE MEET

Arinze Okeke '16 was the main story going into the 46<sup>th</sup> annual Alumni/ae meet. It is well known that the alumni are extremely loyal and supportive of the varsity program, donating hundreds of thousands of dollars to allow the program to grow and compete at the highest level of the NCAA. One of the main background stories going into the meet was a challenge presented by Arinze, who declared that if he were to get beat in the



*The Track and Field alumni/ae squad, aka the MIT Has Beens, assembled for the annual indoor clash with the Varsity on December 14 at MIT.*

*(Continued on page 31)*

# COVID-19 SHUTS DOWN MIT TRACK AND FIELD

## The Season That Wasn't

by Halston W. Taylor

*Editors note:*

Cover Photos -- Margaret Trautner and Alex Reducker submitted these photos of some of the seniors gathered on Harvard Bridge at sunset. These were taken after the hastily organized awards banquet (which would normally have been at the end of the outdoor season) on March 13, just one day before the students had to leave campus.

Because of Covid-19 restrictions already in place, gatherings were restricted to a maximum of 25 people. That resulted in the banquet being split into four separate segments, one for each class. The last one was for the seniors, and many of them ventured to Harvard Bridge after the banquet to take pictures.

As alumni/ae of MIT CC and Track & Field, I know many of you will be able to empathize with what these young men and women had to go through, losing the culmination, and for many of them the highlight, of their time competing for MIT. This particular class had a number of potential national champions who were denied the chance to fulfill those goals. I wish all of them the utmost success in their future endeavors, and that someday the end of the 2020 school year will just be a distant memory of a strange time that they endured and emerged from to forge and accomplish even greater goals.

The purpose of this chronicle is to capture what the team that had qualified for the NCAA Division III Indoor Track & Field championship was feeling during this unprecedented time in our history.

Going into the NCAA Division III Indoor Track & Field championship at the JDL Fast Track in Winston-Salem, NC, we had qualified 10 women and six men.

Jacqueline Ahrens – Pole Vault  
Katie Bacher – Mile  
Katie Collins – 5K  
Sarah Ishamuddin – DMR



*The first impact of the Covid-19 pandemic on MIT Track and field, was the cancellation of the NCAA Division III Indoor Championship Meet.*

Marissa McPhillips – Mile, DMR  
Jenna Melanson – 3K  
Margaret Redfield - High Jump  
Liana Reilly – High Jump  
Margaret Trautner – Mile, DMR  
Katie Williams – Mile, DMR

Andrew Mah – 5K  
Alec Reducker – High Jump, Long Jump, Triple Jump  
Yorai Shaoul – Long Jump, Triple Jump  
Bobby Upton – Pole Vault  
Chris Washington – High Jump  
Kenneth Wei – 60HH, Long Jump, Triple Jump

The previous Friday, March 6, after MIT announced new policies and procedures in response to the spread of the novel coronavirus on March 5, I met with the team to let them know the spread of the coronavirus seemed imminent, and if they felt uncomfortable with any of the upcoming competitions, they would not have to travel or compete. This included Nationals, the Spring Trip, as well as the outdoor meets to follow.

The next day, we competed at Tufts University in the NCAA approved Final Qualifier. At that meet, Louise van den Heuvel '09 paced the Mile, which qualified, Katie Bacher and Katie Williams, as well as giving Margaret Trautner the opportunity to run her 4:57.18. Margaret Redfield also made use of the opportunity, qualifying for the High Jump while tying the MIT record of 5-6. The men's 4x400 (Nich Duchatellier, Andrew Shao, Nisarg Dharia, Benton Wilson) ran 3:20.21 on a flat track, putting them

13th on the NCAA list that only accepts 12 into the field.

At that meet there was a lot of talk among coaches regarding their respective schools reactions to the coronavirus. Amherst was the first I was aware of that sent their students home and cancelled spring athletics. However they were permitted to go to indoor nationals. Williams and WPI could go as well, but would have to take a bus.

On Monday, Katie Collins took me up on my offer, letting me know she would not be attending Nationals. This was certainly a blow to the team as both genders felt they had a shot at making the podium (top four teams). Also, a letter from President Rafael Reif, showed just how fluid the country's reactions were becoming. MIT was taking classes online and after Spring Break, undergraduates were not permitted to return to MIT. In fact, they were told they needed to move out by March 17th. At this point our indoor season was still intact, but the outdoor season seemed to be done. We were still exploring options, but hoping we could salvage the last vestiges of the indoor season, particularly for the seniors.

On Tuesday the 12th I sent Coaches Derek Rousseau and Connor Hall on Southwest Airlines (the only airline that takes poles) to Baltimore with the pole vaulting poles. They would stay the night in Baltimore and then drive to Winston-Salem on Wednesday. That day, I spoke with former assistant and current

[\(Continued on page 8\)](#)

# ... COVID-19 SHUTDOWN

*(Continued from page 7)*

Women's head coach for UW Lacrosse, Nickolas Davis. He indicated all they were being told was to wash their hands. I cautioned him that they should expect a lot more very soon.

At 11:00 p.m. on Tuesday, I received a phone call from Dr. Anthony Grant, our new Athletic Director, which I did not get until 5:00 the next morning as I was asleep by 11:00. Hearing his message that we could not travel or compete in the NCAA championship was devastating. My first reaction was certainly not appropriate, but rather protective of my student-athletes. I felt we had four, possibly five legitimate shots at individual national titles; Alec in the High Jump as the #1 seed, Yorai in the Triple Jump as the defending national champion, Kenneth in the 60HH as he was undefeated in Division III this year, Margaret in the Mile as the number three seed, and one with significantly more potential than she has yet shown, and our Distance Medley Relay. More importantly, six of the 16 qualifiers were seniors and Chris had never been to Nationals.

At my earliest opportunity Wednesday morning, I sent an email to Cynthia Barnhart (Chancellor) and Suzy Nelson (Dean of Student Life) asking them to reconsider, and I copied Dr. Grant. I spoke with Dr. Grant shortly after as we had not yet spoken. He appreciated my email and said he would ask for an exception for our team. He called an impromptu staff meeting for 9:30 that morning. In the meantime I had alerted my team that we were fighting, but it was unlikely we would be permitted to go. I told the coaches to get back on a flight and return to Boston. At the meeting it was made clear we would not be going anywhere and that our spring seasons were also cancelled. Nickolas Davis said he woke up to being told he could not take his team (top ranked team in the country), but that the athletes were waiting outside the school's president's office to beg for their season. They were granted an exemption and left for Nationals.



*The sudden disruption of campus life, with students forced to leave for home on short notice, left many feeling down and uncertain about the future, as reflected in this "apocalyptic MIT" photo submitted by Margaret Trautner.*

I met with the qualifiers right after the meeting to deliver the bad news. My message was that MIT was doing the right thing, but inside I was as angry as I have ever been, and some of my alums can attest that that is saying something. I then met with the entire team to let them know about the loss of the outdoor season. Many of us were in tears as the season came crashing down around us.

Shortly after that I emailed the alums and recruits we would not be traveling to Nationals. I have to say that it was inspiring how many alums replied.

You never know how much planning you do until you have to undo it. From cancelling officials, hotels, and all travel, to all the processes of setting up meets—all had to be cancelled. Then all the things that happen at the end of the season, had to be accelerated, such as end of year banquet, team awards, budgets, evaluations. All this and we did not even have admissions decisions yet.

With Duke and Kansas saying they would not be competing in March Madness, the NCAA's hand was forced. The next day they cancelled all winter and spring championships. Pretty much all Division III qualifiers had traveled to Winston-Salem for the NCAA Division III Indoor Track & Field championship. The night before

competition they were told the championship was cancelled and they had to get back to their respective campuses, many of which were telling students to go home for the rest of the year, and that all classes would be completed online.

As we have all seen, the day to day escalation of precautions, mandates and restrictions have been frightening. Watching the long lines at gun stores, seeing the grocery store shelves vacated of all food and paper products, one was forced to ask, where and when will this end? This is frightening, and uncharted territory.

What about the blanks in the record books; 2020 NEWMAC or Outdoor New England Division III champions, both individuals and teams. No All Americans, no conference, New England or National champions. I hope, in some small way, this chronicle will serve as a timeline to this sad event.

The recruits, who are missing their junior season, are worried they will not be recruited off their sophomore performances, and asking how will we evaluate them. Admitted and returning student-athletes are now focusing on the fall. There is always some silver lining to a catastrophic event, although you sometimes have to look really hard. Having two extra months to build mileage and prepare for the cross country season is that silver lining.

On a personal level, this was my final track & field season at MIT – see "[Changing of the Guard](#)". I hoped to go out with at least one and perhaps two national titles, and certainly two more podium finishes. To know this season was a wash is difficult to bare. Above all else, I am a competitor. I started this job to be the best. While I gradually became a better person and learned that the people were the important part of this job, my tiger's stripe is my competitiveness. To go out not knowing is challenging.



## ... COVID-19 SHUTDOWN

### Athletes' Reflections on the Impact of Covid-19



*Katie Bacher '20 received her SB degree in Electrical Engineering and Computer Science and is currently pursuing her Master of Engineering degree in Human Computer Interaction. She holds the 5th best all-time performance for MIT women in the 1500 meters at 4:31.71, and the 9th place 800 time of 2:16.38. In the 2020 New England Division III Indoor Championship Meet, Katie was a member of the winning 4x800 meter relay team while also placing 3rd in the 1000 meter run and anchoring the 3rd place Distance Medley Relay team.*

#### Katie Bacher '20

##### The World Turned Upside Down

I couldn't sleep. It was Wednesday, March 11th, and we were supposed to board our flight to Nationals later that day. It wasn't, however, the usual preface jitters that woke me in the wee hours of the morning, but rather a foreboding angst stemming from MIT's announcement yesterday sending us home for the rest of the semester and moving to online classes. I had much uncertainty about what was to come, and my upcoming race was honestly not at the top of my mind in that moment. After tossing and turning for almost two hours, I caved, even though it was over an hour before I planned to get up (so much for good sleep leading up to Nationals). Like any self-respecting

Gen Z, I grabbed my phone and immediately opened email. Sitting at the top of my inbox was an urgent email from Coach Taylor notifying the Nationals squad that MIT administration had cancelled our trip. I was shocked. Only yesterday during our final workout, Coach Taylor assured us our trip was to continue as planned. I quickly jumped out of bed, wanting to do something, anything really, to reverse this decision. Coach Taylor wrote that UW-Lacrosse athletes faced with a similar situation lined up outside their president's office, so I rushed over to knock on the doors of MIT admin, who were likely to have been involved in this decision. I met up with some teammates who had the same thought. We had worked so hard, and it felt so sudden and unfair. It was less than a week since MIT had said classes would continue as normal for the time being and only some of the largest ones would look into moving online. All other teams we knew were on their way, with some schools making accommodations like renting a bus or vans to avoid sending their student athletes through airports. After all I had worked for and all the injuries I had overcome only for my season to end like this? Why wouldn't MIT make accommodations for us too? We already figured our outdoor season was likely to be canceled as MIT's announcement the previous Thursday banned all events of over 150 people, which would prevent us from hosting or attending meets. Many of us, especially seniors, viewed this competition as our last chance to compete for MIT, and we hoped to make the most of it. The realization that we might not even get this opportunity began to sink in, and we began to feel desperate. Each office door that we banged on greeted us with a similar response: some poor secretary who felt bad

but had no idea about the decision to cancel our trip and no way of helping us, likely also figuring that this was the least of their boss's worries in the face of a global pandemic. Getting nowhere and feeling absolutely powerless, we resigned to awaiting the results of Coach Taylor and our new Athletic Director's attempts to appeal the decision to the powers that be. When I finally heard word that the administration held their ground and revoked MIT's participation in the meet, I broke down completely. I joined my fellow National qualifying teammates at the Z and fell into uncontrollable sobs and heaving, gut-wrenching bottomless despair. We all grieved together, hugging, and grasping each other for support. It wasn't fair. For some this would be their first and only Nationals; others were poised for a national title. Both mens and women teams had a shot at the podium. While we cried, every other DIII track and field team was making their way to the championship. Even UW-Lacrosse eventually lifted their travel ban. MIT was the only school to ban the trip and stick to their decision. Coach gathered the whole team and told everyone that both the indoor championship and the outdoor season had been called off. Seniors leaving MIT had already competed their final time for the institute. We were despondent. As some sick joke MIT was continuing to hold classes that day, but our world had just been turned upside down and any attempt at normalcy seemed out of place. No one could focus on school after the events of this morning and we instead took comfort in mutual grief, just wanting to spend our limited time left at MIT with our teammates and friends who shared and understood this heartbreak. Despite no race on the

*(Continued on page 10)*

## ... COVID-19 SHUTDOWN

*(Continued from page 9)*

calendar, many of us decided to meet up and engage in the best medical practice we knew for this situation: going for a run to blow off steam.

Life moves on and this week in particular, life stormed onward at a ferocious pace. By the next day more Coronavirus-related event cancelations began pouring in. The NBA cancelled their season when a player tested positive for the virus. Big 10 announced they were pulling their teams from the championships. Finally, NCAA announced they were officially calling off all indoor and outdoor competitions. All the track teams who were at the National meet and set to compete the next day were sent home. We suddenly didn't feel quite as bad about our own predicament. While I would not have admitted it yesterday and still only begrudgingly admit it now, perhaps the MIT administration actually knew what they were doing and made the right call.

Life continued to accelerate. By the end of the day, MIT sent an emergency alert calling all students to move up their travel plans and leave campus as soon as possible. Any semblance of plans people had made in the last two days were now dashed. Rumors flew and chaos ensued. I took comfort hanging out with a couple of teammates, reflecting on our experiences and memories at MIT. We talked late into the night. I wanted to hold onto this moment and these people forever and bask in the safety and comfort of companionship through these uncertain and rapidly evolving times. Who knew when I'd see them again.

I reflected on my own journey. One that started out with so much hope and progress. I had improved rapidly freshman and sophomore years, progressing each season and accomplishing goals bit-by-bit. My progression was relatively smooth until injury hit at the end of my

sophomore year. I spent the next year and a half sidelined with multiple season-ending injuries, finishing my junior year having only run the second half of the xc season and one race each between the indoor and outdoor track seasons. By senior year, I had come to appreciate that you can never take racing or health for granted. After coming into this indoor season dealing with illness, some lingering injuries, and an iron deficiency to top it all off, I approached every race with an open attitude, not expecting much but just glad to be back racing. I started racing about halfway through the season, putting up a couple abysmal showings at first. I made some progress each week, though, as I got stronger and healthier. Coming into the last race of the season, the Tufts Final Qualifier, I had no expectations. Workouts were going relatively well as I was pushed to new limits by the fastest mile squad in the country, but my best performance that season was only 5:09, and it generally took 5-flat to qualify. I was thrilled that our whole workout group—Marissa, Margaret, Katie Williams and me—would be racing together for the first time ever, and I ran with nothing but love for these incredible teammates and friends. We ended up sweeping the top three places at the meet and all four of us qualified for Nationals! My time was a nine second season best and a converted PR, just narrowly besting my time from freshman year on that same track. Even though I didn't know at the time that this would be my last race and while I still lament the lost chance for us to tear it up together at Nationals, I feel like I had come full circle.

I still have so much unfinished business and am grateful to be returning to MIT next year for the MEng program as I will be able to use my final seasons of indoor and outdoor eligibility. I feel so deeply, however, for my fellow seniors who are out of chances. This was a unique opportunity with a once-in-a

-lifetime group of people, and no extra seasons can ever bring that back. I don't begrudge MIT or NCAA for the decisions they had to make; I know they have our best interest and safety in mind and that in this time of crisis, they had to set an example. Our disappointment is a small price to pay if even one life is saved by the cancellation of the championship and our season. While I may still be sad, at the end of the day, I know this is for the best and is just another case of fate reminding us all once again never to take a single race, moment, or opportunity for granted; you never know when a global pandemic might just take it all away.

As I sit here at home almost two weeks later, practicing social distancing and only leaving my house for runs, it seems crazy to have expected the championship to have happened at all. Had it been scheduled for two weeks later than originally planned, no one would have gotten their hopes up once everything took a turn for the worse. If the meet had been scheduled two weeks before to its original date, probably no one would have batted an eye at its happening. Getting ripped away at the last minute, MIT cancelling our trip hours before our flight and all the teams getting sent home once they were already there, made it all the more painful. In light of the recent events, statewide lockdowns, accelerating death and infection rates, and looming economic downturn, I have no more room or capacity for despair over a lost race or season at this point. I have turned my sights to the future and am focusing on staying safe and running a few times a week to stay sane through it all. I am grateful for my family and friends during these uncertain times and am filled with so much hope that we will all come out the other side stronger and more resilient. Ultimately, I am optimistic about what is to come.

## ... COVID-19 SHUTDOWN



*Marissa McPhillips '20 received her SB degree in Biological Engineering and is now pursuing a Master of Science degree in Biomedical Engineering at Boston University. She holds the 4th best all-time performance for MIT women in the 1500 meters at 4:31.09, and the 6th place 800 time of 2:14.92. In the 2020 New England Division III Indoor Championship Meet, Marissa was a member of the winning 4x800 meter relay team while also placing 4th in the 1000 meter run and 5th in the Mile.*

### Marrissa McPhillips '20

#### Absolute Heartbreak

I have been avoiding writing this piece for a while now. It's been one week since we found out we couldn't compete at the indoor national championships this year, and about six days since we found out all winter and spring NCAA competitions were cancelled. No more competing. No more racing. No more (in-person) school. I haven't checked my email since that Wednesday. I've run only a handful of times, mostly for the joy of running with my teammates. I've lost track of what day it is multiple times. It's been the longest week of my life.

Just to give you give context:

I **love** indoor. It's a mid-distance runner's dream. I have been so lucky to be so successful every indoor season. Coming off cross country mileage, I always tend to be fit and ready to shorten the distance

for some speed. I broke 5:00 in the mile for the first time my freshman year, something I had wanted to do but never truly believed I could. I also competed in my first national-level meet, running the 1200 leg on the runner-up DMR with two of MIT's best upperclassmen runners (Maryann Gong and Hannah Chen, look them up) and fellow freshman Katie Bacher. My first All-American award. My sophomore year I had a breakthrough; I couldn't tell you exactly what was different. My mileage was a bit higher, my diet was better, and my life revolved around competing. Coming off my best cross country season ever, I shaved 30 seconds off my 3K PR at the first meet, breaking 10:00 and making a nationals 3K race an option. I continued to get faster and better, PRing in just about everything. I went to nationals for my first individual event and as the anchor of the DMR, filling the role of 15-time All-American Maryann Gong. I was on fire. That confidence carried to the next indoor season and, despite a rocky cross country season, I was All-American once again for the DMR and mile. This year had been a bit different. A lot had changed. Running was less predictable. My experience helped me through a lot, and I was looking forward to using this experience at nationals. I was looking forward to proving that, after a tumultuous year, I could still be All-American.

The past weekend was the last chance meet at Tufts, which I DNFed in the mile due to a lack of physical and mental preparedness. Of course, a bit disappointing. However, three of my teammates, Margaret Trautner, Katie Bacher and Katie Williams qualified for the individual event. THREE. Three MIT runners on the starting line at nationals for a single event has to be unprecedented. We were thrilled, on top of knowing our DMR was still sitting in second on the NPL after this weekend. We could WIN. With our distance runners in the 3K and 5K, our high jumpers, and our pole vaulter, we were ready to do some damage at nationals. All the milers, me (if I

made it in the mile), Margaret, and the Katies, decided we would double – run the mile and the DMR. Sarah Ishamuddin was our solid 400 leg. The only thing we had to figure out was who would do what leg (1200, 800, 1600) and what order would give us the best chance of winning the DMR, one of the few things Coach Taylor's athletes had not accomplished yet. **This was the year.**

On another note, MIT alum and 800/DMR phenom Bailey Tregoning was flying from SCOTLAND to watch us race at nationals. She's one of the kindest, funniest people on the planet, and has been extremely supportive from the UK, often knowing race results and stats before I do. Bailey demonstrates nothing but unconditional love, and her energy would be great at nationals. I couldn't wait to see her.

On the Monday before nationals, the performance lists came out, and, shockingly, 11 people seeded in front of me scratched, opting to run the 3K or DMR instead of the mile, bumping me to 14<sup>th</sup> on the list, in a perfect position to strike. Now we had FOUR runners, sitting in 3<sup>rd</sup>, 6<sup>th</sup>, 9<sup>th</sup> and 14<sup>th</sup>, a quarter of the field, donning the MIT uniform in the mile. **This has to be unprecedented.** We could sweep 1<sup>st</sup> through 4<sup>th</sup> at nationals. We could get FOUR women on the podium in a single event. We were absolutely DOMINANT. I was elated; another chance at an individual All-American, and another year I was doubling at the national championships. And, thinking back to outdoor nationals two years prior when I toed the line with Katie Bacher for the 1500, I couldn't wait to race with three of my best friends and training partners. I was seasoned: I had 2 sets of DMR and mile All-American accolades I collected my

*(Continued on page 12)*

## ... COVID-19 SHUTDOWN

*(Continued from page 11)*

sophomore and junior year, and I couldn't wait to add to the collection. Not to mention, our DMR was poised to win. We knew we had the best team – a squad who excelled in mid-distance, who were continually on the rise, and knew how to double and double WELL. Few athletes in DIII successfully double in general, giving us even more confidence that we could still run faster than those who saved themselves for the relay. We could do some serious damage at nationals, and potentially get ourselves on the podium as a team, something the women's team hasn't done in my time at MIT (at least). All that hard work was going to pay off.

The men's team had a quartet of jumpers (plus 60H) with unbelievable strength and talent, plus a fantastic 5K runner and pole vaulter who could kill the competition. They could WIN NATIONALS.

### ***There was so much potential.***

I woke up Wednesday around 8:30am still reeling from being sick. I had gone to MIT Medical Sunday morning and, with the doctor's guidance, started a medication regimen to eliminate my symptoms before I had to compete. I still didn't feel great but was doing everything I could possibly do to feel better: sleep, easy runs/cross training (if anything), even neglecting schoolwork if I needed to rest. I was committed to feeling as good as possible when we landed in North Carolina. I wanted to run hard and run fast for my team and for myself.

The first thing I saw were the messages in our nationals group chat: Coach Taylor had sent an email about our trip to nationals being **cancelled**. Cancelled? CANCELLED? What the hell does that mean? He had a meeting at 9:30am with the AD and other coaches, and suggested we find a way to protest the decision.

My teammates had been scrambling to figure out where to go, who to protest to, what to say. I nearly fell out of bed, rushing to change my clothes, still drowsy from the Nyquil I took before bed. Somehow, I made it out my door in 15 minutes, breakfast smoothie in hand, sprinting towards the Z Center to infiltrate the senior staff meeting at 9am. Another group was posted outside President Reif's office, ready to protest the cancellation. They asked for reinforcements, so I dropped my bag with my teammates in the ATR and ran towards building 3 only to be asked to go back to the ATR to speak at the senior staff meeting. Lots of running.

A group of us, nationals-qualifiers and other teammates, sat outside the staff's offices in the Z Center. Everything is glass, so we could see into the conference room. The AD was speaking with many of the staff, but, obviously, we had no idea what he was saying. We decided that no matter what, we were getting down there. Jenna was contacting Tufts runners, who were heading to the airport to board their plane to North Carolina. Katie Bacher talked to Bowdoin who were still flying. Williams and WPI were on their way via bus. MIT couldn't shut us down, and even if they did, we were going to compete.

Barb Bolich came out and addressed us when the meeting finished. She emphasized that we were not being ignored, we were not being avoided. She said they were doing the best to give us answers, acknowledging how much we wanted to compete. She also informed us that sitting outside the president's office, which a small group was still doing, was going to do the opposite of what we wanted. We told that group to come back to the Z, which they did. A group of about 15 of us (Alec, Chris, Margaret Redfield, Margaret Trautner, Jenna, Sarah, Liana, Katie Williams, Steven, Brian, Josh, Andrew Mah, Kenneth, Yorai and maybe more) had gathered in the little corner with the

benches by the staff offices, waiting for Coach Taylor, who had made his way up the stairs for the coaches meeting, to come back down to address us.

I took a break. I went back to my room to finish packing. I was holding it together; we were still going to nationals, I was still going to compete, we were still going to win the DMR. North Carolina was a short plane ride away. I came back to the Z, over-stuffed duffel bag in hand, and sat with my teammates, few of whom had moved from their original spot. No one spoke. Most stared at their hands or their bags. I couldn't think about anything else.

Finally, after what felt like a lifetime, Coach Taylor came back down the stairs, followed by the AD. He walked over to address us. I told myself no matter what I would hold it together. I was strong, and we were going to nationals. We were going to get there no matter what.

Coach Taylor began, and, when his voice cracked, the tears started rolling. I had never seen that man break in any sense, and to see him tear up sent me spilling over. He started explaining that the decision had been made, and there would be no changing it, as much as he tried to fight. Our trip was cancelled. We would not be traveling, and we would not be represented at the championships. In an effort to curb coronavirus, we followed Harvard's decision to cancel all athletic competition immediately, home or away. Additionally, all spring seasons would be canceled. Outdoor was lost. Coach Taylor was in tears, empathizing with our situation, knowing that this was devastating to all of us.

Alec just let out "fuck" between sobs, summarizing exactly what

*(Continued on page 13)*

## ... COVID-19 SHUTDOWN

[\(Continued from page 12\)](#)

we all felt. “But I’m NOT DONE.”

Absolute heartbreak. the moment when the rug is ripped right out from under you and you crash onto a hard, unforgiving floor. It felt like a punch in the stomach. It felt like every cliché you can think of to describe a broken heart. Because that’s exactly what happened. Our hearts broke.

“We’re a family,” Coach Taylor said, “and you’re my kids...this hurts.”

The AD began addressing us, but I was barely paying attention at this point. I couldn’t control my emotions. I was devastated. I was so sad. And I was so **angry**. Why does MIT have to be a leader **now**? Why does this have to interfere with competitions **now**? Why can EVERYONE ELSE go to nationals? Why is it just us? Someone asked what would happen if we made our way down there on our own. No, heavily discouraged. You wouldn’t be able to compete anyway once MIT withdraws their participation. Plus, you need a coach to check in.

Resentment. A lost opportunity. A podium finish. A sweep in the mile. History that will not be made. The last chance.

When the AD left, a few of us got up to console each other. Big hugs. Steven grabbed some tissues. Katie Bacher came back from her trip to Simmons D, red-faced and teary-eyed. We couldn’t control it. The upperclassmen were wrecks. Bailey was already in North Carolina, traveling thousands of miles for nothing. We stayed there for about 20 minutes, struggling to let it all sink in.

I felt for my teammates. Alec, the top seed in the high jump and also competing in long and triple, was ready to rack up an absurd number of points for MIT in his senior season. Margaret Trautner, a recent sub-5 miler who was only getting

better and better, had the potential to win the mile. Katie Bacher, my fellow championship beast, qualified for nationals after a year of injuries and setbacks. Also the first time qualifiers: Andrew, Chris, Kenneth, Margaret, Liana, and Jenna. Jenna is my best friend and roommate who endured a long recovery and slow buildup after a devastating navicular fracture, ready to run the 3K at nationals and steeple in outdoor, and now would no longer have that opportunity. Chris is a senior who, after four years of hard work, finally qualified for his first national championships after a series of huge PR’s in the high jump, and now would not compete.

“I feel like track just broke up with me.”

“I feel like **MIT** just broke up with me.”

The anger didn’t feel misdirected at the time. Every other athlete seemed to be going. It was only us.

We didn’t really know where to go or what to do. Coach Taylor was going to organize a team meeting at noon and a captain’s meeting afterwards. The team needed to know outdoor was cancelled. No more practice. No more meets. Just done. The worst breakup ever.

Steven suggested hanging out on the indoor track before the meeting, inviting everyone on the team to hang out for some last-minute bonding. Margaret and I went to get some frozen yogurt, the natural thing to do after a breakup. The games and conversations kept us distracted back on the indoor track. The team meeting was no less painful, as my fellow seniors who hadn’t heard the announcement were brought to tears when they learned their final season was cancelled. Albert Menio, a senior thrower and captain, was shattered. It hurt to see all the others in pain too.

The captain’s meeting was short, but we got some stuff done. Coach

Taylor would organize a banquet, one we typically have at the end of the year. He would start working on an intrasquad meet, where we could all compete for one last time before heading home on Tuesday per MIT’s evacuation email.

I didn’t know what to do after the meeting. I sat with Katie Bacher in the locker room for another hour. Just sitting. I found chocolate in my locker and ate it all. I left all of my gear in front of my locker. I held myself together until I called my mom later that day. I could barely get through a single sentence without a tear or sniffle. I finally went back to my room and laid in my bed for two hours, doing nothing. I went back to the locker room around 5 to meet my teammates for a short run. It was nice to run with my friends by the river, and the weather didn’t make it look like the world was ending, even though it felt like it.

Many DIII New England runners messaged us, saying that nationals without MIT is not nationals, reminding us that we all had incredible careers despite their disappointing end. Though I was jealous and angry that they would all compete, our cancellation opening the door for other teams to take the title, I am grateful for the community I was a part of. My competitors had reached out to show their sympathy and gratitude for competing with MIT over the years. It means the world to be a part of such a supportive group, and I am so grateful for those who reached out.

For the next few days, the routine was similar. Ah-oops, it was only Thursday. It feels like many days had passed. I skipped most of my classes, justifying it by saying “I was already excused for nationals.” I

[\(Continued on page 14\)](#)

## ... COVID-19 SHUTDOWN

*(Continued from page 13)*

couldn't do anything. I didn't feel like doing anything. I spoke with a few swimmers who also felt robbed of their shot as their championship was also cancelled. One swimmer said, "Swim was my whole life...my whole life is over...that was it..." and I had to stop talking to him to avoid feeling the same way about track.

On Thursday, the NCAA cancelled every athletic competition remaining for the rest of the year, including indoor nationals. As much as I hate to say it, it did make me feel a little better. Selfishly, a lost opportunity for everyone felt fair. MIT ended up making the right decision. I was glad we sobbed on the Z Center floor instead of an airport, on a plane, in a hotel room, or on the JDL fast track itself. And, when MIT moved up the move-out date from Tuesday to Sunday, I was glad I was still on campus and was able to see my friends before I left MIT forever. Bailey got a ticket to Boston, and ended up hanging out with the team for the rest of the weekend.

Coach Taylor, the mastermind that he is, somehow organized a banquet on Friday to give us some sense of closure to the rushed end. Despite the banquet being broken by class to avoid having more than 25 people at the gathering, it ended the week on a very positive note. We got dressed up, we ate delicious food, we received awards, and we all got our "MIT Has-Been" shirts. We celebrated each other. A positive end, thankfully.

The seniors ended up walking to the Mass Ave bridge to watch the sun set. Bailey and Claire Melvin, hype-woman extraordinaire one of the most caring people I've ever met, accompanied us. It was beautiful. I can't really explain what I felt on that bridge as the wind was threatening to blow us into oncoming traffic and Steven was tying his four pairs of trainers to the railing. Nothing else mattered but

the people I was surrounded by. The love for my teammates extends beyond track, beyond MIT, and I can't wait until we're all together again.

Like I said, it's been a long week. It felt like weeks had occurred between the morning of our flight and Friday's banquet. It feels weird to be sitting at home now, fighting through tears to document everything while The Office plays in the background. It feels like spring break. I don't think it's all hit me yet. My last race at MIT being a DNF is not what I expected and certainly not how I wanted to end my collegiate career. I didn't intend to finish my time at MIT with any eligibility remaining. I have decisions to make, but I don't feel like making them yet.

I appreciate the AD fighting as hard as he did. I appreciate everything the athletic department has done for me in the past. I cannot thank Coach Taylor enough for giving me a shot four years ago.

I am so grateful my time at MIT ended on a high note, despite the rushed exit and disappointing season end. Though I feel like I have unfinished business, I am thankful for everything I've gotten to do in my time here. I surpassed any expectation I had of myself four years ago. I am a six-time All-American. I am part of two podium-finishing cross country teams. I am a 2:12 800 runner, 4:55 miler and 9:51 3K runner. I am a captain and a leader. I hadn't cried since Wednesday until I read my "poster" from the banquet that my teammates signed, but, to one of them, I am their "hero."

My thoughts about this event may change, especially as coronavirus and our country's response to the pandemic continue to dictate daily life. However, I will always be thankful to be a part of the MIT track and field family.



*Jenna Melanson '20 received her SB degree in Biological Engineering and is now studying Zoology at the University of British Columbia. She holds the 3rd best all-time performance for MIT women in the 3000m Steeplechase with a time of 10:41.30.*

### Jenna Melanson '20

**3/12/20**

I've thought a lot recently about something Coach Taylor told me last year at outdoor nationals, when I was trying to decide whether or not to steeplechase on a foot with two stress fractures. I could tell he was doing his best not to sway my decision one way or the other, but at one point he made a statement that feels especially relevant now. It was something along the lines of "You can't always plan for the future, sometimes you have to take the opportunities that are right in front of you because you never know what's going to happen."

It was like he had a crystal ball.

Because now I'm sitting here, listening to the reports rolling in about COVID-19 (countries in lockdown, death rates rising as hospitals reach capacity, food shortages, etc.) and all I can think is "maybe I should have taken that chance when it was right in front of me."

*(Continued on page 15)*

# ... COVID-19 SHUTDOWN

*(Continued from page 14)*

I know that running on a stress fracture (especially a high risk one, like mine) is never a good idea. Perhaps if I had raced that day, I would have needed two pins in my foot, and would have spent six months regretting the decision while I hobbled around with a boot and crutches.

But there were other choices that followed—deciding to be cautious by sitting out the following cross country season, in particular—that I can't help but wonder about now.

I've always been the kind of person to plan for the future. I took 9.00 (Intro to Psychological Science) as a freshman, and the lecture that stuck with me the most was about delayed gratification. My professor explained to us a study in which children who had a greater capacity for delayed gratification (waiting longer to get a larger treat instead of eating the candy placed tantalizingly in front of them) received higher SAT scores and enjoyed a greater degree of academic/career success as adults.

As our professor spoke, I felt like he was describing my life to me in careful detail. "That's me," I thought, somewhat proudly. "That's how I got here, to MIT." And in many ways, I was right. I think that many MIT students share that ability to suffer a little now in order to reap the rewards later. It's what makes many of us great students, and I believe it plays a key role in our athletic success as well. As a distance runner, I know how to put in the work. Miles now = PRs later. Work in = victory out. Patience, I always thought, was the hallmark of a good distance runner. Patience and focus. I had both, and I was convinced that—given enough time—there weren't a lot of people who could outwork me. They could thrive on talent at first, but I wasn't afraid to grind for a decade if it meant I would win, in the end.

There was a twist, though, at the end of that lecture. My professor got this knowing smile on his face as he turned to look up at the crowd, as if he knew that we were all thinking the same thing: "That's me."

And he said, "But where does it get you, in the end? If you keep putting off happiness your whole life, when will you enjoy the benefits of your hard work? One day you'll wake up old and realize that it's too late." The fact that I can still remember his words three years later perhaps speaks to how haunted I felt by the lesson. Was that me? Wasting my life away in pursuit of a goal and never really living?

In the end, I think not. I love running, and I love science, and even though those two things sometimes feel like a grind, I don't think I'll ever look back and regret pursuing them.

But right now, in the light of coronavirus and our cancelled season, I can't help but feel that I've learned one of the hardest lessons that running has to give: you can't always play it safe. Sometimes you have to take risks, and do things that terrify you. Sometimes you have to do things *because* they terrify you. Because Coach Taylor was right—you never know what's going to happen. You never know when it's all going to end.

I'm not advocating here for anyone to put their health at risk for running. I strongly believe that your health should always come first—and that includes mental health. I'm not sure exactly what I'm saying, but at the end of the day I think it's something pretty cliché, like "live every day like it's your last." Something so cliché that we've all heard it a hundred—a thousand—times, but have never really been confronted with the reality.

I think this season is one of those agonizing moments when I've finally come up against that difficult truth—that there isn't always more time. Sometimes you have far less time than you could possibly imagine.

Sometimes there is no next chance, no second try, just—"I heard early this morning that our trip to Nationals is cancelled. I emailed Cindy Barnhart and Suzy Nelson and am waiting for a reply. I have a department meeting at 9:30." And then a blank slate—nothing.

My life has always had a direction—a purpose. I know it might be stupid to think of division III collegiate running as a life purpose. I'm not sure. It's not my only purpose, but it's one of them. And when it was snatched away so suddenly, I just felt...adrift. I wasn't sure where to go or what to do. Should I go for a run? Should I fight, protest, scream into the void? Should I sit on the cold tile floors of the Z-center and cry until I run out of tears?

I knew from the moment that I saw the email that we would not be going to nationals. I knew it as I dragged myself out of bed and walked to the Z. I knew it as we knocked on doors and begged administrators to make accommodations for our travel. I knew it as I sat in a circle with fourteen of my closest friends and awaited the coming verdict.

The funny thing was, the part that upset me the most wasn't losing indoor nationals. I know the others were heartbroken—and I was too—but the thing that most upset me was the lack of closure. I could have lived without indoors. It was never the thing that mattered most. But when I limped away from outdoor nationals on crutches last year, I had a fire in my heart. I *swore* that I would be back. I spent months in a pool, crying my eyes out daily because I *needed* one last chance to steeplechase at a national level. Sometimes it felt like it was the only thing that mattered.

And I worked. I worked and I struggled and I doubted and I hoped. I begged and dreamed and prayed, and I never took my eyes off that star on the horizon.

Since I was a senior in high school and I first started to understand what it took to be halfway decent at the steeplechase, I had this crazy stupid dream. I imagined myself standing on top of a podium at nationals. I think it's maybe the biggest, dumbest dream that I've ever let myself have. And I wanted it so *badly*. I wanted it *desperately*. And in the end, I didn't even get the chance to fight for it.

And that's what breaks my heart.

## ... COVID-19 SHUTDOWN



*Margaret Trautner '20 received her SB degree in Applied Mathematics and is now pursuing a PhD at Caltech in Computing and Mathematical Sciences. She holds the 2nd best all-time performance for MIT women in the 800 meters at 2:12.03, and the 8th place 1500 time of 4:38.25. In the 2020 New England Division III Indoor Championship Meet, Margaret was a member of the winning 4x800 meter relay team while also placing 3rd in the Mile and 6th in the 800 meter run. If the NCAA Division III Nationals take place in 2021, look for Margaret as she uses her remaining seasons of eligibility running with the Caltech Beavers.*

### Margaret Trautner '20

**3/12/2020 10:14 am**

I woke up this morning, and I wished I hadn't. For a few blissful seconds, I didn't remember what had happened. As my eyes focused on the lilac walls of my room, the events of yesterday came rolling over me, and I started crying again. "Crying" feels like a weak word for it - I hate that word. It makes me think of some petulant child upset over being told "no." I guess our situation isn't all that different- we are being told "no" to something we want, and we don't understand why, but those above us assure us that it is for

some greater good. I don't understand. I don't think I'll ever understand.

Twenty-four hours ago, I woke up feeling okay. The previous day, I had found out that we were all being forced to go home within six days- I would not have a senior spring, and I had to say goodbye to all my friends without any sense of satisfied closure. No senior ball, no senior spotlight in my sorority, no senior week, no final Date-a-Theta night at which I had met my boyfriend as my blind date two years prior. I held it together for hours- through the impromptu celebration on Killian, through the cancellation of my 046 exam that night, through our last Harvard workout, and through the last dinner I helped prepare at my boyfriend's fraternity. Then I called my mom. The "waterworks" showed up in full force, and I cried for the next two hours until I finally sank into sleep. But twenty-four hours ago, I woke up feeling okay- we were going to leave for nationals at 1pm, and even though I now knew it would be my last meet, I was beginning to be okay with that. After all, I fully intended to make it one for the books. It was 8:08 am, and I thought about sleeping a little longer, but I decided to check my phone first. All it took was the subject line to throw my whole world into turmoil: "cancelling trip to Nationals," sent less than twenty minutes prior. Tears already streaming from my face, I rushed out of bed to try to appeal outside of Suzy Nelson's office. For hours, we clung to hope. We had plans: take a bus instead, book our own flights, anything. While we waited for coach to come out of the meeting, I even started packing to leave. It was truly unfathomable that all our dreams would be snatched away merely hours before we were to leave.

I was sitting on the floor with my nationals teammates when Coach Taylor came down the stairs from the meeting. We all gazed up at him silently, tiny flickers of hope shrinking

in our eyes. His posture sent a dagger through my gut- the man who seemed to not know weakness stood with his arms folded and head down. We didn't need to hear the words to know what was going to be said. I tried to hold it together, but when his voice broke, I broke too.

"You're my kids. You're my life's blood." Around me, my teammates sobbed into their hands.

I was so ready. I am so ready. Tomorrow I was supposed to anchor the DMR, and on Saturday my goal was to win the mile. On Monday, coach told me I was capable of a sub-4:50 mile, and I believed him. I've never been in better shape, and I've never had the mental side so nailed down. I feel like a waste of a body. When I hug myself and feel how hard my shoulders are, I'm reminded of the pullups I did on Tuesday that now had no purpose. I hate looking at my body in the mirror because it reminds me that I'll never find out what it could do. I think of the Sunday brunches missed for long runs and the nights with friends I passed on so that I could get those critical 8+ hours every single night. When I open my laptop, the goals I set in May 2019 flash up:

Goals:

INDOOR: 2xAll American (top 4 at nationals in mile or 800, top 3 in DMR)

OUTDOOR: All-American in 1500 and 800

We were so ready. I wanted our four mile qualifiers to toe the line at finals together- one team, unbreakable. I wanted to try to break Bailey Tregoning's outdoor

*(Continued on page 17)*



## ... COVID-19 SHUTDOWN

[\(Continued from page 16\)](#)

800 record. I wanted to try to break Jacqui Wentz's 1500 record. I wanted to triple at outdoor regionals so that we could try to win our last one. I wanted to be as good as coach said I could be. All of those things would have taken luck, and they probably would not have happened, but all I wanted was the chance. My pre-race motto when I start getting too nervous is "just give yourself the opportunity to do your best." If my best doesn't happen, it's okay- I just have to give it the chance to happen if it's there. Now, there is no chance.

At one point yesterday, I looked into the mirror and noticed that parts of my eyelashes were white. I realized that after so many tears, the salt had built up into visible crystals. It feels like heartbreak- it physically hurts, and we hug each other to try to keep our chests from splitting in two. I feel like we all got collectively dumped by track. I always thought the worst part of a breakup was the future I envisioned crumbling to dust. I have a book of "poems" that I call the "breakup book," and I lend it to friends going through heartbreak (the tally is currently 8), and it describes the same feelings I feel now.

It isn't what we left behind  
That breaks me  
It's what we could've built  
Had we stayed.

The race plans I had didn't go away. My desire to win didn't go away. Just now they will never ever have a chance to exist outside of my dreams. Alec said the only actually helpful thing I've heard so far- "Think about when we were freshmen and what our goals were then. Did you ever think you'd accomplish as much as you did?" As a freshman, I was injured for eight months. All I wanted to do was race. I never thought I'd go to nationals. I never thought I'd be All-American. I never thought I'd break 5:00 in the mile. I definitely never thought I'd be a captain. Hell, I

nearly quit sophomore year. From that perspective, I'm thankful. Coach Taylor taught me how to have dreams so big that it hurts. He taught me that failure is okay. I raced every chance I got this season- every weekend, usually twice or more. I raced every race as if it were my last, and I had the time of my life doing so. I just wish I'd known this was the end. I feel like I'm walking around with a hole in me, and I can't imagine ever being okay. I want to run away to the middle of nowhere and never come back. ~~~

**3/13/2020 2:04 pm**

I thought that \*stuff\* had truly hit the fan yesterday morning, but both the fan and the \*stuff\* got much, much bigger. Yesterday afternoon, we found out that *all* NCAA national championships were cancelled. So all the teams that had actually gotten to travel to North Carolina were now there and just as sad as we were, except that we got to be sad with our friends in our home for the final few days. Alec and I managed to smile at each other, and we felt a bit better. We got some friends together last night to view the final episode of the Bachelor because we all wanted to completely distract our brains. As the ten of us packed into one Baker double joked and laughed through the show, things seemed somewhat alright. Then our phones all buzzed as we got the MIT Emergency Alert text: "undergraduate move-out by Sunday," followed by an email detailing that the situation was heading straight for disaster mode. Immediately people leapt to call families and adult friends in the area. Rumors began sparking up all over the place: "There has to be a confirmed student case." "I heard 300 students are in self-quarantine." "Boston Logan airport is going to shut down." "I think Massachusetts will close its borders." "Boston will go on lockdown." I immediately called my parents, waking them up as it was near midnight. In a panic, we decided that I would fly straight home on Sunday morning. I was previously worried about infecting my family, but since my mother is an infectious

diseases doctor in Houston, it is very likely she will be exposed regardless, and there is no safer place for me that with her.

As it's now Friday afternoon, I'm all packed up. I shipped everything home except what I could fit into two suitcases. I have no bed or food until my flight on Sunday morning, but we have a ton of chocolate and pop-tarts in our kitchen. At this point, it just seems like another difficulty to cope with. "Buck up, buttercup." Plans keep changing. Yesterday at different points throughout the day, I told people I was going to no fewer than four different places. And at each point, that was truly my plan. As someone who gets irritated if dinner gets moved by 15 minutes, this is truly unnerving.

This morning, I went into the Z center to clean out my locker and return my gear. Turning in my singlet was heartbreaking. Perhaps realizing I don't really need my spikes anymore was harder. When I returned to my sorority house, peoples parents were showing up in masks to move their daughters out. One person's dad drove overnight to get here. People are panicking- when I stopped at Target last night to buy shipping tape, the shelves of canned food and dry goods like rice were cleared out. It's weird.

**3/14/2020 9:17am**

Last night I tried to see everyone I needed to say goodbye to. After the track banquet (separated by classes so <25 people were in the room at any time), the senior class went out onto Harvard bridge. We watched the sunset together for the last time and took some photos. It was windy, and we ended up laughing instead of crying. It was one of those moments where the only reason

[\(Continued on page 18\)](#)

## ... COVID-19 SHUTDOWN

[\(Continued from page 17\)](#)

you can be happy is that you know your sadness is shared by those around you. Everyone is scattering across the country- most are going home, but some are avoiding home because their parents are older. I spent the better part of the evening singing along to the guitar-playing of my friends. We built up to progressively sadder songs until we were again crying together. Then I went to my best friend Erin's room. We chatted for hours- neither of us wanted to end our final late-night chat. Finally- "so this is the last time." "Yep." I know everyone has to say goodbye to their friends in college at some point, but I expected it to be 2.5 months from now. I was never really into celebrations before- graduation ceremonies and the like. But now I realize that celebrations make the harsh life transitions more of a "launch" than a "fall." Celebrations allow us to reflect and figure out how we will stay true to ourselves through the next phase of life. Change without celebration is jarring.

### 3/15/2020 7:48am

I am on a plane back to Houston with Isaac (boyfriend). I flipped my brass rat around when we drove away from MIT this morning because even though I haven't technically graduated yet, from now on I'll only ever be "looking back" at the Institute. Yesterday I was supposed to race finals at Nationals. As the time of the would-be race approached, I got antsy and sad, so I decided to go for a run until I felt better. I ended up going to Pleasure Bay, and around mile 8 I figured there was no reason I shouldn't run fast, so I picked up the pace. I was flying through the windy streets of Boston, fueled by grief and uncertainty. I finished a half marathon averaging 7:06 pace for the whole run. Today, the aches remind me that I can still push myself for reasons other than structured competition.

This thing is all anyone talks about. Our Lyft driver this morning couldn't help but tell us that we were right to get out of Boston. He said he knew it was "no joke- real bad problem" because the casino had just closed for three weeks. He said the casino has never been closed- he would know, as he goes every day. The TSA agent inspecting my bag advised us to "stay inside as much as possible" once we got home.

### 3/16/2020 10:11am

I am at home now. When my parents picked up me and Isaac at the airport, they told us to shower and change our clothes before doing anything. We are staying at home for a while expect occasional bouts of outdoor time. When we do go outside, we cross the street if we ever see other people coming our way on the sidewalk.

I cried this morning when I read an "MIT Confession" written by a professor about the sadness he feels for the students. He wrote about how what gives him hope is that us young people are still full of hope and potential and will to change the world. I'm not sure I'm feeling that right now, but maybe I will at some point.

I was thinking this morning about previous generations when life-altering circumstances occurred. We read books about families during World War I and II learning to pickle things and save food and reuse metal and use rations effectively. When reading those books, I kind of assumed that the decision to do that was deterministic and matter-of-fact, but now I'm realizing that there was probably uncertainty in every decision- how do I reuse this? What are my neighbors doing? Is it worth it? Just as every decision today raises the same questions about our everyday habits- do I go to the grocery store, or should I send my brother? If I go to the park, should I use a cloth to open the gate? Should we stock up on canned goods?

I'm finally answering email today.

The regularity feels nice. Some quotes from emails I'm looking through:

All is well! Remember, you are attending an Institution that was founded as a land-grant university during President Lincoln's administration, when people were mired in a conflagration and had plenty to do besides start a school. They still thought MIT was an important enough idea to invest their time and resources when there were many more pressing problems.

Our school was forged in its current form in the 20th century, in part by people who helped stop U-boats and free children from behind barb wire. The taxpayers have invested in MIT based on a boundless faith in the talent and possibilities of mind and hand.

That's you :-).

MIT is not buildings or a lab, those are the trappings. The Institution is you. MIT represents the faith people have in the boundless possibilities of human creativity. Don't forget.

### 3/17/2020 5:05 pm

I've baked 7 loaves of bread in the past two days. Anything to keep myself occupied. I feel like I'm watching myself live and move about, but it's on autopilot. My real self is locked up somewhere, and she's going to be staying there for the foreseeable future.

During races I used to (can't believe it's past tense now) chant "don't think don't think don't think" in my head, and I feel like that's constantly what I'm doing now. Friends? Don't think about it. Running? Don't think about it.

### 3/19/2020 11:18pm

Today was the first day I didn't

[\(Continued on page 19\)](#)

## ... COVID-19 SHUTDOWN

[\(Continued from page 18\)](#)

cry after 9 days in a row. I'm at 11 loaves of bread now.

### 3/25/2020 6:48pm

My mentality has slowly improved a lot over the past week. Whenever I get in a hole, I know I'm coming out of it when I start flossing again. From an economics perspective, this means I care about the expected utility of my future self. My knees got worse, so I guess I'm not running for a while. I guess it doesn't really matter anyway. I wake up happy now though- Texas has always been good for me.

Yesterday my whole family stood around the television in our pajamas at 8:15am to watch the mayor of Houston and the Harris County judge announce a "Stay at Home" order. It felt historic, especially since my family has never not once watched the news together. Gates to parks are ziptied shut, and shops are deserted.

My mom is an infectious diseases doctor, which means she is *deeply* involved in all this. Although as a more senior person she's not on "the front line," she's been informed she's on "the second line," which means that if/once the "front line" gets sick or is overwhelmed, she's up. It's not really a good idea for me to be in the house when that happens, so Isaac and I are going to drive up to my family's old farm in Missouri this weekend and labor out the semester as isolated as possible.

When I read the stuff in here I wrote earlier, it seems so dramatic, and it doesn't seem like something I would write. I'm reading this book called *Thinking, Fast and Slow*, and it mentions that by journaling you have a window into your past self that would otherwise be impossible to imagine. I suppose it's true. I don't know where I'll be in a month. I don't know what the economy will look like, or if things will ever be the same. Someone once told me that you don't *have* to be happy, you just have to be curious. I'm certainly curious what the future will bring.



*Sarah Ishamuddin '21 is majoring in Biological Engineering and did an internship in South Africa with the MIT International Science and Technology Initiatives (MISTI). She posted the best MIT women's performances in the 60, 200, and 400 meters in 2020.*

### Sarah Ishamuddin '21

I remember being so excited for nationals. My close friends on the team had qualified for the first time, and this would be my first nationals in which I would have to travel for (as last year it was in Boston). I was ready for the new experience and to be able to get off campus and not focus on studying for a few days (as I was also heavily studying for the MCAT that I had coming up in a couple weeks). The night before we planned to leave for nationals, someone had asked "Are we sure we are actually going to North Carolina tomorrow?" Someone else had responded "Yes, just talked to Coach Taylor." I remember thinking to myself, we literally leave tomorrow, there's no way they can stop us now. I had no idea what I would wake up to the next morning.

I remember getting up early, going through my usual routine, when I received the email from Coach Taylor warning us of the possibility of our trip getting cancelled. I was so confused; how could they do this to us with such a late notice? I remember reading Coach Taylor's email and being oddly reminded of the Hunger Games. "I am

fighting for you." We needed to act.

A bunch of us jumped on the email. Some of us hunted down administration in the Infinite, some of us retreated to the Z center trying to infiltrate meetings. I distinctly remember not feeling anything. Some people were angry, sad. I felt unphased. It had not really hit me that we wouldn't be able to compete, with our whole outdoor season about to be stripped away from us. I mostly felt sympathy for the seniors. I couldn't imagine how they must be feeling. To not only be forced to leave their best friends 2 months early, some who they might not see ever again, but to also not be able to compete at the biggest meet of the season would be crushing. Although the outcome was not in our favor, I thank our athletic director who fought as much as he could to advocate for us, and especially our coaches. I'm glad we didn't go down without a fight.

It has now been a couple weeks since then. While I originally didn't feel much the day of, soon after I realized the enormity of the situation (the cancellations, the evictions, the goodbyes) and couldn't hold back my emotions. And while I was upset and confused by the sudden cancellation, I now see how deciding not to go was the right decision. We would have left only to turn right back around. I'm glad it gave me time to spend time with the ones I loved before I had to say goodbye.

It is still kind of crazy to me how in the beginning of the semester, Coach Taylor would warn of possible snowstorms or other unpredictable weather events that could leave us with one or two less meets than we would expect for the outdoor season. Yet little did we know our whole season would be taken away. While all the months of hard work could not ultimately be left on the track, I will focus my energy on staying healthy and ready for the next season to come.

## ... COVID-19 SHUTDOWN



*Katie Williams '21 is majoring in Biological Engineering and works as a research assistant at the Broad Institute of MIT and Harvard and also at the University of Nebraska Medical Center. In 2019 she won the 1000 meter run at the New England Div III Indoor Championships.*

### Katie Williams '21

We're always told to make the most of every opportunity we have to compete. However, come actual meet day, it is easy to let the doubts creep in. "You just don't have it today. There's always next week." "You'll get it together for the next one." In this case, my "next one", the 2020 Indoor Track & Field National Championship, never came, and I was left brooding on everything I had already left (or didn't leave) on the line.

After being injured all of my sophomore year and proving to myself that I could successfully run cross country junior year, I was excited to see what I could throw down this track season. It wasn't all smooth sailing however. In the first two weeks of January, I had sprained my ankle, pulled my hamstring, and pulled my calf, leaving me wondering if I'd have a season at all. Additionally, a mediocre first few weeks of racing did not bode well, mentally or physically, for my chance at making nationals. But, I'd come too far to

quit now, so I pressed onward. I told myself that the trajectory to where I wanted to be didn't have to be pretty- I just had to get there.

The turning point for my season was the New England Division 3 Championship. I was feeling fit and fast, which I hadn't really felt up to that point. The next week at Tufts Last Chance, I confronted the doubts I'd been having about my fitness the entire season, and went on to qualify for Nationals in the mile (PR'ing by nearly eight seconds). After months of grueling training and two-a day workouts, the pieces had come together. I finally began to trust my body and my training, and I was excited to see what else I had left in the tank. I was also extremely motivated to win the DMR, as I truly believed our group of women had the talent, competitiveness, and fitness to pull it off.

When the news broke that we would not be competing at the national meet, I was completely stunned. I had structured every aspect of my life in the preceding three months on becoming a better athlete and competitor. I became angry with myself when I thought back to all the races and workouts where I was not excited to be there and had let my fear run rampant.

I am still incredibly saddened by what could've been (for both the indoor and outdoor seasons), but I am also extremely grateful for what was. Junior year taught me that I am capable of a lot more than I think and that there is nothing more worthwhile than throwing every ounce of energy into the thing you love, even if it doesn't always turn out your way. Next year I will be a senior and it will be my final year of competitive running. If there's anything this whole experience taught me, it is that regardless of fitness status, feelings on meet day, uncontrollables, etc, I have to bring it all to the line. You never know when it's going to be your last time going on a run before an injury or your last time lacing up for the team. As always, Go Tech.



*Yoria Shaoul '21 is an Electrical Engineering and Computer Science major. In 2019, he won the Triple Jump competition at both the Indoor and Outdoor Track and Field Championships to become just the third Track and Field athlete in MIT history to capture both titles in the same year.*

### Yoria Shaoul '21

For me, the weeks leading up to nationals were mostly filled with completely ordinary feelings and thoughts. School was in full swing, and practices were decompressing. Everything seemed to be normal. One thing that felt different though, was the sense of "sharpness" in the team. Being somewhat injured, I had the chance to often observe the team from a spectator's point of view, as opposed to an athlete's one. Most of us looked fast, and moved well! It was exciting to think about the way we could all compete together in a few short weeks. There was a good feeling in the air.

As time progressed, we have started to do more of two things. Getting more excited about competing, and understanding a bit better that the world might have to tackle a global challenge very soon. At that point though, those

*(Continued on page 21)*

## ... COVID-19 SHUTDOWN

*(Continued from page 20)*

two things seemed to be disconnected.

A couple of days before our planned departure to North Carolina, when we were told that all students must leave their dorms in a week, my brain completely switched gears. We all quickly realized that our involvement with any activity in the foreseeable future will certainly take on a different shape. And personally, I knew that I must prioritize figuring out my housing situation, and put anything else second. Unfortunately, that also included track and field and nationals. I was lucky enough to find an arrangement relatively quickly, though my thoughts were no longer the same “ordinary” thoughts. From the expectation to compete and the schoolwork, my thoughts changed to “should I choose to stay in the US, or take classes with a 7 hour difference from home?” And “what should I pack as my only belongings for the next months?”. I spent a lot of time considering solutions with my other international friends, making sure that we are all prepared for the following months, and saying goodbye to graduating seniors.

When writing this piece of text, I feel a bit funny as most of it has nothing to do with track and field at all. I guess that, in a sense, I didn't get the chance to get excited about nationals this time, as the reality simply demanded the entirety of my attention. The past couple of weeks have made me incredibly thankful for all my experiences up to this time! The power of life to just “happen”, and take everyone on its crazy trajectory, constantly amazes me. I am curious to see how this semester will evolve now that we are away from the track and campus. Having been involved with various track and field programs since I was 9, this will certainly be a different year :)



*Liana Reilly '21 is a team co-captain and competes in both the High Jump and Long Jump. She is majoring in Electrical Engineering and Computer Science and has worked as a CSAIL Undergraduate Research Assistant for the past two years.*

### Liana Reilly '21

These were the first national championships that I had qualified for. I was obviously excited for the chance to continue my season, get some cool merch, and represent MIT, but I was much more excited for the chance to travel with my teammates who had qualified along side me and to watch them compete with everything I knew they had in them and more. I looked up to every single one of the seniors, I admired

how hard they worked every single day, in season and out of season, how much love they put into the team, and how much they helped not only me, but the whole team, grow into a group of athletes who cared about each other and wanted to be the best that they could be.

I was really upset when we first found out that we were not going to be able to travel to NC for Nationals. All of us sitting on the floor and benches outside the athletic offices, silently crying as Coach Taylor gave us the bad news, was something I didn't want to believe was happening. It felt unfair of MIT to take something like this away from us, but as the days went by and I realized the severity of the COVID-19 situation around the world, and its increasing threat in the United States, it was hard for me to dwell on anything t&f nationals related. It turns out I was actually glad that MIT didn't let us go, forcing us to stay on campus. It meant that I could spend the last few days before we all had to leave campus with teammates and friends, saying bye to seniors, and trying to make the most of the little time we had left.

I think I'll always be at least a little sad when I think back at the chance I, and the team, never got, but I've accepted that it was the right thing to do and that there are bigger things happening around us. Sometimes we just have to make some sacrifices and move on with everything else.



# ... COVID-19 SHUTDOWN

## How Covid-19 Affected Our Program

by Halston W. Taylor

Where to begin? I guess starting where I left off, with our Indoor season coming to an abrupt halt as we were preparing to fly to the NCAA Division III championship, where both of our teams had a strong chance of being on the podium, with the men possibly winning. The Outdoor season was totally gone and we all went home to work remotely for the remainder of the term.

Scattered around the country, most of our student-athletes went home, but quite a few of the team members went in groups to remote locations to work, but still be with friends and teammates. The coaches were not allowed into MIT unless it was absolutely necessary, so we were forced to work from home as well.

### STUDENT-ATHLETE SUPPORT

MIT set up a coaching system by which, any faculty or staff member interested, could be assigned interested students to contact on a weekly basis to check-in on how they were doing. We used this platform to contact our team members, divided up within our coaching staff. It allowed us to stay in contact throughout the remainder of the semester.

We have continued to stay in touch and support our student-athletes throughout these difficult times. Together we worked on a statement and plan on inclusion, diversity and Black Lives Matter. That can be found in the [Announcements](#) section of this newsletter and on our team webpage at:

<http://scripts.mit.edu/%7Ehwtaylor/brochure.php#statement%20on%20diversity%20and%20inclusion>.

Our captains, group leaders and mentors are all reaching out to their teammates, just as we are doing as coaches. Potentially missing three consecutive seasons (Outdoor 2020, Cross Country 2020, Indoor 2021), or more, make it very difficult

for the student-athletes to stay motivated.

The combination of missing the NCAA Division III championship, the loss of the Outdoor season, missing teammates and friends, missing in-person graduation, finishing the semester on-line, and not knowing when this will all end, was a lot for the student-athletes to deal with. While most had internships or continued UROPs that could be done remotely, some did not, and others had jobs cancelled. All in all, this is very stressful for our student-athletes.

With returning student-athletes unable to compete in the fall, they must make a decision on whether or not to take a leave of absence from MIT. For example, a rising senior is not invited back to campus, and cannot participate in athletics. They have a well-paying job that can continue into the academic year. If they take classes remotely, the NCAA may count that semester against them even though there is no opportunity to compete. If they take a leave of absence, they can preserve their eligibility, and when they return, they can still compete. How long should they take for a leave of absence, one semester or two? There is certainly no guarantee we will have an Indoor or Outdoor season. Difficult decisions!

Incoming freshmen, almost certainly unable to attend MIT in person in the fall, must decide whether or not in-person learning and athletics are important enough to request a gap year. If a significant number of students request, and are granted a leave of absence, and gap years, what does that do to the following year's admissions when considering eventual over-crowding.

### RECRUITING

And if that is not bad enough, the current rising seniors in high school, who missed their junior Outdoor season, are in a panic over not



*MIT students gather in Killian Court on March 10, exploring as yet unconfirmed rumors that they were to be sent home because of COVID-19 concerns*

having junior performances to aid in getting recruited. Many are doing time trials and sending them to me. Of course, there is no way, even with video, that the performances are verifiable. We do not even use relay splits because coaches tend not to be very accurate in timing, nor consistent with taking the split in the correct location.

MIT dropped the requirement of SAT subject tests for math and science a few months back, and now suspending the ACT and SAT test for the coming year, takes away a significant factor in helping us as coaches decide who to recruit. We get about 1,000 questionnaires per year, both from prospective student-athletes we sought out and those initiating contact. Typically, once we weed those out whose academics are not competitive (GPA's, curriculum, formerly SAT or ACT, and SAT subject tests), as well as those who do not meet our recruiting performance standards as juniors, our recruiting class stands at somewhere around 120 or so that we are calling at least once per month, and trying to get to MIT for an official 48

*(Continued on page 23)*

## ... COVID-19 SHUTDOWN

*(Continued from page 22)*

hour visit (we do not pay for transportation). By the time we know who is going to apply, and have taken out those who were granted and accepted “likely letters” from Ivy League colleges in October, we are generally supporting 100 or so with admissions. The number is so high because admissions does not give us pre-reads, slots or any guarantees as to who they will admit, so we have to go after as many as possible of those who are capable of admission and meet our performance standards.

Fast forward to present, not having junior year performances and no subject test scores, and not only do we not know who will be competitive enough for us, but we have much less to go on academically. Now, we are looking at more like 200 prospective student-athletes rather than 120. That is a lot more phone calls and contacts. How we rank those recruits will be very challenging.

There are also no visits allowed at this time, and who knows when they will be allowed. Admissions has put up virtual tours, and we will be working on a virtual visit. However, that is not the same as being here in-person, and they will be unable to see the team together or compete. All of this is going to take significantly more time and we may not get the best recruiting class.

### STATE OF OUR TEAM - SUMMER

Although we are sending out recommended workouts and mileage, there are no competitions at this time, and there may not be for quite some time. Already, none of our student-athletes have competed, or even been coached, since early March. It may be a year or longer between competitions for these folks. It will take some time for everyone to get back up to speed (pun intended).

For Cross Country, I am thinking of

asking the team to do virtual races, by submitting times. Granted the courses will be different (I would recommend flat courses in order to approach some similarity). Perhaps we could even involve other colleges. Of course, this may not be possible without using eligibility.

### UPDATE

We continue to communicate with the team and individuals who need support throughout these unusual times. As we are halfway through August, things are starting to take shape. MIT has declared those invited back to MIT in the fall will be seniors and will consider those undergraduates who are experiencing significant hardship and feel they must be at MIT in the fall. The second semester is still to be determined, but looking as though all non-senior undergraduates will be invited back to campus.

MIT, along with most colleges around the country, have cancelled fall athletics, including Cross Country. There is a possibility athletics may resume after January 1, which would give us the possibility of having an Outdoor season.

The NCAA just provided waivers, giving all student-athletes in Division III who compete less than half of the minimum number of required competitions this year, two more semesters for which to get in their four seasons of eligibility, which when combined with the one extra provided this past spring, would give some up to 13 semesters as a full-time student in which to get in their four seasons,

### SEPTEMBER

We have lost a few individuals already to a leave of absence (Jacqueline Ahrens '21, Everett Brandyberry '21, Kira Buttrey '22, Einat Gavish '22, Max Hardy '21, Savannah Inglin '21, Matthew Kearney '22, Cameron Kleiman '23, Andrew Mah '22, Ali Marsh '21, Lila Wine '21) or gap year (Andres Arroyo '24, Pablo Arroyo '24, Sam Engebretson '24, Anna Mokkaapati '24, Reece Shuttleworth '24). More are likely to



*Katie Bacher sent this photo of “all the stuff people in my dorm were getting rid of as they rushed to pack up and move out”.*

make the decision before the deadline. We have also lost quite a few who have quit, some just Cross Country, but not Track & Field, some Track & Field, and some both. The lack of in-person learning and physically being with teammates is taking a toll. On the flip side, 14 of the current incoming freshmen have secured apartments in Cambridge for the fall so they can train together and collaborate during their remote term. I am quite impressed by their dedication. Overall 9 of the remaining 13 men and 10 of 16 women cross country runners will be in Cambridge this fall, although only one will be taking classes in person.

We will at least have a virtual season in Cross Country. This means I am writing workouts and mileage plans for the runners. It also means I have a half-hour Zoom meeting with each team member once every other week. Thus far, this is going well.

The plan is to make the team better than last year. We will focus on the two performance factors that define team improvement: each athlete

*(Continued on page 24)*

## ... COVID-19 SHUTDOWN

*(Continued from page 23)*

improve, particularly the top runners, and decrease the delta for runners one through five, and one through seven. One silver lining with losing the season is that we can dictate each person's progress based on when they are ready for the next stage instead of what our schedule dictates. This will allow us to build higher mileage than usual, and to do so more carefully, thus allowing even more improvement for each individual.

This is already proving to be the case. The first week any of our runners were ready for a time trial was the third week in September. While only five men and four women were ready for this test, the results were quite surprising in a good way. Vedang Lad '23 led the way for the men with a 14:18 4800 on the track and Olivia Rosenstein '24 was top performer for the women with her 16:40, the second fastest time trial for women in our history. Based on current mileage, most of the team will be ready for their time trial within the next three weeks. With my training methods, this will allow them to start doing one hard effort per week. By mid-November most of

the team should be doing two hard efforts per week and by mid-December, ready to perform their best

The NCAA has started planning possible championships for both Indoor and Outdoor Track & Field. Due to lost revenue and increasing costs associated with keeping everyone safe during said championships, there would likely be a reduced number of participants, probably reduced by 25%. Of course, I do not know what MIT would decide to do. We are hopeful for at least an outdoor season.

If things go well, we could be in-person in February. IAP will be virtual. Back in the summer, MIT had said the freshmen, sophomores and juniors would be back on campus second semester, but the seniors would not. There has been no further word on this.

### RECRUITING

The update on recruiting is we are able to have large Virtual Visits. We will have our second one on Oct. 3. The first one was a huge success with 45 prospective student-athlete participants and 13 of our team leaders helping to facilitate. This is two hours long with a format of: welcoming them

to the event, followed by breakout rooms by event, then rotating breakout rooms by topic (Research and Internship Opportunities, MIT and Team Culture, Why Did You Choose MIT, and Balancing Academics, Research and Athletics) and then a general question/answer period.

### ALUMNI/AE MEETS

Since we are unable to have in-person physical Alumni/ae meets, we are exploring something new. For Cross Country I would like to have a virtual 5K, probably on a track. Times will be accepted from November 13-15. Video is encouraged, but not required. Send results to [hwtaylor@mit.edu](mailto:hwtaylor@mit.edu).

For Track & Field I am leaning towards a Zoom gathering, perhaps on the scheduled day of December 12. If we could do a call where I address everyone, and then split up into rooms based on events and maybe by gender, I think a lot of excellent dialogue can take place (what was it like in your day on the team and what was MIT like). This could be very beneficial for the current student-athletes. Perhaps they would further appreciate what they have and not take so much for granted. I think we could all use seeing others and communicating about something we are passionate about. Also, everyone can attend.



Photo: Janis Puibello

*The MIT ice rink was converted to the Sean Collier Care Center for patients with Covid-19. Staffed by MIT Medical, the 75-bed facility provides care for members of the MIT community and individuals from the broader Cambridge community.*



## ...CROSS COUNTRY



Lowell Hensgen '23 and Zach Johnson '22 at the two mile mark of the Purple Valley Classic, hosted by Williams College on the Mount Greylock High School course in Williamstown, MA.

[\(Continued from page 5\)](#)

despite having problems finding the finish line chute, winning in 14:33. Matthew was credited with the same time in second place. Lowell Hensgen '23 was close behind in third with a time of 14:36. Four seconds back in fourth was Sanjay Raman '23. Closing out the freshman sweep (from an eligibility perspective) was Sam Acquaviva '23 in 14:44. An 11 second delta and a freshman sweep will do wonders for getting your imagination going. Fortunately, I have been around the block a few times and know freshman can fade a bit as the upper classmen come on towards the middle of the season. Nevertheless, I was very excited about the possibility.

Representing and placing first for the Alums was Jared Forman '13 in 15:46. Next in line were Brian Gilligan '17, Harrison Hunter '15, Alex Knapp '19, Aidan Gilson '19, Nicholas Waltman '18, Josh Feldman '97, Terry McNatt '87, Kevin DiGenova '07, David Westenberg '79 and Bob Collins '82. Also in Attendance were Eric Khatchadourian '06, Josh

Rosenkranz '19, Don Shobrys '75 and Roy Wedge '14. The amazing loyalty and support of the MIT alumni/ae is consistent year to year. Every year at this meet it feels like a family reunion. It is truly the meet I most look forward to each year.

The plan was to go to the Iona College Invitational three weeks later down at Van Cortlandt Park. This would have been a very loaded Division I meet that would be an extreme test for our team. However, MIT's major Career Day fair was on that same Friday. That Career Fair is too important for our student-athletes to miss, so I cancelled the meet. Instead we would wait a week later and race at Williams College at their Purple Valley Classic.

### **PURPLE VALLEY CLASSIC**

One plus with waiting four weeks to race was the fact we were able to get Katie Bacher '20 back. Katie Collins went out with the plan to win, but once she was unable to shake a very competent pair of Tufts runners, Sabrina Gornisiewicz and Danielle Page, started thinking and fell apart. Kirsi went out more conservatively than at the Alumnae

race, and moved up very well to place fourth in 23:26. Katie C. placed 12<sup>th</sup> in 23:42 on the hilly 6K course. Megan placed 15<sup>th</sup> in 23:50. She was followed by Katie B. in 18<sup>th</sup> in 23:57 and Einat in 23<sup>rd</sup> in 24:09.

We finished third behind Tufts and Williams. Our delta was not awful at 43 seconds, but it was not very good either, and the :16 from one to two was disappointing. On the plus side, Katie B. would move up, Katie C. would learn to be more flexible in her expectations and Kirsi was becoming a big surprise.

Although he raced poorly in the Alumni race, Andrew Mah '22, was planning on racing with the leaders at the Williams race. If the freshmen could deliver on this extremely challenging 8K course, I knew we would be in great shape this year. Up front we looked great. Andrew finished fourth in 26:39 and was followed closely by Sanjay and Cameron in 26:39 and 26:47. We had three in before anyone else. However, Williams dropped in five more (they finished first and third, ahead of Andrew)

[\(Continued on page 26\)](#)

## ... CROSS COUNTRY

[\(Continued from page 25\)](#)

before our fourth runner, Vedang Lad '23, yet another freshman. Lowell was our fifth in 27:18. Our delta of 39 seconds was excellent, but the 27 seconds between our third and fourth was abysmal. However, they were mostly freshmen, so there was hope they would get back up there. Also, Matthew did not race due to a minor injury. We had at least shown we could beat many nationally ranked teams: RPI, Amherst, Middlebury, Conn. College and St. Lawrence. Williams had been ranked number two in the country and we were ranked 10<sup>th</sup> going into the race.

### GREATER LOUISVILLE CLASSIC PRE-NATIONALS

The last time we raced at the Tom Sawyer Park course in Louisville, KY, the men had their highest finish ever at the NCAA Division III Championship, placing seventh with outstanding races by Matt Deyo (7<sup>th</sup>), Dennis Maloney (12<sup>th</sup>) and Rory Beyer (43<sup>rd</sup>). We had a favorable box and got out really well. Those three got the job done, but the others raced poorly. The women had a high number box, got out behind everyone and only Megan McCandless (17<sup>th</sup>) raced well as we should have placed second instead of fifth.

We wanted to test the course and learn it well, as well as wanting to see how we stacked up against many of the nationally ranked teams. The men, ranked 11th nationally in Division III, were seeded behind #1 North Central College, #5 UW LaCrosse, and #9 Johns Hopkins. The goal was to get out and race with the top teams, knowing rankings do not always accurately portray a team's actual performance level. At the mile mark, Andrew, Sanjay and Cameron were out with the front pack in 4:46 and 4:47. Sam and Lowell were right behind in 4:49. Back a little were the old men on the team, Finn Jacobson-Schulte '21 and Steven Goldy '20.



*Steven Goldy '20 at the two-mile mark of the Greater Louisville Classic Pre-Nationals race in Tom Sawyer Park, Louisville, KY.*

Andrew finished 10<sup>th</sup> in 24:44, Sanjay was 17<sup>th</sup> in 24:51 and Cameron was 20<sup>th</sup> in 24:53. Sam and Lowell dropped back a lot, but Finn and Steven moved up well to finish 47<sup>th</sup> and 50<sup>th</sup> respectively in 25:19 and 25:21. While we beat UW LaCrosse, we lost to Otterbein, finishing fourth as predicted.

The temperature, which started out at 60 degrees was now 73. The women were seeded first, ranked seventh nationally. RPI was ranked 11th, UW LaCrosse 13th, Oberlin 14th, St. Thomas 15th, Hope 16th and a few other colleges ranked among the top 30 in the country.

The women got out well, but certainly not in front. However, by the mile mark, MIT was front and center with Katie Collins and Megan leading the way in 5:45, along with Katie Bacher right behind. Kirsi, Einat and Anna Haddad came through in 5:47. Katie Williams, not feeling her best was back at 5:50.

At the two mile mark, Katie C. had begun to pull away, but only by 10 meters or so as she ran a 5:37 to gap her opponents and teammates. Kirsi and Megan were 10 seconds back at 11:32 and Katie B. and Einat were together at 11:35. Anna was falling back as her hip began to bother her.

At 3.9K of the 6K race, the Gator

went the wrong way, taking the runners with it. By the time the Gator stopped, and the runners began to turn around to go back the right way, Katie C. had run over 200 meters in the wrong direction. When she turned around, she was now behind all the runners she was ahead of, in 125th place. The race continued to the finish with some part of the course cut off. Although they completed the race with Katie C. moving all the way back up to 25th and MIT still winning, the Games Committee and officials agreed the only fair way to call the race was to end it at 3.9K. MIT finished with 43 points, while Oberlin was second with 115 points. St. Thomas was third with 192 and Hope College was fourth with 202.

Individually, Katie C. won in 13:50, five seconds over second place. Seventh and eighth were Kirsi and Megan in 14:06 and 14:08 respectively. Einat was 11th in 14:13 and Katie B. finished out the scoring in 16th in 14:15.

### CONNECTICUT COLLEGE INVITATIONAL

We had not raced at Harkness Park in a few years, so no one on the current team had seen the flat course. The field was talented on

[\(Continued on page 27\)](#)

## ... CROSS COUNTRY

*(Continued from page 26)*

both sides. The women's field included nationally ranked #4 Tufts, #5 Williams, #12 Carleton, #14 RPI, #18 Middlebury, #20 Rochester, #29 Wesleyan, #31 Coast Guard and #34 Vassar. The men, seeded second in a 28 team field, were ranked 12th nationally going into the meet. Among the 28 teams were nationally ranked Williams at #1, RPI at 14, Amherst at 18, Middlebury at 20, Ithaca at 27 and St. Lawrence at 35.

The women, ranked seventh, wanting to prove themselves and get some payback on Tufts and Williams, got out well, positioning themselves towards the front of the pack. At the mile mark Tufts had runners in second and third place, Middlebury also had two among the top nine and Williams had three among the top 17. Although only Katie C. represented MIT among the top 10, we had five among the top 20.

At the two mile mark, Tufts was still in second and third. Williams, Middlebury and Carleton all had two in the top 12. Izzi Gengaro '22 joined up with teammate Katie C. in the top 10 and Katie B. joined Megan and Einat among the top 17. Kirsi was racing with a cold, and her fast start was starting to bite her as she fell out of the top 20, but was racing tough.



*Katie Bacher '20 was MIT's #2 runner, finishing 12th overall in the Connecticut College Invitational. MIT won the meet, defeating 28 teams, including Williams, #2 and Tufts, #3.*



*Andrew Mah '22 on his way to victory in the NEWMAC Championship Meet. MIT took 8 of the top 9 places.*

At the finish, Izzi had thrown down a 4:09 final .73 on top of her 5:36 third mile to move into second place in 21:07 for 6K. With Katie C. falling off and Kirsi not able to respond at her normal level due to her sickness, Katie B. came through in 12th place in 21:49. Katie C. held onto 15th in 21:58, Megan was 18th in 22:04 and Einat finished in 28th in 22:16 to seal the victory with 75 points. The Engineers had put five runners across the finish line before any other team's fourth runner.

Despite the plan to get out behind Williams, the men went out too fast, again putting a target on their back. Andrew was in the top five. Sanjay continued his outstanding racing as he was in 12th place. Vedang, Matthew and Ryan were together between 15th and 20th.

In the third and fourth mile it was clear that Williams had run a superior race, catching MIT and moving past with no challenge as the Engineers were tired and just able to hold on. At four miles Williams was in first, fifth, 15, 16 and 19 while MIT was in eighth, 10th, 16th, 24th and 26th.

At the finish, the momentum continued in favor of Williams College as they finished with an



*Katie Bacher '20, Katie Collins '21 and Izzi Gengaro '22 lead the way at the mile mark of the NEWMAC Championship race, with Einat Gavish '22 close behind.*

impressive 47 points with first, fifth, 11th, 12th and 18th places. MIT finished 10th (Andrew), 15th (Sanjay), 21st (Matthew), 22nd (Vedang) and 28th (Sam) for a convincing second place finish with 96 points, 53 points ahead of third place RPI.

The women were starting to put it together, and if healthy, were going to be a force. The men, despite continuing to get out too fast, were racing very well for such a young team.

### **NEWMAC CHAMPIONSHIP**

This was one of the years where I had no doubt we would win the NEWMAC Championship, particularly now that the women were racing the 6K distance. The question was what race strategy to implement to get the most out of the opportunity. The men had made a habit out of going out too fast, specifically not following direction to run off of Williams in our two meets with them. The women had done better with how they got out, but needed to work on group running.

The men indeed got out slower, in fact a bit slower than planned at 5:03 for the first mile. Although

*(Continued on page 28)*

## ... CROSS COUNTRY

[\(Continued from page 27\)](#)

Andrew and Sanjay were leading the way, we had 13 MIT runners between 5:03-5:04. Things spread out significantly in the next two miles as Mah and Raman pulled away by maintaining a strong effort. By the three mile mark they had a small gap over Ryan Wilson '22 and Matthew 15:34 to 15:39, but a 12 second gap over Vedang, Josh, Steven and Finn. One opposing runner, David Reynolds '23 of WPI, managed to stay with the leaders.

At the end Andrew pulled ahead to run 25:22 for the victory and NEWMAC Runner of the Year. Sanjay came in second in 25:30, earning NEWMAC Rookie of the Year. Finn had the race of his life, finishing fourth in 25:48 and Josh and Vedang were close behind in 25:51 and 25:53. Ryan and Matthew faded quite a bit in the final two miles but still finished in 25:58 and 25:59. This may be the first time we had seven runners under 26:00 at Franklin Park. We finished with 18 points and our 22<sup>nd</sup> consecutive NEWMAC championship.

All Conference, which was top 14, included 10 MIT runners; Andrew, Sanjay, Finn, Josh, Vedang, Ryan, Matthew, Steven, Zach and Sam.

The women took it out reasonably hard at 5:43, which is uncharacteristic for us in this meet. With Megan and Kirsi not competing due to illness, our depth took a big hit. Nevertheless, Izzi, Katie C and Katie B were working well together up front. Einat was by herself two seconds back. Katie W, Marissa and Alana Chandler '22 started out too slow and were eight to 10 seconds back of Einat.

At the end of two miles it was pretty clear we had two groups working well together. Izzi, Katie B and Katie C were expanding their lead, coming through in 11:47. Einat was now 16 seconds back. Between our top group and Einat were twins, Hannah and Madeline Rieders from Mount Holyoke.



*The men celebrate their 22nd consecutive NEWMAC championship.*



*The women extended their NEWMAC championship streak with their 13th win.*

Einat was trying to close the gap, but with no one to work with it was difficult. Katie W, Marissa and Alana were now together, but 14 seconds behind Einat.

In the third mile both groups split as Izzi hammered out a 5:44 mile and Katie W a 6:02. The final .73 was even more significant as Izzi gained :14 on the field to win in 21:58, 21 seconds ahead of Katie B. Katie C was third in 22:27. Einat was sixth in 22:57 and Katie W just four seconds back in 23:01. The 1:03 delta was certainly not ideal, but with Megan and Kirsi coming back we were looking ready for the end of the season—I thought.

Izzi earned NEWMAC Runner of the Year. All Conference was given to Izzi, Katie B, Katie C, Einat, Katie W, Marissa and Alana. MIT's 19 points were 61 better than runner-up Mount Holyoke.

### NCAA DIVISION III NEW ENGLAND REGIONAL QUALIFIER

I still believed we could win both the men's and women's meets, extending the women's streak to four in a row. The course at Bowdoin, which also hosted in 2018 is as flat as possible as it is comprised of loops around the athletic fields with some of the woods that boundary the course included.

Although Williams was on the other side of the starting line in the Men's race, we felt confident we could target them. We got out well, but when Williams uncharacteristically moved to the front at the start, we settled in too far back. Williams was out to run away with this race.

The ground was mostly frozen, so even though it had rained the day

[\(Continued on page 29\)](#)

## ... CROSS COUNTRY

[\(Continued from page 28\)](#)

before, there was relatively little mud to deal with, but it was enough to make moving up in the field a challenge. The leaders were only out in 4:49, but we were back between 4:57 and 5:01. Not only was Williams ahead of us, but so was Colby and Middlebury, with Amherst right there with us.

After two miles, we had moved up in place, passing Amherst and Middlebury, but were a little behind Colby. We had fallen well behind Williams, who seemed to have the race in hand. In the fourth mile, Andrew had made a strong move to slide into third place and he was significantly gaining on second place. Sanjay was in 13<sup>th</sup>, Vedang 23<sup>rd</sup>, Matthew in 24<sup>th</sup> and Josh in 27<sup>th</sup>. We were still well behind Williams, but had moved into second place, nine points ahead of Colby.

In the final mile, Andrew had once again fallen prey to his lack of motivation to put it all on the line, giving up on the fight, he fell back to 15<sup>th</sup> place in 25:18. Sanjay moved up to 10<sup>th</sup> in 25:07. Vedang moved up to 22<sup>nd</sup> in 25:31, but Josh lost two places, finishing in 29<sup>th</sup> in 25:36, and Matthew hit the wall, finishing 31<sup>st</sup> in 25:40. Colby actually moved up, beating us by 14 points, 93 to 107. Williams destroyed the field with 24 points. This was certainly a disappointing loss, particularly to see our top runner give up with second place on the line, both individually and team.

We were favored to win the women's race and planned on duplicating the win four weeks earlier. We had learned Megan had a stress reaction, but she was determined to race out the season in her senior year. I had no idea how this would affect us, or if Katie W would step up.



*The MIT women took 2nd place at the NCAA Div. III New England Regional Qualifier, just 20 points behind winner Williams, and 72 points ahead of third place Tufts.*

Williams got out really well compared to what they usually do. Izzi and Katie C were out really well in fourth and seventh, but Katie B was behind three Williams runners in 21<sup>st</sup> and Einat had five Williams in front of her in 25<sup>th</sup> place. Megan was well back in 37<sup>th</sup> place. The pace was quick as there were only 10 seconds separating Izzi and Megan, 5:37 to 5:47.

Williams raced aggressively and we did not, at least not after Izzi and Katie C. By the three mile mark, Izzi had taken the lead and was pulling away. Katie C was up to fifth place, just five seconds back. Katie B was 24 seconds back in 17:30. We were winning through three runners, 24 to 31. However, with Einat 13 seconds behind Katie B and Megan 31 seconds back, Williams was ahead by eight points, 73 to 81.

In the final .73, Izzi held on for the win in 21:19. Katie C held onto fifth in 21:28. Katie B lost two places, finishing in 22:05. Einat placed 28<sup>th</sup> in 22:20 and Katie W came out of nowhere to finish 30<sup>th</sup> in 22:23. The 1:04 delta was becoming consistent for us, and we learned it was not good enough. Williams beat us soundly 64 to 84 as it was obvious they

wanted it more than we did and our third through seven runners were caught up thinking about themselves instead of beating their opponents.

### NCAA DIVISION III CHAMPIONSHIP

When we do not perform very well at Regionals, we tend to be that much more determined at Nationals. So the men were pretty fired up. The weather was predicted to be an issue, with cold temperatures and heavy rain, but we saw that as good for us as we were certainly accustomed to it. The bigger issue was that we were on the far right of the starting line. Although the starting line is supposed to be surveyed so that everyone is equidistant to the first turn, my experience is that this is not the case at this course. In addition, the first turn is a really wide and sweeping turn. If you get caught on the outside of this turn you will run significantly farther than your opponents on the inside. It is pretty important to get out well. In addition, our men's team has shown this year that they do better when they feel they are in it, even if that means they got out too quickly. They came to race, and they did indeed get out well, perhaps too well.

[\(Continued on page 30\)](#)

## ... CROSS COUNTRY

*(Continued from page 29)*

Spiked up with ½” spikes, the mud was not as much of an issue for us as most others. At the mile mark, Sanjay was in 15<sup>th</sup> in 4:48. Andrew was 20<sup>th</sup> and Matthew and Josh were close behind, also in the 20's. Steven was back a little, but he was our fifth man. Both Vedang and Finn were lost in the shuffle and checked out mentally.

At the two mile mark, Sanjay was still in 15<sup>th</sup>, but Andrew settled in, which is akin to disengaging from the leaders. There is no settling in when you are trying to do your best, not at this level. Matthew and Josh were working together well, now in 38<sup>th</sup> and 39<sup>th</sup>. Steven was back in 90<sup>th</sup>, 10 seconds behind Sanjay.

Although we had fallen back, we were still in excellent place at the end of four miles. Sanjay was holding onto 17<sup>th</sup> place, and the rest, while having lost places were still very much in the race. In the final mile we faded worse, although the spirit was still there for the most part. Sanjay faded a lot, possibly settling, he finished 30<sup>th</sup> in 24:52, our first male freshman All American in Cross Country. Andrew fell back to 60<sup>th</sup> in 25:11. Andrew just does not have the killer instinct at this time. His talent level is incredibly high and should be at an All American level each season. Matthew and Josh



*Megan McCandless '20 at the two mile mark of the NCAA Div III National Championship Meet.*



*Izzi Gengaro '22 receives her NCAA All America award for 10th place - the best finish ever for an MIT woman in the Cross Country National Meet.*

dropped to 83<sup>rd</sup> and 87<sup>th</sup> respectively in 25:21 and 25:23. Steven maintained his place in 110<sup>th</sup>, running 25:32. The 40 second delta was pretty solid and earned them a very respectable ninth place finish.

If the men can learn to race with ownership while pacing better early in races, they will be a true force as they get older and gain experience. At most, the men will graduate Josh Derrick. Steven Goldy, a senior, has remaining eligibility and will be in graduate school at MIT next year.

The women were in box 19, which was much more favorable than the men's box. Nevertheless they got out well so they could be in command on the first turn. Izzi was out in 5:28 in fifth place at the mile mark, although she was eight seconds behind the leaders. Katie C. and Katie B were at 5:36, but were in 33<sup>rd</sup> and 36<sup>th</sup> places respectively. Einat was in 53<sup>rd</sup> place in 5:40 and Katie Williams and Megan were back between 105<sup>th</sup> and 110<sup>th</sup> in 5:47. The 19 second gap, one mile in, was a bit scary for the coaches to see.

In the second mile Izzi maintained her position, running with a five person group at 11:12, and Katie C moved up to 16<sup>th</sup> in 11:17. Katie B was running tough in 38<sup>th</sup> at 11:32,



*Katie Collins '21 was MIT's second finisher at the NCAA Division III Championships, earning her All America award for taking 15th place.*

already losing 12 seconds. Einat fell back to 66<sup>th</sup> place in 11:41 and Megan was in 118<sup>th</sup> at 11:53. If we could rally in the third mile, we might be able to salvage the race, but it was not trending that way.

During the third mile the gap for one through five grew to 1:16, which took our team out of the top four teams. Izzi lost a couple spots in the final .73, but finished in 10<sup>th</sup> overall in 21:30. This is the highest place by an MIT female in our history. Backing this up, Katie C finished 15<sup>th</sup> in 21:42, also earning NCAA All American honors. Katie B fell back to 70<sup>th</sup> in 22:36, Einat placed 111<sup>th</sup> in 22:57 and Megan 159<sup>th</sup> in 23:15.

While we were stronger up front than at any time in our history, we also had the largest gap in our recent history. If Katie B had been our number five runner we would have placed where we typically do, among the top four teams. As it is, we finished seventh with 252 points – minus the individuals not on full teams.

The women graduate Katie Bacher and Megan McCandless from the top five. They look to have a strong recruiting class to replenish the team, and by the looks of things will succeed in that endeavor.

## ... INDOOR TRACK AND FIELD

*(Continued from page 6)*

High Jump by Steven Speck '20, Alec Reduker '20 in the Triple Jump and Steven Marquez '23 in the Long Jump, he would double his donation this year. In addition, Arinze was trying to score in the 35 lb. Weight Throw and the Shot Put, a tall task for someone who graduated three and half years ago and was only a horizontal jumper when he attended MIT, although he always wanted to do more. The High Jump was first on the agenda. Arinze cleared 5-7 1/4, 5-9 1/4 and 5-11 1/4 with no problem. Steven S. was ahead on misses but was hurting too much to continue after 5-11 1/4. Arinze cleared a personal best 6-1 1/4 on his third attempt to nullify the challenge in the first event. For good measure, he came back to beat Steven M (6-5 1/4 in the High Jump) in the Long Jump when he leaped 21-7 1/2 and took down Alec in the Triple Jump by going 46-0 1/2. For good measure, he threw the Weight 43-8 and the Shot Put 36-11. Although he only scored four points for his team in the 5-3-1 scoring format, his spirit was indefatigable.

When it was all said and done, the Varsity men outlasted the "Has-Beens" 90-27, while the Varsity



*Tema Nwana '21 won the Weight Throw in the Bates/Colby/MIT meet with a throw of 48-4½.*



*Kenneth Wei '23 leads the way to the finish in the 60HH final in the Bates/Colby/MIT tri-meet at Bates College, Lewiston, Maine.*

women were more challenged, winning 69-36. Leading the way for the Alums were Hannah Chen '18 and Jackie Vahey '17, both scoring eight points despite not practicing at all leading up to the competition. Chen won the Long Jump with a leap of 17-8, probably an indoor personal best, and placed second in the 60 Meter Dash, running 8.21. Jackie won the Weight Throw with a throw of 50-4 and then claimed second in the Shot Put with a 36-5 effort.

The only double winner for the Varsity was two-time national champion Yorai Shaoul '21. Yorai still not on a full approach, jumped 22-5 3/4 in the Long Jump and then jumped an impressive 48-4 3/4 to take the Triple Jump. An impressive victory was turned in by Zach Johnson '22. Zach led all but 600 meters of the 5K, clicking off 1600 splits of 4:50, 4:57, 5:03 en route to a 15:26.84 victory. Kenneth Wei '23 set the freshman record of 8.55 in an uncontested 60HH victory.

Margaret Redfield '21 had the most impressive Varsity victory for the women, claiming the High Jump with a 5-5 1/4 performance. This moves Margaret into a tie for second place on the MIT all-time list. Laena Tieng '23 won the Triple Jump with a mark of 35-9 1/4 to move her to ninth on the MIT all-time list. Also moving to ninth

on the all-time list was Kimmy McPherson '23 who won the 60HH in 9.72. Sarah Ishamuddin '21 moved up to seventh on the 60 Meter Dash list with her 8.15 victory.

There were three additional winners for the Alumnae; Cimmy Virdi '16 in the Pole Vault, clearing 12-7 1/2, Isabella Stuopis '16, winning the Shot Put in 37-7 3/4, and Louise van den Heuvel '14 laying claim to the 800 title in 2:20.84. The Alumni had two victors; Scott Cameron '19 taking the Pole Vault in 13-11 1/4 and Cody Bratten '19 winning the Shot Put with a throw of 44-3 1/2 on his final throw.

Other point scorers for the alums were Tyler Singer-Clark '14, third in both the 60 (7.55) and 200 (24.28), Danny Newman '17, second in the 200 (23.66), Aidan Gilson '19, second in the Mile (4:29.84), David Walter '18 and Josh Rosenkranz '19 laying claim to second and third respectively in the 5K (15:45.49 and 15:48.56), and Jon Fakkema '19, third in the Weight Throw (51-4 1/4).

For the Alumnae, Preethi Vaidyanathan '15, was third in the High Jump (5-1 1/4), and Kari Stromhaug '19, was second in the Pole Vault (12-1 3/4).

Other participating Alums were

*(Continued on page 32)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 31)*

Sope Eweje '19 (200), Alex Knapp '19 (Mile, 5K), Nicholas Waltman '18 (Mile), Colin Godwin '17 (Mile, 5K), Jordan Mizerak '14 (High Jump, Mile), Rory Beyer '17 (5K), Matt Falk '12 (High Jump, Shot Put), James Kirtley '94 (High Jump), Nate Sharpe '09 (Pole Vault), Marshall Wentworth '16 (Pole Vault), Javit Drake '94 (Open Mile), Kristen Frombach '19 (400), Alexandra Taylor '14 (400), Jackie Brew '14 (4x200), Jen Tylock '17 (Pole Vault), Emily Cole '09 (Pole Vault), Stephanie Guo '17 (High Jump, Shot Put), Natalie Alper '17 (High Jump), and Julia Sharpe '09 (High Jump).

Those in attendance cheering on their fellow "Has-Beens" were Don Shobrys '75, Eric Khatchadourian '06, Patrick Barragan '08, Nick Leonard '11, Josh Duncavage '13, Roy Wedge '14, Angel Echevarria '16, Elaine McVay '15, Veronica Szklarzewski '15, Ariela Slutsky '18, Dana Balek '18, Bailee Margolis '19 and Camilla Thanos '19.

### BATES/COLBY/MIT

With the new schedule of having the Alumni/ae meet before the holiday



*McKinley Polen '23 and Benton Wilson '21 taking the first two places in the 60 Meter Dash at the Bates/Colby/MIT meet.*



*Margaret Trautner '20 leads Marissa McPhillips '20 to a 1-2 finish in the 800 at the Bates/Colby/MIT meet.*

break, we do not have the opportunity to prepare for this meet with anything other than a week of practice. We have to hope the team comes back fit and ready. Although, at this point, the Cross Country team members who competed at nationals have not even done a workout as yet.

What we learned was that even if we are not ready, the opposing teams are less ready. We totally dominated. The men won 13 of 19 events, and we did not even compete in one event, the Triple Jump, which is our best event, due to the short runway. The men added 11 second places, which created a lopsided score of 110 for MIT, 51 for Bates and 13 for Colby. The women won 10 events and took away seven second places to easily win with 86 points to 60 for Bates and 35 for Colby.

The men scored 41 out of a possible 55 points in the five field events in which they participated given the 5-3-2-1 scoring format. The only running events we did not win were the 1,000 and the 4x800 Relay.

Kenneth Wei '23 set the freshman

record in the 60HH for the second time already in only his second MIT meet, winning easily with a 8.32 performance.

While the women's meet was a bit more competitive, it was primarily the sprints and hurdles where MIT got hurt the most as they only scored three total points in the 60, 200, 60HH and 4x400 events. They did however claim 41 out of a possible 66 field event points.

On the oval, we won the 400, 600, 800, 1,000, Mile, 3K, and the 4x800 Relay.

The biggest breakthrough for the women came from Tema Nwana '21, who threw a big PR in winning the Weight Throw. The converted jumper threw 48-4 ½

### URI SORLEIN INVITATIONAL

We were not much more ready than the week before, but this is what we had waited for. We dropped the annual Bowdoin College Invitational because we had never lost in that meet, and felt that our higher level athletes needed the occasional Division I level challenge in order to reach

*(Continued on page 33)*



## ... INDOOR TRACK AND FIELD

*(Continued from page 32)*

their potential.

Last spring, Yorai and Alec were responsible for 30 points at the NCAA Division III Championship, earning second place as a team with the help of six points from Liam Ackerman '21 in the Pole Vault. Freshman Kenneth Wei was added to the roster and is already doing some amazing things. They are thus far regarded as the Big Three and the primary reason we were going to this type of meet.

The non-scoring meet included host URI, UConn, Southern Connecticut State, UMass Amherst, Assumption College, Stonehill College and Quinnipiac University. We were the only Division III team at the meet.

Kenneth had quite the day. First he jumped 22-9  $\frac{3}{4}$  in the Long Jump trials. Then after his 8.38 60HH trials, he ran 8.22 to win the event and set his third freshman record in three meets. His hamstring tightened up after the hurdles so we had him stop jumping.

Yorai jumped 23-0  $\frac{1}{2}$  to pass Kenneth for second place, pushing him to third. We pulled Yorai and Kenneth from the Triple Jump, leaving Alec as our only competitor.

Alec had already placed second in the High Jump, narrowly missing 7-1, while clearing 6-10  $\frac{1}{4}$ . As he continues to amaze his teammates and coaches, it seems there is nothing the senior cannot do. Last year, with no prior experience, Alec wanted to compete in the Long Jump. With some reluctance, the coaches agreed and it ultimately paid off with a third place finish at the NCAA Division III Championship, finishing behind Yorai with a jump of 24-8  $\frac{1}{4}$ . Even before the long jump experiment, Alec had been begging to try the Triple Jump. With his inexperience and back problems, the coaches were reluctant to acquiesce. However, when someone with the success of Alec says they can do it, one tends to believe them. Having jumped 46-11 in his first effort at the MIT Intrasquad Meet back in December, it was no surprise when he jumped 48-10  $\frac{1}{4}$  to win the Triple Jump on Saturday. He was now ranked second in all of DIII, just ahead of Yorai. He is one amazing athlete.

The only other victory for MIT was turned in by Benton Wilson '21 in the 400. He only ran 50.93, but on this flat track, and this early in the season, it was pretty solid.

Marissa McPhillips '20, returned to her home state and delivered two second places. She ran outstanding races in both the Mile and 1,000, placing second in both with times of 5:07.97 and 3:04.80.

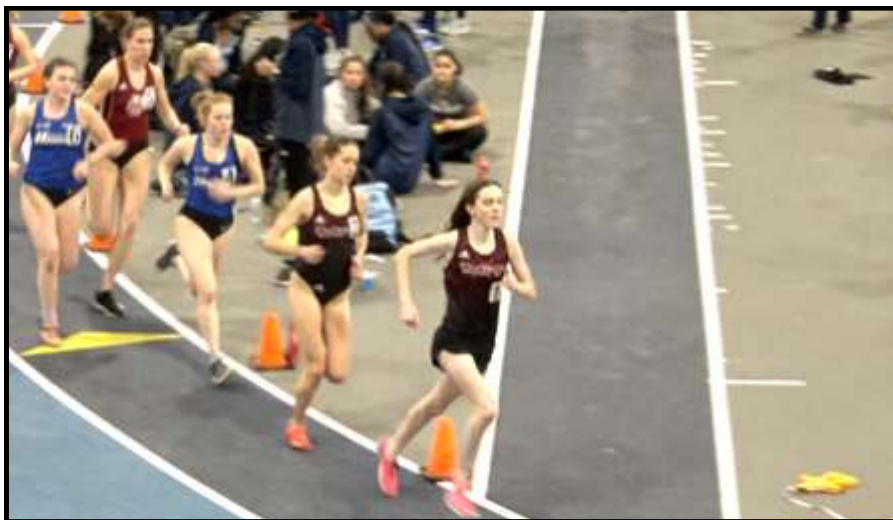
Katie Collins '21 and Jenna Melanson '20, the top seeds in the 3K, took the pace out hard and never relinquished the lead. Katie won in 10:06.12 and Jenna was second in 10:27.36.

Overall, the mission was accomplished. We were able to get some excellent performances without over-using the athletes while trying to win a meet.

It is unfortunate track & field has gotten to the point where we are looking for non-scoring meets so we can load manage our ailing student-athletes. I thought this meet was a scoring meet, and we were going to bring our best effort. When we learned it would be non-scoring, there was a sigh of relief as we knew our jumpers in particular were a little beat up, especially Yorai. Of course, this is all to have everyone best prepared for success come championship time. The bigger question, already discussed, why are they getting beat up so early in the season, doing less than we ever did before?

### BOSTON UNIVERSITY JOHN THOMAS TERRIER INVITATIONAL

This is generally the point in the season where we start producing NCAA qualifying performances. With a later start than usual for the middle-distance and distance runners, I was unsure how we would fair in our first BU meet.



*Katie Collins '21 leads Jenna Melanson '20 to a 1-2 finish in the URI Sorlein Invitational 3000 Meter Run.*

*(Continued on page 34)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 33)*

The results were not phenomenal, but overall they put us in good position moving forward. Margaret Trautner '20 had the strongest performance, running a very strong 2:13.75 800, and this was after having the flu early in the week.

The distance pair of Katie C. and Jenna started where they left off at URI, by running 17:05.09 and 17:34.55 respectively in the 5K. Katie's performance would certainly qualify her for nationals, and there would be a chance Jenna would get in also if we went that route versus the 3K.

On the men's side there were no national qualifiers at this meet, but there were some outstanding breakthroughs. Ellery Rajagopal '21 took advantage of his first ever opportunity on a banked track and delivered a huge personal best of 1:56.60. Also from the mid-distance group, Matt Schofield '22, ran an excellent race in the 1,000, producing a 2:31.47 PR.

In the 3K, freshmen Sam Acquaviva and Lowell Hensgen ran 8:35.30 and 8:36.78 respectively to set themselves up well for the New England Division III championship.



*Ellery Rajagopal '21 sprints home to win his heat of the 800, with a time of 1:56.60, at Boston University's John Thomas Terrier Invitational, .*

### ART FARNHAM INVITATIONAL

We generally only take oval runners to Boston University, and hold a home meet at the same time to accommodate our sprinters, hurdlers and field event athletes. We gave most of our jumpers the weekend off from competing, this included Kenneth. Most of the top performances came from the throws group.

Ryan Nall '22 threw another PR

of 53-3 ½ in the Weight Throw, after throwing 51-8 ½ at Bates. Nate Basinger '22 also threw a PR of 49-0 ¾. Savannah Inglin '20 threw a PR of 47-8 ½ in the Weight Throw.

Laena Tieng '23 showed a sign of things to come as she jumped 36-2 ¼ to win the Triple Jump.

### NEICAAA CHAMPIONSHIP

With the All New Englands being this early in the season, and held at the Reggie Lewis Center, very few top athletes compete in this meet anymore. In addition to the lack of interest in competing for the championship, the penalty for banked tracks is not worth it on a bank as insignificant as this one.

We took the qualifying vaulters, Kenneth and a female High Jumper, Margaret Redfield. We sent the remaining competitors to Tufts. Kenneth, undefeated to this point in his short college career, wasted no time. He ran 8.39 and then a new MIT record of 8.16 in the semis on day one. On day two he placed third,



*At the NEICAAA Championship Meet, Kenneth Wei '23 clips a hurdle in the 60HH trials, but goes on to place third in the finals with time of 8.12.*

*(Continued on page 35)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 34)*

running 8.12 and yet another MIT record.

Bobby Upton '20, tied for sixth place, clearing 14-11 in the Pole Vault for a season best. He had some great attempts at 15-5, giving us hope for things to come. Anais Marenco '22 cleared a season best 11-7  $\frac{3}{4}$ , but did not place.

### **TUFTS UNIVERSITY BRANWEN SMITH-KING INVITATIONAL**

We sent the large majority of our athletes to the Branwen Smith-King Invitational at Tufts. This meet is an invitational, yet they score it. Both our teams won, the men with 135.5 points and the women with 143 points.

While we did not try to maximize points, we did compete very well, and we left the distance runners at home for a much deserved week off. The men won an impressive six events. Alec led the way, winning two events. He cleared 6-9 to win the High Jump and then moved the bar to 7-1. He had excellent attempts, but did not clear the bar. Long jumping for the first time this season, and the first time indoors, he jumped 23-2  $\frac{1}{2}$ .

Yorai only competed in the Triple Jump, and once he had a nationally competitive mark of 48-9 in the trials, he shut down to try and let his foot heal as he was suffering from Plantar Fasciitis.

McKinley Polen '23 ran a personal best of 7.07 to win the 60 Meter Dash and Jeremiah Budiman '23 placed fourth in 7.12, although he ran 7.08 in the semis. This pair of freshmen should do some damage in years to come.

The long sprinters also faired very well. Benton Wilson '21 took the 200 in 22.27 and Nick Duchatellier '22 earned the 400 victory in 51.10.

Although they did not win, Ryan and Nathan did very well in the throws. Ryan threw a personal best of 57-4  $\frac{3}{4}$  in the Weight Throw for second place.



*Nick Duchatellier '22 pushes to edge out Alex Rus of WPI by .01 seconds and take the victory in the 400 at Tufts University's Branwen Smith-King Invitational.*

Nathan added a sixth place with a PR of his own at 50-6. Nathan returned in the Shot Put with an indoor personal best of 47-5  $\frac{1}{4}$  for third place.

The women won five events, taking all jumping events as well as the 4x800 Relay. Laena continued to improve, winning both the Long Jump and Triple Jump. In the Long Jump she jumped 16-11  $\frac{1}{4}$  and she won the Triple with a leap of 36-6  $\frac{3}{4}$ .

Jacqueline Ahrens '21 cleared 11-1  $\frac{3}{4}$  to win the Pole Vault and Liana Reilly '21 won the High Jump by clearing 5-3  $\frac{1}{4}$ . In total, the jumpers scored 75 points, more than half the team's total.

The only prominent running events for us were the Mile and before mentioned 4x800. In the Mile, Marissa McPhillips '20 led teammates Katie Williams '21 and Margaret to a 2-3-4 finish with their best times of the season, 5:04.89, 5:06.22 and 5:07.07.

We only ran the 4x800 to make sure we would get into the fast section of the New England

Division III championship. Skylar Brooks '20 led off with a 2:26.4, Margaret took the baton and produced a 2:20.0 leg. Katie W. added a 2:21.4 and Marissa anchored with a 2:20.8 to bring the team home in 9:28.73, easily fast enough for the fast section.

### **TUFTS UNIVERSITY CUPID CHALLENGE**

This was sort of a down week for us. We rested a lot of people as the flu was making its rounds within the team, and we needed it contained. We wanted to get a number of people qualified for their various championships, but we had a great opportunity next week as well. For many of those who would be racing in multiple events in the NED3 championship, we had to qualify them in one or two this week, and one or two the following week. This was especially the case for the middle-distance women.

Down week or not, many of our athletes came through in a big way. Katie C. and Jenna bettered their earlier marks by a significant margin, and did so with no help.

*(Continued on page 36)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 35)*

Coming through the 1600 in 5:14, they proceeded to finish 1-2 in the 3K, running 9:57.53 and 9:59.47, ranking them seventh and ninth in the country at the time.

Margaret and Marissa did similar damage in the 1,000. Margaret won in 2:58.34 and Marissa was right on her heels in 2:58.49.

In the field events, Liana Reilly '21 won the High Jump in 5-4 ½ to move up to #22 on the NCAA list and a tie for #4 on the MIT list. Tema continued her improvement in the Weight Throw, moving up to #5 on the MIT list while placing second with her throw of 50-8.

Jacqueline Ahrens '21 joined teammate Anais Marengo '22 in clearing 11-7 ¾ in the Pole Vault. Marengo won the event with Ahrens placing second. They are currently ranked 19th and 21st in the NCAA rankings. Both assume they will be over 12' soon.

Kenneth led the way for the men. He won the Long Jump with a 23-8 ¼ leap. This mark was #6 in the country and #2 on the all-time MIT list. He



*Margaret Trautner '20 and Marissa McPhillips '20 heading for a 1-2 finish in the 1000 Meter Run at the Tufts University Cupid Challenge.*



*Liana Reilly '21 clears a PR 5-4½ to take 4th place at the Tufts University Cupid Challenge.*

competed in the Triple Jump for the first time this year and popped a 46-5 ¼ jump.

Bobby cleared 15-9 in the Pole Vault to win the event. This moved him to #9 on the NCAA list and #10 on the esteemed MIT all-time list.

In the High Jump, Chris Washington '20 joined Alec on the NCAA list (17<sup>th</sup>), winning the High Jump by clearing 6-8 ¼.

While the mark is not likely to qualify for nationals, the 4x400 moved to number nine on the national list with their 3:22.32 winning performance. Although Nisarg Dharia '23 and Andrew Shao '22 faced some competition, by the time Nick and Benton got the baton, the race was over. Nisarg split a fine 51.5 on the flat track. An excellent hand-off to Andrew kick-started a 50.6, by far the best indoor split ever for him. Nick split 50.4 and Benton a 49.7 as they brought the baton around in first. We would have to pursue this possibility of qualifying for Nationals.

### BOSTON UNIVERSITY DAVID HEMERY VALENTINE INVITATIONAL

Historically, this is the meet where we try to qualify our Distance Medley Relay for the NCAA Division III championship. The competition is superb and it is the time of the season where we should be in good enough condition to post a solid performance. This year I cannot say I was so sure we were ready on the women's side, and the men's side was not even close due to injuries. The time that we post will also have a nine second penalty attached to it due to the banked track, so we really have to take advantage of the opportunity.

The women were first up on day one. In the Mile Run, Margaret took charge, running a PR of 4:57.60. Marissa came through with a 4:59.80 and best of all, it appeared Katie Bacher '20 was back and in shape, running 5:06.88

Kate W. ran a competitive 2:15.87 in the 800, but was still doubting herself, keeping her from reaching her potential. On day two, the women's DMR

*(Continued on page 37)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 36)*

started things off. Margaret ran a strong leadoff leg, although not as aggressive as I would like, handing off the baton in 3:33.6. Sarah never fails to race her best in the DMR, and this was no exception, splitting 59.0. Katie W. was too cautious, particularly in the middle of the race. Although she finished well, she only split 2:14.9. Marissa was competitive from the moment she received the baton, possibly too competitive, as she got pulled out in 70 for the first quarter. She nevertheless finished strong in 4:56.5, but was caught by Ithaca College in the final lap to end up second among Division III teams in 11:44.11. This performance was also the second fastest in the country for all of Division III, and we knew we could do much better, so we really wanted a shot at Nationals.

The men fed off the great start. We only brought four field event athletes, and all did fantastic. Kenneth upped his Triple Jump to 48-2 and Chris cleared 6-8  $\frac{3}{4}$  in the High Jump to



*Benton Wilson '21 wins this heat of the 200 Meter Dash in 21.93 at the David Hemery Valentine Invitational.*



*Chris Washington '20, shown here clearing at 6-4 $\frac{3}{4}$ , goes on to take 2nd place in the High Jump at Boston University's David Hemery Valentine Invitational with a jump of 6-8 $\frac{3}{4}$ .*

move up on the national list. Yorai and Alec only competed in the Long Jump, hoping to get their performance level to a national level. Both competed well and both jumped 23-2  $\frac{3}{4}$  to improve their season mark, but it may not be enough to make nationals.

On the track the team performed very well. In the 400, Nick ran 49.44 and Benton a 49.50. Aiden Foucault-Etheridge '22, who had been injured all season, came back and ran 1:56.81 in the 800.

Having missed all of his freshman year in Track & Field due to illness and injury, Ryan Wilson '22 had been out since the end of the cross country season. He had only been doing partial track workouts for two weeks, so was not really race ready. Nevertheless, he took to the track in the 1,000. Running a near perfect race, Ryan moved up through the field with 29 second 200's, until the final lap when he dropped a 28.5 to win going away in an MIT Rookie record of 2:26.61. Last on the schedule of day two were the seeded sections of the 3K and 5K. Up in the 3K was Matthew Kearney '22. Last

year, as a freshman, Matthew came off a temperature of 103 the day before, to set the freshman 3K record of 8:28.13. This year, he missed the entire indoor season until two weeks before. With minimum mileage and only two workouts, the sophomore went after his section. Other than the unfortunate first 400 in 65, Matthew ran a near flawless race. His obvious lack of fitness should not be a factor in another month, but for now he fell off slightly at the end, but still ran an excellent 8:28.82.

The final performance of the night was turned in by Andrew Mah '22. Put in a section where he was the sixth seed, the fear was that no one would take the race out. Never fear! A runner from Temple ran 70's like a metronome. Andrew guarded his outside to perfection, maintaining his position in second place. When the pace slowed to 71 at 4K, Andrew went to the lead, laying down a 68, then 67 and finally a 33 final 200 for a PR of 14:29.43. This puts him number four all-time for MIT indoors. It is also likely to be a time that qualifies him for Nationals. In addition,

*(Continued on page 38)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 37)*

Lowell Hensgen '23 ran a strong 14:56.28 to at least threaten the freshman record.

### GORDON KELLY INVITATIONAL

On the same day, most of the team's non oval runners were competing at our home Gordon Kelly Invitational. There were quite a few strong performances by MIT, but McKinley and Laena led the way for their respective genders.

McKinley not only set the freshman 60 record, but he tied the varsity record of 6.99. He also showed he may have some potential in the longer sprints as he ran 23.10 to win the 200.

Laena posted marks of 17-0  $\frac{3}{4}$  to place fourth in the Long Jump, and then came back with an excellent 37-1  $\frac{3}{4}$  to win the Triple Jump.

Liana Reilly '21 not only won the High Jump, she jumped 5-5  $\frac{3}{4}$  for a personal best and a mark that might get her to the national championship.

Ryan Nall had a big day in the throws as he placed second in the Weight Throw with a toss of 57-4  $\frac{1}{4}$  and then earned third place in the Shot Put with a season best 46-0  $\frac{3}{4}$ .

### SPRINGFIELD COLLEGE TRIANGLE CLASSIC

This was the final meet prior to the New England Division III championship. Most of our team rested, but a few were still searching for that championship mark. Ryan Nall was one of those and he came through in a big way. In the Weight Throw he threw 57-1, but found his form from last year in the Shot Put, throwing an indoor PR of 47-11  $\frac{3}{4}$ . Teammate, Nate Basinger '22, also threw a personal best of 47-8  $\frac{1}{2}$ . Earlier, Nate had also thrown a PR of 52-6  $\frac{1}{2}$  in the Weight Throw.

In the Pole Vault, Max Hardy '21 cleared an indoor PR of 14-7  $\frac{1}{4}$ , as he finished behind Bobby's 15-1. Everett



*Lucy Lee '21 took third place in the Triple Jump at the Springfield College Triangle Classic, with a leap of 37-3 $\frac{1}{4}$ .*

Brandyberry '21 cleared a season best 14-1  $\frac{1}{4}$ .

Hoping to get a DMR time good enough to put us in the fast section in next week's championship, we put together a team to break 10:40. Sam Acquaviva led off with a 3:15.8 in the 1200, and Andrew dropped down to the 1600 distance, running a 4:22.5 to bring us in with a 10:37.47 victory.

Lily Papalia '22 threw a nice personal best in the Shot Put with a 38-3  $\frac{1}{4}$  effort. Veronica Perdomo '23 returned to action, jumping 17-1  $\frac{1}{4}$  in the Long Jump. Lucy set a personal best in the Triple Jump, jumping 37-3  $\frac{1}{4}$ .

On the track, Sarah ran another PR in the 60 meter dash with a time of 8.07.

### **NEW ENGLAND DIVISION III CHAMPIONSHIP** Men, Women

The men were seeded to defend their title for the New England Division III Championship and win their seventh indoor title in the past nine years. The men's

meet was hosted by Springfield College and the women's by Middlebury College. This splits our coaching staff, making it difficult to coach effectively, forcing us to double up or triple coaching duties. We try to take care of this ahead of time by having significant communication and planning.

The format of this meet has changed significantly, in that, not only is the first day of the Heptathlon on day one, but also the Pole Vault, 5K and DMR, as well as the 4x200 Relay in the women's championship.

In the Pole Vault, all four of our vaulters; Bobby, Max, Bryan and Everett, were clean through 13-11  $\frac{1}{4}$ . Only Everett failed to clear 14-5  $\frac{1}{4}$ , so we knew we had three of the final nine vaulters. The scoring for this and all championships is 10-8-6-5-4-3-2-1 for all events. Max earned eighth on misses. Bryan had his best meet of the year, clearing 14-11 to place fourth. Bobby made 15-5, but missed 15-11 even though he was over the bar twice, but hit it coming down. He ended up in a tie for second, giving us 13 points in the event.

*(Continued on page 39)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 38)*

The DMR was starting as the Pole Vault was wrapping up. Ryan Wilson led off with the 1200 leg, and what a lead-off he had. Settling in with a fast pace, Ryan moved up to second as the leader ran 61 for the first 400. The pace slowed in the second 400, and even though his body wanted to go, Ryan waited until they came through in 2:06 for the 800 before he actually took off. He dropped a casual 60 on the field to hand off in 3:06 and a 40 meter lead. Nisarg had a great exchange and ran a phenomenal 50.0 to expand the lead to 50 meters. Ellery ran the 800 led and a fine 2:00.8 leg that kept us in the lead, but that lead was down to about 30 meters. Matthew Kearney was our anchor, and although he did the best he could, his hamstrings were tight and would not loosen up. He simply could not go faster than 67 pace. Four teams passed him as he was only able to run 4:27.4 for a total time of 10:23.96 for fifth place.

The final event of day one was the 5K. We had five entries, but only Andrew was seeded to score. Steven Goldy '20, Zach Johnson '22 and Finn Jacobson-Shulte '21 were all in the slower section. Steven made a strong move early on but was unable to hold it, fading to 15:20.88 at the end. In the fast section, Andrew was with the leaders for most of the race as they hammered through 71 second quarters until 800 to go when the leaders sped up, but Andrew was unable to do so. He continued at that pace, finishing fourth in 14:50.22. The big surprise was Lowell fighting the entire race, moving up to fifth place in 15:02.62 after being seeded ninth. We finished day one with 22 points, trailing Williams by six points.

Day two was certainly our day. We started with the Weight Throw and the Long Jump. Ryan threw a personal best 58-9 ¼, good for third place and was supported by Albert in fifth and Nathan in sixth, giving us 13 more points and the lead for good. The



*Jacqueline Ahrens '21, clearing an early height in the Pole Vault at the New England Div. III Championship Meet. She went on to win the event with a leap of 12-5½, which tied the facility record set in 2016 by MIT's Cimran Viridi '16.*

Long Jump crushed the competition as Kenneth jumped 23-7 ¼, Alec 23-6 ¾ and Yorai 23-2 ½ to place 1-2-3 for 24 points. They achieved this all in the trials as I did not let them jump in the finals. There was no looking back.

Kenneth went over to the hurdles where he ran 8.10 in the finals to win the event, remain undefeated in Division III, set yet another MIT record, and the fifth fastest time in the country for Division III.

Alec moved over to the High Jump where he joined teammates Chris Washington and Steven Marquez. Steven made 6-5 ½, a new PR, on his second attempt. Alec, Chris and five others also made the height. At 6-7 ½, only Alex and Chris cleared, giving Steven fourth place based on misses. Chris cleared 6-9 ½ easily, but failed to clear 6-11 ½. Alec needed three jumps to clear 6-11 ½. Alec then cleared 7-1 ½ on his second attempt and was over 7-2 ½, but nicked the bar

on the way down. This is a new MIT record and was the number one jump in the country for Division III. Chris's jump would qualify him for Nationals. At this point we had 96 points and the meet had just started.

We were on fire and nothing was going wrong. This is one of those rare moments in athletics, in life, where the team is totally prepared and the situation presents itself perfectly. Benton and Nick brought it in the 400. Benton took control from the gun, getting the break and never seeing a runner after that, running 49.72. Nick was third at the break, and slowly moved up, taking second place by .18 to run 50.07.

To show how well everything was going, McKinley, qualified for the finals of the 60 Meter Dash with a 7.00, and then dropped a personal best on the field, running 6.96 for a new MIT record and third place as a

*(Continued on page 40)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 39)*

freshman.

Aiden Foucault-Etheridge '22, who had been injured all season, just qualifying two weeks prior, finished second in the slow section, running 1:56.81, which held up for seventh overall. He was seeded 11<sup>th</sup> coming into the event.

Ryan returned from the DMR to run the 1,000, sore foot and all. The sophomore took the lead at 400 meters and expanded it to 15 meters at the end, winning in 2:29.39.

We were dominating by such a large margin that the high started to wear off. Some things started to drop from perfect to pretty good and we needed a boost. Enter the Triple Jump. I told the Big Three that I was only giving them each two jumps maximum. They made the best of it. Yorai won with a jump of 48-0  $\frac{3}{4}$  despite his plantar fasciitis. Alec claimed third with a jump of 47-8  $\frac{1}{2}$  and Kenneth placed fourth with a jump of 46-8.

With the meet basically over, I pulled Andrew from the 3K, but the 4x400 and 4x800 had individuals whose only opportunity to race were those relays. I asked the team and they wanted to race, although Ryan Wilson would just cruise, wearing flats in the 4x800 so he would not further injure his foot.

In the 4x400 Nick, Nisarg, Andrew Shao '22 and Benton were representing us. Nick provided the lead with a 50.1 opening leg and we never lost it. Nisarg ran 50.2, Andrew 50.9 and Benton 50.3 to finish first in 3:21.57.

In the 4x800, Ellery opened up with an excellent 1:59.2 to give us the lead. Kent Slaney '21 ran a solid 2:00.8 to keep us in first, and Aiden ran 2:00.1 as his fitness was not very high after only three weeks of training, dropping us to second. Ryan, easily fast enough to get us the win, let his foot get to him mentally, but he held onto a 2:02.9 to place seventh overall in 8:03.06.

We finished with 171 points. Second place went to Williams with 104 points.



*Benton Wilson '21 enters the final straight in the 400 at the New England Div. III Championship Meet, winning in 49.72. Nick Duchatellier '22 is about to pass Alex Rus from WPI to take second place, in 50.07.*

MIT only graduates 31 points and most of that is from the loss of Alec Reduker, so the rest of New England may again be fighting for second place.

The women, up at Middlebury College, were clearly seeded second, pretty far behind Williams, and just ahead of a talented Tufts University team.

In the Pole Vault, Jacqueline Ahrens got past many of her fears and found some of her old magic as she took the victory with a season best 12-5  $\frac{1}{2}$ , which also easily qualified her for Nationals. While not jumping her best, Anais Marengo still cleared 10-11  $\frac{3}{4}$  to tie for third. Lila Wine '21 also cleared 10-11  $\frac{3}{4}$ , but earned seventh place on total misses.

We had a relatively small team, and as we had done the previous three years, we were primarily depending on middle-distance runners to score the majority of the points. The problem was the same as the past two years, and that is a limited number of those middle-distance runners. In the DMR, Katie Williams, Sarah Ishamuddin, Margaret Trautner and Katie Bacher would be trying to get the job done.

Although running Margaret in the 1600 leg, Katie Williams in 800 leg and Katie Bacher in the 1200 leg would have been our best team, I was trying to save Margaret as much as possible in case she was going to quadruple. Both Katie's would be tripling. Katie W. led off with a fantastic 3:39 to give us the lead. Sarah ran 59.7 but fell back to third. Margaret showed her range as she ran 2:13.6 to put us back in front. Katie B. went out too hard, running 69 for the first 400 and that did her in. After her 2:26 800, she slowed and both Williams and Middlebury passed her. She finished in 5:09, giving us third in 12:02.44.

Katie and Jenna were entered in both the 5K and 3K, if both were needed to secure a team place. Katie was recovered from her bout with the flu, but she was not at full strength. Katie was seeded second, and if totally healthy was certainly capable of winning. Throughout the first two and a half miles, Katie was trading off with the leader, but when the pace quickened with 1200 to go, she was unable to respond. Jenna

*(Continued on page 41)*



## ... INDOOR TRACK AND FIELD

*(Continued from page 40)*

stayed at the front for 3,000 meters, but then fell off hard. Katie finished second in 17:23.47 and Jenna was seventh in 17:52.86. This gave us a solid 33 points after day one.

Day two, Laena got things going for us, jumping a personal best of 17-7 ½ to place a surprising seventh place and set an MIT freshman record. Laena returned in the Triple Jump later in the meet to lead MIT to a 4-6 finish. Laena set another freshman record with a jump of 37-5 ¼ for fourth place. Elizabeth Weeks '21 supported that with a sixth place, jumping 36-7 ½.

Also in the field events, Margaret Redfield and Liana Reilly both cleared 5-5 in the High Jump to place sixth and seventh respectively.

The only other points coming out of the field events for us came from Tema Nwana who placed eighth in the Weight Throw, throwing 48-0 ¾.

In the Mile, Margaret and Marissa McPhillips took care of business by placing third and fifth. Margaret ran 5:01.77, just falling off in the final straight. Marissa ran 5:03.64, locking up in the final 100.

Margaret had little rest, coming back in the 800 just four events later. The turn-around was too close and Margaret, while positioned well with the leaders, did not have her usual kick, running 2:17.80 for sixth place.



*Katie Williams '21 leads Marissa McPhillips '20, Margaret Trautner '20 and Katie Bacher '20 in the Tufts Final Qualifier Mile Run. All four qualified for Nationals.*

In the 1,000, Katie B. was running out of the slow third section. She took the lead, ran 36 second pace by herself and clocked a 3:00.44 performance. In the fast section, Katie W and Marissa were aware of Katie B's time and did not want to encourage their section to run too fast, thus giving her a better chance to score. In the final lap, Katie W. took over to win in 2:59.12. Marissa was close behind in 3:00.81, third in the section, but fourth overall behind Katie B's time. The 1-3-4 finish was huge for the Engineers, keeping them just out of reach of Tufts University in the battle for second.

Sonia Purohit '23 added an unexpected two points in the 600, running 1:41.05 and Jenna returned in the 3K to add three points for sixth place in 10:20.16.

In the final event, the 4x800 Relay, just five points ahead of Tufts, they knew they had to count on their middle-distance stars one more time. Katie W. once again got the job done, this time running a 2:19.2 to give her team the lead. Marissa did the same, running 2:19.1 to keep her team well out front. Katie B. did not have much left, falling off to a 2:26, but MIT was still in the lead. It was Margaret's job to hold it, and hold it she did, running 2:18 to narrowly win in 9:23.59 and secure the overall second place team finish with 97 points.

### TUFTS FINAL QUALIFIER

As we were buying tickets for Nationals (if we wait until the qualifiers are announced on the Monday prior to traveling on Thursday, we would be on flights with two or more stops in order to keep the team together), I was sending two of our coaches with the pole vaulting poles on Southwest (only airline that takes poles), and then driving from Baltimore



*Albert Menio '20 took 4th place in the Weight Throw at the Tufts Final Qualifier, with a toss of 56-7½.*

*(Continued on page 42)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 41)*

to Winston-Salem. We knew that both Bobby and Jacqueline had made the Pole Vault field. We were competing in the final meet prior to the NCAA Division III Championship, the Tufts University Final Qualifier. We were hoping to add quite a few more to our list of qualifiers. As we arrived at the meet on March 7, we were hearing more and more news on COVID-19. Amherst College had already said they would be driving to the championship, as were a couple more of the smaller colleges. MIT had said nothing, so we were proceeding as if there would be no change.

Competing in a meet where the only goal is to produce a great mark to qualify and there is no team component, our athletes generally struggle to perform their best. The emotional part of competing for your team is such a boost, and it can remove the fears and doubts an athlete might normally have when competing just for themselves. McKinley was trying to move up in the 60 Meter Dash field, but was only able to run 7.02. Benton produced a flat track best of 22.23, but that only moved him to 26<sup>th</sup> on this list where he needed to be top 20.

Ryan was unable to qualify in the 800 as he struggled to move up in the field and was then spiked, which seemed to take away his will. He ran a fine 1:55.46, but that was not enough.

Nathan threw a very nice PR in the Shot Put (48-5 ¼), but that was also not enough. Ryan Nall, 14<sup>th</sup> on the list after last weekend, was now 19<sup>th</sup> going into this meet. He did not produce a better throw and two more individuals passed him on the national list, dropping him to 21<sup>st</sup>, first man out of the championship field.

The 4x400 Relay really went after it, but did not have quite enough



*Margaret Redfield '21 clears an MIT record 5-6 in the High Jump at the Tufts Final Qualifier Meet.*

competition to get the job done. Nick ran 23.1 to get the break, which was a little too fast, but kept the lead at 50.1. Andrew extended the lead with a 50.8. Nisarg ran an excellent 50.1, but Tufts was almost dead even at the handoff. Benton maintained the lead and brought the team home with a 49.2 to run 3:20.21, their best performance of the season, but only 13<sup>th</sup> in the country, which puts them the first team out of the competition.

Margaret Redfield added her name to the national list, moving up to 15<sup>th</sup> by clearing 5-6, which is a new personal best and ties the MIT record. Teammate Liana Reilly was still 18<sup>th</sup> on the list and good to go.

Laena did not make the national field, but she did break her own Freshman Record in the Triple Jump, jumping 37-8 ½.

Both Anais and Lila jumped season bests, 11-10 ¾ and 11-5 respectively, but neither made the championship field. Anais was ranked 23<sup>rd</sup>.

The event of the day was the women's Mile Run. Margaret, Katie W. and Katie B. were out to make the championship field. The plan was to run 74 pace the entire race, which on the flat 200 track, would be fast enough to make the field. The first 400 was a little quick at 72, but they got back on pace. Margaret took over with 600 to go, coming through 1200 in 3:42 and finishing in the country's fourth best performance in 4:57.18, a big PR.

Katie W. also ran a huge PR, finishing in 4:58.77. Katie B., still getting in racing shape, ran 5:00.62. All three, including Marissa made the Mile field at Nationals.

### NCAA DIVISION III CHAMPIONSHIP

As we were preparing to leave campus Thursday morning, we were told MIT would not be allowing us to travel to or participate in the championship. We all know this was the right decision, but at the time, we were all absolutely crushed.

Chris Washington, a senior, going to Nationals for the first time. Alec, the #1 seed in the High Jump, missing the opportunity to lead the Big Three and his team to a potential National Championship. Margaret having a real chance to earn two National titles; one in the Mile Run and one anchoring the DMR. The top seed ducked the Mile and Margaret really had a great chance. Likewise the best DMR team's anchor would be racing the 5K just before the DMR. Yorai would miss the opportunity at defending his National title.

To the best of my knowledge all other teams around the country traveled to Winston-Salem, but then the day before the meet, were told they had to go back home as all NCAA competitions would be cancelled for the rest of the year.

# ATHLETIC AWARDS AND RECORDS

## NCAA Awards

Halston Taylor - Men's New England Coach of the Year  
 Derek Rousseau - Men's New England Assistant Coach of the Year  
 Alec Reduker - Men's New England Field Event Athlete of the Year

## All-America

(Due to the cancellation of the Championships, All-America honors, normally awarded to scoring athletes, were given to all qualifiers accepted into their events as initially announced by the NCAA on Sunday, March 8).

Jacqueline Ahrens - Pole Vault	Andrew Mah - 5K
Katie Bacher - Mile Run	Alec Reduker - High Jump
Katie Collins - 5K	Alec Reduker - Long Jump
Sarah Ishamuddin - DMR	Alex Reduker - Triple Jump
Marissa McPhillips - DMR	Yorai Shaoul - Long Jump
Marissa McPhillips - Mile Run	Yorai Shaoul - Triple Jump
Jenna Melanson - 3K	Bobby Upton - Pole Vault
Margaret Redfield - High Jump	Chris Washington - High Jump
Liana Reilly - High Jump	Kenneth Wei - 60HH
Margaret Trautner - DMR	Kenneth Wei - Long Jump
Margaret Trautner - Mile Run	Kenneth Wei - Triple Jump
Katie Williams - DMR	
Katie Williams - Mile Run	

## MIT Awards

Yoria Shaoul - Malcolm G. Kispert Award for the Male Scholar Athlete of the Year  
 Kenneth Wei - Varsity Club Award for the Outstanding Male Freshman Athlete of the Year

## Team Awards

Alec Reduker - MVP  
 Margaret Trautner - MVP  
 Albert Menio - Paul McKenzie Award  
 Marissa McPhillips - Lynn Snyder Award  
 Alec Reduker - Most Improved  
 Margaret Trautner - Most Improved

## 2020-21 Captains

Liam Ackermann  
 Nathan Basinger  
 Steven Goldy  
 Yorai Shaoul  
 Lucy Lee  
 Claire Melvin  
 Liana Reilly  
 Katie Williams

## MIT Records

McKinley Polen - Varsity 60 Meter Dash - 6.96  
 McKinley Polen - Freshman 60 Meter Dash - 6.96  
 Alec Reduker - Varsity High Jump - 7-01 ½  
 Kenneth Wei - Varsity 60HH - 8.10  
 Kenneth Wei - Freshman 60HH - 8.10  
 Kenneth Wei - Freshman Long Jump - 23-08 ½  
 Ryan Wilson - Freshman 1,000 - 2:26.61  
 Margaret Redfield - Varsity High Jump - 5-06  
 Laena Tieng - Freshman Long Jump - 17-07 ½  
 Laena Tieng - Freshman Triple Jump - 37-08 ½

## 2019-2020 ACADEMIC AWARDS



by Ken Johnson Jr.

MIT student-athletes are recognized annually for outstanding achievement both academically and athletically and this is particularly significant with the success reached by our cross country and track and field programs. The organizations that recognize this excellence include the New England Women's and Men's Athletic Conference (NEWMAC), the National Collegiate Athletic Association (NCAA), the College Sports Information Directors of America (CoSIDA) and the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

The NEWMAC is an association of 11 selective academic institutions that competes on the Division III level and was formed in 1998. Each year, the conference selects an Academic All-Conference Team for each of their respective sports to recognize the top student-athletes across the league. In order to earn this honor, an individual must have a minimum cumulative grade point average of 3.50/4.0 or 4.35/5.0 scale, achieved second-year academic status and been a member of a varsity team for the entire season.

The NCAA is the principal governing body of all collegiate sports that was founded in 1910 and is made up of nearly 1,300 institutions, conferences, organizations and individuals that compete at the Division I, II and III levels and colleges and universities in the United States and Canada. Each year, the NCAA awards the prestigious Elite 90 Award, formerly the Elite 89, to the student-athlete with the highest GPA at the national championship site in each respective sport. The NCAA also awards the NCAA Woman of the Year, which is the highest honor



*Katie Bacher '20 who graduated from MIT with a degree in electrical engineering and computer science and a 5.0 GPA, was named as the 2020 Academic All-America of the Year for women's cross country/track and field. Bacher, who joins Maryann Gong '17 as the only MIT women's recipient of this award, is now a three-time Academic All-America performer and a two-time First Team selection. Check out Katie's reaction to receiving her award in this interview:*

<https://youtu.be/rLn01dTW9YY>

given annually to a female student-athlete. This honor recognizes the highest level of achievement in athletics, academics, service and leadership.

CoSIDA, is a nearly 3,000-member national organization that was founded in 1957 and is comprised of strategic communications professionals throughout all levels of collegiate athletics in the United States and Canada. CoSIDA established the "Academic All-America" program, which is unquestionably regarded as the premier awards program in intercollegiate athletics to recognize combined academic and athletic excellence. Those named to the Academic All-America program must maintain a minimum cumulative GPA of 3.30/4.0 scale, have participated in at least 50 percent of the team's competition during the season and attained a second year of eligibility.



*Yorai Shaoul '21, an electrical engineering and computer science major with a 4.9 GPA, earned his second Academic All-America Award and was also this year's recipient of the Malcolm G. Kispert Award, which is presented annually to the MIT male Scholar-Athlete of the Year.*

The USTFCCCA is a non-profit organization represents men's and women's cross country and track and field coaches at all three collegiate levels. This membership includes over 8,000 coaching members throughout the country, incorporating 94 percent of all NCAA Division I, II and III track and field programs. In order to achieve USTFCCCA All-Academic individual honors, a student-athlete must have a minimum cumulative GPA of 3.30/4.0 scale and qualified for the NCAA Indoor or Outdoor National Championship or finish the season ranked among the top 50 in an individual event or top 35 in a relay.

While the 2019-20 season was very different for a variety of reasons, one thing that stayed consistent was the cross country and track and field programs again being recognized with the conference, the region and the nation. Overall, the programs had 70 NEWMAC Academic All-Conference honorees, 33 USTFCCCA All-Academic performers, seven CoSIDA

[\(Continued on page 45\)](#)

## ... 2019-2020 ACADEMIC AWARDS



*Katie Collins '21, a brain and cognitive sciences major with a 5.0 GPA, earned her first Academic All-American Award and was also selected as 2020-21 Goldwater Scholar.*

[\*\(Continued from page 33\)\*](#)

Academic All-District selections and seven CoSIDA Academic All-Americans.

In addition, the men's and women's cross country and track and field programs each earned USTFCCA Team Academic Honors for yet another year after posting an overall team GPA of a 3.1 or higher on a 4.0 scale. In cross country, the Engineers had 10 individual honorees, while the women's team was third in the nation with a 3.82 GPA and the men were eighth with a 3.67. In track and field, the teams combined for 23 individual accolades, including 14 for the women's teams. Overall, the women's squad was 10th in the nation with a 3.729 team GPA and the men were tied for 18th with a mark of 3.51. Between the men's and women's track and field teams, the Engineers finished with a nation's-best seven perfect GPA's.

Being named as an Academic All-American is one of the highest

honors that a student-athlete can achieve. Led by seven selections from the cross country and track and field programs, MIT ended the 2019-20 academic year with 21 Academic All-Americans. In addition, that now marks the fourth straight year that MIT has posted 20 or more Academic All-Americans, including the all-time single-year mark of 24 in 2017-18. MIT leads Division III in all-time selections with 339 and now sits just one back from the University of Nebraska for the all-time, all-division lead.

The biggest academic honor that was earned this year was from senior Katie Bacher, who was named as the 2020 Academic All-America of the Year for women's cross country/track and field. Bacher, who joins Maryann Gong '17 as the only MIT women's recipient of this award, is now a three-time Academic All-America performer and a two-time First Team selection. For the women's team, Bacher, Jenna Melanson '20 and Margaret Trautner '20 are repeat selections, including the third career honor for Melanson. Junior Katie Collins '21 and sophomore Izzi Gengaro '20 were both recognized for the first time. For the men, junior Yorai Shaoul '21 and senior Billy Woltz '20 were both First Team honorees, including the second straight First Team accolade for Shaoul.

MIT was again the class of the NEWMAC with a remarkable 70 individuals earning Academic All-Conference accolades overall. Men's cross country had a league-best nine Academic All-Conference selections and the women's team finished with 12 honorees. In track and field, MIT led the NEWMAC in both genders with 29 women's performers and 20 men's selections. As a group overall, MIT cross country and track and field student-athletes earned an incredible 118 academic awards in 2019-20.

In addition to the honors awarded by the conference, regional and



*Billy Woltz '20, graduating with a 5.0 GPA in physics, electrical engineering and computer science, added a First Team Academic All-American Award to his Second Team selection from last year. Woltz was also named as a 2020 American Rhodes Scholar.*

national organizations, Katie Collins '21 was one of three MIT students who was chosen as a 2020-21 Goldwater Scholar. Over 5,000 college students from across the United States were nominated for the scholarships, from which only 396 recipients were selected based on academic merit.

Each of these student-athletes should be extremely proud of all that they accomplished in the classroom and on the track over the 2019-20 season. This dedication level is evident with the conference and regional championships earned, along with the dozens of student-athletes who qualified for NCAA Championships over the last season. Achieving this type of excellence does not come easy and just shows the overall dedication and hard work put forward by our teams on a daily basis all year long. It also shows the team's resilience and ability to excel in the face of adversity and position the program to come back stronger than ever.

[\*\(Continued on page 46\)\*](#)

## ... 2019-2020 ACADEMIC AWARDS

*(Continued from page 45)*

### MEN

#### **CoSIDA Cross Country/Track and Field Academic All-American**

Yorai Shaoul, Billy Woltz

#### **CoSIDA Cross Country/Track and Field Academic All-District**

Yorai Shaoul, Billy Woltz

#### **USTFCCCA Cross Country All-Academic Honorees**

Josh Derrick, Finn Jacobson-Schulte, Matthew Kearney, Andrew Mah

#### **USTFCCCA Track and Field All-Academic Honorees**

Matthew Kearney, Andrew Mah, Ryan Nall, Ellery Rajagopal, Andrew Shao, Yorai Shaoul, Bobby Upton, Kenneth Wei, Benton Wilson

#### **NEWMAC Cross Country Academic All-Conference**

Josh Derrick, Dylan Doblal, Reed Foster, Finn Jacobson-Schulte, Zach Johnson, Matthew Kearney, Andrew Mah, Nicholas Medearis, Billy Woltz

#### **NEWMAC Track and Field Academic All-Conference**

Simon Alford, Nathan Basinger, Everett Brandyberry, Josh Derrick, Dylan Doblal, Max Hardy, Finn Jacobson-Schulte, Matthew Kearney, Gabriel Madonna, Andrew Mah, Nicholas Medearis, Ryan Nall, Ellery Rajagopal, Matt Schofield, Andrew Shao, Yorai Shaoul, Kent Slaney, Bobby Upton, Benton Wilson, Billy Woltz

*(Continued on page 47)*

## ... 2019-2020 ACADEMIC AWARDS

[\(Continued from page 46\)](#)

### WOMEN

**CoSIDA Cross Country/Track and Field Academic All-America of the Year**  
Katie Bacher

**CoSIDA Cross Country/Track and Field Academic All-American**  
Katie Bacher, Katie Collins, Izzi Gengaro, Jenna Melanson, Margaret Trautner

**CoSIDA Cross Country/Track and Field Academic All-District**  
Katie Bacher, Katie Collins, Izzi Gengaro, Jenna Melanson, Margaret Trautner

**Goldwater Scholar**  
Katie Collins

**USTFCCA Cross Country All-Academic Honorees**  
Katie Bacher, Katie Collins, Einat Gavish, Izzi Gengaro, Megan McCandless, Katie Williams

**USTFCCA Track and Field All-Academic Honorees**  
Jacqueline Ahrens, Katie Bacher, Katie Collins, Sarah Ishamuddin, Lucy Lee, Anais Marengo, Marissa McPhillips, Jenna Melanson, Margaret Redfield, Liana Reilly, Margaret Trautner, Elizabeth Weeks, Katie Williams, Lila Wine

**NEWMAC Cross Country Academic All-Conference**  
Katie Bacher, Alana Chandler, Katie Collins, Gabrielle Enns, Einat Gavish, Izzi Gengaro, Megan McCandless, Marissa McPhillips, Jenna Melanson, Emily Niu, Emily Skilling, Katie Williams

**NEWMAC Track and Field Academic All-Conference**  
Jacqueline Ahrens, Katie Bacher, Kira Buttrey, Alana Chandler, Katie Collins, Einat Gavish, Izzi Gengaro, Savannah Inglin, Sarah Ishamuddin, Folusho Jebutu, Joanna Kennedy, Anna Landler, Lucy Lee, Anais Marengo, Ali Marsh, Abby Mauermann, Marissa McPhillips, Jenna Melanson, Claire Melvin, Emily Niu, Lillian Papalia, Margaret Redfield, Liana Reilly, Emily Skilling, Margaret Trautner, Elizabeth Weeks, Katie Williams, Lila Wine, Yilinn Yang

# 2020-2021 PREVIEW

by Halston Taylor

## Editors Note:

The preview of the 2020 Cross Country season was written before the decision had been made to cancel all varsity sports for the fall semester.

To get an update on the 2020 Cross Country season, go to the "[How COVID-19 Affected Our Program](#)" article in this newsletter.

## **CROSS COUNTRY**

We had a strong season in 2019, but for the first time in 11 years, our women finished outside the top six, placing seventh at the NCAA Division III championship, and failing to win the NCAA Division III New England Region championship for the first time in four years. Our men did not win the NCAA Division III New England Region championship, but we finished strong at Nationals, placing ninth.

I feel both teams have greater potential in 2020. The women graduated some key performers with a lot of NCAA championship experience; Katie Bacher, Megan McCandless, Marissa McPhillips and Jenna Melanson. However, we return two All Americans, Izzi Gengaro '22 (10th) and Katie Collins '21 (15th). Einat Gavish '22, our number four runner last year, Katie Williams '21 and Kirsi Rajagopal '23 fill out the expected top five with strong experience. This obviously does not supply a lot of championship depth, so we will have to depend on some veterans stepping up, as well as an outstanding incoming freshman class.

The top incoming women are Maya Beleznav (FL), Sarah Bentley (CA), Lily Janjigian (NY), Archana Mohandas (CA), Anna Mokkapati (CA), Natalie O'Hearn (NJ), Gillian Roeder (NY) and

Olivia Rosenstein (IL). All have a real shot at competing for a top seven spot.

The men only lose Josh Derrick, who certainly made a huge difference in our success in 2019, but statistically, was only number seven on the team if everyone was healthy. Of those ranked statistically in the top six, all are rising sophomores or juniors, which is to say, we remain a very young team.

In addition, the incoming freshman class is quite strong. They tend to be a little more middle-distance oriented, but that speed just means more potential. They are Andres Arroyo (TX), Pablo Arroyo (TX), Raymond Brookman (CA), Jacob Hansen (UT), Henry Hardart (MD), Nate Sesti (MI), and Reece Shuttleworth (VA).

## **TRACK & FIELD**

We have had unprecedented success in recent years, and this past year may have been the most successful if we could have finished it. The women, since the 2009 season, have finished either first or second in the New England Division III championship, and this year was no different. We graduate 39.5 points from that group, so depending on the incoming freshmen will be critical to maintain regional and national success.

The men have won eight New England Division III Indoor championships since 2010, with the last two being the most dominant, perhaps ever. Even though the men graduate 43 points from that championship, and lose a very valuable triple threat nationally in Alec Reduker, there is plenty of



Coach Taylor looks at the returning athletes and the incoming freshman class to get a glimpse of what to expect for the 2020 - 2021 season.

talent to continue the streak. In addition to the incoming freshman class, which is indeed talented, the men return Liam Ackerman '21 and Will Woltmann '22 from the injured list, both national level competitors. A nice additional surprise, and perhaps one of the few silver linings to the lost outdoor season due to the corona virus, is the addition of Nick Matteucci, a nine-time All-American from Washington University in St. Louis, with personal bests of 1:52.82, 3:45.69, 8:21.67, 14:27.14, who has entered the Chemical Engineering graduate department as a PhD student. He only has eligibility for the Outdoor season, but that is obviously a significant addition.

Keep in mind, most of the incoming freshmen lost their entire senior year of competition. A few had a handful of early season meets, and a few had a full indoor season. So, most of what you will see in the chart below are junior year performances, with the exception of Cross Country performances.

*(Continued on page 49)*



# ... 2020-2021 PREVIEW

## Incoming Freshmen

*(Continued from page 48)*

Rachel	Ahlmark	PA	1600: 5:16.63, 800: 2:19.75, 400: 60.48
Tolulope	Akinbo	IL	HJ: 5-3,
Andres	Arroyo	TX	5Kxc: 15:52, 1600: 4:24.13, 800: 2:00.55
Pablo	Arroyo	TX	5Kxc: 15:49, 3200: 9:25.67, 1600: 4:25.70, 800: 1:56.44
Eliza	Bazakas	CA	DT: 98-11
Maya	Beleznay	FL	5Kxc: 18:18, 3200: 11:04.83
Sarah	Bentley	CA	5Kxc: 18:18, 3200: 11:08.70, 1600: 5:06.78
Bobby	Brashear	PA	800: 1:54.4 split, 400: 49.61, 200: 23.07
Raymond	Brookman	CA	3.0xc: 15:42, 1600: 4:35, 800: 2:09
Lucas	Caragiulo	FL	800: 1:55.65,
Joseph	Chandler	IN	5Kxc: 17:09, 1600: 4:45, 800: 2:07
Paige	Cooksey	FL	800: 2:22, 400: 59.95, 400IH: 65.23, 300IH: 44.83
Sam	Engebretson	SD	DT: 150-7, SP: 50-0
Ian	Gatlin	TN	400: 51.58, 200: 23.54
Trey	Gurga	CA	110HH: 16.46, 300IH: 43.37
Jacob	Hansen	UT	3200: 9:30.80, 1600: 4:23.38, 800: 1:59.75
Henry	Hardart	MD	5Kxc: 15:57, 1600: 4:18.08, 1000: 2:30.13, 800: 1:55.75
Michael	Holcomb	CA	400: 50.69, 200: 23.02
Maddy	Hon	NY	400: 59.98, 200: 27.22
Julia	Howarth	RI	600: 1:39.97, 400: 58.01, 200: 26.75
Lily	Janjigian	NY	3.0xc: 18:31, 3200: 11:07.79, 1600: 5:15.61, 1000: 3:12.32
Erika	Leasher	MI	DT: 118-1, SP: 33-0 3/4
Will	Liu	CA	100: 11.15, 200: 22.88
Abby	Lo	CA	TJ: 38-4 1/4, LJ: 17-4 1/2, 400: 59.41
Emma	Martin	MA	TJ: 35-8, LJ: 17-6 1/2
Josiah	McMenamy	CA	110HH: 16.07, PV: 12-2, LJ: 19-11
Archana	Mohandas	CA	3.0xc: 17:08, 3200: 10:45.67, 1600: 5:17.69
Anna	Mokkapati	CA	5Kxc: 18:09, 3200: 10:47.91, 1600: 5:04.39
Natalie	O'Hearn	NJ	5Kxc: 19:21, 3200: 11:13.05, 1600: 5:11.11, 1000: 3:05.59
Gillian	Roeder	NY	5Kxc: 18:36, 3K: 10:20.46, 1600: 5:08.41, 1000: 2:59.52
Olivia	Rosenstein	IL	3.0xc: 17:16, 3200: 11:09.82, 1600: 5:06.14, 800: 2:21.81
Meagan	Rowlett	CA	800: 2:23.02, 400: 61.88
Sarah	Sams	CO	DT: 126-9, SP: 37-5
Nate	Sesti	MI	5Kxc: 15:50.9, 1600: 4:24.27, 800: 1:57.11
Reece	Shuttleworth	VA	1600: 4:18.76, 1000: 2:31.62, 800: 1:58.87
Jeremy	Smithline	PA	100: 11.13, 200: 22.60
Garrett	Whitmore	IA	400IH: 54.17, 200: 22.96, 100: 11.32
Spencer	Yandrofski	NC	HJ: 6-4

*(Continued on page 50)*

# ... 2020-2021 PREVIEW

*(Continued from page 49)*

## Top Returning Athletes By Event

### Men

60HH	Kenneth Wei 8.10
110HH	
60	McKinley Polen 6.96, Jeremiah Budiman 7.08
100	Benton Wilson 10.81, Andrew Shao 11.89
200	Benton Wilson 21.56, Nick Duchatellier 23.05
400	Benton Wilson 48.33, Nick Duchatellier 49.44
400IH	Andrew Shao 55.77
600	Aiden Foucault-Etheridge 1:21.15, Nick Duchatellier 1:23.63
800	Simon Alford 1:53.70, Aiden Foucault-Etheridge 1:54.45
1000	Ryan Wilson 2:26.61, Simon Alford 2:30.07
1500	Andrew Mah 4:01.12, Dylan Doblal 4:03.27
Mile	Kent Slaney 4:14.86, Matthew Kearney 4:19.56
3000	Matthew Kearney 8:28.13, Andrew Mah 8:32.62
3000SC	
5000	Andrew Mah 14:29.43, Lowell Hensgen 14:56.28
10K	Finn Jacobson-Schulte 31:42.51, Steven Goldy 32:05.09
400R	43.37
1600R	3:20.21
LJ	Yorai Shaoul 24-11, Kenneth Wei 23-08 $\frac{1}{4}$
TJ	Yorai Shaoul 51-08 $\frac{1}{2}$ , Kenneth Wei 48-02
HJ	Steven Marquez 6-05 $\frac{1}{2}$
PV	Liam Ackerman 16-03 $\frac{1}{2}$ , Bryan Sperry 14-11
Wt. Throw	Ryan Nall 58-09 $\frac{1}{4}$ , Nathan Basinger 52-08 $\frac{3}{4}$
Shot Put	Will Woltmann 52-05 $\frac{1}{4}$ , Ryan Nall 48-07 $\frac{1}{4}$
Hammer	Ryan Nall 158-05, Nathan Basinger 143-06
Discus	Nathan Basinger 146-01, Will Woltmann 134-01
Javelin	Cooper Driscoll 170-02

*(Continued on page 51)*

# ... 2020-2021 PREVIEW

*(Continued from page 50)*

## Top Returning Athletes By Event

### Women

60HH	Kimmy McPherson 9.55, Lucy Lee 9.68
100HH	Lucy Lee 15.77, Elizabeth Weeks 17.29
60	Sarah Ishamuddin 8.07, Yilinn Yang 8.35
100	
200	Sarah Ishamuddin 26.61, Joanna Kennedy 26.64
400	Joanna Kennedy 58.24, Sarah Ishamuddin 60.06
400IH	Claire Melvin 65.75
600	Sonia Purohit 1:41.05, Claire Melvin 1:42.41
800	Katie Williams 2:12.23, Nina Rhone 2:20.76
1000	Katie Williams 2:54.97, Katie Bacher 2:55.01
1500	Katie Bacher 4:31.71
Mile	Katie Williams 4:58.77, Katie Bacher 4:59.46
3000	Katie Collins 9:49.66, Katie Bacher 9:57.69
3000SC	
5000	Katie Collins 16:53.81, Alana Chandler 18:35.37
10K	Emily Skilling 40:48.24
LJ	Rikita Bansal 18-02, Joanna Kennedy 18-01
TJ	Elizabeth Weeks 38-11, Laena Tieng 37-08 $\frac{1}{2}$
HJ	Margaret Redfield 5-06, Liana Reilly 5-05 $\frac{3}{4}$
PV	Jacqueline Ahrens 13-0, Anais Marenco 12-02 $\frac{1}{2}$
Wt. Throw	Tema Nwana 50-08, Savannah Inglin 47-08 $\frac{1}{2}$
Shot Put	Lily Papalia 38-04 $\frac{1}{4}$ , Savannah Inglin 31-06 $\frac{3}{4}$
Hammer	
Discus	Lily Papalia 96-11
Javelin	

# THANK YOU FRIENDS OF MIT CC/TRACK & FIELD

by Halston W. Taylor

It is such a privilege to be a part of MIT, and even more so, a part of the Cross Country and Track & Field program. There are many special facets of this program, but one of the best is the loyalty and support provided by you, the Friends (alumni, parents) of our program. Your generosity permits me the flexibility to fund so many efforts within our program, including once per week yoga, bringing in a nutritionist once per year, purchasing necessary strength and conditioning equipment, championship banners, t-shirts and various team awards, continuing education and certification for our assistant coaches and much more. The Morrison track two years ago and the addition of the videoboard indoors this year were huge hits for us recently.

Nowhere in college athletics have I found any institution with the amount of alumni support combined with the discretion I have to fund what we need to make the program run successfully. Thanks to Julie Soriero, our outgoing Department Head and Director of Athletics, and Dr. Anthony Grant, our new Department Head and Director of Athletics, as well as the Alumni Association, and Candace Crabtree from the Office of Development for helping with this endeavor.

Finally, I am thankful to be at such a remarkable university that educates and graduates such amazing individuals who are thankful for the education and other opportunities they experience at MIT, and who want to give back to those areas that made their time at MIT a special time in their lives. As I have said many times, we could not do the things we do without your very generous donations. This includes the remarkable success we have been so fortunate to experience over the years.

This has been a very challenging year for all of us.



*The videoboard, which was added to the indoor facility this year, was made possible through the generous donation from Tom Hoover.*

We are so fortunate to have such generous Friends in the midst of a world-wide pandemic. We received 297 gifts from 233 individuals totaling \$126,211.54, an amazing total, given that no endowment or capital gifts were included in this year's gifts.

The 2020-21 year will be another challenging year as we wait out COVID-19 and the aftermath of no Cross Country season and likely no Indoor Track & Field season added to the Outdoor Track & Field season already missed. All of this while preparing the program for my transition to retirement at the end of 2021. We will need your support more than ever.

There will be a major effort to endow my position. We will look to restructure the coaching staff in a manner that will best position the program for continued long-term success at the regional and national level. This is critical to move the program forward, but so is the general giving to our Cross Country and Track & Field funds. We need your help.

Thank you for your giving and support, and most of all for making this such an enjoyable job.

## Annual Donation Summary 2019 - 2020

Fund	No. of Donors	Amount (\$)
Friends of Men's Cross Country Fund	77	28,043.15
Friends of Men's Track Fund	166	43,882.09
Friends of Track Scoreboard & Equipment	2	150.00
Friends of Track and Field Awards Fund	15	3,313.00
Friends of Women's Cross Country Fund	32	10,878.00
Friends of Women's Track Fund	56	27,428.08
Sherie & Donald Morrison Track & Field	9	5,897.22
Track Renovation Fund	18	6,620.00
<b>Total</b>	<b>375</b>	<b>126,211.54</b>

## 2019-2020 CENTURY LIST

**\$1000 or more in gifts**

<b>Donor</b>	<b>Graduation Year</b>
Mr John A. Buell, Jr	1956
Mr John J. Golden, Jr	1965
Dr Robert L Wesson	1966
Dr Peter Peckarsky	1969
Dr James R Yankaskas	1969
Mr John E Kaufmann	1973
Mr Albert K Lau	1972
Mr Elliott A Borden	1973
Dr Donald E Shobry	1975
Mr John W Martin	1980
Dr Max M Klein	1981
Ms Theresa A Sutton	1983
Dr Katherine Dabulis Taylor	1984
Mr Alex Menchaca	1985
Dr Turan Erdogan	1987
Mr Ayisi B Makatiani	1990
Mr Daniel J Corcoran III	1994
Mr David H Rothstein	1991
Mr James M Scanlan	1991
Mrs Gowri R. Grewal	1993
Mr Paul S Grewal	1993
Mr John J B Light	1996
Mr Daniel S Helgesen	1997
Mr Sohail N Husain	1998
Dr Julie Lin	1998
Mr Richard C Rosalez	1998
Dr Christopher S Mcguire	2000
Mr John J Biesiadecki	2001
Mr Junius K Ho	2001
Craig B Wildman	2003
Craig D Mielcarz	2003
Mr Yuval Mazor	2002
Adeline Ling Kuo	2002
Julia C Espel	2005
Kenneth J Chang	2006
Eric A Khatchadourian	2006
Christopher M Bruce	2008
Lynn E Jepsen	2011

**\$100 – \$1000 in gifts**

<b>Donor</b>	<b>Graduation Year</b>
Dr Frank E Jamerson	1948
Dr Steven R Tannenbaum	1958
Mr John G Maier	1959
Mr William J Nicholson	1960
Mr Joseph T Davis	1961
Mr Thomas A Goddard	1963
Mr Roger A Hinrichs	1963
Leonard J Parsons	1964
Dr Kim C M Sloat	1964
Terry A Dorschner	1965
Dr Edward P Hoffer	1965
Mr William C Mogensen	1965
Mr John J. Golden, Jr	1965
Dr W Sumner Brown	1966
Mr Gordon J DeWitte	1967
Mr Henry J Link PE	1967
Mr John L Usher	1969
Dr Adel A M Saleh	1970
Dr Larry D Petro	1970
Mr Ben T. Wilson	1970
Mr Eric H Darling	1971
Mr George W Kimball	1972
Dr Robert J Tronnier	1973
Dr Thomsen J Hansen	1974
Mr Daryl L Merrett	1974
Mr George H Braun	1975
Dr Paul J Kuzmenko	1976
Mr David A Dobos	1977
Capt Stephen W Keith	1977
Mr Stanley A Martin	1977
Dr Richard K Okine	1977
Mr Alan J Knauf	1978
Dr John J Dillon	1978
Will Siegfried	1979
Mr Christopher L Demarco	1980
Mr Frank A Luedtke	1981
Mr Robert M. Collins, Jr	1982
Dr David B Kieda	1982
Mr Robert M Walmsley	1984

*(Continued on page 54)*

## ... 2019-2020 CENTURY LIST

*(Continued from page 53)*

Mr Michael C Lyons	1985	Mr Kalpak D Kothari	2001
Ronald E. Smith, Jr	1985	Mr Nikolaos Michalakis	2002
Ms Christine C Lyons	1986	Robert H Gray	2002
Ms Marilyn R Oberhardt	1986	Damian O Plummer	2002
Mr Mark A Curtiss	1987	Alan Richard Raphael	2002
Mr Anton F Briefer	1988	Richard F Rajter	2003
Mr Sean A Schubert	1988	Sean Patrick Rock Nolan	2003
Mr David M Wright Jr	1989	Mr Christopher J Khan	2004
Dr David R Afshartous	1989	Thaddeus J Wozniak	2006
Mr Joseph S Kowalski	1990	Andrea Staid	2007
Dr Kevin Patrick Scannell	1991	Christopher B Bateman	2007
Garret Moose	1991	Dr Linda C. Rillorta	2007
Mr Nathaniel R Bogan	1993	Kristen M Burrall	2008
Mr Jonathan L Claman	1993	Leanne M Veldhuis	2008
Mr David L Winter	1993	Peter J Mulligan	2008
Mr Surendranauth Hiranman	1993	Kenneth K Rosche	2008
Mr Bradley J Bolivar	1994	Obinna C Anyanwu	2009
Mr Christopher D Schechter	1994	James R Oleinik	2009
Mr Bradley E. Geilfuss, Jr	1994	Jennifer A Doyle	2009
Ms Bobbie-Jo Bogan	1994	Margaret C Leibovic	2010
Craig Andera	1994	Justin D Schmidt	2010
Dr Marjorie J Delo	1995	Jack H Bourbonnais	2010
Ms Bridget E Banas Schechter	1995	Kirsten H Aarsvold	2011
Mr Antonio Morales-Pena	1995	Martha M Gross	2012
Mr Ethan A Crain	1996	Matthew D Falk	2012
Alice S Wang	1996	Mrs Jamie L. Priest	2012
Dr Arnold H. Seto	1996	Kyle J Hannon	2013
Mrs Patricia Hahn Sandholm	1996	Jared M Forman	2013
Mr Hung Q Hoang	1996	Justin L Bullock	2014
Morio Alexander	1996	Roy A Wedge	2014
Mr Matthew D Sandholm	1996	Chadd T Kiggins	2015
Mr John L Wallberg	1996	Cindy Y Huang	2015
Mr Joshua D Feldman	1997	Matthew Q Deyo	2016
Mr Reginald F Paulding	1997	Isabella R Stuopis	2016
Malik King	1997	Arinze C Okeke	2016
Ms Janice C Chen	1997	Colin Godwin	2017
Mr Julian P Lee	1997	Madeleine G Waller	2017
Ms Jennifer Yang	1997	Richard C Bratten	2018
Mr Michael E DeMassa	1997	Darby L LaPlant	2019
Ms Janis H Eisenberg	1998	Joshua P Rosenkranz	2019
Mr Charles T Van Buren	1998	Mr Jeffrey A. Rosenkranz	2019
Ms Lila S French	1999	Mrs Lisa K. Rosenkranz	2019
Mr Neal P Karchem	1999	Ms Bridgette L. McPhillips	2020
Mr David S Kelman	1999	Mr Lawrence McPhillips	2020
Mr Anthony R Pelosi	2001	Dr Mary McNaughton-Collins	2021
		Ms Kathleen A. Hartnett	2022
		Mr Mark H. Foster	2022
		Google Foundation	

# THANKS TO THOSE WHO MAKE A DIFFERENCE

by Halston W. Taylor

While this article may seem redundant, duplicated each year, thanking those who help make us so successful, it provides me the opportunity to reflect and realize how fortunate we have been.

There is no question that our resources are one of the reasons we consistently finish at the top of all championships. Sure, we work hard at coaching and recruiting, have wonderful, hard-working student-athletes and a sound philosophical approach that encourages and rewards teamwork, supporting one another and having a common goal. However, it takes much more than that to get to the top and stay there.

The resources include some of the finest facilities in all of college sports. We may not have the seating for large crowds, nor do we have a state of the art hydraulic indoor track. What we do have is the amazing Morrison Outdoor Track and Field facility with multiple horizontal jump runways, numerous throwing areas and vault boxes allowing us to vault in any direction, along with a surface that has the perfect blend of speed and cushion. Our 200 meter, Don Shobrys and Carol Aronson Indoor Track & Field facility also has multiple throwing and horizontal jumping areas to expedite meets. In addition we



*The Morrison Outdoor Track and Field facility has a running surface designed to provide the perfect blend of speed and cushioning. Supporting the field events are multiple horizontal jump runways, numerous throwing areas, and vault boxes for vaulting in any direction.*



*One of the resources contributing to MIT's success is the complete fitness center on the Don Shobrys and Carol Aronson Indoor Track & Field facility. This setup allows the athletes to do full strength training workouts and preventative treatment without leaving the track.*

have a complete fitness center on the Indoor Track & Field facility, allowing us to do full strength training workouts and preventative treatment without leaving the track. This area also houses our two Alter-G anti-gravity treadmills. All aspects of practice can take place on the same facility during practice time.

Another resource is having four full-time coaches, one part-time coach and numerous volunteer coaches. We run nearly 18% of the total sports in our department with six of the 34 teams, and having a large and competent coaching staff is a critical part of our success, but should not be taken for granted.

Each of our teams has their own locker room. This seems like a small resource, but is actually very significant to the team from the standpoint of having a private place to talk and gather each day. This has never been appreciated more than right now when team members cannot get together unless by Zoom.

While every program has athletic trainers, we are fortunate to have six full-time and two part-time athletic trainers and access to two medical doctors on a weekly basis. This as well as a large sports medicine complex provides our student-athletes the ability to be seen in a timely manner and to receive the necessary treatment to

keep them participating, or return to participation as soon as possible.

People and their winning attitude are another resource that makes a difference in our program. Having worked for six athletic directors at MIT (one was a one year interim) I have seen major differences in the winning attitude that is brought to the table; working with MIT to facilitate our head count, facility renovations and upgrades, and resources in general. Bringing all programs up to speed with high expectations drives all of us to success. Our administration has been able to bring this attitude under Julie Soriero, and should continue with Dr. Anthony Grant. The various people who make a daily difference include the Department Facilities Team (DFT), the Equipment Desk personnel, our administration, and those who clean our facilities.

The final resources are provided by our amazing alumni. The loyalty, dedication and support drives me to continue to do more and do it better. Providing hiring opportunities, and the never-ending financial support has been priceless. Back in 1982 when Gordon and I began the friend and fund raising effort, I never imagined we could be in the position we are now.

A big Thank You to everyone who makes a difference for us.

# CHANGING OF THE GUARD

by *Halston W. Taylor*

As I enter my 39<sup>th</sup> year at MIT, it is time for me to plan my retirement, and to plan for my replacements. Yes, I meant for that to be plural. Entering the 2008-2009 year I was offered the position of Director of Cross Country and Track & Field, as well as Head Coach of the six sports (Men's Cross Country, Women's Cross Country, Men's Indoor Track & Field, Women's Indoor Track & Field, Men's Outdoor Track & Field, Women's Outdoor Track & Field). I thought this would be the best way to guarantee the program would move forward with equal success to all those sports.

As we increased our success in all areas and at all levels, we added a leadership education and training program, as well as a mentoring program. We doubled down on the recruiting and provided more opportunities to meet with our team members through injured athletes meetings and weekly stress matrix surveys to help us understand when we need to push or back off and when we need to support our student-athletes.

As NCAA compliance grows, we find ourselves spending much more time doing paperwork and electronic forms than ever before, and we have to do it six times as opposed to once or twice. Email alone for the six sports, much of which is generated by interested prospective student-athletes, require four plus hours a day to reply.

While it is possible for one individual to do all this and do it well, it is a recipe for burnout as there are no days off, including weekends, with the exception of July and part of August. Although this is a 10 month appointment, even those months off require a 30-40 hour week as emails do not stop, recruiting for the next class is in full bloom and this newsletter takes a big chunk of time.

In order for the program to maintain or increase success, I envision splitting the position into two; with one individual being the Director of the overall Men's and Women's Cross

Country and Track & Field program and Head Coach of Men's and Women's Track & Field, and the second individual being the Head Coach of Men's and Women's Cross Country and Distance Coach for Track & Field. This person would report directly to the Director of Cross Country and Track & Field. Of course, this is all dependent on the ability to endow the director/head coach position and the state of hiring at MIT due to the coronavirus.

My plan is to coach Cross Country this fall, and go on sabbatical for the second semester, missing Indoor and Outdoor Track & Field. Everything would be set-up before I would go on sabbatical (travel, officials, meet management). I would return for one final Cross Country season in 2021 and retire at the 2021 Indoor Track & Field Alumni/ae Meet on December 11.

This plan is pending direction from the Institute regarding the strategy for reopening campus for the fall, as well as funding for the additional position. As soon as we know if and when we will have athletics programs this year, we can determine the timeline for the search process. The current coaching staff will manage the program in 2021.



*Halston began his MIT coaching career in 1982 as Head Coach of Men's Cross Country, and assistant Men's Track and Field coach. He now serves as the Director and Head Coach of the men's and women's Cross Country and Track and Field programs.*

*During his time at MIT, he has repeatedly been recognized for his coaching achievements, including a streak of five-straight Constitution Athletic Conference Coach of the Year awards in the 1990's, followed by numerous awards from the New England Women's and Men's Athletic Conference, the latest of which are 2019 Cross Country Coach of the Year and 2019 T & F Coach of the Year. In 2020, he was named as the USTFCCCA New England Men's Regional Coach of the Year for Indoor Track & Field, adding to his award for the 2019 Outdoor program.*



*One of Halston's first roles at MIT was as coach of Cross Country in 1982. This photo, found and submitted by Jesse Darley '95, is from 12 years into his tenure, and shows the team after winning the 1994 CAC Championship. This group placed second in the NCAA New England Regional Championship and tied for 10th in the NCAA Championship. From left to right: Jesse Darley '95, Ethan Crain '96, Dan Helgesen '97, Arnold Seto '96, Josh Feldman '97 and Halston.*



## COACHING STAFF

by Halston W. Taylor

The coaching staff is better than ever, doing an amazing job last year. Each full-time coach recruits prospective student-athletes in their own event area as well as doing other duties within DAPER.

Todd Linder, the Associate Head Coach for Track & Field is responsible for the throws. Some of Coach Linder's other duties within our program include teaching the first year of leadership training, organizes and supervises our Spring Trip, and part of meet management for home meets. Coach Linder also teaches within the Physical Education program.

Selwyn Maxwell is primarily responsible for the sprints, hurdles and short relays. In the fall he assists with Cross Country. He also does a lot with managing our recruiting database, teaches our mentoring program, coordinates recruit visits, maintains our equipment inventory, and manages our Alter G anti-gravity treadmills. Coach Maxwell also teaches within the Physical Education department and assists with other areas of DAPER as needed.

Derek Rousseau's primary group is the jumps group. Coach Rousseau coordinates the Friend's thank you letters, teaches the second year leadership training, keeps our team



*Todd Linder - Associate Head Coach, Throwing Events.*

statistics, helps with meet management, and runs all of our social media. Coach Rousseau also is a key player in our Sports Performance group, writing and supervising strength and fitness programs for all varsity teams

Connor Hall is our only part-time coach. He is responsible for all things Pole Vault. Managing the poles, the equipment, and of course, coaching the vaulters. Coach Hall also recruits for his event.

Volunteer coaches are incredibly helpful to our program, allowing us to

spend more individual time with each athlete, as well as guaranteeing, in many practices and meets in particular that, student-athletes are receiving one on one coaching while performing.

### Returning Volunteer Coaches:

Katie Bacher  
Cross Country only  
(she has Track & Field eligibility)

Nick Matteucci  
Cross Country only  
(he has Track & Field eligibility)

Marissa McPhillips  
Middle Distance, Distance

John Pietro  
Throws

Stefano Pineda  
Pole Vault

Ariela Slutsky  
Throws

Kari Stromhaug  
Pole Vault

Kyle Terpik  
Sprints and Hurdles

Cimmy Virdi  
Pole Vault



*Derek Rousseau - Assistant Coach, Jumping Events.*



*Selwyn Maxwell - Assistant Coach, Sprints and Hurdles.*



*Connor Hall - Assistant Coach, Pole Vault*

# MARK DUNZO WILL BE MISSED



*Mark Dunzo '91 was the 1991 Indoor NCAA Div. III Champion in the 400 meters, and holds the MIT Varsity 55m Dash record at 6.50. His other spots in the all-time MIT rankings are #9 indoor 200m at 22.17, #5 indoor 400m at 49.05, #3 tie outdoor 100m at 10.82, and #2 outdoor 400 at 47.44.*

Mark Dunzo '91 passed away on December 14, 2019, at the age of 50, in Durham, North Carolina.

Mark came to MIT in 1987 from Los Angeles High School, where he had excelled in both football and track and field. He continued his track and field career at MIT as a member of both the indoor and outdoor teams for all of his four years, serving as co-captain of both squads his senior year.

During that year he won the Greater Boston Championship 200 meters in 22.17 seconds, which was an MIT varsity record at that time. The GBC meet, held at Harvard University, included athletes from all three divisions of the NCAA.

Mark capped off that stellar indoor season with a dominating victory in the 400 meters at the NCAA Division III National Championships. He and co-captain John-Paul Clarke were the only two MIT competitors at the meet, but between them they scored enough points to give the Engineers a seventh place finish.

Mark graduated in 1991 with an SB degree in Civil and Environmental Engineering, and enrolled in the University of California at Berkeley, to pursue a dual Masters degree program in Transportation Engineering and Urban and Regional Planning. Upon completion of his Masters degrees, Mark worked for DKS Associates, a traffic engineering and transportation planning firm based in Oakland California, for several years.

In 1995, he moved to Durham, North Carolina, and joined Kimley-Horn (KHA) in 1995, where he was a key member of the ITS practice and eventually became one of the firm's Senior VPs. Mark had a tremendous impact and reach within the firm, working on projects across the U.S. as well as a multi-year program in South Africa. Mark was a long-time member, and ultimately co-chair, of



*Mark won the 1991 NCAA Division III Indoor Championship 400 meter race at Wesleyan University*

the Diversity Committee at KHA, and an instructor for every classroom training offered at the company. Over the years, Mark built a national and international transportation practice, and was deemed an industry expert in his field. Most importantly, he worked hard to be a mentor, teacher, coach, and friend to many.

Mark's passing leaves a void in many people's lives. He is preceded in death by his mother, Constance Swinger, and is survived by his former wife, Elise, daughter Grace; son, Jackson; father and step-mother, Loseni and Kim Dunzo; brothers and sister, Eric, Sedeke and Macheh; cousins Stanley Swinger and Dwight Sparks, Mahcon (Dunzo) Robinson.



*Mark was also a key member of the 4x100 relay team, and is shown here passing the baton to Dan Corcoran '94.*



*Mark (middle) with 4x400 relay teammates, Kevin Scannell '91 (left) and Ayisi Makatiani '90 (right). These three, along with Bill Singhose '90', set the 1990 MIT indoor record of 3:15.74 in the 4x400 relay.*

## WHERE ARE THEY NOW

## Lila French



*Lila French '99 was the first MIT woman to become a New England Division III champion.*

by Lila French '99

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*Editor's Note:*

*In 1999, Lila was the womens' team captain and MVP, setting MIT Varsity records in the Pole Vault (11' 1/4"), Javelin (112' 8"), and Heptathlon (3679 pts.). The Heptathlon mark is still the 4th best all-time performance for MIT, and the Javelin Throw ranks 5th. She won the Pole Vault in both the New England Division III and Eastern Collegiate Athletic Conference Championships in 1998.*

*Lila was a Course 6 major, graduating with both an SB in Computer Science and Engineering and an MNG in Electrical Engineering and Computer Science.*

*After MIT, she spent several years as a computer programmer while continuing to compete in the Pole Vault, but eventually ventured into the film industry, where she has become an accomplished actor/director/producer. In 2017 she won the Best Director of a Short Documentary award at the Madrid International Film Festival. You can find out more about Lila at her website, [lilafrench.com](http://lilafrench.com).*

*Hello and greetings from the south of Spain! Where I'm glad to be back after a great but longer-than-expected trip to South Africa.*

In February, after about a year of focus on my latest film, I'd gone to Cape Town to kitesurf, while skipping a bit of winter in the Southern Hemisphere. But at the end of March, a countrywide lockdown began, and I got stuck. Finally, after two "Groundhog Day"-esque months in an Airbnb and a few botched attempts, I got a repatriation flight back—via a two-and-a-half-day drive to Pretoria, a bus to Johannesburg, a flight through Doha, and a drive back from Madrid. It was exhausting, although I can't say I minded the adventure.

Back at the 'tute, I was a Course 6, Class of '99 pole vaulter. I was part of the first Varsity Women's Indoor Team and one of the first women vaulters. In those days, the men's and women's teams had separate programs, but I did most of my vaulting with the men. I had some success at the regional level and was nationally ranked, however women's vault wasn't an event at Div. III National's until 2000, so I graduated without that experience. But it wasn't much of a disappointment, because I'd planned to continue competing post-collegiately.

I moved to the San Francisco Bay Area, where I worked at a tech startup while continuing to train and compete at open meets. It should have been no surprise to me that I'd favor outdoor workouts to spending my days programming at a desk in an office—one clear memory I have from MIT is walking to my job at a lab in a basement one summer morning, and feeling wistful while passing the lawn care workers because they got to spend their summer outside. Pretty quickly I found myself working as a contractor, partly remotely, allowing me to hit the gym in the morning and the track in the afternoon. I loved it.

After three years and some progress, I wanted more, and so I

decided to move to pole vault mecca Jonesboro, Arkansas. Being there was both wonderful and frustrating. I was in my element, training in a disciplined way with clear focus, and I always woke up excited for what was possible. However, somehow I never had a breakthrough. My fitness level and technique improved, but I never surpassed my PR from before moving. After a little less than two years, I left, thus ending my pole vault career anticlimactically, and moved to Los Angeles.

It was disappointing. Now, I can look back and see ways in which I was rigid, where the process lacked joy, where I was limiting myself mentally. It also took practicing yoga years later to discover the importance of not trying to impose anyone else's form or way of doing things on myself from the outside, but rather to feel how I move and to find my own way. I needed a big change. But at the time, I only felt the difficulty of leaving my aspirations behind, not knowing what was ahead.

Upon arrival in Los Angeles, I took a random leap and enrolled in acting classes, a childhood passion that had been simmering but on the backburner during the previous years, and it was even more fulfilling than I imagined. I found joy in entering the worlds of people different from myself. It deepened my sense of empathy.

After several years, I performed in a play called "Birdbath", which I later adapted to film. I'd never directed a film before, but I had a clear vision for how to tell the story, and, being from MIT, wasn't intimidated by the many unknown technical aspects of filmmaking. I hired a good crew, learned what I needed to, and got it done.

*(Continued on page 60)*

## ...WHERE ARE THEY NOW

Lila French

Andrea Bradshaw and Dan Harper

*(Continued from page 59)*

After completing the film, I spent some time going through the motions of pursuing acting in Los Angeles, but my enthusiasm for the process had waned. I'd started yoga and meditation, and most TV shows and stories had started to seem like noise. And after making a film, the idea of spending time auditioning for something I didn't really care about paled in comparison to spending time creating something.

In April of 2015, I visited Barcelona for my birthday and fell in love with the city, the country, and the relative contentment of people with small pleasures there compared to in the US. So, knowing I could work remotely and develop film projects anywhere, after 11 formative years in L.A., I moved to Spain, to enjoy daily life more, which I have.

Since moving, I've made a second film—"Da Parish", a documentary about a community's recovery after Hurricane Katrina—and a third—"Winter in a Beach Town", a narrative short I shot in the little town I live in, Andalucia. I've continued yoga, I started kitesurfing (apparently continuing a trend of participating in sports that are difficult in airports), and I travel.

While on lockdown in South Africa, I spent some extra time contemplating my path, and what I ought to be doing in the world... Competitive kitesurfing? A different job? Write the script that's been floating around in my head?

I've come to the conclusion that I should try to do whatever I enjoy regardless of the outcome, where I enjoy the hours I'm putting in—"Let us do good because it is good to do good," Vivekananda said—where the process itself is good and fulfilling and where I'm finding my own way.



*Andrea Bradshaw '09 and Dan Harper '12 got a chance to get together before the start of the U.S. Olympic Marathon Trials on February 29, 2020 in Atlanta Georgia. Andrea won the NE Div III Championship 800 meters in 2009 and Dan took the same title in the 10K in 2012. Andrea ran 2:48:28 in the Trials Marathon and Dan's time was 2:28:10, under less than ideal conditions, as described by Andrea in her note about the race: "It was pretty windy, hilly, and then just uphill for the last 4 miles it seemed. I wasn't quite happy with my time, but happy to beat my seed by over 150 spots! And I still can't believe I did this. I still think of myself as a 600m runner!"*



*Lila has continued to make use of her athletic ability by taking up kitesurfing.*

## SEASON STATISTICS

## WOMEN'S CROSS COUNTRY

## 2019 RESULTS

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Larz Anderson Park Brookline, MA	1st of 2	7
Purple Valley Classic	Williams College Mt. Greylock HS Williamstown, MA	3rd of 14	72
Greater Louisville Classic Pre-Nationals	Tom Sawyer Park, Louisville, KY	1st of 38	43
Conn College Invitational	Harkness Memorial Park Waterford, CT	1st of 29	75
NEWMAC Championship	Franklin Park Boston, MA	1st of 11	19
New Eng. Div. III Reg. Champ.	Bowdoin College Brunswick, ME	2nd of 54	84
NCAA Div. III Championship	Tom Sawyer Park, Louisville, KY	7th of 32	252

## 2019 TEAM ROSTER

Katie Bacher*	'20	Alana Chandler	'22
Anna Chau	'23	Katie Collins	'21
Nicole Cybul	'23	Gabrielle Enns	'21
Einat Gavish	'22	Izzi Gengaro	'22
Anna Haddad	'23	Abby Mauermann	'22
Megan McCandless	'20	Marissa McPhillips*	'20
Jenna Melanson	'20	Emily Niu	'21
Kirsi Rajagopal	'23	Nina Rhone	'23
Emily Skilling	'21	Katie Williams	'21

\*Captain

## Individual Performances

The chart below contains the number of races in which each athlete competed, and the times they achieved in those races. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-Injured, DNR-Did Not Run, FP-Fresh Pond.

## Times

NAME	# OF RACES	ALUMNI 8/31	PURPLE VALLEY CLASSIC 9/28	PRE-NATS (3.9K/5K) 10/5	CONN. COLLEGE 10/19	NEWMAC 11/3	NEW ENGLAND DIV 3 11/16	NCAA 11/23
Katie Bacher	6	INJ	23:57	14:15	21:49	22:19	22:05	22:36
Alana Chandler	5	18:13	24:33	5K - 19:09	23:10	23:27	DNR	DNR
Anna Chau	5	18:24	24:57	5K - 20:17	23:48	23:54	DNR	DNR
Katie Collins	7	17:17	23:42	13:50	21:58	22:27	21:28	21:42
Nicole Cybul		INJ	INJ	INJ	INJ	INJ	INJ	INJ
Gabby Enns	4	18:08	DNF	INJ	23:39	24:02	DNR	DNR
Einat Gavish	7	17:56	24:09	14:13	22:16	22:57	22:20	22:57
Izzi Gengaro	4	INJ	INJ	DNR	21:07	21:58	21:19	21:30
Anna Haddad	4	17:37	25:39	14:58	INJ	24:08	DNR	DNR
Abby Mauermann	1	19:03	INJ	INJ	INJ	INJ	INJ	INJ
Megan McCandless	6	17:25	23:50	14:08	22:04	SICK	22:31	23:15
Marissa McPhillips	6	18:12	25:32	5K - 19:19	22:46	23:12	DNR	24:50
Jenna Melanson		INJ	INJ	INJ	INJ	INJ	INJ	INJ
Emily Niu	3	18:19	INJ	INJ	23:14	23:41	DNR	DNR
Kirsi Rajagopal	5	18:01	23:26	14:06	22:28	SICK	23:02	DNR
Nina Rhone	4	19:02	25:33	FP - 15:11	23:55	24:39	DNR	DNR
Emily Skilling	2	18:32	25:55	INJ	INJ	INJ	INJ	INJ
Katie Williams	7	17:48	24:31	14:34	DNF	23:01	22:23	23:49

[\(Continued on page 63\)](#)

## ... Individual Performances

*(Continued from page 62)*

The chart below contains the place on the MIT team that each athlete finished and the average of the runner's places for the season. If a meet consisted of varsity and sub-varsity races, the relative positions are determined by combining runners from both races and comparing finishing times. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, DNR-Did Not Run, FP-Fresh Pond.

### Places

NAME	ALUMNI 8/31	PURPLE VALLEY CLASSIC 9/28	PRE- NATS 10/5	CONN. COLLEGE 10/19	NEWMAC 11/3	NEW ENGLAND DIV 3 11/16	NCAA 11/23	AVG	RNK
Katie Bacher	INJ	4	5	2	2	3	3	3.17	3
Alana Chandler	9	7	5K - 1	8	7	DNR	DNR	7.75	9
Anna Chau	11	8	5K - 3	11	9	DNR	DNR	9.75	13
Katie Collins	1	2	1	3	3	2	2	2	2
Nicole Cybul	INJ	INJ	INJ	INJ	INJ	INJ	INJ		
Gabby Enns	7	DNF	INJ	10	10	DNR	DNR	9	11
Einat Gavish	5	5	4	5	4	4	4	4.43	6
Izzi Gengaro	INJ	INJ	DNR	1	1	1	1	1	1
Anna Haddad	3	11	7	INJ	11	DNR	DNR	8	10
Abby Mauermann	14	INJ	INJ	INJ	INJ	INJ	INJ	14	16
Megan McCandless	2	3	3	4	SICK	6	5	3.83	4
Marissa McPhillips	8	9	5K - 2	7	6	DNR	7	7.4	8
Jenna Melanson	INJ	INJ	INJ	INJ	INJ	INJ	INJ		
Emily Niu	10	INJ	INJ	9	8	DNR	DNR	9	11
Kirsi Rajagopal	6	1	2	6	SICK	7	DNR	4.4	5
Nina Rhone	13	10	FP	12	12	DNR	DNR	11.75	14
Emily Skilling	12	12	INJ	INJ	INJ	INJ	INJ	12	15
Katie Williams	4	6	6	DNF	5	5	6	5.33	7

*(Continued on page 64)*

## ... Individual Performances

*(Continued from page 63)*

The chart below contains the number of seconds each athlete finished behind the team's first finisher, giving a measure of how tightly packed the team was able to run. As in the previous chart, results from meets with separate varsity and sub-varsity races are combined to simulate a single race. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, DNR-Did Not Run, FP-Fresh Pond.

### Deltas

NAME	ALUMNI 8/31	PURPLE VALLEY CLASSIC 9/28	PRE- NATS 10/5	CONN. COLLEGE 10/19	NEWMAC 11/3	NEW ENGLAND DIV 3 11/16	NCAA 11/23	AVG	RNK
Katie Bacher	INJ	:31	:25	:42	:21	:46	1:06	:38	3
Alana Chandler	:56	1:07	5K - :00	2:03	1:29	DNR	DNR	1:23	8
Anna Chau	1:07	1:31	5K - 1:08	2:41	1:56	DNR	DNR	1:48	12
Katie Collins	:00	:16	:00	:51	:29	:09	:12	:16	2
Nicole Cybul	INJ	INJ	INJ	INJ	INJ	INJ	INJ		
Gabby Enns	:51	DNF	INJ	2:32	2:04	DNR	DNR	1:49	13
Einat Gavish	:39	:43	:23	1:09	:59	1:01	1:27	:48	5
Izzi Gengaro	INJ	INJ	DNR	:00	:00	:00	:00	:00	1
Anna Haddad	:20	2:13	1:08	INJ	2:10	DNR	DNR	1:27	9
Abby Mauermann	1:46	INJ	INJ	INJ	INJ	INJ	INJ	1:46	11
Megan McCandless	:08	:24	:18	:57	SICK	1:12	1:45	:47	4
Marissa McPhillips	:55	2:06	5K - :10	1:39	1:14	DNR	3:20	1:50	14
Jenna Melanson	INJ	INJ	INJ	INJ	INJ	INJ	INJ		
Emily Niu	1:02	INJ	INJ	2:07	1:43	DNR	DNR	1:37	10
Kirsi Rajagopal	:44	:00	:16	1:21	SICK	1:43	DNR	:48	5
Nina Rhone	1:45	2:07	FP	2:48	2:41	DNR	DNR	2:20	16
Emily Skilling	1:15	2:29	INJ	INJ	INJ	INJ	INJ	1:52	15
Katie Williams	:31	1:05	:44	DNF	1:03	1:04	2:19	1:07	7

*(Continued on page 65)*



## ... Individual Performances

*(Continued from page 64)*

The chart below is a consolidation of the rankings from the Delta and Place charts, combined with the number of races run. Those three ranks are summed to produce a combined score for each athlete. The scores are then ordered to produce an overall performance ranking.

### Ranking

NAME	# RACES	RANK	DELTA	RANK	PLACE	RANK	SCORE	RANK
Katie Bacher	3	2	:32	4	3.6	4	10	4
Alana Chandler	4	1	1:22	9	8	9	19	9
Anna Chau	4	1	1:46	13	10	13	27	13
Katie Collins	4	1	:16	2	1.7	2	5	1
Nicole Cybul								
Gabby Enns	3	2	1:41	12	8.5	11	25	11
Einat Gavish	4	1	:43	6	4.7	6	13	6
Izzi Gengaro	1	4	:00	1	1	1	6	2
Anna Haddad	3	2	1:13	8	7	8	18	8
Abby Mauermann	1	4	1:46	13	14	16	33	15
Megan McCandless	4	1	:26	3	3	3	7	3
Marissa McPhillips	4	1	1:33	10	8	9	20	10
Jenna Melanson								
Emily Niu	2	3	1:34	11	9.5	12	26	12
Kirsi Rajagopal	4	1	:35	5	3.7	5	11	5
Nina Rhone	3	2	2:13	16	11.6	14	32	14
Emily Skilling	2	3	1:52	15	12	15	33	15
Katie Williams	4	1	:46	7	5.3	7	15	7

**MEN'S CROSS COUNTRY**

## 2019 RESULTS

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Larz Anderson Park Brookline, MA	1st of 2	15
Purple Valley Classic	Williams College Mt. Greylock HS Williamstown, MA	2nd of 19	56
Greater Louisville Classic Pre-Nationals	Tom Sawyer Park, Louisville, KY	4th of 40	144
Conn College Invitational	Harkness Memorial Park Waterford, CT	2nd of 28	96
NEWMAC Championship	Franklin Park Boston, MA	1st of 8	18
New Eng. Div. III Reg. Champ.	Bowdoin College Brunswick, ME	3rd of 54	105
NCAA Div. III Championship	Tom Sawyer Park, Louisville, KY	9th of 32	299

## 2019 TEAM ROSTER

Sam Acquaviva	'23	Josh Derrick*	'20
Dylan Doblar	'21	Reed Foster	'22
Steven Goldy*	'20	Lowell Hensgen	'23
Finn Jacobson-Schulte	'21	Zach Johnson	'22
Jake Jorgensen	'21	Matthew Kearney	'22
Cameron Kleiman	'23	Vedang Lad	'23
Andrew Mah	'22	Nicky Medearis	'22
Julian Powers	'23	Sanjay Raman	'23
Ryan Wilson	'22	Billy Woltz*	'20

\*Captain

## Individual Performances

The chart below contains the number of races in which each athlete competed, and the times they achieved in those races. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, DNR-Did Not Run, FP-Fresh Pond.

### Times

NAME	# OF RACES	ALUMNI 8/31	PURPLE VALLEY CLASSIC 9/28	PRE- NATS (3.9K/5K) 10/5	CONN. COLLEGE 10/19	NEWMAC 11/3	NEW ENGLAND DIV 3 11/16	NCAA 11/23
Sam Acquaviva	5	14:44	27:19	25:42	25:20	26:34	DNR	DNR
Josh Derrick	4	INJ	INJ	FP - 12:37	25:26	25:51	25:36	25:23
Dylan Doblar		INJ	INJ	INJ	INJ	INJ	INJ	INJ
Reed Foster	4	15:33	28:22	FP - 25:57	26:05	27:47	DNR	DNR
Steven Goldy	6	14:51	27:21	25:21	25:46	26:04	DNR	25:32: 00
Lowell Hensgen	5	14:36	27:18	26:15	25:36	26:42	DNR	DNR
F. Jacobson-Schulte	7	14:58	27:25	25:19	25:31	25:48	26:08	26:09
Zach Johnson	5	15:03	27:29	25:40	25:47	26:29	DNR	DNR
Jake Jorgensen	3	15:12	27:39	FP	26:07	INJ	INJ	INJ
Matthew Kearney	5	14:33	INJ	INJ	25:14	25:59	25:40	25:21
Cameron Kleiman	3	14:33	26:47	24:53	INJ	INJ	INJ	INJ
Vedang Lad	7	15:16	27:14	25:20	25:16	25:53	25:31	26:17
Andrew Mah	7	14:59	26:39	24:44	24:53	25:22	25:18	25:11
Nicky Medearis	4	15:39	28:31	INJ	26:55	27:10	DNR	DNR
Julian Powers	4	15:32	30:02	DNR	27:40	28:19	DNR	DNR
Sanjay Raman	7	14:40	26:39	24:51	25:02	25:30	25:07	24:52
Ryan Wilson	6	INJ	27:26	25:04	25:30	25:58	25:49	DNR
Billy Woltz	3	15:23	INJ	FP	26:20	26:48	DNR	DNR

*(Continued on page 68)*

## ... Individual Performances

*(Continued from page 67)*

The chart below contains the place on the MIT team that each athlete finished and the average of the runner's places for the season. If a meet consisted of varsity and sub-varsity races, the relative positions are determined by combining runners from both races and comparing finishing times. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, DNR-Did Not Run, FP-Fresh Pond.

### Places

NAME	ALUMNI 8/31	PURPLE VALLEY CLASSIC 9/28	PRE- NATS (3.9K/5K) 10/5	CONN. COLLEGE 10/19	NEWMAC 11/3	NEW ENGLAND DIV 3 11/16	NCAA 11/23	AVG	RNK
Sam Acquaviva	5	6	9	5	10	DNR	DNR	7	9
Josh Derrick	INJ	INJ	FP	6	4	4	4	4.5	5
Dylan Doblár	INJ	INJ	INJ	INJ	INJ	INJ	INJ		
Reed Foster	14	12	FP	12	14	DNR	DNR	13	15
Steven Goldy	6	7	7	10	8	DNR	5	7.17	10
Lowell Hensgen	3	5	10	9	11	DNR	DNR	7.6	11
F. Jacobson-Schulte	7	8	5	8	3	7	6	6.29	7
Zach Johnson	9	10	8	11	9	DNR	DNR	9.4	12
Jake Jorgensen	10	11	FP	13	INJ	INJ	INJ	11.33	13
Matthew Kearney	2	INJ	INJ	3	7	5	3	4	4
Cameron Kleiman	1	3	3	INJ	INJ	INJ	INJ	2.3	3
Vedang Lad	11	4	6	4	5	3	7	5.71	6
Andrew Mah	8	1	1	1	1	2	2	2.29	2
Nicky Medearis	15	13	INJ	15	13	DNR	DNR	14	16
Julian Powers	13	14	DNR	16	15	DNR	DNR	14.5	17
Sanjay Raman	4	2	2	2	2	1	1	2	1
Ryan Wilson	INJ	9	4	7	6	6	DNR	6.4	8
Billy Woltz	12	INJ	FP	14	12	DNR	DNR	12.67	14

*(Continued on page 69)*

## ... Individual Performances

*(Continued from page 68)*

The chart below contains the number of seconds each athlete finished behind the team's first finisher, giving a measure of how tightly packed the team was able to run. As in the previous chart, results from meets with separate varsity and sub-varsity races are combined to simulate a single race. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, DNR-Did Not Run, FP-Fresh Pond.

### Deltas

NAME	ALUM 8/31	PURPLE VALLEY CLASSIC 9/28	PRE- NATS (3.9K/5K) 10/5	CONN. COLLEGE 10/19	NEWMAC 11/3	NEW ENGLAND DIV 3 11/16	NCAA 11/23	AVG	RNK
Sam Acquaviva	:11	:40	:58	:27	1:12	DNR	DNR	:41	9
Josh Derrick	INJ	INJ	FP	:33	:29	:29	:31	:30	5
Dylan Doblár	INJ	INJ	INJ	INJ	INJ	INJ	INJ		
Reed Foster	1:00	1:43	FP	1:12	2:25	DNR	DNR	1:35	15
Steven Goldy	:18	:42	:37	:53	:44	DNR	:40	:39	7
Lowell Hensgen	:03	:39	1:31	:43	1:20	DNR	DNR	:51	11
F. Jacobson-Schulte	:25	:46	:35	:38	:26	1:01	1:17	:44	10
Zach Johnson	:30	:50	:56	:54	1:07	DNR	DNR	:51	11
Jake Jorgensen	:39	1:00	FP	1:14	INJ	INJ	INJ	:57	13
Matthew Kearney	:00	INJ	INJ	:21	:37	:33	:29	:24	4
Cameron Kleiman	:00	:08	:09	INJ	INJ	INJ	INJ	:05	2
Vedang Lad	:43	:35	:36	:23	:31	:24	1:25	:39	7
Andrew Mah	:26	:00	:00	:00	:00	:09	:19	:07	3
Nicky Medearis	1:06	1:52	INJ	2:02	1:48	DNR	DNR	1:42	16
Julian Powers	:59	3:23	DNR	2:47	2:57	DNR	DNR	2:31	17
Sanjay Raman	:07	:00	:07	:09	:08	:00	:00	:04	1
Ryan Wilson	INJ	:47	:20	:37	:36	:42	DNR	:36	6
Billy Woltz	:50	INJ	FP	1:27	1:26	DNR	DNR	1:14	14

*(Continued on page 70)*

## ... Individual Performances

*(Continued from page 69)*

The chart below is a consolidation of the rankings from the Delta and Place charts, combined with the number of races run. Those three ranks are summed to produce a combined score for each athlete. The scores are then ordered to produce an overall performance ranking.

### Ranking

NAME	# RACES	RANK	DELTA	RANK	PLACE	RANK	SCORE	RANK
Sam Acquaviva	4	1	:34	6	6.25	6	13	5
Josh Derrick	1	4	:33	5	6	5	14	7
Dylan Doblár								
Reed Foster	3	2	1:18	15	12.6	14	31	14
Steven Goldy	4	1	:37	10	7.5	11	22	11
Lowell Hensgen	4	1	:44	11	6.7	9	21	10
F. Jacobson-Schulte	4	1	:36	9	7	10	20	9
Zach Johnson	4	1	:47	12	9.5	12	25	12
Jake Jorgensen	3	2	:57	13	11.3	13	28	13
Matthew Kearney	2	3	:10	4	2.5	2	9	4
Cameron Kleiman	3	2	:05	1	2.3	1	4	1
Vedang Lad	4	1	:34	6	6.2	6	13	5
Andrew Mah	4	1	:06	3	2.7	4	8	3
Nicky Medearis	3	2	1:40	16	14.3	16	34	16
Julian Powers	3	2	2:23	17	14.3	16	35	17
Sanjay Raman	4	1	:05	1	2.5	2	4	1
Ryan Wilson	4	1	:34	6	6.6	8	15	8
Billy Woltz	2	3	1:08	14	13	15	32	15

**WOMEN'S TRACK AND FIELD****INDOOR****2019-2020 RESULTS****VARSITY**

Won 3, Lost 0

**MIT**

69

86

**Opponent**

Alumnae 36

Bates 60, Colby 35

**2020-2021 SCHEDULE**

As dictated in the MIT plans for the coming semester, there will be no competitive winter season athletics.

**VARSITY SCORING & ROSTER**

Claire Melvin	'22	11.25	Lilly Papalia	'22	5	Rikita Bansal	'22	0
Folusho Jebutu	'20	10	Katie Williams	'21	5	Brooke Benschke	'23	0
Sarah Ishamuddin	'21	9.25	Marissa McPhillips*	'20	4.25	Kira Buttrey	'22	0
Veronica Perdomo	'23	9	Skylar Brooks	'20	4	Anna Chau	'23	0
Kimmy McPherson	'23	8	Elizabeth Weeks	'21	4	Nicole Cybul	'23	0
Margaret Redfield	'21	8	Jenna Melanson	'20	3	Izzi Gengaro	'22	0
Katie Collins	'21	6.25	Liana Reilly*	'21	3	Joanna Kennedy	'22	0
Margaret Trautner*	'20	6.25	Laena Tieng	'23	3	Lucy Lee*	'21	0
Anna Landler	'22	6	Anna Haddad	'23	2	Emmaline MacPherson	'23	0
Tema Nwana	'21	6	Savannah Inglin	'20	2	Ally Marsh	'21	0
Nina Rhone	'23	6	Lila Wine	'21	2	Abby Mauermann	'22	0
Sonia Purohit	'23	5.25	Einat Gavish	'22	1.25	Megan McCandless	'20	0
Yilinn Yang	'22	5.25	Maryann Chidume	'23	1	Kirsi Rajagopal	'23	0
Alana Chandler	'22	5	Anais Marenco	'22	1	Emily Skilling	'21	0
Jacqueline Ahrens	'21	5	Kathleen Allden	'23	0	Dani Zaidenberg	'23	0
Emily Niu	'21	5	Katie Bacher	'20	0			

\* Captain

**CHAMPIONSHIPS****New England Division 3 Championships (2nd) 96.5 points**

Jacqueline Ahrens	Pole Vault	12'5 ½" (1st)
Katie Williams	1000	2:59.12 (1st)
Williams, McPhillips, Bacher, Trautner	4x800	9:23.59 (1st)
Katie Collins	5000	17:23.47 (2nd)
Katie Bacher	1000	3:00.44 (3rd)
Anais Marengo	Pole Vault	10'11.75" (3rd)
Margaret Trautner	Mile	5:01.77 (3rd)
Williams, Ishamuddin, Trautner, Bacher	DMR	12:02.44(3rd)
Marissa McPhillips	1000	3:00.81 (4th)
Laena Tieng	Triple Jump	37'5.25" (4th)
Marissa McPhillips	Mile	5:03.64 (5th)
Jenna Melanson	3000	10:20.16 (6th)
Margaret Redfield	High Jump	5'5" (6th)
Margaret Trautner	800	2:17.80 (6th)
Jenna Melanson	5000	17:52.86 (7th)
Sonia Purohit	600	1:41.05 (7th)
Liana Reilly	High Jump	5'5" (7th)
Laena Tieng	Long Jump	17'7.5" (7th)
Elizabeth Weeks	Triple Jump	36'7.5" (7th)
Lila Wine	Pole Vault	10'11.75" (7th)
Tema Nwana	Weight Throw	48'0.75" (8th)

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
60	Sarah Ishaumuddin	8.07
	Maryann Chidume	8.32
200	Sarah Ishamuddin	27.86
	Maryann Chidume	27.92
400	Sarah Ishamuddin	1:00.22
	Claire Melvin	1:00.94
500	Sonia Purohit	1:23.33
	Anna Landler	1:24.58
600	Sonia Purohit	1:41.05
	Claire Melvin	1:42.14
800	Margaret Trautner	2:13.75
	Katie Williams	2:15.87
1,000	Katie Williams	2:57.06
	Margaret Trautner	2:58.34
Mile	Margaret Trautner	4:57.18
	Katie Williams	4:58.77
3,000	Katie Collins	9:57.53
	Jenna Melanson	9:59.47
5,000	Katie Collins	17:05.09
	Jenna Melanson	17:34.55
60 Hurdles	Kimmy McPherson	9.55
	Lucy Lee	10.04

*(Continued on page 73)*



*(Continued from page 72)*

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
4x200	Yang, Ishamuddin, Purohit, Melvin	1:50.02
4x400	Purohit, MacPherson, Brooks, Ishamuddin	4:06.57
4x800	Williams, McPhillips, Bacher, Trautner	9:23.59
DMR	Trautner, Ishamuddin, Williams, McPhillips	11:44.11
High Jump	Margaret Redfield	5'6" **
	Liana Reilly	5'5 <sup>3</sup> / <sub>4</sub> "
Pole Vault	Jacqueline Ahrens	12'5 <sup>1</sup> / <sub>2</sub> "
	Anais Marenco	11'10 <sup>3</sup> / <sub>4</sub> "
Long Jump	Laena Tieng	17'7 <sup>1</sup> / <sub>2</sub> " *
	Veronica Perdomo	17'1 <sup>1</sup> / <sub>4</sub> "
Triple Jump	Laena Tieng	37'8 <sup>1</sup> / <sub>2</sub> " *
	Elizabeth Weeks	37'6"
Shot Put	Lilly Papalia	38'4 <sup>1</sup> / <sub>4</sub> "
	Folusho Jebutu	34'11"
Weight Throw	Tema Nwana	50'8"
	Savannah Inglin	47'8 <sup>1</sup> / <sub>2</sub> "

\* Freshman Record

\*\* School Record

**MEN'S TRACK AND FIELD****INDOOR****2019-2020 RESULTS****VARSIITY**

Won 3, Lost 0

**MIT**90  
110**Opponent**Alumni 27  
Bates 51, Colby 13**2020-2021 SCHEDULE**

As dictated in the MIT plans for the coming semester, there will be no competitive winter season athletics.

**VARSIITY SCORING & ROSTER**

Benton Wilson	'21	16	Zach Johnson	'22	5.75	Finn Jacobsen Schulte	'21	0
Yorai Shaoul	'21	15	Sam Acquaviva	'23	5	Jake Jorgensen	'21	0
Kenneth Wei	'23	15	Simon Alford	'20	5	Matthew Kearney	'22	0
McKinley Polen	'23	13.25	Ryan Nall	'22	5	Joa Kennedy	'21	0
Matt Schofield	'22	10.75	Lowell Hensgen	'23	4	Cameron Kleiman	'23	0
Nisarg Dharia	'23	10.5	Steven Marquez	'23	4	Vedang Lad	'23	0
Nick Duchatellier	'22	10.5	Max Hardy	'21	3	Nick Minduri	'23	0
Albert Menio	'20	10	Bryan Sperry	'23	3	Haran Nadarajah	'23	0
Andrew Mah	'22	8	E. Brandyberry	'21	1	Sanjay Raman	'23	0
Bobby Upton	'20	8	Nicky Medearis	'22	1	Evan Schaefer	'23	0
Chris Washington*	'20	8	Josh Derrick	'20	0.75	Kent Slaney	'21	0
Alec Reduker	'20	7	Liam Ackerman*	'21	0	Steven Speck	'20	0
Ellery Rajagopal	'21	6.75	J. Budiman	'23	0	Ryan Wilson	'22	0
Andrew Shao	'22	6.5	Dylan Doblal	'21	0	William Woltmann	'22	0
Reed Foster	'22	6.25	A. Foucault-Etheridge	'22	0	Billy Woltz	'20	0
Nathan Basinger	'22	6	Steven Goldy*	'20	0			
Henry Sobieszczyk	'23	6	Omosuzi Guobadia	'23	0			

\* Captain

**CHAMPIONSHIPS****New England Division 3 (1st) 164 Points**

Alec Reduker	High Jump	7'1 ½" (1st)
Yorai Shaoul	Triple Jump	48'0 ¾" (1st)
Kenneth Wei	60 Hurdles	8.10 (1st)
Kenneth Wei	Long Jump	23'7 ¼" (1st)
Benton Wilson	400	49.72 (1st)
Ryan Wilson	1000	02:29.39 (1st)
Duchatellier, Dharia, Shao, Wilson	4x400	03:21.57 (1st)
Nick Duchatellier	400	50.07 (2nd)
Alec Reduker	Long Jump	23'6 ¾" (2nd)
Bobby Upton	Pole Vault	15'5" (2nd)
Chris Washington	High Jump	6'9 ½" (2nd)
Ryan Nall	Weight Throw	58'9 ¼" (3rd)
McKinley Polen	60	6.96 (3rd)
Alec Reduker	Triple Jump	47'8 ½" (3rd)
Yorai Shaoul	Long Jump	23'2 ½" (3rd)
Andrew Mah	5000	14:50.22 (4th)
Steven Marquez	High Jump	6'5 ½" (4th)
Bryan Sperry	Pole Vault	14'11" (4th)
Kenneth Wei	Triple Jump	46'8" (4th)
Benton Wilson	200	22.40 (4th)
Lowell Hensgen	5000	15:02.62 (5th)
Albert Menio Wilson, Dharia,	Weight Throw	54'3 ¼" (5th)
Rajagopal, Kearney	DMR	10:23.96 (5th)
Nathan Basinger	Weight Throw	52'8 ¾" (6th)
Aiden Foucault-Etheridge	800	1:56/91 (7th)
Rajagopal, Foucault-Etheridge	4x800	8:03.06 (7th)
Foster, Wilson		
Max Hardy	Pole Vault	14'5 ¼" (8th)
Ryan Nall	Shot Put	46'8" (8th)

**New England Intercollegiate Amateur Athletic Association (NEICAAA) (25th) 4 Points**

Kenneth Wei	60 Hurdles	8.12 (3rd)
Bobby Upton	Pole Vault	14'11" (6th)

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
60	McKinley Polen	6.96 * **
	Jeremiah Budiman	7.08
200	Benton Wilson	21.93
	McKinley Polen	23.10
400	Nick Duchatellier	49.44
	Benton Wilson	49.66
500	Nick Duchatellier	1:06.12
600	Ellery Rajagopal	1:23.97
	Reed Foster	1:25.25
800	Ryan Wilson	1:55.46
	Ellery Rajagopal	1:56.60
1,000	Ryan Wilson	2:26.61
	Matt Schofield	2:31.47
Mile	Ryan Wilson	4:24.19
	Matthew Kearney	4:24.47
3,000	Matthew Kearney	8:28.82
	Andrew Mah	8:32.62
5,000	Andrew Mah	14:29.43
	Lowell Hensgen	14:56.28
60 Hurdles	Kenneth Wei	8.10 * **
	Joa Kennedy	8.83
4x200	Duchatellier, Dharia, Polen, Shao	1:34.28
4x400	Duchatellier, Dharia, Shao, Wilson	3:20.21
4x800	Rajagopal, Foucault-Etheridge, Foster, Wilson	8:03.06
DMR	Wilson, Dharia, Rajagopal, Kearney	10:23.96
High Jump	Alec Reduker	7'1 1/2" **
	Chris Washington	6'9 1/2"
Pole Vault	Bobby Upton	15'9"
	Brian Sperry	14'11"
Long Jump	Kenneth Wei	23'8 1/4" *
	Alec Reduker	23'6 3/4"
Triple Jump	Alec Reduker	48'10 1/4"
	Yorai Shaoul	48'9"
Shot Put	Nathan Basinger	48'5 1/4"
	Ryan Nall	47'11 3/4"
Weight Throw	Ryan Nall	58'9 1/4"
	Albert Menio	56'10"

\* Freshman Record

\*\* School Record

## 2020-2021 COMBINED SCHEDULES

### CROSS COUNTRY

**(This was the proposed schedule, but all 2020 Cross Country meets have been cancelled due to the Covid-19 pandemic.)**

05/05	Alumni Meet	Larz Anderson Park, Brookline, MA
09/26	Purple Valley Classic	Williams Coll., Mt. Greylock H.S., Williamstown, MA
10/10	NEICAAA Championship	Franklin Park, Boston, MA
10/17	Pre-Nationals	LaVern Gibson Course, Terre Haute, IN
10/31	NEWMAC Championship	Smith College, Northampton, MA
11/14	NCAA New England Region	Connecticut College, New London, CT
11/21	NCAA DIII Championship	LaVern Gibson Course, Terre Haute, IN

### INDOOR TRACK

**(This was the proposed schedule, but all 2020-2021 Indoor Track & Field meets have been cancelled due to the Covid-19 pandemic.)**

12/05	Intrasquad Meet	Home
12/05	Boston University Season Opener	BU
12/12	Alumni Meet	Home
01/09	Art Farnham Invitational	Home
01/16	Bates, Colby	Bates
01/23	Sorlein Invitational	RI
01/29-30	Branwen Smith-King Invite	Tufts
01/29-30	John Thomas Invite	BU
02/05-06	NEICAAA Champ.	Reggie Lewis
02/06	Cupid Challenge	Tufts
02/06	Bruce Lehane Scarlet & White	BU
02/12-13	David Hemery Invite	BU
02/13	Gordon Kelly Invite	Home
02/20	Springfield Invite	Springfield College
02/26-27	New England Division III	Springfield/Middlebury
03/06	Tufts Final Qualifier	Tufts
03/12-13	NCAA Division III	Spire Institute, Geneva, Ohio

### OUTDOOR TRACK

**(A determination about participation in spring sports will be made in the coming weeks.)**

03/27	UCSD Collegiate Invitational	UCSD
04/03	Bates, RPI, Tufts	Bates
04/9-10	Bison Invite	Bucknell University
04/10	UConn Invitational	UConn
04/16	Silfen Invitational	Conn College
04/23	Larry Ellis Invitational	Princeton
04/24	Sean Collier Invitational	Home
05/01	NEWMAC Champ.	Smith
05/06-08	New England Division III Champ	Williams
05/13-15	NEICAAA Championship	Home
05/20	MIT Final Qualifier	Home
05/27-29	NCAA Division III Championship	Spire Institute, Geneva, Ohio