

FRIENDS OF



# WESLEYAN MEN'S and



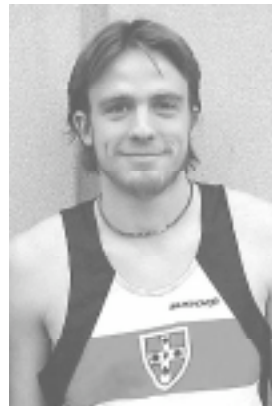
# WOMEN'S CROSS COUNTRY

July, 2002 • Freeman Athletic Center • Wesleyan University • Middletown, CT 06459

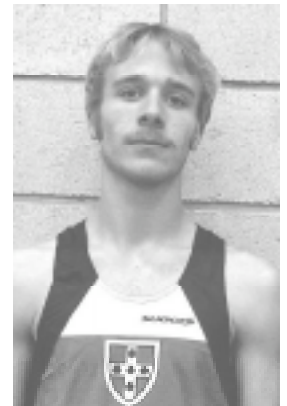
## 2002 Season Preview

### Men

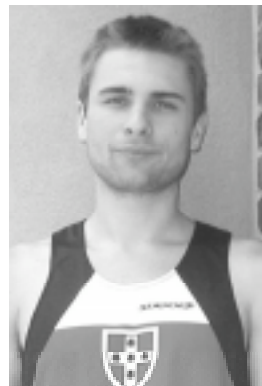
The 2002 men's cross-country team will look to improve on last year's results. The Cardinals return all seven varsity letter winners from the 2001 team. Team captain Dan Lazarek '03 also returns to the team after taking a year off from school. Lazarek ran a 15:42 5000m and a 32:36 10,000m in his junior track season. He will look to run sub-26:00 this fall. Bryan Bissell '04 has been the team's number-one runner his first two years at Wesleyan and 2002 should not be any different. Bissell ran 25:39 last year for 8k. He had a good spring track season in which he ran PRs in both the 5000m (15:33) and 10,000m (32:55). Wes Fuhrman '05 could make a run for the number-one spot. Fuhrman had a good freshman year but he barely scratched the surface of his potential. He ran PRs in both the 1500m (4:04) and 5000m (15:35) on the track. Fuhrman has run 26:23 for 8K. He should be well under 26:00 this fall. Jeremy Solomon '05 had a strong freshman cross-country season, running 26:23 for 8K. Unfortunately, Solomon was injured for all of the track season and is just now getting back to form. Matt Nettleton '03 should round out the top five. He has run 26:51 for 8K. The potential is here for each of our top five to run under 26:00 for 8K, which should put us in the top 10 in the region. Mike Slowik '03 and Steven Becker '05 will fill out the top seven. New-comer Owen Kiely '06 should make an impact on the top seven also. The team still lacks some depth, which hurt us last year. This team has gained strength and maturity over the past two year and should be ready to show its stuff this year.



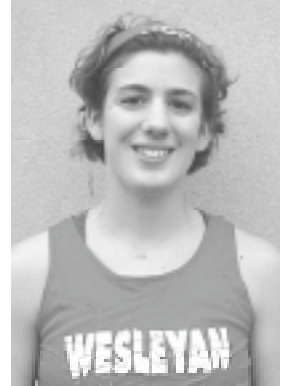
Bryan Bissell '04



Wes Fuhrman '05



Dan Lazarek '03



Jenn Baudreau '03



Courtney Quirin '05



Katy Trandem '03

## 2002 Season Preview

### Women

There are big changes in store for women's Division III cross country in 2002. The women now will race 6000m at the regional and national championships. There also is a great deal of excitement about this year's Wesleyan team. The 2002 women's cross-country team has the potential to be the best Wesleyan has ever seen. Though the Cardinals will have to replace the hard work and dedication of 2001 team co-captains Tara Tracy '02 and Sammie Kempner '02, leading the way will be one of the strongest one-two punches in the region. All-American Courtney Quirin '05 will try to improve on her incredible freshman season. Quirin ran a seasonal best of 17:50 at the NCAA Division III cross-country championships to place 28th. Katy Trandem '03 will push Quirin for the number-one position. Trandem had a breakthrough track season when she qualified for the NCAA Division III championships in the 5000m with a time of 17:39. She also broke the school record in the 10,000m. The next four runners will provide a strong pack for the Cardinals. Leah Frost '05 is coming off an outstanding freshman track season during which she scored in the NESCAC 5000m. She had a seasonal best time of 18:44. Brittany Allen '04 was a top-five performer on last year's team with a seasonal best of 18:52. Allen had a great track season, running 2:17 in the 800m, which qualified her for the NCAA Division III indoor championships. Team captain Jenn Baudreau '03 was also a top-five performer from last fall with a seasonal best of 18:56. She was abroad in Australia last spring. Gina Tassone '05 also will be part of the pack. She had a great track season, running 10:48 for the 3000m. Katy Sullivan '03 also returns. She ran in the seventh position most of last fall and had a seasonal best of 19:40. Meghan Kelly '03, Monica Coghlan '03, Rachel Curtin '04, Kristin Kyrka '04 and Kate McNamara '04 will add depth to a strong squad. Liz Colville '05 and Elizabeth Cukor '05 also will look to contribute. We also have an outstanding group of freshman recruits, but for the first time in a long while, we will not have to depend on any freshman to fill holes. A freshman will have to run exceptionally well to break into our top seven. The team is looking to move up three spots from last year's regional finish (8th). The top 5 teams from New England qualify for the NCAA cross-country championship at St. Olaf's in Minnesota.

## Profiles for top newcomers - Class of 2006

### Women

**Laura Camner** – Charles Wright Academy, Tacoma, Wash. Laura will be running cross country for the first time. She was captain of both the soccer and track teams. Laura has run 5:19 for the 1600m and 2:21 for the 800m. Laura has a great deal of potential having only run spring track in the past. Laura plans to study environmental science.

**Cara Chebuske** – Deering HS, Portland, Me. Cara is more of an 800m runner. She will be running cross country to prepare for the track season. She is a two-time Maine state champion in the 800m. Her best time is 2:19. Cara was team captain and MVP of the track team. Cara is undecided what she will study at Wesleyan.

**Pia de Soiza** – Pearl River HS, Pearl River, N.Y. Pia comes from a powerhouse high-school program. She has a 5KPR of 19:07. She is equally strong on the track with PRs of 2:21 (800m), 5:03 (1500m) and 11:42 (3200m). Pia has also run the steeplechase. Pia was an all-state selection in cross country as well as all-section in track. Pia plans on studying English.

**Nina Eichacker** – National Cathedral School, Sandy Spring, Md. Nina was accepted to Wesleyan last year but decided to defer. Nina was team captain and team MVP in both cross country and track. Nina has a 5K PR of 20:30. She has a chance to develop into a strong Division III runner. Nina was a National Merit Commended Scholar and she plans to concentrate on Latin American studies.

**Sasha Greenspan** – The Galloway School, Atlanta, Ga. Sasha was selected as the top scholar athlete of her school. She placed fourth in the state A (small school) 1600m as a junior and fifth as a senior. Sasha placed ninth in the A cross-country state meet. Sasha is undecided what she will study at Wesleyan.

**Claire Lande** – The College Preparatory School, Piedmont, Calif. Claire was team captain and team MVP in both cross country and track. She has run sub 20:00 for 5K. Claire is relatively new to running and has a great deal of potential. Claire is undecided what she will study at Wesleyan.

**Erin Smith** – Portsmouth HS, Portsmouth, N.H. Erin was a four-time team captain as well as three-time team MVP. Erin was an all-state selection in cross country. Erin has a 5K PR of 19:35. Erin placed sixth in the 3200m at the 2002 outdoor state meet. Her best time for the 3200m run is 11:43. Erin was a National Merit Scholar and plans to study studio arts.

Other Freshman Women: **Kate Fletcher**, Midwood HS, Brooklyn, N.Y. **Allison Joe**, J.F. Kennedy HS, Plainview, N.Y.

### Men

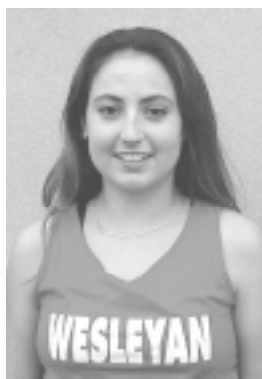
**Owen Kiely** – Athol HS, Athol, Mass. Owen was team captain and team MVP. Owen was selected all-state as well as all-Western Mass. for cross country. Owen placed 10th in the 2002 small school state cross-country meet. Owen has run 4:32 for the 1600m and 9:46 for the 3200m. Owen has a good shot of making our top seven this fall. Owen plans to study biology.

### Notes On The Class of 2002

The four senior women - Maddy Goodkind, Sammie Kempner, Emily Paul and Tara Tracy - were excellent performers and inspirational leaders for last year's women's cross-country team. Now they are out in the "real" world seeking fame and fortune. Well, how about keeping their head above water and getting by? We wish them well in their new endeavors, which include the following:

**Maddy Goodkind** - Maddy is doing research at Columbia U. in New York, specifically dealing with Alzheimer's disease, as in what predicts the disease and testing antipsychotics to see if they're effective for treating the behavioral symptoms. She will be sharing an apartment with fellow Wesleyan cross-country alum Sammie Kempner.

**Sammie Kempner** – Sammie will be moving to New York City in mid-August. She will be teaching 9th grade biology and 10th grade chemistry at the Trevor Day School on Central Park West. Sammie plans on heading to medical school after a year of teaching.



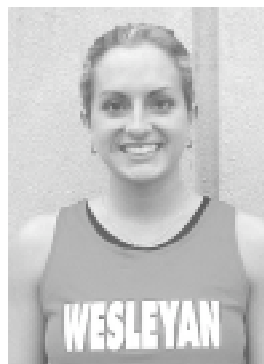
**Maddy Goodkind '02**



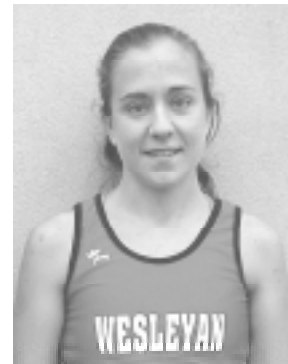
**Sammie Kempner '02**

**Tara Tracy** – Tara just returned from a three-week trip to Greece. Tara will be taking a break from school for a year or two. Tara is currently working as a research assistant in a neurobiology lab at Rockefeller University in New York. Tara plans to return to school in a couple of years for a Ph.D. in neuroscience. In the meantime, she is trying to get used to working 9-to-5 and will be rooming with Emily Paul.

**Emily Paul** – After vacationing on Cape Cod and in London during the summer, Emily will be picking up the books again in law school at Queens College in N.Y.C. starting in the fall. She says she's running every day in expectation of local road races and plans to try out for an Long Island-based women's ice hockey team.



**Emily Paul '02**



**Tara Tracy '02**

### From The Coach

I would like to thank all of those who have supported the program in the past. The team and I really appreciate it. Your continued support is necessary to run a first-class program. The women's program is on the verge of national prominence and the men are not that far behind. I also invite you to our annual alumni run which is Saturday September 7, 2002. The race will start and finish at the usually spot on Andrus Field. And Elmer Swanson is planning to be there to start the race. Please email me (jcrooke@wesleyan.edu) to let me know if you plan on attending, so that I can have ample food and drink. I also encourage you to send me updates or interesting articles, which I can include in the newsletter. Have a great summer. Hope to see you in the fall.

A handwritten signature in black ink, appearing to read "John Croke".

**John Croke**

**Mail tax-deductible donations to:**

**John Croke  
Head Cross Country Coach  
Wesleyan University  
Freeman Athletic Center  
Middletown, CT. 06459**

**Thank you very much for your support.**

Friends of Wesleyan  
 Men's and Women's Cross Country  
 Freeman Athletic Center  
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## 2002 MEN'S AND WOMEN'S CROSS-COUNTRY SCHEDULE

Sat.	9/7	Alumni/ae Race	HOME	11:00 am
(Please contact Coach Crooke at <jcrooke@wesleyan.edu> or (860) 685-5320 if you plan to attend)				
Sat.	9/21	N.Y.U. Invitational*	Van Cortland Park	10:45/10
Sat.	9/28	Tufts Invitational*	North Grafton, MA	TBA
Sat.	10/5	Women's Event	TBA	TBA
Sat.	10/12	New Englands (Boston, Mass.)	Franklin Park	TBA
Sat.	10/19	James Earley Invitational*#	Westfield State	12/11
Sat.	10/26	Little Three	Williams	TBA
Sat.	11/2	NESCAC Championships	Tufts (N. Grafton)	TBA
Sat.	11/9	ECAC Div. III Championships	Williams	TBA
Sat.	11/16	New England Div. III Championships*	Westfield State	TBA
Sat.	11/23	NCAA Division III Championships*^	Northfield, Minn.	TBA

\*Women's race will be 6K      #Men will compete with a J.V. team  
 ^by qualification only