



Anna Juul '21, Honorable Mention All-American



Will Battershill '20, Honorable Mention All-American



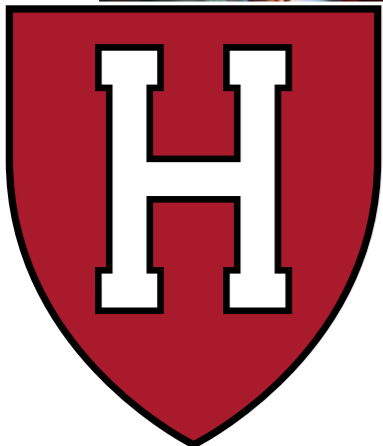
Sam Welsh '22, First Team All-American



Myles Marshall '19
Honorable Mention All-American



Erick Duffy '21, Honorable Mention All-American



OUT OF THE BLOCKS

The Official Newsletter for the Friends of Harvard Track

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The Official Newsletter for the Friends of Harvard Track | June 2019

A NOTE FROM JASON SARETSKY

I hope this letter finds you doing well. While the weather this spring has not been great here at Harvard, the results we have had this outdoor season have been phenomenal. In the last month, we have competed in the HY Meet, the UVA Challenge, the LSU Alumni Gold Meet, the Penn Relays, and the Ivy League Outdoor Heptagonal Championships. At these meets, we set many top ten all-time Harvard marks, earned 14 All-Ivy Honors, secured multiple NCAA East regional marks, and had great team results at Heps.

At the Harvard-Yale Meet, both men's and women's teams dominated the team competition with the men winning 95-68 and the women winning 105-57. Our pole vaulters led the way with **Alana Carroll '22** (Averill Park, NY) setting the school record with a vault of 4.01m (13'1.75"). On the men's side, **Erick Duffy '21** (North Andover, MA) vaulted the number two height in program history with a mark of 5.41m (17'9"). This year's meet was a qualifier for the HYOC trip in June. Many of our top student-athletes will be making the trip! A recap of the meet can be found [here](#).

On April 19 and 20, we split the squad, sending a group of mostly distance runners to the UVA Challenge and another group of our sprinters, throwers, and jumpers to the LSU Alumni Gold Meet. At UVA, **Kieran Tuntivate '20** (Wilmington, DE) broke 14 minutes in the 5000m, winning in a time of 13:57.60. At LSU, **Simi Fajemisin '20** (Oxford, UK) was the first collegiate finisher in the triple jump, coming in second with a jump of 12.89m (42'3.5"). Also, **Myles Marshall '19** (Kingwood, TE) won the A section of the 800m with a time of 1:50.35. Recaps of these meets can be found [here](#) and [here](#).

We also sent a small group of distance runners down to the historic Penn Relays where **Lisa Tertsch '20** (Darmstadt, Germany) set the program record in the 5000m, finishing second in a time of 16:03.15. A recap of the meet can be found [here](#).

Then, on May 4 and 5, we had the Ivy League Outdoor Heptagonal Championships at Princeton. I recently sent out a recap to you about the meet, which was one of our most successful Heps in program history. The women finished second with 126 points and the men finished third with 108 points. **Sam Welsh '22** (Lunenburg, MA) was named the Co-Most Outstanding Field Performer after winning the discus and finishing second in the shot put. **Jovahn Williamson '21** (Dix Hills, NY) set the school record in the 400m with a time of 46.73. The women dominated the 100m, sweeping the top five places led by **Ngozi Musa '19** (Seattle, WA) time of 11.67. In all we had fourteen All-Ivy Honors, with eleven first-place finishes.

To read more about the Heps and All-Ivy Honors, click [here](#), [here](#), and [here](#).

We had 13 athletes representing Harvard at the NCAA East Preliminary Meet in Jacksonville, FL, on May 23-25! It was a great mixture of under and upper classmen representing the Crimson, and five of our student-athletes advanced to the NCAA Championships. Myles led the way by winning the 800 at the East Regional in 1:48.23. Continuing our strong showing in the distance events, sophomore **Anna Juul '20** (West Chester, PA) ran the third-best time in school history in the 1500 (4:20.02), and **Will Battershill '20** (Devon, UK) set a school record in the 3000meter steeplechase (8:44.36) to punch their tickets to the finals. The field events were led by Erick with a jump of 17-5 in the pole vault and Sam's third-place finish in the discus. A recap of these great performances can be found [here](#).

The NCAAs were held June 5-7 at the University of Texas in Austin, where Sam as a first-year earned first team All-America honors with his stellar sixth-place finish! All five finishers ahead of Sam were seniors and his throw of 194'9" solidified his number two spot on the Harvard All Time list. Myles, Anna, Will, and Erick all earned honorable mention All-America honors at the meet as well. I am so proud of the way our athletes represented Harvard at the meet. NCAA recaps can be found [here](#), [here](#), and [here](#).

We also had some very special academic and Senior Award winners this year. **Maya Miklos '20** earned the incredibly prestigious honor of being named to the Phi Beta Kappa Honor Society as a Junior 24. Maya was also Heps Champion both indoors in the 500m and outdoors in the 400h, showing once again how academic and athletic excellence can and should go hand in hand. At the Varsity Club Senior Letterwinners' Dinner this year, **Gabby Thomas '19** won the Radcliffe Prize as the top Female Student-Athlete and **Nicky Maxwell '19** received the John P. Fadden Award given to the athlete who has overcome great adversity. All three of these student-athletes are so deserving of these [awards](#) and [honors](#).

I would also like to thank our graduating seniors who earned varsity letters this year. Their names are listed on the next page. Their leadership, commitment, and effort over the last four years have made a tremendous impact on our program.

Finally, thank you all for your continued support and interest in our program. Harvard Track and Field is special, and you all contribute to that.

Go Crimson!

Jason Saretsky

The William W. "Bill" McCurdy Director of Track and Field/Cross Country

SENIOR RECOGNITION NIGHT

MAY 8, 2019 | HARVARD FACULTY CLUB

At the first-ever Harvard track and field senior recognition dinner, the team announced its 2019–20 captains, as selected by their teammates.

Rising seniors **Kaeo Kruse**, **Martha Kebeh**, and **Livia Gauntlett**, along with rising junior **Erick Duffy** will lead the team next year.

Kruse, a native of Kalaheo, HI, set four track PR's last season in the 1000m, 1500m, 5000m, and 3000m steeplechase. Duffy, who is from North Andover, MA, earned All-Ivy second team honors at the Outdoor Heptagonal Championships and has the second-best mark in the pole vault at Harvard with a 5.41m (17-9) effort.

A Worcester, MA, native, Kebeh is a three-time letterwinner in both indoor and outdoor track and set new PR's in both hammer and javelin at the Harvard-Yale meet. Gauntlett is an All-Ivy hurdler from Bath, UK, earning second team honors at the 2019 indoor Heps in the 60m hurdles.

The team also handed out the Carver Hammer and Weight Award, The Harvard-Yale Women's Track Prize, and the Treasurer's Award.

Carver Hammer and Weight Award - **Allison Rabe** (Minot, ND)

This award is given in the name of Eugene P. Carver, Jr., '13. Sportsman; for 57 years a dedicated track and field official; loyal Harvard alumnus. The award is presented to the member of the Harvard Track squad, who, through conduct, perseverance, and performance in the Hammer or Weight, has contributed notably to Harvard Track and the Harvard community.

Harvard-Yale Prize - **Ngozi Musa** (Seattle, WA)

The gift of the William Lowell Putnam Prize Fund for the Promotion of Scholarship to establish a fund to be used to award a trophy at the Harvard - Yale Women's Track and Field Meet.

The Treasurer's Award - **Myles Marshall** (Kingwood, TN)

Awarded annually to the Outstanding Performer, as selected by the coaches in the Harvard vs. Yale dual meet.



2019-2020 Captains (from left): Livia Gauntlett '20, Martha Kebeh '20, Erick Duffy '21 & Kaeo Kruse '21.

Thank you to the senior letterwinners' in the Class of 2019

MEN'S TEAM

Andrew Bolze (Hingham, MA)..... Track & Field
Taylor Brunskole (Fayetteville, GA)..... Track & Field
Liam Hackett (Cross River, NY) Cross Country, Track & Field
Myles Marshall (Kingwood, TX)..... Track & Field
Nicky Maxwell (London, UK) Track & Field
Samuel Oh (Lincolnshire, IL) Track & Field
Collin Price (Balboa Island, CA)..... Cross Country, Track & Field
Ian West (Balboa Island, CA)..... Track & Field

WOMEN'S Team

Kathryn Gillespie (Dollar, Clackmannanshire, Scotland) Cross Country, Track & Field
Olivia Manickas-Hill (Lexington, MA) Cross Country, Track & Field
Ngozi Musa (Seattle, WA) Track & Field
Allison Rabe (Minot, ND)..... Track & Field
Miranda Sadler (Bristol, UK) Cross Country, Track & Field

A NOTE FROM OUR FRIENDS CHAIRS

Greetings from the Friends of Harvard Track (FoHT) Executive Committee!

With summer just around the corner we are happy to look back at another successful year of fundraising and friendraising among our large group of alumni and parent supporters.

Most recently, in early May, we announced that an anonymous donor had generously agreed to match all gifts donated to the FoHT through May 30 up to \$40,000. The announcement was met with a healthy response from many donors seeking to take advantage of the challenge. Thank you to all who stepped up to contribute!

Our fundraising efforts have also received a boost from the newly created Crimson Club. Those making qualifying gifts and pledges through June 30, 2020, will have their names emblazoned on a plaque that will be permanently hung inside the Gordon Indoor Track. If you missed the recent e-mail announcing this new membership opportunity, please contact the FoHT for details!

On June 1 the FoHT hosted a yet another successful Spring mini-reunion for those alumni who were in Cambridge for their own class reunions. All alumni from non-reunion classes were invited to attend as well. Along with the annual Fall mini-reunion, these events have rapidly grown in popularity and have provided opportunities for all alumni to gather together, hear updates from the coaching staff, and tour the new and improved track and field facilities.

A group of Harvard student-athletes and the coaching staff is currently in England for the 47th meeting of Harvard-Yale vs. Oxford-Cambridge, continuing the historic Transatlantic series that has turned an incredible 125 years old! For any alumni or parents who will be coming out to support the team, we will be hosting a Social gathering on Friday, June 28, at 8PM at the [Grain & Hop Store Pub](#) (69-76 Regent Street, Cambridge, CB2 1AB). All all welcome! The track and field meet will take place on June 29 and will be followed that evening by the Achilles Centenary Ball and 125th Transatlantic Anniversary Banquet. Details for the evening event and registration can be found [here](#).

Looking ahead to the 2019-20 calendar, the FoHT will again be organizing social events for alumni and parents, including events to be held in conjunction with the H-Y-P indoor meet and the H-Y outdoor meet. We are always eager to hear from any alumni or parents who may want to organize or host a FoHT social event in their area of the country. If you are interested, please let us know, and we will help you put an event together!

Be sure to follow important news about FoHT events and initiatives throughout the year on the Harvard Track and Field Facebook page! For those alumni and parents who have already donated to the FoHT during this fiscal year, please accept our sincere thanks and appreciation.

We thank you for your continued generosity and support of the FoHT! Best wishes for a happy and healthy summer to all!

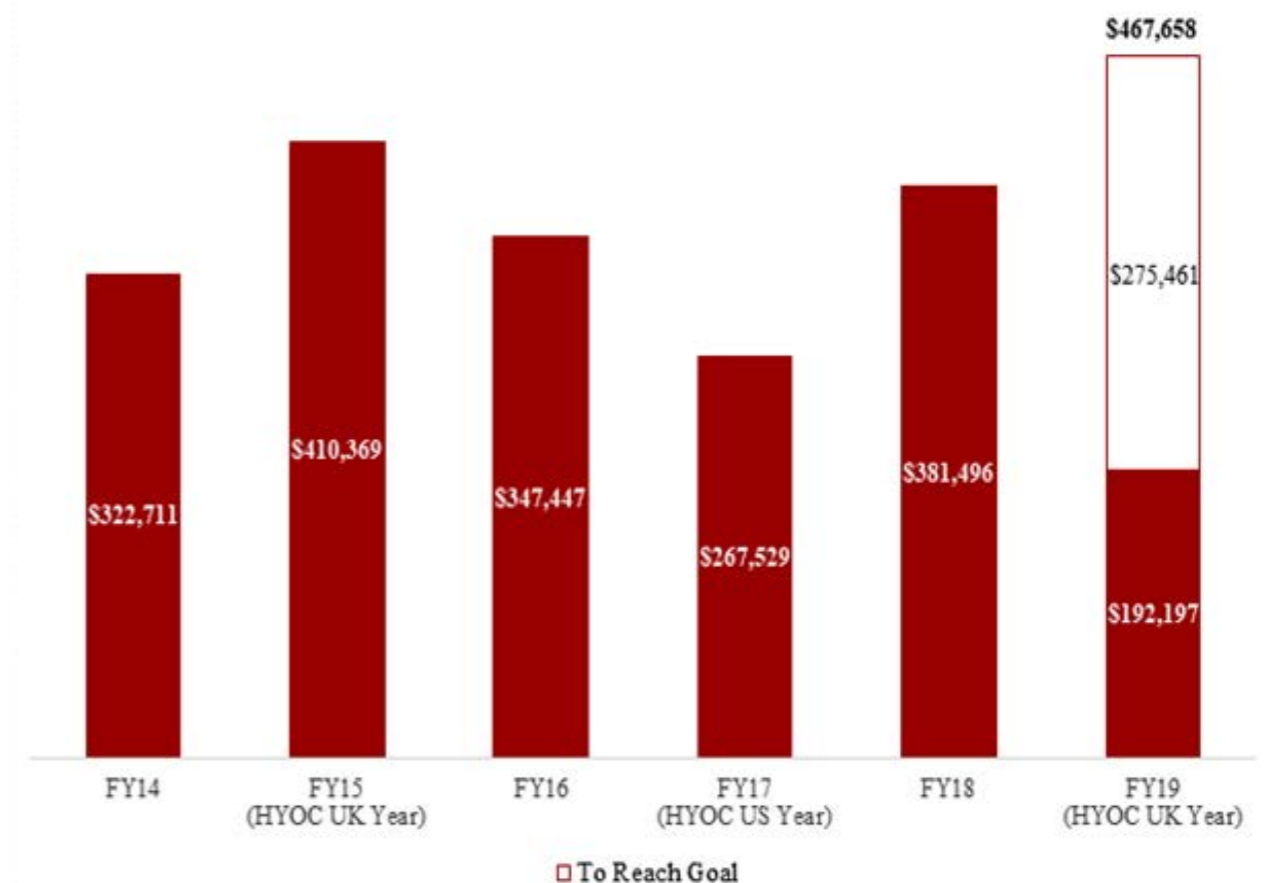
Joe Ciollo '99 and Evan Favermann Eisert '09

Co-Chairs, Friends of Harvard Track

**STAY CONNECTED,
FOLLOW THE TEAM!**



Friends of Harvard Track Annual Contributions (as of March 30)





GABBY THOMAS '19

Hometown: Florence, MA

High School: Williston-Northampton School

Event: Sprints

As a young and indecisive senior in high school, the choice of attending Harvard University was surprisingly not the easiest choice to make. While it was difficult juggling elite athletic performances with my Neurobiology major, along with my minor in Global Health and Health Policy and citation in French, the skill of time management became second nature. However, what I did not realize was that Harvard track would become the most challenging class during my time here.

Harvard track has come to mean many different things to me during my time here. During my first year Harvard, it meant building relationships. I had made my closest friends in my life through track and field, because I still believe to this day there is no bond like one shared with a teammate. During my sophomore year, it became about mindset. My sophomore year was a tough one for me, as I juggled many different activities in the Harvard community while trying to match the success that I had achieved my freshman year. It took a reformation of my mindset to maintain positivity through that season and the next. My junior season, the one that changed my life, meant purposefulness. I had found so much purpose and identity in myself and track and field, and it showed. I worked hard every day and committed myself to athletic excellence. Finally, this year, my senior year, as a professional athlete for New Balance who still trains with the team and coach, I have fallen in love with the sport and the process.

I could say that there is one moment that is the most memorable from being on the track team, like winning NAAs and breaking a ten-year-old collegiate record, or splitting a 49.4 on the 4x4 at the end of a long, tiring Ivy League HEPs championship, or making the Olympic Trials final during my freshman year, but there isn't. There are so many fond moments to me, like the one hot summer day in July when I had a spectacular but demanding training session that pushed me mentally in a way I hadn't been pushed before, or the feeling of winning HEPs with my teammates, or even just a great jump tech practice with my fellow jumpers. All of these moments come together and create a memory of Harvard track in my mind that is an irreplaceable and largely unique experience that I am so fortunate to have been able to know.

Additionally, Harvard track presented me with the opportunity to run for the U.S. National Team at World Relays in Yokohama, Japan just a week ago. This was my first time running for a U.S. team as well as my first time in Japan, or even Asia. This experience was easily one of the best in my life; the energy that filled the stadium as I jogged onto the track was surreal. Team USA was welcoming to me, as a new professional athlete. Competing for my country was such an honor, and I'm looking forward to the next couple of years and the blessings that they will bring.

For more on Thomas read this recent [Harvard Gazette article](#).



Photographs courtesy of Brian Panoff '98



NICKY MAXWELL '19

Hometown: London, UK

High School: Wellington College

Event: Sprints

As a rising high school senior, I didn't want to go to Harvard. I wanted to pursue track and field at the highest possible level, and I was worried that a place like Harvard wouldn't take sport that seriously. Moreover, I imagined that Harvard students would be willing to step over one another on the way to success, relentlessly pursuing ambition instead of cooperating to succeed together. When I wandered into Coach Mangiacotti's office on a visit, I was simply there because, well, "it's Harvard." I never imagined that Coach Mang's deep care for his athletes and for our programme would lead me to feel so differently and that four years later I would count this experience as the most meaningful pursuit of my life thus far.

Harvard track and field matters because it forges relationships grounded in mutual respect. Those who commit to the team and genuinely buy in to the programme are treated as equals by the coaches, with experience and perspective prioritized over authority and title. I have come to see my coach not just as a mentor, but also as a peer who works with me to develop our team. The bonds between teammates are stronger still, with countless hours of intense practice and dedication giving us memories we can reflect on for a long time to come.

As a retired student-athlete, I am particularly looking forward to looking back and allowing the memories that really mattered to rise to the surface. Already, I find an eclectic range of seemingly mundane moments becoming salient in my mind: a practice where we laughed at a joke throughout the workout; the feeling of rounding the bend, training in the sun over Spring Break; conversations with coaches and trainers when I was feeling my highest highs and lowest lows.

I will never forget competing at Indoor Heps for the first time this year, at home in our newly renovated Gordon Track. Having calculated an equivalent qualifying standard to account for my disability, the coaches gave me a defined target to become eligible for selection. After battling through injuries early in the indoor season, I finally hit the standard and was selected to compete in the 60m and 200m. With the crowd roaring, generating the most intense atmosphere I have ever experienced at a meet, Coach Mang came to me and said, "You've earned your way here. Now go do something with it." I somehow ran PRs in both events, and did the same at Outdoor Heps a few months later. I'll treasure those memories forever, but they matter to me not because of my specific times; I have no doubt that in a few years I won't remember or mind whether my 200m PR was 27.66 or 27.33. Most of my friends—who fortunately aren't track nerds—have absolutely no idea what constitutes a half-decent time. These memories matter because I am now filled with self-belief that, when the moment comes, I can perform. This team has taught me the importance of dedication, continual work towards incremental gains, and unreserved commitment to a cause that matters. As I move on to a life beyond track and field, I know these lessons and values will serve me well.

To the coaches, teammates, athletic trainers, managers, countless support staff, and Friends, whose donations make these experiences possible, I am forever grateful. This team has made me who I am today, and I am so envious of those student-athletes who will set foot on campus next year with a serious and justified ambition of graduating as champions.



Photographs courtesy of Brian Panoff '98



Jack Brady '10, Evan Favermann Eisert '09, Myles Marshall '19, Molly Brady '08, Coach Mangiacotti, Adabelle Ekechukwu '14, Olivia Abbate '14



Alex Johnston '94, Steve Tugwell '94, Charlie Davis '20, Doug Lanzo '94, Steven Kelts '94, James Hickey '94



Pete McConnon '94, Terry Boyle '94, Kristina Lynch Dalicandro '94, Esan Simon '94, Alais Griffin-Elbrecht '94, Todd Dawson '94



Favia (Merritt) Dubyk '09 & Aishlinn (O'Callaghan) Bottini '09



Jack Brady '10, Becky Christensen '09, Molly Brady '08, Jonathan Wofsy '08, Geneva Trotter '09, Favia (Merritt) Dubyk '09, Evan Favermann Eisert '09, Aishlinn (O'Callaghan) Bottini '09

HARVARD TRACK AND FIELD MINI-REUNION

JUNE 1, 2019 | ALBERT H. GORDON '23 TRACK

Photographs courtesy of Brian Panoff '98



Adabelle Ekechukwu '14, Olivia Abbate '14



Alais Griffin-Elbrecht '94, Pete McConnon '94, Terry Boyle '94, Michael Belbeck '94, James Hickey '94, Steven Kelts '94, Todd Dawson '94, Kristina Lynch Dalicandro '94, Doug Lanzo '94, Esan Simon '94, Alex Johnston '94,



Terry Boyle '94, Steve Tugwell '94, Steven Kelts '94