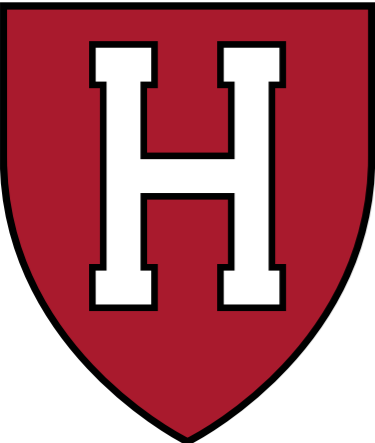




DaLoria Boone '22, Olivia Okoli '21, Ngozi Musa '19, Kelisa Cain '22



Kieran Tuntivate '19-20



OUT OF THE BLOCKS

The Official Newsletter for the Friends of Harvard Track

A NOTE FROM JASON SARETSKY

Dear Friends of Harvard Track and Field,

It was great to see so many of you at the Ivy League Indoor Heptagonal Championships a few weeks ago. It was fun to catch up with many of you throughout the weekend. I can't thank you enough for the support you showed our program during Heps. Also, the reaction to the new [Crimson Club](#) that was rolled out during Heps weekend has been phenomenal, and I hope many of you will be able to be a member and have your name permanently hanging on a plaque in the Albert H. Gordon Track.

In February, our teams competed in four meets as well as the Heps. We hosted the Crimson Elite on February 1. This meet is geared toward the speed and power events and features some of the best competition on the East Coast. **Livia Gauntlett '20** (Bath, UK) led the way with a career best in the 60 meter hurdles in 8.44 ([Recap](#)). At the Scarlet and White Meet the next day at BU, **Rodney Agyare-May '21** (Worcester, MA), **Jovahn Williamson '21** (Dix Hills, NY), and **Myles Marshall '19** (Kingwood, TX) all won events as our long sprinters showed their depth ([Recap](#)).

On February 9, the teams split up with some student-athletes going to the Texas Tech Shootout and others going to the Valentine Invite at BU. **Erick Duffy '21** (North Andover, MA) moved to number two on the Harvard all-time list in the pole vault, reaching 17-3.75 (5.28m). **Kieran Tuntivate '19-20** (Wilmington, DE) ran the number four fastest all-time 3000m in Harvard history, finishing in 7:59.78. We had other great results that weekend as well ([Recap](#)).

I recently sent out a recap of the Indoor Heps Championships and wanted to share some additional details. It was a great weekend highlighted by **Simi Fajemisin '20** (Oxford, UK) being named the Outstanding Female Field Performer and Kieran being named the Outstanding Male Track Performer. Kieran has been getting national attention on [Sports Illustrated](#) and other national publications including the Washington Post and Runner's World for his gutsy performance with one spike! Recaps of the weekend can be found [here](#) and [here](#).

Before we transition to the outdoor season, we have a few things left from indoor and cross country. First, Erick bounced back from a tough day at Heps to win the IC4A Pole Vault ([Recap](#))! Also, Simi qualified in the triple jump for the NCAA Indoor Championships in Birmingham, Alabama, on March 9 where she finished 14th with a jump of 41-11.25 (12.78m), earning second team All-America honors ([Recap](#))!

I am also proud to announce that members of the coaching staff and Simi won [USTFCCCA Regional Track and Field Honors](#). **Coach Tolbert** and **Coach Mangiacotti** were named Northeast Women's and Men's Coach of the Year, respectively. Simi was named the Northeast Female Field Event Athlete of the Year. I was fortunate enough, due to my great staff, to be named the Northeast Women's Coach of the Year. The USTFCCCA also announced in February that both the men's and women's cross country teams were awarded USTFCCCA All-Academic Team awards, and Kieran, **Hugo Milner '21** (Derby, UK), and **Lisa Tertsch '20** (Darmstadt, Germany) earned USTFCCCA All-Academic recognition ([Recap](#)).

For March, we transitioned to outdoor and our annual Spring Break trip:

- **March 22-23:** Victor Lopez Invitational @ Rice ([Recap](#))
- **March 28-30:** The Texas Relays @ Texas, Raleigh Relays @ North Carolina, UMass Lowell Invite @ UMass Lowell ([Recap](#))

With so many outstanding results already in the books, I am excited about our outdoor season and hope you'll mark your calendars for the Ivy League Outdoor Heptagonal Championships at Princeton May 4-5! Having you in the stands is a great benefit to the team.

Go Crimson!

Jason Saretsky

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

A NOTE FROM OUR FRIENDS CHAIRS

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

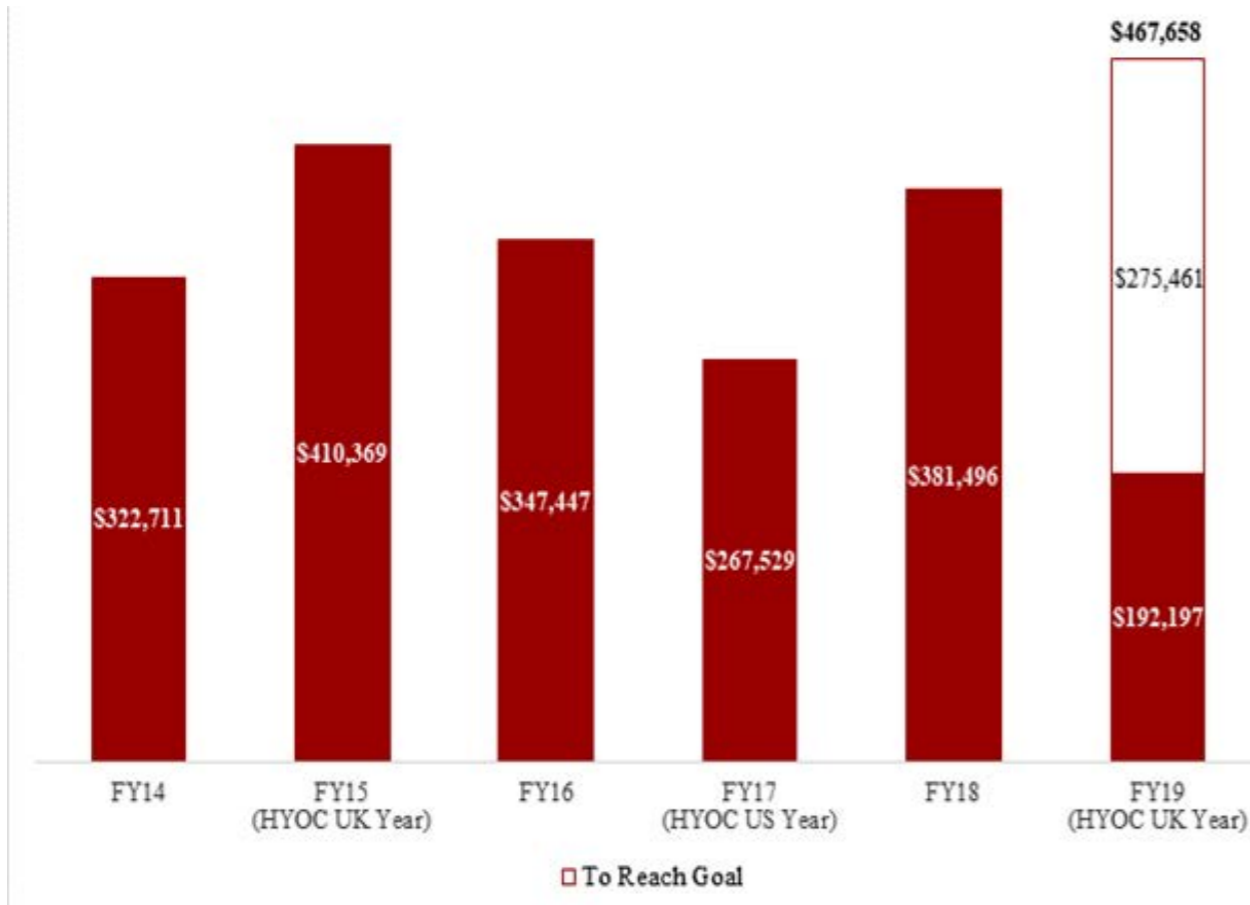
The past couple of months have been quite an exciting time for the community of Harvard track alumni and parents. We are particularly thrilled about the growing number of people who have been able to visit Harvard and participate in FoHT-related events.

On January 13 we kicked off the year with yet another successful edition of the annual Leslie Cooper Golemme '86 Annual Friends & Family Track Meet. It seems that this event grows larger and larger every year, which only adds to the fun atmosphere. The success of the event is in part due to the organized volunteer efforts of the current student-athletes and a dedicated group of alumni who have been part of the tradition for years. Special thanks go to **Renny Little '55**, **Henry Marcy '60**, and **Ed Meehan '64**, who were instrumental in making the day go as smoothly as possible!

On January 25, the night before the men's and women's teams competed at the H-Y-P meet at Princeton, **Coach Jason Saretsky** and his staff stopped by the Hilton Midtown in New York City for a "Meet the Coaches" social gathering. We appreciate the coaches taking time from their busy schedules to connect with alumni in an informal setting. As a reminder to alumni and parents who may live near a venue where the teams' competitive schedule takes them during the year—if you have any interest organizing or even hosting a similar FoHT social event, please let us know!

On February 22–24, we enjoyed what was undoubtedly the centerpiece of our FoHT event calendar. In connection with the Ivy League Indoor Heptagonal Championships hosted by Harvard, the FoHT offered three days of events for alumni and parents to reunite, enjoy each other's company, and celebrate the history of the program. (As if spectating at one of the world's most exciting indoor track meets was not enough!) The weekend got underway with a

Friends of Harvard Track Annual Contributions (as of February 28)



Friday night welcome reception at Daedalus in Harvard Square. After the first day of Heps competition, alumni from all eras of the Harvard track program convened at the Murr Center's Hall of History for the FoHT Reunion Gala. Special recognition was given to many loyal donors, and attendees were treated to thoughtful remarks by current women's co-captain **Malia Ellington '19** and former star distance runner **Ed Baker '01**. The trifecta of weekend social events was completed on Sunday with a casual late breakfast at the Boynton Lounge adjacent to the upper level of the Gordon Indoor Track. We look forward to repeating such a festive weekend the next time the Indoor Heps comes to Harvard!

In late May/early June, the FoHT will once again host a Spring mini-reunion, this time for most of the Class Years ending in "4" and "9". Details will be announced soon. The Classes of 1974 and 1979 will be included in the Fall mini-reunion, and the FoHT will organize a gathering in October on a date to be announced.

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 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!

Joe Ciollo '99 and Evan Favermann Eisert '09

Co-Chairs, Friends of Harvard Track



MYLES MARSHALL '19

Hometown: Kingwood, Texas
High School: Kingwood High School
Events: Middle Distance

Q: What effect has your time at Harvard had on you?

A: My time at Harvard has enabled me to discover more about myself and this world than I ever thought possible. More than just meeting new people, Harvard allowed (and sometimes forced) me to engage with those very different than I, teaching me to better appreciate and understand others. Harvard provided me lessons beyond the classroom, presenting daily challenges of navigating an increasingly tricky world of leadership. And while my time here was filled with ups and downs, I never once doubted my decision to attend, and I know I've been made better by everything that didn't go my way.

Q: What has been your most memorable moment on the team?

A: My most memorable moment on the team comes from early freshman year. It was the first Cross Country meet, HYP held at Franklin Park in the city. Since I wasn't running, I arrived with my middle-distance training group for a workout and to cheer on the team. At that point in time, I had only gotten to know my training group, and, being awful with names, I barely knew anyone we had competing. This didn't matter. The moment the race started I was sucked into the energy of my group cheering on the distance runners and instantly felt the feeling of being a part of a team that was greater than me. Ever since, I've seen and felt the team be supportive of our teammates, no matter the result. It is at times surprising, but often inspiring. I've come to know this as the spirit of Harvard Track and Field, and I am sure it is one that will remain.



NGOZI MUSA '19

Hometown: Seattle, Washington
High School: Holy Names Academy
Events: Sprints

Q: What effect has your time at Harvard had on you?

A: My time at Harvard has helped to shape me into the confident and capable woman I am today. More specifically, being a student athlete and being a part and captain of the Women's Track and Field team has taught me leadership, resilience, and a growth mindset. I have had the privilege of training and working with an amazing coaching staff, teammates, and friends. Each have played a major role in growing me into the athlete and individual I am today.

Q: What has been your most memorable moment on the team?

A: I have two most memorable moment on the team. My first memorable moment was freshman year setting the Ivy League record for the 4x100 relay and being a part of the first Ivy League 4x100 team in history to make it to Outdoor Nationals.

My second most memorable moment was this year winning my first Ivy League championship in the 60m this indoor season. I went from back to back runner up my freshman and sophomore year to placing last in the 60m final last year. I was coming back from injury last year, and it really taught me not to take things for granted and to be thankful for the opportunities to be able to get on the line and in the blocks. Being able to take first this year was an indescribable feeling. No one sees the hard work, sweat, and tears that get one to that spot on the podium; all they see is the finish. To be able to reap the benefits of my hand work and dedication to my sport was truly a blessing.



**STAY CONNECTED,
FOLLOW THE TEAM!**



Photographs courtesy of Harvard Athletic Communications

FRIENDS OF HARVARD TRACK REUNION GALA

FEBRUARY 23, 2019 | LEE FAMILY HALL OF HISTORY

Co-captain of the women's team **Malia Ellington '19** (Davidson, NC) spoke at the FoHT Reunion Gala Heps weekend. Following is a summary of her remarks.

Ellington spoke about how conference meets, and HEPS in particular, are special. She recounted the story of her high school team which was very small and only had 6 women on the team her senior year. They tried and succeeded in winning their conference meet by each running 4 individual events, the maximum allowed in their high school conference. It was an incredible display of putting team goals first. However, this drive and motivation that she saw on one day from her high school team, she sees every day, every practice, and every competition from the Harvard team.

In her opinion, the people are what make the Harvard team so special. It has been her teammates who have motivated her, reminded her over and over how much she loves this sport, and shown her how track and field can be both powerful and empowering. As a senior reflecting on the role the track and field team has had on her Harvard experience, she believes the real impact has not come from the number of miles she has run, the races she has competed in, or even the number of HEPS titles Harvard has won, but rather whom she has done all those things with.



Co-captain Malia Ellington '19

Photographs courtesy of Brian Panoff '98



Frank Haggerty '68 and Denis E. Cochran-Fikes



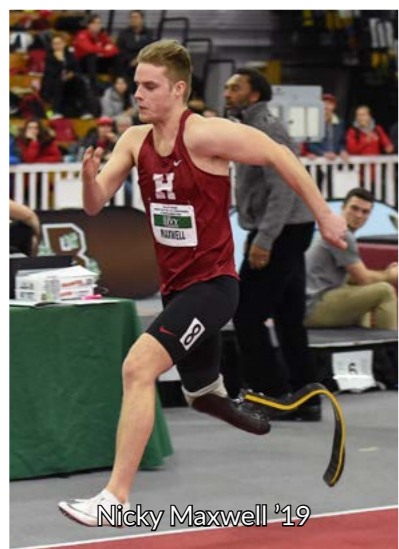
Olivia Okoli '21, Dalaria Boone '22, Gabby Thomas '19, Ngozi Musa '19, Kelisa Cain '22



Kieran Tuntivat '20



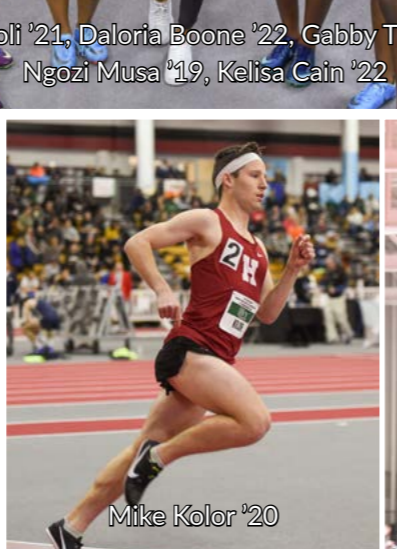
Ngozi Musa '19



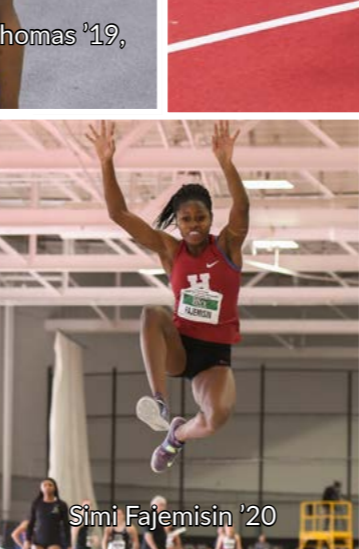
Nicky Maxwell '19



Ian West '19



Mike Kolor '20



Simi Fajemisin '20



Rodney Agyare-May '21



Kathryn Gillespie '19



Lisa Tertsch '20

FRIENDS OF HARVARD TRACK REUNION GALA

FEBRUARY 23, 2019 | LEE FAMILY HALL OF HISTORY

photographs courtesy of Brian Panoff '98



Sandy Kemp '69, Elaine Yuan, Elizabeth Kemp



Gary Geissler, Becky Christensen '09, Sean Barrett '07, Evan Faverman Eisert '09



Emma Payne '16, Paige Kouba '16, Kebba Tolbert, Elianna Shwayder '18, Malia Ellington '19



Molly Brady '08, Jack Brady '10, Cathrine Erickson, Becky Christensen '09, Evan Favermann Eisert '09



Steve Brown '77, Sam Butler '76, Evan Favermann Eisert '09, Bill Okerman '76



Malia Ellington '19, Joe Pellegrini '79



Ed Baker '01, Alasdair McLean-Foreman '06



Jason Saretsky, James Lim '16



Jeff Campbell '77, Sandy Kemp '69

FRIENDS OF HARVARD TRACK REUNION GALA

FEBRUARY 23, 2019 | LEE FAMILY HALL OF HISTORY

photographs courtesy of Brian Panoff '98



Elianna Shwayder '18, Meredith Rainey-Valmon '90, Paige Kouba '16



Beth Davis, Brian Davis '90, Kerry Failla, Rob Failla '93



Becky Christensen '09, Ted Bailey '62, Evan Favermann Eisert '09



Bruce Weber '83, Bill Barton '85, Paul O'Leary '85, Alexandra O'Leary



Jack Brady '10, Evan Favermann Eisert '09, Michael Eisert, Becky Christensen '09, Cathrine Erickson



Renny Little '55, Joe Ciollo '99, Ed Baker '01



Marc Mangiacotti, James Lim '16, Gary Geissler



Ed Baker '01



Joe Ciollo '99, Evan Favermann Eisert '09

LESLIE COOPER GOLEMME '86 FRIENDS & FAMILY TRACK MEET

JANUARY 13, 2019 | GORDON INDOOR TRACK



Photographs courtesy of Brian Panoff '98

