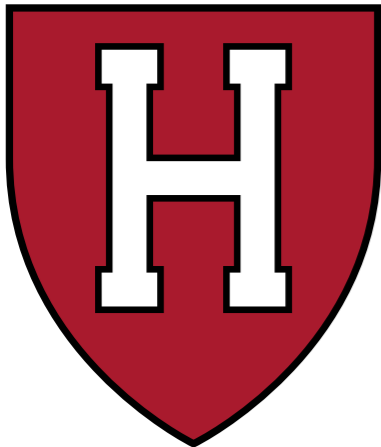




2018 HYP start at Franklin Park



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# 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 | December 2018

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## A NOTE FROM JASON SARETSKY

Dear Friends of Harvard Track and Field,

What an exciting time to be a part of the Crimson Track and Field/Cross Country program. Each day, I am reminded of what a privilege it is to work with our incredibly talented student-athletes. The entire coaching staff is extremely proud of their drive and commitment to be the best representative of themselves and Harvard.

As we prepare for our indoor season of track and field, I want to take this opportunity to share with you the tremendous success we had in cross country both on the course and in the classroom. Under the guidance of Associate Head Coach (Cross Country) **Alex Gibby** and Assistant Coach **Kathy Newberry**, the 2018 teams reached new heights both as a team and as individuals. During the past season, our men's team was ranked as high as number two in the Northeast Region while our women's team reached a ranking of fifth out of the 40+ schools in the Northeast.

Our men's team's second-place finish at the Heps at Princeton in muddy conditions was the best finish by a Harvard men's team since 1976. Also, **Kieran Tuntivate '19-20** (Wilmington, DE) became just the 10th Harvard male, and the first since 2013, to win the individual Heps title in an exciting sprint finish. Showing our depth, for the first time since 1978 we had multiple athletes earn All-Ivy first team, with **Hugo Milner '21** (Derby, UK)'s third-place finish. Adding to our stellar day, **Will Battershill '20** (Devon, UK) earned second team All-Ivy and **David Melville '22** (Greensboro, NC) was the top first-year runner to cross the finish line. And all five scorers are back next year! On the women's side, **Lisa Tertsch '20** (Darmstadt, Germany) and **Abbe Goldstein '21** (Ambler, PA)'s third- and sixth-place finishes, respectively, led the Crimson to a sixth-place overall showing at the Heps. Having two underclassmen earn first team All-Ivy bodes well for the future of our women's program.

Another highlight for our season was having three runners qualify for the NCAA Championships in Madison, Wisconsin. Kieran and Hugo, based on their second- and fifth-place showings at regionals, earned individual invitations to NAAs as well as All-Regional honors. Lisa's third-place finish also earned her an NCAA Championship invitation and All-Regional honors. At the national meet, all three runners finished in the top 100, lead by Kieran's 47th place, just 7 spots from earning All-America honors.

The teams also excelled in the classroom, as both the teams and multiple individuals earned All-Academic honors this year that have not been made public yet. Our teams this season exemplified what it means to be a student-athlete.

Another great honor for our program and me was my being named the Ivy League Men's Cross Country Co-Coach of the Year. It is the first time since the award was started in 2014 that our coaching staff won this award. As I have always said, these awards really recognize the great work of the entire staff. Both Alex and Kathy had an outstanding year leading our team, and I believe even greater success will come in the future.

As we turn our attention to the indoor season, I want to take a moment to share the exciting news that senior **Gabrielle Thomas '19** (Florence, MA), one of our most decorated student-athletes, has signed a professional contract with New Balance. Gabrielle solidified herself as one of the world's premier sprinters last year, and we are incredibly proud that she has earned this opportunity. The great news is that she will still be a part of our day-to-day family, as **Kebba Tolbert**, our women's sprints and jumps coach, will continue to coach her, and she will be training and working with our team this year. Her impact on our team will be invaluable.

Our track and field schedule will see us travel to Texas, Florida, and Virginia as well as host four meets, including the Indoor Heps Championships on February 23 and 24. I am also excited about our hosting Penn in a dual meet on December 9 due to the generosity of an anonymous donor. This meet brings back the excitement of the days past where dual meets and team rivalries were front and center in track and field. The meet also represents our first meet in our newly renovated Albert H. Gordon Track. I hope you will all get a chance to come to a meet in 2019 as the new facility looks fantastic, and we believe it will be one of the faster tracks on the East Coast!

The 2018-19 indoor season is shaping up to be a special one. We return numerous Ivy League champions from last year's track and field season. This includes **Simi Fajemisin '20** (Oxford, UK), who won the triple jump with a Harvard record 43'25", and **Myles Marshall '19** (Kingwood, Texas) and **Kathryn Gillespie '19** (Dollar, Clackmannanshire, Scotland), who each won the 800m for the men's and women's teams, respectively. Along with our great returning athletes, many incoming first-years should have an immediate impact on our team. We have added New Balance National Champions **Sam Welsh '22** (throw events Lunenburg, MA) and **Alana Carroll '22** (PV, Averill Park, NY) as well as some nationally and internationally ranked athletes, including **DaLoria Boone '22** (sprints, Milledgeville, GA) and **Will Crisp '22** (mid distance, Swindon, UK).

Lastly, I want to thank you all for your support and for continuing to be an important part of the Harvard cross country and track & field family. Our program is unique, not only because of the amazingly talented and accomplished student-athletes we have, but also because of the loyalty of people like you. Thank you for helping to make our program what it is today.

I hope you all have a happy and safe holiday season!

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!

Winter is here in New England and the indoor track season is underway. We welcome back alumni, parents, and student-athletes to the 2018–2019 academic year and look forward to seeing both new and familiar faces in the upcoming months.

We have a big year ahead of us, notably, with Indoor Heps returning to Harvard’s Gordon Track in February and with the team heading “across the pond” for the historic Harvard-Yale/Oxford-Cambridge Meet in June.

We hope many of you will be able to make it back to campus for the weekend of Indoor Heps (February 22–24) and especially for the Heps Gala (Saturday, February 23). It’s hard to believe that it has already been four years since the last time we hosted Heps. The Heps Gala promises to be a lot of fun!

For those of you returning to Harvard for meets or reunions this winter or next spring, be sure to visit the indoor track—we will have an informal event during reunions in the Track Lounge. The track has been renovated, so it’s an exciting time to check out the changes. Also, remember, you will receive reunion class gift credit for all donations made to the FoHT! Two birds, one stone!

Thank you to everyone who made a donation to the FoHT in FY2018 and helped us achieve our goals. We are starting off FY2019 on a strong note as well! Don’t forget—it’s an HYOC year, so our fundraising target is even higher.

Be sure to follow important news about FoHT events and initiatives throughout the year on the [Harvard Track and Field Facebook page](#)! The team also has an incredible presence on [Instagram](#) and [Twitter](#)—follow them if you aren’t already. Finally, if you are interested in joining the FoHT either in a formal Board role or more informal support role, regardless of where you live, please reach out to us.

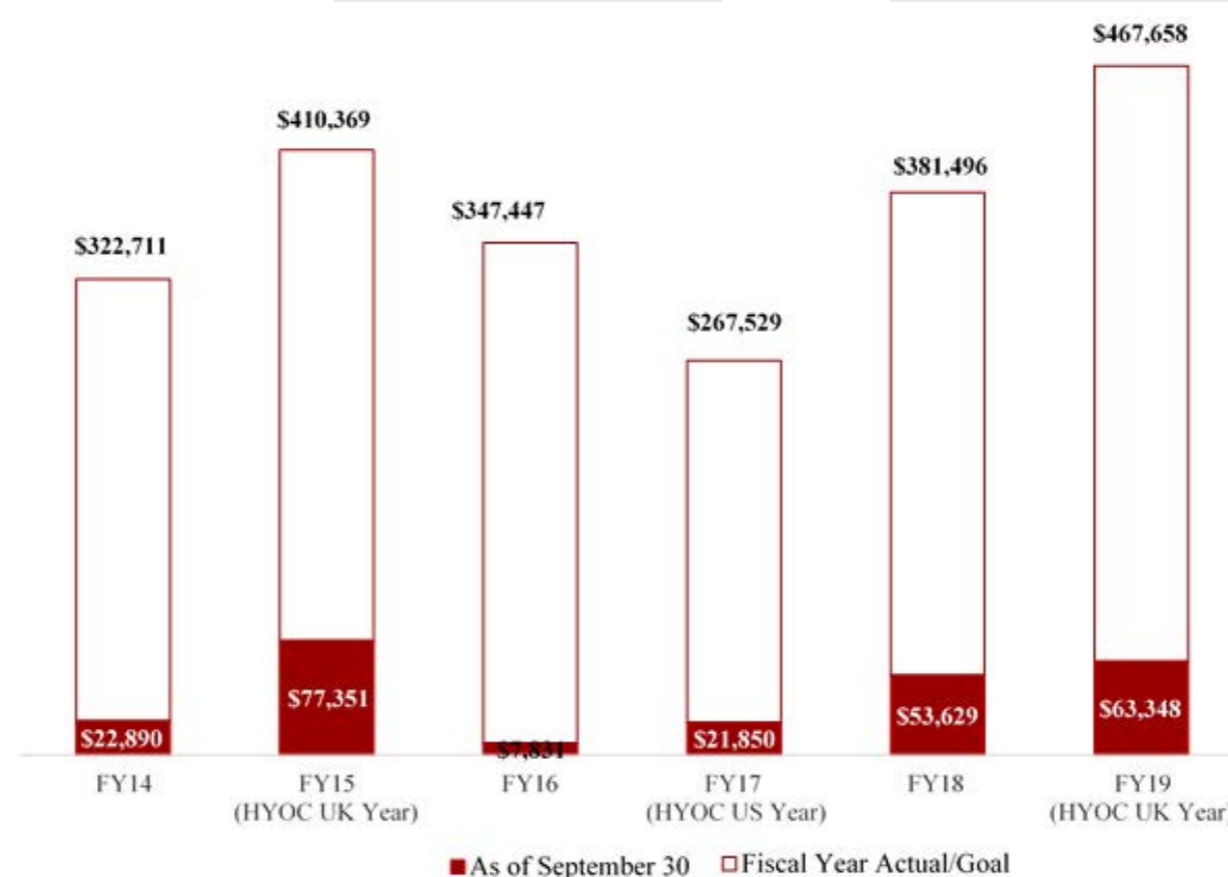
Wishing you and yours a very happy and healthy New Year! As always, thank you for supporting the Friends!

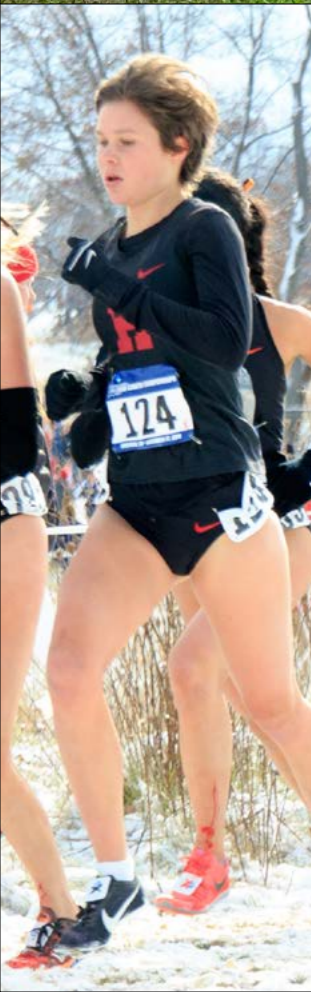
Joe Ciollo '99 and Evan Favermann Eisert '09  
Co-Chairs, Friends of Harvard Track



Jason Saretsky, The William W. “Bill” McCurdy Director of Track and Field/Cross Country, was named the Ivy League Men’s Cross Country Co-Coach of the Year.

## Friends of Harvard Track Annual Contributions (as of September 30)





## STUDENT-ATHLETE PROFILE

### LISA TERTSCH '20

Hometown: Darmstadt, Germany  
High School: ASC Darmstadt  
Events: Cross Country and Distance

I believe that numbers and times tell very little about the stories, the emotions, and the process behind them. On paper, it seems like the women's cross country team only improved a little from last year to this year, as we went from eighth place at Heps last year to sixth place this year. But these numbers do not always reflect reality. Looking at the results of Heps a little closer, one can see that our team was actually just 22 points off a second-place finish. And if one would look even closer, one would see the huge steps that our team has taken this season towards building our team culture and perseverance.

And it was exactly this mutual support and perseverance that became crucial at Regionals in Buffalo. For me, this race was the greatest challenge, not only physically but mentally. Yes, I did want to qualify for Nationals, and yes, I needed at least a fourth-place finish to achieve this. That alone was pressure enough. But on top of that, the weather was awful; it was cold and muddy and snowing the whole time. It was my teammates who helped me to deal with that pressure and turn it into something positive and productive—a third-place finish at Regionals but, even more importantly, the lesson that if I just focus on the present and on taking the next step, I can do almost anything.

I became even more aware of how much fun I have with the team and how supportive they are when I went to Nationals—alone. I had to check out the course myself. I could not joke around at breakfast with my teammates. And I had nobody to talk to during the warm-up to take my mind off the race. Nonetheless, or maybe



even exactly because of that, Nationals was a unique challenge for me. Seeing all the best runners in the country together, knowing that they were all in the best shape they could be in and knowing that I was there to race and compete on this level got me very excited. The race itself was different than anything I have ever experienced before. I was working really hard and there were still 99 people who ran faster than me. But then again, as I said in the beginning, numbers can only tell so much. What will stay in my mind from this season are not primarily my results, but all the memories and stories around it. I will remember how we turned the hours waiting for delayed planes into deep conversations, the fun stories at team dinners, the early morning pre-race breakfasts, or carrying ice from the vending machine to the bath tub to take an improvised ice bath, and I am so grateful that I was allowed to experience all of this. Ultimately, this season was a great one, but hopefully next year I will not be at the starting line at Nationals alone but will have my teammates next to me.

To read more about Lisa, [click here](#).



**STAY CONNECTED,  
FOLLOW THE TEAM!**



Photographs courtesy of Harvard Athletic Communications

## STUDENT-ATHLETE PROFILE

### KIERAN TUNTIVATE '19-20

Hometown: Wilmington, DE

High School: Charter School of Wilmington

Events: Cross Country and Distance

This past academic year, 2017-18, I was fortunate to have the opportunity to take a year off from Harvard to explore a variety of interests outside my typical classes. While I found this time extremely beneficial for formulating my academic interests and improving my academic experience at Harvard, it also provided me with a year to train. Motivating myself to run at a high level during my gap year proved very difficult. I mostly ran alone (although my dad did bike with me on some of my slower runs and my brother timed many of my workouts) and didn't have coaches to hold me accountable. I had to find time to run before or after work, and sometimes I opted to bike to work for the extra cardio. The only thing getting me out the door to run 80+ miles per week was the belief that I could positively contribute to the XC team when I resumed at Harvard.

That belief finally started to feel like a reality, as I could tell that my year off had had a profound impact on my 2018 XC season. Being away for a full year allowed me to fully appreciate the privilege of being able to compete for Harvard and race with my closest friends. Once I arrived back to campus in September, I had a renewed sense of urgency. I had waited a long time for the opportunity to compete for Harvard again, and I didn't want to waste a moment of it. My mindset, as well as the mindset of Coach Gibby, Coach Saretsky, and my teammates, changed from hoping for success in the future to wanting success for the team now.

I was happy to be back at familiar facilities like the Gordon Indoor Track and the other great facilities Harvard provides. But I was most appreciative of rejoining

the team when we traveled for races. During my year off I tried to maintain a racing schedule similar to that of my teammates at Harvard. I raced in Raleigh, Boston, Philadelphia, State College, and Indonesia (in the Asian Games). Racing was fun, and it was another motivator for me during my year off, but it was lonely. It felt odd to toe the line without my teammates by my side. Back at Harvard, I really noticed the difference at the Ivy League Championships (HEPS). The energy of the men's team was unmistakable and only grew after seeing some amazing performances from the women's team, who raced first. Our race felt like an 8-kilometer crescendo. During the race, I could see my teammates just in front of me and I heard others close behind. Along the edges of the course, current and former teammates cheered offering more support. The energy built with every kilometer and helped carry our team to the best team finish at Heps in my lifetime. It wasn't an easy race for anyone, especially considering the conditions, and I'm certain I would have faded had it not been for the support I received the entire way.

There were many highlights this season, but personally, I most treasure reconnecting with my teammates after being away for a year and finding new friends in the sophomore and first-year classes. I am extremely grateful for my supportive teammates and coaches and how they made the transition back to Harvard as easy as possible. I don't think anyone outside of Harvard believed we would improve to second at Heps, but after getting to know Coach Gibby and observing the renewed sense of urgency, I am confident that the best results are yet to come.

To read more about Kieran, [click here](#).



Photographs courtesy of Brian Panoff '98  
& Harvard Athletic Communications



# CROSS COUNTRY CAPTAINS & AWARD WINNERS

## Captains

**Gillian Meeks '19** and **Eliza Rego '19**, Women

**Charlie Davis '19**, Men

## Awards

**The Jerry Kanter Improvement Award (Women's Cross Country): Tessa Medrano '20**

Awarded annually to that individual selected by the coaches as having shown the most improvement, not only during the season, but over one or more seasons, if applicable. This award was established in 1981 by **Jerry Kanter**, former Chairman of the Friends of Harvard Track.

**The Kate Wiley Most Outstanding Performer Award (Women's Cross Country): Lisa Tertsch '19**

Awarded annually to that individual(s), selected by the coaches, as having been the most outstanding for that particular season.

**The Jaako Mikkola Award (Men's Cross Country): Hugo Milner '20**

Established by **Paul R. Judy '53** in honor of **Jaako Mikkola**, Harvard Coach in Cross Country and Track and Field from 1921 to 1952. Awarded to that member of the Harvard Cross Country Team who has, through continued and conscientious effort for team success, shown noteworthy improvement in physical performances.

**The J.D. "Don" French Award: Kieran Tuntivate '19-20**

Donated by **Mr. Joseph Clifford French**, Established 1963

This sculpture is given in the name of **J. D. "Don" French '56**. He was active in University affairs, Captain of the 1955 Harvard Cross Country team, was an inspirational leader and competitor possessed of unusual enthusiasm, and strongly believed in the value of cross country and athletics at Harvard. He met an untimely death in a plane accident in the year 1961. The award was first established by friends and teammates and later endowed by his father and mother. Awarded to the member of the Harvard University Cross Country team who best combines the qualities of team inspiration, enthusiasm, improvement, and ardent belief in the values of sport and athletics at Harvard.



From left: 2019 captains Gillian Meeks '20, Eliza Rego '20, & Charlie Davis '20 with 2018 captains Malia Ellington '19 & Erin Dietz '19.



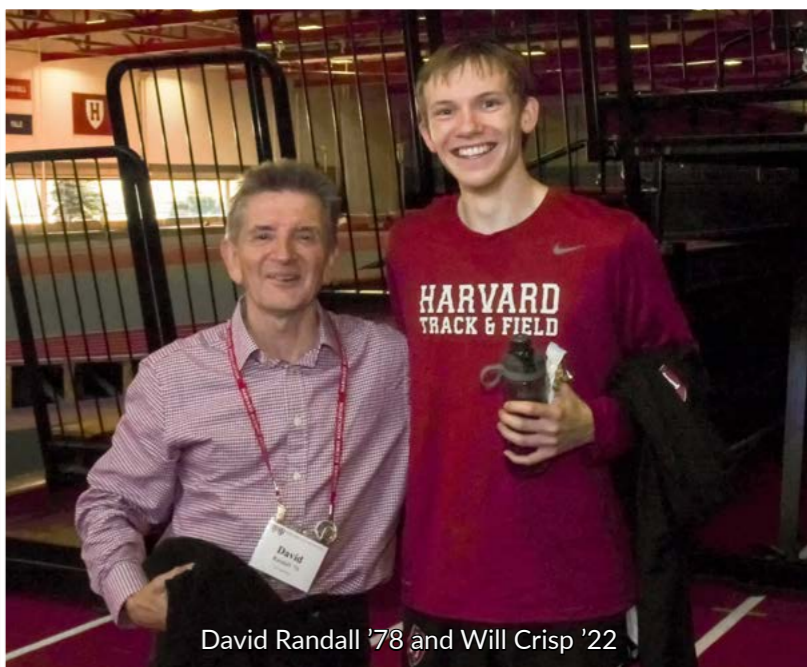
Photographs courtesy of Brian Panoff '98



Paul Organ '78, David Randall '78, and Carol Kirton Grannum '88



Nicky Maxwell '19, Tre Hollingsworth '22, and Carol Kirton Grannum '88



David Randall '78 and Will Crisp '22

# HARVARD TRACK AND FIELD MINI-REUNION

OCTOBER 12, 2018 | ALBERT H. GORDON '23 TRACK

*Photographs courtesy of Brian Panoff '98*



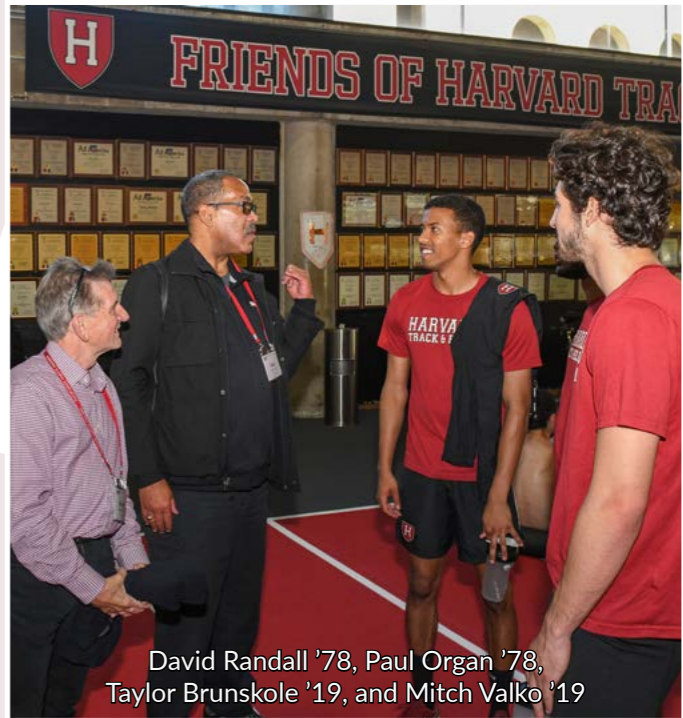
Garrett Rouser '19 and George Barker '73



Kendall Bensché '21, Nicole Trenchard '19, Kylie Hilton '22, and Carol Kirton Grannum '88



Jason Saretsky and Paul Organ '78



David Randall '78, Paul Organ '78, Taylor Brunskole '19, and Mitch Valko '19

## JOIN THE FRIENDS OF HARVARD TRACK BOARD

We are seeking candidates to fill the open Events Chair position! If interested, please e-mail Joe Ciollo '99 at [joeciollo@hotmail.com](mailto:joeciollo@hotmail.com).

**Responsibilities:** Working with event-specific subcommittees and the Harvard Varsity Club to organize and execute FoHT events during the year. Typically, FoHT events are organized by a subcommittee comprised of other FoHT Board members and Friends. The Chair helps to guide these subcommittees, allocate resources, share knowledge and best practices from other events, and host the FoHT events.

**Specific Activities:** FoHT events include: 1) Leslie Cooper Golemme Friends & Family Meet (January), 2) Track and Field Awards Dinner (May), 3) Alumni Race at the H-Y XC Meet (September), 4) XC Awards Dinner (December), 5) Biennial HYOC Harvard-driven activities, and 6) Work with alumni to identify other events of interest for FoHT to organize and execute (reunions, local gatherings, etc.).

**Time Commitment:** Average of 3–5 hours of work per month with spikes for specific events. Committees will be formed for specific events and then disbanded.

**Term:** 2 years (with opportunity for renewal).

### FoHT BOARD MEMBERS

Evan Favermann Eisert '09 | Co-Chair

Joe Ciollo '99 | Co-Chair

Sean Barrett '07 & Hilary Infinger '11 | Class Agent Program

Bill Blair '78 | Newsletter

Mary Moore '13 | Communications

Molly Brady '08 | Web Strategy

Graham Infinger '10 | Fundraising & Major Gifts

Jennifer Braga Leonardo '97 | Recording Secretary

Brian Panoff '98 | Treasurer

Ed Baker '01 | Advisory Member

Jason Saretsky | Head Coach