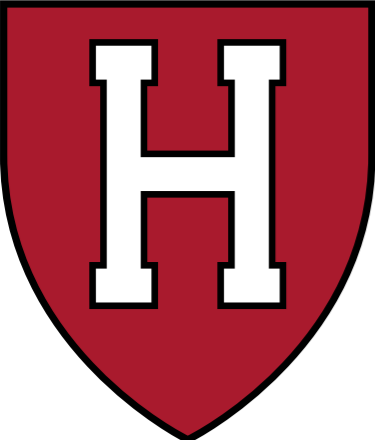




Abbe Goldstein '21 and Anna Juul '21 qualified for the NCAA Championships and earned second team All-Ivy League honors in the 800m and mile, respectively, while also earning first team plaudits as members of the DMR.



Kieran Tuntivate '20 was named the Heptagonal Championships Most Outstanding Track Performer for the second straight year after qualifying for the NCAA Championships with wins in both the 3,000m and 5,000m.



OUT OF THE BLOCKS

The Official Newsletter for the Friends of Harvard Track

OUT OF THE BLOCKS

The Official Newsletter for the Friends of Harvard Track | March 2020

Dear Friends of Harvard Track and Field!

It is still a bit surreal. By now, most of you have probably heard of Harvard's response to the global pandemic and what that has meant for our students and our program. Although everyone should be comforted by knowing these moves were necessary responses to the crisis, it was still painful for our team to learn our NCAA Indoor qualifiers were not able to compete as the meet was canceled, that the entire team will not have an outdoor season, and that this was the end of most of our seniors collegiate athletic careers. This letter was intended to be an indoor recap and an outdoor preview and so I hope you'll read below about all the successes we enjoyed up until the week of March 9. Harvard put the safety and well-being of our team members and our community above all else. I am proud of the leadership role Harvard took and I am looking forward to the future. And for now, please enjoy the highlights from this past indoor season.

Both our men's and women's teams finished in second place at the Ivy League Heptagonal Championships held in Cornell! On the men's side, this was our best finish since our team won in 1985, and the most points our men have ever scored. **Kieran Tuntivate '20** (Wilmington, DE) was named the meet's Outstanding Track Performer for the second year in a row with his first-place finishes in both the 3K and 5K. **Jovahn Williamson '21** (Dix Hills, NY) crossed the line at 47.53 in the 400m, finishing first for the second year in a row, while also breaking the facility record at Barton Hall. For the women, **Katina Martin '22** (Decatur, IL) won both the 60 and 200 as well as leading our 4x400 meter relay to a second-place finish. It was a great championship meet for the Crimson! Click [here](#) and [here](#) for detailed recaps and results of the meet. And check out photos from each day of Heps [here](#) and [here](#).

We also competed in the historic HYP meet at Yale on February 8. We used this meet to prepare ourselves for the Ivy League Championships and accomplished what we needed to do to set ourselves up best for Heps. The women's team finished second, led by our field event group. In the women's shot put, we had a 1-2-4 finish with **Sarah Omoregie '23** (Cardiff, UK), **Chelsea Offiaeli '23** (South Windsor, CT) and **Estel Valeanu '23** (Ramat Gan, Israel), all First-Year student-athletes! Co-Captain **Erick Duffy '21** (North Andover, MA) and first-year **Sam Wright '23** (Lodi, CA) led the men's squad with second- and third-place finishes in the Pole Vault.

Along with our team success, we had many noteworthy individual accomplishments during the regular season. **Kieran Tuntivate** continued to cement himself as one of the all-time great Harvard distance runners. Along with his school and Ivy record in the 3000 meters (7:49.15), Kieran became the first Crimson to break the four-minute mile indoors when he ran 3:57.36! That time is the fastest mile ever run by a Harvard student both indoor and outdoor and ranks 2nd in Ivy League Indoor history. **Kelisa Cain '22** (Mechanicsville, MD) ran the second fastest 60m dash in Ivy League history when she ran 7.36 at the Columbia Challenge in January. Unfortunately, Kelisa's season ended with an injury a few weeks later, but we are excited by what the future holds for her.

As I was writing, things were changing rapidly. At first, I had a section reserved for the NCAA Indoor recap and I included an outdoor preview. I then modified the outdoor preview to say the coronavirus has changed our plans and while we are still on spring break, we are not in Houston. Only a day later, the outdoor season was canceled both at Harvard and throughout the Ivy League, and the next day the NCAA canceled all winter and spring championships. We are living in extraordinary times, and it calls for extraordinary measures. I hope all of our Friends are taking necessary precautions to stay safe and limit the spread. Harvard's leadership hopefully serves as a source of pride and inspiration about the difficult choices that are needed during this challenging time.

Lastly, I want to thank all of you for what you do for our program. Your support is one of the many things that make our program so special!

Stay safe! Be well! and Go Crimson!

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

FOLLOW THE TEAM!



A NOTE FROM OUR FRIENDS CHAIRS

Dear Friends of Harvard Track,

You have likely heard the news by now of the actions taken by Harvard in response to the Coronavirus, and the decision of the Ivy League to cancel all athletic events for the remainder of the spring.

This was not a decision made lightly, and we respect the decision, even if it is a hard one to swallow.

We are heartbroken for the three NCAA championship qualifiers who had their indoor seasons cut short mere days before their big races.

We are disappointed for the student-athletes who were headed to Houston and who will leave campus as planned, but will not have a week of training sessions and team bonding in the sun. Instead, they will be coming to terms with the new reality.

We are sad for the coaches, parents, and alumni who will not get to cheer on the team at Harvard-Yale or Outdoor Heps or the other events scheduled this spring.

And we are especially devastated for the seniors who will be forced to say goodbye to teammates, roommates, and their collegiate careers without much closure.

As Coach Saretsky put it, “We are in extraordinary times, and it calls for extraordinary measures.” We know that this community will come together to stand strong during these difficult times and compete even harder next year.

With that said, we should all take time to celebrate the incredible successes of our men’s and women’s teams during the indoor season. In addition to the accomplishments detailed above, **Kieran Tuntivate '20** was named Northeast Region Men’s Track Athlete of the Year by the USTFCCA, and **Jason Saretsky**, The William W. “Bill” McCurdy Director of Track and Field/Cross Country, was named Northeast Region Women’s Coach of the Year. Click [here](#) to read more about these honors.

In January, we kicked off the calendar year with a trifecta of events, namely the Beantown Challenge, the newly combined Cross Country/Track Banquet at the Harvard Club of Boston, and the annual Leslie Cooper Golemme '86 Friends & Family Track Meet.

The banquet celebrated the 2018-19 indoor, 2019 outdoor, and 2019 cross country seasons at the Harvard Club. This was a special evening for athletes and alumni alike and we anticipate welcoming even more alumni back to the event next year! You will find a complete list of award winners on the following pages.

Special thanks go to our lead Golemme Friends & Family Meet officials, **Henry Marcy '60** and **Ed Meehan '64**, who ensured that the meet went off without a hitch and that our junior track athletes had a great time! We were delighted to have the Golemme family in attendance and to celebrate the birthday of **Renny Little '55**. This was the biggest turnout yet, and we look forward to continuing the tradition in the coming years.

We’d also like to introduce our two newest members of the Friends of Harvard Track board—**Becky Christensen '09**, who will be serving as our Communications Chair, and **Autumne Franklin '16**, who will be working with **Sean Barrett '07** as Co-Chair for the Class Agents. Autumne is succeeding **Hilary Infinger '11** who is now serving as our Events Chair.

Thank you for all of your support this year. Here’s to next year.

Go Crimson!

Evan Favermann Eisert '09 and Brian Panoff '98
Co-Chairs, Friends of Harvard Track

2019 HARVARD TRACK & FIELD/CROSS COUNTRY AWARD WINNERS

JANUARY 11, 2020 | HARVARD CLUB OF BOSTON

McCurdy Beyond the Call of Duty Award – **Myles Marshall '19 and Jovahn Williamson '21**

Women's Most Valuable Performer Award – **Lisa Tertsch '20**

Leslie Cooper Golemme Women's Most Outstanding Performer Award – **Simi Fajemisin '20**

Awarded annually to that individual(s) selected by the coaches as having been the most outstanding and is usually awarded on the basis of the Indoor and Outdoor seasons combined.

Ed Stowell Award – **Sam Welsh '22**

Presented to the field event athlete with exceptional enthusiasm, unbridled optimism, continued hard work, loyalty to the athletes, team and school and, most importantly aggressive eagerness to compete for team success.

Little Shot Put Award – **Sam Welsh '22**

Awarded to the Harvard shot putter who has contributed to the success of the Harvard Track & Field team through dedication, hard work, ability to overcome obstacles & excellence of competitive performance.

Francis J. Haggerty Award for Excellence in Women's Track and Field – **Anna Juul '21**

This award honors the woman on the Harvard track team who seized opportunities and excelled, thereby greatly contributing to the success of the Harvard women's track & field team.

Watters Mile Award – **Anna Juul '21**

Awarded annually to the man or woman who has competed for Harvard in the mile run with distinction and with dedication to the team's success.

Helmus Improvement Awards – **Donagh Mahon '20, Will Battershill '20, and Kieran Tuntivate '20**

Awarded annually to the three (3) members of the squad who w/ loyal, team effort, hard work & conscientious practice have shown marked improvement contributing to team's success.

Pappy Hunt Improvement Award – **Kylie Hilton '22 and Tessa Medrano '21**

This award is presented to that individual who, although perhaps not the fastest or strongest, has through hard work & dedication to the team, shown the most improvement during the track season.

McLaughlin Award – **Kylie Hilton '22**

Presented annually to that First-Year of the track team, who, like James McLaughlin, distinguishes him or herself in exemplifying fellowship & sportsmanship.

Gary Geissler Women's Unsung Hero Award – **Nicole Trenchard '19**

The award presented to the female senior member of the Harvard track team who best embodies G's characteristics of unbridled passion for the sport, dedication to all of the student-athletes under his care, and for the heroic work done behind the scenes.

Robert W. Harwood Pole Vault Award – Erick Duffy '21

The award is presented to the Harvard pole vaulter who through loyalty, effort, performance and conduct has made a significant contribution to Harvard and Harvard Track.

Ohiri Triple Jump Award – Simi Fajemisin '20

To be awarded to that triple jumper on the Harvard varsity track team who best exemplifies Chris Ohiri '62 , Nigerian Olympic Team 60' & 64', in the characteristics of enthusiasm, team loyalty, & excellence of performance.

Rita Raju Memorial Award – Ngozi Musa '19

Presented for excellence of scholarly pursuits, integrity, and community involvement. Qualities which mark her a leader by example and an athlete who is a joy to coach.

Women's Beyond the Call of Duty Award – Maya Miklos '20

Schick Sprint Award – Ngozi Musa '19 and Jovahn Williamson '21

The award is presented annually to the Harvard sprinter who through consistent courage, ability, sportsmanship, & devotion to teams' welfare, provides outstanding example & inspiration.

Westmore Wilcox 440 Award – Maya Miklos '20 and Rodney Agyare-May '21

Award presented annually to the Harvard runner who is the most outstanding in the 440 yard run/400 meter run during the season.

Rand Hurdle Award – Charles Lego '21 and Livia Gauntlett '20

Presented to the Harvard hurdler who has contributed significantly by his outstanding character, excellence, leadership, team spirit or individual improvement to the best in Harvard Athletics.

Nelson Unsung Hero Award – Nicky Maxwell '19

To be awarded to that senior member of the Harvard track team who through years of perseverance, loyalty, & effort often unnoticed has made a vital contribution to his teammates.

Jannergren "Overcoming Physical Adversity" Award – Taylor Brunskole '19

Has overcome great physical adversity over the course of his or her college career and become a consistent team contributor.

Gourdin Broad Jump Award – Kyle Murphy '22

The Harvard varsity long jumper whose conscientious efforts, competitive performance and overall character contribute notably to Harvard Track and the Harvard Community.

Bingham Relay Award – Men's 4x400m Relay (Kahlil Wassell '21, Rodney Agyare-May '21, Jovahn Williamson '21, Myles Marshall '19)

Presented annually to each member of the relay team considered by the coaches to be the most outstanding during the indoor and/or outdoor seasons.

Hennessy Mile Relay Award – Men's 4x400m Relay (Wassell '21, Agyare-May '21, Williamson '21, Marshall '19)

Through performance and attitude inspires the qualities of dedication, determination, competitive spirit, teamwork and high-performance characteristic of Vincent Hennessy.

New Cross Country Captains

The 2020 cross country captains were also named at this event. Rising seniors **Anna Juul '21, Tessa Medrano '21, Michael Alber '21** along with rising junior **David Melville '22** will lead the cross country teams next season.



ZOE HUGHES '20

Hometown: Hornchurch, UK

High School: King's College School

Event: Multi-Events

Concentration: Neuroscience

A Thank You to My Team

My first Heps my freshman year, I PR'ed in 4 out of 5 of my pentathlon events, breaking the pentathlon championship record and earning my spot at Indoor Nationals with a National top-16 ranking. I excitedly laid out my four-year plan from there. If I could get myself to Indoor Nationals during my first semester, Indoor Nationals being more selective than Outdoor, then I was on my way to eight All-American titles, following the lead of my former All-American teammates **Autumne Franklin '16**, **Jade Miller '17**, and **Gabrielle Thomas '19**.

That dream fell apart season by season, setback by setback. I could write a whole other piece about all of the injuries I've experienced in my collegiate career, but I want to use this time to express neither sorrow nor strength, but gratitude. A few weeks ago, competing in my beloved event, the pentathlon, for the first time in two years at the Ivy League Championships, I finished runner-up. I owe this personal victory, and all the feelings of triumph it brought me, to many.

Thank you to **Nic Benitez** in the training room for being an advocate early on in my college career and working with me as we continue to figure my body out. I struggle to keep you in the loop at times when I have so much going on at the track, in life, and in my head. Sometimes I come to Dillon and I'm brusque about what contraption I want to use or where I want an ice bag tied. I thank you for sticking with me and for remaining high energy through the rollercoaster that my college career has been. It has been an honour having my knee taped, joints iced, and my questions answered by you. Thank you for holding my teammates together too as we chase after PRs and championship titles.

Thank you to my teammates, former and current, for being there to pick me up after all the low's of my career, for being there to celebrate the high's and for always supporting me in my pursuit of higher high's because more highs are coming. You are the best teammates I could have wished for. Your victories have brought me joy these past four years and will continue to. While I have been missing from the battle more times than I would have liked, fighting for championship titles by your sides has been a sincere pleasure.

The final thank you is dedicated to my coach, **Kebba Tolbert**, for being by my side these last four years. Our relationship hasn't been without its trials—we've had some heated moments, but I mean it when I say I could not have imagined having anyone else coach me these last four years. Thank you for investing so much into me. I'm grateful for every cold Sunday evening when you've joined me

on the runaway, every late night spent at the track trying to direct children away from running into the path of my javelin, every rep watched, every jump studied, every throw analysed. For the multiple times we've had to pick up from where a setback left me and rebuild momentum, for sticking with me through the personal decisions I've made as an athlete. It's been a privilege being a member of your Krew.

Finishing second in the pentathlon last weekend, I found new meaning in the words of my All-American, former teammate Autumne Franklin. "We are an individualised sport, but my team makes all the difference."



Photographs courtesy of Brian Panoff '98



KAEO KRUSE '20

Hometown: Kalaheo, HI

High School: KS Kapalama

Event: Distance

Concentration: Human Evolutionary Biology

When looking back on my time with the Harvard XC/track & field team, I can't help but smile when recalling all the amazing memories I've had the privilege to make. Some of these memories include the achievements you usually hear about in newsletters such as when our men's and women's cross country teams both won the Northeast regional in dominant fashion or a few week's back when our men's track & field team scored the most points it has scored at a Heps since 1985. However, as rewarding as these experiences were, what I will cherish most from my time in Cambridge are the experiences that made up the time between these highlights as well as the lessons that I learned along the way.

Success in our sport is largely defined by our performances at meets and, thus, our careers as athletes are lived through these relatively small moments in time. However, in reality, what makes cross country and track & field so special are the moments that lead to these performances in the first place. Most people don't get to see the countless miles put in along the Charles River or the post-workout cross-training sessions. They won't see the heartbreak of getting injured and the courage it takes to come back even stronger, the satisfaction of working with your teammates to pursue something bigger than yourself, and the laughter and joy that comes with doing so. However, these are the moments that have undoubtedly helped me to become not only a better athlete, but a better person.

When I first arrived at Harvard, I, along with most incoming first-year students, thought that I had everything figured out. I knew that things were not going to come easy, but, with hard work, I believed that things were going to fall into place the way that I expected. Given my fairly linear progression in high school, I thought that if I just continued with a solid work ethic then I would eventually reach my goal of becoming a multiple-time All-American by the time I graduated. Little did I know, there was a crazy ride ahead of me. Over the next 3.5 years, I battled with multiple injuries for the first time in my sporting career, struggled with competing against a vastly more competitive field of athletes, and had to learn how to manage not living up to my own lofty expectations.

Although there were definitely some considerably rough times—it is difficult to put into words the feeling you get when you sit on a stationary bike while watching your teammates leave to warm up for a workout without you—I learned many valuable lessons about myself along the way that I would not have encountered otherwise. I learned that progression does not have a timeline or a set course. I learned to truly focus on the process and appreciate every opportunity for what it is worth. I learned that I run to push my limits and become the best version of myself. However, most of all, I learned that I would not have been able to learn

any these things without the help of my teammates.

My teammates have been with me through all the highs and lows and I would not have wanted it any other way. From team game nights to teasing each other on maintenance runs to late dinners in Dunster to suffering with each other in workouts, these are the moments I will most fondly remember many years after I receive my diploma. Although I'm unsure about how my athletic career will turn out in the end, I can be sure that my best friends will be there with me every step of the way.





LESLIE COOPER GOLEMME '86 FRIENDS & FAMILY TRACK MEET

JANUARY 12, 2020 | ALBERT H. GORDON '23 TRACK

Photographs courtesy of Anthony DeNitto '20



