

Curham Individual Heps Champ; Men Win Team Title



Megan Curham '17 earned her third All-America honor and second in cross country, with an 18th-place finish at the NCAA Championships.



The men's cross country team won its 18th Ivy League title and the University's first Ivy League championship of the 2014-15 academic year.

Support the Excellence

The generosity of the Friends of Princeton Track and Cross Country has made a significant difference for our men's and women's programs. It has helped to assure that Princeton is represented this year by teams that have won championships and runners who have won All-America honors under the guidance of the best coaching possible this year. Your gift has helped to make possible unique international trips such as the recent one to Greece. The Friends continue to try to enhance the opportunities for our athletes and coaches.

If you have already sent in your contribution, we thank you wholeheartedly. If not, please send your donations payable to **Princeton University** (memo - Friends of Princeton Track) using the enclosed card and envelope addressed to: **Princeton University, Friends of Track, P.O. Box 5357, Princeton NJ 08543-5357**. Your continued support makes a tremendous impact. Thank you.

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photos courtesy of Beverly Schaefer and Kristy McNeil, Kyle Terwilliger

Chairman's Statement

Teammates,

An All-American and a Heps title: the beat goes on!!! If consistency is a characteristic of great programs, it's safe to say we have one. Once again the student-athletes, the coaches, the support staff and the members of our Friends group are outperforming last year's high standards. We are ahead in terms of performance, Heps titles and fund raising. In addition we are bringing in one of the strongest recruiting classes in the program's history. This has been an amazing start to the year.

None of these accomplishments have come without a tremendous amount of hard work and dedication from all involved. It has truly been a team effort. It's probably a moment when we can all take a quick bow and a collective high five. Congratulations to all!!!

As we face the exciting upcoming track seasons we want to wish a Happy Holidays to everyone involved in the program. I'm sure the student-athletes and the coaches will continue with their fine and dedicated performance as we head into the winter campaign. We in the Friends group will drive through to the tape in the same way.

Winning takes a daily and relentless commitment to excellence from all sectors of our program. It's our tradition; it's our goal. Just like last year.....LET'S FINISH!!

GO TIGERS!!!!

Alan Andreini '68

Chairman, Friends of Princeton Track

TigerNet E-Mail List Allows Alumni to Stay Connected

The Friends of Princeton Track created an e-mail list on TigerNet as a means to distribute and discuss meet results, achievements, events and various other opportunities to friends and alums. The list is an open forum and is a wonderful opportunity to stay in contact with teammates and friends. The Friends hope that more alumni will take advantage of this opportunity in the coming year. Everyone who has signed up for the unofficial e-mail list will need to sign up on TigerNet for the official track e-mail list. To sign up, please go to: www.tigernet.princeton.edu. First, click on Discussion Groups, then click on Other Interests. Our list name is track-field-alums. Thus, our official e-mail address is: track-field-alums@lists.tigernet.princeton.edu. It's another opportunity to stay connected with our terrific teams.

2014 Women's Cross Country Season



The HYP meet made a return to the Tigers schedule in 2014. After a six-year hiatus, Princeton met up with Harvard and Yale to kick start the season and went 2-3-4-5-7 en route to the victory.

The two big meets of the year again were the Notre Dame Invitational on October 3 and Pre-Nationals on Oct. 18, where Princeton looked to earn points to help aid it in the post-season.

In South Bend, the team posted a seventh-place finish. **Megan Curham '17** was seventh out of 165 runners in the 5k Blue Race with a time of 16:21.1. **Kathryn Fluehr '16** had a big finish at 16:35.1 to take 12th overall. **Natalie Rathjen '18** was the third Tiger across the line, crossing at 17:00.5 for 38th place overall. **Lindsay Eysenbach '15** and **Gabi Forrest '18**, the final two scorers, came across the line in succession at 17:23.8 and 17:24.3. **Erika Fluehr '15** and **Maria Seykora '16** each ran 17:28 and **Ally Markovich '17** posted a 17:43.

Curham's season started to heat up at Pre-Nationals where she finished second place overall. As a team Princeton finished sixth in the Blue Race. Curham clocked 20:36.4 on the 6k course just behind the individual winner Rachel Johnson of Baylor. Kathryn Fluehr ran 21:13.1, shaving more than 40 seconds off her time from the previous time she ran on the course, at the 2013 NCAA Championships. Rathjen put up a 21:38.8, followed by Seykora a 22:06.6 and Eysenbach at 22:09.6. Eysenbach also showed a vast course improvement from 2013 NAAs, when she ran 23:31. The Tigers No. 6 and No. 7 runners were Markovich and Erika Fluehr, both running the 6k in under 23 minutes.

For the fourth consecutive year, the Ivy League Heptagonal Championships were held on the Princeton campus. It was a rain-soaked day, and the Princeton fan tent was loaded to the gills to cheer on the Tigers before Heps moves back to Van Cortlandt Park in 2015.

Curham made it look easy as she handily won the individual title, finishing four seconds in front of Dartmouth's Dana Giordano.

Curham, who ran 20:24.3, became the sixth Princeton Tiger to win the race joining Lynn Jennings (79), Laura Cattivaera (87), Emily Kroshus (03), Liz Costello (07, 08, 09) and Alex Banfich (10).

The Tigers finished in second place, 20 points back from Dartmouth, 47-67 - still a big improvement on last year's fourth-place finish.

Kathryn Fluehr and Rathjen finished seventh and eighth at 20:58 and 21:01.7. Fluehr earned first-team All-Ivy League honors, while Rathjen captured second-team honors. Seykora and Eysenbach were the final scorers at 21:28.4 and 21:29.8, taking 25th and 26th. **Katie Hanss '17** and Erika Fluehr were the No. 6 and 7 runners for Princeton.

Following Princeton in third place was Columbia with 95, followed by Cornell with 108, Harvard with 119, Yale with 130, Brown with 153 and Penn with 178.

Two weeks later, on Nov. 22, the team headed to the NCAA Mid-Atlantic Regional at Penn State. With four teams in the region ranked nationally (Georgetown 2, West Virginia 9, Villanova 24 and Princeton 25) it would be a battle for the two automatic team bids to the NCAA Championships.

Princeton's team finished third, behind Georgetown and West Virginia, and three points ahead of Villanova. The team would have to await its post-season fate to see if it could claim one of the 13 at-large spots.

One person not waiting to see if she'd be going to Terre Haute was Curham, who finished the 6k course in 20:28, fourth behind Georgetown's Katrina Coogan (20:06) and West Virginia's Jillian Forsey (20:18) and Katie Gillespie (20:22).

Princeton's second-place finisher was Rathjen, who finished 25th in a time of 21:17. Rathjen fell with a little less than a mile to go but got up and passed several runners near the finish to push the Tigers past Villanova.

Kathryn Little '16, Kathryn Fluehr and Eysenbach rounded out the scorers. In the end Princeton would not earn an at-large bid to the NAAs, leaving Curham as the lone harrier representing the Orange & Black.

As the rest of the team finished third at the ECAC Championships, they gathered around a computer to watch Curham add her third All-America honor. Curham was 18th, the best finish by a Princeton Tiger since **Alex Banfich '12** was fourth in 2011.

At the 2k mark Curham was positioned 19th at 6:29.7. Her split at 4k was 6:51.4 moving up six places into 13th. In the final 2k she clocked 7:00.8 to finish 18th out of 251 athletes with a final time of 20:21.8.

PETER FARRELL Women's Head Coach



Second at Heps and third at Regionals would ordinarily constitute a fair season for women's cross country. Not this year. Those are respectable finishes, but the team left the field on Nov. 22 with an incomplete taste in its mouth. Too impetuous a pace for both Heps and Regionals had the Tigers wishing to get a redo on their last two important races.

At Heps and Regionals, the Tigers were actually in first place at the two-mile mark. But alas, they don't give out prizes or NCAA berths at the halfway point. On one hand, you could say that's a positive mistake. Their hearts and motivation were in the right place; on the other, you could say that they have to learn. They will. The bulk of the team returns next year, and we add quite a few missing pieces as key members Emily de La Bruyere '16, Lizzie Bird '17, Gabi Forrest '18 and Nicole Marvin '17 all return next year to bolster the Tiger corp.

Now, about this season. Super soph Megan Curham again led the way with another outstanding season. Last year she was fourth at Heps; this year she emerged as champion. Champion after a hard-fought dual with high school and Dartmouth rival Dana Giordano. At Regionals, Megan sparked the Tigers to a third-place finish with an individual fourth-place finish. Last year as a freshman at NAAs, Megan finished a terrific 34th to earn All-America honors. This year, Megan dropped that down to 18th and again made All America!! Kathryn Fluehr '16 finished second to Megan in virtually all of our meets, earning first-team All-Ivy at Heps. Kathryn was bolstered in that group by frosh Natalie Rathjen '18, who earned second team All-Ivy and established herself as the best newcomer in the league.

As the old coach is fond of saying..."if it doesn't go the way you want in cross country, it will invariably happen in track." Sometimes, incomplete seasons lead purposeful athletes to better performances the next time out. We have both track seasons to look forward to. I can tell you that everyone has their eyes on cross country 2015.

2014 Men's Cross Country Season



JASON VIGILANTE Men's Head Coach



Each May prior to departing campus for the summer, our men's cross country team gathers together for one final meeting. We share thoughts on the previous year, talk of training plans for the upcoming months and lastly the departing seniors share insight gained over four years as a Tiger. Our talk in May 2014 contained one common thread: win back the Heps crown.

So as I write to you about the 2014 men's cross country season, the Orleans trophy sits proudly in our track office and your Tigers put on a show for the Ivy League.

Indeed we enjoyed a fantastic day on Nov. 1 and we were happy to win the first Ivy title for our new AD, Mollie Marcoux. Our 2014 Tigers also saw many firsts. There were thousands of miles, hundreds of intervals and an incredible amount of work that went into the victory. It was a true team effort.

I should begin with a sincere thank you to our Friends of Track donors. This year we enjoyed a two-day training trip to the Poconos and all 30 men stayed in a house together. It truly was an opportunity to run in a fantastic setting, establish bonds and discuss our goals for the upcoming season. This trip was possible through the Friends of Track and I know it was a great success.

We returned to class on Sept. 10 and just two days later we opened our season at HYP with a victory over Harvard and Yale. Although the score was close, we were able to pack many men before Yale's fifth runner. Senior Sam Pons took the individual win and on a beautiful day we began the season on a high note.

Many weeks later on a cold and wet Nov. 1 at the Heps Championship, we were ready. Led by a tremendous effort from junior Michael Sublette, who made a stunning move to take the lead with 400 to go in the race, our Tigers scored a phenomenal 30 points. "Subs," as he is affectionately known, finished second and Pons, who led the race with 1k to go, finished third. Next in great fashion came seniors Eddie Owens in sixth and Matt McDonald in seventh. Junior Sam Berger completed our scoring with a remarkable 12th-place finish. A year ago Berger finished 54th for us at this meet and Subs was not in our top 12. A huge congratulations goes to these two for stepping up!

Not to be forgotten our seniors did an amazing job of leading. Pons, Owens and captain McDonald were spectacular and led the rest of our team to having 10 runners in the top 28! Sophomore William Bertrand finished 18th, freshman Wolfgang Beck was 20th, sophomore Will Paulson 21st, freshman Noah Kauppila 25th and senior Michael Mazzaccaro, who ran in his first Heps cross country meet, finished 28th.

We continued our season at the NCAA Mid-Atlantic Regional with a fourth-place finish. Despite having five runners finish with all-region honors, we were too far back. It was heartbreaking not to qualify for the NCAA Championships, however, I know we came away with the experience we need for next year.

We concluded the 2014 campaign at Van Cortlandt park, site of the 2015 Heps, with a second-place finish. Sublette won the individual title with a gutsy performance leading much of the way on a cold, windy day. I am so proud of our young men. The preparation, commitment and ability to step up and achieve goal number one was unprecedented for this group.

Lastly, I am grateful for all of the support, help and commitment not only of the athletes but our athletics administration, Coach Samara, our ever present trainer Jodi Schnieder, Mike Henderson, event manager Karen Malek, the facilities crew who maintains our amazing course, and Alan Andreini who leads our Friends Group; a heart-felt thank you.

Princeton men's cross country is your 2014 Ivy League Heptagonal Champion! The Tigers brought home the first Ivy title of the 2014-15 academic year and first for Ford Family Director of Athletics Mollie Marcoux '91.

Michael Sublette '16 stunned the field and the crowd as he nearly won the individual title, as he battled down the stretch for second place. Sublette has been a scorer for Princeton this season, but this was the first meet he had been its No. 1. Sublette was just 1.1 seconds out of winning the individual race, finishing at 24:25.2 behind Penn's Thomas Awad at 24:24.1.

A sea of orange followed, making it very clear that the Tigers had won their 18th Ivy League title.

Sam Pons '15 followed in third place at 24:27.8 with **Eddie Owens '15** and **Matt McDonald '15** sixth and seventh at 24:36.2 and 24:37.2, respectively. **Sam Berger '16** was the final scorer in 12th place at 24:47.5. **William Bertrand '17** and **Wolfgang Beck '18** were the Tigers' No. 6 and No. 7 at 24:59 and 25:00.

Princeton finished with a total of 30 points, with Cornell second with 74. Penn was third at 111, followed by Dartmouth with 112, Yale with 123, Columbia with 123, Harvard with 146 and Brown with 155.

The Mid-Atlantic men's cross country rankings prior to the race went: Villanova, Georgetown, Penn State, Princeton, Navy and Penn.

Then the NCAA Mid-Atlantic Regional field went out for the 10K at Penn State, and here was the order of finish: Villanova, Georgetown, Penn State, Princeton, Navy and Penn. It wasn't until the seventh place spot that the regional finish differed from the rankings, as UMBC went from 10th in the poll to seventh on the course.

So the rankings were pretty spot on, not that Princeton didn't come really, really close to shaking them up a bit.

Princeton finished fourth with 88 points, one spot behind Penn State with 87. Princeton's best shot at getting into the NCAA championship meet was to finish ahead of Penn State and get an at-large bid, something that almost came to be.

Princeton's top finisher was Pons, who finished 10th in 30:25, one second ahead of Sublette, the hero of Princeton's Ivy League Heptagonal championship two weeks ago, when he finished in second.

All five Princeton runners placed in the top 25 to earn all-region honors.

Missing out on a bid to the NCAA Championships did not sway Sublette and the returning Tigers at the IC4A Championships. Sublette won the race and the Tigers were second.

Three weeks ago Sublette was second at Heps as he was edged in the chute, but this time it was all Sublette. He finished eight seconds in front of the rest of the field at Van Cortlandt Park.

Princeton ran the race without its senior class and earned 72 points, seven out of first place. Columbia took the team award with 65 points.

Noah Kauppila '18 was the second Tiger across the line at 25:27, as Princeton had six in the top 25. Berger was 18th at 25:34, Bertrand was 20th at 25:39 and **Garrett O'Toole '18** was the final scorer in 22nd place with a time of 25:47.

2014 Women's Cross Country Results

Sept. 12 HYP

New Haven, Conn. - 5k
1st of 3

Princeton Finishers

2.	Megan Curham	17:38.6
3.	Kathryn Fluehr	17:45.9
4.	Erika Fluehr	17:46.2
5.	Kathryn Little	17:50.7
7.	Natalie Rathjen	17:55.9
9.	Nicole Marvin	18:02.3
10.	Gabi Forrest	18:04.1
16.	Maria Seykora	18:15.9
21.	Katie Hanss	18:34.8
23.	Lydon Kersting	18:36.8
27.	Ally Markovich	18:45.0
28.	Melissa Reed	18:45.8
31.	Lindsay Eysenbach	18:59.9
36.	Zoe Sims	19:11.9
45.	Summer Hanson	19:48.7
49.	Mary Hui	20:29.7
50.	Amanda Chang	20:38.8

Team Totals

1.	Princeton	21
2.	Yale	47
3.	Harvard	68

Oct. 4 Meet of Champions

Bronx, N.Y. - 6k
3rd of 20

Princeton Finishers

3.	Gabi Forrest	22:31.21
4.	Natalie Rathjen	22:33.69
25.	Lydon Kersting	23:17.98
43.	Melinda Renuart	23:51.05
84.	Madison Offstein	24:50.12
105.	Delaney Miller	25:40.23
121.	Mallory Edens	26:25.49

Team Totals

1.	Brown	38
2.	Yale	86
3.	Princeton	141
4.	Edinboro	167
5.	Kent State	170



Erika Fluehr '15

Oct. 3 Notre Dame Invitational

South Bend, Ind. - 5k
7th of 20

Princeton Finishers

7.	Megan Curham	16:21.1
12.	Kathryn Fluehr	16:35.1
38.	Natalie Rathjen	17:00.5
81.	Lindsay Eysenbach	17:23.8
82.	Gabi Forrest	17:24.3
90.	Erika Fluehr	17:28.2
92.	Maria Seykora	17:28.3
116.	Ally Markovich	17:43.3

Team Totals

1.	New Mexico	49
2.	NC State	123
3.	Notre Dame	147
4.	BYU	157
5.	Penn State	181
7.	Princeton	214

Oct. 4 Paul Short Invitational

Bethlehem, Pa. - 6k
NTS

Princeton Finishers

21.	Melissa Reed	22:07
25.	Jackie Nicholas	22:11
29.	Lydon Kersting	22:18
30.	Melinda Renuart	22:19
39.	Birdie Hutton	22:30
42.	Amanda Chang	22:34
55.	Summer Hanson	22:49
60.	Jessica Ackerman	22:50
74.	Madison Offstein	23:05
97.	Delaney Miller	23:30
132.	Mary Hui	23:59
161.	Mallory Edens	24:18

Oct. 18 Princeton Invitational

West Windsor Fields - 6k
6th of 25 and 3rd of 29

Princeton Finishers

(Championship Race)

26.	Katie Hanss	22:19
55.	Lydon Kersting	22:40
64.	Melissa Reed	22:55
65.	Birdie Hutton	22:55
68.	Melinda Renuart	22:56
106.	Amanda Chang	23:17
127.	Jackie Nicholas	23:29

Team Totals

1.	Villanova	58
2.	Virginia Tech	63
3.	Penn	122
4.	Stony Brook	156
5.	Bucknell	210
6.	Princeton	272

Princeton Finishers

(Open Race)

22.	Madison Offstein	23:40
30.	Jessica Ackerman	23:45
34.	Summer Hanson	23:51
42.	Rachel Skokowski	24:06
48.	Delaney Miller	24:10
60.	Gina Talt	24:30
71.	Michelle Tracy	24:41
106.	Kim Mackay	25:11
108.	Mallory Edens	25:14
127.	Meghan McMullin	25:27

Team Totals

1.	Cornell	69
2.	Penn	110
3.	Princeton	114
4.	Monmouth	149
5.	Rowan	171

Oct. 19 Pre-Nationals

Terre Haute, Ind. - 6k
6th of 43

Princeton Finishers

2.	Megan Curham	20:36.4
21.	Kathryn Fluehr	21:13.1
54.	Natalie Rathjen	21:38.8
102.	Maria Seykora	22:06.6
109.	Lindsay Eysenbach	22:09.6
166.	Alexandra Markovich	22:31.4
194.	Erika Fluehr	22:42.4

Team Totals

1.	Georgetown	110
2.	Oregon	139
3.	Michigan	143
4.	Colorado	186
5.	NC State	233
6.	Princeton	288

Nov. 1 Ivy League Heptagonals

West Windsor Fields - 6k
2nd of 8

Princeton Finishers

1.	Megan Curham	20:24.3
7.	Kathryn Fluehr	20:58.0
8.	Natalie Rathjen	21:01.7
25.	Maria Seykora	21:28.4
26.	Lindsay Eysenbach	21:29.8
31.	Katie Hanss	21:33.6
42.	Erika Fluehr	21:46.8
54.	Melissa Reed	22:02.9
60.	Ally Markovich	22:09.3
74.	Kathryn Little	22:25.2
83.	Birdie Hutton	22:43.0
91.	Lydon Kersting	23:08.2

Team Totals

1.	Dartmouth	47
2.	Princeton	67
3.	Columbia	95
4.	Cornell	108
5.	Harvard	119
6.	Yale	130
7.	Brown	153
8.	Penn	178

Nov. 14 NCAA

Mid-Atlantic Regional
University Park, Pa. - 6k
3rd of 29

Princeton Finishers

4.	Megan Curham	20:28
25.	Natalie Rathjen	21:17
31.	Kathryn Little	21:25
32.	Kathryn Fluehr	21:26
33.	Lindsay Eysenbach	21:28
39.	Erika Fluehr	21:33
81.	Maria Seykora	22:24

Team Totals

1.	Georgetown	38
2.	West Virginia	42



Kathryn Fluehr '16

3.	Princeton	125
4.	Villanova	128
5.	Penn State	155

Nov. 23 ECAC Championships

Bronx, N.Y. - 5k
3rd of 12

Princeton Finishers

4.	Kathryn Little	18:00.7
14.	Ally Markovich	18:13.7
17.	Maria Seykora	18:20.6
26.	Jackie Nicholas	18:38.1
27.	Melinda Renuart	18:39.7
37.	Melissa Reed	18:53.0
45.	Lydon Kersting	19:05.8
57.	Amanda Chang	19:38.0
78.	Mary Hui	20:04.5

Team Totals

1.	Columbia	49
2.	Villanova	61
3.	Princeton	89
4.	Georgetown	120
5.	Pittsburgh	135

Nov. 22 NCAA Championship

Terre Haute, Ind. - 6k
NTS

Princeton Finishers

18.	Megan Curham '17	20:21.8
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HONORS

First-Team All-Ivy League

Megan Curham
Kathryn Fluehr

Second-Team All-Ivy League

Natalie Rathjen

All-Region

Megan Curham
Natalie Rathjen

All-America

Megan Curham

2014 Men's Cross Country Results

Sept. 14 HYP

New Haven, Conn. - 5 mi.
1st of 3

Princeton Finishers

1. Sam Pons	24:20.7
3. Matt McDonald	24:26.5
6. Michael Sublette	24:38.4
10. Sam Berger	24:47.3
11. Mike Mazzaccaro	24:48.7
12. William Paulson	24:54.2
13. Eddie Owens	24:55.5
14. Luke Brahm	25:02.2
19. Bradley Paternostro	25:19.3
24. Jack Leahey	25:39.0
29. Rob Stone	25:54.3
34. Kenan Farmer	26:11.3
37. Wolfgang Beck	26:13.7
38. Charlie Stahl	26:27.7
39. Josh Ingalls	26:29.2
44. Zach Albright	26:47.2
46. Stephen Rossettie	27:32.6
48. Brett Kelly	27:51.3
49. Jared Lee	28:51.3

Team Totals

1. Princeton	31
2. Yale	32
3. Harvard	68

Oct. 3 Notre Dame Invite

South Bend, Ind. - 8k
8th of 24

Princeton Finishers

12. Sam Pons	23:38.7
41. Michael Sublette	24:04.8
54. Mike Mazzaccaro	24:14.7
62. Matt McDonald	24:17.6
87. Sam Berger	24:27.3
88. Noah Kauppila	24:27.5
99. Eddie Owens	24:32.7
113. Jack Leahey	24:38.9

Team Totals

1. Michigan	97
2. BYU	112
3. New Mexico	125
4. Florida State	162
5. Eastern Kentucky	211
8. Princeton	255



Mike Mazzaccaro '15

Oct. 4 Paul Short Run

Bethlehem, Pa. - 8k
1st of 40

Princeton Finishers

4. Wolfgang Beck	24:44
5. William Paulson	24:52
6. Bradley Paternostro	24:59
30. Josh Ingalls	25:46
38. Charlie Stahl	25:51
79. Kenan Farmer	26:12
100. Rob Stone	26:21
197. Stephen Rossettie	27:16
Team Totals	
1. Princeton	83
2. Haverford	130
3. Quinnipiac	155
4. Widener	183
5. Swarthmore	266

Oct. 17 Wisconsin Invitational

Madison, Wis. - 6k
23rd of 36

Princeton Finishers

50. Matt McDonald	24:20
120. William Paulson	24:46
135. Sam Pons	24:51
148. Wolfgang Beck	24:57
154. Michael Sublette	25:00
194. Eddie Owens	25:21
200. Noah Kauppila	25:25

Team Totals

1. Syracuse	85
2. Iona	154
3. Wisconsin	176
4. Portland	211
5. Stanford	220
23. Princeton	590

Oct. 18 Princeton Invitational

West Windsor Fields - 8k
13th of 37

Princeton Finishers

(Championship Race)

24. Jack Leahy	24:43
48. Sam Berger	25:06
64. Garrett O'Toole	25:17
118. Bradley Paternostro	25:44
119. Charles Stahl	25:44
222. Rob Stone	26:57
267. Zachary Albright	27:46

Team Totals

1. Villanova	45
2. Virginia Tech	71
3. Penn	139
4. Bucknell	179
5. UMBC	198
13. Princeton	362

Princeton Finishers

(Open Race)

105. Stephen Rossettie	27:06
176. Jared Lee	27:56
225. Ramon Ayala	28:29
259. Eric Schulz	29:07

Nov. 1 Ivy League Heptagonals

West Windsor Fields - 8k
1st of 8

Princeton Finishers

2. Michael Sublette	24:25.2
3. Sam Pons	24:27.8
6. Eddie Owens	24:36.3
7. Matt McDonald	24:37.2
12. Sam Berger	24:47.5
18. William Bertrand	24:57.5
20. Wolfgang Beck	24:59.0
21. William Paulson	25:00.2
25. Noah Kauppila	25:03.1
28. Mike Mazzaccaro	25:06.3
37. Jack Leahey	25:10.0
63. Brett Kelly	25:35.0

Team Totals

1. Princeton	30
2. Cornell	74
3. Penn	111
4. Dartmouth	112
5. Yale	123
6. Columbia	123
7. Harvard	146
8. Brown	155

Nov. 14 NCAA

Mid-Atlantic Regional

University Park, Pa. - 10k
4th of 23

Princeton Finishers

10. Sam Pons	30:25
11. Michael Sublette	30:26
18. Matt McDonald	30:39
24. William Bertrand	30:48
25. Eddie Owens	30:50
34. Sam Berger	31:00
88. Wolfgang Beck	32:32

Team Totals

1. Villanova	41
2. Georgetown	74
3. Penn State	87
4. Princeton	88
5. Navy	143

Nov. 22 IC4A Championships

Bronx, N.Y. - 5 mi.
2nd of 11

Princeton Finishers

(Championship Race)

1. Michael Sublette	24:57.0
11. Noah Kauppila	25:27.8
18. Sam Berger	25:34.9
20. William Bertrand	25:39.2
22. Garrett O'Toole	25:47.5
25. Jack Leahey	25:50.6
48. Kenan Farmer	26:26.9
53. Wolfgang Beck	26:30.7
69. Charlie Stahl	26:42.3
107. Stephen Rossettie	27:52.9
108. Rob Stone	27:54.7

Team Totals

1. Columbia	65
2. Princeton	72
3. Georgetown	86
4. Harvard	114
5. Iona	118



Sam Pons '15

Princeton Finishers (Open Race)

1. Eddie Owens	25:29.9
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HONORS

First-Team All-Ivy League

Michael Sublette
Sam Pons
Eddie Owens
Matt McDonald

Second-Team All-Ivy League

Sam Berger

Ivy League Coach of the Year

Jason Vigilante

All-Region

Sam Pons
Michael Sublette
Matt McDonald
William Bertrand
Eddie Owens

Get to Know the Tigers: Natalie Rathjen & Maria Seykora



Natalie Rathjen '18

As a freshman you were a consistent scorer, what is the feeling like to be able to contribute to the team right away as a freshman?

Coming into Princeton, I definitely wanted to be able to contribute to the team as soon as possible, so I feel fortunate that I was healthy and fit enough to accomplish that goal this season.

What was your training like this summer, before you came to Princeton?

I ran a lot of mileage runs this summer, anywhere from 7-12 miles at a steady pace depending on the day. I didn't run very many workouts until the end of the summer, and when preseason started, just a lot of "basework" that

served as a foundation for the race-specific training we do as a team here on campus. I also swam and water-ran several times a week for cross-training.

What schools did you consider and what brought you to Princeton's program?

I also considered Stanford, the University of Virginia, Duke, and a few other Ivy League schools. I went on official visits and absolutely fell in love with Princeton on my trip. My hosts were incredible and I loved the cross country and track girls and the team dynamic. Princeton has a balance of highly competitive running and academics, but also "normal" college experience, which was definitely something I was looking for in whichever school I chose. Obviously Coach Farrell's incredible experience and the Princeton legacy were huge draws as well. Ultimately, the decision was very easy for me. I immediately felt right at home at Princeton and knew I belonged here.

What are your goals for the upcoming indoor and outdoor track seasons?

I have never run indoor track before, so I am looking forward to the experience and trying new events. Staying healthy and maintaining my fitness from cross are always top priorities, and in addition I hope to PR and score at Heps for both seasons. I am planning on focusing on the 5K, but I'm sure Coach Farrell will throw me into some shorter races to work on my speed over the next semester.

What do you plan on majoring in at Princeton?

I am not absolutely sure yet, but I will probably major in the Woodrow Wilson School or in economics while fulfilling all of the pre-med requirements.

What is the best advice you could give an incoming freshman?

Sleep is important, especially if you are an athlete wanting to stay injury-free. Princeton's environment can be stressful at times, but put your health, spiritual and mental well-being first. Most importantly, prepare for an awesome experience and open your mind to learning new things!

What does being a part of the Princeton track and cross-country teams mean to you?

For me, Princeton is the best of the best and I am thankful to be here. I am proud to be able to run and compete with very talented athletes from across the country and throughout the world. My teammates are amazing and inspire me everyday to work towards my goals on and off the track. I'm especially honored to run for Coach Farrell and be a part of his long-standing and successful program.

How have you developed as a competitor at Princeton?

I've become a more confident competitor, and I thank Coach Farrell and my teammates for help with this. I've also learned to be more patient and strategic, be in control at the beginning of the race, run the pace that I know I can run, stick with my teammates and know where they are, and kick at the right time. I approach races more calmly and confidently than I did in the past.

What are your goals for the upcoming indoor and outdoor track seasons?

I definitely want to help our team win Heps. We have a great team dynamic and an exciting year ahead of us. I'm focusing on the Mile, 1500m, and 800m this year, and I want to translate my improvement this cross country season to big PRs on the track.

What are your career ambitions outside of track?

I am majoring in philosophy and am thinking about going to graduate school to become a professor someday.

If you could compete in another sport at Princeton, besides track and cross country, what would it be and why?

Soccer! I really liked it when I was in middle school, and when I was younger I wanted to become a professional soccer player.



Maria Seykora '16

Get to Know the Tigers: Matt McDonald & Michael Sublette



Matt McDonald '15

What does it mean to you being a contributor to the team winning Heps?

Since losing Outdoor Heps at Yale last spring, my goal has been winning XC Heps this fall. Completing that goal was the most memorable event of the season, the fact that the win was so dominant was icing on the cake. I had been on the XC Heps team all four years as a Tiger, but before this year my best performance had been freshman year. It's easy to chalk my Ivy League rookie performance up to the absurd weather that year [it snowed and the times were extremely slow], but on some level it was still upsetting not to improve by leaps and bounds

like I had in high school. This year shattered that disappointment with a personal-best performance. There is no better feeling than running with a pack of Tigers as the rest of the league fails to keep pace. As captain, I was amazed by the performance of the entire team—it was nice to know that I had helped my teammates perform so well in the race.

What memory is most precious from your Princeton athletic career?

My favorite memory so far at Princeton didn't even occur at Princeton, it was in Louisville, Ky. at the 2012 NCAA Cross Country Championship. I was just a sophomore and with so many outstanding older runners on the team I was able to race with far less pressure, more for myself. I ended up

placing 151st, not impressive by any means, but I was our final scorer and we ended up taking 11th at the meet. Eleventh is still the best performance the Princeton Men have ever had at NCAAAs. Being a member of that team will probably be one of the best memories I have as a Tiger.

What are your personal athletic goals, and goals for the team, as you continue your senior year at Princeton? My performances on the track have never been as impressive as in XC, but this year I hope to change that. Personally, I want to make it to NCAA outdoors in the 10k. That's still a long ways away, so in the meantime it would be great if we could complete a Heps triple crown. I know the distance and mid-distance guys are ready to dominate the league indoors at Harvard and outdoors at Penn. I just can't wait to see how impressive the performances are.

What have the Tigers that have come before you taught you? Put bluntly, everything. The senior class my freshman year ('12) was one of the most extraordinary classes the Tigers have ever seen. They showed me that realizing goals that seem far-fetched is possible, and that it's silly not to set the goals that seem so hard to reach. The Class of '14 showed that working together as a team we could accomplish more than if we all compete/work against each other. There is no doubt in my mind that this team would not be where it is today had it not been for the incredible classes that came before my own [also incredible] class.

What are your career ambitions outside of track? It's difficult to imagine my life outside of track—four hours a day for four years have been devoted to track and XC. My major is chemical and biological engineering, and I hope to pursue further education in that field, perhaps even a Ph.D. After that, who knows?

You had a breakout year in cross country, how did that develop?

It wasn't anything special. I've just been lucky enough to be injury-free for my whole career, so I've been able to train continually and consistently for a long time. I think that's the most important thing.

You were second at Heps. What was going through your head as you were headed down the chute, the leader in Orange, on your home course?

Nothing really, I guess. I found myself with the leaders with 200m to go, and I felt like I should go for it at that point, so I did. I guess maybe I thought "Wow, I could win" once I was in the lead, but at that point I was more focused on just running hard to the line.

What's the best thing about being a student-athlete at Princeton?

I think just the fact of being a student-athlete at Princeton is the best thing about it. I get to go to the best school in the country and run for one of the top XC/track programs in the country at the same time. It's a cool opportunity.

What are your biggest motivators?

I don't know if I really have specific things that motivate me, but I guess overall I'd say I just really want to be good at running. By good, I mean as an individual and as a team. There's never really any question of motivation; like I know that to be good and to help my team be good I have to train at the highest level possible, so I try to do that, I guess.

What are your goals for the upcoming indoor and outdoor track seasons?

I'd like to place as high as I can in the events that I run at each season's Heps meet. I don't really have any specific goals in terms of times at this point. For outdoors I'd like to qualify for the regional meet (probably in the 10k) and see what I can do there. It would be great to go to Nationals, but for now I'm just worried about Heps and qualifying for Regionals.



Michael Sublette '16



2014 HEPS PHOTO GALLERY



2014-15 PRINCETON TRACK SCHEDULE

INDOOR

Dec. 7	New Year's Invitational	Jadwin Gym
Jan. 5	vs. Navy (M)	Jadwin Gym
Jan. 9	Quad Meet (W)	Jadwin Gym
Jan. 10	PSU Relays (M)	University Park, Pa.
Jan. 24	Tiger Open	Jadwin Gym
Jan. 30-31	at Armory Invitational (M)	The Armory
Feb. 6-7	at Sykes & Sabock	University Park, Pa.
Feb. 14	at HYP	Cambridge, Mass.
Feb. 22	Princeton Invitational	Jadwin Gym
Feb. 28-1	at Heps	Cambridge, Mass.
Mar. 7-8	at ECAC/IC4A Championships	Boston, Mass.
Mar. 13-14	at NCAA Championships	Fayetteville, Ark.

OUTDOOR

Mar. 20-21	at Disney Meet	Orlando, Fla.
Mar. 27-28	at Raleigh Relays (M)	Raleigh, N.C.
Mar. 28	at Monmouth Opener (W)	W. Long Branch, N.J.
Apr. 3-4	Sam Howell Invitational	Weaver Stadium
Apr. 11	Quad Meet	Weaver Stadium
Apr. 17-18	Larry Ellis Invitational	Weaver Stadium
Apr. 23-25	at Penn Relays	Philadelphia, Pa.
Apr. 25	at TCNJ Lions Invitational	Ewing, N.J.
May 1-2	Princeton Open	Weaver Stadium
May 9-10	at Heps	Philadelphia, Pa.
May 15-17	ECAC/IC4A Championships	Weaver Stadium
May 28-30	at NCAA East Regional	Jacksonville, Fla.
June 10-13	at NCAA Championships	Eugene, Ore.

(M) Men's Team Only; (W) Women's Team Only



Tigers: All-Access

Check out the Tigers All-Access video as we take you inside Heps, the week and experiences leading up to the championship race, race breakdown and interviews. The video is available on the Ivy League Digital Network under Princeton Video Features or at the following link: <http://www.ivyleaguedigitalnetwork.com/princeton/video/princeton-tigers-all-access---mens-and-womens-cross-country-heps-edition>



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