

Friends of Princeton Track Newsletter

Tiger Tracks

Editor: Kristy McNeil

DECEMBER 2015

Bird & Women Win Heps; Men Earn Five All-Region Honors



Michael Sublette '16 led the men's cross country team at the NCAA Mid-Atlantic Regionals.



The women's cross country team won its ninth Ivy League title with Lizzie Bird '17 winning the individual championship.

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 Cuba. 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.

In This Issue

Women's Season In Review	2
Men's Season In Review	3
Women's Results	4
Men's Results	5
Q&A with Little & Bird	6
Q&A with Berger & Kelly	7
Track Schedules.....	8

photos courtesy of Beverly Schaefer and the Ivy League.

President's Statement

Teammates,

Another season in the books and another HEPS title. IT NEVER GETS OLD!!!!

I hope you enjoy this edition of Tiger Tracks. As always the reporting and coaches' comments are informative and exciting.

Let me make a suggestion: come see these kids compete and spend some time with them afterwards. While watching their athletic prowess is a thrill, spending time with them is both humbling and inspirational. If ever anyone in the Friends group wondered about the value of our hard work or the return on our financial contributions, spend a few minutes with these amazing student-athletes and you will know that our generosity and hard work is worth everything we put into it.

Wishing all of you a great holiday season.

GO TIGERS!!!

Alan Andreini '68
President, 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.

2015 Women's Cross Country Season



While the Ivy League Heptagonal Championship returned to Van Cortlandt Park in the Bronx, the trophy returned home to Princeton.

Lizzie Bird '17 won the individual title and helped the Princeton to its first Heps title since 2010.

The Tigers, ranked No. 20 in the national poll at the time, scored 60 points with three runners in the top 10, and was 23 points ahead of second-place Yale.

Bird is the seventh Princeton Tiger to win the individual race, and the second straight. Megan Curham '18 won the race last year as Princeton took second. Other Tigers winning the title include: Alex Banfich in 2010, Liz Costello in 2009, 2008, 2007, Emily Kroshus in 2003, Laura Cattivera in 1987 and Lynn Jennings in 1979.

"The aim was to win, but I was planning on just sticking with the front group and then kicking at the end," Bird said post-race. "But I felt really good at the back hills. This is what we wanted coming in. I'm so happy. The team winning is greater than me winning."

"Going down the home straight? I was terrified. I was like 'I think I've gone too soon. I should have waited until the end to kick, what if she catches up with me now that would be terrible. But I was just like 'run as fast as you can, you're nearly there.'"

Bird finished the 6k course in 20:47.4 and cleared the finish line with a healthy gap between the rest of the competition. It was nearly eight seconds later when the second- and third-place finishers followed. **Emily de La Bruyere '16** was fourth at 21:08.8 and **Kathryn Fluehr '16** was sixth at 21:24.6. Bird, de La Bruyere and Fluehr all earn first-team All-Ivy League honors for their finishes. The final two Princeton scorers were **Brighie Leach '19** and **Kathryn Little '16**. Leach ran 22:00.1 to take 19th, while Little ran 22:14.1 to take 30th.

It's a place that certainly has treated Princeton well, as Van Cortlandt Park has been home to seven of Princeton's nine Ivy League championships. The Tigers won there in 1980 before a streak of five straight titles from 2006-10. It was on this course that Princeton made history in 2009 with a perfect score, going 1-2-3-4-5. (Princeton's first two titles came in 1978 in Ithaca and 1979 in Philadelphia).

West Windsor Fields was home to the NCAA Mid-Atlantic Regional Championship for the first time since 2009 and Princeton didn't disappoint in hosting a great event.

de La Bruyere and Bird went 2-3 to guide the team to a third-place finish.

The Tigers earned 80 points, just five back from No. 14-ranked Georgetown. No. 10 Penn State won the race with a score of 60. No. 26 Villanova followed Princeton in fourth place with 125 points and West Virginia was fifth with 134.

Temple's Blanca Fernandez took the individual title at 20:52.0. de La Bruyere was 1.6 seconds behind as she covered the 6k course in 20:53.6. Bird posted a 20:56.9 for third place. Fluehr clocked 21:16.6 for 13th place. Fluehr, along with de La Bruyere and Bird, captured all-region honors.

Ally Markovich '17 was 29th at 21:48.6 and Leach was 33rd at 21:55.4 as the final scorer.

The following afternoon it was announced that Princeton was one of 13 at-large teams to earn a spot in the NCAA Championships, joining 18 automatic qualifiers.

Princeton made its 11th team appearance at the NCAAs as the championship took place in Louisville, Ky., on November 21.

Bird guided the team to a 21st place finish, and was the second Ivy League runner to finish the race, covering the 6k Tom Sawyer course in 20:35.6. It was a huge improvement for the Ivy League Heps Champion, since her 2013 NCAA appearance, when she finished 213th as a freshman. Fluehr was 81st overall at 20:44.0. This was the second time Fluehr was the No. 2 runner across the line for the Tigers at the NCAAs, as she was 187th in 2013 with a time of 21:56.0 in Terre Haute. **Melinda Renuart '18** was the third scorer, clocking 21:17.5 for 165th place in her first NCAA appearance. Little followed 21:28.9 for 187th in her second time on the big stage. The final scorer was Leach, coming in four places back from Little at 21:31.3.

Allie Klimkiewicz '18, who replaced de La Bruyere in the race, ran 21:52.3. de La Bruyere had her Rhodes Scholar interview the same afternoon and could not race. Markovich was the No. 7 at 22:04.2.

PETER FARRELL Women's Head Coach



"Next man up" seemed to be the rallying cry for quite a few teams this fall. From Notre Dame football to Princeton women's cross country. It appeared that depth was more important than ever. The Irish lost as many as eight potential NFL draft picks to injuries for all but two games but seemed to find a way to get through with "the next man up." Our team was without quite a few key athletes, yet we had the best season we've had since we had the likes of Banfich, Higginson and Cummings. First our two-time All-America Megan Curham decided to take a year off from school to enhance her resume for possible future job prospects, leaving us without a potential low number in the bigger meets that now dot our schedule. The next woman up in this case was Lizzie Bird. Everywhere we went Lizzie took up the slack and gave us that all important low number. She started with a convincing victory at HYP and added a Heps championship before leading us to a 21st-place performance at NCAAs. She just stepped up and had an amazing season.

It seemed that in all of our races someone was called upon to fill in for a teammate who wasn't capable of performing at her best. Our team captain, Emily de La Bruyere, was saddled with the difficult decision of competing at the NCAA Championships or taking the interview as a finalist for the Rhodes Scholarship. There's no postponing the Rhodes interview and Emily sadly had to trek to Manhattan at the same time her teammates toed the line in Louisville. To prove the above point, we entered the meet ranked 23rd and came out 21st! In this particular case Melinda Renuart popped up with a terrific 161st finish to put us up by two from our pre-meet ranking.

It really speaks well to the spirit and confidence of the team that they never let personnel setbacks affect them. This spirit and esprit de corps carried them through whatever came their way. Even at Heps, Brighie Leach bounced back from a bout with mono and garnered 19th place and sealing the win after Lizzie Bird, Emily de La Bruyere and Kathryn Fluehr went 1-4-6.

Lizzie's Heps victory gives us two Heps champions on next year's squad as we will have Curham return in September. Couple this with our new found depth and strong recruiting class and you will see Tiger eyes smiling toward the end of next fall. See you next year in Terre Haute (again).

2015 Men's Cross Country Season



JASON VIGILANTE Men's Head Coach



At the end of August we arrived back to campus with great enthusiasm and fitness built over months of fantastic summer mileage. To the man we all had a singular goal in mind etched over thousands of miles on roads and trails: defend our Heps title. Many coaches say it's more difficult to retain a title than it is to win one as the challenger. This season would prove that notion correct in heart wrenching fashion. Through it all we encountered unfortunate challenges nearly every week of the season yet despite our finishes, I am as proud of our team as I have ever been.

Just two weeks back from the summer break we traveled to Boston to compete against Harvard and Yale. A year before, we narrowly slipped by host Yale to win 32-31. This year we won with a convincing victory. Will Bertrand '17 led the way, just missing the overall win by a second! It was his first time to lead our team. Following Bertrand came Michael Sublette '16 in third, Wolfgang Beck '17 fourth, Jeremy Spiezio '19 ninth and Steven Sum '19 13th. We certainly began our season on a high note!

Three weeks later we hosted 11 teams at West Windsor Fields for the inaugural Princeton Interregional Invitational. We finished second behind Indiana University and had an impressive 1-7 spread of 16 seconds. Unfortunately after the HYP meet, Bertrand sustained an injury and was out for the season. It looked as though we could possibly sustain the loss of Bertrand and still compete for the title.

For the first time in five years the Heps returned to Van Cortland Park. We competed with all we had, however a case of pneumonia and a sinus infection were too much for our Tigers to overcome. We ended up a frustrating fifth place with Sublette as our number one man. After the race we were determined to use two weeks until the NCAA Regional to try and get ourselves back together.

Our final race of the season was the NCAA Mid-Atlantic Regional at the West Windsor Fields. We fought hard for 10k and finished fourth of 28 teams. All five scorers finished in the top 24 and earned all-region status. We had an 11 second 1-5 spread including two freshmen. I am proud of the work our men performed and feel eager to see our guys use the lessons in resilience and toughness in the seasons to come.

Sublette was our Rosengarten Award winner, Spiezio was our freshman Rosengarten Award winner and Bertrand was elected by his teammates to be our 2016 cross country captain.



The Princeton men's cross country won the HYP meet to kick start the 2015 season. This is the second consecutive year of the renewed HYP meet and the second consecutive win by the Tigers.

Princeton earned a low score of 31, while Yale and Harvard tied with 47 points. The Tigers had an average time of 25:03.40, 10 seconds faster than Yale and eight faster than Harvard. Sparking the victory was a 2-3-4 finish by **William Bertrand '17**, **Michael Sublette '16** and **Wolfgang Beck '18**. Bertrand just missed the victory by one second at 24:49 to Harvard's Tom Purnell.

Three weeks later the Tigers finished second at the Princeton Interregional Meet. Princeton finished second with 70 points to the No. 19-ranked Indiana Hoosiers, which won with 47 points. **Steven Sum '19** was the first Tiger across the line, finishing the 8k course in 24:12.4 to take sixth. Princeton's low score and finish ahead of ranked squads Providence, UNC and Va Tech put the Tigers in the national poll at No. 27 the following week. The Wisconsin Invitational on Oct. 16 proved to be a tough meet for the team as it finished 31st. Sublette was the first Tiger across the line with a 24:18.2.

Two weeks later, Princeton finished fifth at the 2015 Ivy League Heptagonal Championships.

The Tigers earned 95 points in the 8k race that made it's return to the Bronx after a four-year stint in Princeton in West Windsor Fields.

Sublette was the top finisher for the Tigers with a time of 24:59.8 to take 10th. **Sam Berger '16** ran 25:10.5 to take 14th, while **Jeremy Spiezio '19** was two places back with a time of 25:14.4. **Brett Kelly '16** covered the course in 25:21.3 to take 20th, and Sum ran 25:35.7 as the final Princeton scorer.

Sublette and Berger both claimed second-team All-Ivy League honors, based on their finishes.

Two weekends later, West Windsor Fields was showcased as Princeton hosted the NCAA Mid-Atlantic Regional Championships.

For the second consecutive season Princeton finished fourth at the Regional with 102 points. Spiezio was the No. 1 runner for the first time this season. He clocked 31:21.2 to finish 16th. Three seniors followed: Berger was 19th at 31:28.5, Sublette was 21st at 31:31.0 and Kelly was 22nd at 31:31.5. Sum was the final scorer, clocking 31:32.2 for 24th. All five Princeton runners placed in the top 25 to earn All-Region honors.

2015 Women's Cross Country Results

Sept. 11 HYP Cambridge, Mass. - 5k 2nd of 3

Princeton Finishers

1.	Lizzie Bird	17:14
5.	Emily de La Bruyere	17:40
9.	Natalie Rathjen	17:48
10.	Kathryn Fluehr	17:50
12.	Brighie Leach	17:54
17.	Ally Markovich	18:13
19.	Nicole Marvin	18:18
20.	Melinda Renuart	18:20
29.	Morgan Lucey	18:54
30.	Birdie Hutton	19:01
33.	Taylor Bacon	19:06
34.	Delaney Miller	19:07
39.	Jessica Ackerman	19:26
40.	Zoe Sims	19:33
45.	Mim Buscher	19:51
45.	Mary Hui	19:53
47.	Mallory Edens	20:07
49.	Sarah Porter	20:31

Team Totals

1.	Harvard	36
2.	Princeton	37
3.	Yale	50

Sept. 19 Meet of Champions Bronx, N.Y. - 6k 3rd of 11

Princeton Finishers

4.	Emily de La Bruyere	22:29.3
5.	Brighie Leach	22:29.4
12.	Kathryn Little	22:58.2
19.	Nicole Marvin	23:13.8
20.	Melinda Renuart	23:16.3
25.	Birdie Hutton	23:25.5
35.	Morgan Lucey	23:36.9
41.	Zoe Sims	23:47.0
50.	Delaney Miller	24:01.7
56.	Mallory Edens	24:08.9
58.	Taylor Bacon	24:11.9
66.	Jessica Ackerman	24:28.4
80.	Mary Hui	24:54.1
85.	Sarah Porter	24:58.8
92.	Mim Buscher	25:12.4

Team Totals

1.	Wisconsin	26
----	-----------	----

2.	Johns Hopkins	59
3.	Princeton	60
4.	Buffalo	113
5.	Richmond	154

Oct. 3 Interregional West Windsor Fields - 6k 1st of 12

Princeton Finishers

3.	Lizzie Bird	20:42.7
5.	Emily de La Bruyere	20:51.8
7.	Kathryn Fluehr	21:06.7
19.	Ally Markovich	21:33.5
48.	Nicole Marvin	22:05.2
49.	Brighie Leach	22:05.4
51.	Melinda Renuart	22:09.2
61.	Birdie Hutton	22:16.2
78.	Kathryn Little	22:37.5
89.	Jessica Ackerman	22:58.0
91.	Delaney Miller	23:03.4
98.	Mallory Edens	23:12.3
100.	Zoe Sims	23:13.8
103.	Taylor Bacon	23:27.8
105.	Sarah Porter	23:40.8
103.	Mary Hui	23:48.4
113.	Morgan Lucey	24:13.1
118.	Mim Buscher	24:40.1

Team Totals

1.	Princeton	80
2.	North Carolina	90
3.	Columbia	108
4.	Villanova	116
5.	Indiana	119

Oct. 16 Wisconsin Madison, Wisc. - 6k 13th of 36

Princeton Finishers

14.	Lizzie Bird	20:00.8
30.	Emily de La Bruyere	20:20.6
107.	Kathryn Fluehr	21:03.6
128.	Melinda Renuart	21:15.6
142.	Ally Markovich	21:22.8
231.	Birdie Hutton	22:37.3
234.	Nicole Marvin	22:47.8

Team Totals

1.	New Mexico	32
2.	Arkansas	188
3.	Virginia	217
4.	NC State	240
5.	Providence	264
13.	Princeton	421

Oct. 17 Princeton Invitational West Windsor Fields - 6k 12th of 24

Princeton Finishers

26.	Kathryn Little	22:05.5
27.	Allie Klimkiewicz	22:07.6
65.	Alie Fordyce	22:53.8
74.	Taylor Bacon	23:03.9
97.	Mallory Edens	23:17.1
109.	Sarah Porter	23:32.2
112.	Mary Hui	23:34.4
113.	Laura Hergenrother	23:53.3
119.	Jessica Ackerman	23:42.1
126.	Anna Jurew	23:50.9
134.	Zoe Sims	24:02.6

139.	Summer Hanson	24:05.6
155.	Mim Buscher	24:31.1
158.	Michelle Tracy	24:39.5
161.	Morgan Lucey	24:45.3
186.	Melana Hammel	26:05.9
199.	Meghan McMullin	27:14.9

Team Totals

1.	Penn	71
2.	Guelph	82
3.	Pittsburgh	111
4.	Duquesne	157
5.	UMBC	197
12.	Princeton	276

Oct. 30 Ivy League Heptagonals Bronx, N.Y. - 6k 1st of 8

Princeton Finishers

1.	Lizzie Bird	20:47.4
4.	Emily de La Bruyere	21:08.8
6.	Kathryn Fluehr	21:24.6
19.	Brighie Leach	22:00.1
30.	Kathryn Little	22:14.1
33.	Melinda Renuart	22:17.8
47.	Ally Markovich	22:37.2
53.	Allie Klimkiewicz	22:44.6
68.	Natalie Rathjen	23:05.0
83.	Birdie Hutton	23:42.2
88.	Mallory Edens	24:12.0
89.	Taylor Bacon	24:21.4

Team Totals

1.	Princeton	30
2.	Yale	83
3.	Columbia	94
4.	Brown	109
5.	Penn	114
6.	Cornell	114
7.	Harvard	134
8.	Dartmouth	151

Nov. 13 NCAA Mid-Atlantic Regional West Windsor Fields - 6k 3rd of 30

Princeton Finishers

2.	Emily de La Bruyere	21:13.5
3.	Lizzie Bird	20:56.9
13.	Kathryn Fluehr	21:16.6
29.	Ally Markovich	21:48.6
33.	Brighie Leach	21:55.4
50.	Kathryn Little	22:12.4
53.	Melinda Renuart	22:13.5

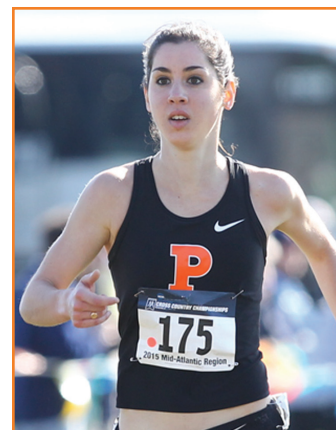
Team Totals

1.	Penn State	60
2.	Georgetown	75
3.	Princeton	80
4.	Villanova	125
5.	West Virginia	134

Nov. 23 ECAC Championships Bronx, N.Y. - 5k 8th of 8

Princeton Finishers

27.	Morgan Lucey	19:14.7
42.	Laura Hergenrother	19:43.9
45.	Taylor Bacon	19:48.5
46.	Mary Hui	19:54.2



Emily de La Bruyere '16

48.	Sarah Porter	19:55.8
53.	Mim Buscher	20:10.0
58.	Yuzki Oey	20:25.3

Team Totals

1.	Columbia	38
2.	James Madison	55
3.	Iona	82
4.	St. Joseph's	118
5.	Rider	145
8.	Princeton	175

Nov. 21 NCAA Championship Louisville, Ky. - 6k 21st of 31

Princeton Finishers

58.	Lizzie Bird	20:35.6
81.	Kathryn Fluehr	20:44.0
165.	Melinda Renuart	21:17.5
187.	Kathryn Little	21:28.9
191.	Brighie Leach	21:31.3
216.	Allie Klimkiewicz	21:52.3
228.	Ally Markovich	22:04.2

Team Totals

1.	New Mexico	49
2.	Colorado	129
3.	Oregon	214
4.	Providence	231
5.	NC State	264
21.	Princeton	524

HONORS

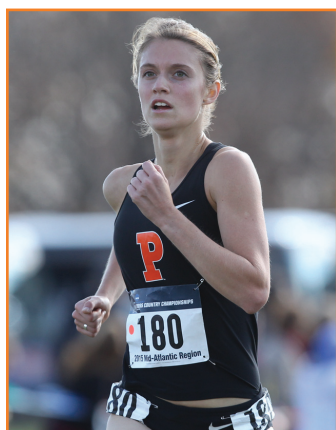
First-Team All-Ivy League

Lizzie Bird
Emily de La Bruyere
Kathryn Fluehr

Ivy League Coach of the Year Peter Farrell

All-Region

Emily de La Bruyere
Lizzie Bird
Kathryn Fluehr



Ally Markovich '18

2015 Men's Cross Country Results



Steven Sum '19

Sept. 11 HYP

Cambridge, Mass. - 8k
1st of 3

Princeton Finishers

2.	William Bertrand	24:49
3.	Michael Sublette	24:58
4.	Wolfgang Beck	25:00
9.	Jeremy Spiezio	25:13
13.	Steven Sum	25:17
14.	Sam Berger	25:21
15.	Noah Kauppila	25:26
20.	Brett Kelly	25:45
21.	Charlie Stahl	25:51
27.	Rob Stone	26:03
28.	Kenan Farmer	26:08
30.	Zach Albright	26:11
38.	Jack Leahey	26:38
40.	Jared Lee	26:45
41.	Stephen Rossettie	27:00
43.	J. Covarrubias Robles	27:39
45.	Ramon Ayala	27:53
46.	Ben Jacobson	28:49
47.	Patrik Andersen	29:51
48.	Franklin Aririguzoh	31:41

Team Totals

1.	Princeton	31
2.	Yale	47
3.	Harvard	47

Oct. 3 Interregional

West Windsor Fields - 8k
2nd of 11

Princeton Finishers

6.	Steven Sum	24:12.4
8.	Michael Sublette	24:14.8
11.	Noah Kauppila	24:17.5
21.	Sam Berger	24:25.4
24.	Jeremy Spiezio	24:26.5
25.	Kenan Farmer	24:26.9
28.	Wolfgang Beck	24:28.9
43.	Brett Kelly	24:45.9
58.	Robert Stone	24:57.8
59.	Charlie Stahl	24:59.9
85.	Jack Leahey	25:37.7

Team Totals

1.	Indiana	47
2.	Princeton	70
3.	Columbia	84
4.	Virginia Tech	105
5.	Providence	111

Nov. 1 Ivy League Heptagonals

Bronx, N.Y. - 5 mi.
5th of 8

Princeton Finishers

10.	Michael Sublette	24:59.8
14.	Sam Berger	25:10.5
16.	Jeremy Spiezio	25:14.4
20.	Brett Kelly	25:21.3
35.	Steven Sum	25:35.7
38.	Noah Kauppila	25:41.4
41.	Charlie Stahl	25:43.3
43.	Wolfgang Beck	25:46.5
66.	Jack Leahey	26:35.6
67.	Kenan Farmer	26:38.9
82.	Rob Stone	27:29.0

Team Totals

1.	Columbia	65
2.	Penn	69
3.	Yale	75
4.	Cornell	75
5.	Princeton	95
6.	Dartmouth	103
7.	Harvard	191
8.	Brown	230

Oct. 16 Wisconsin Invitational

Madison, Wis. - 8k
31st of 36

Princeton Finishers

72.	Michael Sublette	24:18.2
90.	Noah Kauppila	24:24.9
117.	Steven Sum	24:31.9
186.	Jeremy Spiezio	25:00.7
209.	Kenan Farmer	25:20.5
224.	Sam Berger	25:31.5
244.	Wolfgang Beck	27:06.7

Team Totals

1.	Syracuse	101
2.	BYU	186
3.	Michigan	218
4.	Virginia	238
5.	Iona	268
31.	Princeton	674

Oct. 17 Princeton Invitational

West Windsor Fields - 8k
13th of 21

Princeton Finishers

32.	Zach Albright	24:50.4
34.	Charlie Stahl	24:51.5
55.	Jack Leahey	25:08.9
80.	Rob Stone	25:28.8
114.	Stephen Rossettie	26:15.9
116.	Ben Jacobson	26:21.8
123.	Jared Lee	26:47.0

Team Totals

1.	Penn	42
2.	Villanova	51
3.	Guelph	73
4.	La Salle	124
5.	UMBC	202
13.	Princeton	315



Jeremy Spiezio '19



Wolfgang Beck '18

HONORS

Second-Team All-Ivy League
Michael Sublette
Sam Berger

All-Region
Jeremy Spiezio
Sam Berger
Michael Sublette
Brett Kelly
Steven Sum

Get to Know the Tigers



KATHYRN LITTLE
Class of 2016

What was it like to win the Ivy League Heptagonal championship and bring that trophy home to Princeton?

It was a fantastic team moment. Winning Heps is always first on our list of goals for cross country, so it was really exciting that we could achieve that, for the first time since 2010, during my senior year. The win goes beyond just the 5 who scored or the 12 who raced, too. People have stepped up all season long, whenever the team needed them most, and we had so much support from teammates and alumni on the day of the race. I also love

racing at Van Cortlandt, so it was extra special to race Heps there.

How have you developed as a competitor at Princeton?

Running for Princeton has taught me how to race with and for teammates, not only for myself. It helps a lot to see a teammate in a race and want to catch up and run with her, or if she's having a tough race, to help out by trying to step up myself. As for my individual approach to competing, an unsuccessful freshman year gave me extra motivation; I wanted to prove that I could be a contributing member of the program. After building confidence during sophomore year, I've tried to work on being consistent. Injuries and some health issues have put a few bumps in my progression as a competitor, and even when I'm fully training, some days are inevitably better than others, but I've learned to trust my long-term training in order to maintain the confidence I need to race well.

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

Don't be afraid to listen to your body and take rest days when you need them. (I'm still working on that.) Trust Peter and the trainers, because they know more than you do. Give yourself 24 hours to react to a race, whether good or bad, and then move on. And as cheesy as it sounds, never give up – your hard work will pay off eventually.

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

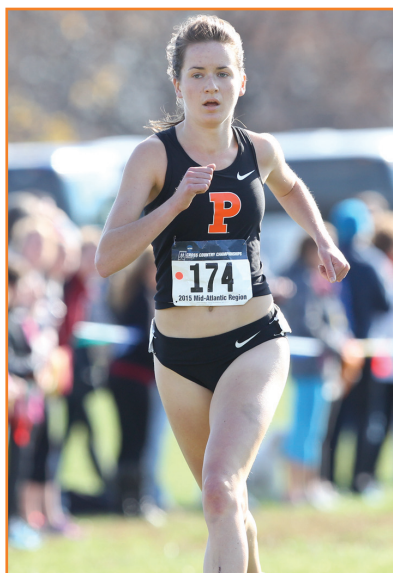
On a team level, win both Heps to get that Triple Crown. On an individual level, I want to stay healthy, PR in the 3k and 5k, score at Heps, and compete in the NCAA Regionals. Maybe I'll try the 10k too this year... we'll see.

What are your plans after graduation?

I'm applying to master's programs in civil and environmental engineering for next year. I plan to use my remaining track eligibility while I'm at it. Beyond that, there's just a big hazy cloud of real life.

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

It's more than I expected coming in as a freshman – more intense, more work, more rewarding, and more a part of my identity than I anticipated. The team is such a defining part of my experience at Princeton; I can't imagine being here without being on the team. Our team dynamic and unity have improved every year, thanks to the captains. Not many people get the chance to be part of a big group with big goals like this. It's such a privilege to practice every day with talented, dedicated teammates who motivate me to contribute as best as I can.



LIZZIE BIRD
Class of 2017

How did you feel winning the individual Ivy League Heptagonal championship?

Immediately after the race I was too exhausted to think about anything except how tired I was. I think I found somewhere to collapse near the finish line, where Emily and Kathryn joined me. Once I had recovered though I felt a combination of shock, relief, and excitement. The hard part was reigning those emotions back in before Regionals and Nationals!

What were the team expectations heading into

Heps, did the team expect to win? When did you know the team won and what was that feeling like?

We knew we were the favorites. That is probably the hardest place to be mentally: you can use up a lot of energy worrying about the pressure and expectations. But instead we used that knowledge positively: as Peter said the night before the race, we were the favorites for a reason. We had earned the pressure and we carried it well.

During at least the first half of the race I could hear Emily and Kathryn close behind me and I remember thinking – if I can stay here and they can stay there then we've won. After the race we were all huddled together, surrounded by the whole team. A couple of people told us that we had won, but we refused to believe it ("are you sure? Is that official? Please don't get our hopes up!") When it finally sank in, there was a LOT of hugging. Apparently you're meant to get ten hugs a day, and I think I made up for at least a week's worth of hugging in ten minutes.

You had a breakout year in cross country and emerged early as the No. 1. Without Megan Curham did you know before the season started your role would have to change?

Before the season began we all realized that every one of us was going to have to step up to fill the Megan sized hole. To steal Peter's season summary, it was about the next woman up. I knew that (since I'm getting old now) I would have to be more of a leader, and suspected that I might be near the front of the pack, so I guess I knew my role would change in some way.

How different is competing in the NCAAs in cross country to competing at NCAA in the steeplechase last spring?

Probably the main similarity between the two is the free Nike gear. Cross country really is a team sport – that's what makes it so different. You travel with seven of your closest friends, you go to a banquet with all the other teams, and when you're running around that horrible course you know that you're all in it together. After my race this year I was a little disappointed. However, finding out that – despite my performance – we had still managed to perform way above expectations as a team and come in 21st in the country, was pretty great. After my steeplechase last spring I didn't have that luxury!

Tell us about this past summer and competing at the Euro 23 Championships.

Competing for my country was something that had been on my "to do" list for a while. European U23s was probably the equivalent – in level of competition – to NCAAs, but it was a totally different experience.

continued on page 8

Get to Know the Tigers



SAM BERGER
Class of 2016

You captured second-team All-Ivy League honors, how it feel to earn that as a senior?

It was definitely a nice finish to my Heps cross country career. I fell short of my personal goal to improve on my 12th place finish last year, but a lot of guys from around the league stepped up and ran well that day. I can't be too disappointed in finishing near the top of a stacked league.

What specific goals do you have for yourself as you move forward in the upcoming track seasons?

I would really like to contribute to team Indoor and Outdoor Heps titles by scoring individual points, something I still haven't been able to do. As a side goal, I also hope to break 4 minutes in the mile this indoor season.

What memory is most precious from your Princeton athletic career?

Definitely winning cross country Heps in 2014. Winning in such a dominating fashion with that group of guys in the freezing rain is something I'll never forget.

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

The best advice I've had in college is from Coach Vig: just have fun. Running is too volatile of a sport to allow yourself to get completely wrapped up in it. I fell into that trap early in my college career. As many know, there are too many aspects to running that will leave you disappointed. The key is to focus on the process. If you enjoy the process - coming down to practice every day, training with a great group of guys, embracing the opportunity to get better - you can ultimately walk away happy despite any result. From my experience, this mindset has led to better training and performances too. As Vig always tells us, you need to let him do the worrying and just have faith.

What are your post-graduation plans?

Right now, I'm considering a couple options. I'm applying both to jobs and grad schools. If I do go the grad school route, it will be a program related to business. Eventually, I hope to retire.



BRETT KELLY
Class of 2016

How did you get into running and what are your earliest memories of it?

My older brother, Justin, started running track in Junior High, so I decided to try it out too. Early on in eighth grade, I ran a 5k road race with my High School's cross country team, and finished 7th overall. That's when I decided to seriously give running a try, and ended up going undefeated that Spring in track.

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

The camaraderie on our team is incredible. Knowing that there is a part of each day when I can come down to the track and spend time training hard with my best friends makes everything else manageable.

What have the Tigers that have come before you taught you?

Don't leave here with any regrets. This team is worth making sacrifices for each day. It's easy to work hard when you're training beside all your teammates, but when you're cross-training alone or struggling to get enough sleep, you always have to stay focused on the team. When I graduate, I want to be proud of my time here, and be able to say that I gave this everything I could.

What are the biggest adjustments you've made from freshman year to your senior year?

My freshman year, I still didn't really understand what it would take to be competitive at this level. I saw guys on the team succeeding by running a ton of miles, so I brought my mileage up to try to emulate that. Since then, I've had three stress injuries, and have had to take a lot of time away from running. I think it's taken me until this year to finally start realizing that my mindset is even more important than my mileage. If I am determined and confident enough, I can still race well through injuries and after time off.

What specific goals do you have for yourself as you move forward in the upcoming track seasons?

I want to carry my momentum from the end of cross country into these final two track seasons. My goal is to score at both indoor and outdoor Heps. I really want to contribute to this team that has meant so much to me these past four years.

What are your post-graduation plans?

Next year, I plan on working out in Boulder, CO at a Patent Law Firm.

Bird continued from page 6

In some ways it was more fun than racing for Princeton – the GB gear was pretty cool, I got to travel to a different country (Tallinn probably beats Eugene in terms of architecture, culture, and history, even if the stadium wasn't as impressive as Hayward field), and I got to meet a lot of new people. The knowledge that I was in some way representing my country (even though I'm not particularly patriotic) was special. But the experience also made me appreciate how unique my Princeton team is: we are athletes, but we are also students, teammates and friends.

What are your goals for the upcoming track seasons?

I haven't had my meeting with Peter so these could change. But tentative goals are: win Heps, compete (and I mean compete, not come 24th like last year!) at NCAAs, and compete at the British trials back home.

2015-16 PRINCETON TRACK SCHEDULE

INDOOR

Dec. 5	at Metro Holiday Meet	Staten Island, N.Y.
Dec. 11	New Year's Invitational	Jadwin Gym
Jan. 9	vs. Navy (M)	Jadwin Gym
Jan. 8	Quad Meet (W)	Jadwin Gym
Jan. 23	Tiger Open	Jadwin Gym
Jan. 29	at HYP	Staten Island, N.Y.
Feb. 5-6	at Sykes & Sabock	University Park, Pa.
Feb. 12	at Fasttrack National Invite	Staten Island, N.Y.
Feb. 13	at Valentine Invitational (M)	Boston, Mass.
Feb. 21	Princeton Invitational	Jadwin Gym
Feb. 27-28	at Heps	Ithaca, N.Y.
Mar. 10-12	at NCAA Championships	Birmingham, Ala.

OUTDOOR

Mar. 17-18	at South Florida	Tampa, Fla.
Mar. 19	at NTC Meet	Orlando, Fla.
Mar. 25-26	at Monmouth Opener (W-Field)	W. Long Branch, N.J.
Apr. 8-9	Sam Howell Invitational	Weaver Stadium
Apr. 14-15	Princeton Quad Meet & Multis	Weaver Stadium
Apr. 22-23	Larry Ellis Invitational	Weaver Stadium
Apr. 28-30	at Penn Relays	Philadelphia, Pa.
Apr. 29-30	at TCNJ Lions Invitational	Ewing, N.J.
May 7-8	Heps	Philadelphia, Pa.
May 13-15	ECAC/IC4A Championships	Weaver Stadium
May 26-28	at NCAA East Regional	Jacksonville, Fla.
June 8-11	at NCAA Championships	Eugene, Ore.

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



2015 NCAA REGIONAL PHOTO GALLERY



Follow Us

Princeton track & field is on Facebook and Twitter. Like us on Facebook at PrincetonXCTF# and follow us on Twitter at @PrincetonTrack.