

Men Win Indoor Heps; Curham Completes Cycle



The Princeton men's track & field team captured its 18th indoor Heptagonal championship with the greatest margin of victory in Heps history.



Megan Curham '17 won her fourth All-America honor in the indoor 5k and is just the second Tiger in Princeton history to earn All-America honors in all three disciplines - cross country, indoor track and outdoor track.

Chairman's Statement

The pictures above speak for themselves. Our dominance of the Ivy League and our presence on the national stage continues. Fred Samara is unanimously voted Ivy League Indoor Track & Field Men's Coach of the Year. The Friends group is about to break another fundraising and participation record. The track dinner and meet at reunions is quickly becoming one of Princeton's most popular events.

In short, our performance and our ranks have never been stronger. We have a shot at the coveted triple crown on the men's side and we will go into the NCAA Women's Championships this spring with hopes that are as high as they have ever been.

To put this all together has taken the tireless work of the coaches, the student athletes, the AD's office and scores of Friends volunteers. A funny thing happens when talented people work relentlessly with a common goal in mind: WE WIN!!!!

And so we push on: the bar goes higher; more championships are won; more awards are given and yet in the finest Tiger spirit our thirst for victory is only increased.

Here's to a Tiger Tracks in July which chronicles the most amazing spring and year in the history of the program.

To everyone who had brought us this far.....TIGER HIGH FIVES!!!!

Alan Andreini '68
Chairman, Friends of Princeton Track

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To learn more about the Friends of Princeton Track/XCountry and its mission please visit: www.goprincetontigers.com/athleticsfriends

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Indoor Ivy League Heptagonal Recaps

Men's Track & Field

Behind several strong performances, Princeton reclaimed the Ivy League Heptagonal championship. Before the final four events were even scored, Princeton was announced the winner with a heavy lead on the next best team, and finished 63 points in front of second-place Cornell, 161-98.

The Tigers had its best showing on Day 1 when they went 1-2-3 in the long jump. Greg Leeper '17 set a new PR in his first Heps win with a leap of 7.27m (23-10.25). Tumi Akinlawon '15 was the runner up with a PR of 7.26 (23-10), while Jake Scinto '16 took third at 7.20 (23-7.5).

Securing four points for Princeton on Day 1 was Mike Mazzaccaro '15 who placed fourth in the 3,000 with a time of 8:11.71.

August Kiles '18 and Ben Gaylord '17 combined for 11 more points in the pole vault. Tying for second, Kiles cleared a PR of 5.10 (16-8.75), while Gaylord was fourth overall with a mark of 4.90 (16-00.75).

Princeton nabbed 12 more points in the triple jump with Nana Owusu-Nyantekyi '15 claiming second place and Lane Russell '18 fourth. Owusu-Nyantekyi was the runner-up with a PR of 15.67 (51-5), while Russell jumped to 15.08m (49-5.75).

The Tigers went 2-3 in the shot put with Christopher Cook '17 and Scott Rushton '15 picking up 14 points. Cook, the runner-up, surpassed his previous PR of 18.34 set at the HYP meet, as he unleashed a toss of 18.85 (61-10.25) on his second attempt. Team captain Rushton came in third with a mark of 17.08 (56-0.50).

Carrington Akosa '18 will be one to watch the next three + years. He won the 200 and was second in the 60. The 200 was an interesting event with two lane violations and one false start, leaving just three competitors. Akosa cruised to the finish line, at 21.78 for his first Heps title. He was second in the 60 at 6.89 and his teammates Dré Nelson '16 and John Hill '16 placed fourth and sixth, at 6.92 and 6.93, respectively as 13 more points came from the short sprint.

Princeton nearly won the 60 hurdles, but Greg Caldwell '16 got caught up on the final hurdle and stumbled into third place at 7.97. Despite the fall, the time was a new PR. Rob Mohr '15 outleaned his own teammate at the line and took second place at 7.95.

Securing eight points was Garrett O'Toole '18. He was the runner-up in the mile run at 4:06.85. In a tightly contested finish, the freshman clocked in just over a tenth of a second behind the winner from Columbia.

Josh Ingalls '18 picked up six points in the 500, placing third with a time of 1:03.26, while Bradley Paternostro '15 came in fourth in the 800 with a time of 1:51.68. Luke Brahm '16 and Noah Kauppila '18 finished second and fourth in the 1000 run. Brahm clocked in at 2:26.10, while Kauppila crossed the finish line in 2:26.34.

Matt McDonald '15 finished second in the 5,000 with a PR of 14:18.10. Mike Mazzaccaro '15, who was fourth in the 3,000 earned another fourth-place finish with a time of 14:19.79.

Stephen Soerens '15 was fifth in the heptahlon with a score of 4,662, while Bryan Oslin '16 placed sixth with 4,557 points.

In the relays, the 4x440 of Akosa, Leeper, Josh Freeman '18 and Ray Mennin '17 placed third with a time of 3:17.90. The 4x880 squad of Eric Schulz '18, Paternostro, Brahm and Kauppila was also third with a time of 7:36.39. The men's DMR finished fifth with a time of 10:00.25.

Women's Track & Field

With a strong Sunday showing, Princeton finished third at the 2015 Ivy League Indoor Heptagonals at Harvard University.

Racking up 65 points through 12 events, the Tigers sat tied atop the leaderboard with Harvard and Columbia before ultimately coming in third. The Crimson took home the team title with 125 points, followed by Lions with 107 and Tigers with 105.

Princeton's first Heps champion of the weekend came from none other than Julia Ratcliffe '16 in the weight throw. It was her first indoor title and came on a toss of 19.48m (63-11.00), setting the mark on her final attempt. Her throw was more than three meters further than her closest competitor.

Breaking her own school record, Taylor Morgan '16 won the indoor pentathlon with a score of 3,923. Teammate Kerry Krause '16 picked up two additional points by placing fifth with a score of 3,627. Besting her previous record of 3,777 set at Penn State's Sykes & Sabock Challenge Cup, Morgan is just the third Tiger in Heps history to win the pentathlon.

As a pair Megan Curham '17 and Kathryn Fluehr '16 earned 32 points across both the 3,000 and 5,000. Curham dominated the 5k and ran the race alone, winning at 16:01.51 to qualify her to the NCAA Championships. Fluehr was second at 16:21.13. In the 3,000 Curham was the runner-up, for the second consecutive season, clocking a 9:23.33. Fluehr was third at 9:25.15.

The Tigers claimed two more victories in the 800 and the first-ever 500 contested at Heps. Carrying the conference's best 800 mark into the weekend, Cecilia Barowski '16 made her return to Heps in a big way, winning the 800 at 2:06.58. Setting the pace in the 500, Kim Mackay '15 crossed the line at 1:12.88 for the crown.

Two fourth-place finishes came in both the 400 and 1,000. Jasmine Blocker '16 posted a 55.27 in the 400, while Zoe Sims '17 ran 2:50.28 in the 1k. Another point came from Katie Hanss in the mile, as she ran 4:47.94.

Back in the middle of the track, the Tigers had three third-place finishes: Inka Busack '16 cleared 1.67 (5-5.75) on her third attempt in the high jump; Allison Harris '17 reached 3.70 (12-1.50) in the pole vault and Sara Ronde '16 leapt to 5.70 (18-08.50) in the long jump.

In the relays, the 4x440 team of Blocker, Elisa Steele '17, Quinn Parker '18 and Meghan McMullin '15 placed fourth with a time of 3:43.89. The 4x880 squad of Sims, Ashley Forte '18, Mackay and Barowski was fifth at 9:03.95. The women's DMR of Hanss, Emily Broyles '15, Rachael Chacko '17 and Emily de La Bruyere '15 also placed fifth with a time of 11:46.13.



The duo of Kathryn Fluehr (left) and Megan Curham (right) collectively captured 32 points in the 3,000 and 5,000. Curham was first in the 5k and second in the 3k, while Fluehr was second in the 5k and third in the 3k. (note: as a team Brown as a team scored 35, and Penn 38).

Coaches' Statements

PETER FARRELL

Women's Head Coach

Lack of depth and an incredibly persistent flu bug, kept Tiger dreams of an indoor Heps title from materializing. Lack of depth? We had five individual winners! All those years that we won indoors we never had more than three individual winners. We really had a great meet falling two points shy of second (Columbia) and about 20 behind defending champion Harvard. Cecilia Barowski '16 won the 800 in 2:06 despite fighting the flu all week. Several others were below par due to the nasty little bug.

Fellow junior, Taylor Morgan, had a stellar performance in the pentathlon. With the 800 remaining, Taylor had to beat her Dartmouth rival by more than 0.9 of a second. The margin was a comfortable 1.5 seconds. Never had I stared at a stopwatch so long hoping that I didn't use a coach's quick index finger. Taylor proved herself a real champion that day. Her teammate and good friend Julia Ratcliffe displayed her usual consistency by winning the weight throw by several feet. Co-captain Kim MacKay finally earned her long sought-after Heps victory by taking the 500 establishing a meet record (first year for the event - so it was automatic) of 1:12.82. The Heps added the traditional men's events (500, 1,000, DMR) this year. Continuing this phenomenal parade of performances, super soph Megan Curham grabbed second place in the 3,000 on Saturday and then in "what never really happens" qualified for NCAAs by winning the 5,000 in 16:01.23! Conference meets are rarely about qualifying in the longer events as race strategies, and doubling usually keep times from advancing you on to the show. So...quite amazing. Five winners. All in spectacular fashion for a hard-fought third at Heps.

One track meet does not a season make. We had a really strong indoor campaign with terrific performances at Penn State and the Armory, topped off by a very spirited win at HYP in Cambridge which was our 4th in five years. One noteworthy event was the distance medley relay at our own Princeton Invite. Five teams qualified for ECACs all running under 12:00. This event has become a team favorite as each relay will come out wearing different orange and black markings, each foursome looking to establish bragging rights. Eight seconds separated the first four teams. Now that's good seeding.

At the moment the team is winding down from mid-term exams and anxiously awaiting the well-deserved and highly productive spring trip to Orlando. Eight days of training in the sun does a lot to ease the pain of pesky tests. We'll compete at Disney toward the end of the week.

On to outdoors and better weather.



FRED SAMARA

Men's Head Coach

What a year, what a team! As I stood in the middle of Harvard's Gordon Indoor Track after our historic win at Heps, I reflected upon all the wonderful things that our team accomplished during the 2014-15 season. One word kept recurring in my mind. MORE! The team surrounded me and I told them, we had more spirit, more determination, more confidence and more belief in one another than all the other teams combined.

Princeton has had more talented teams in the past, but this team certainly is the one that performed to almost 100% of their ability. As a coach, the most rewarding thing is to get everyone on the team to compete at his best at one time. And it happened! Before the indoor Heps LetsRun.com, predicted Cornell would win by around two points, a very close competition. But the Tigers would have none of that. Event by event our young team rolled up the score, finally winning in record fashion by 63 points! The victory was a true team performance as Princeton only had two individual wins. Greg Leeper led a 1-2-3 sweep of the long jump and super frosh Carrington Akosa won the 200 meters. The Tigers scored in every event except the weight and the high jump. We had 28 members of the 33-man team score in either individual events or relays, another true testimony of how well our "team" performed.

Our season started off in wonderful fashion, as we defeated the powerful Navy team, 94-86. Navy would go on to easily win the Patriot League crown. Two weeks prior to Heps the Tigers travelled to Harvard for the annual HYP meet. What was supposed to be a close meet turned into a clear romp as the men from Princeton ran over the boys from Boston and New Haven (Princeton 125, Harvard 36, Yale 22). Our team came away from the meet with great momentum and confidence. The victory marked the 24th year in a row Princeton has won the HYP meet.

As we move on to the outdoor season we certainly have a clear goal in mind, to win another "triple crown." As I said to the team, good teams win one championship, great teams win two, historic teams win the "triple crown." To a man, the entire squad is dedicated to bring another "triple" back to Old Nassau and make their mark on the history books.

I want to especially thank the coaching staff of Jason Vigilante, Marc Anderson, Robert Abdullah and Justin Frick for their expert coaching and the way they brought the athletes along to peak at the right time.



Talk Track on TigerNet

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 former members of the Princeton women's and men's track and field teams. 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.



Princeton owned the podium for the long jump, claiming the top three spots and 24 points. Greg Leeper (center) won the event, with Tumi Akinlawon (left) taking second and Jake Scinto (right) finishing third.

2014-15 Women's Indoor Track Season

60 Meters

Christina Walter '18	7.75	TO
Joanna Anyanwu '15	7.76	S&S
Sara Ronde '16	7.90	HYP
Emily Easton '15	8.02	S&S

60 High Hurdles

Teju Adewole '15	9.01	TO
Kerry Krause '16	9.07	HYP
Allison Harris '17	9.07	S&S

200

Joanna Anyanwu '15	25.58	Heps
Jasmine Blocker '16	25.67	Tri
Christina Walter '18	25.68	S&S
Quinn Parker '18	25.70	PI

300

Quinn Parker '18	41.59	NYI
Joanna Anyanwu '15	42.43	NYI
Mattie Baron '18	42.66	NYI
Christina Walter '18	42.78	NYI

400

Cecilia Barowski '16	55.24	S&S
Jasmine Blocker '16	55.27	Heps
Elisa Steele '17	56.74	S&S
Quinn Parker '18	57.71	Heps

500

Kim Mackay '15	1:12.74	Armory
Cecilia Barowski '16	1:13.13	TO
Megan McMullin '16	1:14.69	Heps
Elisa Steele '17	1:15.67	Armory

600

Kim Mackay '15	1:31.72	S&S
Megan McMullin '16	1:33.94	S&S
Ashley Forte '18	1:34.79	NYI
Emily Broyles '15	1:36.85	S&S

800

Cecilia Barowski '16	2:05.00 *	ND
Kim Mackay '15	2:12.15	Tri
Zoe Sims '17	2:12.97	S&S
Ashley Forte '18	2:14.75	S&S

1000

Zoe Sims '17	2:50.28	Heps
Lizzie Bird '17	2:51.17	Heps
Cecilia Barowski '16	2:54.06	Tri
Summer Hanson '16	2:56.91	Armory

Mile

Katie Hanss '17	4:47.94	Heps
Megan Curham '17	4:52.43	Tri
Kathryn Fluehr '16	4:53.00	Tri
Rachael Chacko '17	4:53.35	Heps

3,000

Megan Curham '17	9:23.33	PI
Kathryn Fluehr '16	9:25.15	PI
Emily de La Bruyere '15	9:32.39	PI
Erika Fluehr '15	9:32.86	HYP

5,000

Megan Curham '17	16:01.51 *	PI
Kathryn Fluehr '16	16:21.13	PI
Erika Fluehr '15	16:45.92	PI
Lindsay Eysenbach '16	16:52.17	Armory

4x400

Jasmine Blocker '16		
Elisa Steele '17		
Quinn Parker '18		
Megan McMullin '16	3:48.25	Heps

4x800

Lizzie Bird '17		
Katie Hanss '17		
Zoe Sims '17		
Emily de La Bruyere '15	9:00.33	Armory

Distance Medley Relay

Zoe Sims '17		
Emily Broyles '15		
Ashley Forte '18		
Kathryn Fluehr '16	11:45.93	TO

High Jump

Inka Busack '16	1.73	HYP
Taylor Morgan '16	1.70	Tri
Kerry Krause '16	1.66	Tri

Pole Vault

Allison Harris '17	3.85	HYP
Lauren Santi '17	3.30	HYP
Britanny Henderson '18	3.30	PI

Long Jump

Sara Ronde '16	5.70	Heps
Taylor Morgan '16	5.52	TO
Alexandra Lanza fame '17	5.30	Armory
Kerry Krause '16	5.30	HYP

Triple Jump

Alexandra Lanza fame '17	11.57	HYP
Delaney Kerkhof '18	11.00	Tri
Sydney Hausman '17	10.93	S&S



Kim Mackay '15

Shot Put

Kennedy O'Dell '18	13.10	Tri
Brielle Rowe '16	12.55	PI
Taylor Morgan '16	12.50	NYI
Kerry Krause '16	10.49	HYP

Weight Throw

Julia Ratcliffe '16	19.95 *	NYI
Kennedy O'Dell '18	15.88	Tri
Brielle Rowe '16	15.38	Heps

Pentathlon

Taylor Morgan '16	3923 *	Heps
Kerry Krause '16	3777	Armory

Heptagonal Champions

Cecilia Barowski '16	800
Megan Curham '17	5,000
Kim Mackay '15	500
Taylor Morgan '16	Pentatlon
Julia Ratcliffe '16	Weight Throw

Team Schedule/Results

Dec. 7	New Years Invitational	-
Jan. 9	Princeton Tri Meet	1st of 3
Jan. 24	Tiger Open	-
Jan. 30-31	at Armory Invitational	-
Jan. 30-31	at Penn State National Open	-
Feb. 6-7	at Sykes & Sabock	
	(at Penn State)	3rd of 12
Feb. 14	at HYP (at Harvard)	1st of 3
Feb. 22	Princeton Invitational	-
Feb. 28-1	at Heps (at Harvard)	3rd of 8

Key

NYI	New Year's Invite	Tri	Princeton Tri-Meet
PI	Princeton Invite	S&S	Sykes & Sabock
TO	Tiger Open	*	Princeton record



Cecilia Barowski '16

2014-15 Men's Indoor Track Season

60 Meters

Carrington Akosa '18	6.82	S&S
John Hill '16	6.85	Navy
Dre Nelson '16	6.90	HYP
Tommaso Greenbaum '15	6.94	HYP

60 High Hurdles

Greg Caldwell '16	7.97	Heps
Rob Mohr '15	7.95	Heps
Spencer Long '18	8.49	HYP
James Burns '18	8.71	NYI

200

Carrington Akosa '18	21.67	S&S
Brent Albertson '17	22.10	Heps
Maxwell Schwegman '18	22.28	S&S
Mike Seaton '18	22.47	PSR
John Hill '16	22.86	Armory

300

Bryant Switzer '17	35.66	NYI
Greg Leeper '17	35.94	NYI
Mike Seaton '18	36.25	NYI
Francesco Di Caprio	37.20	NYI

400

Ray Mennin '17	49.34	HYP
Josh Freeman '18	49.69	Heps
Bryant Switzer '17	50.19	HYP
Carrington Akosa '18	50.18	Armory

500

Josh Ingalls '18	1:03.26	Heps
Eric Schulz '18	1:04.82	HYP
Josh Freeman '18	1:06.31	Armory
Tom Scott '15	1:06.38	HYP
Ray Mennin '17	1:06.79	PSR



Garrett O'Toole '18

600

Tom Scott '15	1:22.50	S&S
Jabari Johnson '16	1:24.07	NYI
Josh Freeman '18	1:24.44	S&S
Jared Lee '18	1:24.95	NYI

800

Bradley Paternostro '15	1:50.78	HYP
Eric Schulz '18	1:52.65	S&S
Garrett O'Toole '18	1:54.28	S&S
Sam Pons '15	1:56.55	S&S

1,000

Luke Brahm '16	2:26.10	Heps
Noah Kauppila '18	2:26.34	Heps
Garrett O'Toole '18	2:26.71	Navy
Stephen Rossettie '17	2:29.46	Armory

Mile

Bradley Paternostro '15	4:02.75	S&S
William Bertrand '17	4:06.23	Armory
Garrett O'Toole '18	4:06.85	Heps
Mike Mazzaccaro '15	4:09.98	S&S

3,000

Matt McDonald '15	8:06.67	Armory
Sam Berger '16	8:08.68	Armory
Mike Mazzaccaro '15	8:11.71	Heps
William Bertrand '17	8:16.80	HYP

5,000

Matt McDonald '15	14:18.10	Heps
Mike Mazzaccaro '15	14:19.79	Heps
Michael Sublette '16	14:27.89	Armory
Wolfgang Beck '18	14:42.23	Armory

4x400

Bryant Switzer '17		
Greg Leeper '17		
Josh Freeman '18		
Tom Scott '15	3:17.39	S&S

4x800

Luke Brahm '16		
Noah Kauppila '18		
Garrett O'Toole '18		
Bradley Paternostro '15	7:25.07	PSR

Distance Medley Relay

Luke Brahm '16		
Ray Mennin '17		
Noah Kauppila '18		
Bradley Paternostro '15	9:41.58	Armory

Heptathlon

Stephen Soerens '15	4662	Heps
Bryan Oslin '16	4557	Heps

High Jump

Xavier Bledsoe '17	2.04	Armory
Jake Scinto '16	2.04	TO
Colin Reilly '18	1.98	Navy
Stephen Soerens '15	1.94	HYP

Pole Vault

Adam Bragg '15	5.41 *	S&S
Benjamin Gaylord '17	4.90	TO
Bryan Oslin '16	4.35	NYI
August Kiles '18	5.10	Heps



Carrington Akosa '18

Long Jump

Greg Leeper '17	7.27	Heps
Jake Scinto '16	7.20	HYP
Tumi Akinlawon '15	6.98	S&S
Victor Du '17	6.85	Navy

Triple Jump

Nana Owusu-Nyantekyi '15	15.67	Heps
Lane Russell '18	15.44	HYP
Greg Leeper '17	14.21	Heps
Jake Scinto '16	13.93	Heps

Shot Put

Christopher Cook '17	18.85	Heps
Mitchel Charles '18	17.18	PI
Scott Rushton '15	17.08	Heps
Jared Bell '17	15.73	TO

Weight Throw

Jake Taylor '15	17.14	PI
Vic Youn '17	16.86	PI
Gabe Arcaro '18	14.79	PI
Scott Rushton '15	14.77	NYI

Heptagonal Champions

Carrington Akosa '18	200
Greg Leeper '17	Long Jump

Team Schedule/Results

Dec. 7	New Years Invitational	-
Jan. 5	Navy Dual	W, 94-86
Jan. 10	at Penn State Relays	-
Jan. 24	Tiger Open	-
Jan. 30-31	at Armory Invitational	-
Feb. 6-7	at Sykes & Sabock (at Penn State)	4th of 12
Feb. 14	at HYP (at Harvard)	1st of 3
Feb. 22	Princeton Invitational	-
Feb. 28-1	at Heps (at Harvard)	1st of 8

Get to Know the Tigers



KIM MACKAY

You won the 500 at Heps this year, the first time it's been contested. How does it feel having your name in the records book as the first ever winner?

It was incredible to score 10 points for my team, to become a Heps champion to be part of the inauguration of a new event for the women, the open 500. To be honest, however, I did not feel all that accomplished standing on top of the podium. Since two new middle distance events (500 & 1000) were introduced to the meet, in addition to the 800, the competition was spread out, leaving the 500m more or less wide open. Traditionally, the 800 brought all the best middle distance runners, those more sprint-based as well as those more distance-oriented, head-to-head in a

battle to the finish. Furthermore, since the 500 is not a common event in track & field on the high school or collegiate level, no one specializes in it per se. I believe the event will get increasingly competitive in years to come as sprinters and middle distance runners tailor their training more to the 500. Therefore, I do not foresee my 1:12.8 staying at the top of the list for very long. However, if my record is going to be broken, I hope it is by a Princeton Tiger.

You've competed in a number of events at Princeton, from the 400 hurdles to the 1500. What do you consider to be your favorite event and why?

The 800 is both my favorite event and my least favorite event. I love it because challenges me, and I hate it because I often fail to meet that challenge. Failure to master the mental aspects of running (competing with confidence, executing a race strategy, etc.), rather than anything to do with my physical abilities and fitness, has led me to underperform in the 800. This mental component is not as prominent in shorter events like the 500, which is why I have an easier time being consistent in the sprints. However, since I have struggled so much in my relationship with the 800 during my track career, running a new PR or becoming a Heps champion in the 800 would be all the more rewarding. It is because the 800 is the most frustrating event for me that it ultimately remains my favorite. Nothing that comes easy is as gratifying or as fun!

What are your biggest motivators?

When I think about all the time, effort, blood, sweat and tears I have put into this sport throughout the years, I am motivated to make it all worth it. One of the most important things for me in life is getting return on my investments. If I devote time and energy to something, you better believe it is extremely important to me and that I will not allow it to have been in vain. Track has been a huge part of my life and one of my top priorities for many years, and I feel the need to justify that every time I step up to the line. Furthermore, I want my coaches and parents, who support me and know my potential, to get return on their investments. So for me, running is not just recreation - it is a part of my identity and it is my job, and I do not take that lightly.

What memory is most precious from your Princeton athletic career?

My most precious memory from my Princeton athletic career has to be when my teammates elected me to serve as their captain for the 2014-15 track season. Scoring at Heps is always great and our spring break trips are certainly a good time, but being given the opportunity to implement meaningful changes to the program and inspire my teammates to push their boundaries is what I'm most grateful for. I look at the amazing women who served as captains for the program in the years before me, and I am so honored my teammates have held me in similar regard. It was a pleasure to pass down the wisdom and traditions that have been handed on to me, and I can only hope that future captains continue to do so.

As a senior, what are your plans after graduation, both career and track-wise?

After graduation, I will have the chance to have one last hurrah with the Princeton track & field team in Cuba for our traditional international trip. I will then enjoy a month at home on Long Island with my family before moving to the West Coast to attend graduate school for two years at the University of California, Los Angeles. I will be pursuing a Masters in Social Welfare at UCLA as a means of becoming a licensed therapist and eventually opening a private practice. I have one year of track eligibility remaining, so I plan on competing for UCLA's track team for my first year of graduate school, which I am extremely excited about. If I am able to get to the next level with running during that time, I am hoping my track career will not have to end there.



TAYLOR MOGAN

You won the pentathlon at indoors this season and have been a scorer a number of times at Heps. What was it like to get the win this year?

It was really incredible to win the pentathlon this year. I was so happy to see that all the work up to this point could really pay off in a big way and that I could bring home points for my team. It was also just a really exciting and fun way to win (I was in second by 10 points going into the 800), which topped off the entire experience.

How did you get involved in the multi-events and what is your favorite event?

I was actually recruited as a high jumper, but had dabbled a bit in the hurdles and relays in high school, so I had experience

with some other events. I started the transition from just a jumper to a multi part way through my freshman year by running workouts and learning other events with the other multis, and I competed in my first pentathlon during my sophomore indoor season.

What are the biggest adjustments you've made in your training and how you approach the multis from freshman year to now?

I would say the biggest adjustment I had to make is just that I now have seven events to train for in order to be prepared for competition, so I have a lot more to cover in practices. I think it really suits me a lot better, though; I love the competition format of just focusing on one event at a time and then moving on to the next rather than solely thinking about a single event all the time.

What is something about the women's track & field team at Princeton that people might not know?

One thing that's really cool and unique about the sport of track and field is that through its many events it is able to bring together a group of otherwise very different people. Our team has people of all backgrounds coming from around the world who are united through our team, which is incredible really. I would also say that a large majority of us are huge TSwift fans.

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

The transition to college athletics, especially in an environment such as Princeton's is an extremely difficult one, and I definitely came into college expecting to adjust easily and exceed athletically from the get go. My older teammates were an extremely important part of my experience here at Princeton, because they helped me to acclimate to the environment, as well as to recognize and understand that it was a very different one to where had I been the four years previous. I really looked to them as leaders and role models for how to approach the academic, athletic, and social environments at Princeton and am so glad to have had them during my transition to college.

What are your personal athletic goals, and goals for the team, in your senior season of track?

I want Princeton to win a Heps title! I think that the team is getting stronger and stronger and that we really can come home with a team title. As for personally, I just want to keep improving my scores so that I can be as big of a contributor to Princeton as possible. I would love to break my indoor record again and am definitely also eyeing up that outdoor record as well!

Get to Know the Tigers



ROB MOHR

You've been a scorer in the short hurdles at Heps a number of times and were the runner-up indoors this year – as well as in 2013. What does it mean to you knowing you've been a contributor to the Heps win?

It means everything to be considered part of team of such great athletes, both past and present. It's no easy feat to win the Heps title and I'm incredibly proud to be part of a team that had the willpower and the talent to do it.

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

Freshman year of high school I went out for track on a whim as something to do after soccer season. On the first day of practice when the coach tells everyone to

split up into their event groups I just end up standing around without a clue. After a minute the coach comes over, takes one look at tall, gangly high school me, and says, "Why don't you go talk to our hurdles coach". Ever since then I've been on the hurdles squad, although I was nowhere near good. I remember that for a good few months I just could not hurdle. Even through the first meet I was basically hopping the whole race, the only reason they kept me on was that my stride was long enough to get between the hurdles. It took far too long for me to actually figure out how to pull my leg over the hurdle but luckily they didn't give up on me and I would say it's worked out pretty well since then.

How have you developed as a competitor at Princeton?

I think I have learned how to handle the important, high pressure meets much better. Back in high school, and even freshman year, I used to get so nervous and stressed that I wouldn't perform well. I guess I realized somewhere down the line that putting all of this pressure on myself wasn't helpful or fun. Now I run with the mentality of enjoying myself and being happy with running the best that I could have run on that day. I love Heps now and all of my best season times have been run in that important meet atmosphere.

What would you consider your defining moment of your collegiate career?

I would have to say this most recent indoor Heps meet. I finally ran under eight seconds, and it felt great to come back from a terrible junior season and a Heps loss to a personal best and a team win this year.

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

Try not to stress yourself out about things at Princeton. Yes it will be difficult, and yes you will have to work hard, but embrace it and enjoy the challenge. Worrying only makes things so much harder on yourself.

What are your career ambitions outside of track, as graduation looms?

I am planning on going to work and hoping to make an impact in the sustainable energy field of engineering. I want to be part of something new and exciting, and help to move our energy technology in the right direction.



STEPHEN SOERENS

What is training like for a multi-eventer? Do you spend one day a week focusing on one event, or a week on one event? Explain your practices and training.

The multis usually work on jumps and sprints Monday, Wednesday, Friday and throws and aerobic fitness on Tuesday and Thursday if we don't have a meet on the weekend. Essentially we do days of technical training for jumps (high jump, long jump, pole vault) and sprints (hurdles and sprint starts) followed by running workouts alternated with days of technical work in the shot put along with longer running or cross training. We also lift every day.

What is your favorite event and why?

In high school my best events were long jump, high jump and triple jump, so I feel at home in the jumps and often default to the long jump and high jump as my favorites, but I find this is constantly changing. I usually say that whatever event is going the best for me on a given day is my favorite. My weakest events (like pole vault and hurdles) can be my favorite if everything is clicking. I've grown to really enjoy every event and one of the great things about a multi competition is that if an event doesn't go as you had hoped, you get to move on and have fun in another.

What would you consider your defining moment of your collegiate career?

If I have to pick a moment, outdoor Heps my sophomore year in 2013 was one of my favorite meets. After losing indoors by one point, the team came together in a way that I was really proud of and we put together a great meet to beat Cornell on our home track. I had just recovered from an injury and wasn't sure how the meet would go for me individually, but I was able to compete and put up a few PRs to come in second, which was also my first time with more than 7,000 points.

What are your personal athletic goals, and goals for the team, in your final season of outdoor track?

I would like to go to outdoor nationals this year and see what I can do there. The team is in position once again to win the triple crown, so we are all ready to compete at outdoor Heps and take the triple crown - which would be a perfect end to senior year.

What do you think the athletic future holds, for you personally?

Ideally, I would like to continue training towards my athletic potential in track. I know I can improve a lot of my events and would like the satisfaction of seeing those performances improve.

What are your career ambitions outside of track?

Outside of track, I'm interested in getting into the oil field services industry. With my background in geology and engineering, reservoir geophysical services or well-site geologic services are both active fields that I'm looking at for a career after graduation.

News & Notes



Megan Curham '17

FAYETTEVILLE, Ark. (3/13/15) - Sophomore Megan Curham accomplished a feat not many collegiate athletes can claim, and it took her less than two years to do.

With her 10th-place finish at the NCAA indoor championships, Curham has 'gone the cycle' earning All-America honors across all three sports - in cross country, indoor track and outdoor track.

She is just the second Tiger in Princeton history to earn All-America honors in all three disciplines, joining Emily Kroshus '04. Four others have competed in each of the three championships.

Curham was under the weather this week but pushed through it, running 16:07.46 to finish in 10th place in the 5,000 meters, seven seconds off her personal record of 16:00.71.

"I did have a sinus infection earlier this week that was mostly but not completely healed," Curham said. "I tried my best to not let it bother me during the race and not think too much about it. I really wanted top eight and I'm looking forward to spring now and especially Florida for a short break."

The Princeton team heads to Orlando for its annual spring break training trip today.

Providence Emily Sisson was the favorite in the race and didn't disappoint. She broke away early with Baylor's Rachel Johnson joining her for the first 3,000 meters. The lead pack followed, which Curham was a part of the entire race.

At 1,600 meters, Curham was in 11th and moved her way up into eighth place by 2,000 meters. She dropped back to ninth at 2,800 meters and held it for three laps before slipping back to 10th at 3,400 meters. Curham maintained that position for the final seven laps.

She posted sub-38 200-meter splits seven times and kicked 37.86 in the final 200 meters.

This was Curham's first time competing at the NCAA indoors and fourth All-America honor. She has two All-America honors in cross country (34th in 2013, 18th in 2014) and one second-team All-America honor in the outdoor 10k (11th in 2014).

"I would say all three seasons of NCAA championships are special to me because they are all so different," Curham said. "The longer the race the better in my opinion, so I'm excited for the 10k outdoor, but each is special and I still want to improve in all three."

Only Cack Ferrell has won more All-America honors with five (XC - 2003, 2004, 2005, Indoor - 2005, 2006).



Fred Samara, The William M. Weaver Jr. '34 Head Coach of Men's Track & Field

PRINCETON, N.J. (3/5/15) - Princeton head coach Fred Samara has been named the inaugural Ivy League Indoor Track & Field Men's Head Coach of the Year. He won the award by unanimous decision in a vote by the league coaches.

The Tigers won their 18th indoor Heps title last weekend. Princeton put up the largest margin of victory in the 67-year history of the Ivy League Heptagonal, defeating second place Cornell, 161-98. The Tigers were ahead of the Big Red by at least 50 points and were declared the champion before the final four events were calculated.

Princeton scored in 17 of 20 events. The Tigers won two events, were the runner-up in nine events and had its best event in the long jump claiming 24 points finishing 1-2-3.

2014 Outdoor Schedule

Date	Meet	Location
Mar. 19-20	Bulls Invitational	Tampa, Fla.
Mar. 20-21	Disney Track & Field Open	Orlando, Fla.
March 28	Montmouth Opener	West Long Branch, N.J.
Apr. 3-4	Sam Howell Invitational	Weaver Stadium
Apr. 11	Princeton Quad Meet	Weaver Stadium
Apr. 17-18	Larry Ellis Invitational	Weaver Stadium
Apr. 23-25	Penn Relays	Philadelphia, Pa.
Apr. 25	TCNJ Invitational	Ewing, N.J.
May 1-2	Princeton Open	Weaver Stadium
May 9-10	Ivy League Heptagonals	Philadelphia, Pa.
May 15-17	ECAC & IC4A Championships	Weaver Stadium
May 28-30	NCAA East Regional	Jacksonville, Fla.
June 10-13	NCAA Championships	Eugene, Ore.

REUNIONS (May 28-31, 2015)

Princeton Track & Field invite its alums to participate in the 200-meter challenge and dinner reception on Friday night. On Saturday morning, the annual Fun Run will be held. Contact information is TBD.