Dear Yale Track, Field and Cross Country Alumni,

We hope that you had a great Fall, and for those in the Mid-West and Northeast, are navigating the start of winter running and training. The Cross Country results from the last months gave us a lot to cheer about (highlighted by Andrea’s snowy HEPS win), and included some of the challenges that are inevitably part of sport, and all of our Yale athletic careers. Thank you Shoe for your regular updates; we as Alumni appreciate hearing from you!

The Association and our Alumni have also been busy over the last months. For the second year, Shoe hit the road and hosted Alumni events in New York, San Francisco and Los Angeles. The opportunity to come together and reminisce about athletics and Yale with the alumni community - we spanned the class of ‘51 to last years grads - was great. We’re planning to continue these regional events - if you have suggestions of cities to hit next year, and are a willing host, please let us know.

To those of you that supported the Association and by extension our athletes in the last year, THANK YOU. The impact is significant - your efforts directly enabled the teams to travel to out of region meets, made the Spring training trip to CA possible, supported recruiting travel and allowed Shoe and the team to upgrade equipment. The Hurdle Campaign stands out as a real success from last year, and an example of the tangible impact that we as Alumni can have for current Athletes.

In analyzing our alumni support, we still have a relatively narrow base of alumni supporting the program. This is true in absolute, and relative to other programs at Yale, especially given our large alumni base. Our ask - make supporting our current and future YTF athletes a habit, at whatever level works for you. It makes a real impact on the program and the experience of our runners, jumpers and throwers.

Finally, we’ll be holding our annual Association dinner at the Yale Club in New York on Friday, March 29th. In addition to toasting the 2019 senior class, we’ll be honoring a distinguished group of alumni. As a teaser, we’ve just crossed 40 years of women’s Cross Country at Yale, and have a rich legacy to look back on. Details to follow in short order. If you haven’t yet attended the Alumni event, it’s a great evening. Mark you calendars, and connect with fellow Alumni to mobilize strong attendance. We both look forward to seeing you there.

- Kim Fulton ‘91 and Ralph Haberli ‘00
Yale Track & Field and Cross Country Association Co-Presidents
What an exciting Cross Country season! Our very young group of men saw steady improvement with each week of the season and had a great opportunity to get their feet wet (sometimes literally) against some of the best programs in the nation, while our women can boast of a Heps Champion (!) in Senior Captain Andrea Masterson. We also had 3 All-Ivy Performers, 3 All-Northeast Region performers, and of course Andrea was a qualifier for the NCAA Championship for the third straight year.

The break between the competitive XC season and the beginning of the Indoor Track and Field season is a short one, but it gives me some time to reflect on the season past and look ahead at the seasons to come.

A word about Andrea, who quietly worked her way into being one of the best Cross Country athletes in the storied history of our program. By earning her Heps title in October, she joins Kelly Groteke (‘86 Champion), Sarah P. Smith (‘88 Champion), Arianna Kelly (‘98 Champion), Kate O’Neill (‘01,’02 Champion), and Lindsay Donaldson (’06 Champion) as Ivy League Champ! Andrea was the runner up at the Heps last season by a mere .2 seconds, and used that defeat as motivation for her incredible senior year. When she burst into the lead with 800m left in the race, she left little doubt as to this year’s outcome, and as she flew down the final 200m homestretch, her lead grew and there was no denying her victory. Very exciting for everyone affiliated with the program, and fitting that Mark Young was at the finish line (discreetly) cheering her on while serving as the meet administrator for the Ivy League office. Congrats to Andrea, and Head Women’s Cross Country Coach Amy Gosztyla who continues to churn out a stable of great women’s runners!

As you know, the season never ends and we are already deep into our preparation for the Track and Field Seasons. We have assembled quite a group of athletes and our hope is that a number of them will join Andrea as Heps Champions. Our schedule is challenging and allows us to compete against the best in the country. With your help, we are able to travel all around the country to the best meets and to find the best and brightest recruits.

For those of you who have already given to the program this year… Thank You! I hope that you will continue to support the program. For those who have yet to give, please consider making a contribution. Every gift, no matter the size, is important and helps to bolster the Yale Track & Field and Cross Country Student Athlete Experience.

On to the Track and Field Season!

Shoe

David Shoehalter
The Mark T. Young ‘68
Director of Track & Field and Cross Country

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Yale Track and Field Association Annual Dinner

Friday, March 29th, 2019

Yale Club of New York, Grand Ballroom
Cocktails 6pm, Dinner 7pm

Formal Invitation Coming Soon

YALE - HARVARD vs. OXFORD - CAMBRIDGE

YH vs University Limerick Select
Limerick Ireland.
Sunday, June 16th 2019

Yale/Harvard Combined Alum Event
Cambridge UK (venue tbd)
Friday, June 28th 2019

YH v OC Match
Wilberforce Road, Cambridge UK
Saturday, June 29th 2019
MEET THE CAPTAINS

ANDREA MASTERTON ‘19, YXC
How would you describe this year’s team in one word? Dynamic. Every member of the team was willing to step up when the time came, and that led to some big performances during championship season, the most memorable of which was our third place team finish at the Northeast Regional meet. This season saw many underclassmen stepping up in big ways, and continuing leadership among upperclassmen. The dynamism and energy that this team brought to workouts and races was exciting and impressive.

What does it mean to you to be a captain at Yale? Immensely rewarding, and I feel very fortunate to have been able to leave my mark on this team. I think that the most important part of being a captain is making sure that everyone on the team feels heard, and working to make sure that the team environment is comfortable and productive for all. It’s humbling to realize the sheer amount of history and excellence that the Yale Women’s Cross Country program has witnessed, and I feel that it’s the responsibility of the captain not only to carry on these traditions, but also to pass the torch on to the team’s future leaders.

Favorite run in New Haven? Our weekly long run to Lake Wintergreen in Hamden.
Favorite New Haven restaurant? Tikawaay Grill! I’m all about their samosas and wraps.

TREVOR REINHART ‘19, YXC
How would you describe this year’s team in one word? Close knit. Our team truly transcends mere friendship; through the good and bad everyone is always there for each other.

What was your favorite moment from this past fall season? A memory of this season that shines particularly bright occurred at the end of our last workout before HEPS. The front group contained the vast majority of our team, running at a pace that only a handful of guys could have coped with in previous years. It gave me a glimpse of the potential our team has for years to come.

What does it mean to you to be a captain at Yale? It is truly an honor to be part of such a storied tradition and to be given the opportunity to represent Yale on a greater platform. More importantly, however, it has been a privilege to be given the chance to lead such a tremendous group of guys.

Favorite running memory? My favorite running memory to date was when I ran at Hayward Field for NCAA Nationals. The chance to compete against the best runners in the nation was illuminating and invigorating.

Favorite run in New Haven? Maltby. I know it is a contentious point for Maltby is our daily run, but I find it incredibly easy to forgive the hills when you find yourself lost in the forest, particularly in the fall.
Favorite New Haven restaurant? Shell and Bones.

GREG CAMPBELL ‘19, YTF
How would you describe this year’s team in one word? Hungry.

What meet are you most looking forward to this winter, and why? I am looking forward to the Yale Season Opener in Coxe Cage. This meet will help us see what we need to address going into the spring.

What does it mean to you to be a captain at Yale? Being a captain at Yale means that I have the respect of my teammates, each incredibly talented in their own right. Having the opportunity to lead them all to a common goal is a privilege I am excited about.

Favorite meet at which to compete? The Ivy League HEPS.
Favorite running memory? Competing in the California State Championship as a senior in high school. I took 2nd place to Michael Norman who now holds the indoor world record at 400m and I ran under 47 seconds for the first time of my life. Now entering my senior season at the collegiate level, I am expecting to have a similarly nostalgic experience when it is all said and done.
Favorite New Haven restaurant? Tikawaay Grill! I’m all about their samosas and wraps.

EMMA LOWER ‘19, YTF
How would you describe this year’s team in one word? Motivated.

What meet are you most looking forward to this winter, and why? Indoor HEPS is definitely what I’m really looking forward to! HEPS is such a special competition. At HEPS we really are competing for each other and the Y, and it’s the competition we work towards.

What does it mean to you to be a captain at Yale? It is really an honor, and an opportunity to give back to the people who mean so much to me.

Favorite meet at which to compete? Besides HEPS, my favorite meet is the Valentine Invitational. That’s the point in the season when training really starts coming together and we enter the peak phase of competition. And the track at Boston University is fast.
Supporting Yale Track & Field and Cross Country

The work of our association is crucial to the overall success of our program and our pursuit of excellence. Your gifts help support the teams in recruiting expenses, training trips, meet travel, and coaches salaries. No gift is too small to help the program build on the momentum of our success and achieve our goals. To make a gift, please follow the instructions included here.

Make a Gift Online:

- Visit www.yale.edu/giveathletics
- Enter gift amount
- Select ‘view teams and other funds’
- Select ‘XC/Track&Field’
- Complete the rest of the form

Mail a Check:
Checks can be made payable to Yale University, with Yale Track Association in the memo and sent to: Yale Track Association PO Box 208216, New Haven, CT 06511

What was your favorite moment from this past fall season?

“Coming across the line in first place at cross country Hep. It was exciting to see the culmination of four years of hard work paying off, but my favorite part of the experience was hearing and seeing the excitement and enthusiasm of my teammates as I crossed the line. It meant so much to share the victory with my closest friends, and the joy that we all felt in that moment to represent Yale is something that I will never forget.”

- Andrea Masterson ’19, Captain, 2018 Ivy League Champion