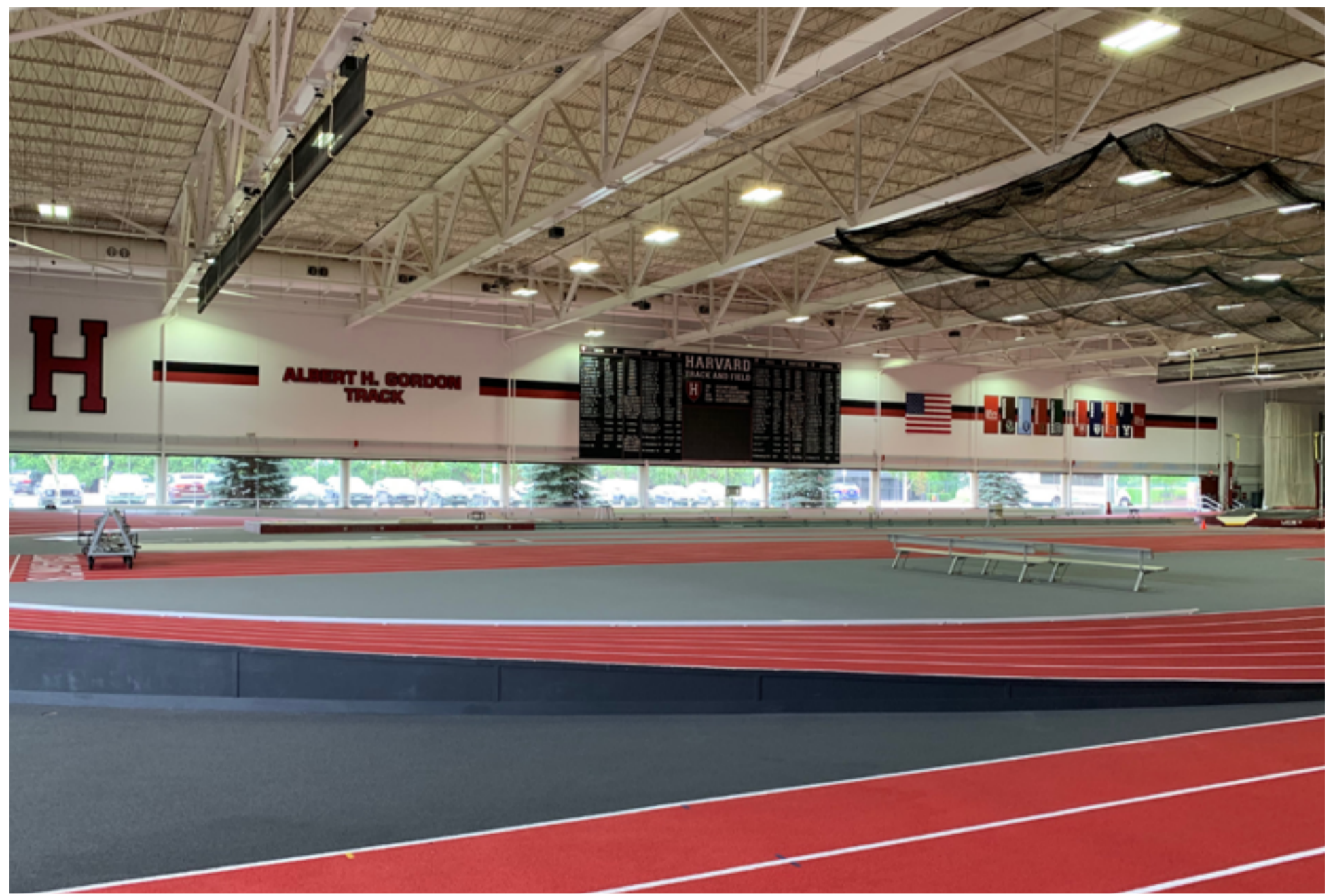


OUT OF THE BLOCKS

The Official Newsletter of the Friends of Harvard Track



Principled Leadership | Academic Integration | Competitive Excellence



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Letter from the Friends Chairs

Dear Friends of Harvard Track,

We hope you and your loved ones are doing as well as possible, all things considered. As 2020 draws to a close, we reflect on this year of turmoil and uncertainty and can't help but notice strong themes of resilience and adaptation. It is not at all surprising that current and former Harvard Track & Field athletes are able to adapt to new circumstances and to persevere in the face of the unexpected.

The silver lining in all of this is that we have been able to come together as a community in novel ways; from virtual Town Halls over the summer, to our most recent event, the first ever Heps Virtual 5K. Last month Crimson alumni raced against the clock and each other, on tracks, running paths, sidewalks, and trails all over the globe. Congratulations to all participants!

An upcoming event we look forward to celebrating is the annual **Leslie Cooper Golemme '86 Friends & Family Track Meet**, which traditionally has been held at the Gordon Indoor Track in January. It will look a bit different this time around, but we hope you and your family will be able to join us virtually, and we would love to see some

new faces there! Details will be announced in the upcoming weeks.

In terms of FOHT Board Updates, we are excited to announce the addition of our newest board member, **Chris Lambert '03**, who joins us as our new Social Media Chair. He steps in for **Molly Brady '08**, who had served in the Social Media role since its inception. On behalf of the Friends of Harvard Track, we would like to thank Molly for all of her support, effort, and leadership over the years. [We are relieved that she remains nearby – only a few hammer throws away – teaching at Harvard Law School.] Please connect with us on [Facebook](#) and [LinkedIn](#), if you haven't already!

Harvard Track & Field is grateful for your support, now more than ever. We hope that you and your loved ones have a very happy holiday season and brighter days ahead in 2021.

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



Letter from the Head Coach



Jason Saretsky

**The William W. “Bill” McCurdy
Director of Track and Field/Cross Country**

15th Season

Dear Friends of Harvard Track,

Much like the way the 2019-20 academic year ended, the 2020-21 academic year has been like nothing I’ve experienced in over twenty years of collegiate coaching. We had less than 20 student-athletes on campus for the Fall semester and all but one has now returned home for reading and exams period. For those on campus, our coaching staff, despite being unable to really intermix event groups, worked hard to provide a positive experience and all indications are that everything went better than expected. Comprising of mostly first-years, those on campus didn’t have much to compare this experience to and were grateful for the chance to work hard, learn, and grow.

As we now prepare for what will certainly be another unique spring, I write to share my appreciation for all of you, our Friends, who make our program what it has been and will continue to be despite the difficult circumstances we currently find ourselves in. As I’ve often tried to remind our current team, there does seem to be light at the end of the tunnel, and I look forward to when we come out of this environment. I remain hopeful

we will be able to return to competition at full strength next academic year and I'm excited about the future.

I'm also writing to share some additional ways our Friends can currently support Harvard track & field/XC.

- Participate in our events—although most of us long for in-person contact, the FoHT have organized a number of virtual events and will continue to offer them throughout the pandemic. As an example, check out this recap we did of the 2019 cross country season with team members giving a behind the scenes recap: [CLICK HERE](#)
- Volunteer to be a Mentor! This can be done through the Harvard Varsity Club ([CLICK HERE](#)) or directly through our program. FoHT are working on launching a career mentorship program for alumni and student-athletes in 2021 which will include both larger panel discussions and the opportunity for 1-to-1 mentoring. No matter what stage of your career you are in, we hope that alumni of all career types will be interested in sharing wisdom with student-athletes. There is also a new student organization, the Harvard Athletics Black Varsity Association, with which several of our team members are involved in leadership roles. It would be great if you expressed interest in being a mentor to members of this new organization by [completing this brief survey](#).
- Reach out to members of the FoHT Board with ideas or initiatives for us to consider either for this year or in future years.
- Volunteer to host an event. Again, reach out to a member of the Board if you are interested in organizing or hosting an event either virtually during the pandemic or in-person afterwards.
- Donate. I know there are many other worthy causes to support. With so many collegiate track programs being cut these days, I believe it is more important than ever to give at whatever level you are comfortable with ([CLICK HERE](#)). Participation is our top goal this year!

Lastly, I'm excited to share the results from our Heps Virtual 5k. Please join me in congratulating **Brian Reis '11**, who ran 16:17 and **Kierann Toth '06**, who ran 19:08 as they were the fastest times for men and women, respectively. A full list of results is on the following page (if we missed you, please let us know!).

Thank you for your continued interest and support of our program.

Stay safe and Go Crimson,

Jason Saretsky

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

Heps Virtual 5K Results

First Name	Last Name	Time	Year	Age	Group	Decade
Brian	Reis	16:17	2011	31	30-39	2010-2019
Sean	Barrett	16:35	2007	35	30-39	2000-2009
Amar	Kuchinad	17:24	1996	46	40-49	1990-1999
Kierann	Toth	19:08	2006	37	30-39	2000-2009
Steve	Palmer	19:18	–	58	50-59	–
Caitlin	Hurley de Santi	19:22	1997	45	40-49	1990-1999
Graham	Infinger	20:58	2010	33	30-39	2010-2019
Michael	German	21:05	1979	63	60+	1970-1979
Cricket	Twining	21:18	1997	45	40-49	1990-1999
Michael	Dowling	22:47	1988	54	50-59	1980-1989
Jim	Richardson	23:39	1972	70	60+	1970-1979
Chris	Miller	24:17	1988	55	50-59	1980-1989
Amy	Simon	24:27	1985	56	50-59	1980-1989
David	Sullivan	24:33	1979	62	60+	1970-1979
Hilary	Infinger	24:45	2011	31	30-39	2010-2019
Stephen	Pinney	24:46	1987	57	50-59	1980-1989
Karla	Palmer	24:59	1980	62	60+	1980-89
Thea	Lee	25:00	2011	31	30-39	2010-2019
Itzel	Vasquez-Rodriguez	25:27	2017	25	22-29	2010-2019
Jason	Saretsky	26:17	–	–	–	–
Tina	Lount-Pretre	26:31	1990	53	50-59	1990-1999
Skeets (Marquita)	Gordon (Patterson)	29:08	1985	57	50-59	1980-1989
Amanda	Thornton	33:07	2005	37	30-39	2000-2009
Evan	Favermann	35:13	2009	33	30-39	2000-2009
Dorothy	Horns	37:50	1972	70	60+	1970-1979
Frank	Suloway	38:09	1969	73	60+	1960-1969
Molly	Brady	39:34	2008	34	30-39	2000-2009
Peter	Saretsky	42:33	–	69	60+	–



Alumni News & Notes

To submit your News & Notes for a future issue of *Out Of The Blocks*, please email Bill Blair '78 at blairw@princeton.edu.

ART CAHN '60

After 40+ years working for the Federal Government I retired as the Regional Chief Administrative Law Judge for the Social Security Administration In 2005. Since then I traveled extensively, helped my daughter when her boys, who are now 13 and 14, were born, and continued to work as a judge on a part-time basis for seven more years. With the pandemic I walk and ride a bike for exercise, read, and play around on the computer. We still live in Carmichael, CA which is a suburb of Sacramento. My travels are on hold until it is safe again to do so. The last several years I was getting back to Boston after a long hiatus to visit my son, Peter, '96 who lives there.

Best wishes to all.

STEPHEN B. COHEN '61

Stephen B. Cohen '61 has now competed competitively during every decade since the 1950's. After serving two decades on the Board of the United States International Speedskating Association Charitable Fund (several years as its Chair) he was awarded the President's Trophy by Mike Plant, CEO of the Atlanta Braves, former

Olympic Speedskater and President of US Speedskating. Steve remains the Shot Put record holder at Cambridge University and the only Harvard shot putter to have won an NCAA National Championship medal.

After serving as Masters Chair of the USATF Illinois Association and nine years the USATF Masters Region Chair, Steve continues his position as a Member of the Executive Committee of USATF Masters and Chair of the USATF Masters Anti-doping and Substance Abuse Subcommittee.

Steve has recently been honored by the Lake County (IN) Bar Association for his 55 years as a member of the Indiana Bar. Resilient, healthy, and optimistic about the future of our nation, Steve remains an active practicing attorney, mediator, and arbitrator in the States of Illinois and Indiana.

He remains a close friend of his former roommate at Winthrop House, John Bronstein (former Harvard discus record holder), an applicant interviewer for the Harvard Club of Chicago, and proud of his daughter, Debra '94 (3-time National

Collegiate Sprint Cycling Champion and Harvard Varsity Cross Country Ski Team member), his daughter, Sabrina (Phi Beta Kappa at UVM and owner of Academic Explorers.org, a Chinese gap year program), and his 5 grandchildren. He has been extremely fortunate to have been married to his wife, Lynn (Brandeis, BA, University of Chicago, MA, and Northwestern University, Ph.D.), who has provided him with love, care and guidance for more than 50 years.

JIM SMITH '67

I may be retired from teaching, but I just completed my 30th coaching season at Shrewsbury High where my boys are ranked 5th in the state by Milesplit! It's always a challenge but very rewarding to coach young runners and watch them develop into young men going off to college! I also enjoy running my Rocky Mountain Cross Country Camp in the summer in Estes Park, Colorado, with my son, who still competes and coaches.

JOHN BLONDEL '78

Hope all are doing as best can in this year the world shook. I am following Thoreau's thoughts a bit; "simplify, simplify; simplify." Lot of time with my six- and three-year-old boys. Yes, Class of '78, and first time. Worked from home. And daily runs have gone from 2 1/2 miles a day to 4 miles. Not a lot for many of you but for the sprinter a welcome eye opener. This from the guy who was stunned when McCurdy moved me from the 100 to the 220. I am on an email chain now with a bunch of Yale track guys from 1960's on. Intriguing, pensive, at times lyrical contemplations and musings. Great group. I run along the Hudson through Greenwich Village and TriBeCa most days wearing new issue Harvard Track and Field shirt. About once a

month, hear from someone going the other way a shout of their name, event and year at Harvard. We're everywhere...

DR. STEIN RAFTO '78

Rafto co-founded and has been running the Harvard Alumni/ae Community Helps (HACH)/HR Covid-19 Initiative to help the Harvard community deal with COVID-19. What follows is a note submitted to the Harvard Magazine describing the Initiative. An earlier report appears on the [Harvard Varsity Club website](#).

"Aloha everyone. The long predicted, alarming rise in Covid-19 cases (>150,000/day USA before Thanksgiving, increasing to >200,000/day only weeks before Christmas) and deaths (already >300,000 in USA, more than all US military deaths in WWII) reflects our inability to vigorously suppress viral activity during warmer weather. With colder weather, pandemic fatigue and political/economic issues blunting our collective resolve, and even as initial vaccinations begin, the worst is still in front of us.

HACH/HR Covid-19 Initiative members (alum reps and >140 health professionals) encourage you to continue best practices (good hygiene, wear a mask whenever possible outside your home, avoid large crowds-particularly indoors). We are still available for confidential help via your college alum/HR Covid-19 group reps, graduate school group reps, or at harvardhelps1636@gmail.com.

Two additional updates. First, please be encouraged by the amazing speed that safe and effective vaccine(s) are being developed, and be optimistic that once scientifically vetted, the monumental task of manufacturing, delivery and administration of millions/billions of



Dr. Stein Rafto '78 and family hiking in the Smokey Mtns near the Appalachian Trail.

doses will be successful. However, we are concerned about possible vaccine compliance (<50% in some communities). We are drafting a position paper on Covid-19 vaccine(s), to be widely distributed in the near future. You can comment or participate in this process by emailing harvardhelps1636@gmail.com.

Second, in early 2020, we were called naive/audacious to suggest a program to recruit volunteers to confidentially assist large numbers of the Harvard community with Covid-19 pandemic concerns. Needing to quickly organize, recruit and activate sufficient health care volunteers to make an impact, thanks to many energetic class reps and health care volunteers, the program rapidly grew and now covers >2/3 of all college alumni classes and about half of the graduate schools. As noted above, its activity continues, but at the October HAA Executive Committee Meeting, a new Harvard Alumni Disaster Preparedness and Response Team Special Interest Group (SIG) was approved ! Founding members plan to spend 6-12 months to organize, activate and recruit members to this

group, looking for a diverse membership with interests/experience in emergency planning, response and recovery. Interested? Please contact us by emailing harvardhelps1636@gmail.com.

On a personal note, I've retired from my medical practice as a MRI/neuroradiology specialist, am very happy to be able to sleep past 6 am after 40 yrs, but find myself busier than ever. Prior to the pandemic my wife, 3 adult kids, and I were enjoying several trips/year to places, foreign and domestic, to see new sites, learn about their cultures, and enjoy new foods and libations! Our travel has paused for now, but I've been very busy with house projects (inside & out) and the HACH/HR Covid-19 Initiative. A Hui Hou!"

JIM HUGHES '79

I became an Executive Professor (a hi-falutin' version of "adjunct") at the University of Houston a few years ago; I seem to spend as much time helping students find jobs and providing career counseling as I do teaching given the precarious economy. Am happy to announce I am retiring from Marsh & McLennan, a part-time gig I embarked upon 5 years ago when I retired from ConocoPhillips. Am also an arbitrator, mediator, expert witness, and (risk mgt. and insurance) consultant besides teaching at UH in addition to a bunch of volunteer activities. Am still running (alternate with biking so am outside every day) and doing the occasional race (nice to win or place in age group races although the competition seems to be thinning for some reason). Am happy to go for a run with anyone passing through Houston no matter the time of the year. You can contact me at hughesjiii@gmail.com and 832-876-2164.

HOLLY MADDEN '88

Two weeks ago, I competed with my running team (Hurtin' For Certain) at the socially distanced USATF-NE XC Championships in Nashua, NH. I came in second in my 50–59 age division (in 20:53), and helped my team come in 3rd in the Open Women's division, first women's team in the 40+ division (scoring down) and first women's team in the 50+ division.

We're excited about our women's 50+ team and hope 2021 will allow us to go to the National XC Championship once again. In 2019, our women's 50+ team came in 6th at the Championships in Lehigh, PA... so we're really excited (and hopeful) about our prospects in 2021!

GRAHAM '10 & HILARY MAY '11 INFINGER

Are overjoyed to announce the birth of their second child, Grant Frederick Infinger, on August 15, 2020, in Cambridge, MA.



OLIVIA ABBATE '14

Several weeks ago, I was married to Dan Ford, who was the captain of the Harvard men's hockey team in 2014. We met as sophomore students-athletes and have been together ever since, bonding over the shared experience and immense gratitude we have for Harvard Athletics. COVID changed our wedding plans this year but we are happy to have been able to be married before our families safely.





In Memoriam



Photo credit Leah Fasten (leahfasten.com).

JOHN F. COGAN, JR. '49

John F. Jr. (Jack) Cogan '49, attorney, investment fund pioneer, attorney, CEO, and philanthropist known for his integrity, tenacity and vision, died on January 24, 2020, in Boston. He was 93.

After graduating from high school, Jack joined the U.S. Navy Seabees, serving during the U.S. invasion of Okinawa during World War II. He attended Harvard College on the GI Bill, graduating in 1949.

Jack loved to run. He was a member of the track team and captain of the cross country team. He continued to run along the banks of the Charles River well into his nineties.

Jack's commitment to Harvard was lifelong, and he served in many capacities for the University and the Harvard Law School, from which he graduated in 1952. He was a devoted member of and contributor to the Friends of Harvard Track.

Jack was also a member of the Harvard Law School Visiting Committee and Harvard University Art Museum's Visiting Committee and former chairman of the Davis Center for Russian Studies Visiting Committee. In 2009, he was honored with the Harvard Medal for his contribution and service.

He always had a twinkle in his eyes, a wicked sense of humor and loved to laugh.



John Lowell Thorndike '49 (center), with Phil Williams '57 (left) and Renny Little '55 (right) at th 2014 HY BBQ.



John Lowell Thorndike '49 (right) with Joe Ciollo '99 (left) at the 2015 Heps Gala.

JOHN LOWELL THORNDIKE '49

John Lowell Thorndike '49, former Chairman of the Friends of Harvard Track, died on May 20, 2020 at the age of ninety-three. For several generations of track and cross-country athletes, including his own teammates, John was the face of the Friends. His warmth and enthusiasm, his leadership and generosity endeared him to countless alumni, coaches, and athletes whose respect he enjoyed. John was an exemplary chair of the Friends, who clearly understood its role in supporting the program and the coaching staff. He was an avid champion of the HY/OC series and spring training trips, enrichment opportunities he himself never enjoyed. He also guided the program in a difficult period and was instrumental in launching the capital campaign to build the Gordon Indoor Track. John's contributions to the Harvard Track & Field program over many decades really cannot be overstated.

A lifelong resident of Dover, Massachusetts, John served his local community as a Selectman and Town Moderator. While a Director and Vice-President at Fiduciary Trust Company, John served on the boards of several financial and investment institutions. In the Boston community, he was best known for his involvement and stewardship of several non-profit organizations, including: the Boston Symphony Orchestra (Life Trustee), the Mass Audubon Society and the Cotting School among others. John was also a past president of the Harvard Club of Boston. John's death came just four months after that of his good friend and teammate Jack Cogan, '49 to whom a tribute also appears in this newsletter. Together, they left a lasting impact on Harvard Track & Field and will be missed.