



Holy Cross Track and Field 1966-1970 Memories



ATHLETICS

1966-1970 TEAM

COACH TOM DUFFY

Frank "Pat" Ahearn

Frank Arlinghaus
(Columbia University)

Forest Baker

Phil Dansdill

Frank DeMasi
(deceased)

Ed Dugan

Art Dulong

Tom Ferguson
(West Point)

Jim Flanagan
(deceased)

Jim Freer

Bill Gallagher

Steve Jutras

Ed Lenox

Charlie Lynch

Art Martin

Rich "Kent" Miller

Marty Milner

Bernie Monbouquette

Ed "Dennis" Murphy

Rob Naseef
(Temple University)

Joe O'Rourke

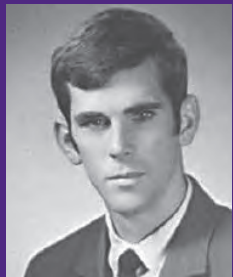
Ed Ready
(deceased)

Jim Rosseel

Nick Ryan

Tom Short
(deceased)

Jim Walsh



Frank "Pat" Ahearn



Frank Arlinghaus



Forest Baker



Phil Dansdill



Frank DeMassi



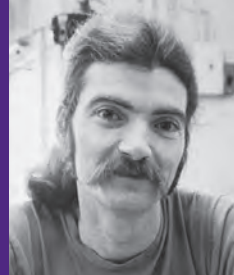
Ed Dugan



Art Dulong



Tom Ferguson



Jim Flanagan



Jim Freer



Bill Gallagher



Steve Jutras



Ed Lenox



Charlie Lynch



Art Martin



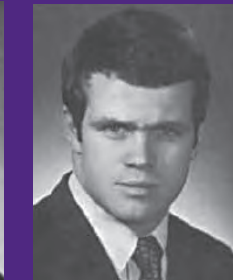
Rich "Kent" Miller



Marty Milner



Bernie Monbouquette



Ed "Dennis" Murphy



Rob Naseef



Joe O'Rourke



Ed Ready



Jim Rosseel



Nick Ryan



Tom Short



Jim Walsh



Holy Cross Track 1970: 50 Plus Years and Still Running Strong

By Jim Freer

The Holy Cross Class of 1970's track & field and cross-country team members are proud to present our "Running Memories" online yearbook.

It is the story of our four years of memorable victories by our teams, relay runners and individuals. It also is the story of the team spirit and friendships we built and have kept alive for five decades.

After 50-plus years, we remain a band of brothers and we are still running strong.

"Running Memories", is a first-hand account of the highlights for Holy Cross track & field and cross-country from the Fall of 1966 through the Spring of 1970:

- A handful of team championships in New England and Eastern college meets
- More than a dozen victories in relay races at Madison Square Garden and Boston Garden
- Art Dulong's record-setting career
- Art Martin's stellar and consistent performances in track and cross-country and his leadership in bringing about significant changes at Holy Cross

We have year-by-year reviews and a photo section.

We also have personal memories of Holy Cross track, written by eighteen team members. We trust you will enjoy their enclosed memories, albeit many were written two years ago.

In addition, we have an In Memoriam section with tributes to four of our teammates who passed away since 1970.

NOTE: This Introduction to our "Running Memories" is a revised and updated version of a letter we sent online on May 2, 2021 to members of the Holy Cross Class of 1970.

The letter was distributed by Tom Neagle '70, who was our class correspondent for more than 20 years before he retired from those duties last summer.

The design and production of this yearbook was coordinated by a good friend, Toni Kirkland, a graphic designer in Miami, Fla. She may be reached at tonikirkland@bellsouth.net.

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Holy Cross Track 1970:

Getting Started

Two years ago, the Class of 1970 was resigned to the fact that our 50th Reunion would be an online event. Now, with COVID-19 issues somewhat in our rearview mirror, the prospects of a reunion "On the Hill" as well as a Class of 1970 Track and Field gathering is, once again, in the planning stages. These "Running Memories" are an integral part of our reunion process.

Our effort began in the spring of 2020 when Bernie Monbouquette, in New Hampshire, called Nick Ryan, in Florida, and suggested organizing an "affinity group" get-together for track & field at our on-campus reunion. Both had stayed in touch with several teammates over the years.

After the reunion was postponed, Bernie and Nick reached out to teammates in order to re-unite online. A core group was very interested, but not everyone who was contacted has participated.

Teammates who left HC or the team prior to graduation were invited to participate, and many have done so. Several teammates could not be located.

We used the Class of 1970 Directory handbook, which we all received in 2020, to locate some of our teammates. We identified 29 Class members who participated in track & field and/or cross-country at Holy Cross.

By last summer, about a dozen of us were back in touch via e-mails and phone calls.

The name of the late Tom Short, a teammate who later became student manager, came up in many conversations.

Donation to HC Track

Per a suggestion by Nick and Bernie, some of the early-on group members combined to make a donation to the Holy Cross track program in Tom's name.

In late January 2020, Nick arranged a toll-free call in which ten of us shared our memories of HC track and talked about our lives since 1970. The call lasted about an hour, and it was like turning the calendar back and being in the same room again.

We still have our team spirit and we are proud of our achievements at Holy Cross. So, it didn't take long for us to start doing more than just keep talking about glory days.

Following a suggestion by Jim Freer, we are writing about those achievements.

This letter to the Class of '70 is a preview of several articles that we hope to write for Holy Cross publications about the history of Crusader track and cross-country, especially in our four years.

We are also including, herein, a compilation of our personal memories and photos, which we will make available to anyone and everyone.

Tributes to Late Teammates

Tom Short ran on the cross-country and track teams

as a freshman. In our sophomore year he became student manager, and soon proved to be more like an assistant coach.

Tom passed away on Oct. 27, 2001 after a brave battle with cancer. Many of you will remember him from Navy ROTC.

We are preparing an In Memoriam with tributes to four of our teammates who are deceased.

This includes a tribute to Tom, written by Jim Walsh. Jim was one of our top distance runners, and he continued a close friendship with Tom after our graduation.

Our other teammates from the Class of 1970 who have passed away are **Frank DeMasi, Ed Ready** and **Jim Flanagan**.

Ed, one of our shot putters, is most remembered as a defensive tackle on the football team.

For our In Memoriam, wide receiver-shot putter Charlie Lynch provided the heartfelt eulogy that Mark Doherty, one of his football teammates, delivered at Ed's funeral.

Our In Memoriam also has tributes to Frank and to Jim, written by Bernie Monbouquette who was one of our hurdlers. Jim's widow, Carolyn Stephens, has also graciously provided a tribute.

First Practices

Our Class of '70 runners had our first practices during Labor Day week in 1966, as we finished Freshman Orientation.

The first stop for most of us was the track team locker room in the basement of Carlin to meet head coach Tom Duffy and assistant coach Dick Donohue.

For the first several weeks, our base was the large field on the hill at the top of the campus, it included the practice areas for the football team.

About 20 freshmen were there each day. This included distance runners who were getting ready for the upcoming cross-country season. They were joined by sprinters, hurdlers and quarter-milers who were starting year-long training for indoor and outdoor track.

From that hill we headed out on the roads of Worcester and Auburn, and we ran the on-campus cross-country course where we held our home meets.

The Arts Had It

Art Dulong, a high school All-American from Randolph, Mass., and Art Martin, one of the top distance runners in New Jersey, were Holy Cross's two most prominent Class of 1970 track recruits. In the next four years, each would run his way into the Holy Cross Hall of Fame.

Dulong had run a mile in 4:04.5. For several months in 1966, he was the second fastest high school miler in the United States – behind only the legendary Jim Ryun.

"The more they asked, the more he gave," sums up his four-year career at Holy Cross.

50 Years and Still Running Strong

Dulong set twelve Holy Cross track records that still stand – six indoors and six outdoors. He won six New England and Eastern collegiate (IC4A) cross-country championship races.

With Art it was always “team first.”

He ran on many of the Holy Cross relay teams that won races at “Garden” meets and at regional championship meets. At dual meets, he usually ran in two and sometimes three races.

Everyone who knew Art, trackmen and others, admired him for his achievements and dedication to training – and for his modesty. Not everyone knew that he battled pulmonary infections throughout his collegiate career.

After graduation, he went on to a successful career in teaching, administration and coaching at Lexington (Mass.) High School. He also was the principal for eight years at Concord-Carlisle High School in Concord, Mass.

Martin honed his running skills at Essex Catholic H.S. in East Orange, N.J. running with the likes of teammate Marty Liquori and against a host of other NY metropolitan area greats.

At Holy Cross, he was always a contender in any cross-country meet. He finished eighth at the freshman IC4A cross-country meet in New York where our team won the championship with Dulong finishing first.

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HOLY CROSS CRUSADERS MEN'S TRACK AND FIELD

ALL-TIME INDOOR RECORDS

EVENT	HOLDER	RECORD	DATE	EVENT	HOLDER	RECORD	DATE
50-Yard	John Collins	5.3	2/67	Heptathlon	Alexander Escada	4,629	2/2/19
60-Yard	Jim Quinn	6.2	2/28	Pole Vault	Andrew Nickerson	4.88m	N/A
	Chris Shea	6.2	3/66	Shot Put	Dave Puloka	15.90m	2/99
55-Meter	Maury Bonner	6.27	2/90	35 lb. Weight Throw	Dave Morrison	18.78m	2/75
60-Meter	Chandler Fenner	6.96	2/17/12				
200-Meter	Garrett Fortin	22.16	2/9/19				
300-Yard	Andy Kelly	31.4	3/17	EVENT	HOLDERS	RECORD	DATE
440-Yard	Bill Merritt	49.7	2/58	4x400m Relay	Thornhill / Hornyak / Halloran / Piepergerdes	3:20.58	2/17/19
400-Meter	Michael Ricotta	47.84	3/08				
500-Yard	Bill Merritt	57.3	2/58	One-Mile Relay	Miller / Scully / O'Connor / Noering	3:18.0	3/63
500-Meter	Lucas Keefer	1:04.70	2/8/14				
600-Yard	Rick Comeau	1:10.6	1/72	4x800m Relay	Tejidor / Dutton / Andre / Keefer	7:34.11	2/22/15
880-Yard	Paul Murphy	1:53.5	1/55				
800-Meter	Lucas Keefer	1:50.68	3/8/15	Two-Mile Relay	Maloney / Noering / O'Connor / Buchta	7:32.6	2/63
1,000-Yard	Mike Mahoney	2:10.1	3/75				
1,000-Meter	Sam McGrath	2:25.48	2/8/14	DMR	Walsh / Ryan / Martin / Dulong	9:56.0	4/70
1,500-Meter	Art Dulong	3:46.5	2/70				
One-Mile	Art Dulong	4:01.1	1/70				
3,000-Meter	Art Dulong	8:07	3/69				
5,000-Meter	Brad Mish	14:35.70	2/27/09				
Two-Mile	Art Dulong	8:33.2	12/68				
Three-Mile	Art Dulong	13:19.6	2/70				
Six-Mile	Art Dulong	28:56.0	3/70				
45-Meter HH	Kevin Fitzgerald	5.7	N/A				
	Kevin O'Brien	5.7	2/68				
	Victor Jackson	5.7	2/70				
55-Meter HH	Dan Conti	7.75	2/8/03				
60-Yard HH	Kevin O'Brien	7.3	2/65				
60-Meter Hurdles	Brandon Thornhill	8.29	2/16/19				
Long Jump	Dick Maiberger	7.19m	3/64				
Triple Jump	Michael Pichay	14.98m	2/1/19				
High Jump	Fred Rom	2.13m	12/72				
Pentathlon	Dan Conti	3,462	2/21/03				

UPDATED 7/20



Holy Cross Track 1970: 50 Years

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Art won many open 880 races at Holy Cross (he still holds the school record at 1:50.3). His relay participations provided record performances, some still standing, in Garden meets in Boston and New York as well as the Penn Relays. He even has a 4:11 mile under his belt.

In addition to his love of the 2-mile relay, he was often the “middle distance glue” that connected Art Dulong with our sprinters in so many other successful relays.

He was a “workhorse” for the team at middle distance and its Co-Captain in Senior year.

And yet, he would argue that, all of this pales to the value and positive changes he brought to Holy Cross as the founder and President of our Black Student Union.

After graduation at HC, Art graduated Georgetown Law School and clerked for the Hon. John Gibbons '47. Following his clerkship, he had a private law practice, and currently serves as the Director of Workplace Compliance for the Newark Housing Authority.

He remains active in the Holy Cross community.

Frosh Season

In 1966, freshmen were still not allowed to be part of varsity teams in Division 1 NCAA sports.

In early workouts, it was apparent that in addition to Dulong and Martin we had solid depth for cross-country. The other core team members were Jim Walsh, Bill Gallagher, Joe O'Rourke, Bob Naseef, Frank Arlinghaus and Tom Ferguson.

Dulong finished first in every dual and triangular meet. We finished with a 9-1 record, losing only to Providence.

We tied Providence for first place, among about 30 schools, and Dulong finished third in a field of approximately 200 runners in the New England freshmen meet at Franklin Park in Boston.

One week later we won the team championship and Dulong finished first the IC4A meet at Van Cortlandt Park in the Bronx.

The IC4A's full name is Intercollegiate Association of Amateur Athletes of America). Its members are colleges and universities in New England and the mid-Atlantic states.

Cross-country team results are determined by adding the places where a team's first five runners finish. The lowest total wins.

In the IC4A meet the first five Holy Cross finishers were Dulong (1), Martin (8), O'Rourke (16), Walsh (20) and Gallagher (26).

Another highlight of our freshmen indoor season came on March 3 in the IC4A meet at Madison Square Garden.

The team of Martin (880), Forest Baker (440), Nick Ryan (220) and Dulong (mile) won the freshmen

distance medley relay in a record time of 7:18.3. It was the last time that race was run in the IC4A meet. Thus, Holy Cross still holds that record.

One week later, Dulong won the freshmen invitational mile at the NCAA meet in Detroit.

In outdoor track, we finished third in the Boston College Relays with wins in the distance medley and two-mile relays.

Upper Class Years

In our sophomore cross-country season we went 5-1, losing only to Springfield College.

In the New Englands, we finished second to Brown and Dulong came in second to Amby Burfoot of Wesleyan.

Dulong won the IC4A varsity race. We finished 15th in the team competition--the worst result in a major cross-country meet in our four years.

In January and February 1968, we won the final three two-mile collegiate relays at the “old” Madison Square Garden on 8th Avenue in New York City.

Those races had four half-mile legs. The HC runners were Martin, Dulong, Joe Jamieson '69 and Dan O'Donnell '69.

Those meets were the New York K. of C., the Millrose Games and the Madison Square Garden invitational.

A highlight of our junior season was a tie with the Coast Guard Academy for first place in the New England outdoor championships.

In our senior season, Dulong won the New England and IC4A cross-country races and we finished second in the New England team competition.

As seniors, Dulong was captain of the cross-country team and Martin and Ryan were co-captains for track.

During our four years Ryan scored points in the 100, 220, 440, long jump and javelin. He ran on most relay teams that had legs for sprinters and quarter milers.

Four school records for relay races were set between 1968 and have not been broken. Dulong, Martin, Ryan, Walsh and Gallagher ran on one or more of those teams.

John (Phil) Dansdill, Rich (Kent) Miller and Marty Milner also ran on numerous relay teams in Garden meets and dual meets.

HOLY CROSS INDOOR / OUTDOOR RECORDS

Running and Field Events

	<u>Indoor</u>		<u>Outdoor</u>	
<u>All Classes '60 - '70</u>				
Years 1960-1970 Individual	12	32%	18	55%
All Records	37		33	
Years 1960-1970 Relays	3	60%	8	73%
All Records	5		11	
1960-1970 Total	15	36%	26	59%
All Records Total	42		44	
<u>Class of 1970 Participants</u>				
Individual Records	7	19%	7	21%
All Records Total	37		33	
Relay Participants	1	20%	5	45%
All Records Total	5		11	

HC Track Tradition

The bond we formed as teammates and friends was just as important as our team victories and individual performances.

As freshmen we learned about and became part of the Holy Cross track & field tradition. This included championships the New England outdoor meets in 1963 and 1966.

In September 1966, the upperclassmen on the team made us feel at home right from the start.

The spirit of camaraderie stemmed in part from laughs we shared about training facilities that were adequate, but not state-of-the art even by late 1960s standards.

Our outdoor cinder track had an unusual configuration and went around the baseball field, located near the entrance area of Fitton Field.

The track was 440 yards. But unlike conventional tracks, it did not have two identical straightaways and two identical turns.

There were either three or four turns (depending on what you call a turn) and one very short straightaway along with two longer straightaways.

With beaten-down cinders and the twists and turns, the track was not conducive to fast times. Still, Dulong in 1969 ran a 4:04.1 mile on it for a Holy Cross outdoor record that still stands.

When we practiced at the same time as the baseball team, we sometimes had to dodge foul balls and errant throws.

In November 1966, the college put in a green-colored all-weather 220-yard track on a piece of flat land in the area between Carlin and the football stadium.

It was an important addition for our program, enabling us to have interval workouts year-round. But we could not run meets on it.

We had no indoor facilities, and during the indoor season we had to take busses to colleges around New England for dual and triangular meets.

Partly because of the facilities situation, there were many meets in which we did not have depth in field events. That made the difference between winning and losing some meets.

Throughout our four years, Duffy was our head coach. He was in his 70s, and returned to his alma mater after a distinguished career as a high school coach in the Boston area.

He could be stern. More often, he had a smile on his face along with a sparkle in his eyes.

Donohue coached cross-country and the freshmen teams and also worked with the varsity. He had been a standout distance runner at Holy Cross. He was in his early 30s' and related well with the team.

Harold "Skip" O'Connor joined the staff in 1968 and became head coach when Duffy retired in 1971. Jim Kavanagh succeeded O'Connor as head coach in 1977

50 Years and Counting

This has been our story, from 50 plus years ago and now.

We have identified these Class of '70 members who participated in track & field and/or cross-country meets at Holy Cross:

Frank (Pat) Ahearn, Frank Arlinghaus, Forest Baker, John (Phil) Dansdill, Frank DeMasi, Ed Dugan, Art Dulong, Tom Ferguson, Jim Flanagan, Jim Freer, Bill Gallagher, Larry Iacoi, Ed Lenox, Charlie Lynch, Art Martin, Bill McKenna, Rich (Kent) Miller, Marty Milner, Bernie Monbouquette,

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HOLY CROSS CRUSADERS

MEN'S TRACK AND FIELD

ALL-TIME OUTDOOR RECORDS

EVENT	HOLDER	RECORD	DATE	EVENT	HOLDERS	RECORD	DATE
100-Yard	John Collins	9.4	5/15/66	4x100-Meter Relay	Horton / Lacey / Thornhill / Raymond	42.16	4/27/16
100-Meter	Maury Bonner	10.58	5/9/90				
220-Yard (straight)	Chris Shea	20.8	5/2/64				
220-Yard (curve)	Rich Maiberger	21.0	5/63	440-Meter Relay	Collins / Harbeck / Hartrey / Shea	42.7	4/1/66
200-Meter	Ross Davies	22.00	4/21/12				
440-Yard	John Collins	46.5	6/1/68				
400-Meter	John Collins	46.7	6/13/68	4x400-Meter Relay	Murphy / Maggio / Waldmann / Ricotta	3:16.53	5/17/08
880-Yard	Art Martin	1:50.3	5/30/70				
800-Meter	Michael Mahoney	1:49.6	4/29/77				
1,500-Meter	Art Dulong	3:45.4	5/18/69	880-Meter Relay	Collins / Flatley / Hartrey / Shea	1:28.9	4/1/67
One-Mile	Art Dulong	4:04.1	5/24/69				
Two-Mile	Art Dulong	8:44.9	1970				
Three-Mile	Art Dulong	13:44.6	5/24/69	One-Mile Relay	Scully / Buchta / O'Connor / Noering	3:12.6	6/63
Six-Mile	Art Dulong	28:56.0	1970				
3,000m Steeplechase	Art Dulong	9:00.2	5/25/68				
Marathon	Brad Mish	2:34:06	5/24/09	4x800-Meter Relay	Andre / Dutton / Tejidor / Keefer	7:31.84	5/17/15
120-Yard HH	Kevin O'Brien	14.5	4/30/65				
	Mark Schroeder	14.5	5/14/74				
220-Yard LH	Bob Daley	24.0	1957	Two-Mile Relay	Martin / Jamieson / O'Donnell / Dulong	7:26.8	4/69
	Eric Tait	24.0	5/4/61				
330-Yard IH	Kevin O'Brien	36.7	5/11/65				
440-Yard IH	Kevin O'Brien	53.6	5/15/65	Four-Mile Relay	Martin / Walsh / Gallagher / Dulong	17:26.6	4/24/70
110-Meter Hurdles	Brandon Thornhill	14.28	5/4/19				
400-Meter Hurdles	Gabe Piepergerdes	52.61	5/4/19				
Shot Put	Vin Promuto	15.46m	5/18/60	Sprint Medley Relay	Collins / Ryan / Hartrey / Kingston	3:23.0	4/19/68
Discus	Dave Puloka	53.37m	5/6/00				
Javelin	Nathaniel Couture	64.69m	5/26/27				
Hammer	Dave Morrison	58.85m	4/20/73	Distance Medley Relay	Walsh / Ryan / Martin / Dulong	9:56.0	4/24/70
Decathlon	Dan Conti	6,625	3/16/03				
Pole Vault	Andrew Nickerson	4.88m	N/A				
Long Jump	Dick Maiberger	7.47m	6/1/63	Freshman Medley Relay	Martin / Ryan / Baker / Dulong	7:18.3	1967
Triple Jump	Michael Pichay	14.95m	5/11/19				
High Jump	Fred Rom	2.10m	4/18/73				



Memories of the Track and Field Class of 1970

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Ed (Dennis) Murphy, Bob Naseef, Joe O'Rourke, Ed Ready, Jim Roseel, Nick Ryan, Tom Short, Jay Twarog, Jim Walsh and Ed Zalneraitis.

Since 1970, we have gone on to careers in fields that include law, medicine, education, corporate management and journalism.

The latest word from the Holy Cross hierarchy is that our belated on-campus 50th reunion will be held this June 2022.

If so, many of us trackmen will be there. We are looking forward to re-connecting with each other and to seeing other friends from our Class of 1970.

And God willing, we'll see you again on Mount St. James in 2030.

Forest Baker Los Angeles, CA

Hey, guys. I will go over a number of memories regarding running track. Training and racing.

At the Catholic high school in Pittsfield, Mass we didn't have a Track team. I played Football and did theatre. Junior year the nuns wouldn't let me take Biology and Chemistry at the same time, so I wasn't going to be able to meet the requirements for any college pre-med program. But Pittsfield High School so OK and I transferred. Ineligible for Football for my Junior year. But was allowed to run Track. I was Western Massachusetts Mile Champion (4:37) and got smoked at the State meet. Twenty guys faster than me. Not to mention **Art Dulong** from Randolph High School over by Boston. Cripes. But I was never beaten in the half-mile. (2:00 flat). We had lots of great half-milers. Including my brother Bruce who went on to run 1:57 as a Senior.

At Holy Cross I broke two-minutes in (not very good) Cross-country shape that next Fall and was on a terrific Track team as of the Indoor Season.

At our first indoor meet in NYC, I thought I was very nervous before my race. My feet were so cold. And I couldn't understand it sitting by the banked 11-laps-to-the-mile board track. Halfway through the night I happened to look down and the track had been assembled over the ice from the hockey game the previous night at the old Madison Square Garden. My flats were right on that ice. Fans in the stands straight up from us. Not spread out as with the New Madison

Square Garden the next year. Cigar smoke filled the air and there was a loud pipe organ. **Jim Ryan** was warming up for his race out in the tunnel. Some very tall Jamaican sprinter had the outside lane in the 200 and when he looked up from his start out of the blocks he was already at the turn and unable to stop himself. Flew right out into the air.

I was awarded Most Improved as a freshman. Might have been that they hadn't expected anything much out of me. But it's OK. I was happy.

Sophomore year we were running an indoor meet somewhere against a few colleges at some school with a track seemingly in the basement of a field house and built around pillars or some such obstructions, so the turns were blind. I led off a two-mile relay, was running at the front and suddenly this (quite a large) official or coach stepped right out of infield in front of me. I put my right shoulder under into his armpit, took him down like tackling a fullback, rolled once and started chasing the pack. I handed off in first place. But I don't know how. Raw emotion maybe.

Also Sophomore year we had an outdoor meet at White Stadium in Boston. Tartan track. Very nice. Also, a two-mile relay. I was second leg. **Art Martin** ran third. Whoever led off gave me a one-yard lead. Running right on my shoulder was a smallish runner from Northeastern. With more basic speed I found out later. A 47 sec quarter miler stepping up. And there were maybe 6 teams in that race. I relaxed and legged-it-out. The Northeastern kid stayed right there. Very fast. Too fast. We came through and I heard 52, 53...possibly world record pace. The team was shouting at me to slow down. But what could I do? I still felt great and that other runner was going with me. Wasn't too fast for him apparently. So, I kept it up. Out of the final turn and into the straightaway with **Art Martin** waiting at the end for the baton. And then I hit the wall. Hard. Kid went past me and kept pulling away. But I struggled home. I handed off in second place and Art caught the guy, made up the gap and handed to our anchor in the lead. Seems like it was **Art Dulong**. I came back in at 65 seconds (instead of another 52) and so ran a 1:57 again. Instead of a 1:44. Ah, but with a little more training. This seems to have given **Tom Duffy** the idea that I would make a good "rabbit" if he ever needed one.

That Easter and before the Penn Relays I went home with **Tom Short** to stay at his folks' place and train. My family was in Florida during those years. Tom wanted to personally train me and help overcome my mistake about going out too fast. Learn to run a more even race. He worked me hard. And on this one day he wanted to see if I really had the guts to hold such a fast pace. Wanted to teach me a lesson. He had me do 4x440 back-to-back, jogging back to the line and immediately going again. All 4 were 52 seconds. None



Forest Baker at Madison Square Garden

over 53. I could probably have done one or two more. It was a training breakthrough. And I felt ready. But

Coach Duffy did not let me run at the Penns. He'd lost faith in me, I suppose. Can't really blame him.

But he did let me run the 440 with **Danny O'Donnell** in a dual meet against BC after that where two of their horses were going to double-up in the 220. Coach wanted me to drive the pace up to tire those boys out before they raced our sprinters. Tactically sound. And I had zero chance against Danny or the other two anyway. My fastest time trial ever was a :50 flat. No way. So, I took off at the gun. Hard. Danny came up on my shoulder and told me "just like this" so I stopped accelerating. My fastest 220 ever was a 23.7 and that's what Duffy wanted out of me. Didn't happen and the two BC guys waited back there. In the picture below we are nearing the finish and I am letting Danny slide by on the inside while the BC runners are just making their move. Both of them caught Danny at the tape but the time was only something like a high :48. Easy for them. Impossible for me. Coach was not amused.

After college I trained with **Dick Buerkle** in Philadelphia the entire Summer of 1971 before I entered Villanova for my Biology Masters. He was working himself back into shape and we ran a few miles every morning. He ran again in the afternoons. At one point near the end of the Summer I had another break-through workout where I was just flying for those 3-4 miles. Dick tried to talk me into joining the NYAC with him for Cross-country Season. I had a hard decision to make about what I was going to focus on for the next several years.



Rich Miller and Frank DeMasi



The "Arts"



Nick Ryan

1967 HOLY CROSS FRESHMAN TRACK ROSTER

Name	Event	Age	Ht.	Wt.	High School	Hometown
Ahearn, Frank	Spts., Ih., Bj.	19	6-0	160	St. Mary's	Rutherford, N. J.
Arlinghaus, Frank	880 Bj.	18	6-2	155	DelBarton	Rumson, N. J.
Baker, Forest	440, 880	19	6-0	165	Pittsfield	Pittsfield, Mass.
Dansdill, Phil	100, 200 Bj., Tj.	19	6-3	180	Lake Forest	Lake Bluff, Ill.
DeMasi, Frank	440, 880	18	5-10	155	Bishop Gibbons	Schenectady, N. Y.
Dugan, Ed	Pv.	18	5-9	145	Amsterdam	Tribes Hill, N. Y.
Dulong, Art	880, mile, 2-mile	18	5-10	145	Randolph	Randolph, Mass.
Ferguson, Tom	mile, 2-mile	18	6-0	140	Haverhill	Haverhill, Mass.
Flanagan, Jim	Hj., Bj., Tj., Hh.	19	6-5	190	Deerling	Portland, Me.
Freer, Jim	440	18	5-11	160	Hamburg Central	Liverpool, N. Y.
Gallagher, Bill	mile, 2-mile	19	6-0	145	St. John's	Auburn, Mass.
Iacoi, Larry	Ham., shot	18	6-1	245	LaSalle Academy	Westerly, R. I.
Jutras, Steve	100, 220, Jav.	18	5-10	205	Cranston East	Cranston, R. I.
Lenox, Edward	Javelin	18	5-8	155	Catholic Memorial	Needham, Mass.
Lynch, Charles	Shot, Discus	18	6-1	195	Christian Bros.	Syracuse, N. Y.
Martin, Art	440, 880, mile	19	6-0	140	Essex Catholic	East Orange, N. J.
Miller, Rich	220, 440, 880	19	6-0	140	Iona Prep	Rye, N. Y.
Miller, Marty	440, Ih.	19	6-9	145	Union Catholic	Fanwood, N. J.
Monboquette, B.	100, Hh.	18	5-6	125	Catholic Memorial	Norwood, Mass.
Murphy, Ed	Discus, Javelin	19	6-1	185	Keith Academy	Dracut, Mass.
Naseef, Bob	mile, 2-mile	18	5-11	150	St. Joseph's	Blue Bell, Pa.
O'Rourke, Joe	880, mile	18	5-11	145	Don Bosco	Mahwah, N. J.
Ready, Ed	Shot, Discus	18	5-11	225	Oliver Ames	So. Easton, Mass.
Rosseel, Jim	Ham., Jav.	18	6-0	200	Assumption Prep.	Spencer, Mass.
Ryan, Nick	220, 880, 440, Bj.	18	6-0	160	St. Mary's	Oyster Bay, N. Y.
Short, Tom	2-mile	18	6-11	155	St. Joseph's	Havertown, Pa.
Twarog, Jay	Javelin	18	5-11	170	Holyoke	Holyoke, Mass.
Walsh, Jim	mile, 2-mile	19	5-8	140	Choate School	Hamden, Conn.
Zalneraitis, Ed	Javelin	19	5-10	145	Tahanto Regional	Morningdale, Mass.

Memories of the Track and Field Class of 1970

By 1975 I had the Masters in Biology, been in Law School for one year at Temple and then graduated from Wharton with the MBA. Married already. For his part Dick ran in the 1972 Olympic Trials at the 5000 but did not make the team. He won the Olympic Trials at 5000 meters in 1976 but came 9th in the fastest 5000 heat ever and did not make the Final. Made the team again in 1980...but we all know how that turned out. He broke the world record for the indoor mile in 1978 (3:54.93). But **Eamonn Coghlan** took it away from him the next week.

I loved to run. Even as a kid. And I loved running on one of the finest college Track Teams of our generation. Thank you. All of you.

Forest Baker

Bill Gallagher Wheeling, WV

Guys,

I grew up in Auburn and was a Holy Cross "Rat". My Father was the Bookstore Manager and I went to all the home football games at Fitton Field, basketball games at the Worcester Auditorium, and saw Jimmy Brown play Lacrosse for Syracuse. I don't know if you remember but there was also Fitton Field grand stand on the baseball field where I also spent a lot of time. I graduated high school in June of 1966 and that year I saw Art Dulong finish half of a lap ahead of me in the state mile. That Summer we got mimeograph sheets from the coaching staff telling us who was on the cross-country team and what their accomplishments had been. That year I was a day-hop so I just saw the guys at 3:30 pm every afternoon in the old cold drafty lock room. My first memory of working out was learning a word from Coach Donahue - "fartlek" and that that year we all got brand new Tiger running shoes, blue and yellow, if I remember correctly.

As I said before I think Tom Ferguson was on the Freshman team but then I think he left school and believe he was Bob Naseef's roommate, so when I moved on-campus there was a vacancy sophomore year. I remember Bernie Monbouquette from Catholic Memorial as a hurdler. I am pretty sure that we practiced with the varsity although I really only

remember Jim Quinn as an upper-classman. I recall the home course ran up and down the hill, on campus and out to Auburn. There was a 10 mile course south of Worcester and then back through Auburn.

I recall Dan O'Donnell providing a hair-raising trip in his Volkswagen to New York City (90 miles per hour on the Merritt Parkway). I am not sure which IC 4A we were going to. The relay teams of Art Dulong, Art Martin, Forest Baker, Nick Ryan and Jim Walsh provided me with some road trips like when I saw Larry James 43.8 anchor at the Penn Relays in 1968. Jim Ryan at 3:57.5 at MSG in 1969. Later I went to a Summer meet to see Art Dulong run somewhere in Massachusetts. Saw Jesse Owens there. We had several long runs with Art Dulong (I don't remember the 20 mile one) and we could stay with him if he would only stay in third gear.

Do any of you remember the Saturday home meet at the baseball field track where the highway over pass had collapsed and killed a couple of people just off across the Blackstone River from the baseball field. Jack Lahey was a high school classmate and our basketball co-captain was the last one under before it collapsed.

Does anyone probably, just the field guys, remember the Mulledy Séance and the scare at the Campion, that night when the football team was in quarantine.

I remember road trips to Yale, Brown, Bates, Dartmouth, UMass, UConn, where Art Dulong, Art Martin and Buff Walsh were always one, two, three and Joe O'Rourke and I were usually four and five (until Kieran Donovan came along).

I saw Dulong's 4:01.1 at Boston Garden. I was there with my Father and Uncle. I remember it being terribly smokey and noisy.

Art invited me through the BAA to compete in 1969 AAU in Detroit. As he remembers it was snow and ice and cold and I didn't bring spikes and ended up 99th. It was my first airplane ride.

I thought the senior cafeteria was a great idea as we were usually the last ones in for dinner.

I do not recall Clarence Thomas on the team but as Bernie says the track guys and the field guys practiced and competed separately.

I remember parietal hours being a big deal. And that Art and Karen introduced me to Anna Arscott, from Mount Holyoke.

I expect the locker room facilities got a lot better over the years. I have always wondered why the cross-country guys

did not get hepatitis or did we simply not use the water source up on the hill that the football team used in the Fall of 1969.

My story stops here. I have lived in Wheeling, West Virginia since 1976, practicing with a law school friend. I have a 35-year-old son who lives in Oregon. I am still healthy. I do not run but I walk a lot and recall Tom Short as a really good guy.

I am proud to have been listed as one of Art Dulong's friends and will never forget that comment. Thanks for the memories.

Bill Gallagher

Rob Naseef Philadelphia, PA

One of my memories is having a special dinner the night before cross-country and track meets with filet mignon.

The camaraderie of our freshmen x-country team was also special. I remember that first practice on the upper plateau and feeling blown away by the talent level on our squad.

Tom ("Shorty") Short and I were teammates and close friends in high school in Philadelphia and logged many miles in training. Tom's father drove us to HC in September 1966. I was happy to read of so many teammates remembering him. Tom and I were not in touch for years. Tom was in ROTC and gladly served in Vietnam, while I marched and organized to stop the war and support civil rights. We met at our 20th high school reunion and reminisced. Tom's high school sweetheart showed up unaccompanied with a few friends. She and Tom clicked on the spot, and they married soon after.

Art Martin was also a special friend who helped me begin to understand the depths of systemic racism.

I remember Bill Gallagher fondly. He nicknamed me the "Old Man" because of the groin injury that sidelined me for most of our sophomore year. Now we actually are old.

**Best regards,
Rob Naseef**



Courtesy/ThePurplePatcherYearbook1970



Freshman Year 1966-1967

Summation of 1967-68 Holy Cross Track

Our cross-country teams were very successful. The varsity finished 2nd to Brown in the New England Championships, while our frosh finished fourth. Since our key runners were underclassmen, we expect a fine 1968 XC season. Our individual star, Art Dulong(soph) who has been beset by illness during his college career, won the coveted IC4A Championship in New York on a cold day, by running the 5 mile course in a new record of 24:04.4. He won the race by over 80 yards. Shortly before this, Art ran an 8:48.8 two mile on our 220 tar-tan track. However, a few days after the IC4A win, Art was stricken with mononucleosis and was sidelined until the middle of the indoor season. He attempted a comeback, running 1:51.8 and 4:06.9, before he was again stricken, this time with a liver infection. He finally was declared healthy 3 weeks before the outdoor New England Championships, where he did a tremendous job(9:00 steeplechase for 2nd place and 14:12.0 for 3rd place in 3 mile). Illness definitely wiped out all Olympic Possibilities for Art, possibilities which appeared quite promising at the time of the IC4A Meet.

Our indoor season featured outstanding relay running in the Gardens(Boston, New York, Baltimore). Our two mile relay team ranked in the top 4 in the East. We defeated such teams as Villanova, Georgetown, Loyola Chicago, Maryland, Fordham, Manhattan, Maryland State, Princeton, NYU, St. John's, etc. Since three of our regular foursome return next year and our reserves were strong, we are pointing for a sub-7:30 indoor two mile team.

Our indoor mile team had some very fine showings, with a best time of 3:20.4. We will have to do a rebuilding job on this team.

Our indoor dual meets featured wins over arch-rivals Boston College and Brown, as well as a victory over U. of Conn. We suffered our lone defeat at the hands of Northeastern.

Outdoors, we established a two-mile relay record at the Boston College Relays, and finished 6th at the Penn Relays, running a school record 7:30.5. We finished 3rd in the Boston College Relays(23 schools), and finished strong 3rd in the New England Championships outdoors with 33 pts., behind Central Conn 36 and Boston College 34.

We expect a lot of help from this past frosh team. John Collins will be very hard to replace and the 440 looks like a trouble spot as far as a real standout performer is concerned. Ed Fanning will be very valuable(9.9; 50.5; 22:10") as will be George Hill(1:57.3; 55.4 in 440 hurdles) and Bob Borbet(4:19.8---but hampered all outdoor season with a badly sprained ankle. Other frosh will provide welcome depth in both track and XC.

Our XC squad shapes up as follows: with lifetime bests

1. Art Dulong(jr) (8:48; 4:06.5; 14:00; IC4A XC Champ)
2. Art Martin(jr) (1:51.8; 4:11.2; 9:24)
3. Jim Walsh(jr) (4:19.5; 9:18 steeplechase; 9:26)
4. Bob Borbet(so) (4:19.5; 9:47) 4th in New Eng. Frosh XC
5. Jim Quinn(sr) (4:17.5; 9:29)
6. Dick Fahey(sr) (4:24.6; 9:47; 10th in New Eng. XC)
7. Bill Gallagher(jr) (4:29; 9:44.0)
8. Bob Welch (sr) (4:31; 1:33.1)
- 9/ Bob LaFond(so) 9:55
10. Ed Hooks(so) 2:01; 4:35

INTERCOLLEGIATE ASSOCIATION OF AMATEUR ATHLETES OF AMERICA

NOVEMBER
20,
1967



PRICE
25
CENTS

CROSS COUNTRY CHAMPIONSHIPS

UNIVERSITY DIVISION

44th ANNUAL
FRESHMAN RACE
1:00 P.M. (3 miles)

59th ANNUAL
VARSITY RACE
1:30 P.M. (5 miles)

COLLEGE DIVISION

6th ANNUAL
VARSITY RACE
2:15 P.M. (5 miles)

6th ANNUAL
FRESHMAN RACE
3:00 P.M. (3 miles)

Van Cortlandt Park
NEW YORK CITY

Memories of the Track and Field Class of 1970

Tom Ferguson,
Santa Clarita, CA

Highlights, Athletic/Running Career

I attended Caleb Dustin Hunking School 7th & 8th Grade (1960-1962), Haverhill High School (1962-1966), College of the Holy Cross Freshman Year (1966-1967), and the United States Military Academy (1967-1971). My HS did not have indoor track until the winter of my senior year (1966). So, I played three seasons of basketball: one as a freshman, one on JV as a sophomore, and one on varsity as a junior. I competed on our varsity indoor track team as a senior (details below). I continued running and exercising throughout my 20-year career in the US Army. I still walk and jog today just for exercise.



Highlights, Grade School

In my first-ever track and field meet as a 12-yr-old 7th grader (spring 1961) at Haverhill (Massachusetts) Stadium, I finished second in a 75-yard dash (7.7 seconds) and second in the broad jump (16 feet 2 inches). It was to be the last time I ran anything shorter than a 1/2-mile/880-yd race and the only time I ever competed in a field event. Our Hunking Middle School won the boys' meet against three other grade-school school teams.

As a 14-yr-old 8th grader (Summer 1962), I competed in the Haverhill (Massachusetts) Journal Olympiad at Haverhill Stadium. I am pictured in a post-meet group photo holding a trophy, but I do not recall in what boys' 13-15-year-old running event I competed.

Highlights, High School

Throughout my HS years, I ran against superlative competition in XC and Track. The likes of HHS teammate, Dick Traister, who held the HHS mile record (4:50.3), was my chief motivator; others include Bob Norris, Beverly HS (4:39.9); Richie Stafford, Salem HS (4:31.6); Greg Kent, Lawrence HS (4:42); Bob Levis and Jack Moffat, Lawrence Central Catholic HS, (sub-4:50 milers and outstanding XC runners); and many others in Essex County, MA, Pilgrim Division, who provided stiff individual and team competition.

As a High School freshman, I joined the Haverhill High Cross-country Team and competed on a winless

JV team (we had no separate freshman team, and I was not quite ready for Varsity). In one JV dual-meet against Lawrence Central Catholic JVs, I finished 12th overall and 2nd for Haverhill. Needless to say, LCC won the meet, but I scored points for Haverhill. My time over the 2.7-mile course was 17:41—an average of 6:31 per mile (nothing to shout about).

In the Spring of 1963, I competed on the outdoor JV Track Team. In five dual meets, I ran the 1-mile run and finished second three times and first twice. My times were consistent at 5:48 in the first four dual-meet races and 5:40 in the last dual meet race (showing slight improvement).

As a HS sophomore, I competed on a winless Varsity Cross-country team. In six meets, I scored points with the best showing of second for Haverhill and twelfth overall in one meet, and third for Haverhill and eighth overall in another meet. Our courses were a standard 2.5 miles in length; my best time was 13:03—an average of 5:12 per mile (improvement again, yet nothing to shout about).

In the Spring of 1964, I competed on the outdoor Varsity Track Team at both one-mile and two-mile distances. In our one Varsity win (yeh!), I finished second for Haverhill and third overall in the 1-mile with a personal-best mile time of 5:08. The point scored helped to secure the win!

As a HS junior, I competed on the Varsity Cross-country team. I finished fourth for Haverhill three times and fifth once in four meets, but no better than eighth overall. My best times were: 14:00 in a close loss to Lynn English, an average of 5:12 per mile; and, a week later, 14:40 in an even closer win over Lawrence, an average of 5:24 per mile. It seems as though, in my junior-year season, that I had digressed to sophomore-year levels. And yet, I was elected Captain of the Fall '65 XC team for my senior year (go figure).

In the Spring of 1965, I competed on the (again) winless outdoor Varsity Track Team at both 1/2-mile and (primarily) one-mile distances. In six dual-meet and one county meet one-mile races, I produced times no worse than 5:12, with a personal best of 4:59.6. I finished first for Haverhill five times, second twice, and no worse than fourth overall. In my personal-best 1-mile race against Lynn English, I finished second by one second! At a Massachusetts Boys' State one-mile race at the University of Massachusetts, I finished third in 5:00 flat! I was optimistic that I could (again) break the 5:00 barrier within the next year and compete for an HHS mile record!

As a HS senior, I captained the Varsity Cross-country Team (as above), sadly, to a winless season in six dual meets and one Essex County meet (four other teams). I have few details except for one dual meet against powerhouse Beverly when I finished fourth for Haverhill and twelfth overall in 14:25 (an average

of 5:18 per mile, comparable to my junior-year levels). By the end of the fall season in the county meet, however, I finished first for Haverhill and sixteenth place in the county with a time of 12:50 (an improved average of 5:07 per mile). The pursuit of a sub-5:00 one mile was on!

Although this poor season—0-6 in dual meets and 4th place team out of five at the county meet—was a disappointment to me personally as team captain, many of our XC individuals showed great running improvement. With the re-establishment of indoor track—after a 50-year lapse (1916)—there was tremendous hope and potential for better individual and team performances over the coming winter and spring seasons of 1966 Haverhill High track.

I competed in the 1,000-yard and 1-mile runs during Haverhill's Indoor Track season, its first in fifty years. We had seven dual meets, and I competed in six of them—five in the 1,000 yards and one in the mile. I finished first for Haverhill in all six races with two firsts and four seconds overall. The team's high point of the season was a victory over Keith Academy of Lowell, Haverhill's lone win. My individual high points were a win in the 1,000-yard race in 2:33 (a 4:50 mile equivalent record, just under the HHS outdoor mile record) and, a week later, a win in the one-mile run in 4:55—a new indoor record—which was less than five seconds off the Haverhill High outdoor mile-run mark of 4:50.3!

In the Spring of 1966, I competed solely in the 1-mile run during Haverhill's Outdoor Track season. We had an inter-squad meet (seniors & freshman v. juniors & sophomores), six dual meets, the Essex County meet (v. five other teams), and the Massachusetts State meet at White's Stadium in Boston. I finished first in the inter-squad meet (5:00 flat), first for Haverhill in five dual meets (did not run in one meet due to a hamstring injury), and I had two firsts, two seconds, and a third overall in these five 1-mile runs. I tied the Haverhill High mile record (4:50.3)—finished second by a foot—against Lynn. I then broke the Haverhill High mile record with a 4:50.0 in the Essex County meet, finishing first for Haverhill and fifth overall. In the Massachusetts State Meet in Boston, I finished fourth overall in the 'unseeded' heat with a time of 4:47.1 in the one-mile run, my last HS new race! It was a Haverhill High 1-mile run record that stood for six years until 1972.

So, the 'shorter' distance of 1,000 yards and its indoor conditioning and competition definitely helped improve my speed. The 'longer' distance of cross-country helped condition my endurance. Speed and endurance are necessary for success in the one-mile run.

Essex County High School 1-mile competitors: I

CONTINUED TO NEXT PAGE

Freshman Year 1966-1967

ENTRIES

UNIVERSITY DIVISION FRESHMAN CHAMPIONSHIPS

(Numerals in brackets refer to post positions for start)

HARVARD (25)

- 101—Aylward, Dennis F., '70
102—Baker, James V., '68
103—Brice, Edward W., '68
104—Brock, Gerald W., '70
105—Burns, William W., '68
106—Colburn, Keith W., '70
107—Dennehy, Peter N., '69
108—Hardin, Douglas R., '69
109—Heyburn, John G., '70
110—Howe, Richard T., '68
111—McLoone, Timothy T., '69
112—Roth, Erik B., '70
113—Shaw, Royce Q., '70
114—Stempson, Robert D., '68
115—Sulloway, Frank J., '69

HOLY CROSS (14)

- 116—Dulong, Arthur C., '70
117—Gallagher, William J., '70
118—Kingston, Brian D., '68
119—Martin, Arthur M., '70
120—O'Rourke, Joseph J., '70
121—Quinn, James A., '69
122—Walsh, James K., '70

MANHATTAN (16)

- 123—Altieri, Ralph J., '70
124—Carbone, Alfred J., '70
125—Corry, James M., '68
126—Derry, Alan R., '68
127—Eager, John J., '69
128—Frail, Robert J., '70
129—Henry, Kenneth A., '69
130—Kivlan, Brian T., '69
131—Novell, Albert R., '70
132—Sheehan, Timothy E., '69
133—Van Exel, Otho A., '68
134—Walsh, Edward E., '70

MARYLAND (24)

- 135—Amoss, John O., '68
136—Angevine, Andrew F., '70
137—Beauchamp, Reuben F., '68
138—Jacobs, John J., '68
139—Minarik, George F., '70
140—O'Boyle, Ernest H., '69
141—Starnes, David E., '68
142—Washburn, Stephen D., '69
143—Wich, Richard W., '70

MASSACHUSETTS (23)

- 144—Berry, Samuel, '68
145—Bowman, Gregory R., '68
146—Chrappa, Carl C., '70
147—Currier, Edward, '70
148—Donaldson, William E., '70
149—Evans, David T., '70
150—Gelinias, Marc A., '69
151—Gonzalez, Diego, '69
152—Hogue, Dennis S., '69
153—Hoss, Paul T., '69
154—Lang, Charles M., '69
155—Ryan, Ronald L., '69

MICHIGAN STATE (17)

- 156—Bastian, James J., '69
157—Bisbee, Gary W., '69
158—Bradna, William L., '69
159—Lenowicz, Kenneth M., '69
160—Merchant, Roger, '68
161—Rosenberg, W. Dean, '68
162—Stanley, Dale, '68
163—Stevens, Richard A., '69
164—Wilson, Patrick, '68

NAVY (20)

- 165—Breen, Dennis F., '70

- 169—Foulsham, Charles K., '68
170—Frasher, tSeven J., '70
171—Frick, Michael G., '70
172—Gaffney, Paul G. II, '68
173—Hanvey, Stephan A., '69
174—Knode, Ronald B., '68
175—Martin, Richard W., '69
176—Schadegg, Lawrence M., '68
177—Wallace, David W., '68

N.Y.U. (18)

- 178—Dyce, Byron, '69
179—Gomory, Thomas, '70
180—Harewood, Leonard, '69
181—Hughes, Chris, '70
182—Jacob, William, '70
183—Mulvey, Allan, '70
184—Noel, Ruthven, '69
185—Rhodes, Melvin, '69
186—Rosen, Daniel, '69
187—Selman, Bruce, '69
188—Wisniewski, George, '69

NORTHEASTERN (3)

- 189—Brotchie, William K., '69
190—Castanza, Jan P., '68
191—Deary, John B., '68
192—Earle, Charles W., '70
193—Foley, Francis T., '69
194—Heffernan, Christian B., '70
195—Kelley, Francis M., '70
196—O'Connor, Lawrence B., '69
197—Scanlon, Michael J., '70
198—Sheehan, Leonard J., '68
199—Wojcik, John M., '68

NOTRE DAME (27)

- 200—Collins, Michael, '70
201—Costello, Michael, '70
202—Farrell, Peter, '68
203—Howard, Ken, '68
204—Leahy, William, '68
205—Lehner, James, '70
206—O'Brien, Kevin, '69
207—Quaderer, Joseph, '70
208—Saracino, Dan, '70
209—Saykally, Dave, '69
210—Sweeney, Charles, '70
211—Vehorn, Charles, '68
212—Walsh, Mark, '69
213—Walsh, Robert, '68
214—Watson, Robert, '70
215—Wehrheim, John, '69

PENNSYLVANIA (3)

- 216—Acri, Robert, '70
217—Andrews, Earl, '68
218—Caldwell, William, '69
219—Goodwin, David, '68
220—Kelso, William, '69
221—Ladanye, David, '70
222—Lavin, Justin, '69
223—Lokken, George, '70
224—Soyka, Paul, '70
225—Williams, Jerome, '69

PENN STATE (7)

- 226—Deardorff, Jeff, '70
227—Dixon, James, '70
228—Engelder, James, '68
229—Gentry, Steven, '70
230—Knapp, Arthur, '70
231—Leuthold, David, '69
232—Peterson, Philip, '69
233—Rems, Louis, '68
234—Rounds, Barry, '68
235—Sheaffer, Albert, '69

THE 1966 RACE RESULTS

Charles Messenger of Villanova University established a new record of 24 minutes 15.6 seconds for five miles in winning the 58th annual varsity cross country championship last November 14. Messenger, a junior and a recent celebrant of his twentieth birthday, coasted home by forty yards in front of Michigan State's Dick Sharkey. Messenger, runner-up to Georgetown's Eamon O'Reilly as a sophomore, broke away from Sharkey in the final mile by sprinting up and over Cemetery Hill. The Wildcats' distance star, a 5 foot 8½ 138-pounder, seemed to have plenty left at the finish. Villanova University captured the team championship in the University Division with the amazing score of 26 points, Notre Dame was second, with 127 points and Michigan State, third. Georgetown, the team victor in 1964 and 1965 placed eighth. The Villanova sensational team triumph received the plaudits of spectators, coaches and participants "as the greatest team effort in the history of the meet." Coach James "Jumbo" Elliot's other varsity harriers placed third (Tom Donnelly), fourth (Frank Murphy), sixth (Ian Hamilton) and twelfth (David Patrick). Patrick, NCAA and ICAAAA mile champion had a near collapse at the finish. John Lawlor of Navy the 1966 Heptagonal Games Association champion stayed with Starkey of Michigan State and Messenger part of the way before twice doubling up with stitches in his side.

The weather conditions were perfect—nearly windless with the temperature and humidity in the low 50's. Over 185 runners competed in the University five-mile race.

The college division varsity 5-mile championship was won by Ambrose Burfoot of Wesleyan University. He defeated C.C.N.Y.'s James O'Connell the winner in 1964 and 1965. The winning time was 24 minutes 40.7 seconds; also for a new record for the college division runners. O'Connell had also held the previous college section mark of 25:26.3.

Temple University replaced another Philadelphia member—St. Joseph's, as the college division team champion. La Salle College of Philadelphia was second and St. Joseph's third. Temple scored 62 points.

Holy Cross took team and individual honors in the University Division freshman three-mile championship. The Crusaders tallied 79 points to beat out Georgetown. Arthur B. Dulong of Holy Cross was the individual freshman race champion with a 14:28.4 clocking for a new record.

The college division frosh title was captured by Sebsebe Mamo, a 21-year old Colby College foreign exchange student, from Ethiopia. Another new record was chalked up in this race. The new mark set by Mamo was 14 minutes 14.4 seconds.

Villanova's triumph in the ICAAAA championship was No. 2 for the Blue and White since the new cup went into competition in 1958. The Elliot-coached hill and dale team earned the title also in 1962. Michigan State has three legs on the current cup, Georgetown and Villanova two each, and Notre Dame and Penn State one each.

THE SUMMARIES FOLLOW

UNIVERSITY FRESHMAN (3 miles)

Name and College

Time

College

Points

1. Arthur B. Dulong, Holy Cross	14:28.4*	Holy Cross	79
2. Edward E. Walsh, Jr., Manhattan	15:15.0	Georgetown	89
3. Julius Nichols, Georgetown	15:20.0	Pennsylvania	116
4. Eamon M. Downey, Princeton	15:23.0	Providence	124
5. Richard W. Wich, Maryland	15:26.0	Villanova	167

*Record.

TEAM SCORING

UNIVERSITY DIVISION FRESHMAN TEAM CHAMPIONS

1920—Yale	1929—N.Y.U.	1938—Penn State	1950—Syracuse	1959—St. John's
1921—Yale	1930—Syracuse	1939—Maine	1951—Yale	1960—Manhattan
1922—Pennsylvania	1931—Manhattan	1940—Manhattan	1952—Manhattan	1961—Providence and Villanova (tie)
1923—Penn State	1932—Manhattan	1941—Manhattan	1953—Maryland	
1924—Syracuse	1933—Manhattan	1942—Manhattan	1954—Cornell	1962—Villanova
1925—Yale	1934—Columbia	1943-44-45-46—No meet	1955—St. John's	1963—Georgetown
1926—Syracuse	1935—Manhattan	1947—Manhattan	1956—St. John's	1964—Villanova
1927—Penn State	1936—Manhattan	1948—St. John's	1957—Syracuse	1965—Villanova
1928—Pennsylvania	1937—Pittsburgh	1949—Georgetown	1958—Cornell	1966—Holy Cross

COLLEGE DIVISION TEAM CHAMPIONS

Varsity—1962 Maine, 1963 La Salle, 1964 Iona, 1965 St. Joseph's, 1966 Temple.

Freshman—1962 Iona, 1963 Alfred, 1964 New Hampshire, 1965 West Chester, 1966 Morgan State.

I. C. A. A. A. SCORING RULES

NO MORE THAN SEVEN CONTESTANTS FROM EACH COLLEGE MAY ACTUALLY PARTICIPATE. ONLY THE FIRST FIVE REPRESENTATIVES OF ANY COLLEGE FINISHING WILL COUNT IN THE SCORING BUT THE SIXTH AND SEVENTH FINISHERS WILL COUNT AGAINST OTHER TEAMS. FIVE ENTRANTS MUST FINISH TO GIVE A COLLEGE A TEAM SCORE.

Memories of the Track and Field Class of 1970

TOM FERGUSON *CONTINUED FROM PREVIOUS PAGE*

competed against outstanding individuals from superior teams throughout the county in the Pilgrim (large school) Division. Rich Stafford of Salem HS (later Princeton U) won the Essex County 1-mile run in 4:31.6. And then, Arthur D.

Highlights, Holy Cross College—my 'first' freshman year

I cherish my year at Holy Cross, a word about how I got there. I had applied in my HS senior year to four university institutions: College of the Holy Cross (Sociology major), Boston College (Education major), the University of Massachusetts (Forestry major), and the United States Military Academy (no major but a BS degree in Military Engineering and Science). At first, I leaned toward U Mass since I had spent a week there during the summer of 1965 with Massachusetts Boys' State. That was a great experience in learning about state and federal government and the opportunity to work out daily to keep in good running shape (see above). At Massachusetts Boys' State, I met a West Point cadet who briefed us about attending USMA and pursuing military careers. When I returned home, I received a letter from West Point with instructions for applying for an Academy appointment through US Senators and / or Congressmen. At this point, as a rising senior, neither Holy Cross, BC, or U Mass were on my radar screen; interest there would evolve later, although—after Boys' State at U Mass—I was leaning toward the known, and the Minutemen were my first choice (at that point).

Fast forward to Christmas, 1965. I had made early applications to my two US Senators (Kennedy and Saltonstall) and US Congressman (Bates) and had taken their 'entrance' exams. When the results came back, I was not qualified. 'If truly interested in an Academy,' their suggestions were, 'do not give up; please try again.' Since I had applied early enough the first time, I did just that: I reapplied and retook the 'entrance' exams hoping to do better. No such luck. Although I did improve, I was still 'unqualified.' At that point (no pun intended), I put West Point on the back burner.

Fast forward to Spring, 1966. Four factors influenced my choosing to attend Holy Cross. I had been accepted at HC, BC, and U Mass, but the Cross stood out. 1) Proximity: BC was too close (Haverhill to Boston); U Mass was too far away (Haverhill to Amherst); and HC was 'just about right' (Haverhill to Worcester). I had never lived away from home except for week-long scout camps and Boys' State, so the potential for frequent home visits was doable and convenient travel-wise. 2) Haverhill High School classmate Mike Addonizio had already selected Holy Cross; we would become roommates in Beaven Hall at HC. 3) My parish pastor, Father James Ryan (at St.

John the Baptist, Haverhill) was a Holy Cross graduate. I had been an altar server for years for 'Father Jim,' who urged me toward the priesthood all through high school and was excited that I had been accepted at his Alma Mater. The Catholic education offered by Holy Cross appeared to me to be the most significant if a priestly vocation was to happen. And, 4) Finally, I learned that Art Dulong had also chosen to attend Holy Cross. While I had never met Art until I competed against him at the 1966 Massachusetts State Track meet, I had heard much about his outstanding running achievements, and that Holy Cross was building a powerhouse. Motivated by selfish desires to improve my own XC/Track performances—to finally win a XC meet—HC seemed to be the best fit and of the most potential for personal improvement (practicing and chasing Art every day)!

So, there it is. With West Point out of the picture, I saw the advantages of reasons 1-4 (as above). My mediocre high school running achievements did not merit an athletic scholarship. Still, I selected Holy Cross on a whim and prayer based on its combined overall religious, educational, and athletic potential.

A few words about my running achievements at Holy Cross (from mediocrity to contribution): I gathered the following information from the back of the numbers we had to pin to our race uniforms. After each race, I wrote a summary of how the HC team did, how I did, and any interesting tidbits (for posterity)! I then mounted the same in a scrapbook, which I've kept all these fifty+ years. XC frosh ran against at least nine other XC teams, but I have results, including race times, from only some.

Cross-country, Fall 1966

Dual meet at U Conn: 2.9 miles; time 16:09 (an average of 5:36 per mile); 8th / 9 for HC, 11th / 17 overall; HC 21, UC 38

Dual meet v. Colby: HC won, but individual stats are unknown. Dulong finished second to Colby's Sepsibe Mamo.

Tri meet: Providence 26, HC 32, BU ?; time 13:12 (5:18 per mile); I was 8th for HC, 18th overall

Tri meet at Dartmouth: beat Dartmouth, lost to MIT 31-30; I was 6th for HC, 14th overall

New England meet at Franklin Park, Boston: HC frosh XC tied Providence at 53 points for first place, but HC took the team trophy (there was only one) upon a coin toss. Dulong called 'tails,' and we won! I was 6th for HC and 44th overall out of 175; no times recorded.

IC4A Freshman University Division meet: Art Dulong won the 3-mile race in 14:28.4, a new record! HC frosh won the University Division Freshman Race! Art Dulong, 1st; Art Martin, 9th; Joe O'Rourke, 19th; Jim Walsh, 29th; Bill Gallagher, 31st; me, 95th (out of over 250)! Other than Art D's time, no others

were recorded. These places are different from those shown in Jim Freer's reunion letter; sorry for the confusion. My stats probably do not account for displacement, e.g., if a 6th or 7th place finisher of one team finished ahead of the scoring members (#1 -#5) of another team, that other team's finishers were displaced. Low score wins. HC frosh still won no matter what the place numbers were, and I am proud to have been a member of this championship team—finishing 6th for HC—even if I did not score points!

Thus, I was in the top 50 freshman XC runners in New England and in the top 100 freshman XC runners at IC4A. Chasing my teammates as above was painful while ongoing but joyful in results!

Indoor Track, Winter 1967

Feb 11, Dual meet at Bates: 1-mile; time 4:48. I was 4th for HC behind Joe O'Rourke, Art Martin, & Jim Walsh; 5th overall.

Feb 14, Tri meet at Providence: HC 42, Brown 47, BC 47; there was a 5-point deficit in the scoring because we had no field event participants. I competed in the 1-mile; time 4:36.2. I was 3rd for HC behind Art Martin, 1st (4:23); Joe O'Rourke, 2nd; two Brown runners in 3rd and 4th; me, 5th overall. To date, this was my personal best 1-mile time. Chasing Art, Joe, and the two from Brown was not easy, but the results were joyful!

There was at least one other (dual, tri ?) meet at Philips Academy in Andover, Mass., at its (almost) new indoor track field house. Since I had run here for Haverhill High during our newly-instituted indoor track season (1966, first since 1916 as above), I knew the way and helped guide HC team bus from Worcester to Andover to the meet on time. However, I have no records or results information of this competition. Can anyone else remember?

Outdoor Track, Spring 1967

Apr 22, BC Relays at BC v. BC and MIT: I competed (I say that loosely) in the steeplechase, a 1,000 meter race of 3 1/2 laps. Each lap included four hurdles and one water jump. I finished 9th out of 12 competitors in 5:15. I had never before run this event and had no hurdling techniques. I remember falling into the water on the first water hurdle; my race was over before it started! BC won the frosh meet (38) with MIT second (33) and HC third (32). Art Dulong, Forest Baker, Art Martin, and Nick Ryan set a meet record in a distance relay.

Apr 25, Dual Meet at Brown: 1-mile; time 4:40. I was 4th for HC behind Art Dulong, 1st (4:24); Jim Walsh, 2nd; Bill Gallagher, 3rd; me, 4th (4:40). Brown had no mile competitors, so it was a clean sweep for HC!

Sidebar: Nick Ryan was in the set position, the first runner in his relay. But, he had no baton. I shouted out to him to pick up his baton. He did,

CONTINUED TO NEXT PAGE

Freshman Year 1966-1967



Gazette Photo

RECORD CHASERS — Looking forward to tomorrow's BC Relay Carnival and a chance at a national record are Holy Cross' freshman distance medley relay team, from left, Forest Baker, Nick Ryan, Art Dulong and Art Martin.

Dulong and Martin Hold Key

Holy Cross Freshmen Seek Record in Distance Medley

By DICK CERASUOLO

A quartet of speed merchants is expected to prove that Holy Cross has its greatest freshman track team in history and an exciting future.

The fleet four which, of course, includes crack miler Art Dulong, has as its goal the national distance medley record.

Tomorrow they'll take a well-aimed shot at it in Boston College's Relay Carnival at Chestnut Hill.

"We had high hopes of breaking the record or at least coming within a second or two of it before we had this stretch of bad weather," reported Dick Donohue, the Crusaders' freshman track coach.

"Two weeks ago Dulong told me he felt real good and ready for a strong effort," added Donohue. "But with this weather his plans have been hurt."

Kansas Holds Record

A pretty good miler named Jim Ryan anchored the Kansas team that established the national record last spring. His 3:57 mile lowered the standard to 9:50.6.

Only one other school has ever bettered 10 minutes outdoors. Donohue feels confident the Holy Cross foursome will become the third.

The Crusader team is com-

prised of Forest Baker of Pittsfield in the 880, Nick Ryan of Oyster Bay, L.I., 440, Art Martin of East Orange, N.J. in the three-quarter mile and Dulong.

Dulong has to come up with a performance near four minutes to put the Crusaders within record range.

Ran 4:05.8 Indoors

Last month, after just 12 days of full practice, Dulong ran a 4:05.8 anchor as the fledglings established an indoor mark of 7:18.3 in the ICAA championships in New York.

Indoor times are faster because there are two 440's and no three-quarter.

And the three-quarter is the key outdoors. Despite the reliance on Dulong, Donohue tabs Martin as the runner who could bring Holy Cross the record.

"If he can get under 3:05 for the three-quarter we'll have a tremendous time," stated Donohue. "And he expects he can do it."

Manhattan holds the record, well over 10 minutes, in the BC Relays. It set it last year, nipping Holy Cross' varsity team by two seconds.

Varsity Strong

Holy Cross varsity won't be taking a back seat to the frosh tomorrow. Coach Tom Duffy expects to battle Northeastern and host Boston College for the title.

Last year the varsity won the

440, two mile and mile relays in finishing fourth overall.

This time around they've entered teams in the 440, 880, mile and sprint medley relays.

The key man will be John Collins, a junior from Springfield, and holder of the New England titles in the 100 and 220 yard dashes.

The weightmen haven't been forgotten in the carnival and here, again, the Crusader freshmen expect to fare well.

"We've got good weightmen this year," said Donohue, "and that's why this team is so good. We don't have to give away 18 points a meet now."

Donohue lists several "excellent prospects," including footballers Ed Ready (shotput, 57 feet in high school with 12-pounder), Charlie Lynch (discus), Larry Iacoi (hammer), and Ed Murphy, (discus).

CRUSADER NOTES — The varsity's chances of winning it all fell with Dan O'Donnell, O'Donnell, a crack 440 and 880 man, fell in a practice session several weeks ago and is still hobbled . . . Dulong can be hailed, officially, as Holy Cross' best distance man. Previous Holy Cross mile record had been 4:11 outside. Donohue rates BC's Bill Norris and Colby's Selsiba Mamo (An African Olympian) as the only threats in New England to Dulong's supremacy in the distance events.

6C Worcester Sunday Telegram Apr. 23, 1967

Holy Cross Frosh Set Record In B.C. Relay Test

BOSTON — The Holy Cross freshman distance-medley team set a meet record, and possibly a national one, in the second annual Boston College Relay Carnival here yesterday afternoon at the B.C.'s Jack Ryder track.

Forest Baker, Nick Ryan, Art Martin and anchor man Art Dulong were timed in 10:03.2. It is not certain if this is a national mark because the freshman records are kept in Kansas City, Mo. and were unavailable last night.

Dulong, way ahead of the pack, toured the mile in 4:09.2. Baker ran the first leg, which consisted of 880-yards; Ryan ran 440; and Martin, ran the three-quarter (three laps) gave Dulong an insurmountable lead.

The Crusader Cubs, third in the meet to the B.C. frosh with 32 points, were also winners in the mile relay test with the same cast. Baker, Dulong, Martin and Ryan running in that order, were timed in 3:21.3 for the event.

The Crusader varsity trackmen finished fifth with 36 points. Northeastern won with 81 points while B.C. was second with 56.

A Meet Record

The H.C. varsity lone team

victory was in the two-mile relay. Joe Jamieson, Tim Joyce, Tom Scanlon and Brian Kingston set a meet record, being clocked in 7:40.1.

The Crusaders finished third in the sprint medley — in the closest and most exciting race of the day. B.C., Northeastern and H.C. were all timed in 3:25, but the officials ruled that B.C. was the winner.

Kingston was the H.C. anchorman while Northeastern's Tom Hall and B.C. Captain Bill Norris ran their team's last legs. Norris had a good lead but Kingston and Hall made up the difference — resulting in the photo-finish.

Amherst won the long jump team title — put Paul Hartrey of Holy Cross made the biggest jump. Hartrey jumped 22-feet, 6¼ inches for his big effort.

440 relay — 1, Boston College (Bill Doherty, Jack Casey, Joe Kopka, Larry Jeffers), 0:42.5 (meet record; old record 43.5, Holy Cross, 1966). 2, Holy Cross, 3, Northeastern, 4 (tie), Springfield, Massachusetts.

Four-mile relay — 1, Tufts (Bob Stadeck, Bruce Baldwin, Chris Kutterer, Ron Caseley), 2, Massachusetts, 3, Northeastern, 4, Dartmouth, 5, Springfield.

Sprint medley relay — 1, Boston College (Larry Jeffers, Joe Kopka, Jack Casey, Bill Norris) 3:25.6 (meet record; old record 3:30, Boston University, 1966), 2, Northeastern, 3, Holy Cross, 4, Boston University, 5, MIT.

Two mile relay — 1, Holy Cross (Joe Jamieson, Tim Joyce, Tom Scanlon, Brian Kingston) 7:40.1 (meet record; old record 7:42.6, Holy Cross, 1966), 2, Northeastern, 3, Rhode Island, 4, Boston College, 5, Dartmouth.

880 relay — 1, Boston College (Jack Casey, Bill Putnam, Joe Kopka, Larry Jeffers) 1:27.2 (meet record; old record unavailable). 2, Northeastern, 3, Springfield 4, Holy Cross, 5 MIT.

Distance medley relay — 1, Massachusetts (Diego Gonzalez, J. Anderson, St. Clair, Paul Hoss) 10:21.7. 2, Tufts, 3, Dartmouth, 4, Holy Cross, 5, Northeastern.

3,000 meter steeplechase — 1, Bill Norris, Boston College, 2, Terrance Carpenter, Massachusetts, 3, John Wokick, Northeastern, 4, Charles Lang, Massachusetts, 5, Mike Meagher, Boston State.

Mile relay — 1, Northeastern (Jan Castanza, James O'Shaughnessy, Tom Hall, Frank Foley) 3:17.8. 2, Holy Cross, 3, Boston College, 4, Massachusetts, 5, Williams.

480 shuttle relay — 1, Connecticut (John Copeland, Joe Clavell, Roger Lyman, Bob Bohman) 63.2. 2, Massachusetts, 3, Northeastern, 4, Boston College, 5, Holy Cross.

440 intermediate hurdles — 1, Mike Rohfs, Springfield, 55.3 2, John Anderson, Massachusetts, 3, Pete Whiffield, Rhode Island, 4, Bob Rix, Tufts, 5, Roger Lyman, Connecticut.

Hammer throw — 1, Connecticut, 2, Northeastern, 3, Rhode Island, 4, MIT, 5, Massachusetts. (Individual winner: R. Narcessian, Rhode Island, 182-4).

Long jump — 1, Amherst, 2, (tie), Holy Cross, Boston College, 4, Northeastern, 5, Connecticut (individual winner Paul Hartrey, Holy Cross, 22-6¼).

High jump — 1, Northeastern, 2, Massachusetts, 3, Boston College, 4, Holy Cross, 5, (no qualifier). (Individual winner: Peter Matson, Connecticut, 6-5).

Discus throw — 1, Connecticut, 2, Northeastern, 3, Massachusetts, 4, Springfield, 5, Boston College (individual winner: Robert Birdsey, Connecticut, 154-2).

Triple jump — 1, Dartmouth, 2, Amherst, 3, Connecticut, 4, Boston College; 5, Northeastern. (Individual winner: James Burin, Dartmouth, 44-2¼).

Shotput — 1, Northeastern, 2, Rhode Island, 3, Boston State, 4, Connecticut, 5, Springfield (individual winner: Andy Kenney, Northeastern, 52-5).

Javelin throw — 1, Connecticut, 2, Springfield, 3, Rhode Island, 4, Boston University, 5, Dartmouth (individual winner: Bill Demagistris, Rhode Island, 195-5).

Pole vault — 1, Northeastern, 2, Connecticut, 3, Springfield, 4, Williams, 5, Boston College (individual winner: Greg Olson, Boston State).

Memories of the Track and Field Class of 1970

TOM FERGUSON *CONTINUED FROM PREVIOUS PAGE*

reset, and HC won the race; but Brown won the meet 80-75. I think (but unsure) there was another dual meet against BC. I ran the mile (4:37) and was 3rd for HC behind Art Martin (1st) and Jim Walsh (2nd). Although I did not know it at the time, this race would be my last running competition for HC.

So, how and why did I leave Holy Cross College after one year? Was there athletic potential for continued progress in Varsity XC or Track?

I have told this story numerous times to Army personnel, West Point classmates, and interested Catholic colleagues. In early October 1967, I took the Congressional 'entrance' exams a third time to reapply to West Point. Months passed, and I heard nothing about results. Freshman-year academics and athletics at Holy Cross were ongoing. I was doing well in both and falling in love with the Holy Cross family of priests (particularly Father Hart), professors, and fellow students. Particularly helpful in adjusting to college life was the camaraderie of classmates and upperclassmen alike. We were all lay brothers in Christ. If there was an issue or concern of any kind, not just academics, one could approach any upper-class student for advice. Our student representative on 4th floor Beaven was senior Rich Peters, a member of the HC XC and track teams. He was always there for us for any matter, not just because he was a teammate but because he was a brother-in-Christ advisor.

As freshman year progressed into the spring semester, I learned from my parents that they would not likely be able to help fund a subsequent year or even a semester in order to continue at Holy Cross. I was stunned, upset, and disappointed, to say the least, to assess that financing a continued stay at Holy Cross would be difficult at best. My part-time job as a waiter in the Holy Cross dining hall would not finance tuition, room & board, etc., for another year. As time went on, it became apparent—based on grades, I was no scholarship candidate; based on athletic participation, I was no athletic scholarship candidate—that I would have to get a full-time job and leave the track team, school, or both to make ends meet. The spring semester continued.

I had finished four of my 2nd freshman semester exams. It was evening, and I was studying for my math final (next day) when the room phone rang. I was nearly alone in Beaven Hall as my roommate Mike and many other freshman classmates had already completed exams and departed for summer vacation. The caller was an aide for my US Congressman, William H. Bates. He confirmed my identity and stated he had an offer for my acceptance at West Point with the incoming plebe/4th class (freshman) of 1971 at the Military Academy beginning July 3, 1967 (a little more than a month away). I was a fully qualified candidate, first alternate. I was stunned again but excited by

this news. I had the presence of mind to ask if I could sleep on making a decision, but he said, "no, you may not." He had to have an answer right then and there because he said, "if you say no or are unsure, the next alternate candidate would receive the offer." Pause. He then gave me the advice/motivation I will never forget: "If you say 'yes,' proceed to West Point, but drop out before graduating, you will have denied another fully qualified alternate candidate the opportunity to attend West Point and have a military career." Pause again, this time longer than before. I said, 'yes, I accept Congressman Bates' nomination as the first alternate to West Point from the 6th Massachusetts Congressional District." The aide thanked me for my prompt response, said he would be in touch, and hung up. I phoned my parents, informed Rich Peters, and eventually went to bed. I did not fare too well on my math final the next day, but I did pass the course.

I departed Holy Cross shortly thereafter. I do not recall the details, but I had informed the HC Admissions Office of my departure to attend West Point. In June, I received a letter from Father Nolan, Ofc. of Treasurer, outlining a deferment of payments (tuition, etc.) owed Holy Cross for the freshman year due to "continued studies" (at the Academy)—assuming graduation in 1971—and for three years of active duty service. The deferment for the National Defense Student (NDS) loan for freshman year (1966-1967) would not be due until July 1, 1974. As it turned out with new regulations governing N.D.S. loans, I may have afforded to remain at Holy Cross. One will never know what my academic or athletic results would have been had I said 'no' to the aide and opted to remain at HC. In hindsight I have no regrets becoming a Black Knight Cadet, but I will always cherish my year as a Cub Crusader.

Highlights, USMA (my second freshman year, aka West Point Plebe)

Plebe/4th Class Year. During New Cadet summer training (aka 'Beast Barracks'), we had afternoon athletics, which frequently turned into tryouts for the Army Plebe Cross-country and Track teams under the watchful eye of Head Coach Carleton Crowell (and upperclassmen on the XC team assigned to 'beast' training). Call it survival of the fittest or just pure pride in having been a Crusader, I made sure Coach Crowell knew where I had come from, and what we had accomplished at HC. On one occasion, near the end of summer, new cadet companies competed in selected sports. I was in the 7th New Cadet Company, and we had a track meet of sorts—no field events, just running; I entered into the 1-mile run. I led after three laps, lost the lead on the fourth lap back straightaway, and regained the lead as I sprinted to win. Time 5:05. Coach Crowell was looking on. He announced the plebe XC roster shortly thereafter; I had made the team!

Fall Cross-country (1967), no times recorded, six home meets v. ten opponents. I was allowed to compete in home dual/tri/quad meets but not in away championship races.

- Sep 12 Dual Meet v. Fairleigh Dickenson frosh: I was 9th for Army, 16th overall

- Sep 30 Quad Meet v. Central Connecticut (31), Rutgers (51), Providence (76); Army (71). I was 4th for Army, 21st overall

- Oct 6 Quad Meet v. Cobelskill A & T, Manhattan, St. John's frosh: I was 5th for Army, 20th overall

- Oct 17 Dual Meet v. Syracuse frosh: I was 5th for Army, 7th overall

- Nov 3 Dual Meet v. Stony Brook frosh: no results recorded

- Nov 24 Dual Meet v. USMA Prep School: no results recorded

Winter Indoor Track (1968)

- **Feb 10 Dual Meet v. Penn State frosh:** 2-mile run: I was 3rd for Army, 5th overall; time (10:18 [an average of 5:09 per mile])

Spring Outdoor Track (1968)

- **Dual Meet v. Princeton frosh:** 2-mile run: time (10:06 [an average of 5:03 per mile])

Sophomore/3rd Class Year. I was red-shirted and not allowed to compete in Varsity XC, Indoor or Outdoor Track in order to preserve future eligibility. I practiced with the three seasonal teams, participated in team/event time trials, but did not 'suit up' for competition. Instead, I helped out set up and manage the competitions.

Junior/2nd Class Year

Fall Cross-country (1969); I could find only two meet results.

- **Nov 1 Dual Meet v. Cornell varsity:** I was 10th/12 for Army, 16th/24 overall; 5 1/16th miles: time 28:44 [an average of 5:42 per mile]

- **Heptagonal Meet** (7 Ivy League teams + Army + Navy): in Van Courtland Park in NYC; I finished 8th for Army, 60th overall; 5 miles: time 28:11 (an average of 5:36 per mile)

Winter Indoor Track (1970)

- Time trial for the last of three positions in 1-mile run for next dual meet; the first two Army positions had been seeded from the last meet: I ran alone with personal best ever time of 4:24.3

- **Dual meet v. Manhattan varsity:** I was 2nd for Army, 5th overall; time 4:30 flat. So, I closed out my Army track career with a personal best!

- **Spring Outdoor Track (1970):** no results recorded Senior/1st Class Year.

Fall Cross-country (1970)

- **Oct 17 Dual Meet v. NYU varsity:** I was 11th/12 for Army, 17th/24 overall; 5 miles: time 27:55 (an average of 5:35 per mile)
- **Oct 31 Dual Meet at Cornell varsity:**

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Freshman Year 1966-1967

H.C. Freshmen Edge Andover in Track

ANDOVER.— The Holy Cross Freshman track team edged Andover Academy, 54-50, here yesterday afternoon with Nick Ryan and Art Martin showing the way.

Ryan won two events, the 50-yard dash in 5.7 seconds and the 600-yard run in 1:18.2, placed second in the long jump and third in the high jump.

Martin also won two events,

copping the 1,000 in 2:22.4 and the mile in 4:29.6.

Hammer throw — 1, O'Hearn (A); 2, Haley (A); 3, Basset (A). Distance 59 feet, 8½ inches.

Shot put — 1, Cambal (A); 2, Tuttle (A); 3, McKenna (HC). Distance 48 feet.

45-yard high hurdles — 1, Monboquette (HC); 2, Cambal (A); 3, Wolf (A). Time 6.1 seconds.

Long jump — 1, Sinclair (A); 2, Ryan (HC); 3, Crowley (A). Distance 20 feet, 10½ inches.

50-yard dash — 1, Ryan (HC); 2, Ehrlich (A); 3, Monboquette (HC). Time seconds.

Mile run — 1, Martin (HC); 2, Walsh (HC); 3, O'Rourke (HC). Time 4:29.6.

600-yard run — 1, Ryan (HC); 2, DeMasi (HC); 3, Milner (HC). Time 1:18.2.

Two-mile run — 1, Tie for first between Walsh and O'Rourke (both H.C.); 3, Naseef (HC). Time 10:09.2.

1,000-yard run — 1, Martin (HC); 2, Rainey (A); 3, Arllinghaus (HC). Time 2:22.4.

High jump — 1, Catvis (A); 2, Wolf (A); 3, Ryan (HC). Height 5 feet, 10 inches.

Pole vault — 1, Squire (A); 2, Cerata (A); 3, St. Lawrence (A). Height 13 feet, 1 inch.

8-lap relay — 1, Holy Cross; 2, Andover. Time 2:23.6.

H.C. Trackmen Lose Two Meets At Bates College

LEWISTON, Maine — Holy Cross College's varsity and freshman track teams went down to defeat at the hands of Bates College here yesterday.

The Crusaders' varsity was beaten, 77-36, while their freshmen were downed, 57-55.

John Collins of Holy Cross varsity tied a cage record in the 45-yard dash winning in five seconds flat. Tim Joyce, also Holy Cross, set a meet record in the 600-yard run, winning in 1:14.5.

Nick Ryan was a big contributor to the Holy Cross freshman cause. He won three events — the 45-yard dash in 5.3, the 600-yard run in 1:17.7, and the broad jump with a leap of 20-feet, 9-inches.

The Crusaders' Art Martin and Joe O'Rourke tied for first place in the mile run in 4:24.4. Martin won the 100-yard run in 2:21.2.

Crusader Frosh Rout Dean J.C. In Outdoor Track

Special to The Telegram

FRANKLIN — The Holy Cross Freshman outdoor track team, led by double winners Jim Flanagan and Nick Ryan, crushed Dean Junior College, 94-45, here yesterday afternoon in a dual meet.

Flanagan copped the high jump and high hurdles events; while Ryan sprinted to victories in the 100 and 220-yard dashes.

This was the opening meet for both schools.



Telegram Photo by LEO E. MEYER

Art Dulong of Holy Cross starts to pull away from pack at start of cross country meet between Crusaders and Springfield College yesterday. Dulong finished far ahead of field to set a course record.

Dulong Sparks HC Thinclads

Junior Art Dulong, running by himself most of the way, broke Holy Cross' cross country course record for the second straight race yesterday.

Dulong finished in 22:03 and teammates were third, fourth

and fifth as the Crusaders ended Springfield's 20-meet winning streak, 21-34.

Last Saturday, DuLong had set a new record of 22:18 against Boston University. He is the current IC4A champion and was second in the New England championships as a soph last year.

DuLong took the lead almost at the beginning. The course runs from the football field on top of Mt. St. James down around the dormitories and back up twice. By the time the field scaled the hill for the first time Dulong was running by himself.

It was the second victory in three meets for Holy Cross, whose only defeat a year ago was at the hands of Springfield.

The other finishers in the top



Holy Cross' John Collins (left), regained his two dash championships in the 80th annual New England College championships at Boston College yesterday while Art Dulong (right), led the Crusader freshmen to a record-tying victory in the medley relay.

Memories of the Track and Field Class of 1970

TOM FERGUSON *CONTINUED FROM PREVIOUS PAGE*

I was 12th/12 for Army, 19th/24 overall; time 27:37 (an average of 5:30 per mile [best to date])

• **Nov 21 Dual Meet v. Navy varsity:** I was 11th/11 for Army, 20th/23 overall; I beat three 'mids' in the last 1/2-mile; 5 miles, time unrecorded.

This proved to be my last XC competition for Army. I was involved in platoon and company leadership roles for the rest of my 1st class/senior year. I spent the winter season on our company's intramural water pole team, and the spring season coaching our company's cross-country team.

I was graduated June 9, 1971—my 23rd birthday—as a US Army 2nd Lieutenant, Infantry.

Running Highlights, US Army Career No more time trials? No more first place finishes? Or, so I thought!

Bamberg, Germany (Mar 1972 - March 1975). Platoon Command. Daily physical training (PT). In lieu of a company run one morning, the enlisted soldiers challenged the officers to a mile-run. With only three of us officers, the relay-race was three officers against four enlisted (one lap each), which meant one of us officers would have to run more than one lap. I ran lap one (1/4-mile) and was in second place. Our company commander ran the second lap and took the lead after 1/2-mile. Our other platoon leader ran the third lap but lost the lead after 3/4-mile. I ran the fourth lap and took the lead to win on the last turn. Coaches Donahue and Crowell would have been proud! At three annual battalion track meets, I won two 1-mile races and finished third in another. Times not recorded.

Fort Benning, Georgia (April - November 1975). Infantry Officer Advanced Course. Daily PT. A group of us ran 5-10 miles after class most days. Other days, I participated on our company softball team (catcher). In one game, trailing by two runs with two on and two out, I hit a bloop single to right field that had so much spin on the ball, it skid away from the right fielder. By the time he got to the ball and threw it to the infield, I had rounded second on the way to third. The first baseman dropped the ball and I sprinted home—safe. They called it an inside-the-park homer. We won 5-4.

Fort Jackson, South Carolina (March 1976 - June 1978). Company Command. Daily PT. Our soldiers were in basic training for a cycle of eight weeks. When they took their physical training test (pushups, situps, 2-mile run), I competed with them. I rarely won, but usually finished around 10:30—in combat boots!

Detroit District Recruiting Command, Michigan (July 1978 - July 1981). Staff operations officer. I usually ran after work each day and on weekends. I competed in four marathons—two Detroit international marathons (1978 and 1979), one Monroe, Ohio marathon (1979), and one Boston marathon (1980)—and numerous shorter road races (5-miles to 10K). I never broke four hours in the marathons, usually hitting 'the

wall' about 20-22 miles. In one 10k road race, I placed first in my age group (time not recorded). A year later, I tried to 'defend my title' but could not repeat.

Fort Bragg, North Carolina (August 1981 - December 1984). XVIII Airborne Corps operations, plans officer. I competed in a twenty-mile relay for our Corps team (1982). Each participant ran 4 miles. I ran the 'anchor' leg, held the lead, and helped win the race. I competed in two 20-mile Longstree Races [1983: 147th/500 in 2:54:18 (an average mile of 8:42, and a marathon pace of about 3 hrs); 1984: 157th/600 in 2:39:57 (an average mile of 7:59, and a marathon pace of 3:30)].

US Army Berlin, Germany (January 1985 - November 1988).

Allied Staff Berlin Operations officer. Comparable to a division-level staff that coordinated military defense operations of the three Allied Brigades—one American, one British, one French—opposing a Soviet brigade-size army force. I competed in two French-sponsored 25k (1986: 1:53:19, 1987: 1:53:48), a British-sponsored 10k (no time recorded), and—over 10 weeks @ 10k per week (Dec 1986 - Feb 1987)—participated in the Berlin Winterlauserie ('Winter Run Series' 100k). Back home on leave, I competed in the 1987 Boston Milk Run 10k (no time recorded).

Combat Support Battalion Executive Officer/Deputy Commander. Daily PT. Semi-annual PT tests (pushups, situps, 2-mile run). Each event was worth 100 points; I usually scored between 290- 300. I competed in the American Sector's 10k Track championship (1988), won my age-group (Masters 40+, the qualifying time was 35:42; I ran 35:20, an average of 5:42 per mile), and represented Berlin in the 10k in the US Army European Track Championships held Aug 26-28, 1988, in West Germany. I ran in the Berlin Marathon (early October, 1988) and finished in 3:33:33! I was on a sub-2:50:00 pace for 23 miles before I hit 'the wall.' At the end of my Berlin tour, I competed in US Army Berlin's XC race, won my age group, and qualified for the US Army Europe Cross-country Championships in Bad Toltz. Sadly, I did not fare well in this farewell competition for my Germany tour of duty.

Fort Meade, Maryland (November 1988 - June 1991). First US Army Training Evaluator. I evaluated US Army National Guard and US Army Reserve company training. Weekly PT with staff; usually did practice runs evenings and weekends. Semi-annual PT tests. Some 5k and 10k runs just for fun (no times recorded).

On May 26, 1991, in my final competitive race before retiring from active duty, I ran in Haverhill in the American Veterans (AMVETS) Post 147 Annual Memorial 5.5 mile road race. Time: 41:23 (an average of 7:30 per mile). It seems now like this old body then still had some speed and endurance!

I was retired from active duty, in June 1991, after 20 years honorable service in the US Army Infantry.

Post Military

I worked nine years (1991-2000) in the non-profit sector in three museums doing preservation work, one in Annapolis, MD; one in Washington, DC; and one in Baltimore, MD. Along the way, I earned degrees in American Studies and Historic Preservation. I next worked ten years (2000-2010) as a middle school teacher in two schools, one in Baltimore County, the other in Anne Arundel County, MD. Along the way, I earned a Masters Degree in Education. I retired from teaching in June 2010.

Today I enjoy daily walks (about 2-3 miles) and the occasional walk-jog interval. I can still run, just not as fast or as far.

Phil Dansdill Ste. St. Marie, MI

Thanks for keeping me in the loop. Those pix are great! Still can't believe it's 50 years ago...I was thinking of those

days and a few memories popped up. It's interesting what we remember. Let me run these by you to see if I'm cogent or losing it.

I REMEMBER ONE DAY while we were doing our workout on the track and suddenly, we heard what sounded like a gunshot. As I recall, a senior named Dewey (Bob?) had snapped his Achilles' tendon. Did this happen?

ANOTHER ONE: I remember traveling to MSG in New York for an indoor meet and running the mile relay and someone dropping the baton (I hope it wasn't me) and it rolled down the banked track and ended up under the track. As I recall, it was an early leg so at least two runners couldn't run. Did that happen?

This is all excellent! I remember early on those guys Collins, O'Donnell, and Jamieson and being in awe of their accomplishments and guts...It all went so fast in that chaotic time that we need the perspective of time to appreciate it before it all fades away.

I don't remember any team pictures from those years. Did they not do that back then? It would be cool to see us as we were—young, slim, fast, and full of our unknown futures.

Be well.

Phil

Freshman Year 1966-1967



Forest Baker and Nick Ryan at Boston College



L to R: Art Dulong, Jim Quinn, Rich Peters, Jim Walsh, Art Martin



Art Dulong at the Holy Cross 1967 New England's



Nick Ryan at Holy Cross 1967 New England's



Jim Walsh - Steeplechase

Memories of the Track and Field Class of 1970

Art Dulong
Reading, MA

Thoughts on HC Track 1966-70

This missive is almost exclusively about my Track and Field experiences at Holy Cross. I do not include the enormous influence of many of the people I met there such as my three year roommate, Charlie Mangano, or several of my professors (such as Ken Happe, Dr. Zlody, and Dr. Rosencrantz), or of my meeting the girl (woman) who I love and has been the most and best influence of all. If I ever wrote a book these people would deserve many chapters for sure.

Freshman year

I have chosen to begin my thoughts at the beginning, September 6, 1966. This was the Tuesday after Labor Day, reporting day for the Class of 1970. I remember being nervous, not about XC or Track, but about entering college. I had no clue, nothing, completely naive about what college meant. Being the first in my family to graduate high school, really first - no parents, no grandparents, no uncles or aunts - college had definitely not been an expectation, had not been discussed in any detail except with my coach

and guidance counselor. Many of my high school friends were not going to college. For me, this was a big day.

Following the normal freshman stuff I somehow learned that the XC team would be gathering later that afternoon at the top of the hill. We had rain showers in the afternoon. Towards the appointed time the skies began to clear and I made my way to the top of the hill. Of course, I remember meeting teammates, coaches and so forth, but that is not the reason I chose to begin with this day.

AS THE SKIES CLEARED, some sun began to shine, viewed from the top of the hill, the absolutely most beautiful rainbow appeared. Viewed from the top of the hill the rainbow spanned the entire city of Worcester. It has always seemed a little silly to me, actually quite out of character for me, but at that moment I knew things would be ok for me at HC.

In 1966 freshmen were not allowed to participate in varsity competition. We had competitions against other freshmen, or occasionally private school post-grads. Also, all freshmen Cross-Country races were 3 miles, not the typical varsity 5 miles. I only remember a couple of these. I know we ran the **New England Championships**. At that race I lost to someone named **Sebsibe Mamo** from Colby. I later learned he was 4 or 5 years older than most freshmen and had been on the Ethiopian Olympic Team in 1964 (also 1968). I remember being surprised to lose, although not disappointed, because I thought I ran pretty well.

THE NEXT WEEK WAS THE IC4A'S at Van Cortlandt Park, NY. I had never been there, or ever heard of it for that matter. Many of my teammates told me about it, the huge field of runners from so many teams, the long stretch of field at the beginning, the trails into and through the woods, the long flat to finish, and generally what a difficult place it was to run. For me, however, as I toured the course I thought this place was perfect. A great deal of my summer training was in a small wooded park in Brockton where we ran the smaller, narrower wooded trails to avoid the picnickers, fishermen,



or families. Van Cortlandt's woods were familiar. The number of people in the race was not of much concern because I had been coached in high school to understand that I was only really competing with the people who were as good as or better than me. I guessed, maybe 5, certainly fewer than 10. (Crowded XC races are much less difficult on leaders!) I decided I would try to beat people to the narrow wooded trails and then win the race there (if I could). The race unfolded as

I expected and I did win. The best part of this day was that HC won the team trophy for the freshman race. I'm not sure any of us expected that. We all knew the team was pretty good. On this day we all performed very well.

DURING THE WINTER SEASON I somehow developed pneumonia and respiratory complications. I spent time in the infirmary which I remember not liking. Coach Duffy (who I will address later) took me into Boston to see some specialists, have blood tests, etc. The result was some meds and rest until I felt better. Very late in the season I began to do light workouts. My recollection is there was about a week or 10 days until the **IC4A Indoor Meet** held at Madison Square Garden where Freshmen were allowed to participate as part of what was called a distance medley relay but which consisted of 880-440-440-mile. Several days before the meet Coach Duffy asked me if I thought I could do a mile, maybe 4:20-4:25. I remember saying I would try if he wanted me to. After good performances from **Art Martin, Forest Baker, and Nick Ryan** I got the baton in second place about half a lap behind a talented Harvard team featuring **Keith Coburn** as mile anchor. (Virtually all indoor tracks at that time were 11 laps to the mile banked, board. Half a lap was about 80 yards.) I knew Keith as a half miler, maybe 1:52 or so, did not know if he could run a good mile, but thought that with an 80 yard lead and my fairly minimal training he did not need to run great. I remember thinking, "just run, keep an eye on him, if the distance closes go after him." As I passed the half mile I did notice the distance closing. I tried to pick it up a little and found I could. Nearing the 3/4 mile the distance was definitely closing and I could hear the crowd getting into it. My recollection is I caught Keith with about a lap and a half remaining and passed him with about a lap remaining. Officials timed me at about 4:04 or so. Frankly, I was in disbelief. In any case, my teammates were happy. Coach Duffy was happy. Someone approached Coach Duffy to invite him to bring me to the NCAA's the next week to run the **Freshman Mile**.

I continued training that week doing distance work and a little speed. I still could not do too much at
CONTINUED TO NEXT PAGE



Frosh Win IC4A In Record Time; Dulong Selected For National Meet

By Dan Reid

The Madison Square Garden crowd settled back in their seats last Saturday afternoon to await the completion of the Frosh Medley Relay. The Holy Cross anchor miler, Art Dulong impatiently took the baton, but the Harvard man was already some 100 yards ahead. Dulong quickly caught the St. John's man, and then, he took dead aim at the distant Harvard runner.

Pressed by the St. John's and Villanova anchor men, Art began chipping away at the Harvard lead. The crowd began to buzz louder with each succeeding lap, then it rose to its feet to exhort its new hero, Art Dulong.

Sprinted Away

Dulong not only caught the Harvard man, but he literally sprinted away from the pack to win by some 30-odd yards. As if the win wasn't joy enough for the H.C. frosh, the final times were then announced. The capacity crowd greeted Dulong's time of 4:05:8 for the mile anchor with a tremendous ovation.

This fantastic mile anchor enabled the Holy Cross medley relay team to set a new Frosh IC4A Indoor Track and Field Meet record at 7:18:3 (previous record--7:18:4). More significant than that, this time was also a newly-established national indoor record in the medley relay event.

The Victors

The victorious H.C. medley relay team consisted of Art Martin, Forest Baker, Nick Ryan, and Dulong. Martin led off in the 880, placing 3rd with a time of 1:57:5. Forest Baker and Nick Ryan held 3rd for Dulong, posting times of 51:6 and 23:3 in the 440 and 220 respectively.

The only other Holy Cross team to win previously in this meet was the 1938 relay team. Dulong and Martin incidentally, were also members of the frosh cross-country team that won the IC4A meet last fall.

Fought Hard Luck

In case you're wondering about all the excitement over Dulong's 4:05:8 mile, it is not the time itself, but the incidents that preceded the run. Misfortune has continually struck Art since the cross-season in the forms of pneumonia, viruses, and a bruised tendon in the heel.

As a result, Dulong has run approximately 12-15 times since the fall. The insignificant number came mostly during meets, as Coach Dick Donohue didn't want to chance Dulong being hurt in practice.

The opposing coaches realized Dulong's handicap, but they still provided some strong competition for the Purple strider. This strategy backfired as Art more than rose to the occasion, by not only repulsing their pressing attempts, but also by sprinting to a wide margin of victory.

The Assistant Villanova coach added that Dulong could perhaps push Dave Patrick of Villanova to do a 3:56 mile.

Chosen for Invitational

Art Dulong not only impressed the coaches and crowd, but he also left his mark on national track officials. Immediately following the IC4A meet, Dulong received an invitation to run in a Special Mile Invitational Run for the top 10 frosh milers in the country. (He won in 4:04:8)

Included among this elite group is BYU's Tim Danielson who set the pace this year for Patrick's 3:59:3 mile by running a 4:02:5. Danielson himself has run a 3:59:3 mile during his high school days. Dulong's time was his second fastest mile, exceeded only by a 4:04:5 outdoors last year.

Collins Just Misses

The frosh relay team carried the day for Holy Cross as the varsity entrants failed to register any points. The mile and two-mile relays were defeated in qualifying time heats, but the mile relay missed by one-tenth seconds to qualify for the finals.

John Collins was "photoed" in a semi-final 60-yard dash heat. The winner of John's

heat, Jim Lee of Maryland, was the eventual victor with a 6:2 time. Collins had earlier run 6:3 in a quarter-final heat.

Varsity Coach Tom Duffy and Frosh Coach Dick Donohue are

expecting great things for the outdoor season as their injured runners are healthy again and ready to go. If Dulong's performance is any indication, then Holy Cross future track opponents had better beware.



Here are the members of H.C.'s crack record-breaking frosh track unit. They are, from left, Forest Baker, Art Martin, Nick Ryan, and Art Dulong. (Staff photo by Gene Coskren)



The Holy Cross fleet-footed freshman quartet broke a five year record in winning the medley relay in 7 minutes 18.3 seconds. Villanova's 1962 team held the 7:18.4 mark. The performance stands in perpetuity for the 880-440-220-mile event as the 1968 race has substituted the 220 yards third leg with a 440 yards section. (L. to R.) Arthur M. Martin, Forest D. Baker, Nicholas D. Ryan, Arthur K. Dulong.

Memories of the Track and Field Class of 1970

ART DULONG *CONTINUED FROM PREVIOUS PAGE*

one time. The meet was in Detroit. Coach Duffy and I flew out Friday afternoon for the Saturday meet. The organizers had collected the best freshman milers including **Tim Danielson** who had run a sub 4 mile as a graduating senior the previous June. I remember trying to warm up prior to the race. It was impossible. My legs were so tight I could not even jog normally. In a separate space over to the edge of the warm-up area there were several trainers available for rub-downs. About 45 minutes before the race I approached one who agreed to work on my legs. This was the first, last and only time I ever had a rub-down prior to a race. I clearly remember that he was in disbelief that my legs could be so tight. He worked on me until someone came to the table inquired if I was Art Dulong and informed me that I had to report to the race. There was still 10-15 minutes before the listed start so I checked in and I jogged a little. My legs felt so good I could not believe it. As is typical for a race filled with accomplished runners who do not really know each other the race unfolded slowly through at least the first half mile, maybe 2:07 or so. The third quarter pace picked up considerably. With a quarter to go I found myself in third, but only a few yards behind the leader. As I often did, I moved with two laps to go, was able to take the lead, and was able to hold onto it through the finish. The time was again around 4:04.

I do not have much memory of spring track freshman year. First, the college spring track season in Massachusetts is pretty short (also cold and windy). Second, as freshmen with the NCAA rules we did not have many opportunities for meaningful competition. I remember we ran a couple dual meets (Brown, BC) during which I doubled in whatever distances Duff decided. I think early in the season at the BC Relays Duff put together a distance medley team consisting of **Jim Walsh (880), Nick Ryan (440), Art Martin (3/4 Mile)** and me (mile). We had a goal to set a national record which had been set in 1966 by Kansas with **Jim Ryun** anchoring. We did not achieve that goal despite all of us running reasonably well. By May 21 the season was over. I mostly rested until my friend and Spartan AC Running Club coach, **Graham Parnell**, convinced me to run in the New England AAU Championships on Jun 11. I ran and won the mile. Most significant at that race I met **Mike Gallagher** who will be mentioned later. I have always considered Mike to have been the most talented, competitive endurance athlete I ever met. Yes, more talented than any of the distance runners I ever knew and for sure more talented than I.

Then something happened which became a norm I never adjusted to despite it happening more than once during the HC years. Other than the race just mentioned I had been mostly resting. Near the end of June I got a call from Coach Duffy telling me he

had entered me in the mile race at the **National AAU Championships** being held in Bakersfield, California, that **John Thomas** would be going to compete in the high jump, and that we would all go out together. Prior to Duffy's call there had never been a mention of this race, of preparing for this race, or even a check in with me to see what I had been doing. This was something he did nearly every year, even through May of senior year, which you might remember was a very strange time.

I declined the offer telling Duff I was not in shape, had not been training, and did not want to waste (someone's) money. I remember I also told him I did not want to embarrass myself. Duffy insisted. I ended up going. While there were many memorable moments during the trip (adventures with **John Thomas** and meeting many of the leading US Track and Field athletes) I'll not elaborate.

The race was a disaster. The mile had qualifying heats Friday night with the final scheduled for the next day. I was in the first qualifying heat (of three). I tried, even led with 660 to go, but finished a dismal last in the heat far behind the leaders. My time of 4:24 was worse than many I had run in high school. It was my worst nightmare. I enjoyed watching the championship meet on Saturday where many runners I knew and had competed against were running. This was the championships in which **Jim Ryun** set a world record of 3:51.1 (and also where **Marty Liquori** broke 4:00 for the first time). For me, it was not a good experience.

The Coaches

The coaching staff during our years at HC consisted of **Tom Duffy**, Head Coach for all four years, **Dick Donahue**, Assistant Coach freshman and sophomore years, and **Skip O'Connor** Assistant Coach starting junior year.

Coach Duffy was a legend in Massachusetts track and field. He had coached **Charlie Jenkins**, a two time Olympic Gold Medal winner (the 440 and mile relay) in high school at Cambridge Rindge Tech and he had coached **John Thomas**, a world record holding (old style) high jumper as a high schooler in Cambridge. John competed in two Olympics and always considered Coach Duffy as his coach. In addition, Duffy's teams always had exceptional mile relays and 4x220 relays. Coach Duffy had retired from teaching and coaching high school. He was in his 70's during our time at HC.

I came to know Coach Duffy well, probably better than most, because, as with the Detroit trip already mentioned, there were numerous instances when he and I travelled together to a meet in which I was the only HC participant. It was also true that Coach Duffy would occasionally take me out to dinner in Worcester. (NCAA rules were different then). He secured a job for me with the laborers union one summer. The work was

hard but paid three times the minimum wage.

He was an unforgettable character, as Irish as an American could be, as opinionated as all of us become as we age, and completely generous with his time, his energy, and on more than one occasion with a few dollars. Coach Duffy could be incredibly charming when he wanted to be. In truth, my attendance at HC was in large part due to his charm and influence on my parents.

My final choice of college had come down to Harvard or HC. By far, my parents wanted HC and Coach Duffy. He was famous for loving his VO Manhattans. I once asked him why that drink. He told me that in 1942 he was diagnosed with a terrible disease and told he likely had no more than 6 months to live. So, he decided to enjoy two Manhattans before dinner (and sometimes lunch!). He told me the Manhattans kept him alive. True? I don't know, but definitely what he told me. Duff, as we usually called him, married for the first time at 84 years old! We still communicated then. He told me he was never happier.

Dick Donahue was a young graduate of Holy Cross. Dick worked with all the freshmen and the distance group in general. At that point I just did whatever the coach said, assuming all coaches knew what my high school coach knew. I appreciated that Dick would occasionally ask me if our training was meeting expectations. It was many years later that I came to know Dick well. I was coaching at Lexington High School and Dick was coaching at St. John's of Worcester. We often met at track meets and stood together or sat together to watch the events. He was a good man and an excellent coach.

Skip O'Connor was another legendary Massachusetts high school track coach, but I have to admit I did not know that at the time. I did know he considered himself an expert in the field events, had worked with several exceptional American field event specialists and had worked for the US State Department doing foreign service work teaching field event skills in various South American countries. Coincidentally, the last few years of my public education career found me as principal of Concord-Carlisle High School where Skip had been coach for decades and where he was absolutely revered. While I did not know any of that while in college, I knew I liked his easy style, good humor, and quick wit.

Sophomore year

This year was both good and bad for me. As we began the year my thoughts were on the Olympic trials about 10 months away. I had no expectation that I would just show up and make the team, but Track and Field News had me listed among the group likely to make the team.

The XC season began with me losing to **John Vitale** from UConn in a dual meet race. I tried not to show

Freshman Year 1966-1967

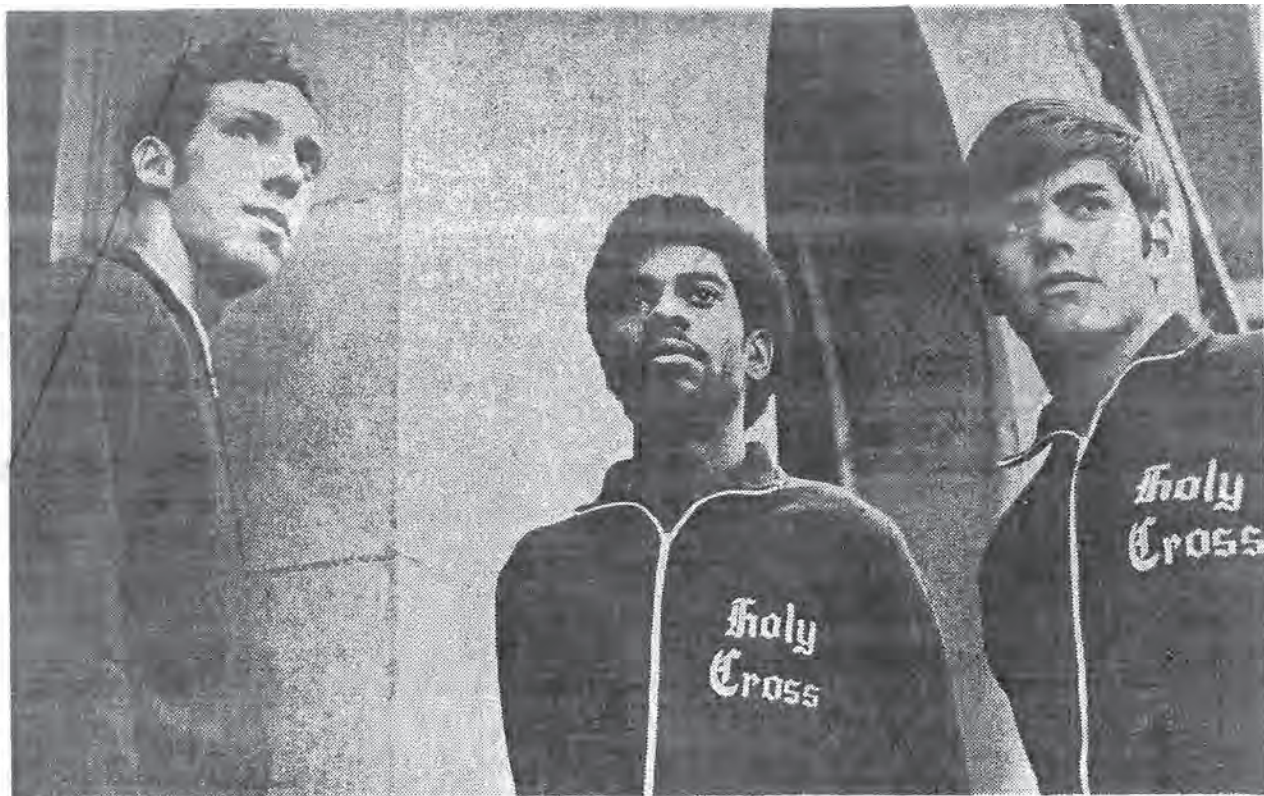
it, but this was one of the only lost races of my entire career that really bothered me. It was absolutely my own fault. I had no idea who John was (my fault) so when he went out to a fast start and built a lead I just let him go assuming he would soon be coming back to me (again, my fault). At about the 4 mile mark I began to realize my mistake. My efforts to reel him in were unsuccessful. He was good. He deserved to win. He never beat me again, but we had some good races along the way. I think our team won that day.

The New England Championships included a race against **Amby Burfoot**. Amby was someone I knew well because we often ran the same road races in the summer. I knew that sometimes he beat me and sometimes I beat him. The distance of the race was not a factor. It just depended on who ran better that day. At this race he ran better. He won. I lost. I think **Sebsibe Mamo** may have also beaten me. Frankly I do not actually remember. I know we did not win the team prize. I think Colby did.

The next week was the IC4A Championships at Van Cortlandt Park. This time would be the 5 mile course. Essentially the 5 mile course was the 3 mile course followed by a loop over a couple steep hills. As the race unfolded I found myself at the 3 mile mark beside someone whom I did not know. I picked it up just a couple strides to peak at the jersey and learned he was from Georgetown. While I did not know him, I knew he was good because I knew our pace had been good to that point. I decided that if I could beat him to the hills I could beat him to the finish. I definitely picked up the pace, did beat him to the hills, and ultimately did win the race. Turns out my time of 24:04 was better than I thought as it established a course record that stood for almost 30 years. I later learned the Georgetown runner was **Steve Stageberg**. He was exceptional. He beat me twice the next year.

At the end of the race I was standing with Duff and talking things over when a reporter approached and asked if I was excited about next week's NCAA Championship. First, I had no idea about it and second, Duff immediately responded to the reporter that I was not immediately responded to the reporter that I was not entered and would not be going. To be honest I was furious! I actually threatened to quit the team. Duff tried to calm me down by saying the championships were in Wyoming at an altitude of about 6,000 feet. It would be very cold. He did not want me getting sick again. Duff blamed last winter's pneumonia and respiratory problems on a December race in Saskatoon, Saskatchewan to which he had taken me. He was correct that it was exceptionally cold in Saskatoon. He was not correct that my sickness was a result of that trip. As it turned out, none of this mattered. The next weekend I had to go to the HC infirmary feeling absolutely terrible. At almost the exact moments that the

CONTINUED TO NEXT PAGE



Among Holy Cross' competitors in tomorrow's New England cross-country championship race will be (from left) Art Dulong, Art Martin and Jim Walsh.

HC's Dulong Heavy Choice In N.E. Title Run Tomorrow

The question most cross country coaches and runners in New England must be asking themselves is "I wonder how much Dulong will win by Monday."

The New England cross-country championships will be held tomorrow at Franklin Park in Boston and Holy Cross' Art Dulong is the top-heavy favorite to win his second straight title. There doesn't appear to be anyone who can even finish near him.

The Randolph senior is without question one of the top three long-distance runners in New England. He easily broke the course record last year when he won by close to 500 yards. And currently he is in the best shape of his running career, looking not only to the New England but also ahead to the IC4A and ICAA championships.

"It's just amazing the shape

just pushes himself to the limit and, being a senior, he'd like to sweep all three of the big cross-country races. And the longer the distance the better."

The New Englands will be over Franklin Park's five-mile course and Dulong holds the record with a time of 23 minutes and 31 seconds, nearly 35 seconds better than anyone else has ever run it.

One of Dulong's top rivals will be Craig McCool, the former Wachusett Regional star from Holden who now attends Connecticut.

McCool's teammate, John Vitale, is the only runner in New England to beat Dulong (that came in a dual meet last year at UConn when Dulong was sick, and is considered to have the best of the Crusade

sachusetts last year. Wayne will also compete tomorrow.

McCool's time last year over what then was a four and a half mile course was 22:33. Dulong's record time is 21:48.

Holy Cross finished second in the overall team standings a year ago, but will have to come up with a great effort to win this year. Connecticut is favored to retain the crown.

Others expected to run for HC are Art Martin, Bob Borbet, Dick Fahey, Rich Crooke and Bill Heath.

Memories of the Track and Field Class of 1970

ART DULONG *CONTINUED FROM PREVIOUS PAGE*

NCAA Championships were being run in Wyoming I was being diagnosed with mononucleosis. This proved to be much more significant than I even imagined at the time.

At first, I did not believe the diagnosis. I felt badly, tired and weak, but determined I could work through it. I continued running. Some days I felt ok. About two weeks later, Thanksgiving morning, I beat **Amby Burfoot** and many other accomplished runners at the **Manchester Connecticut Road Race**. Even in 1967 this was a premier road race attracting almost all of the best club runners from New England and New York. I ran this (and other) out of season road races as a member of the Spartan AC, a club based in Brockton, MA. NCAA rules did not allow me to run in season for Spartan AC nor out of season for HC. Having won, and beaten Amby, I thought I was fine. Over that weekend I got very sick, was diagnosed with mono again, and this time I listened. I did not run again until sometime in February.

My return to running consisted of light workouts. But sometime during my first week back Duff was going to hold a half mile time trial to determine who would be part of the next 4x880 indoor race (in NY). I asked him if I could participate just so I could see where I stood with respect to conditioning. He said no. I argued. Eventually he agreed. This was probably the biggest mistake I made. I ran the time trial, finished third, about 1:53 or so. Duff placed me onto the competition team and I ran several of the upcoming indoor 4x880 races. I ran respectably. The team did well, even winning more than once.

But, within only a few weeks I was feeling sick, very sick. Once again, Duff took me to Boston to meet with specialists. Their diagnosis and prognosis was not good. According to them my excessive efforts and physical strain were jeopardizing the normal function of my kidneys and I was severely anemic. They recommended I not run for at least two months, maybe three. Frankly, I was devastated. I did not run until a week before the **New England Outdoor Championships**.

Coach Duffy convinced me that, if I could learn to hurdle, the **3000 yard steeplechase** would be my best chance to help the team at the NE's and also my best chance to possibly qualify for the **Olympic trials**, scheduled for the end of June. My efforts earned me a second at the **NE Championships** but were not qualifying for the Olympic trials. Duff found me another steeplechase race about two weeks later. The results in that race were a win and a faster time that did qualify me to compete in the Olympic Trials steeplechase which were in Colorado. But. . . Duff informed me that Holy Cross would not be paying any expenses. The costs would be on me.

I have often thought maybe I should have worked harder to find a way, maybe find a sponsor. However, at that time, I had no money. My family had no money. My chances of making the team were very slim based on my conditioning and my ability to hurdle. (I was definitely not good at hurdling!) I did not go.

The Holy Cross Team

It was during my sophomore year when I had more time to simply observe my teammates that I began to appreciate what a special group of people they were. Throughout my illness they were supportive and kind, with many frequently giving me encouraging words. They were also excellent athletes.

While I cannot possibly recall every name or every performance there are things that have always stood out. The sprint group/quarter milers included at least 6 people who could run 50 seconds or better in the quarter, led by the exceptionally talented **John Collins**. Each of them could be competitive in shorter races as well. Earning a place on the 4x440 relay was competitive every week. The half milers included a variety of people who could always run below 1:55 and sometimes edge below 1:53. They included **Art Martin, Jim Walsh, Joe Jamison, Dan O'Donnell, and Brian Kingston**. Others who did not get much notice were exceptionally good and competitive with almost anyone from the other colleges. People like **Forest Baker** and **Bill Gallagher** just to name a couple. During the four years **between 1966 and 1970 there were 8 All-time Holy Cross Relay Records set, and 18 indoor and outdoor individual records set**. This was truly a remarkable and unmatched collection of Holy Cross Track and Field athletes.

Junior Year

Without doubt this was the most memorable year of my cross-country, track, and road racing career. That said, many of my best races were out of the sight of my teammates and coaches.

I had run a few road races in August as was my custom. Although I sometimes might win that was not really the goal. The road races were simply part of the summer conditioning program.

This particular year under the guidance of **Graham Parnell**, my Spartan AC coach, we set out to have an ambitious Labor Day weekend. On Saturday, Graham brought me to Manchester New Hampshire where I ran and won a 12 mile race in a little under 62 minutes. We left immediately for Killington, Vermont where we met **Mike Gallagher**, an excellent runner who also became a **4 time Olympic XC Skier and US Olympic XC Ski Coach**. We stayed at Mike's house Saturday night and left early Sunday to go to St. Hyacinthe, Quebec. We arrived barely in time to run the two man relay race advertised as the **St Hyacinthe Marathon**. Each man ran 6 legs, each of which was something over 2 miles long. Despite having Marathon in the name it was defi-

nately more than 26 miles.

There was a good field including a Canadian team consisting of two Canadian Olympians. This event was an exhausting competition. We won. Then immediately set off to go back to Killington where we slept.

Early Monday morning Graham and I left to go to Gloucester, Massachusetts in the hope we would get there in time for the **New England 25 Kilometer Championship** (roughly 15.5 miles). We arrived about 15 minutes before the start. I was exhausted, but I ran. For some reason the field which included **Amby Burfoot, Eddie Norris, Jim Keefe, and Bob Deines** (all of whom were considered among the very best New England runners) went out very slowly. This allowed my body time to relax and loosen. Around 8 miles into the race Amby left the lead group, gaining a couple hundred yard lead, and seemed to be running away with the race. Soon I was beginning to feel pretty good, took off after him, caught him, and eventually was running well enough that my last five miles were timed under 25 minutes. Completely beyond any expectation I had run and won 3 races totaling more than 40 miles in the space of three days. Added to that were the exhausting long rides from place to place. I suffered for three weeks. Whatever the result, I came to understand it was not very smart!

After missing the opening competition on September 21 because I wasn't 100% and was still not fully recovered from my Labor Day efforts, I had a successful stretch of dual meets. Nearly every race resulted in a course record. At the **New England Championships** on November 11, I set a course record at Franklin Park (breaking one set the year before by Amby).

So it was on to the **IC4A's at Van Cortlandt**. The day was a miserable cold, rainy, windy day. That wasn't an excuse for my performance, but it may have added to the fact that it just was not my day. I cannot explain it but my effort and attention were just not what they had to be to win. **Steve Stageberg** won, He ran almost 30 seconds slower than I had run the year before, but I ran 40 seconds slower than last year. He clearly was more focused and deserved to win.

Similar to the year before, sometime after the race, a reporter approached to verify that I would be at the NCAA's the next week, which, for the first time, would be at Van Cortlandt Park. Again, Duffy absolutely astonished me by saying I was not entered and therefore would not be running. I have no words to express how angry, disappointed, upset, and generally betrayed I felt at that moment. I argued with Duffy, probably more pointed and rude than I should have been, but he got the idea I was terribly angry and deeply hurt. He agreed he would look into the possibility I could be a late entrant. Sometime mid-week, maybe Thursday, he informed me that he could not

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Sophomore Year 1967-1968

HOLY CROSS COLLEGE TRACK

We have an outstanding track program at Holy Cross. In the past six years we have won two New England Championships (26 schools compete), finished second once, third once and fifth once. At the present time we have perhaps our strongest running and jumping team in our history. Some of our more outstanding athletes include:

Seniors: John Collins (9.4; 21.2 turn) has won 4 New Eng. sprint titles
46.9 relay.

Paul Hartrey (23' LJ, 5.4 for 50; 99 for 100; 21.6 for 220)

Brian Kingston (1:51.1; 48.5)

Juniors: Dan O'Donnell (1:52.8; Tim- 48.4)

Tim Joyce (1:53.8; 49.5)

Jim Quinn (9:30; 4:17)

Bob Dewey (49.5)

Tom Scanlin (1:54)

Pat Hayes (6'3")

Mike Daley (21.7)

Sophs: Art Dulong (4:04.5; 8:59.6; 14:00.1)

Art Martin (1:53.8; 4:17.8; 50.4)

Jim Walsh (9:33)

Nick Ryan (49.0; 21.6); 22'6"

Forest Baker (1:55.4; 50.4)

Jim Flanagan (6'4")

Phil Dansdill (22'10")

We are constantly looking for top athletes. We have a limited number of athletic grants available to outstanding scholar-athletes. This definition, scholar-athlete is important. Our athletes must first of all be fine students. We have a high academic rating (only Catholic College in U.S. to have received consecutively Rhodes Scholarships (last two years)). Since only 24 are given throughout the U.S. each year, this is a significant accomplishment. For qualified students we have much to offer in way of a fine track program.



IC4A Frosh X-C Champs : Tom Ferguson, Bill Gallagher, Jim Walsh, Joe O'Rourke, Art Martin and Art Dulong

Memories of the Track and Field Class of 1970

ART DULONG CONTINUED FROM PREVIOUS PAGE

get me into the race. What followed was almost unbelievable even to me, and I lived it.

The next weekend, since I was not running in the NCAA's on Monday, I went to spend time with friends at UMass so I could visit with my girlfriend, Karen (who became my wife) at Mount Holyoke College. Sunday night, about 10:00pm, roughly 13 hours before the race,



the credit belongs to the man who is actually in the arena
The Purple Patcher Yearbook 1970

Karen and I were in the stacks of the MHC Psychology building where I was researching for a paper due later that week. One of her friends found us there and told us my roommate, **Charlie Mangano**, had just called the dorm (no cell phones, no phones in dorm rooms, only corridor phones) trying to get me to call him back - an emergency.

As soon as I could, I called back and learned that Tom Duffy had called my dorm to get me the message that the **NCAA Coaches Committee** had met Sunday night and voted that I would be allowed to run in the Championships if I could get to Van Cortlandt Park in time for the race on Monday morning.

First, I had to drive to UMass to get my stuff which consisted of a pair of white shorts, a Clarke House T-Shirt (my dorm), and an old pair of training shoes. Then I had to drive to my roommate's house which was in Westchester County, NY about 20 minute drive from Van Cortlandt. After verifying with the Mangano's, Karen came with me. We arrived at the Mangano house about 2:30AM and were greeted by his mom and dad and an Italian Feast his mom had prepared (because she assumed I would be hungry and that's the way Italian families greeted guests). After apolo-

gizing profusely and eating just a little I finally got to bed about 3:30AM.

Had to get up by 7:00AM to have a small breakfast in preparation for the 11:00AM race. We arrived at Van Cortlandt about an hour before the race. I had no coach present and had to do the checking in on my own. I asked around to find competition shoes (spikes, at Van Cortlandt). No one I knew had any available, but someone told me there was a rep from Puma at a motel about a half mile down the road. I ran there and convinced the salesman to give me a pair of spikes, but he only had a pair one size smaller than I needed. We found some scissors. I cut slits into the toe areas of both shoes to create a little extra room for my toes. I ran back to the start line and arrived about 10 minutes before the race was to begin. This race was a 6 mile race in keeping with the **NCAA Championship XC** rules.

As it turned out, this race was the only XC Race ever broadcast on **Wide World of Sports** (taped that day and shown in late December). I led most of the race, apparently got a fair amount of airtime with my story actually being told. Predictably I became absolutely exhausted during the final mile and ended up being passed by **Mike Ryan** from Air Force Academy and **Stageberg**, ultimately finishing 3rd. Given all that had happened I have always thought this was one of my best races.

This story is absolutely true. Another fun fact - I never saw the telecast as I was in Brazil representing the USA in competition when it was shown. It was the only time a race of mine was broadcast at a time I might have been able to see it. To this day, I have never seen myself run. The Brazil story will come soon.

The **AAU XC Championships** would be 5 days later on Saturday, again at Van Cortlandt, but this time over a 10,000 meter course. Essentially this was two times through the freshman course with additional running on the flat to make the 6 miles into 10K. I went with **Graham Parnell** and my dad. We went down the day before and stayed on Long Island with a friend of Graham's. The race included many of the best US distance runners plus **Geoff Pyne** from New Zealand. The pace was fast. Eventually a lead group formed consisting of **Pyne, Bob Fitts** (NY), **Amby Burfoot, Bill Clark** and **Bill Reilly** (both representing the Marines - during the Vietnam war the military sometimes diverted exceptional athletes to publicly represent them), and **John Mason** from Kansas (a sub-4 minute miler and NAIA XC Champion). Eventually I took the lead and tried to

break from the pack. I did, sort of, but again tired near the very end. **John Mason** passed me within the last half mile.

With the season over, having ended with several difficult races, I did not run any road races and prepared to be ready for the winter season. For some reason, Coach Duffy had scheduled an early December meet at the **Coast Guard Academy** in Connecticut.

I think he had two goals. First the indoor track there was excellent (by far the best I had ever seen). Second, it was before the final exam schedule during which time athletic activities pretty much ceased. In any case, through a combination of still retaining XC conditioning and the track being so good, I was able to run a two mile in 8:33.2. (4:19, 4:14). This was only a few seconds off the current world record, by far my best, by far the best in New England, and certainly a run that got the attention of track people.

Towards the end of December, just before Christmas, I got a call from whomever was the head of the AAU at that time. **John Mason's** performance at the **AAU XC Championships** had earned him the opportunity to represent USA in Sao Paulo, Brazil for the **San Sylvestre New Years Eve** race. Unfortunately, John had suffered an injury and could not go.

I called Duffy to ask permission. The trip, from December 27 through January 7, would require I missed some training time at HC. I would not miss any classes. During the conversation with Coach Duffy I learned that I needed a passport to go to Brazil. My naïveté was almost incredible. I had never been anywhere that required a passport and had absolutely no idea how to get one.

Coach Duffy came to the rescue. As was often the case "he knew a guy". This particular person happened to work for the US State Department and was based in Boston. Duffy picked me up on the 26th, brought me to this man's office, and within a few hours I walked out with a US Passport.

The trip to Brazil, though technically not associated with Holy Cross, was definitely one of the highlights of my running career and college career. This was the first time in my life I was totally immersed in another culture, surrounded by a language I did not speak, and completely on my own to figure it all out.

For the purposes of this document I will stick with the events related to running. The **San Sylvestre Race** is a treasured and enormously important Sao Paulo tradition to enter the new year. Think Times Square and dropping the ball. The 5 mile race begins about 11:45PM on New Years Eve and ends about 12:10AM on New Years Day. The Brazilians think of this as running from one year into the other. It is run through the busiest part of Sao Paulo (a city which is almost 3.5 times as populous as New York City!) They restricted entrants to the following: South and Central American countries could send as many runners as they wanted

Sophomore Year 1967-1968

but each runner had to meet a qualifying time, every other country could send only one runner chosen by that sending country. The athletes were treated well in the sense that travel and hotel expenses were paid and a daily allowance was given. The athletes were housed in many different hotels.

Each day we were driven to a park for a workout. At the first workout I happened to meet the only other athletes who spoke English. One was **Dave Ellis**, a Canadian I knew well from the indoor circuit and also from St. Hyacinthe. The other was a runner from Switzerland whose name I have forgotten. He actually spoke 5 languages including Portuguese, so Dave and I quickly recruited him to be our best friend! I learned the reason the trip was so many days was that we had to run a second race a few days after the San Sylvestre. This race was part of a track meet held as part of a very large cultural event. Think County fair or something like that.

We jogged a little on training day but real workouts were impossible. December is summer in Sao Paolo. The day time temperatures were about 100 degrees every day with brilliant sunshine. We decided we wanted to see the race course so the Swiss athlete arranged for us to be able to see the course at 10:30pm the night before.

We were picked up and driven to the starting line where we were met by about 10 policemen on motorcycles. With sirens blaring and lights blinking they led us through the central area of Sao Paolo stopping traffic at every intersection as we slowly jogged through. I had definitely never experienced anything like it. Again, imagine a city larger and more congested than New York City being brought to a halt at 10:30pm, which in that culture is about the time dinner is ending.

The next night was the race. At the starting line there were numerous official people, politicians I think, making speeches to huge, raucous crowds. Military bands were playing. Soldiers and police were everywhere. Finally we were asked to line up across the starting line on the road. Two lines of soldiers, with guns, were lined up across the road facing us.

Dave Ellis told me to watch **Gaston Roelants** and if he moved then we had to move. Gaston, from Belgium, was one of many Olympians in the race. He was a Gold Medalist and world record holder in the steeplechase. Again naively, I said, "Don't we just go at the gun?" Dave said, "No we go as soon as we can after Gaston moves." Dave had been here the year before.

As predicted, as soon as the race official said "On your marks," in Portuguese, Gaston broke through the ranks and began the race. Dave and I and others immediately followed, but not soon enough. Gaston was easily almost 100 yards in front of us and dozens were between us and him. When the starting gun went off I was at least 75 yards from the starting line. The streets

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Mile Team Second

HC Victor in NY 2-Mile Relay

Special to the Telegram

NEW YORK — Holy Cross varsity two-mile relay team won another big race at Madison Square Garden last night while the Crusaders' mile-relay team bowed to Maryland in a photo-finish in the Knights of Columbus Games.

The two-mile quartet, getting another brilliant anchor leg from Art Dulong triumphed for the second week in a row on the Garden boards. Just last week Tom Duffy's runner ran away with their two-mile section in the Millrose Games.

Last night, the two-mile relay boys turned back a belated bid by St. John's and won by 10 yards. The Redmen trailed followed by Manhattan, Maryland,

Maryland State and New York University.

It took the judges several minutes to determine the winner of the mile relay, finally giving the nod to Maryland as HC finished a 10th of a second behind.

Brian Kingston (1:58.2); Art Martin (1:54.5); Joe Jamieson (1:53.1) and Dulong, (1:51.8) were the Crusader runners in the two-mile.

Fast Anchor Leg

Martin pulled HC into second place in the six-team race, but Jamieson fell to fourth early on the third lap. But the speedy junior darted back into the lead on his final lap and handed the baton to Dulong with a five-yard lead as the big Garden

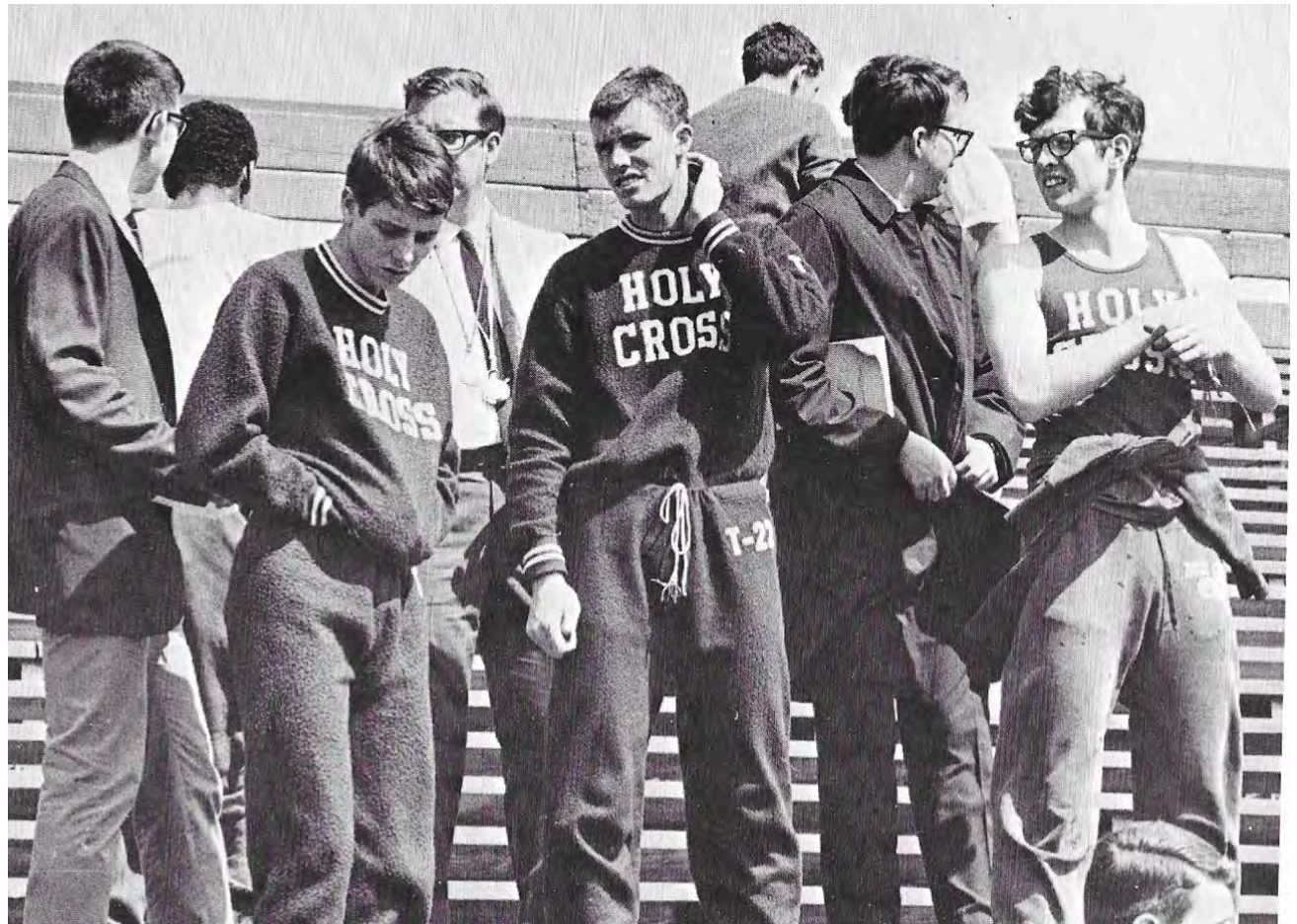
crowd was on the edge of its seats.

Dulong, the New England mile champion from Randolph, Mass., then turned his 1:51.8 time for the final 880 yards and won going away.

HC was timed in 7:37.6 while St. John's trailed in the time of 7:37.9.

New England sprint champion John Collins shot HC to a quick 18-yard lead in the mile relay with a 50.2 opening leg. Nick Ryan followed with a split of 51 seconds flat, followed by Paul Hartrey in 50.9. Dan O'Donnell came through with a 49.5 anchor leg and was just edged at the tape.

Maryland was timed in 3:21.5 and H.C. in 3:21.6. Georgetown and Boston University trailed.



L to R: Jim Freer, Art Martin (back to camera), Tom Scanlon '69, Dick Donohue, Bob Welch '69, Bob Ryan

Memories of the Track and Field Class of 1970

ART DULONG *CONTINUED FROM PREVIOUS PAGE*

were mobbed with spectators, 5 million according to the *Guinness Book of World Records* which listed this particular race for many years after as the athletic event with the most spectators on hand. It was much more crowded than anything I had ever seen at the Boston Marathon.

Throughout the race I learned that either Americans were not well liked or I was not well liked because there was a constant refrain of Yankee go home and other shouts that were clearly not friendly.

During one half mile stretch I happened to be running beside the best Brazilian. Some members of the crowd took that opportunity to pelt me with firecrackers. They were exploding at my feet, bouncing off my chest, and generally the most frightening thing I had ever experienced. I continued to pass folks who had started before me, could not possibly catch Gaston, and at the end I thought I finished fifth. Unfortunately, what I thought was the finish line was only the entrance to the finish shoot and an Italian, **Ardizzone Giuseppi**, passed me in the shoot. So, I finished sixth. It was memorable night.

Dave Ellis, the Swiss, and I completed our official responsibilities (I finished second in a 3000 meter race at the fair), had some expense money left, and pooled our expense money to spend a few days in Rio before departing for home.

The indoor season was generally successful. First race was a loss to **George Young** in the two mile on a Philadelphia 12 lap to a mile track. Turns out George set a world record for 12 lap tracks and my second place time also bettered the existing record. This definitely falls into the who cares category except for the following.

George Young was the only person I raced who I knew I could never beat at any distance. He was much faster than me and just as strong. He always beat me and always did it the same way; follow whatever the pace was (fast or slow made no difference) then blow past sometime near the end. I could not outrun him with a fast pace and did not have the foot speed to beat him in a kick.

In truth, I think I lost most of my individual races at the big meets that winter and won the dual meet individual races. Most of that season I was dealing with a minor stomach issue which I attribute to a lapse in judgement when I drank what I thought was bottled water on my last day in Brazil. I was generally well but my training and racing were sometimes hampered.

I ran some two mile relays and ran some open two mile races. I think we won all the two mile relays. I remember we had an excellent two mile relay that year which could include any four of the group **Martin, O'Donnell, Kingston, Jamieson, Walsh**, or me. I know the combination of **Martin, O'Donnell, Walsh**, and

Jamieson ran an excellent 7:40 in winning the IC4A Championship that season.

The week before the IC4A's I ran the **National AAU** indoor 3 mile in Philadelphia (not the same venue as the 12 lap track). I finished third with a time of 13:24 on a night when George Young set a world indoor record for 3 miles and a Canadian edged me for second. I remember being disappointed, not that I thought I could have beaten George, but that I thought I could have run faster, definitely fast enough for second. Unbeknownst to me, the United States AAU was using this night's performances to choose a team to represent the country in competition against USSR and Germany.

Not too long after the race I was approached with the news that George had declined because he was older and had job and family responsibilities. They asked me if I would like to be part of the team. Of course I said yes. Coach Duffy agreed because the trip did not actually begin until the night after the IC4A's (and he had no intention of me running the NCAA's).

During that week I had to meet with all my professors and with Dr. Baker whom I had had as a French professor freshman year and who was now the academic dean for our class. Each meeting included conversation about keeping up with studies. Each professor was worried that a three week trip in the middle of the semester would present extraordinary academic challenges. However, they all eventually signed off on it.

The team was a full track team with sprinters, hurdlers, and every indoor field event represented. It is easy to forget that 1969 was the height of the cold war and the relationship between the USA and the USSR was frosty to be sure. From our arrival in Moscow the chill was evident. At the airport all of the black members of our team were detained by customs for what was almost surely no reason. We all waited several hours in the terminal (after a very long and grueling couple of flights).

The team coaches rightly refused entreaties from the Soviets to have the athletes who cleared customs continue to the hotel while the others were vetted. Of course, we waited. Eventually the entire team was reunited and we finally arrived at our hotel which was located immediately beside Red Square. I could actually see Lenin's Tomb from the hotel window.

The next night we attended a reception at the U.S. Embassy. We were told clearly that we needed to be careful, that we would be followed if we left the hotel, that our rooms and meeting areas were definitely bugged, and that if we got ourselves into trouble they would probably not be able to help us.

I cannot confirm all of that, but we definitely were followed anytime we left the hotel. The interpreter for our cultural tours, a Soviet college coed, told us

during one of our guided excursions that she knew, and everyone there knew, that we would not have been sent if we were not trained members of the CIA. Welcome to the USSR.

The other distance runner was **Barry Brown**, who had coincidentally attended Brown University. He was the outstanding New England collegiate runner while I was in high school. We knew each other but were not really friends. We thought the competition was going to be in the same style as one held in a previous summer in which each country had two entrants per event. We had travelled with two per event.

On the night of the competition we learned that the Soviets were entering as many as they wanted to compete against our two. For Barry and me it meant we would be racing a 3000 meter race against the best 8 that the Soviets could muster. The track was 11 laps to a mile, but definitely narrower than the US tracks, maybe three of our lanes wide. Barry and I knew this would be a challenge.

Then about a half hour before the race one of the coaches told me Barry was not feeling well and I would be on my own. Even more of a challenge! The Soviets ganged up on me and beat me up - in a track racing sense. They took turns passing me and boxing me in. I spent the entire race fighting my way out of a box working my way to the lead or second only to soon be in a new box with a different set of athletes.

I finished a close fifth a couple seconds behind the winner with a time that translated to a shade under 8:40 if it were a two mile. The USA team and coaches knew what was happening and were actually quite pleased with my performance.

After about a week and a half in the Soviet Union we went to Germany. We were scheduled to compete in Hamburg and in Kiel. The trip from Moscow to Hamburg proved to be harrowing. Our flight encountered a heavy snowstorm. The flight became extraordinarily rough. Without doubt we were all terrified, but our terror was expressed in the form of bad jokes and making fun of each other.

We did an emergency landing on an unplowed runway hundreds of miles from Hamburg. Somehow we got to a train station from which we eventually continued to Hamburg.

The **Hamburg competition** was what we expected, two German athletes vs two American athletes in each event. I have no explanation or excuse but neither Barry nor I did very well in Hamburg. He finished third and I finished fourth but our times were both around 8:20 for the 3K which translates to a fairly mediocre two mile.

From Hamburg we went to Kiel for a more traditional indoor meet. That night it was my turn to be sick for no obvious reason. In any case, I could not run. Barry ran competitively for much of the race but finished well behind the leaders. The trip was exciting

Sophomore Year 1967-1968

and exhilarating, but exhausting. We returned to the USA near the end of March.

I do not remember much of the spring season that year. I know I ran a road race before Holy Cross started spring training and ran exceptionally well in that race. I remember running and winning against **Frank Shorter** in a two mile race at the **BC Relays**. In fact the weather was so bad that day the meet was called off shortly after Frank and I ran.

I remember going to the **Penn Relays**, running poorly in a two mile, and later running well in a two mile relay. I think it might have been at this Penn Relay competition that **Martin, Jamieson, O'Donnell** and I set a school record of 7:26.8.

One other thing I remember is that coach Duffy entered me in a 1500 meter race at a new meet called the **Martin Luther King Freedom Games** being held at Villanova University. This was mid-May. I knew was in shape. That said, I also knew that 1,500 meters against excellent competition (**Marty Liquori** and their Irish contingent) was not a good formula for me. Duffy definitely wanted me to be a miler. He definitely wanted me to run under four minutes.

While it is likely I had the talent to run under four minutes I definitely did not have the talent to run with the best milers of the time. I just did not have the foot speed needed. Virtually all of the good milers could run under 50 seconds for a quarter and under 1:50 for a half. The best could run considerably faster than those times. On the other hand I could run about 51 for a quarter and about 1:51 (on a good day) for a half. Every one of the good milers could beat me by forcing a slow pace and out kicking me. That is what happened at this race.

First half mile terribly slow. I finally got myself into the lead with about 500 meters to go and was able to considerably pick up the pace. But, as expected I was passed in the last 50 yards or so and finished third. The overall time was fine, about 3:46, but with a different early pace we would all likely have run about 3 or 4 seconds faster.

At the **New England's** the next week, May 24, I ran a 3 mile early in the day (13:44) and a mile later. I got off to a very bad start in the mile (my own fault) ended up boxed at the back of the large field through a quarter in 67 seconds or slower. The leaders went through about 62. At that point I moved to the outside and ran hard. My final 3/4 mile was timed under 2:57. I won. I thought I'd be running the **IC4A's** and **NCAA's** in June, but Coach Duffy never mentioned either one.

With my season over I tapered and rested. Around mid-June my home town was hosting the **New England AAU competition**. We clearly had what was the worst track in the state, a 5 lap to the mile dirt/cinder track that had never been rolled or otherwise treated. Since it was my home town I ran the 3 mile.

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2 HC Relay Teams Win in New York

Special to The Telegram

NEW YORK — Holy Cross' crack two-mile relay team walked to the winners' circle for the third straight week in Madison Square Garden last night and the Crusaders' one-mile team scored an exciting triumph.

Coach Tom Duffy's two-mile quartet, one of the best in the East, romped to a 70-yard victory in their section of the two-mile relay, easily winning over Maryland. Catholic University was third, followed by Providence and St. John's.

Prior to last night's victory in the Madison Square Garden Invitational meet, sponsored by the U.S. Track and Field Federation, the Crusaders had won their section of the two-mile relay in the Millrose Games and then in the Knights of Columbus meet here.

Last night, running in a slow section, the Purple runners were timed in 7:42. Forest Baker, Art Martin, Joe Jamieson and Brian Kingston comprised the winning relay team.

The mile relay, though, was one of the most exciting races of the night with John Collins, the brilliant senior sprinter from Springfield, Mass., just edging Maryland's George Wojtech at the wire for an HC victory.

The Crusaders were timed in 3:20.3 in this event while Maryland was clocked in 3:20.45 by the judges.

Collins, two-time New England sprint champion, ran a 49.5 anchor leg. Other HC runners in the race were Dan O'Donnell, Nick Ryan and Paul Hartrey.

Collins also nearly qualified for the finals in the 60-yard dash. He made it to the semi-final heat and lost by inches to Southern California football star O.J. Simpson.

Nebraska's Charlie Green, the eventual winner, was clocked in 6.2 seconds in the heat and it took officials several minutes to determine Simpson was second and Collins third. Simpson and Collins were both timed in 6.3.

HC's two-mile relay will compete in the All-Eastern meet in Baltimore tonight, along with Collins who will run in the open 440.

New England mile champion Art Dulong will make his solo indoor debut of the winter by running in the open invitational mile in Baltimore.



Holy Cross' John Collins (left), regained his two dash championships in the 80th annual New England College championships at Boston College yesterday while Art Dulong (right), led the Crusader freshmen to a recordtying victory in the medley relay.



Worcester Daily Telegram Fri., Nov. 11, 1966 19



Holy Cross Freshmen to Run in New York Monday

The Holy Cross Freshman cross-country team will compete Monday in the National IC4A championships in New York. Representing H.C. will be front (from left) Tom Ferguson,

captain Art Dulong and Art Martin; rear, Bob Naseefe, Bill Gallagher, Frank Arlinghaus, Jim Walsh and Joe O'Rourke.

Memories of the Track and Field Class of 1970

ART DULONG CONTINUED FROM PREVIOUS PAGE

It was not competitive. I easily won with a little under 14 minutes and continued tapering and resting in the following days.

Then, out of the blue, I got a call from Coach Duffy telling me I would be running a 3 mile race at the **NCAA's** in Tennessee. He had arranged for me to travel with the UMass group who I knew well because I frequently stayed there when visiting Karen at Mount Holyoke. I frequently trained with them on those weekends. In any case, it was one more instance in which I felt that more lead notice might have led to better preparation. I ran the 3 mile race finished a respectable but not great fifth place and was generally disappointed and angry that Duff had not done more for me between the third week of May and the third week of June.

Training Facilities for the Holy Cross Track and Field Team

The locker room for the Cross-country and Track Team was located in the parking lot level (basement) of Carlin Hall. I know that many of my teammates were aghast at the conditions and location of this locker room. Without doubt, we lacked space and lacked ambience. It was cramped, smelly, and generally appeared dirty, although I am sure it was cleaned daily. For me, it was actually much better than anything I had experienced in my high school, so I was comfortable there. I think I just did not know any better, although what I saw during my visits to UMass were definitely better.

The Cross-country team spent most of its training time either on the fields at the top of the hill or on the roads in the Worcester/Auburn area. For my purposes this was ideal. I loved the top of the hill area with the huge fields. The extraordinary views combined with the comfortable, soft footing created an entirely enjoyable training atmosphere. I also thought that the generally hilly terrain on campus and throughout the training areas we used was a distinct advantage in preparing for difficult XC courses.

The indoor team trained outdoors on the newly installed 220 yard composition track located between Carlin and Fitton Field. This track was partially completed in time for our freshman year indoor campaign and fully completed by the next year.

While it is true that it was very cold and windy in that area of the campus, the track itself was by far the best training track I had ever been on. It being outdoors did not matter to me as I had never at any time in my running career had an indoor track available for training. In fact, during my first high school season running "indoor" track, our competitions were on an outdoor 11 lap to the mile board track that the league teams sometimes had to shovel prior to the competitions. So, the HC 220 yard outdoor track was

quite a luxury to me.

I also spent much of my winter training time on the same roads we used for XC training. Even when they were snow packed I would run there, assuming no ice underfoot. Icy conditions meant a day off.

I actually hated the outdoor track much more than the 220 composition track. The shape of the track with multiple straightaways and, therefore, multiple corners was something to which I never became accustomed. The dirt/cinder composition was fine and I think it was rolled and treated every now and then. Certainly the running surface was much better than my hometown track's running service. Still, I never got over the unusual shape. Without doubt this was a personal issue as my teammates seemed to be comfortable training there.

Senior Year

I am pretty sure most of my HC teammates did not know much about my summer road racing. In fact the running I enjoyed most, in this order, were cross-country, road racing, indoor relays, indoor individual events, and outdoor races. While I did not usually run road races with the intention of running all out to win, I never-the-less sometimes ran well.

I will not go through it all, but during my road racing career I managed to win three **National AAU Championships**. Arguably, I might have been better on the roads than on the track. This summer included one of the **National Championships**.

The XC season was generally a good one. During that season I set a Franklin Park course record, bettering John Vitale's course record by 47 seconds. (Franklin Park had several courses used for college competition. This course was different than the one on which I set a record the previous year.)

A couple weeks later I lowered the course record again. In fact during that season I set several different course records in dual or tri-meet competition.

At the New Englands, on a very muddy, wet course I was able to win, again besting **Vitale**. The IC4A's were next, as always at Van Cortlandt. As was the **IC4A** custom the race would be over the 5 mile course. For reasons I cannot imagine, Coach Duffy allowed me to drive myself so I brought Karen with me. Duffy got her a room.

As luck would have it the engine (of my VW Bug) blew someplace in Connecticut. Over a fence and through a field I found a neighbor who called a tow truck for us. At the tow garage facility we were left on our own.

Luckily, a stranger (an angel?) came along and went out of his way to bring us to a train station. From there I was able to call Duffy at the hotel we would be using. He picked us up at White Plains. I was beginning to think Van Cortlandt was an unlucky destination.

In any case, I did win the 5 mile race with a time of

24:06. This was the second fastest time ever over the **Van Cortlandt 5 mile course** (behind my sophomore time) and stayed as second fastest for many years. I was ready for the NCAA's.

As it turns out I was not as ready as I needed to be. It was again at Van Cortlandt's six mile course. I ran very well, 29:27 over that course. But, **Gerry Lindgren, Mike Ryan, Steve Prefontaine, and John Bednarski** (UTEP) ran better. I finished fifth. Despite this being my worst finish ever in a cross-country race I was completely satisfied that I ran well. They ran better. **Holy Cross' XC** season was over.

The next weekend, after Thanksgiving, the **National AAU Cross-country** race was being run in Detroit over a 10,000 meter course. Somehow **Graham Parnell** was able to get an organization (Lions?, Rotary? K of C?) to pay for the flight. As was often the case, Coach Duffy "knew a guy", this time an executive who worked for Ford Motor Company in Detroit. So on the day of the race Graham, myself, and couple other Spartan AC folks boarded a plane for Detroit and we were met at the airport by Duff's Ford Motor Company friend in a large Ford that looked like a limo.

He brought us to the race location at a golf course a little outside the Detroit City limits. As it happened, my dad and I had spent thanksgiving watching the Detroit Lions play their traditional game in a raging snow storm. The entire course was snow and ice. It had been groomed, sort of, so the the running course was a 2 or 3 inch hard pack of snow and ice. During that race every athlete I could see fell at least twice, some more often. I ended up finishing fourth very close to the winner. Again, I was satisfied I had done what I could for that day.

The indoor season was mostly good. It was clear that Coach Duffy was intent on using this season to make me a miler. At the first **Boston meet** he entered me in a 1000 yard race against a very good field which included **Joseph Plachy** (the European champ) and **Keith Coburn**. I asked why. It was for speed work. Predictably, I was third. The next week, at **Philadelphia's 12 lap track** I anchored our best two mile relay team which won against Harvard's best.

This led to the weekend that included the **Millrose Games** in NYC on Friday night and the second **Boston meet (the BAA Games)** Saturday night. Coach Duffy had me anchoring the two mile relay at Millrose. I ran my worst half mile since early in high school and felt as poorly as I ran.

Saturday night I was scheduled to run the open mile in Boston. Late afternoon on Saturday I met with Coach Duffy and asked him to scratch me from the race. I could not explain it, but I was just exhausted and was certain I could not run. He refused, encouraged me to race with an open mind, and told me he had faith I would win.

The competition included at least three athletes

Sophomore Year 1967-1968

who had run under 4 minutes; **Sam Bair, John Mason and Brian Kivlan**. I ran. As always seemed the case in the mile races I ran, the pace was slow, maybe 2:04-2:05 through the half. The pace picked up during the third quarter and I continued to follow the leaders. With about two laps to go I took the lead and was in full kick mode (for me). I ended up winning the race (as Duff had predicted) running something in the range of 1:56 or so for the final 880. The time was 4:01.1, my best. Duffy was thrilled. He was disappointed to read in the Boston papers the next day that I was quoted as saying I preferred the longer distances.

Regardless, he entered me in a mile race in Baltimore against an excellent former Villanova runner, **Dave Patrick**. He entered me in a mile race in Louisville. He entered me in a 1500 meter race (against **Marty Liquori**) in NYC. I won the miles. I lost to Liquori.

In the **Louisville race** I ran under 3 minutes for the final three quarters but the opening quarter was in the range of 65. In between, Duff allowed me to run a two mile race (8:42) in NYC the night before the Baltimore race and he had me running doubles in our dual meet schedule.

I asked Duffy if I could run the 3 mile at the **AAU National Championships** in NYC. He said no, because they were the day before the first ever **New England Indoor Championships** at UConn. Given all the racing he had me doing this winter including more than one challenging weekend of Friday night, Saturday night against the best, our conversation about the Nationals became rather heated. Finally, he relented. I could run. Holy Cross would pay expenses, but travel was on me and I had better be sure to arrive in Storrs in time for my races.

Someone from Holy Cross who lived in NY drove me to the city Friday afternoon. I won the race that night with a time of 13:19.6, which surprisingly was, at that time, **the second fastest indoor three mile time** behind the world record set by **George Young** the previous year.

Early the next morning I took a train to Hartford. Karen met me there and brought me to Storrs. I won the mile (4:05) and was exhausted.

Indeed, after that day I was pretty much done for the rest of the indoor season. I was tired, became sick with a cold and heavy congestion that lasted for several weeks. It had been a good season but with too much running and too much travel.

The spring season was a disaster. We had a few meets (**BC Relays, Penn Relays**, couple dual meets) and mostly Duffy had me running either half mile or miles as part of our various relay teams. That part was fun. I think we ran well.

Near the end of what would be our season we had a dual meet at home. Duffy had me run a mile race. For those of you on the team you know how bad our

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The Chap in the Center Got There First. Dan O'Donnell of Holy Cross (center) shown winning 440-yard race in close finish. His teammate, Nick Ryan (left) finished second and Lee Thompson of Brown (right) was third.

—Journal-Bulletin Photo by J. DAVID LAMONTAGNE

Thompson's Stretch Drive Saves Bruin Trackmen

With two relay events remaining on the program and Brown leading by only four points, the Holy Cross track team and the Bruins split those last two races at Brown Stadium yesterday and Brown came away with a narrow 79-75 victory.

Sophomore Lee Thompson contributed vastly to the Brown triumph, his blazing finish on the anchor leg of the mile relay, the final event, bringing the five points necessary for the triumph after the Crusaders had taken the 440-yard relay, the next to last race.

Trailing by 10 yards with 220 left, Thompson overtook Nick Ryan of Holy Cross down the stretch and won going away by about five yards. Bob Marble, Steve Robertson and Everett Schenk were the other runners on the Brown relay team.

The Bruins piled up valuable points in the weight events. Tim Disbrow, another sophomore, won the hammer and discs; Frank Wentworth led his team's sweep in the shot put, and Sandy Stoddard took the javelin.

Rick Dyer, brother of Joe

star, was the top Holy Cross performer, winning the 220 and 440 events and contributing a good third leg on the winning 440 relay quartet.

In addition to the Brown track team, several other college teams in Rhode Island were in action yesterday, at home and away.

The Bruins defeated Harvard, 10-6, in lacrosse at Cambridge. At New London, the Providence College team lost to the Coast Guard Academy, 6-3.

The Rhode Island Junior College golf team defeated the North Shore Community College of Beverly, Mass., and Leicester Junior College of Leicester, Mass., in a match at the Hillcrest Country Club in Leicester. The Rhode Island team totaled 533, North Shore 556 and Leicester 566. John Valenti paced the winners' team with a round of 80.

The Brown freshman lacrosse team defeated Harvard, 13-10, at Aldrich-Dexter Field in a game in which the lead changed hands five times. The Brown tennis team bowed to Yale, 6½-2½, at the Aldrich-Dexter Courts.

Between streaks of wildness,

batters as the Johnson & Wales baseball team defeated Rhode Island Junior College, 7-2, at Cranston Stadium. It was the fourth consecutive victory for the Wildcats.

The Bryant College tennis team swept all six singles matches in defeating Rhode Island College, 8-1, at the Anchormen's courts.

Memories of the Track and Field Class of 1970

ART DULONG *CONTINUED FROM PREVIOUS PAGE*

home track was. I remember running about 4:06 and thinking it might possibly have been the best race of my college career. It was close to the last.

A couple days later Kent State happened. Schools, including Holy Cross, were closed. When I went home I did not feel like running. I stopped training. I know we had a New England's that spring but I clearly remember sort of running in a fog. Things were different. At that moment I was not into it. I learned just before the **IC4A's** that Duffy had entered me in the 6 mile race. I had not run as far 6 miles on any day for at least three weeks. In fact, most days I had not run at all. Obviously, I ran poorly, finishing 6th in a time of 28:56. This was my last college race.

Some additional thoughts on the team

Throughout my career at Holy Cross I thought we had a terrific team. Everyone trained hard and raced hard. More importantly everyone supported each other. Some of these people including, but not limited to, **Art Martin, Jim Walsh, Bill Gallagher, and Nick Ryan** were among the best friends I ever had. To this day, I continue to believe that Art Martin may have been one of the most important students to have ever attended Holy Cross College, not because of this excellence as a track athlete but because of his consistent, four year commitment, to change the culture of the college so that it could become more caring and more supportive to African American students.

During our four years the college progressed from admitting two black students per class to admitting dozens, virtually all of whom were successful, including one of whom who became, and is today, a Supreme Court Justice. Since that time the achievements and success of African American Holy Cross graduates has been a great source of pride to the college. Art Martin's vision of what is right, his persistence striving for that, and his very presence at the school changed the college.

Some additional thoughts on Coach Duffy

You might be able to tell, I loved Coach Duffy. He was very good to me. As mentioned, he was the primary reason I attended Holy Cross. But we had our differences. In truth, I never thought Coach Duffy understood distance training or racing. He might have been one of the best coaches in the country for sprinters, quarter milers, and maybe even half milers.

There was never a moment when Duff spoke to me about long term goals. He never spoke about prepping for certain races. The training he offered did not give me a feeling that we were striving to peak at any particular point of the season. We fought all the time about my training because I thought I needed more distance work, less speed work, and, if I had to do

speed work, I would have preferred a different style than he preferred.

I knew what my distance competitors were doing and was certain they were much better prepared than I. During senior year I kept a training log. There were only two weeks when my training exceeded 50 miles. All of my competitors were running more, some twice as much. He once told me that he thought 22 miles per week of training should be plenty. He presented me with a model week which included days with a small number of quarter mile repeats at 56-60 seconds per, or 660 yard runs at 1:26-1:30, or a 5 mile distance run at 5 minutes per mile.

I will not go into more detail about our conversations but with regard to training we disagreed. We also disagreed with regard to racing. I always thought he had me running too many highly competitive races, often on consecutive days, often involving extensive travel, and occasionally two races within the same meet. Doubling during dual meets was not a big issue as the competition was not at an elite level. It's not that I could not do all of this racing. It's just that Coach Duffy did not seem to understand that the frequency and level of competition was more taxing on a distance runner than a sprinter. All that being said, Coach Duffy was someone I depended on. He definitely was my away from home, Holy Cross father figure.

Some thoughts on Tom Short

Tom was special. He certainly was not blessed with track and field ability, but he was definitely blessed with a love of track and field that separated him from others. His personality was always upbeat, always asking others how they were, always checking to see if he could do anything for you. He sort of reminded me of the character Radar from the TV Show, Mash. If you needed something Tom inexplicably showed up with it the next day. If you asked where he got it the answer was "I just knew how to find it." Tom always knew who was in shape, who might be dealing with a personal issue, or who might need a little pep talk. He was the heart of the team every bit as much as he was the manager.

Tom was special in many ways. He could talk his way into or out of anyplace and any circumstance. On more than one occasion at Madison Square Garden when I could not provide an entry ticket for Karen, who had taken a bus and a train to get from Mount Holyoke College to NYC Tom was able to talk their way past security and, without tickets, into the Garden. At least once they entered through a back door that led to a men's locker room. That must have been quite the sight!

I was not the only person Tom helped. Tom loved Philly, his home town, in a way that was unlike anyone else's love for their home town. He frequently began a sentence with, "In Philly . . ." He regaled us with talk

of the Philly steak and cheese sandwiches, the subs, and even the pizza which he insisted was better than anything you could get in NYC.

As with many of our classmates he was proudly in ROTC. Mostly, he was in ROTC because it helped pay the tuition, but he was very proud of it. He later became a Marine and was proud of that. I know because a few years after graduation late one night (or maybe about 3 in the morning) he called just to check in, see how Karen and I were doing. I remember he was happy to be doing what he was doing and would not change a thing. His passing was a very sad day for all of us who knew him.

Some brief thoughts on life after Holy Cross

I stumbled into education by accident. My plan as a psychology major was to become a clinical psychologist. I was even accepted to a doctoral program. Unfortunately I had no clue how to pay for it. At the 1969 New England XC Championships my high school coach and I had a conversation about it. He had become a counselor at Lexington HS and was coaching at Tufts, He suggested I might try Tuft's night/summer program (which required you complete a Master's Degree before they would admit to their Doctoral program) and maybe I could finance it by teaching. I took some education courses second semester. I applied to Lexington for a teaching position, was interviewed, was hired, and prepared to begin the next September.

As is typical in life things do not always work out the way you expect.

First, my preparation for teaching did not include student teaching or as many education courses as required by state certification regulation. With the help of Lexington administrators and Tufts advisors that problem was solved in the fall. Still, I found teaching to be much more difficult and time consuming than I expected. Frankly, I felt like a failure. But, I had to continue because my dad had unexpectedly lost his job in August and I was now the bread winner for my family. Otherwise I might have quit the first semester.

But as the first few years progressed I was surprised to come to love the job more and more. I switched my Tuft's program from clinical psychology to educational counseling which allowed me to carry most of my earned credits. Karen and I were married in 1971, our daughter, Kristin, was born in 1973, and, to earn a little more money, I began to coach. I had arrived at who I was.

Dismissing all the details, I spent the rest of my professional career in education. My career consisted of teaching, coaching, math department chair, Associate Principal (all of this in Lexington), then Principal at Concord-Carlisle High School, and finally working for the Massachusetts School Administrators' Association (providing support and professional develop-

CONTINUED TO NEXT PAGE

Junior Year 1968-1969

HC Trackmen Tie For N.E. Crown

By JIM CUNNINGHAM
Telegram Sportswriter

CHESTNUT HILL — Art Dulong set two records and Danny O'Donnell anchored the winning mile relay team as Holy Cross came from behind to tie Coast Guard Academy for the 32nd annual New England Intercollegiate track championship yesterday afternoon at Boston College's Alumni Field.

The Crusaders trailed Coast Guard by 10 points, 33-23, with two events left — the three mile and mile relay — and needed a pair of victories to win or to stay in contention.

Dulong, who had already won the mile with a record clocking of 4:04.1, took the lead on the second lap of the three mile

race. He gradually extended it and won with ease by 30 yards in the record time of 13:44.6.

Ben Peterson of Coast Guard, though, rallied to finish fourth and the Cadets held a 35-29 margin with only the mile relay left.

Needed a Victory

Holy Cross needed a victory and only a victory (worth six points) to gain a share of the title while Coast Guard could clinch the crown by merely finishing fifth (worth one point).

Two heats were scheduled with Coast Guard running in the first and the Crusaders in the second with the final placings decided on a time basis.

Coast Guard finished third in,

Turn to HC TIES Page 7C

Individuals do well in major track meets

Dual meet losses to Northeastern, Boston College and Brown were overshadowed by several individual outstanding performances in major invitational meets by the indoor track squad.

Again without the help of weight men and hampered training-wise because of so much snow, HC made its presence known in the National AAU championships at Philadelphia's Spectrum and the New England Indoor Collegiate Championships.

At Philadelphia, brilliant Art Dulong finished third in the National three-mile run behind world record holder George Young and Canadian Bob Finlay. Following the meet, Dulong was invited to tour Russia and West Germany with the National AAU.

Meanwhile, the Crusaders' two-mile relay team finished

fourth in the event, but behind three track clubs. The quartet was easily the best college team in the race. HC was timed in 7:39.6, trailing the Chicago Track Club, Manhattan Track Club and the New York AC.

HC finished a strong second in the New England Indoor Championships at Northeastern's Cabot Cage. The Crusaders had 24 points, without a single tally in the field events, while Northeastern didn't have one first place finisher in the running events but scored heavily in the weights.

Dulong was easily the meet's outstanding performer, winning both the mile (4:11.6) and then coming back to capture the two-

mile (9:00.6), lapping half of the field. Though the times were far from his best because of the double, they easily broke the Northeastern Cage records.

Senior Dan O'Donnell was HC's other first place finisher, breaking the tape in 1:12.8 (another cage record) in the 600 yard run. Teammate Joe Jamieson was three places behind.

Nick Ryan finished fifth in the broad jump while the mile relay team was third behind a Strong Tufts team, and Coast Guard.

Ahead are dual meets with Amherst and Connecticut, plus the IC4A championships at Madison Square Garden.

* * *

Just a brief look at the recruiting: Perhaps the biggest individual "catch" of the Holy Cross athletic recruiting year was landed by track coach Tom Duffy. The individual is Art Dulong, a schoolboy distance runner from Randolph, Mass., who captured the national indoor two-mile championship a year ago and was the only distance runner from the East to make the schoolboy All-America track and field team. His best time in the mile this Spring was a 4:05 mile and there's only one better turned in by a schoolboy runner in the nation. He also has a 4:09.5 and he is hoping to land a spot on one of the touring American teams headed for Europe this Summer. Dulong's announced intention of going to Holy Cross also helped attract some other track runners. Among them: Art Martin, a 4:18 miler from Essex Catholic in Newark, N. J.; Jim Walsh of Choate, the New England prep school cross country champion; and Nick Ryon, a 49-second 440 and 21.7 220 man from St. Mary's High School in Manhasset, N. Y.

--Alumnus Magazine, August 1966



Junior Art Dulong breaks the tape as the anchor man to HC's victorious two-mile relay team in the Wanamaker Milrose Games recently at New York's Madison Square Garden.

Memories of the Track and Field Class of 1970

ART DULONG CONTINUED FROM PREVIOUS PAGE

ment for school administrators). There is absolutely no doubt that the breadth and depth of the Holy Cross Liberal Arts program was helpful with everything I did. There is no doubt that the strength of character I observed around me at Holy Cross propelled me to aspire to the same strength of character. Indeed, the Jesuit values were guiding influences to everything I did professionally, as a husband, and as a father.

One can easily see that I was proud of my racing career and proud of my time at Holy Cross. That pride is nothing compared to the pride I have to be married for almost 50 years to Karen, the pride I have in our children Kristin and Tom, and the pride I have in our grandchildren Emily, Annie, Teddy, and Ella. In reflection, the time at Holy Cross was the most significant factor.

From Thoughts on HC Track 1966-70

1st Draft: Postscript:

During the conference call Jim Walsh and Art Martin made reference to the afternoon I tried to kidnap and lose them by taking them on a long run (yes, definitely more than 20 miles). Art Martin said I took them to Hopkington. Not true. We went to Holden, a very small town to the North/West of Worcester. Don't know how we got there or got back to HC, but I do remember we barely got back in time for dinner.

Well, at some point in the 1990's I was asked to address the HC Track Team during one of their regular practice times. Don't remember exactly what I said, but it must have not been very good as I was never asked back. However, when I opened up to questions the first question was, "We have heard that in those years you often did workouts of 20-25 miles and even took some teammates with you, maybe even people who were half milers. Is that true?" Our little run had become something of a legend.

True story!

Art Dulong

Jim Walsh, Hamden, CT

CROSS-COUNTRY AND TRACK MEMORIES

Art Dulong was usually first in all of his races and of course first in submitting his memories. I like Nick, marvel at his recollection of the events during our running days at Holy Cross, although, and I apologize in advance if incorrect, I think Art had a little assistance in his recollections from the book entitled *Dulong, Norris & Kent, A Running Revolution in New England*, a must read for all HC trackmen.

I came to Holy Cross my freshman year a fairly accomplished runner from the Choate School where I held many cross-country and track records, most notably having broken the course record at Choate previously held by Frank Shorter. I didn't know what to expect and had no advance knowledge of the high school accomplishments of Art Dulong and Art Martin. I remember what I believe was our first cross-country practice with Coach Donahue and being sent out on a ten mile run with Coach Donahue following us in his green Rambler. Somehow, I was able to keep up with the Arts and approximately 7 to 8 miles into the run I remember one of the Arts commenting to the other, "Who is this guy?" which at the time I took as a compliment.

Our locker room, if you could call it that, was in the basement of Carlin Hall and we were issued a towel not much larger than a hand towel for showering which we were expected to use for several days. After a period of time the towels would become stiff as boards. But it was our locker room which we didn't have to share with any other teams.

I had a great group of freshman teammates and ultimately great friends, who together persevered through many a rainy and cold practice.

Art Dulong won all of our dual meets that fall, but on one occasion against UMass Art waited for Art Martin and me to catch up with him & all three of us crossed the finish line together.

In that freshman cross-country season we had two significant accomplishments. The first was tying Providence for the team title at the New England Championships at Franklin Field, a race I finished in seventh place. Thereafter a few weeks later were led by Art Dulong to victory in the IC4A Championship at Van Cortland Park.

Our freshman indoor and outdoor season for me consisted mostly of dual and tri meets in which I

ran predominately mile and two mile races. Unfortunately, with my many moves over the years I somehow misplaced my track medals and meet results although I did come across two trophies I received, one the **Holy Cross Coaches Award 1967** and the other the **Track MVP 1968**.

In the Fall of our sophomore year, I remember spending a weekend with Art Dulong and his family in Randolph, Ma. and on Saturday of that weekend I went with Art to workout with a group of runners Art occasionally trained with and one of those runners that day was **Johnny Kelley**, the legendary Boston marathoner. Unfortunately I don't recall much else of that sophomore season other than the many bus rides, lots of card games and much laughter and really getting to know the upper classmen on our team, especially, **Jim Quinn, Bob Welch, Rich Peters, John Collins, Tim Joyce, Danny O'Donnell** and **Joe Jamieson**.

Unfortunately, and I believe it was the Spring of my sophomore year, we stayed on campus for spring break to get ready for a dual meet and at the time the 290 connector was under construction. Next to the outdoor track a section of the steel beams above the road at the end of College Street began to collapse and pinned several passing cars underneath resulting in injuries and fatalities. It was a deafening sound and one I will always remember.

The cross-country season junior year is a blur for me and I don't remember much of it, however just at the beginning of the indoor track season and right before going home for Christmas break **Coach Duffy** advised me, that on our return to school he wanted me to participate in a runoff for the final position on the two mile relay team consisting of **Art Martin, Dan O'Donnell** and **Joe Jamieson** and a runner to be named. I realized that making that relay team would be my only opportunity to compete in the invitational meets in New York City and Boston that season, so I spent the entire Christmas vacation at Yale's Cox Cage working on my speed which I had little of and upon my return from vacation was able to secure that fourth spot on the team. I remember that winter leading up to those invitational meets was not very conducive to training as we had several snowstorms rendering the track below Carlin unusable and with the lack of training we had to rely on our prior conditioning. I will never forget that relay, after qualifying in a preliminary heat, **Joe Jamieson** had an extremely upset stomach and I wasn't sure how he was going to be able to compete in the finals later in the evening. But he gutted it out

CONTINUED TO NEXT PAGE



Junior Year 1968-1969

Worcester Sunday Telegram May 25, 1969 7C

HC Ties for N.E. Title; Dulong Sets Two Records

Continued from Page 1C

its heat with a 3:20.8 clocking and now it was up to Holy Cross.

Nick Ryan, Art Martin and Joe Jamieson were the first three runners for Holy Cross and each trailed by five yards when they passed the baton.

Anchorman O'Donnell, who earlier had won the 440-yard dash in 47.9 seconds, finally caught Northeastern runner Tom Wittenhagen with about 100 yards remaining. Just as O'Donnell began to pass him Wittenhagen dropped his baton and the speedy Crusader co-captain raced past him to give Holy Cross the victory in 3:15.

O'Donnell turned in a very strong quarter, rading the distance in 47.3 seconds as he came from behind to win and assure Holy Cross a share in the championship.

The other splits for the relay team were: Ryan, 50 seconds; Martin, 49.2 seconds and Jamieson, 48.5 seconds.

2 Score in 880

Martin and Jamieson both scored in the 880-yard run with Martin placing three and Jamieson, fourth.

Ed Fanning started the



Dan O'Donnell

Crusaders off on the right foot by capturing second place in the long jump with a leap of 22 feet, 8 3/4 inches.

The other Holy Cross points were picked up by the 440-yard relay team which came in first in its heat, but placed fourth on a time basis. The team was composed of Fanning, Dansdill, Mike Daley and Ryan and was timed in 42.9 seconds.

Dulong's mile time broke the 4:04.5 mark Central Connecticut ace Jim Keefe set in 1963. His three-mile effort bettered the 13:51 clocking set by Wesleyan's Amby Burfoot last year.

Wins Top Award

The Crusader ace was voted the outstanding competitor in the running events by a narrow margin over Greg Magee of Coast Guard. Magee also scored a double, winning the 100 yard dash in 9.9 seconds and the 120-yard high hurdles in 14.5 seconds.

HC's John Collins won the award last year.

Springfield College's Jon Rose, who shattered the pole vault record by 9 1/2 inches with a leap of 15 feet, 6 inches, was named the meet's outstanding competitor in the field events.

Ed Tucker, the Coast Guard coach who missed the meet because he was in California on business, was voted the outstanding coach award.

Track Topics

Connecticut's Craig McColl, the former Wachusett Regional

High star, was second to Dulong in the mile, in 4:08.1.

Worcester Tech's two entries; sophomore Jim Snider and senior Charlie Zepp failed to qualify. Both ran in the 880 trials in the morning. Zepp was timed in 1:55.5, and Snider in 1:53.5. The cutoff was 1:54.2.

Bob Pritchard, Worcester Tech athletic director, was elected vice-president of the New England Intercollegiate Track Association and Carl Kurth, Trinity athletic director, president.

Coast Guard has done very well while coach Tucker has been on the West Coast. Assistant Bill Anderson directed the Cadets to the Eastern championships last week and this week to a share of the New England crown.

Crusader Coach Tom Duffy, though, won the toss for the championship plaque and Coast Guard will have to wait until another is made.

The New England will be held at the University of Massachusetts next year and probably at the University of Vermont in 1971.

Holy Cross' freshman mile relay team won its race, which didn't count in the point standings, in 3:28.7. The team was composed of Dick Dyer, John Schwab, John Mangardi and Kjeran Donovan.

Dulong will compete in the steeplechase and three mile runs in both the ICAA and NCAA championships in the next several weeks.

Jeff Bannister, the former Worcester Academy standout, and one of the top decathlon competitors in the country, won the 440-yard hurdles in 52.9 seconds and placed third in the 120-yard high hurdles. He attends the University of New Hampshire.

Andy Kenney of Northeastern was a double winner, taking first places in the discus and shot put.



New HC Track Co-Captains

Art Martin (left), and Nick Ryan jog around Holy Cross' tartan track preparing for the New England championships tomorrow at Boston College. They have been named co-captains of HC's 1970 track team. Martin, who runs the 880, mile and also cross country, is from East Orange, N.J. He is president of the Black Student Union at HC. Ryan, from Oyster Bay, N.Y., runs the 100, 220, 440 and is also a long jumper. Both are juniors.

Summary

RUNNING EVENTS

3000 Meter Steeplechase — 1, Wilson (MIT); 2, Long (UMass); 3, Fenton (NU); 4, Durr (UMass); 5, Dardarian (UMass). Time — 8:51.9 (New Record, breaks old record of 8:55.8 set by Amby Burfoot of Wesleyan — May 25, 1968).

440 Yard Relay — 1, Boston College (Johnson, Doherty, Ryan, Casey); 2, Coast Guard; 3, UMass; 4, Holy Cross; 5, UConn. Time — 41.7 seconds.

Mile run — 1, Dulong (Holy Cross); 2, McColl (UConn); 3, Young (UConn); 4, Moss (BU); 5, Vitale (UConn). Time — 4:04.1 (new record, breaks old record of 4:04.5 set by J. Keefe (Cesar. Conn.) — May 25, 1968).

120 Yard High Hurdles — 1, Magee (Coast Guard); 2, DiCasimo (Cent. Conn.); 3, Bannister (UNH); 4, Hunness, (Coast Guard); 5, Whitfield (UR). Time — 14.5 seconds.

440-Yard Dash — 1, O'Donnell (Holy Cross); 2, Steinhard (Amherst); 3, Staddock (Tufts); 4, Thomson (Brown); 5, Green (Brown). Time — 47.3 seconds.

100 Yard Dash — 1, Magee (Coast Guard); 2, Carter (Boston State); 3, Johnson (BC); 4, Amaral (UConn); 5, Dave Marble (UMass). Time — 9.9 seconds.

880 Yard Run — 1, Flanagan (UConn); 2, Scanton (NU); 3, Martin (Holy Cross); 4, Jamieson (Holy Cross); 5, Jackson (CG). Time — 1:51.1.

440 Yard Hurdles — 1, Bannister (UNH); 2, DiCasimo (Cent. Conn.); 3, Steve Robertson (Brown); 4, Whitfield (UR); 5, Mike Roberts (NU). Time — 52.9 seconds.

220 Yard Dash — 1, Reed (Amherst); 2, Chase (UMass); 3, Casey (BC); 4, Sedock (Cent. Conn.); 5, Desantis (Cent. Conn.). Time — 21.3 seconds.

Freshman One Mile Relay — (one scoring event) — 1, Holy Cross (Dyer, Schwab, Mangardi, Donovan); 2, Northeastern; 3, Tufts; 4, Rhode Island; 5, Brown. Time — 3:28.7.

Three Mile Run — 1, Dulong (HC); 2, Wilson (MIT); 3, Spurling (UConn); 4, Peterson (Coast Guard); 5, Wayne (UMass). Time — 13:44.6 (new record, breaks old record of 13:51 by Amby Burfoot of Wesleyan 1968).

One Mile Relay — 1, Holy Cross (Nick Ryan, Art Martin, Joe Jamieson, Dan O'Donnell); 2, Brown; 3, B.C.; 4, UConn; 5, U Mass. Time 3:15.0.

Memories of the Track and Field Class of 1970

JIM WALSH CONTINUED FROM PREVIOUS PAGE

and with **Danny O'Donnell** coming from behind in the final lap. We were victorious.

Speaking of training, you all remember working outdoors in the winter in often frigid conditions with just long johns and wool caps to protect us against the elements and **Coach Duffy** and **Coach O'Connor** sitting in Duffy's heated car giving us workouts and keeping times. To this day I have poor circulation in my feet and probably attributable to the frozen feet we constantly endured.

It was also during that indoor season that we traveled to the Moses Brown School, a private school in Providence with a beautiful indoor 220 tartan track for a tri meet with Brown and BC. I was entered to run both the mile and two-mile races that night. In the mile race I remember holding off two runners on the last turn to win the race in a personal best time of around 4:10. Later that evening, I also placed in the two-mile race.

In the Spring of our junior year I was approached by either **Coach Duffy** or **Coach O'Connor** to see if I had any interest in running the steeplechase at the upcoming BC relays. I said sure and having never run in a steeplechase race before I started practicing on the sprinter hurdles to get ready.

The steeplechase was held on the Friday afternoon before the Saturday relay events and on that Friday accompanied by **Tom Short**, I set out for BC. As I looked at the wooden barriers needed to hurdle, I suddenly realized that my hurdling prowess was going to be an issue. So I ran the entire race stepping on the top of each barrier and by some stroke of luck I won the race and can probably make the claim of being the only one to win a college steeplechase race without actually hurdling any of the barriers.

I don't remember running many cross-country races my senior year. I was engaged at the time to my wife and spending most weekends with her but do remember during the indoor season finally getting to run a two-mile relay with **Art Dulong** anchoring the team. It was at the Philadelphia Track Classic and along with **Art Martin**, **Kieran Donovan** and **Art** we were victorious.

I look back on those years at Holy Cross and realize that we participated in the only three season sport and spent a large part of our free time training and competing with our fellow teammates who became family to each of us. I especially relish my friendships with both **Arts**, **Nick Ryan**, **Bill Gallagher**, **Phil Dansdill**, **Bernie Monbouquette** and all my other teammates over those four years at HC.

In closing I would also like to echo **Art Dulong's** sentiments concerning **Art Martin**. Although Art was a teammate and good friend, at the time I never fully appreciated the impact **Art** had on the future of the

African American student body at HC. Recently I had the opportunity to read the Brotherhood which gave me a more inciteful understanding of Art's commitment and influence on making the college a better and more diverse institution.

Since I have so few, I am enclosing the only keepsakes and pictures I could locate.

1. The program from the New England Cross Country Championship our freshman year.
2. The result sheet from that race.
3. The program from the IC4A Cross-country Championship our freshman year.
4. Three photos of me racing, including my one and only steeplechase race at the BC relays.

Ed "Dennis" Murphy, Lowell, MA

Fellow Knights,

I have had a enlightening conversation with room mate **Charlie Lynch** in which we put together bits and pieces of those great years.



Let **Charlie's** account speak also for me. I can add only a few more thoughts and memories to **Charlie** and **Steve Jutras**.

I was raised in the Lowell MA area and attended Keith Academy, a high school that averaged 90 graduates a year and many looked toward BC and HC as their dream school. **Eddie O'Melia**, for whom the MVP trophy for the HC v. BC football game was named, attended KA and a large monument was placed near the entrance after he as killed in action during WW2.

George McGuane'70, and **Fred McDonald** '69 were my classmates at KA. George and I were also in NROTC together. Lowell was the birthplace of the BOSTON PATRIOTS. At our annual Sports Banquet a PATS players would attend. **Billy Sullivan**, the owner, would always send a HC and BC grad that were players on the PATS as guest speakers and this added to the HC mystique.

In addition to these connections, my Dad, HC'43, was the football team Captain and Track & Field standout.

Well, My abilities were limited to a decent quarter miler, and in the discus, javelin and shot, I had my Dad as a backyard coach.

In my sophomore year at KA, a group of us petitioned the principle for the 1st T&F team; It helped that the Headmaster had been the Track and Field coach at St. John's Prep in Danvers, Mass. Our first team ran

a mile and a half to a cider oval track at a city park.

I'm throwing this all out because my point is, I just LOVED T&F due to my family and the adults that I knew that participated in the sport.

I actually loved the sport more that BASEBALL and to throw a Discus involves more technique than a Ted Williams batting manual.

So much has been said and written about the value of sports and I hope that T&F will continue to grow in our communities.

To be honest, participating in HC T&F, was a pure joy; an experience that was not one of standout performances but the pure thrill to be a member of a team with standup, dedicated fellow Crusaders of whom, I have searched my memory for these anecdotes:

1. Who was standing with me when the tanker got hit by the I beam on the RT 290 bridge and people were scrambling to safety?
 2. Stepping into the hammer ring to throw after **Jim Kavanaugh** unleashed a throw into the woods.
 3. **Steve Jutras** doing 100 push ups to warm up?
 4. **Charlie** deciding to take a swim in a brook at UMASS Amherst b/c it was the first warm meet. (ok, me too)
 5. Following **Art Dulong's** career from H.S. to College to Teacher-Coach-Administrator.
 6. Watching **Bernie Monbouquette** run the hurdles with robotic mastery!
 7. Cursing **Forest Baker** for running me into the ground during FB wind sprints.
 8. That strange feeling when **Charlie** and I signed in to the Discus at dual at Dartmouth and we were number 11 and 12!
 9. I loved watching sprints; but the likes of **Art Martin** and **Nick Ryan** were very exciting races.
 10. **FB Capt. Pete Kimner** (Lentz to Kimner) ran the hurdles and threw the shot our frosh year.
- Special remembrance: Tom Short** and **Eddie Lenox**

Sincerely,

Ed "Dennis" Murphy

Postscript:

My apologies to **Eddie Lenox** for including him in a remembrance at the end of my thoughts.

I am aging and in thinking about Ed on the T&F Team I pictured him with the javelin and always projecting a great sense of humor.

As I ended with **Tom Short**, a very memorable individual, the mistake occurred. Mea Culpa.

Senior Year 1969-1970

Dulong, Crusaders Seek N.E. Repeats

Art Dulong, for the past four years one of the premier distance runners in the country, will run his final two races in New England as a collegian Saturday when Holy Cross competes in the 83rd annual New England championships at Boston College.

Dulong, national indoor three-mile champion and holder of several New England and IC4A championships, will defend his mile and three-mile titles Saturday. Named the most outstanding runner in last year's New England meet, Art ran the mile in 4:04.1 and came back to take the three-mile in 13:44.6, both record times, at BC last spring.

"Running the mile and then coming back to run three more is a tough double," said HC's retiring coach, Tom Duffy. "But Art is in a class by himself in New England and shouldn't have much trouble, even though he'll be facing fresh and well-rested runners in both races. I'm sure he'll bow out in grand fashion."

The Crusaders will have sev-



Art Dulong

and sneak in there. Being able to use freshmen is going to help."

For the first time frosh will be in the varsity competition and Duffy feels he has several who could score. Among them are sprinter Vic Jackson of Savannah, Ga., who'll run both the 100 and 220. Rich Comeau of Melrose and Mike McDonald of Manchester, Conn., could do well in the 440, as well as senior co-captain Nick Ryan and sophomore Rick Dyer.

Duffy also looks for a prime effort by senior co-captain Art Martin of East Orange, N.J. in the half-mile. Martin was third a year ago in 1:51.6 but hopes to dip under 1:50 on Saturday.

Fanning Could Place

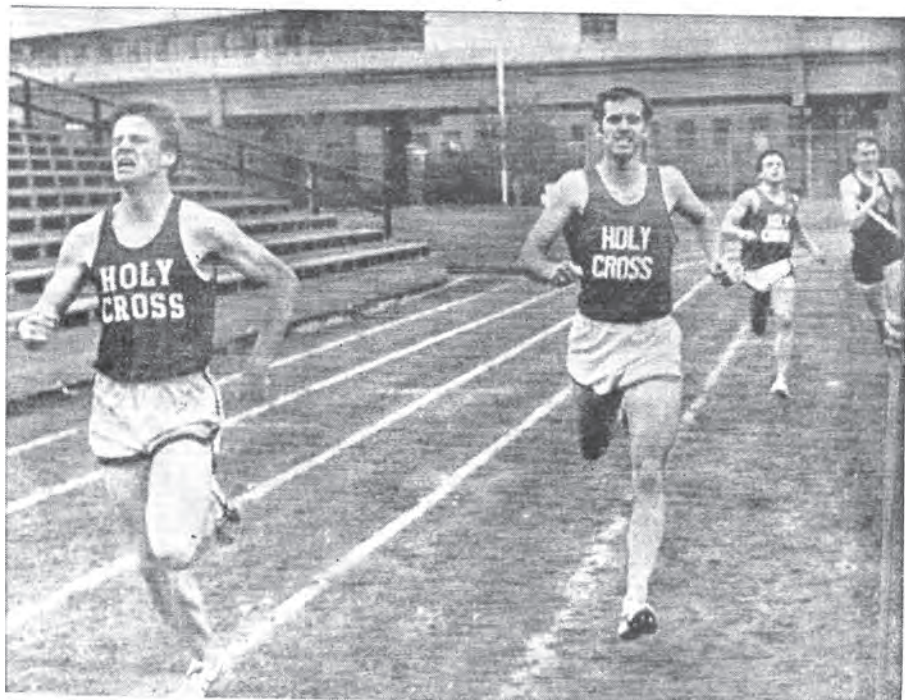
And junior Ed Fanning should place high in the long jump. He was second a year ago to his high school teammate, Greg Ouelette of Brown, who has won the event the past two years. Fanning lost to Ouelette by just one and one quarter inches last year.

eral runners entered attempting to successfully defend the title it won last year with Coast Guard. The teams tied with 35 points each.

"We're not as strong as we were a year ago," says Duffy. "But we're the sleepers. We just may surprise a few people

The Crusaders should also have a strong mile relay team, seeking a third straight victory in this event. HC runners have won the relay the last two years with identical times of 3:15.

"It sure would be nice to bow out with another championship," said Duffy, who retires next month at the age of 75 after producing many champions at first Rindge Tech in Cambridge and for the past 10 years at Holy Cross. "As I said, we're the sleepers. But we have a real dedicated bunch of young men who want to win badly. If enough points are divided in the field events, we have a good chance."



Sophomore Rick Dyer (left) nips teammate and senior Phil Dansill by one-tenth of a second in the quarter-mile in dual meet on Fitton Field against Massachusetts.



AP Wirephoto

Dulong Receives Congratulations

Holy Cross' Art Dulong is praised by Crusaders coach Tom Duffy after setting a Boston record of 4 minutes, 1.1 seconds in winning the Hunter Mile in the BAA track meet Saturday

night at Boston Garden. Dulong was awarded the John J. Hallahan Memorial Trophy as the outstanding performer in the competition.

Memories of the Track and Field Class of 1970

Ed Lenox Wrentham, MA

Hi Dennis. No harm done, I'm alive and well, although it did sort of sound like an "In Memorium" comment, so I quickly checked my pulse to be sure I'm still here. I'm actually flattered to have been included in this email stream because my sole involvement with track and field was freshman year throwing the javelin, so I really have no stories to offer. But I'm totally enjoying reading all of the memories that you



guys are serving up.

As I recall, **Jim Rosseel** (who played Freshman football) and I were the only "full time" javelin throwers in spring of freshman year, although a couple of other people (yourself included) jumped in once in a while. There were about three upper classmen who threw for the varsity, so the five of us would work out on the "Freshman Field" down below Alumni Hall. It was actually a pretty good place to practice because it was so wide open. We were, however, completely on our own. I remember **Coach Duffy** trekking over to check in with us once in a while, but the only coaching that I remember receiving was sort of "peer coaching" from the other guys. We had no interaction with the runners or with the other field event participants. In hindsight, I guess it was a little strange, but it didn't bother us at the time. Rosseel and I placed in most meets, partly because we were half-decent, but also because most of the teams that we competed against only had two or three throwers, which significantly improves your chance of placing.

It's been fun reading all of the memories. Good luck to all of you!! I wish the best to all of you!!

Ed Lenox

Steve Jutras Cranston, RI

Gentlemen,

Charlie Lynch called me the other night to inform me that there was some interest in hearing about my take on my track days at Holy Cross. Well that being the case, I fear that I may be contributing to the boredom that the Covid has perpetuated by relating this information. Anyway, here goes. It should not take too long.

I believe that I was on the team for just freshman and sophomore years with the intent of picking up a little speed in order to improve my performance in that other sport I played; you know that barbaric one with 250 lb. ogres trying to introduce my face to the Fitton Field turf. My second reason was to get a front row seat to the **Art and Art show**; a true privilege to watch that display of excellence.

One thing that stood out about my track days at Holy Cross, as well as in high school, was the individualized nature of the sport. One's success or failure was one's alone, no need for blocking. And at the same time the team concept remained intact. I appreciated all that.

I also enjoyed the camaraderie. For example, I remember a meet at Brown University. I'm not sure which year it was. For some reason I was running in the 440, a race that I don't think I ever ran. I usually ran the 220 and/or the 100. I was **John Collins'** pacesetter. That's a joke. I really don't need to point that out.

Anyway, I apparently forgot that I was in the 440 and not the 220. I sprinted out at a fast pace leaving everyone in the dust until the gods of heavy legs took over. I can still feel the breeze as all the other runners blew past me. As I sat in utter dejection and embarrassment after the race one of my fellow trackmen (yes, one of you), in an attempt to cheer me up, told me that one of my admirers in the stands shouted out during the race "look at that fat guy go". I really didn't need that information. Okay, so I put on a few pounds.

Eventually the track gods were good to me. My son was an outstanding sprinter in guess what - the 440 (400). He set records at his high school and was voted Most Athletic in his school; no small feat in a football/basketball dominated environment. So, a happy ending to my track career; minor detail that I lived most of it through my son.

So, there you have it. This little expose' on my track career may conflict a bit with what I told



my friends and family here in RI. So what if I told them that hepatitis kept me from running in the Olympics. Please keep all this under your hat.

Best to you all, Steve Jutras

Art Martin, South Orange, NJ REFLECTIONS ON TRACK EVENTS 1966-1970

FRESHMAN YEAR

Freshman year was eventful. I place 9th at the IC4A X-Cross Championship at Van Cortland Park in the Bronx and it is well documented with **Art Dulong's** number one placement we won the championship.

Indoor track was interesting in that I found myself doing doubles and triple events in our dual meets and it's not until many years later I realized I was a little tired in the early spring.

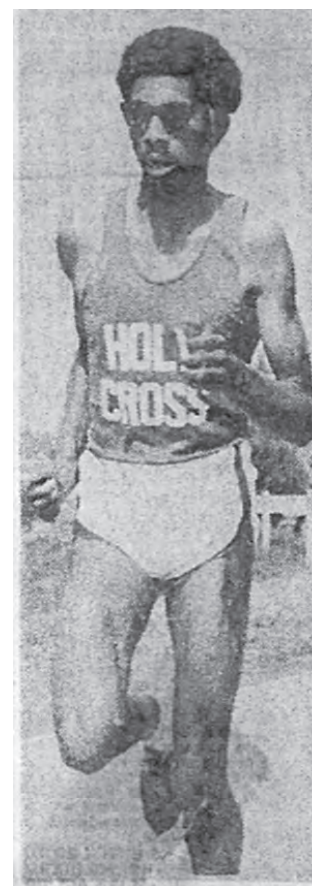
Once again at the **IC4A Indoor Championship** we prevailed as freshman in the special freshman relay again thanks to **Art Dulong's** phenomenal anchor. This record will stand in that after that race it was never on the program again.

Only disappointment freshman year was our inability to break the national record for the Distance Medley.

SOPHMORE YEAR

Indoor season was a prelude for the next year. Our relay teams started to gel but unfortunately **Danny O'Donnell** was hurt which diminished our relay strength. In the **New England Championships**, I ran 4:11 for the mile and I took 3rd place. Really did not train for the mile. This year was special because the NYAC meet became

CONTINUED TO NEXT PAGE



Senior Year 1969-1970

HC Field Strength Overcomes Redmen

Holy Cross, with surprising strength in the field events, romped to an easy 100-44 track and field upset victory over the

University of Massachusetts at Fitton Field yesterday.

It was HC's first dual meet win after three losses. UMass is now 3-4.

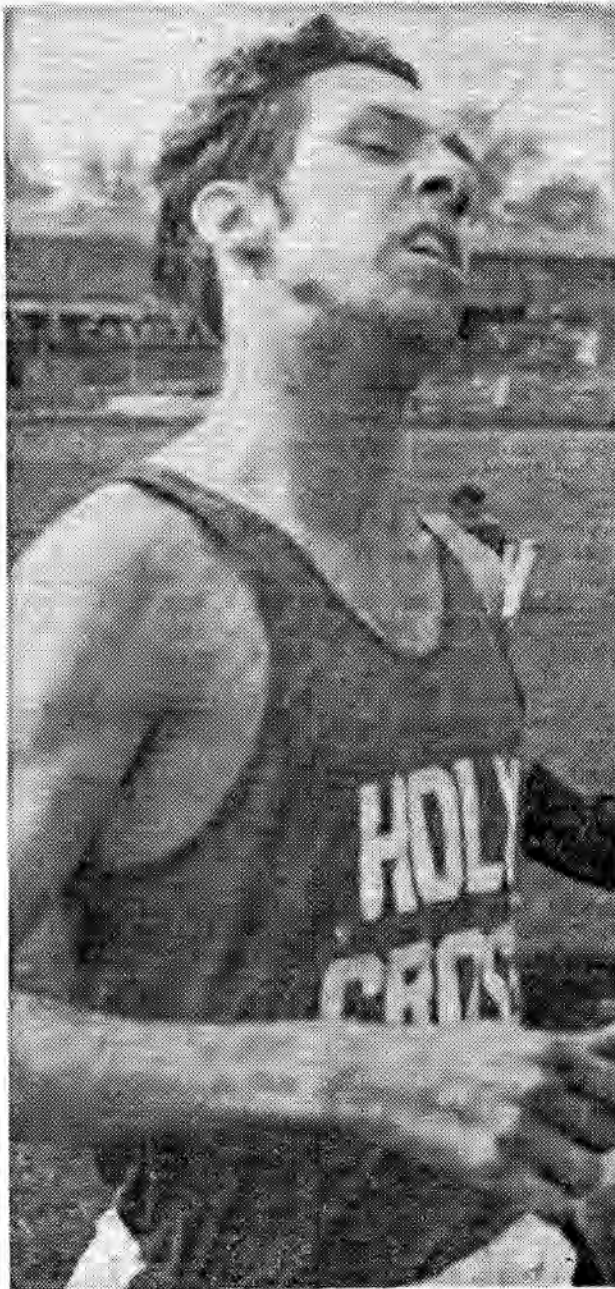
The Crusaders outscored the Redmen, 42-30, in the field and had a huge, 58-14, advantage in the running events.

Nick Ryan took the 100, 220 and placed second in the javelin for the Crusaders, who swept the pole vault, 880 and two-mile. The Dugan brothers, Ed and Mike, were 1-2 in the pole vault, each clearing 12 feet. Ed won on fewer misses.

Art Dulong, HC's great distance runner, ran just the mile and coasted to an easy 75-yard victory in 4:16.3.

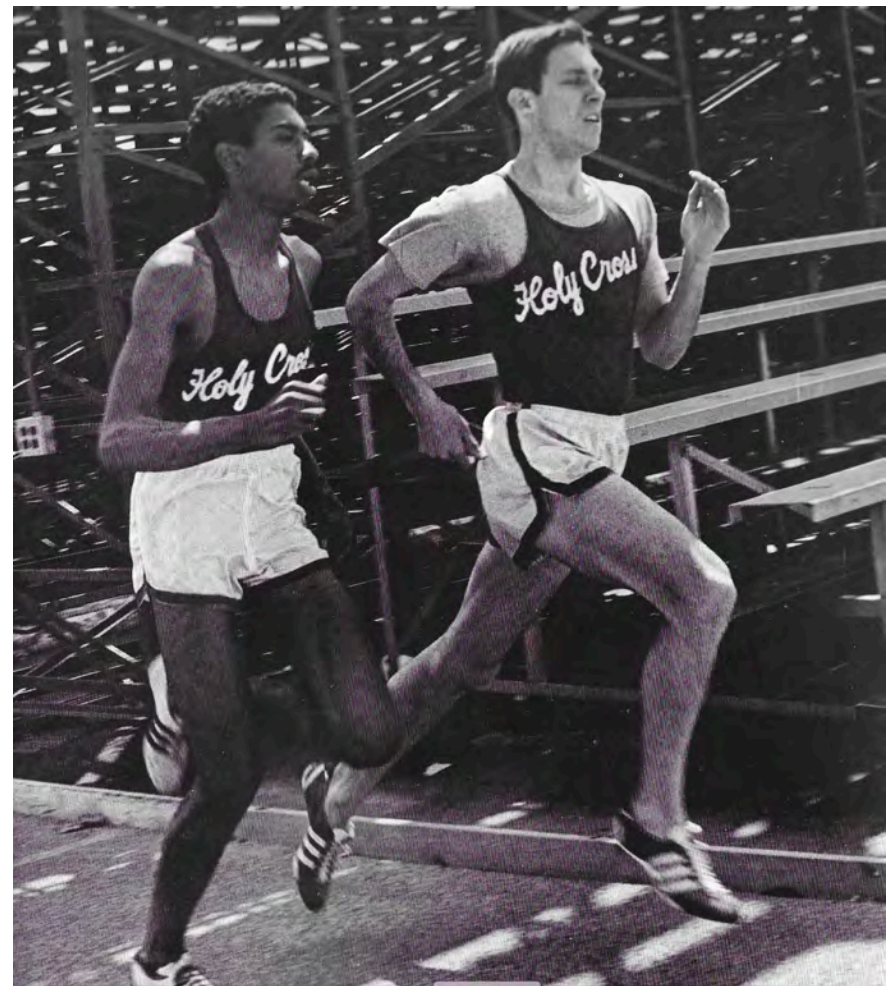
The HC Frosh lost for the first time in four meets, 77-71.

Mile — 1, Dulong (HC); 2, Peyton (HC); 3, Wayne (M). Time—4:16.3.
 120-High Hurdles — 1, Graves (M); 2, Monbouquette (HC); 3, Paulson (M). Time—16.3.
 440—1, Dyer (HC); Dansdill (HC); 3, Mangan (M). Time—51.1.
 100—1, Ryan (HC); 2, Fanning (HC); 3, Olson (M). Time—10.5.
 880—1, Martin (HC); 2, Walsh (HC); 3, Fahay (HC). Time—1:55.7.
 440 Hurdles—1, Voss (HC); 2, Graves (M); 3, Paulson (M). Time—58.5.
 220—1, Ryan (HC); 2, Dansdill (HC); 3, Mangan (M). Time—22.6.
 Two Mile—1, Gallagher (HC); 2, Borbet (HC); 3, Heath (HC). Time—9:41.8.
 Hammer—1, Arcaro (M); 2, Morrison (HC); 3, Bonsey (M). Distance—178 feet, 8 inches.
 Discus—1, Arcaro (M); 2, Adams (HC); 3, Morrison (HC). Distance—143 feet, 6 inches.
 Pole Vault—1, E. Dugan (HC); 2, M. Dugan (HC); 3, Kennedy (HC). Height—12 feet.
 Long Jump—1, Fanning (HC); 2, Shaughnessy (M); 3, Merkle (HC). Distance—21 feet, 8 inches.
 Triple Jump—1, Merkle (HC); 2, Fanning (HC); 3, Pelitto (M). Distance—39 feet, 11½ inches.
 High Jump—1, Shaughnessy (M); 2, Augusta (HC); 3, McMahon (HC). Height—6 feet.
 Shot Put—1, Arcaro (M); 2, Adams (HC); 3, Sufion (HC). Distance—47 feet, 9 inches.
 Javelin—1, Pelitto (M); 2, Ryan (HC); 3, Kennedy (HC). Distance—181 feet, 4¾ inches.



Telegram Photo by LEO E. MEYER

Distance star Art Dulong, in his last home race for Holy Cross, crosses the tape for an easy victory in the mile in dual track meet against Massachusetts at Fitton Field yesterday. Dulong was timed in 4:16.3.



Art Martin and Art Dulong at the New Englands



Ed Fanning and Nick Ryan

Memories of the Track and Field Class of 1970

ART MARTIN *CONTINUED FROM PREVIOUS PAGE*

became an issue due to its discriminatory policies and Martin Luther King was assassinated and on that occasion the team responded correctly by postponing the dual meet.

JUNIOR YEAR

Junior year was clearly the best year of my four years at Holy Cross. In the indoor track season the two mile relay was clearly running at a National level. Aside from the victory at the **Millrose Games** and the **IC4A Indoor Championship** the relay set a school record at the **Penn Relays**, which is still standing.

In the Outdoor season we tied the Coast Guard for the **New England Championship** and I placed 3rd in the 880 run and ran on the winning mile relay.

I participated in the **IC4A Outdoor Championship** I was fortunate to be in the championship 880 yard run heat where I ran a 1:50.3 which is still the school record.

SENIOR YEAR

This year was a blur. **Nick Ryan** and I became co-captains of the track team and I ended my career as **New England Champion in the 880 yard dash**.

Bernie Monbouquette, Moultonborough, NH

Holy Cross 1970 Track Reflections

I came to HC in part for its tradition of strong academics and sports, especially track. My second choice school had strong academics but athletics in its infancy. I had watched HC runners at the **BC Relays** and the **Boston Garden meets**, and I was drawn to their tradition of success.

In our first few months at HC, cross-country was in season. I tried it but not for me. The frosh x-c team of **Art Dulong, Art Martin, Jim Walsh, Bill Gallagher, Bob Naseef, Joe O'Rourke** and **Tom Ferguson** was very successful. I never got to see them run; I was giving crew a try as the coxswain on the novice 8 boat. (We got 3rd of 8 boats in our division at the 1966 Head of the Charles regatta!). I joined the newly gathered frosh indoor track team, of which the x-c runners were the vital component.

The upper class men were welcoming, fun and good athletes to boot. **Captains Horgan** and **Peters** were perfect mentors. Runners were fun to watch in training: **Collins, Hartrey, Kingston, O'Donnell, Harbek,**



Welsh, Dewey, Jamison, Quinn, Joyce and **Scanlon** come to mind. The frosh runners, in addition to the distance guys from the x-c team, included **Nick Ryan, Forest Baker, Phil Dansdill, Jim Freer, Rich (Kent) Miller, Marty Milner, Frank Arlinghaus** and **Frank Dimasi**. **Ed Dugan** was our sole pole vaulter, and I was the only hurdler. (**Jim Flanagan** joined at a later time).

Our first indoor meet as freshman was at Phillips Andover Academy. **Art Dulong** was sidelined by pneumonia and could not participate. At that time, I cannot recall that we had anyone training specifically as a shot putter, long or high jumper. I talked my Wheeler 3 neighbor Bill McKenna into joining us as a shot putter as he had done so in high school.

The results of this meet (HC 54- PA 50) was a foretelling of our 4 years of track at HC: the running events scored enough points to win, with few points coming from the field events. Most of our runners ran in several events in part to cover for **Art Dulong's** absence and in part to cover for our scarcity of field event entrants. In the Andover meet, **Bill McKenna** placed 3rd in the shot put, and **Nick Ryan** placed 2nd in the long jump and 3rd in the high jump. Their points were our only points in the 5 field events. (More to be discussed later about that Phillips meet.)

A quick review of the HC yearbooks, and my memory of the meet results for our frosh year, spring season, bear out that same proportionate contribution. There were many dual track meets during our 4 years that were decided by a few points, all showing HC scoring most of its points in the running events. Our frosh team was fortunate though to have the contributions in the weight events of **Charlie Lynch, Dennis Murphy, Ed Lenox** and **Steve Jutras** for the outdoor seasons.

The relay teams during our 4 years, however, were very successful. One source of pride for the team was the national freshman record set at the BC Relays in the distance medley. That team consisted of **Dulong, Martin, Ryan, and Baker**.

The 1970 track team members have continued to achieve success in their careers in law, business, education, journalism and medicine. Several teammates, **Dulong** and **DeMasi**, have also shared their knowledge and talent as track coaches.

Our manager for the team was **Tom Short**. He was a positive influence on all of us. He was very caring and supportive. The deaths of **Tom Short** and **Frank DeMasi** have been a reality check for me, but have not dampened my fond memories of them and my appreciation for our experiences together on the track team. Both guys had great senses of humor; **Tom** had the thickest Philly accent...**Bob Naseef** was a close second.

The tradition of success in the Holy Cross track program was not only continued but also enhanced by the team members from the Class of 1970.

Personal Recollection of our first indoor meet at Phillips Andover Academy

We had quite a day at Andover, winning the meet 54-50, according to the WT&G article in the next day's newspaper. As mentioned, lots of guys ran in two or more events. **Nick Ryan** showed his versatility and talents by winning the 50 sprint and the 600, and placing second in the long jump and third in the high jump. **Art Martin** also showed his skill in winning the 1000 and one mile. **Jim Walsh** tied for first in the two mile and placed second in the one mile. **Joe O'Rourke** tied Jim for the first in the two mile and placed third in the one mile. Other point scorers included **Bill McKenna** in the shot put, **Frank Arlinghaus** in the 1000, **Frank DeMasi** and **Marty Milner** in the 600, and **Bob Naseef** in the two mile.

I was our team's only entry in the high hurdles. My being the only hurdler on the team at that time probably explains why coaches **Duffy** and **Donohue** allowed me to persist in my attempt to master the college height hurdle race. They, as well as former coach **Bart Sullivan**, often reminded me that I was too short to be a college hurdler. On this day, Andover had five guys entered in the hurdles. I was placed in the middle lane, with what seemed to me much taller runners on both sides.

I was feeling pretty good about the race that day. It was just one heat. Prior to this, my practice at HC was in the college height hurdles, which were three inches higher than the high school hurdles. Three more inches was a significant new challenge for me, because I was still five foot six inches tall. But in this race, I was delighted to see the high school hurdles set up in front of me. No doubt that this was my last competitive race on the lower height hurdles. Forty-five yards...three hurdles...and a fast track. 'Let's see what happens,' I thought.

Nick Ryan's college track scrapbook contains the newspaper's report of the meet. I ran my race in 6.1 seconds, and beat the five Andover runners. The report states that I later placed third in the 50, but I have no memory of that.

That meet, and that race, were notable for me personally and for the team, for several reasons:

1. It was my first collegiate track victory;
2. It was my only collegiate track victory;
3. Art Dulong did not score a point, yet our team was victorious.
4. We recognized that we had many versatile and talented runners.

Art Dulong was the most accomplished runner on our team, and in the history of HC's famed track program. We were proud to be on his team and cheer him on when he competed. Everyone who participated was encouraged and supported in training and in competition. My role on the team was much

CONTINUED TO NEXT PAGE

Senior Year 1969-1970

Crusaders Await New Englands

Liquori, Dulong Changed HC's Martin to the 880

By **DICK CERASUOLO**

Gazette Sports Writer

First it was Marty Liquori, then it was Art Dulong. Art Martin just wasn't destined to be what he wanted to be — a miler.

"I guess you could say I've had kind of a unique track career," smiled the Holy Cross track co-captain.

"I was on the same team in high school (East Orange, N.J.) with Liquori (Villa-nova's great runner) and then I wound up here behind Art.

"And my high school coach used to keep telling me I'd be a good miler, that I should try that event when I got to college."

Ready for New Englands

But, after meeting Dulong, Martin turned to the half-mile and tomorrow he'll finish his Holy Cross career in the New Englands at Boston College chasing a first in that event.

Living in the shadows of Liquori and Dulong has put a mark of obscurity on Art's athletic career but both Martin and fellow co-captain Nick Ryan, who will compete in the 220 and 440 yard runs, don't feel neglected.

"Art (Dulong) is deserving of all he has gotten, and more," said Martin. "Actually we feel he should get more than he has received, he's one of the best in the country.

"What we try to do," added Martin, "is satisfy our own goals. If we can accomplish that, we have to be happy.

The goal tomorrow is to give Coach Tom Duffy the best of all possible retirement presents, a N.E. title.

Led by Dulong, who will run in mile and three mile races, Holy Cross hopes to better last year's performance when

it surprised all by tying Coast Guard for the championship.

Duffy can count on Dulong in his specialties and he can also count on points from Martin and Ryan, but Martin wants to do more than just score.

Aims to Beat 1:50

He was third in last year's 880 and is aiming much higher this time. "Before I finish running I want to get under 1:50 even if it's just 1:49.9. I haven't many chances left (possibly IC4A's), either," he smiled.

"He could do that tomorrow," offered Duffy. "He's in the best shape of his career right now."

"This is an important meet for us in many ways," said Ryan, "we want to win it badly for Mr. Duffy. We want to do as much for him as he has for us.

"We won our last indoor meet and our last outdoor home meet. This (New Englands) would really put the icing on it."

But, even if it isn't to be, Nick and Art will have no regrets for their efforts at Holy Cross, no raps against the poor training quarters, or their obscurity.

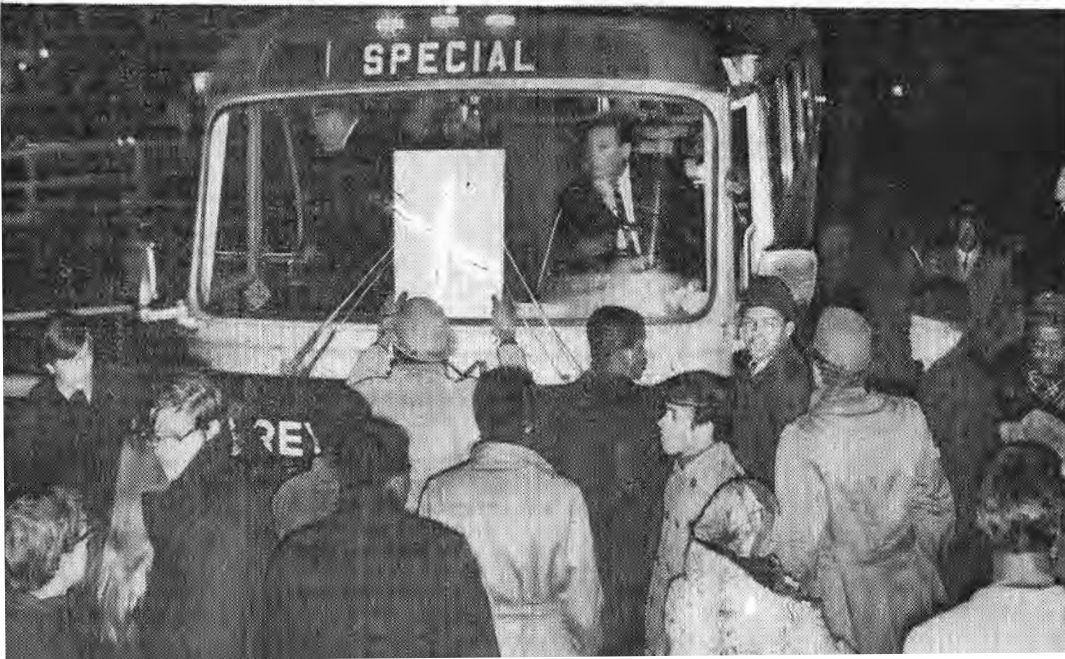
"We knew we'd always be in the shadows as track people but we feel it really brought us closer together.

Sport of Individuals

"It's the common suffering," added Art. "And in track you know it is all on you, the blame or the acclaim."

New York A.C. Meet

At the Garden: Despite Pickets, Trackmen Still Take Hurdles in Stride



Trackmen Chased

Professor Edwards was given a police bullhorn. Mounting the steps, he spoke to the crowd urging them to abandon Seventh Avenue—"We aren't here to picket Penn Station or the Statler Hilton Hotel"—and go to the Eighth Avenue entrance to the Garden.

The crowd followed Professor Edwards toward Eighth Avenue. By that time most of the competing athletes had gone inside.

One busload of trackmen had been chased into the Garden by a group of demonstrators at 6:30 P.M. The athletes had come in a Carev bus with dark-

ened windows.

Diverted from one entrance by a mass of pickets, the bus swerved to another doorway and disgorged about a dozen athletes wearing sweatshirts marked "Holy Cross" and "Providence." The trackmen sprinted inside, with demonstrators hotly pursuing them to the doorway, chanting and screaming.

The trackmen, obviously frightened, raced into Penn Station, directly beneath the Garden, with railway policemen accompanying them. Some startled travelers were nearly bowled over.

Finally, the trackmen eluded the pursuers by scampering up an escalator to street level and ducking behind police barricades.

At the peak, there were about 1,500 to 2,000 demonstrators milling around outside the Garden. None of them, apparently, got by the tight security.

A few black militants tried to harangue the crowd.

"There's some niggers in there," shouted a man who was carrying a mock coffin em-

Memories of the Track and Field Class of 1970

BERNIE MONBOUQUETTE *CONTINUED FROM PREVIOUS PAGE*

less significant in terms of points scored. The thrill of competition and the fellowship with our teammates, both then and now, made it a worthwhile endeavor nevertheless. I am as impressed with all my teammates today as I was when we were running on the board track below Carlin fifty-plus years ago.

Post Script

The only 'hurdling' I've done since 1970 is an occasional tennis net. I began distance running in my late twenties and peaked at age 30 with a 70 minute ten miler, and a 41:30 10K. I continued to run occasional 10K s into my early 60s, with the times increasing rapidly.

Like many of my teammates, I practiced law. Ten years in Massachusetts and thirty years in Nebraska. Retired to New Hampshire in 2019. Hiking and skiing have replaced running and tennis, as long as enough body parts remain operational. I am happy to be alive, and forever grateful for my association with the 1970 HC track team.

Bernie Monbouquette. '70
January 29, 2021

Charlie Lynch
Longboat Key, FL

Gentlemen:

I grew up in Syracuse and was an avid fan of the 'Orange'. As kids, my brother, Dave, and I would sneak into old Archbold Stadium and watch the Syracuse greats, Jim Brown, Ernie Davis, Floyd Little. The last team to beat Syracuse before its unbeaten 1959 National Championship season was, wait for it, Holy Cross! We always went to the HC-Syracuse game with my Dad, HC'37.



In high school I took up track and field as my 'spring' sport. I liked the sprints but was drawn to the field events. Spring track was a joy. During my senior year I was able to tie the city record in the shot put and held the school record in the discus. In the spring of 1967, it seemed only natural to 'try out' for the Holy Cross track team. **Dennis Murphy**, with whom I planned to room in our sophomore year, had participated in shot put, discus and javelin at Keith Academy in Lowell, MA, and also decided to join the track team. Since there were essentially no other competitors in our specialties, we were shoe-ins.

My college track experience was remarkable. I had

virtually no interaction with **Coach Duffy** or **Coach O'Connor**. As I recall, **Murph** and I were left to our own devices for our workouts. I used to run the stadium steps with **Murph**, and otherwise just throw. I was not the least bit prepared for the difference between a 12 lb. high school shot put and the 16 lb college variety. Correct me if I'm wrong but I don't think we really had many dual meets, and the bigger meets and invitations were not for me. Dean Junior College, Brown, Dartmouth and Boston College stand out in my memory for 1967. I marvel at the memory you all have of the many meets you ran in.

In the BC meet I met a guy named **Jim Kavanaugh**, the BC phenom. Yes, that **Jim Kavanaugh**, the current HC coach. This guy was a man among boys (and we were the boys). I didn't compete in the 16 lb. hammer throw ~ I had never even seen anyone throw the hammer. Kavanaugh was two-time New England champ in the discus, one time in the shot put, and went to the NCAA's in the hammer after which he qualified for the 1968 Olympic trials. The reason I mention all this is to demonstrate how totally outclassed we were in the field events. My only hope of ever placing in a college shot put or discuss event was if there were not enough of the opposition to fill the top three spots. Nevertheless, the competition was fun and track continued to be a joy.

Following the 1968 track season it became apparent to me that I would be more successful in a different spring sport and decided to try rugby. I was right. Nevertheless, one thing I will always be proud of is my varsity letter in track. Had I not been on the track team I would not have gotten to know you all, at least not as well and I am grateful that you remembered me as a teammate. Be well!

-**Charlie**

Nick Ryan
Bradenton, FL

Holy Cross Track and Field Memories

On the occasion of our **50th Class Reunion**, the members of the track and field team had planned to gather as teammates to reconnect and reminisce. Given the current pandemic, however, all such gatherings have been postponed. In the interim, we'll try to shine a light on those memories through these collected writings and hope to share them with the entire Holy Cross College community.

Where to begin? Friendships, victories, defeats, values, all of which impacted the rest of my life. As I review these memories, I feel so fortunate to have been a part of this team. At the same time, I am also reminded with some sadness of the classmates and teammates like **Tom Short**, **Frank DiMasi**, **Jim Flanagan** and **Ed Ready**, who have passed on and who

we remember with great fondness.

Enough can't be said of what **Tom Short** brought to the team as Manager and friend. I know he had special interactions with many of us on and off the track. I'm happy we were able to make a 50th Year Reunion Class of 1970 Track Team Gift to the Athletic Department in his memory. What an addition he would have been to this project! He is missed.



On the conference calls leading up to this effort, I marveled at the memories of my teammates and the detail with which they recalled events. For some reason, I haven't retained many specific memories other than my tendency to "tie up" in the home stretch. Lactic acid was not my friend. I do recall the general good feeling and sense of accomplishment from competing with the team and being coached by **Tom Duffy**, **Skip O'Connor** and **Dick Donahue**.

Another feeling that stands out for me is the gratitude I experienced for having the opportunity to be on relay teams with the likes of **Art Dulong**, **Arthur Martin**, **Forest Baker**, **Phil Dansdill**, **Jim Walsh** and others in my class as well as **John Collins**, **Dan O'Donnell**, **Brian Kingston** and **Jim Jamieson** from previous classes. They all made me a much better runner and provided opportunities to compete in relays at the Garden Meets in New York and Boston as well as the Penn Relays. What an honor! Just having been in those venues is a special memory for me regardless of my performance.

After college, relays were not such a factor in master's track and field meets here in Florida. In any particular race your friend was your 5-year age group. I'm not sure how many of us ran competitively after college. I was happy to be respectable in the 440, 220, (:54s & :24s) and long jump until the age of 40 when knees and ankles said, "no more". The sport I knew and loved for 26 years was replaced by road biking to this day. It's hard to believe that it has been my cardio activity of choice 32 years later (always wear a helmet). Fortunately, my osteoarthritic ankle doesn't say "no more" to that...yet.

Yes, the track team and the training provided a much-needed break from the academics at HC. While I may have benefited from more study time, what

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Senior Year 1969-1970

HC Relay Teams, Dulong in KC Games

Holy Cross will send three relay teams and Art Dulong to the 44th annual Knights of Columbus Games Saturday night at the Boston Garden.

Though hampered by bad weather conditions as far as training is concerned, HC coach Tom Duffy is hopeful of a strong showing by his runners in the first major indoor invitational meet of the winter.

"The weather has hurt us," said Duffy yesterday. "There is a lot of snow and ice on our Tartan track and the boys have had to run on the roads and in the fieldhouse. Because of this, we have to be a little behind some of the other

schools. Yet we do have some outstanding talent, veteran runners and we should make a strong showing. I'll be disappointed if we don't."

Dulong will compete in the Bishop Cheverus 1,000-yard run, the first time he has run the 1,000 in his brilliant career. And he'll double up by anchoring HC's strong two-mile relay team.

N. E. Champion

"Even though this will be Art's first race at 1,000 yards, he'll be tough to beat," says Duffy. "And the Boston Garden crowd will be pulling for him."

Dulong, one of the most out-

standing distance runners in the country and the New England indoor mile and three mile champion, has run the half-mile several times, including on many HC winning two-mile relay teams. He says "I don't think the 1,000 will be much tougher, it's not much farther than a half-mile."

Dulong will be in a strong field which includes Harvard ace Keith Colburn, Tom Von Reuden of the Pacific Coast Track Club and Dave Bermann, former Big Eight champ from Nebraska now

running for the New York Athletic Club.

Meanwhile, HC's strong two-mile relay team, defending champions in the Millrose Games and the IC4A championships, will get an early test. The Crusaders are in a field with powerful Villanova, traditionally strong Manhattan and Fordham, a much improved Coast Guard team, and Connecticut and Northeastern.

Dulong will team with co-captain Art Martin, Jim Walsh and either Bob Borbet

or Kieran Donovan for this race.

The Crusaders also expect to field a strong mile-relay team, headed by co-captain Nick Ryan, a three-year veteran. Duffy will pick his other three men from among Ray Carey, Rich Dyer, John Schwab and John Magiardi.

"It's really tough to tell at this point just how well our relay teams will do," said Duffy. "Because we've had to run on the roads and indoor, we haven't been able to have any time trials. I'm just hop-

ing everyone is in shape and is ready."

Dulong says "I feel like I'm in pretty good shape and can do well in the 1,000. I think I can win it, even though I don't know now how fast I can run because of the lack of time trials."

A frosh mile relay team will also run for HC Saturday.

Following Saturday's big meet, the trackmen will break for exams before sending a relay team and Dulong to the Philadelphia Track Classic on Jan. 24.



Marty Milner



These three Holy Cross runners worked out outdoors yesterday in preparation for Saturday's Knights of Columbus Games

at the Boston Garden. From left, co-captains Art Martin and Nick Ryan, and Art Dulong.

Gazette Photo

Memories of the Track and Field Class of 1970

NICK RYAN *CONTINUED FROM PREVIOUS PAGE*

I gained from my participation on the track team is immeasurable. I am still amazed at how others on the team managed the workload along with the training requirements and still incorporated other important activities into their schedules. Foremost among them is **Art Martin**. We were co-captains and roommates in senior year. He provided me the privilege of living on the Black Corridor. The role he played in establishing The Black Student Union and the remarkable stand he and others took in our senior year changed the College forever and affected all our lives.

Kudos to **Bernie Monbouquette** for suggesting having a team reunion in the first place and to **Jim Freer** for saving the day and enthusiastically organizing this written memory project. Regardless of how many alumni and "tracksters" it reaches, I know it has already strengthened the connections I made with all of you some 55 years ago.

Other Memories:

- The joy of not having to compete in cross-country.
- Mixing field events with running, never practicing enough for the field.
- Eating like a football player when returning to school for speed-work a week before classes began after the Christmas holiday.
- The antics of **Marty Milner** and **Bob Dewey**. Speaking of Bob, his severed Achilles.
- **Clarence Thomas'** booming laughter.
- Competing with **Forest Baker** for relay spots. He was my inspiration.
- **Dan O'Donnell's** quiet mastery of whatever he ran.
- **Bart Sullivan**, sitting in **Tom Duffy's** office awaiting the burn from a cigarette with an inch-long ash between his fingers.
- Missing many weekend mixers and parties because we had a meet somewhere on Saturday.

Best Regards, Nick Ryan

Frank Arlinghaus

As I am sitting at home watching the Tokyo Olympics it is finally a moment when I can double task and relate my own running history of which the year at HC was a small part but one of memories and some pride. I had been running ever since the local town Junior Olympics that were usually put on by the JayCees at that time in the late 1950s. For some reason running suited my personality.

After local parochial school in Summit NJ I went to Delbarton which was in the NJ Catholic Conference.

I began running somewhat in the 7th and 8th grade due to the Lower School program but other than 100s

and a turn around the track 440 there was little purpose that was focused training wise. In freshman year things got more formalized both as to cross-country and track. Our cross-country was usually a mile or so and my ¼ mile time as a freshman was 59.2 and my first Armory meet was the Bishop Loughlin games for bronze.



onships half mile at 2:01.

We ran the Penns that spring but were third to St. Benedicts and Malvern Prep. I had gone out too fast trying to duplicate my 51.7 and ended up with a 54 with the team 3rd in the National Championships of America prep school mile relay. That was the year that White Plains ran around 3:20 with Otis Hill and Larry James cranking out 46-47s.

After the NJ Catholic Conference where in we had our share of what we called "Blessed Mother Medals" the admittedly tough conference with Essex Catholic, Roselle Catholic and St. Benedicts. Think Art Martin (our team mate) and Mary Liqouri.

After that it was off to HCC. My coach at Delbarton was the re-known **Tony Passarelli** who later died of pancreatic CA and ultimately forged a cross-country and track program that has since dominated NJ and no looking back. I was there at the creation although only just. My late brother was on the winning Championship of America at the Penns with a sub 50 quarter with 2 other sub 50 teammates as their record from 1969 still stands.

On to HCC. What I remember most was our XC team with **Art Dulong, Art Martin, Jim Walsh** as the lead three and the almost comical way in which most of our opponents were crushed by Art winning by a ¼ to ½ mile lead.

The season was interesting in respect to the various other schools we went to for meets. The IC4As were memorable with Art winning as I remember and I think we did as a team as well (?). and the indoor season where I was on a number of relays at the Boston Gardens and Madison Square Garden (Knights of Columbus, Millrose Games, Olympic Invitational previously the NYAC Games). I remember in the Boston Garden someone from Brown trying to pass me and I let my right elbow swing back a bit high and got him in the solar plexus. I heard a gasp but he never challenged me again. I remember going down to both the Garden and to Philly

It was a great medal. The middle years of HS were standard cross-country Relays in the 168th Street armory in NYC and Spring track. Somewhere and some time in my senior year I popped the big one in a mile relay at Morris Hills and broke from a 54 to a 51.7 quarter and later that spring was 3rd in the Prep school champi-



Frank running a 2:48 marathon in 1975 with Terry ? from the track team. In record time... like 2-3

hours to NYC from Worcester. We were 6 jammed into his car...a land yacht by today's standards. In any case I did manage to get down to 1:57 for the half I think sometime that spring.

I remember the wooden track down behind ?Kimball Hall and where we had our showers and lockers. And the cold and running in long underwear on the frozen wood 11 lap oval. After Freshman year my premed studies took over particularly organic chemistry and I resigned myself to running 1-2 miles a day around the campus to maintain a modicum of shape. I had also in mind transferring to back to college in NYC, specifically Columbia which I did ultimately do.

I had the fantasy that by not starting varsity at HCC I would be able to start as such at Columbia, the red-shirting type issue but Columbia wouldn't have it and I ended up waiting until I was a senior to rejoin active running.

My senior year at Columbia was a reasonably successful year. I had gone to one of the Outward Bound schools in Scotland and ran a 26:35 5 mild road in June 1968 after a very rigorous month long training experience that was as close to Chariots of Fire as you could get ...on the beach in the sand and the waves on the north coast of Scotland.....When I see that movie I always feel "I was there" like a reincarnation.

At Columbia I was the third man on our cross country team and had some satisfaction although there were no victories. I remember spraining my ankle in Van Cortlandt Park our home course and ran upwards of 2-3 miles on the sprain. I remember the back mile going up Cemetery Hill I think and then coming down and out and on the flat last half mile.

At Columbia which was the 69-70 season we had a

Senior Year 1969-1970

wonderful domed 11 lap track that was heated that we shared with Manhattan and Fred Dwyer their coach. His younger brother Chris was a classmate of my and fellow runner on my team at Delbarton. Columbia had a series of properties in Connecticut and we spent 2 weeks I think at a cross-country training camp running twice a day before the regular season began.

It was both a bonding and training experience although it was a new set of team-mates. The indoor Season at Columbia was much the same with races in the Garden, Nassau Coliseum, and then as usual the transition to Spring with the same events. I did get to 1:57 indoors for 800 and back to 51+ for the quarter on a relay.

In the spring time our cinder track remained a fun facility but it was the end of an era in all of track. And I was running well having committed to running 2 miles every morning along Riverside. Some notable times in work out were a 3.13 $\frac{3}{4}$ mile, 1:56 half and 50.7 on a relay split. I did a mile somewhere in there at about 4:18.

In any case after Columbia it was off to another summer in Europe at German Outward Bound schools and running regularly and mountaineering in the German Austrian Alps.

The four years of med school were legend as medical school goes but I kept on running along Riverside Drive, Inwood Hill Park and barefoot on the sidewalk doing fartlek training up a hill near the dorm. It was actually dicey to continue training and I actually was downgraded for leaving the hospital to do a work out and then comeback. I survived but somewhere in 1972 I was watching Lasse Viren do the 5000 m at Munich and remember saying to myself, "I have to get there". I kept on running but did more of it and joined the NYAC team to provide both the team experience and coaching insight (re-known Jim Rafferty).

I got to be on the Metropolitan AAU 2 mile relay Championship winning team and did more Metropolitan AAU Races outdoor. Nonetheless it was a fateful emotional commitment that affected the rest of my life careerwise. And the running I was doing was now a club level effort. I did a number of mile and two mile relays in the Garden. We at the NYAC were always battling the University of Chicago Track club with Lowell Paul and Rick Wohlhuter (Bronze 800 Montreal) in the 2 mile the University of Chicago Track club with Lowell Paul and Rick Wohlhuter (Bronze 800 Montreal) in the 2 mile relay. While I was still doing 1:57 halves indoors, it was a pedestrian time.

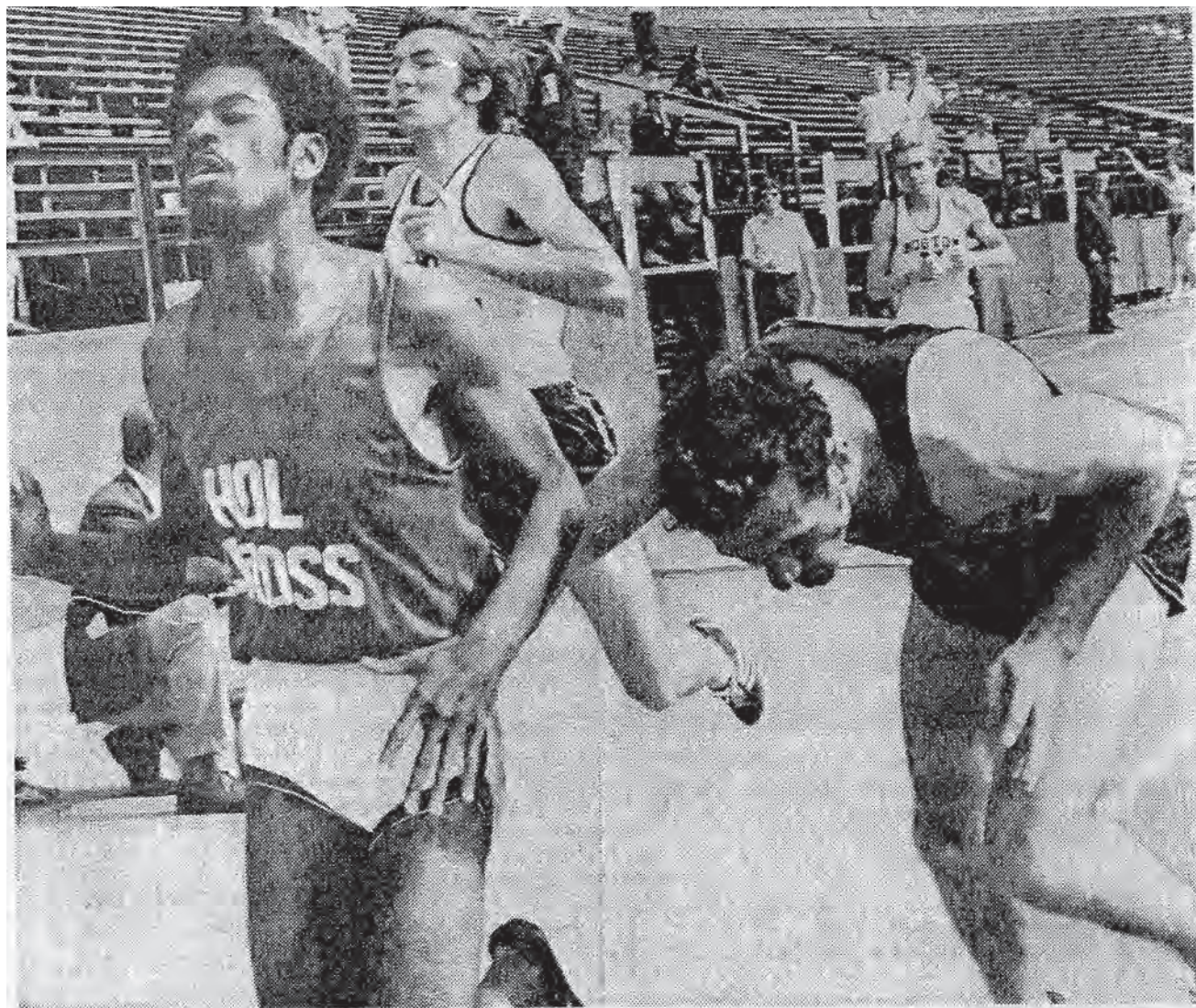
After med school I went to UVA at Charlottesville for internship. And again kept running daily and at some meets. Somewhere in here I did run with the NYAC Quantico Relays and we ran two teams. Mine got bronze, and the University of Maryland relays did a 1:55 for the individual 800 meters, my best in that event to this day.

A teammate at that time was Marcel Phillippe who

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Art Martin at the Penn Relays



Telegram Photo by LEO E. MEYER

Just Enough to Win

Holy Cross' senior co-captain Art Martin of East Orange, N.J., breaks the tape just a fraction ahead of Northeastern's Fran Kelly in the New England track championships Satur-

day at Boston College. It was the closest and perhaps best race of the day. Martin was timed in 1:51.7, Kelly in 1:51.8.

Memories of the Track and Field Class of 1970

FRANK ARLINGHAUS *CONTINUED FROM PREVIOUS PAGE*

ran for France in the 1976 Games at Montreal. I was so emotionally bound determined to try for the trials that I actually left medical training and moved to Los Angeles for the mega mileage training modality. Pete Squires of Manhattan had become famous for doing 150-200 miles a week and went on to win the IC4A lending credibility to the fast track to success. So over the summer of 1975 I started doing double work outs and getting to 70-90 miles a week.

In November 1975 I moved to Los Angeles and situated myself in Brentwood and situated myself near San Vicente Blvd. The weather was perfect all year round, and I had a great running route of 9.2 miles which I would do every morning 7 days a week and 3 other days. I had decided to focus on the Steeplechase under the theory that I had done a 1:55 which was similar to Shorter's, a 50.7 and the background of cross-country.

So twice a week I worked out at UCLA and was doing world record interval laps over barriers. The problem as it turned out was putting together 7 + laps together. It never happened.

With the mega mileage routine I ran a personal best every time I stepped on the track but the starting point was too far back and somewhere in a steeple chase at U Cal Irvine I realized I didn't have it and wouldn't make it.

One experience that still is a highlight was running the National AAU Marathon Championships over the Culver City course finishing 81st of 750. For the first time marathon I did reasonably well at 2:48. My 5 mile splits were 27:35, 59:00, 1:13:00 at 13 miles, 20:06:00 at 20 miles, 2:35:00 at 25 miles but I did hit the wall and did the last mile in 13 min. But put it into perspective the Olympic qualifying standard was 2:20 and the race winner was Gary Tuttle who ran 2:18. Were I to qualify I would have had to take a minute off every mile for 26 miles and within 6 months. Did I accidentally pick the wrong race.

With more mega mileage I might have done better. I was even stupid enough to run 14 miles the day before to stay loose and 10 miles the day before that! Boy I was in shape if nothing else. But supposing I ran another marathon more intelligently I might have done a low 2:30s but still off 2:20, and in 1980 we had the Moscow boycott.

As I look as marathon results times, i.e NY to this day a 2:48 time would still place me in the top 150 runners. Still all in all it was a memorable performance.

I later did another, running only 50 miles a week several years later and did 3:05. In any case with no

qualifying time I was a spectator.

It was a fabulous time with all the track meets at UCLA, USC. I went to the Trials by that time knowing so many athletes as friends from the NYAC, as a spectator at the famed Hayward field at Oregon where I visited the accident site where Prefontaine lost his life. They had a pick up race of 5 miles called Pre's Trail where I did a 26:35 without much training or focus for that. I got a ride back to the field with Tracy Smith a world class 5K runner and sub 4 miler.

Courtesy of encouragement of a longtime friend and champion swimmer from USC, I ended up going to the Olympic games in Montreal. From then on I became an Olympic groupie and to this day have gone to Lake Placid, Los Angeles, Calgary, Barcelona, Atlanta, Nagano, Salt Lake City, Beijing, Vancouver, London and Rio. Hope to make Paris. I am disappointed that no

memories of the Tokyo 1964 Games were shown on NBC. Glorious games at that time: Peter Snell, Bob Hayes, Bob Schul, Billy Mills.

Most specially at Montreal met the Soviet gymnast Nellie Kim at Montreal and reconnected with her after the Beijing Games and we have become close friends

attending courtesy of her special guest tickets for gymnastics at London and Rio. I helped get her daughter into med school and she is now a plastic surgery resident at the Mayo Clinic in Arizona. Nellie is Vice President of FIG in Geneva although she lives in Minnesota. It has been a fascinating journey from the early dreams to now.

To run again at that level is one reason to live life over. There are several observations that I could make at this time being a pulmonary and critical care physician, SCUBA diver, mountain climber and exercise specialist as far as lungs go, and a runner. As Schwarzenegger said to be a champion physically you must first be a champion mentally. Relative to the Olympics what I learned and do believe, you must have the genetic biological endowment to be an Olympic class athlete first and it usually shows up early in life.

For example Rudisha, the 12 and 16 Games 800 meter champion ran a 1/4 in 49 as a freshman HS runner in Nairobi and went on to a 1:41 half in London. That's right.. going out in 49 on the way to 1:40.91 ...woof.

You also have to do the work but we all did in our own ways. I remember saying at the time that I didn't want to be 55 and look and say I wish I had tried, and didn't. I did, but learned nature did deal the cards that way and that's OK but I am equally satisfied that, having stood my life upside down, it was worth learning that.

Olympic class athletic endeavors are full time jobs.

You have to have performances at the top by the time you are a senior in high school or college (not me) and you can't have an interrupted training lifetime as I did losing 2 years in college and 5 years in med school and internships.

My basic abilities stayed with me until age took over as it does with all the Olympic athletes. Look at all those defending their Golds! The experiences and friendships have been "Olympian" in compensation. When you look at the Olympics now, you realize the inherent biological talent they have at the top. The average spectator has no clue as the athletic talent that is taking place in front of their very eyes.

Everyone is a champion early on and everyone is doing the work but their stories are all the same. At the top early and staying there. Even when they have illness and injury, they bounce back and are STILL better than others even after a short recovery and re-training period.

So that is my story to date on running and all the windows to new worlds it led me. The narrative is somewhat a free association free typing report and in the years at Columbia and before 1975 some meets may be a year off but it's a reasonably accurate synopsis. I would like to remember my coaches: Tony Passarelli, Dick Donahue, Dick Mason, Irving Kintish, Jim Rafferty ...all champions in their own right earlier in life.

Frank Arlinghaus

Frank "Pat" Ahearn Ft. McCoy, WI

Pat was unable to get his memories to us before publication, but we had the pleasure of speaking with him several times recently. As a retired Colonel in the



Pat Ahearn

USMC, he continues to be active in State Department matters and is hopeful that world affairs calm down enough to enable him to join us for our 50th Reunion, in June, to share his memories of his sprints, hurdling and long jumping in person.

CONTINUED TO NEXT PAGE

Senior Year 1969-1970



"AN EVENING with TOM DUFFY"

GRAND BALLROOM, SHERATON-BOSTON HOTEL

SUNDAY, MAY 3, 1970

"Isn't a picture worth a thousand words."

Tom Duffy

THE TOM DUFFY HONOR ROLL

RINDGE TECHNICAL HIGH SCHOOL

National Record, High School One Mile Relay — 1953 — 3.20.8
 National Indoor High School Champions — 1955
 New England High School Champions — 1941, 1942, 1954, 1955
 New England A.A.U. Champions — 1952, 1953, 1955, 1958
 State Relay Champions — 1945 (tied), 1946, 1947 (tied), 1953, 1955
 State Outdoor Champions — 1940, 1941, 1942, 1954
 State Indoor Champions — 1939, 1941, 1942, 1953, 1954, 1959, 1960

HOLY CROSS COLLEGE

New England Collegiate Champions — 1963, 1965, 1969

"DUFFYISMS"

"No races are ever won in the locker room."

"You don't win championships the night before the Meet."

"The best athletes always listen to advice."

"The time to plan is months before the first competition."

Said to an athlete about to run his first Invitational Race against world class runners; "If you get the reputation of being an early riser, you can sleep 'til noon; now get out there and whip them."

"If you are just interested in track and not girls, then there is something the matter with you!"

"Tom bridged the generation gap long before anybody realized it needed bridging . . . Nobody was an also ran with him."

BOSTON HERALD TRAVELER

"Somehow there was no generation gap . . . He can transfer his faith in a runner into his runner . . . He is one of the truly great coaches of the era, and area."

BOSTON GLOBE

HEAD TABLE

WILLIAM F. X. (DOC) LINSKYTrainer, Cambridge School System
EDWARD J. SULLIVANFormer Mayor, Cambridge, Mass.
CLARENCE (DING) DUSSAULTTrack Coach, Tufts University
CHARLES FLEMINGTrustee, Holy Cross College
DR. CHARLES KICKHAMHoly Cross Varsity Club
FR. EDWARD DOUGLAS, S.J.Boston College
FR. WILLIAM DONAGHY, S.J.Former President of Holy Cross College
LAWRENCE J. RAWSONMaster of Ceremonies
THOMAS F. DUFFYTrack Coach at Holy Cross College
JOHN THOMASEx-Olympian, Rindge Technical High School
CHARLES JENKINSEx-Olympian, Rindge Technical High School
JOSEPH CONCANNONBoston Globe, Representative of Press
THOMAS NOERINGHoly Cross College
THOMAS DOWDHoly Cross Club of Boston
ARTHUR DU LONG"1970 Crusader of the Year"
WILLIAM H. (SKIP) O'CONNORAssistant Track Coach, Holy Cross College

Memories of the Track and Field Class of 1970

Jim Rosseel Worcester, MA



I'm pleased to say "thank you" for these efforts to make our upcoming reunion even more memorable ...

As I mentioned to you, I have never truly considered myself a member of the Track and Field team, class of '70 ... I do recall going to 2 or 3 Saturday AM practice sessions, during our freshman year, down on the Freshmen field and

throwing the javelin.

I did throw the javelin during high school and have always enjoyed the entire track and field scene ... still do.

I wish I had more recollections to share, but I'd be making 'em up. You did ask me to send something through to you, and so there you have it. It is a pleasure to recognize the names of classmates who WERE members of our track team though and thank you again for your efforts.

Looking forward to our upcoming reunion ...

Regards,

Jim Rosseel

Jim Freer Hollywood, FL



Tom Brown, a safety for the Green Bay Packers during the 1960s, once said that the most important thing that Vince Lombardi taught was respect for your teammates.

We had that respect for each other, and that is what stands out most when I think back on Holy Cross track and cross-country.

When we were freshmen, the upper classmen made all of us feel welcome and part of the team. In particular I remember the genuine friendliness of **Paul Hartrey, John Collins, Joe Jamieson, Bob Welch** and **Dan O'Donnell** to name a few. Those of us who stayed on the team continued that tradition in welcoming the guys in the classes behind us. I took a different

path – sort of like the ex-ball player who becomes a color commentator.

I scored the grand total of two points in freshman meets. Early in our sophomore year, I accepted the reality that I did not have a future as a college runner.

But I felt that I might have a future in journalism. So I joined the Crusader sports staff. Walt Guertin '68 was sports editor, and he liked my writing. That fall, he assigned me to cover cross-country and track because I knew the sport and knew the people. That proved to be important as I set out on what proved to be a career path.

After several weeks, Mr. Duffy told me: "James, I know that you'll take this the right way. You're more important to me now than when you were running for us."

He was correct. I had the good fortune of being able to get started with a beat where I could write with authority. I had heard that phrase, and in 1967 and 1968 I came to understand it.

I went on to become sports editor of the Crusader and continued to cover track and cross-country. In that work, I stayed in touch with **Tom Short** who helped make sure that I had meet results. As **Nick Ryan** and **Jim Walsh** have pointed out about Tom, it would have been hard to find anyone who could match his knowledge and the consideration he showed for everyone on the team.

When we were seniors, I shared that coverage with our teammate **Rick Dyer** '72. In Rick, I saw some of the things that Walt Guertin saw in me.

HC track and the Crusader got me started on what has been a good career.

I worked as a sportswriter for newspapers in Upstate New York and New Jersey. In 1977, I moved to Washington to go to grad school at Georgetown. I earned an M.A. in History, but never directly used it in work.

I morphed into writing about business and finance. There was a very active alumni club in D.C. I renewed contact with some friends in the classes right before and after us.

One is **John Collins**, who I also re-connected with through work. John was general counsel for the Senate Banking Committee and later became a partner in law firm Steptoe & Johnson, where he headed the group that represents banks and other financial companies. John is thought of in D.C. banking circles the same way we thought of him at Holy Cross – a first-rate person who worked hard to fulfill his potential.

I moved to South Florida in 1987 and worked as an editor and reporter, including ten years at the Florida papers of the American City Business Journals chain. I covered banking, securities fraud, sports business, property insurance and you-name-it. I am proud that many people I wrote about used terms like "tough but fair" to describe my stories.

As the years evolved, horse racing became my major beat. I covered that sport on a contract basis for The Miami Herald from 2008 to 2013. The editors and

others on the staff loved my work, with one describing it as "excellent and authoritative." A lot of readers liked it because I explained things to the novice reader while also providing information that was helpful to hardened gamblers.

The Herald phased me out in 2013, when for financial reasons it cut racing coverage from weekly to about once a month and cut back on use of freelancers such as myself. Meanwhile, I was slowing down while dealing with Parkinson's Disease following diagnosis in 2011. Late in 2013, the Herald told me they could not use me anymore.

Battling Parkinson's through physical therapy, medication and on-line research has become dominant in my life.

I am disabled with balance problems and periodic problems with use of hands and voice. I no longer drive, and I live in Assisted Living Facility in Hollywood, Fla. Some of you will remember that I was very determined as a runner and later as a sports journalist at Holy Cross.

These days, I have that same determination on my physical situation and for my work. I am more than ready to be a sounding board if anyone gets diagnosed with Parkinson's or if you have a friend or relative who is diagnosed with it.

I continue to cover racing as editor and part-owner of the Web site HorseRacingFLA and I write for several other racing publications.

Yes. This story has more about my post-Holy Cross life in journalism than it does about my memories about Holy Cross track and cross-country.

But there is a direct connection. Hardly a day goes by when I don't think about the great spirit we had and about how Holy Cross track got me started on a career where I have enjoyed almost every minute.

We have gone on to successful careers. Thanks largely to the efforts of **Nick Ryan** and **Bernie Monbouquette**, our team is back together via the Internet and unlimited calling plans that were non-existent in 1970.

We are finding that we have our same team spirit and our same respect for each other as teammates – and that is not surprising.

I owe a great deal of thanks to Holy Cross track and cross-country. It is an honor to show my gratitude by working on this project in which we are telling our team's story and leaving our legacy.

Jim Freer



Memories of the Track and Field Class of 1970

Dan O'Donnell's Induction into the Varsity Hall of Fame December 2021



Nick Ryan, Art Martin, Dan O'Donnell '69, Brian Kingston '68 and Joe Jamieson '69



Phil Dansdill, Art Martin and Nick Ryan at Holy Cross 40th Reunion



HOLY CROSS IN THE TWO-MILE RELAY—From left to right are Arthur Martin, James Walsh, Joe Jamieson and Dan O'Donnell, who completed the distance in 7:40.1, beating N.Y.U. by one-tenth of a second in the closest of races.



(L to R) Ed Lenox, Phil and Dorothy Dansdill, Skip Sweeney, Nick Ryan and Mary Ann Clark at 1980 Reunion. (Photo by Bernie Monbouquette)

Memories of the Track and Field Class of 1970



Nick Ryan handing off to Kieran Donovan '72



Art Martin, co-captain of next year's track team, beats this year's co-captain, Joe Jamieson, by just a step in the half-mile as the Crusader finished 1-2 in dual meet against Northeastern.



Fitton Field & Track, circa 1920

Memories of the Track and Field Class of 1970



Bill Gallagher



Jim Walsh



Marty Milner



Art Martin and Bob Borbet



Art Martin



Jim Walsh, Art Martin and Bob Borbet



Frank Arlinghaus



Art Dulong

by Tom Neagle

This letter is from a group of Holy Cross Class of 1970 members who were on the track & field and cross-country teams.

It is a tribute to four of our teammates who have passed away since graduation from Holy Cross. They are **Tom Short, Jim Flanagan, Frank DeMasi and Ed Ready.**



We mentioned them in a class letter that Tom Neagle sent out on May 9. In that letter, we told how the Class of 1970 track & field/cross-country team members put together an online virtual reunion.

Our letter also recapped our teams' results for our four years. Led by our Holy Cross Hall of Fame members Art Dulong and Art Martin, we won several New England and Eastern collegiate team championships.

TOM SHORT ran cross-country and track as a freshman, and later became our team manager. He passed away on Oct. 27, 2001 after a long battle with cancer.

Our tribute to Tom is written by Jim Walsh, who was one of our top distance runners.

ED READY best known as a defensive lineman on the football team, was a shot putter. He passed away on Nov. 20, 2008. **Charlie Lynch** (wide receiver, shot putter and discus thrower) recently said: "Bottom line, Ed was enthusiasm in a bottle. He brought that to everything he did. After all these years, I can still see him with a shotput in his hand and a smile on his face."

Steve Jutras (running back and sprinter) recalls: "My one and only recollection of him at track was seeing him walking from practice one day with the shot put in his hand, lifted to shoulder height. I remember thinking that he looked like Atlas holding up the world. I now wish that I had paid more attention to detail back then. Ed was such a great guy and I enjoyed his company, especially after graduation."

Our tribute to Ed is the eulogy that Mark Doherty, one of his football teammates, delivered at his funeral.

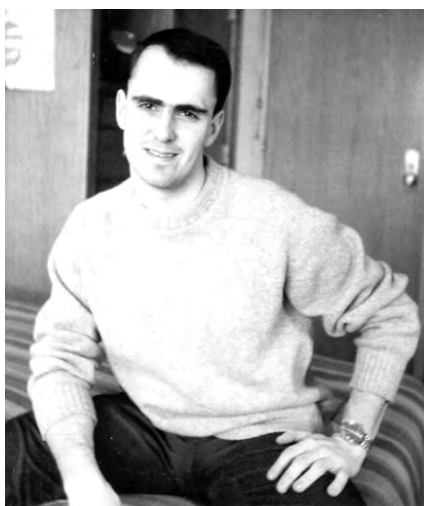
FRANK DEMASI was a middle-distance runner. He passed away on June 21, 2019 after suffering a heart attack while shoveling snow outside his house. *Our tribute to Frank is written by Bernie Monbouquette, who was one of our hurdlers.*

JIM FLANAGAN was a versatile hurdler and field event man. He passed away on July 17, 2009. Our tribute to Jim is written by Bernie Monbouquette, accompanied by a poignant tribute by his widow, Carolyn Stephens.

Tom, Ed, Frank and Jim were valuable members of our teams—and they were men of high character. They will be with us in spirit at our upcoming reunion. Please join us in praying for the repose of their souls.

Jim Freer '70

In Memoriam... Holy Cross Track 1970



Tom Short, HC 1970

A Tribute to Tom Short

Tom Short was not only our team's manager, but was also our cheerleader, advocate, confidant and good friend.

Tom was a constant fixture at most of our meets and always urging us on and when needed offering support and advice.

Although not officially one of our coaches Tom often offered helpful trips about our training and our race strategy.

At our away meets, whether they were dual meets or invitational meets, he was always advocating for more expense money for us and had an uncanny ability to get any of our guests into the invitational meets.

If you had an issue with the coaches and needed someone to confide in, Tom was the guy and usually offered a calming solution to the problem.

During my junior and senior years, my wife Marsha occasionally attended some of our meets. Tom always made it a point to go into the stands and spend

time with her. I believe he did the same with Karen Dulong.

I remember on one occasion while we were at our training meal, I walked Tom with my wife who had arrived early for the meet, Tom sat her down next to Clarence Thomas to partake in the meal. With all of Clarence's accomplishments you can bet my wife has shared that story many a time.

Following graduation Tom remained a dear friend and when my daughter, Megan, was at Holy Cross Class of '99 he would always make it part of his agenda when visiting the Cross to look her up and see how



Tom and Jim Walsh at Graduation 1970

she was doing.

When Megan got married, we invited Tom and his wife Eileen to her wedding knowing he was in the final stages of his battle with cancer and we fully did not expect Tom to attend. However, Tom and Eileen made the trip from Washington, D.C. to Connecticut to attend her wedding.

But that was Tom, and it is something I will always remember.

Jim Walsh, Holy Cross 1970



Marsha Walsh, Tom Short, Jim Walsh at a Holy Cross reunion.

In Memoriam... Holy Cross Track 1970

A Tribute to Jim Flanagan

Jim Flanagan came to Holy Cross in the class of 1970 with a history of success in track and field as a high hurdler, long and triple jumper.

At 6'5" he was well suited for success in these events. His first dual meet with the HC frosh team confirmed his talent he won the high hurdles and high jump to help the team win its first outdoor dual meet with a commanding victory over Dean Junior College in Franklin.

He continued this initial success in dual meets and the Boston College Relay meet shuttle hurdle event. The team stats for sophomore year indicate that he was clearing 6'4" in the high jump, which is quite decent.

As with several talented team members, Jim's participation wavered in later years. He returned to Portland, ME, his hometown, after HC. He died in 2009.

Although his teammates lost contact with him, they remember his athleticism and skill in these demanding events. His performance in the highly competitive BC relays remains a vivid memory for his fellow hurdlers.

by Bernie Monbouquette, HC 1970

Dear Bernie,

Thank you so much for reaching out to me about my late husband, Jim Flanagan, HC '70. He has been gone since 2009 but is still very present in my inner daily life, so to hear from someone that knew him is a wonder and delight. Your card was waiting for me when I got home from a vacation, so I hope I've responded in time.

I have attached some photos that I feel capture his essence; use any you like.

(I called him Jeff, after his initials J.E.F. My understanding is that his college roommate was also a Jim, as was his father, so he started going by Jef at college



Jeff b-ball (above) is from his high school yearbook Deering High, Portland Maine, class of '66. Unknown photographer.

Jeff Wasson's is from (left) around the time I met

him circa 1978 here in Portland. Unknown photographer.

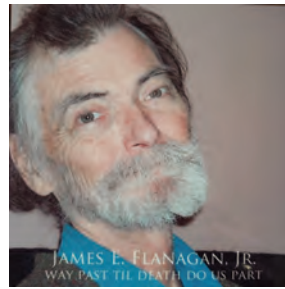
Jeff tile (right) is a memorial tile I had made after his death (from cancer at age 61). My photo, taken on his last Christmas Day, 2008.

At that time he was taking a certain medication that has a risk of bleeding. His oncologist advised him "No more shaving, no sharp knives, and for God's sake, stop chopping firewood!"

I have a funny story about Holy Cross/Worcester. In 2008, a few months after his cancer diagnosis, we took our daughter to look at Holy Cross and Clark. He had not been back to Worcester since college, I believe. As you may remember, he was a striking figure, very tall and skinny with a long ponytail and a large mustache (although I doubt he was able to sport his signature hirsute look while at Holy Cross).

After touring the colleges, he took us to a pizza place he remembered from all those years ago. Anna and I sat at a table and Jim went to the counter to order. The man behind the counter said "Jeez, Jimmy, how are ya, I haven't seen you in a LONG time!" It had been 38 years.

We kept in touch with Jimmy's college friend Bill Dunn until I lost touch with him recently. I believe Bill was instrumental in arranging for Jimmy Gavin(?) to



fly his small plane up to visit us in Portland when Jeff was sick. I also received a very sweet condolence letter from Donovan White.

Thanks, and all best,

by Carolyn Stephens, widow

A Tribute to Ed Ready

Eulogy Written and Delivered by Mark Doherty at Ed's Funeral in 2009

I am honored to say goodbye to Ed for all of us. Ed was special. Ed was unique.

Most of you know that I had a very special relationship with Ed and that he believed I could "walk on water". If Larry told Ed on Monday that I would be flying over Hyannis on Tuesday Ed would be standing out in the yard on Tuesday looking at the sky and waiting. It was his innocence, this ability to trust and his joy in the unexpected that endeared Ed to all of us.

When I started to put thoughts together for this goodbye, I realized that in conversations with my classmates I had referred to Ed as the glue that held us together. How shallow! Ed was our heart and soul. He was the energy behind and the guardian of the sanctity of our friendship. Ed was depth.

It's true that I was Ed's champion and that is why

CONTINUED NEXT PAGE



Holy Cross Class of 1970 football team members at a reunion circa 2010. The late Ed Ready was with them in spirit. Left to right: Tom Marcucci, Bob Desaulnier, Gary Brackett (since deceased), John Tebben, Pete Stratton, Roger Lacoste. Mark Doherty, Charlie Lynch, Sean Higgins.

In Memoriam... Holy Cross Track 1970

ED READY *CONTINUED FROM PREVIOUS PAGE*

it is so important to me to be able to say this goodbye and to talk to you about what Ed was to all of us and about how hollow and empty his hero feels without him by his side today.

Ed was outwardly and unashamedly loving and giving. He was unselfish without a hint of jealousy or covetedness toward a pal's good fortune. His interest in us was unbounded and all encompassing.

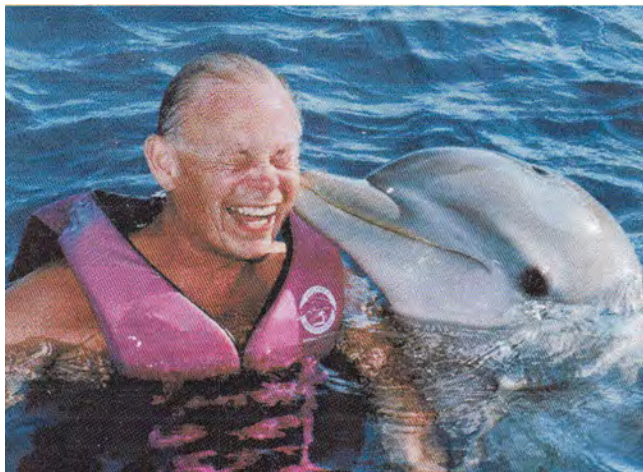
He knew or sought to know everything about us due to his love, sincerity and concern for our lives. He knew all of our wives and children's names, he knew about our families, our moms and dads and where and under what circumstances we grew up.

He knew where we lived, what we did for work, and was proud of everything we accomplished. Ed was thrilled with our success and agonized over our misfortunes and all with an unfeigned sincerity. Ed loved every moment of his past.

Ed cherished time with each of us and that time spent was always about us. How many of us can claim to even come close to experiencing some of the hardships and crosses Ed has been asked to bear. Yet, who among us can ever remember hearing Ed complain or whine about his travails. No, with Ed it was always about our experiences and our well-being. His own problems could and did wait.

Ed could not, would not and did not hide his affection. He genuinely loved us and more importantly showed us by taking the extra step to reach out and create time. Ed always had time, or he made time.

Who can't picture Ed who upon seeing us would light up with his beaming smile extending ear to ear that would never leave his face until his time with us was complete? Ed found peace and serenity in our presence and his contentedness was unmistakable through his body language and his ever-joyous demeanor.



Ed Ready relaxing with dolphin friend

Loving husband, loving and proud dad, most dedicated friend. The master of unrestrained joy and amazement expressed through his exaggerated facial expressions, crushing hugs, and loud and embarrassing exclamations always made at just the wrong time and in just the wrong company without regard for any restraint if a friend was the target of his excitement.

I think back now to recent times we were together with Ed and how the energy from those times was fueled by Ed. I look back at photos and visualize memories and they are dominated by Ed's broad smile and his effervescent joy derived from the excitement of sharing time with those he loved. Just look at the pictures in the collage. Need I say more?

Ed was sincere. He would travel as deep with us as we would let him, and he welcomed the opportunity to share our joy or bear our burdens.

Nothing made Ed more content and happier than being together. He would have loved being here with all of us these past two days. I'd like to say I feel his presence now, but it is really his absence that I feel. I feel the irreplaceable void carved out of my life by the loss of this sweet endearing friend.

It seems like the last joke in our long and wonderful relationship with Ed - over 40 years for us Cross and college pals and several years longer for his Oliver Ames High school pals is on us. All this time we thought life was a stage and we were on it performing for Ed. What we didn't recognize was that it was Ed's love, belief in us and friendship that was directing the play and driving our roles.

No one, I mean No one believed in me more or made me feel more confident and special than Ed Ready. Yet today his hero stands here struck with the realization that he pales in comparison to the man that Ed was. Unselfish, sincere, humble, concerned more for others than for himself, with unbridled passion for our relationships, joy at our success, genuine sorrow for our misfortune and unconditional love and devotion all just to be considered a true friend.

Always there, always aware and always ready. Ed would never have even thought what I'm about to say nor would he acknowledge it but as his pal, his champion with honor for his friendship and from my heart I'm proud to say, "Ed, you're a far better man than I am."

by Mark Doherty, Holy Cross 1970

A Tribute to Frank DeMasi

Frank DeMasi was a middle-distance runner (quarter mile- half mile). In our practices first year, it seems as though there was always a pack of guys running quarters, one after the other.

I can recall Frank in the pack, long-ish straight hair flowing straight back as he ran. The pack also included Marty Milner, who with Frank, was a promising stand-up comedian. They were quick to see the irony and humor in the most mundane of activity, and then follow with a comment that had everyone laughing.

Frank was a comedic commentator. He was also personable and friendly whenever our paths crossed on campus.

The last time I saw him was at a reunion on campus. He had a camera and was taking a photo of everyone he encountered. He had told me that he had a job that allowed him the time to coach high school track teams in the Schenectady area.

He shared his love of running with many kids, and I am sure he was appreciated by them and their parents.

His recent death was tragic in nature. We all share his loss with his wife, family and friends. His teammates in the class of 1970 have been denied the opportunity to share at our reunion Frank's warmth, humor and genuine concern for others.

by Bernie Monbouquette, HC 1970

Frank DeMasi preparing to pass a runner at Northeastern University, 1967



Coach Frank DeMasi, Duanesburg (N.Y.) High School



