



**2011 XC NCAA Individual  
Qualifier Andrew Erskine '13**

This year's men's cross country team exceeded expectations. Indeed it was a rebuilding year; however, the harriers of our beloved Fairiest College proved that a vigorous competitive drive can compel an individual and a team to surmount many of the pitfalls of inexperience.

As a team, the Lord Jeffs peaked at the right time and returned their most competitive finishes at the races that mattered most. At the ECAC meet the men finished sixth, and at the New England Regional's at Bowdoin, we placed eighth among the most competitive field in the country, missing the NCAA meet as a team by a mere 30 points. On the individual level, juniors Andrew Erskine (25:01) and Patrick Grimes (25:13) merited All-New England Honors and Erskine's gutsy sixth-place finish earned him a trip to Osh-Kosh, Wis., to compete as an individual at the NCAA Championships. First-year harriers, KC Fussell and Greg Turissini made an immediate impact this fall, often finishing in the Top 5, and captains Ben Scheetz '12, Dillon Buckley '13 and Alec Jacobson '12 provided incredible leadership in their roles as captains in addition to some fast times on race day.

At just about the time the cross country runners were wrapping up their season, the men's sprinters, jumpers, and throwers were gearing up for

Trackside with

**Coach Ned**



This fall marked a new direction for me as I was in charge of only the men's programs, and I could not have been prouder of how smoothly the transition has gone. The ability to focus on just the men has quickly proven to be invaluable from both training and team dynamic aspects, and the results speak to that effect. We are all excited for the direction the program is headed as we begin track season. I hope that you all share in that excitement.

As you are aware, the spectrum of track events is diverse and the success of the program is determined by the level of attention and instruction that is provided to each person. Your continued support will help make the men's team the best it can be and provide the ability to expand and enhance the coaching staff. The "10k Challenge," with a goal to generate \$10k from both the XC and T&F alumni, is about 1/3 of the way to success. By reaching this goal, we will have the resources in place to continue to develop the program.

We have an incredible number of Men's Track and XC alumni who put a great deal into the program while at Amherst, and I'd love to strive for 100% participation in giving back. A donation of \$50 counts just as much as a donation of \$10k, and I hope that you are able to make a contribution to Men's Track and XC that will help these fine men develop as you did during your time at Amherst.

All the best for a wonderful 2012

- Ned



the first competition of the indoor season: the Smith College Winter Classic. In the throwing circle, Denzel Duncan opened his junior campaign with a PR in the indoor shot put, while in the triple jump pit first-years Mark Cort and Steve Hetterich took first and third. In the 55-meters, sophomore Persie Gijima, junior Selasie



**NCAA 800m Champion and Scholar Athlete of the Year Ben Scheetz '12**

Krampa, and sophomore Javier Paulino took fourth, fifth and eighth overall, while in the 200-meter dash those three plus Cort claimed spots first-fourth. In the 600-meters, sophomore Matt Melton and first-year Nick Codola ran 1:23.32 and 1:25.39 to take second and fourth place, while senior Pete Skurman notched an outstanding PR. Finally, venturing higher in distance, senior captain Chris Erickson finished third in the 800-meter run, while first-year Alex Durkee threw down a massive kick to claim a third-place finish for himself in the 1,000-meter run.

Now well into our interterm training—grueling morning and afternoon sessions—the men's team is hard at work in the Cage, on the trails and roads, in the weight room and striving for success. The season resumes on January 14<sup>th</sup> at Tufts University.

Last year's success set the standard for our program. Be they goals of NCAA Championships, national or school records, a previously unattained standard, or even simply achieving a new level of excellence, our athletes work hard to accomplish all they can.

We are excited about the 2012 season and would love to see you at a meet. We hope that you will continue to follow our progress this season on our team website!

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### ***Team Website***

<http://www3.amherst.edu/~xcountry/mensxctrack>