is affected. It is important that these issues are understood not only by the women who will encounter them but also by the men who will be working alongside those women.

The end of the conference meant the beginning of the new school year, which in turn meant a flurry of e-mails recruiting students for extracurricular activities. One message arrived from Women in Science at Harvard-Radcliffe, seeking upperclassmen to mentor younger students interested in science. I reflected on my three years at Harvard—a sliver compared to the experiences of the women at the conference, but still quite hefty compared to my freshman self. Even though I may not be quite ready to carry the torch for successful women, I am now pretty handy with a Bunsen burner. Yes, I replied, I would like to be a Big Sib. But you know what? The Harvard College Undergraduate Research Association (HCURA), a general organization for students of all genders, has a mentorship program as well. I will be signing up for that, too.

Berta Greenwald Ledecky Undergraduate Fellow
Sarah Zhang '11 is still searching for a good pair of dress shoes.

SPORTS

Hotfoot

Cross-country’s Daniel Chenoweth keeps a cool head while burning the competition.

Few sports events are more elemental than a footrace. There is little fancy equipment to tweak, and no one else to blame or praise for the results. In the hours and minutes before the starting gun fires, says Daniel Chenoweth ’11—Harvard’s first winner of the Ivy League’s Heptagonal Championship individual crown in cross-country in 15 years—runners ask themselves: “Am I going to be tough enough to do what I need to do to win?”

And then there is the pain.

“That is a distinguishing characteristic of cross-country and track,” says the harriers’ captain, who has been a Harvard standout in both since he belted out the second-fastest 3,000-meter time among freshmen nationally in 2008. “There is a certain level of pain in other sports, but you can still have a good game and maybe feel okay,” he explains. In running, “You know that to do your best, it is going to be painful. You need to be ready for that.”

Chenoweth, a sociology concentrator with an interest in architecture and film, doesn’t worry about these things as much as most runners do: “I focus down on the things I can control, making sure I’m ready to go, stretched out, and have enough food and water.” In his first race this fall, he set a new course and meet record at Yale, finishing 25 seconds ahead of his closest competitor. He laid the foundation for speed months earlier, logging 80 to 90 miles a week in the summer to develop a core of endurance. “We put in lots of base training miles, nothing fast, and then slowly transition to faster and harder workouts”—such as regular 400- or 1,000-meter hill runs—as the season approaches, he says. “We want to come back really strong and then get really sharp,” by which he means quick.

The training week begins Sunday with a long run, and ends with a weekend race. Chenoweth credits Jason Saretsky, now in his fifth year as head coach of cross-country and track and field, for taking the mental strain of training off the team. “There’s a lot of trust there,” he says. “Basically, coach is in control” of deciding how to train; the athletes’ job is to “go out and run the workout.” Constant practice pays off, Chenoweth says, because “running fast is a game of efficiency in the end.”

But atop the layers of endurance and biomechanical efficiency that can be built...
up only with dedication and consistency in practice—a hallmark of Chenoweth’s work ethic—is race strategy. “In races,” he says, “I am completely focused on what is going on”: where his rivals are, whether the terrain changes, how he is feeling—and thinking about when to attack. On a downhill, he may stride faster to gain a little momentum that he can carry through a flat, or take the lead at a corner to avoid being forced to the outside, which adds a yard or two to the total distance. On uphill, he may push the pace a little harder right at the top, in an attempt to drop a competitor. “Even if your strategy is to sit back,” he explains, “you always have to be aware of what is going on at the front, because if a group of runners tries to break off and you want to win the race, you have to be ready—at the college level, they usually aren’t coming back.”

When he won the 3,000-meter race at the track and field Heptagonal Championship his sophomore year, he recalls, “It was an interesting field because some guys were really strong and a couple of guys were really quick.” The challenge in such a situation is that if the front runners are still in a pack approaching the finish line, those with a fast finishing kick will break away over the last few hundred meters to win. But simply running a faster pace throughout the race eliminates the speedsters and benefits the endurance crowd.

He and Saretsky planned to let someone else do the work of leading until about halfway through. Then Chenoweth would “make a break, to get a good gap on some of the guys” who were dangerous near the finish. “That was what I needed from Coach,” he says. In the race, the runners adopted a relatively slow pace at first. When Chenoweth made his move, he “threw down a really fast, hard lap” that opened a gap on the rest of the field. He took the next lap “a little easier” to recover and then “drove hard in to the finish,” and won.

Jonathan Shaw

Soccer Under the Lights

In early September, the new, illuminated, artificial-turf Soldiers Field Soccer Stadium opened with a nighttime women’s soccer match against Long Island (a 2-2 tie); the next night, the men took on Stanford (Harvard won, 2-1). Free sunglasses in neon colors, T-shirts, and raffles, refreshments, and prizes served as promotions. The artificial surface allows play in a wider range of weather than the natural grass pitch of nearby Ohiri Field (named for star Crimson forward Chris Ohiri ’64), which “remains the primary site for men’s and women’s soccer now and in the future,” according to director of athletic communications Kurt Svoboda. This fall, Harvard played its first two men’s home games on the new surface, with the final four scheduled for Ohiri; the women split their home contests 4-3 between Ohiri and the new stadium.

“The ability to install lights was important” as a factor in the decision to use restricted funds to build the new facility, Svoboda says. (Ohiri Field abuts a residential community, so installing lights might have created problems.) A lit field allows practice after dark: a useful option when undergraduate resistance to early classes has pushed lectures and sections later in the day. The new surface also enables more flexible preparation for different opponents: if a Crimson side is particularly fast, playing more games on the artificial turf, which speeds up play, may amplify that edge. There is also more space for club and recreational play and for varsity lacrosse, which scheduled games against the men’s and women’s national teams for early October.

Soccer at its highest levels, however, is played on grass. The elite professional leagues of England and Europe, as well as the World Cup matches, take place on natural grass (although this year FIFA, the international governing body, permitted some qualifying matches to go off on artificial surfaces in places like Scandinavia, where it is hard to maintain good grass pitches).

And many players favor God’s sod. “I spring from the grass roots,” says Brian O’Connor ’78, a varsity midfielder in college, who has played on many artificial surfaces. “Nothing equals a well-tended grass field for aesthetics. The ball has a skip off the grass that is unique to its contact with organic matter.”

Another varsity alumnus, David Updike ’79, says, “Artificial turf changes the nature of the game, the speed at which it is played, probably induces more injuries than grass, and is less aesthetically pleasing.” For O’Connor, the new man-made surfaces “are much better than the hard, unforgiving turf we sometimes played on in college. But they will never rival the green, green grass of home.”