

# BC ALUMNI XC/TF NEWSLETTER

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# WOMEN'S CROSS COUNTRY FINISHES 26TH AT 2023 NCAA CHAMPIONSHIPS

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While, outside of the Heights, not much was expected of the women's 2023 cross country team, Coach Watson knew better. He had quietly recruited a team that he knew could compete with the best in the country and, from the Arturo Barrios Invitational to the NCAA Championships, the team did not disappoint.

Ranked 13th in the Northeast early-season poll, the women's team set about proving people wrong. The first sign of what was in store was evident in Texas at the Arturo Barrios Invite. The team showed that 2023 was going to be different by taking 3rd in a stacked field. Two weeks later, led by grad Emma Tavella, the team took on the best of the ACC and came out with strong 6th place performance, a big jump from the 11th place finish in 2022. The stage was set for the team to shock everyone at the Northeast Regionals, and shock they did! Not only did this group of stellar student-athletes qualify for the NCAA Championships, they did it by securing an auto bid, finishing 2nd behind Syracuse and ahead of Harvard and Providence College. With Emma 8th, Sr Roshni Singh 17th, and Gr Lily Flynn 21st, the Eagles had three athletes take All-Region Honors. What a day, and a statement to the region that the Eagles were back! The team capped off an incredible season with a 26th place finish at the NCAA Championships, invaluable experience given the big goals for the women's cross country team over the next few years.

The men also had a strong season, as the young team continued to progress and improve. Finishing 17th at the regional meet, the best finish since 2017, this team is also on the rise, and big things are expected from this group in the future.

Congrats to both squads on the foundational season that will set up BC XC for even greater accomplishments in the coming years.



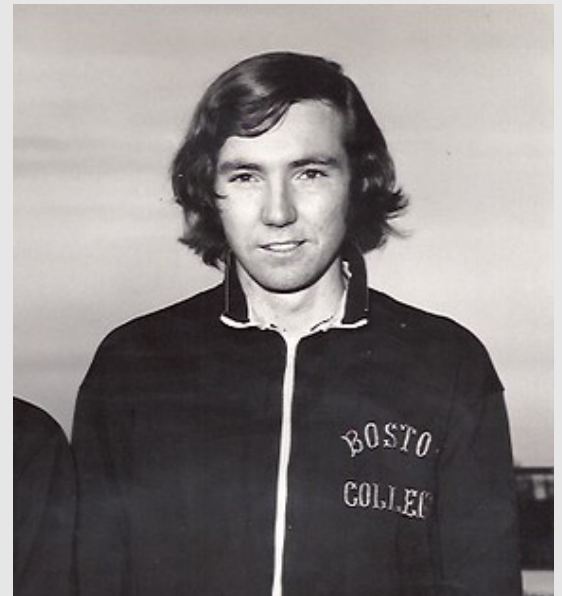
# CATCHING UP WITH THE ALUMNI

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## JACK MCDONALD, 1973

McDonald wasn't the first BC student or college athlete in his family, either – he was preceded by his uncle, a BC grad, and his father, who played college football. As a very athletically inclined youth, McDonald tried out for his high school's football, basketball, and soccer teams, and ended up not making it onto any of their rosters. When his father heard the news, he told McDonald that he could either clean toilets after school or try out for the track team since they had a no-cuts policy. This was the beginning of McDonald's journey in T&F, and since 1969 has made an immeasurable impact on not only the Boston College Cross Country and Track & Field programs but the entire BC athletic department as a whole. On the track, McDonald discovered a natural talent for running, a skill recognized by Boston College, who reached out to McDonald's family to offer him a full four-year scholarship as a cross country and track athlete.

While at Boston College, McDonald majored in Economics. He enjoyed taking economics and marketing classes to learn more about the business side of the world, with his favorite professor being Frank McLaughlin. McDonald reiterated how being a student-athlete was of great benefit to not only his academic pursuits but also socializing with students at BC of all grade levels on the teams. He remembered his upperclassmen teammates with fondness as he described how they guided his formation at BC, and McDonald maintains that his teammates and coaches were the most important aspect of the sport to him. A natural athlete, McDonald quickly distinguished himself as one of the greats of BC athletics. McDonald recalled that one of his favorite memories from being an athlete on the team was his third place finish at the New Englands hosted by BC his freshman year on a track that looped around the old football field. McDonald's finish was immortalized by a Boston Globe photographer at the meet that day as he donned his uniform marked "BC Frosh" while being cheered on by his family who came to support him. McDonald capped off his BC running career his senior year with an explosive first-place finish at the 1973 New Englands.





McDonald also was the founder of the Greater Boston Track Club in 1973. The GBTC provided post-graduate runners with an opportunity to train and compete. Some of GBTC's best runners were four-time Boston Marathon winner, Bill Rodgers (BC Grad '84) and recently retired BC men's and women's track & field head coach, Randy Thomas and BC alumni Dick Mahoney '72 who both finished 8th & 10th at the Boston Marathon during their careers. In 1976 McDonald set a New England indoor mile record of 4:00.9 at the Dartmouth Relays.

Recognizing McDonald's unique talents, the Boston College athletics department offered him the role of the head coach of the men's cross country and track and field programs upon his graduation. McDonald excelled in this role, increasing the caliber of the men's team as well as ushering in Boston College's first ever women's cross country and track and field programs. McDonald described his coaching style as an amalgamation of lessons learned from his revered former coaches combined with tactics he learned as an athlete that he felt helped him the most. His goal, especially concerning the track and field teams, was to provide a diversity of unique workouts that really helped runners at every distance and event level.

McDonald's coaching strategies proved to be highly successful, as the teams accumulated an extraordinary amount of accolades under his direction. In 1984, both the men's and women's cross country teams won the New Englands, the Big East, and qualified for the NCAA championships. Another big year for the programs was 1987. McDonald related that one of his most cherished memories from coaching was in the winter of 1987 during the New Englands championship weekend. The men's championship was at Bates on Friday and Saturday morning, and the women competed at Boston University Saturday afternoon and Sunday. The men's team ended up winning the New Englands at Bates that Saturday, but instead of immediately celebrating their successes, McDonald urged the men's team to go to BU to support the women's program. The men's team did so and were thus able to witness the BC women also take home a first place finish at the women's New Englands. McDonald remembers that day with great fondness, as it was truly a program-wide achievement made possible by both teams supporting each other.



Following his time as the head coach of the cross country and track and field programs, McDonald worked as BC's assistant athletic director for several years before relocating to other athletics departments as Director of Athletics at the University of Denver (5 Years), Quinnipiac University (20 Years) and as Vice President of Student Affairs and AD at the University of New England. McDonald is now retired and resides in Marshfield, MA, where he still supports BC's cross country and track and field programs by attending meets and keeping all of the teams' statistics and records up to date.

McDonald admires the tremendous coaching success he's seen at BC since his departure from the team – especially the recent partnership with New Balance and the use of its state-of-the-art facilities. McDonald is immensely grateful to Boston College for the chance they took on him as both an athlete and a coach, noting that BC truly helps to put people on a path to success. McDonald also hopes to host a 40-year reunion for the 1984 teams he coached in the Fall of 2024 as well as a 40th reunion of the 1987 New England Championship teams in 2027 – but more details on that soon!



# BC XC/TF & THE STUDENT-ATHLETE ADVISORY COMMITTEE

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BC XC/TF Junior **Molly Fitzpatrick** ('25) has been serving on Boston College's Student-Athlete Advisory Committee, or SAAC, since her sophomore year. SAAC is composed of a group of student athletes from all sports who come together to vote on NCAA legislation and organize events for BC's student athletes. Examples of these events include a major focus on mental health and stress-relieving campaigns.

In addition, members of BC's SAAC live out the Jesuit mission of Boston College by partnering with charities to put on an annual holiday gift drive. SAAC also pairs with local elementary schools and assigns student athletes pen-pals from these schools. At the end of every year, SAAC hosts a picnic on alumni field where the kids and the student-athletes get to meet each other and have a fun field day! SAAC allows BC student-athletes to have a voice in NCAA policies while connecting them with the Jesuit mission of Boston College.



# A STUDENT PERSPECTIVE

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## JOHN GARVEY, 2027

**EVENTS:** 3k, 5k, 10k

**FAVORITE MEMORY FROM THE TEAM:** Training camp in Vermont

**FAVOITE COURSE TO RACE:** Texas A&M

**WHAT ARE YOU LOOKING FORWARD TO DURING TRACK SEASON?:** Growing and improving his running with Coach Watson's training



## KYLA KRAWCZYK, 2024

**EVENTS:** 400m flat, 400m hurdles

**FAVORITE MEMORY FROM THE TEAM:** Breaking the school record in the 4x400m at outdoor ACCs

**ADVICE FOR UNDERCLASSMEN:** Give yourself some grace! When I first got to BC, I was all about chasing perfection in both academics and on the track. I was mostly focused on the end goals, like getting an A in class or achieving a specific time in my event, and I overlooked the little successes and progress along the way. It's important to be present and learn how to navigate through setbacks, be it a low grade or a not-so-great race. Sometimes, you need those hiccups to appreciate the truly great races and grades. It makes those successes feel even sweeter.

**FAVORITE VENUE TO RACE AT:** Indoor -- the TRACK at New Balance. Outdoor -- North Carolina State

**GO-TO POST RACE MEAL:** Appetizers at Cityside



# TRACK AND FIELD 2024

After the stellar cross country season, and with the ACC and NCAA Championships being held in Boston at the TRACK at New Balance, big things are expected from the Eagles during the indoor season. And if the first meets at BU on December 2nd and at the TRACK on January 20th, are any indication, the 2024 indoor season is going to be special.

At the Sharon Colyear-Danville Season Opener in December, the Eagles were on fire, breaking 5 school records and achieving 35 personal best performances. Highlights included record breaking performances by Jr Peter Fox, who ran 14:07.32 for the 5000m to break the 4 yr old record of 14:12.00; Jr Eddie Kelly and So Damon Frabotta, who both broke 6 yr old records, running 1:19.25 for 600m and 34.11 for 300m respectively; freshman Kylee Bernard took down the 29 yr old 300m record with a blistering 39.13; and freshman Yaroslava Yalysovetska ran 1:30.11 to smash the previous 600m school record by 3 seconds. What a day!

The record breaking continued at our first meet of 2023, with Jr Molly Hudson running a school record time of 4:32.24, breaking Kate Mitchell's record from last year. Big shout out to Kate as she helped Molly by pacing the race. Eagles helping Eagles! And Damon Frabotta '27 smashed the 200m record running 21.18 to take down a 36 year record, the sophomore is only getting going.

This is going to be an exciting year for the BC T&F team as we host one Invitational and two Championships events on our home track at New Balance. Join us on Fri/Sat Feb 9th & 10th when we host the Eagle Invitational, an elite 14 team meet which should produce some of the fastest and best performances in the country. This is going to be our big Alumni Reunion Weekend so we can't wait to see you then. Info below on tickets sale for our Alumni Suites at the NB TRACK.

The excitement continues when we host the 2024 ACC Indoor Championships on Thur-Sat, Feb 22nd - 24th at the TRACK at NB, before we co-host the 2024 NCAA T&F Championships with ULowell on Thurs - Sat, March 7-9th.

Stay connected with the exciting whirlwind of a season on Instagram @bcxc\_tf!

## INDOOR SCHEDULE

**1/20 New Balance Collegial Showdown**

@ The TRACK at New Balance, Brighton MA

**1/26-27 - John Thomas Terrier Classic**

@ Boston University, Boston MA

**1/26-27 - Riverhawk Invitational**

@ The TRACK at New Balance, Brighton MA

**2/2 - Crimson Elite**

@Harvard, Cambridge MA

**2/3 - Bruce Lebane Scarlet & White Invite**

@Boston University, Boston MA

**2/9-10 - Eagle Elite Invitational**

@ the TRACK at New Balance, Brighton MA

**2/18 - Terrier DMR Challenge**

@ Boston University, Boston MA

**2/22-24 - ACC Championships**

@ the TRACK at New Balance, Brighton MA

**3/7-9 - NCAA Championships**

@ the TRACK at New Balance, Brighton MA



# BOSTON COLLEGE CROSS COUNTRY AND TRACK & FIELD REUNION!

**WHEN:** February 9th, 2024

**WHERE:** The TRACK at New Balance

Join BC XC/TF alumni at the Eagle Elite Invitational, hosted at the TRACK at New Balance in Boston! We have reserved suites for our alumni, family and friends, admission is \$100 per person. See link on our instagram @bcxc\_tf or email Sinead Evans at evanssw@bc.edu to purchase tickets.

We hope to see you there!

**Competing teams:** Boston College, Arkansas, UConn, Florida Atlantic, Harvard, Louisville, NC State, North Carolina, Oklahoma State, Oregon, Texas, UCLA, USC, Villanova, Wake Forest

**Note:** Some alumni are planning a pre-meet reception at Rail Stop across the street from the TRACK from 11am - 1pm!

**Don't forget to check out our team store for BC  
XC/T&F apparel!**



**Link to Cross Country apparel:**

<https://tinyurl.com/BCXCmerch>

**Link to T&F apparel:**

<https://tinyurl.com/BCTFmerch>