

# The Cornell Daily Sun

Keith R. Johnson '56 Digital Archive

## Machooka, Sims Set Records [ARTICLE]

Cornell Daily Sun, Volume LXXVII, Issue 32, 1 November 1960, Page 7

### Cross-Country Duo . . .

## Machooka, Sims Set Records

By HERBERT D. MALAKOFF

It takes a special kind of person to be a good track man; it takes a special kind of pride and guts to be a good distance man. In cross country, perhaps the most grueling of the gruelings, the runner is out there all alone for mile after wearisome mile of hills, soft, slippery turf, and unfriendly weather. Winning or losing fades in importance as the miles churn by. The runner is racing against himself against his last best time; and it is his pride and determination that keep him going.

One of the few bright spots on an injury riddled fall sports schedule at Cornell has been the performance of the freshman cross country team, which has an impressive 5-1 record.

Pacing the first year runners all season Steve Machooka and Jim Sims have topped some of the best freshman runners in the East and set quite a few records along the way. The latest victim of the powerful running punch offered by the cubs was Army's Rich Lingle, who had previously gone undefeated for three years.

At the same time that Lingle was tumbled, Machooka decimated the Army course record by 34 seconds. Sims bettered the same mark by 20 seconds. The duo has broken the Cornell records a number of times.

A National Merit scholar who turned down a presidential appointment to West Point to come to Cornell, Sims started running

took off after course records with graceful aplomb. An almost effortless runner, the 5-11 speedster likes to get in front as early as possible and run his own smooth race.

Unlike Machooka, Sims appears to dig in on every step; and were it not for the fact that there is usually a good distance between him and the trailing pack, it would look as if he were plodding along. The likeable 5-9 145-pounder feels that the key to his distance running is his endurance.

Sims says that he has little trouble with the first mile because that's sort of a warm-up mile. The second mile is usually the crusher. On that one, he wonders if he is going to make it all the way. By the third mile, "I guess I get my second wind. It's much easier."

Machooka starts like a frightened rabbit when the gun sounds. He already has run a 4:47 first mile. He seems to loaf through the middle portions of the race, then to literally fly home. The Kenya flash is in the New York State College of Agriculture. He hopes to major in agricultural economics. Sims, is in the School of Electrical Engineering.

Perhaps Coach Lou Montgomery sums things up best. "Machooka and Sims are great runners, inspiring runners. Not conceited or showoffs, they help the other guys on the team and instill an awful lot of spirit. Machooka, of course, has the God-given gift of really great speed. Sims has great heart. He likes track and stiff competition. He's going to rate someday

as a freshman in high school. He didn't run any cross country until his junior year at Kingston, N.Y. High School. He credits much of his development as a runner to his high school coaches.

Last year, Sims, who ran a 1:58 half mile in high school, garnered the National High School 1000-yd championship laurels at Madison Square Garden in New York.

Machooka, on the other hand, ran no cross country in high school in Kenya, Africa. He did, however, run a tremendous 4:13 mile. This effort prompted the government to suggest to Machooka that he train for the Olympics at Rome. Machooka had ideas of his own. A teacher of his in Kenya, Nick Otieno, had become a grad student here and had brought Machooka under Cornell's spell.

Machooka decided to continue with his education. Otieno contacted track Coach Lou Montgomery and the wheels started grinding. He finds some of America's teaching customs strange compared to the British system under which he learned previously but he is quick to point out that "education is my major reason for being here and I like it very much."

Once Machooka proved to himself against Colgate that he could run the distance in competition, he

with Charlie Moore as one of the all-time great Cornell runners. Many guys might give up after running second week after week, especially when they could have gone to any other school in the east and been number one.

This article has been automatically clipped from the Cornell Daily Sun, organised into a single column, then optimised for display on your computer screen. As a result, it may not look exactly as it did on the original page. The article can be seen in its original form in the page view.

Copyright 2005, Cornell University Library