

ATHLETE OF THE WEEK

Peter Glavin



Times-Union photo — Kevin Higley

McQuaid senior Peter Glavin ran about 500 miles this summer to get ready for the cross-country season. His goal: to finish in the top 10 in the state meet next month in Syracuse.

Who is the top cross country runner in Section 5 this fall?

It's hard to argue with the early season accomplishments of McQuaid senior Peter Glavin, who in the last three weeks has:

□ Helped McQuaid win the Grand Island Invitational with a third-place finish in a field of 160 runners.

□ Was the top area finisher in the loaded McQuaid Invitational, placing sixth out of 90 in the varsity AAA race.

□ Led the Knights to the team title at the Cobleskill Invitational last weekend, with the fastest time (15:29 over a 2.95 mile course) in a field of about 600 runners. His latest performance is why he's *The Times-Union's* Athlete of the Week.

"I think I've got a pretty good shot at winning the Sectionals this year," says Glavin, who placed fourth last year. "Actually, this is kind of a down year for cross country runners around here. I guess it goes in cycles like anything else. Most of the top guys graduated and the guys I thought were going to be real tough this year haven't improved as much as I thought they would."

That hasn't been the case for Glavin, a five-year runner at McQuaid (he started in eighth grade) and the City-Catholic League's runner of the year last fall. He ran about 500 miles this summer preparing for the season.

"I worked hard in the summer but now I'm trying to pace myself," Glavin says. "Last year our team was so strong that every practice was like a race and it took its toll. I haven't trained quite as hard during the week so I'm fresh on the weekends."

"He's as consistent a runner as you're going to find," says McQuaid Coach Bob Bradley. "I really can't remember when he's run a bad race. Down at Cobleskill, he didn't have anyone that could stay with him or else he could have cut another 15 to 20 seconds off his time."

Glavin's strength is running the hills. If he's close to the lead at the approach of a steep hill, you can almost be sure he'll take the lead by the time he reaches the top.

"The hills can make or break most runners," says the 5-9, 140-pound Glavin, who hopes to attend Notre Dame next year. "I really don't have great speed, but I've got strong legs and a strong cardio-vascular system and that's what you need on the hilly courses."

Glavin's No. 1 goal is a top 10 finish at the state meet next month near Syracuse.

"I've heard the course (Green Lakes State Park) is a hilly one so that could be to my advantage," he says. "I'll know a lot more how I stand after I run in New York City later this month, though. All the hot shots from downstate are supposed to be there."

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