

McQuaid 1981 Cross Country

VARSITY ONE:

Standing:

Tom Warth

Steve Rapp

Mike Das

Paul Cloos

Kneeling:

Jean Pierre Lavallee

Rennie Brimstein

and Sectional Trophy

Brian Rapp



We sat around the oak table in the ornate meeting room of the Jesuit Retreat House, Morristown, New Jersey (of all places). It was already a long way from Highland Park and that first practice 2½ months ago. It was late Friday night. Tomorrow we would run the last race of our freshman season, the Jesuit Championships, at Van Cortland Park in N.Y.C. We sat silently, each with that peculiar, anxious pre-race feeling; a mixture of dread and anticipation.

Mr. Contario broke the silence. He told us how proud of us he was. Then, he prophesized; "If you guys stick together for 4 years, you'll be State Champions." Most of us probably dismissed that as being overly-enthusiastic. But that Idea would be a flame that alternately blazed and smoldered over the next 3 years, culminating on a windy, snowy day in Malone, New York.

No one could have predicted that from that excellent freshman team (which won the Jesuits with a near perfect score of 16 points the next day). There would only be two survivors 3 years later: Matthew Huggins developed tendonitis within a year; Bob Stokes transferred to Penfield and Timm Grattet moved to Washington both after promising sophomore years; Bryan Jones lost interest; John Mueller developed knee problems.

But, somehow, the student body of McQuaid managed to come up with individuals to more than adequately fill those blank spaces;

Junior Rennie Brimstein: "that little Jewish boy" was the area's best eighth grade runner as a member of Irondequoit's team. He came to McQuaid as a freshman and immediately broke into the Varsity I, a rare feat for a Frosh at McQuaid. A consistent, steadily improving runner, he was also a City-Catholic All-Star as a frosh. He competes three seasons a year (four, if you count the summer road races).

Junior Jean Pierre Lavallee. He was number-one man on his frosh squad. He was sixth or seventh man Varsity I as a soph. He ran over 700 miles during the summer. He could also be a majority stock holder in Adidas, Brooks and Nike because of all the shoes he buys.

Junior Brian Rapp. He first ran last year as a sophomore. He is also an excellent veteran performer for the McQuaid Swim Team. Teammates have to be wary, because he's a Ramones (Rock-n-Roll High School) fan. He loves to eat ice cream the morning of a race.

Senior Paul Cloos. Unlikely Varsity I candidate. As a frosh he wrestled. He also golfed. His

only previous Fall sport had been throwing grapes up 50 feet in the air and catching them in his mouth. In his junior year, he gave X-C a try on the advice of instigator T.J.W. He became first or second man for Varsity II. He was awarded the "Best New Runner" trophy for the 1980 season for his fantastic potential.

Senior Steve Mack. He was our secret weapon for this year. His first year of X-C, and he was on the Sectional-Winning team. He also ran track for the first time last spring. He didn't even run 500 miles this summer, but cycling around Lake Ontario with Brian Rapp must have helped. Feed him "Jim Dandies" before a race and he'll do wonders for you.

The two veterans of the aforementioned freshman team are Mike Das and Tom Warth. Both of them, along with Matthew Huggins alternated as first men of that year's (1978) team. Together, they went into the real estate business this past summer. Sounds impressive, no? The fact that they scraped, cleaned and painted that real estate shouldn't make it any less so.

Warth has been a three season runner the past three years. After a promising sophomore cross-country season, he had a frustrating three-month fall last year. He says he likes X-C better than track because in cross-country, one does not have to carry batons.

Das is this year's captain. He was first man on last year's team for most of the meets. Last spring, recovering from a knee injury, he ran a 2:49 marathon (26.2 mi.) qualifying for Boston and setting a school record in the process. He finished fourth in this summer's Empire State Games 10,000 meters. He also ran 1000 (that's 1.0 x 10 to the 3rd) miles this past summer, training "on the edge of death."

The theme for this season was "you gotta believe!" Mr. Bradley said at the beginning of the season that he thought that this '81 team could be the best he's ever had in his 20 years of coaching. "We have front strength, we have balance, and we have depth." He believed in us, and he said all we had to do was believe in him, and in ourselves.

The season began with a disappointing second place finish to East Aurora in an 18 team field at their invitational. The next week we defended our championship at the Sarah Coventry Invitational in Newark, N.Y. The next week it was close, but no cigar at our own invitational; an 82-85 loss to New England Champs Bishop Hendrickson. But it was a very solid team race. On October 10th, an SAT-shocked team won by 50 points at the Stock-

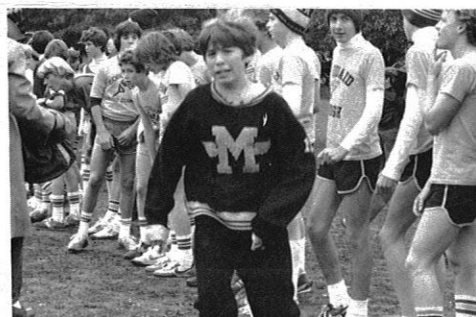
Conwicke Invitational in scenic Endicott, N.Y. I was then off to the Malone Invitational (sight of the 1981 State Meet); but our first sampling of the state course left a bitter taste; third place with a weak team race. At the sectionals, however, ol McQ dominated with a 96 point win over 17 class AA schools. We put three in the top 10, including Paul Cloos, who got his first little blue patch in his first sectionals.

McQuaid had earned the right to go to the State championships for the third time in four years, and it had been this meet that had been on our minds all season; we prepared for it mentally and physically with each practice, with each meeting, and with each competition. It was snowing (with four inches of the lovely white stuff already on the ground.). The wind was gusting and the temperature was about 25 degrees that morning. But even this failed to cool the team's deep enthusiasm. The team got out slowly, but patiently worked through the race. It was frustrating in all that mud and snow-slush. At race's end, each Knight felt the frustration. we would not know the results of this baffling number game for 3 hours, and yet it seemed obvious that we hadn't won. It just hadn't been our day. We showered, and ate at Malone H.S., and waited. Suddenly, the Section V chairman entered the cafeteria, "You better get to the awards ceremony in the gym quick. You won by one point." Disbelief, then... ecstasy. We accepted our trophy and medals. But, soon it became apparent that we had won on a technicality: Syracuse school Corcoran's Steve Loretz had been disqualified for unintentionally running off the poorly marked course. Official measurements showed that it only cut 15 meters off the course, and he won by 70.

We recognized that although we had defeated Corcoran decisively on two prior occasions, Corcoran this time deserved to win. They had the better race. On the following Monday, we agreed after much discussion, to send the trophy to Corcoran with a message acknowledging the fact. On Wednesday it was shipped U.P.S.

This season ended with an anti-climactic meet at Long Island the following Saturday, and an enjoyable night reveling in N.Y.C.

This season was a very interesting one. We had a team with much potential. We ran against great competition, and we had a great time doing it. We also learned a lot about sportsmanship and team cooperation. Thanks, Mr. Bradley, for your patient faith in us: We will always believe in you.





Standing: K.C. O'Neill, Dave Merle, Coach Robert Bradley, Joe Paonessa, **Kneeling:** Roy Smith, Frank McLaughlin, Joe Amoroso, Tim Judson

Varsity Two



Standing: Phil "The Wild One" Dailey, Timmy "Vince" Horvath, Steve Accaire (leekick Bob Harris), Bill Cusack, Tom Driscoll, John "The Big Z" Zeman
Kneeling: The Enchanting John "I Made It" Anderson **Conspicuously Absent:** Matt Anderson, Bob Harris, Mark Czajkowski

BULOUS FLYING FROSH: "Top 7" kneeling: Tom Buckley, Steve Rapp, Rob Smillie, Dan Hess, Dave "Wings" Warth, Chris Lyboldt, Steve Rapp, Rob Smillie, Dan Hess
Standing: Mike Gaffney (yawning), Matt Emerson, Racin' Danny, Tom Shields, Chris Mann, Andrew Moore, Jim Peters, Matt Anderson, Mike Egan, Brian Lang, Jay Losee, Mike Egan, Dan Hess, Coach Gary "61-0"

J.V.

Frosh

For the first time in Cross-Country running, the 1981 Varsity II Team consisted of ten runners instead of the regular seven man squad. The team had quite a range of ages, experience and ability.

We were led by seniors Dave (Bog Leader) Merle and Phil (Dails) Dailey. Quite often, we relied on the running talents of juniors K.C. (Wildman) O'Neill, Joe (Bambino) Paonessa, Alan (Ale's) Wilmes and Super-Sophs "Smoking Joe" Amoroso, Tim (Rubik's Cube) Judson, Roy (Cannonball) Smith, Frank McLaughlin, and John "the Big Z" Zeman.

Even though we were a diverse team, we had one goal; to run our best. East Aurora and Albion Invationals were excellent races for us and our dominance in the City Catholic League still prevails.

None of us will forget the war games at GVP, the Binghampton trip with Huggy Bear, 17th hole at Greenman, Swamps at Albion, running camp (especially Crickett), the Dugway (ouch!) and hill loop runs.

Good luck next year to all returning V-2 men, and Johnny, Tim L., Creature, Timmy "Killer" Horvath, Bill, Bob, Steve, Tom and Rob, and especially to this year's fantastic Frosh, who will certainly go on to much bigger (and longer) things next year. Our sincere thanks and gratitude go to Mr. Bradley for his faith and confidence in our abilities. Thanks, Mr. Bradley, for a great season.

