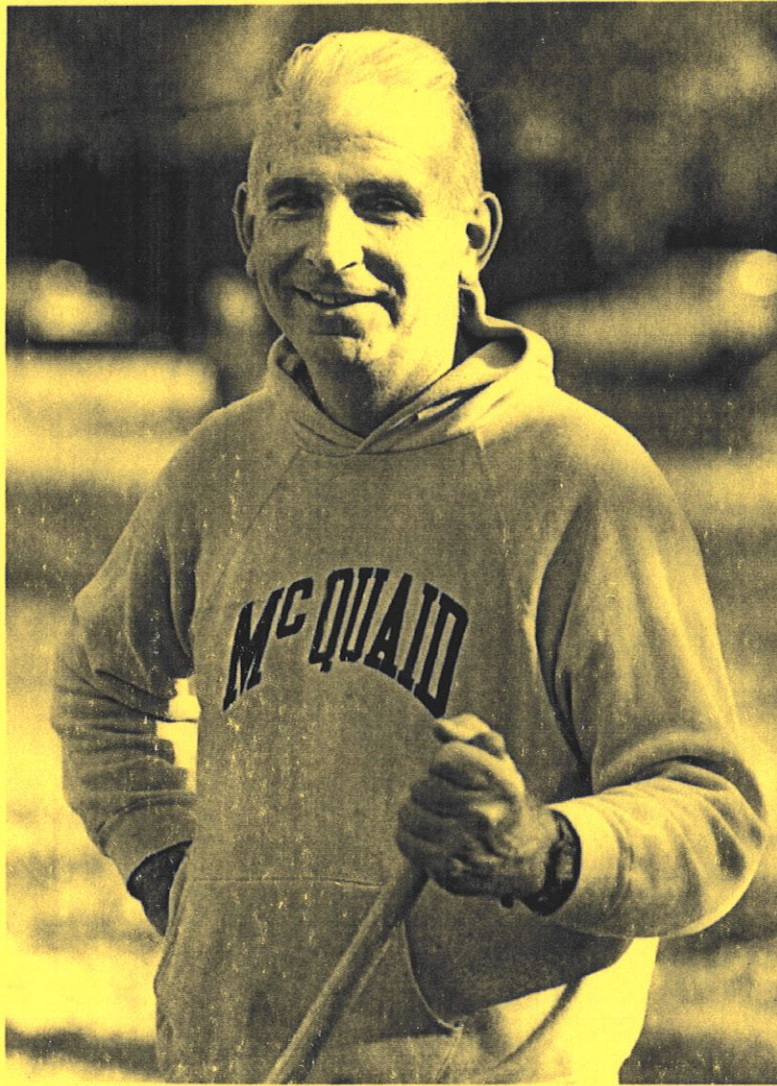


**1985 MCQUAID JESUIT HIGH SCHOOL CROSS COUNTRY TEAM**

**2<sup>ND</sup> PLACE - NEW YORK STATE CHAMPIONSHIPS**



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Coach Bob Bradley (circa. 1985)

**J<sup>McQUAID</sup>  
JESUIT**



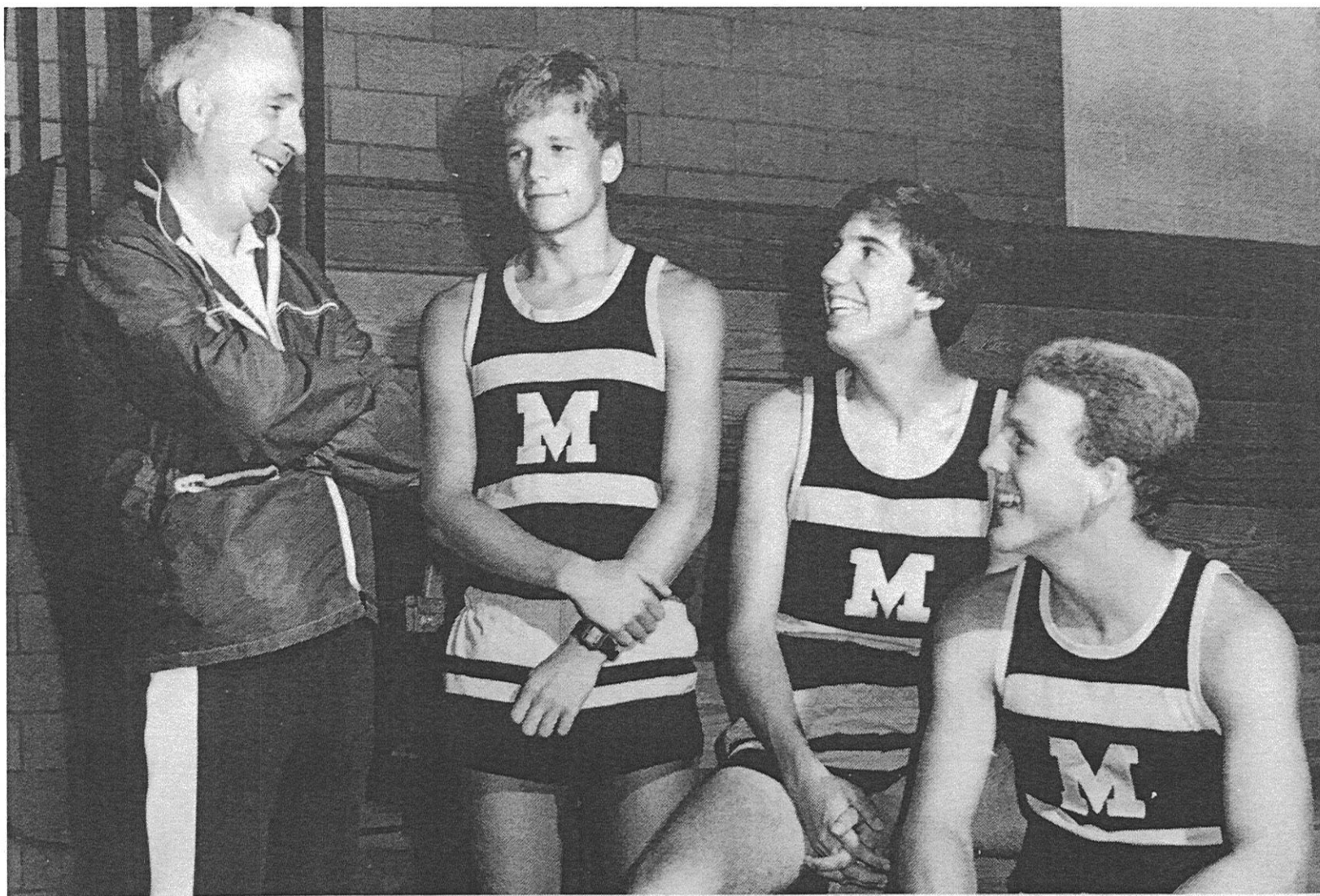
1984 New York State Championship Team vs. 1985 New York State 2<sup>nd</sup> Place Team

	1984 TEAM	1985 TEAM
Liverpool Invitational	DNR	1 <sup>st</sup> of 10 Schools
New Hartford Invitational	1 <sup>st</sup> of 9 Schools	1 <sup>st</sup> of 17 "A" Schools
Newark Invitational	1 <sup>st</sup> of 11 Schools	1 <sup>st</sup> of 13 Schools
McQuaid Invitational	2 <sup>nd</sup> of 14 Schools	2 <sup>nd</sup> of 12 Schools
Brown University Invitational	2 <sup>nd</sup> of 11 Schools	DNR
Baldwinsville Invitational	DNR	1 <sup>st</sup> of 22 Schools
Fayetteville-Manlius Invitational	1 <sup>st</sup> of 7 Schools	DNR
Wickham Park Invitational	DNR	2 <sup>nd</sup> of 15 Schools
Eastern States Championships	11 <sup>th</sup> of 16 "seeded" Schools	DNR
Catholic Memorial Invitational	DNR	1 <sup>st</sup> of 26 Schools
Loyal Greenman Invitational	1 <sup>st</sup> of 21 Schools	1 <sup>st</sup> of 16 Schools
Section V Championships	1 <sup>st</sup> of 20 Schools	1 <sup>st</sup> of 17 Schools
New York State Championships	1 <sup>st</sup> of 12 "A" Schools	2 <sup>nd</sup> of 11 "A" Schools
Jesuit Championships	1 <sup>st</sup> of 7 Schools	DNR
New York State Federation Championships	DNR	4 <sup>th</sup> of 34 Schools
<b>RECORD:</b>	<b>106 Wins, 12 Losses</b>	<b>175 Wins, 6 Losses</b>
<b>INVITATIONAL WINS:</b>	<b>4</b>	<b>6**</b>
	New Hartford Newark Fayetteville-Manlius Loyal Greenman	Liverpool New Hartford Newark Baldwinsville Catholic Memorial Loyal Greenman

\*\*School record, at that time, for Invitational wins in a season.

1984 Team		1985 Team	
<u>Name</u>	<u>Year</u>	<u>Name</u>	<u>Year</u>
Robb Smillie	Sr.	Scott Paterson	Sr.
Chris Lyboldt	Sr.	George Schell, Jr.	Sr.
Steve Rapp	Sr.	Brian Mack	Sr.
Scott Paterson	Jr.	Chris Cusack	So.
Dave Warth	Sr.	Matt Smith	Jr.
Brian Mack	Jr.	Conor Cuasak	Jr.
George Schell, Jr.	Jr.	Tim Hess	So.



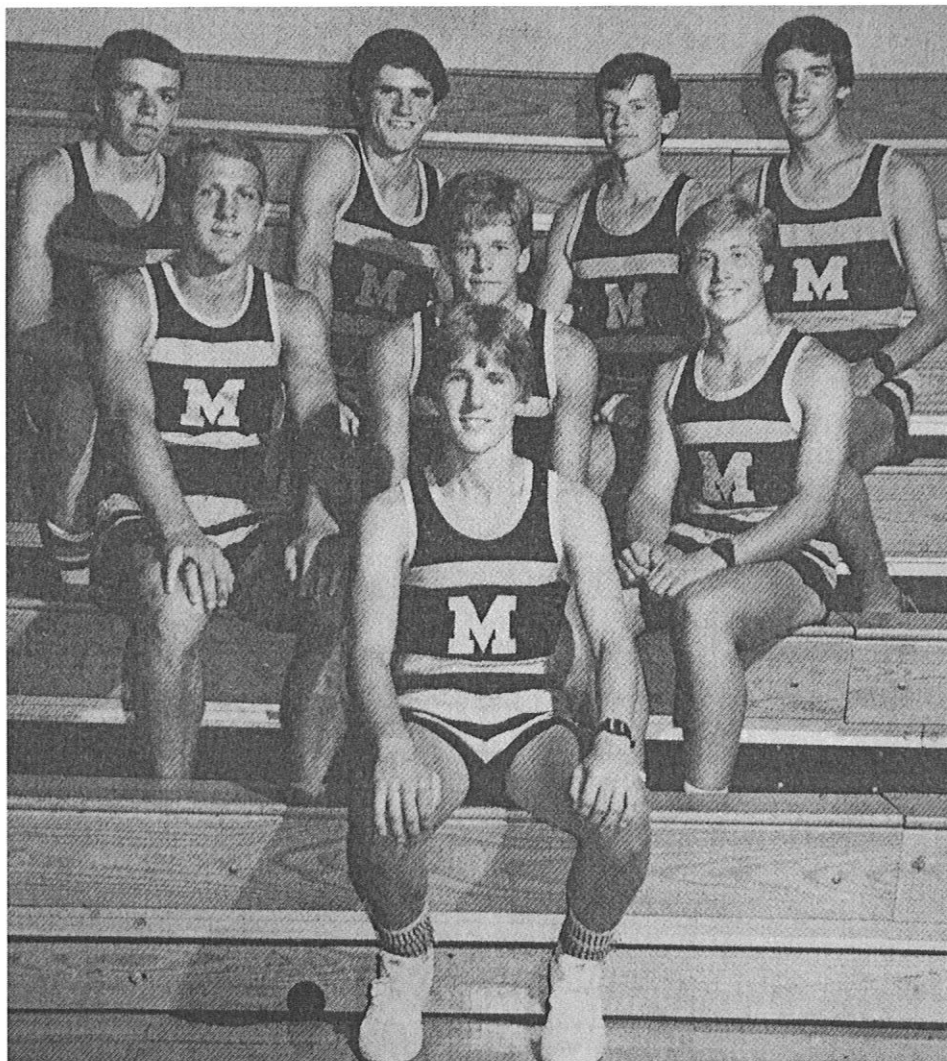


3 Captains

(L→R: Coach Bob Bradley, Scott Paterson, George Schell, Jr., Brian Mack)

Senior Year - 1985





Varsity-1

(Front Row: Tim Hess)

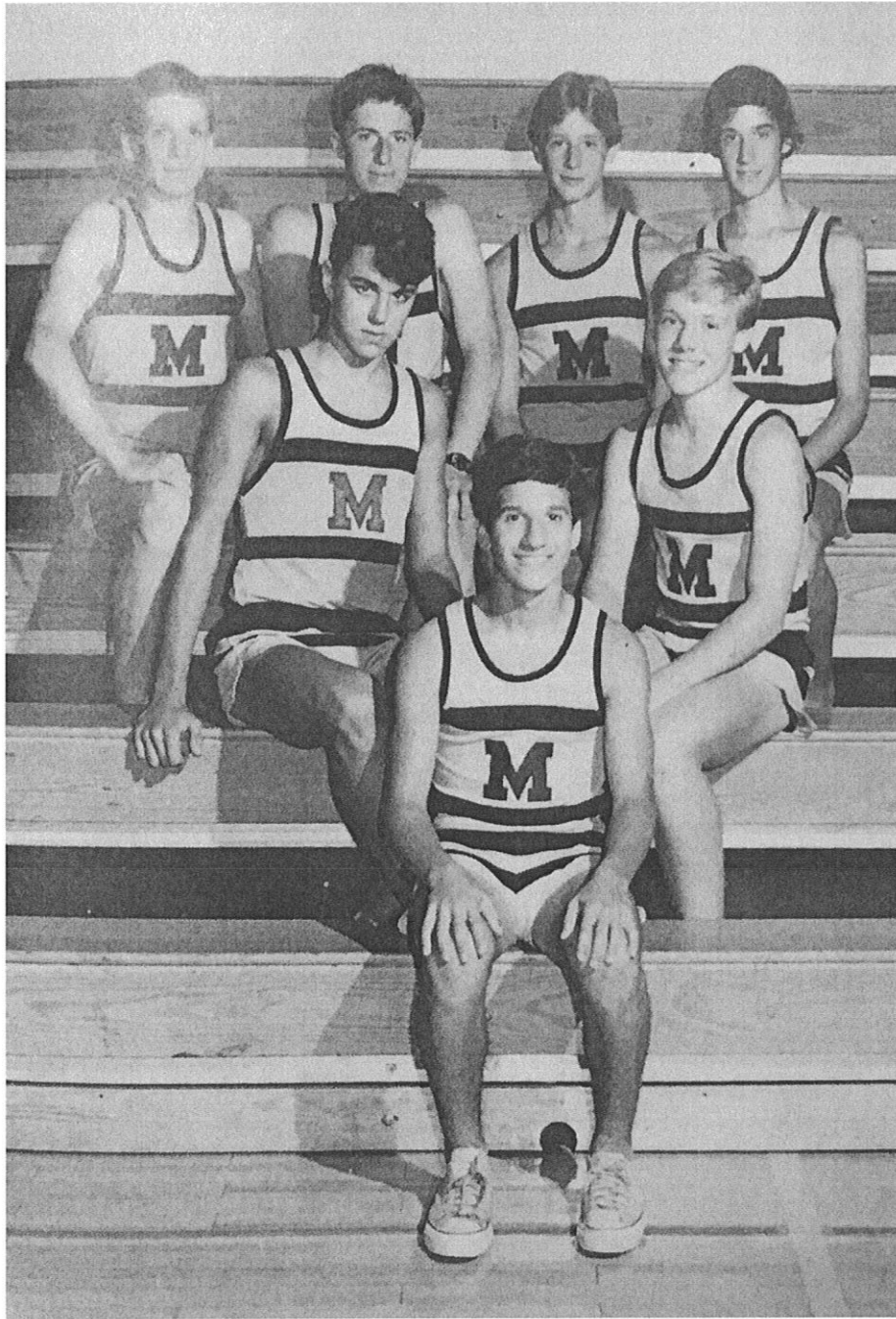
(2<sup>nd</sup> Row: L→R: Brian Mack, Scott Paterson, Mark Wiltberger)

(3<sup>rd</sup> Row: L→R: Conor Cusack, David Schickler, Matt Smith, George Schell, Jr.)

(Not pictured: Chris Cusack)

Senior Year - 1985





Varsity-2

(Front Row: Mark Dovi)

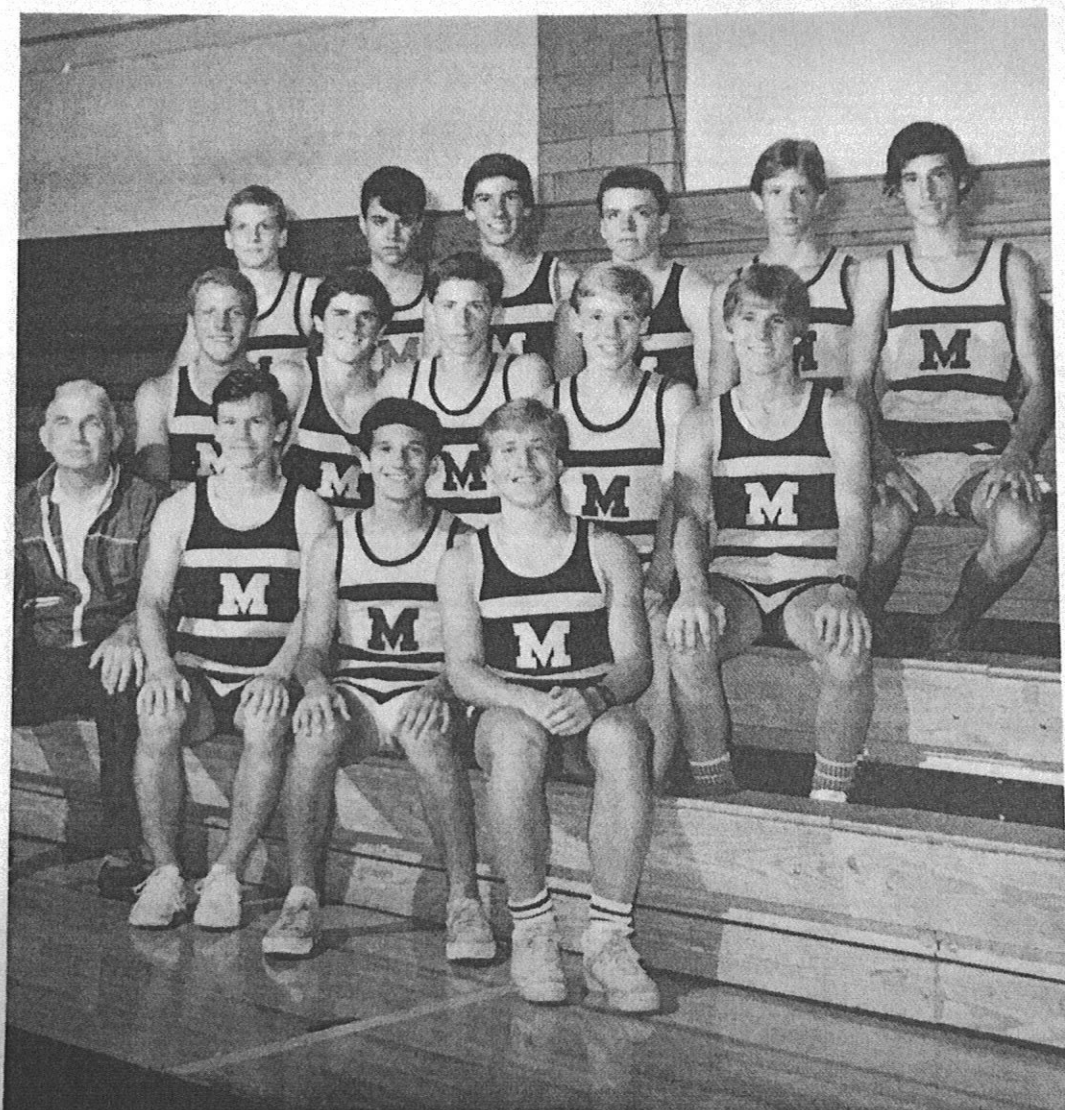
(2<sup>nd</sup> Row: L→R: Mike Honch, Mike Kraus)

(3<sup>rd</sup> Row: L→R: Chris Cusack, Mark Hendrie, Chris Adin, Jeff Stone)

(Not pictured: Mark LaVallee, John Schell, Mike Schumacher, Mark Wiltberger)

Senior Year - 1985





## **McQUAID VARSITY CROSS COUNTRY**

*1st Row:* **Coach Bob Bradley, Matt Smith,  
1 to r: Marc Dovi, Mark Wiltberger**

*2nd Row:* **Brian Mack, Dave Schickler, Mark  
Hendrie, Mike Kraus, Tim Hess**

*3rd Row:* **Chris Cusack, Mike Honch, George  
Schell, Conor Cusack, Chris Adin,  
Jeff Stone**

Senior Year - 1985





Freshman

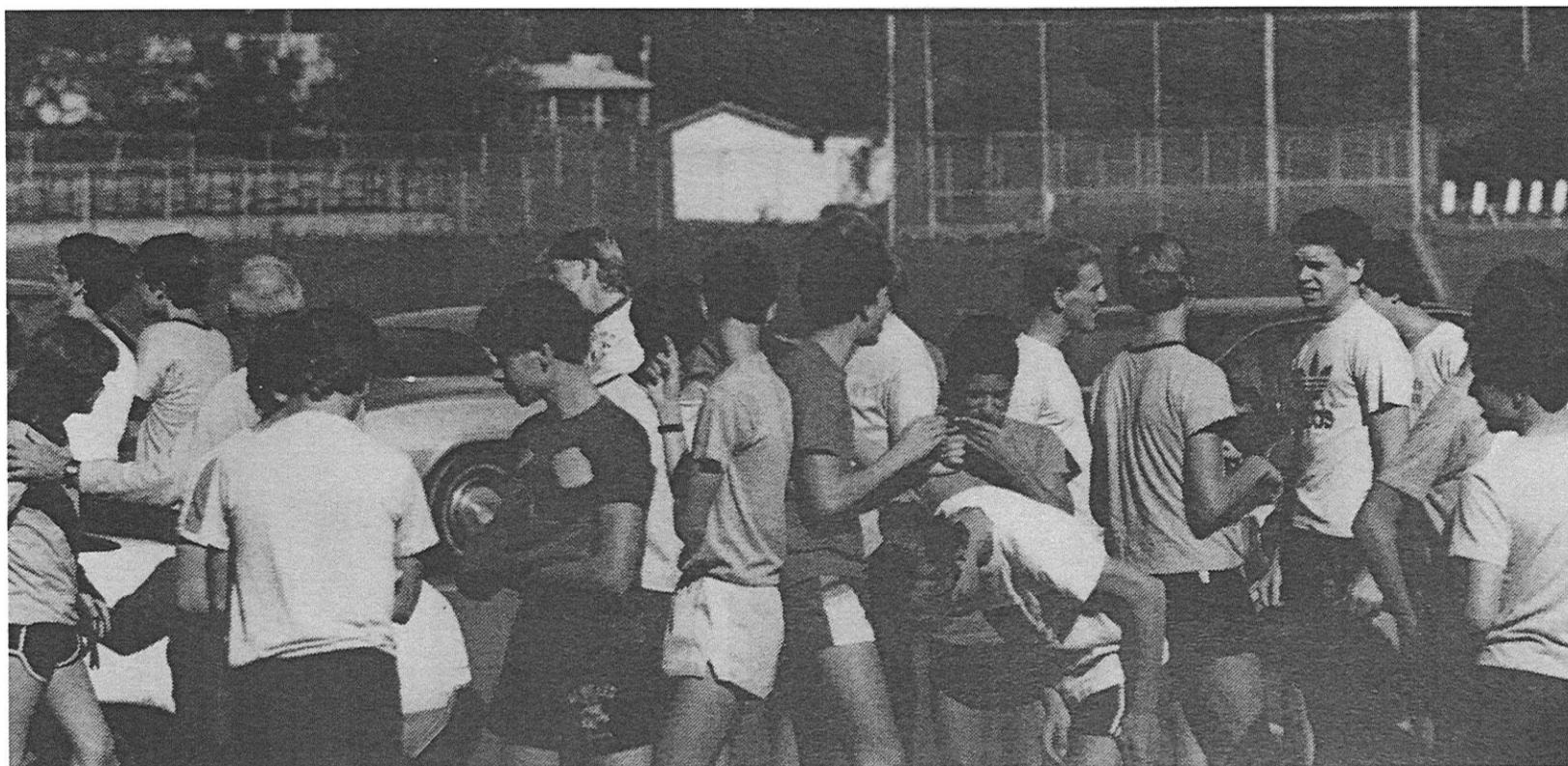
(Top Row: L→R: Mr. Gary Jones, Mike Fitzpatrick, John Volpe, Scott Romanowski, The Imposter, Mickey Stone, Andy Stone, Frank Dipane, Jason Strong)

(Middle Row: L→R: Sean Weider, Bing Waldert, Matt Jones, Jason Fahy, Peter Panepento, Steve Foley, Keith Vanderzell, Mike Sellar)

(Sitting: L→R: Greg Light, Gil Tegg, Dave Dugan, Steve Oughterson)

Senior Year - 1985

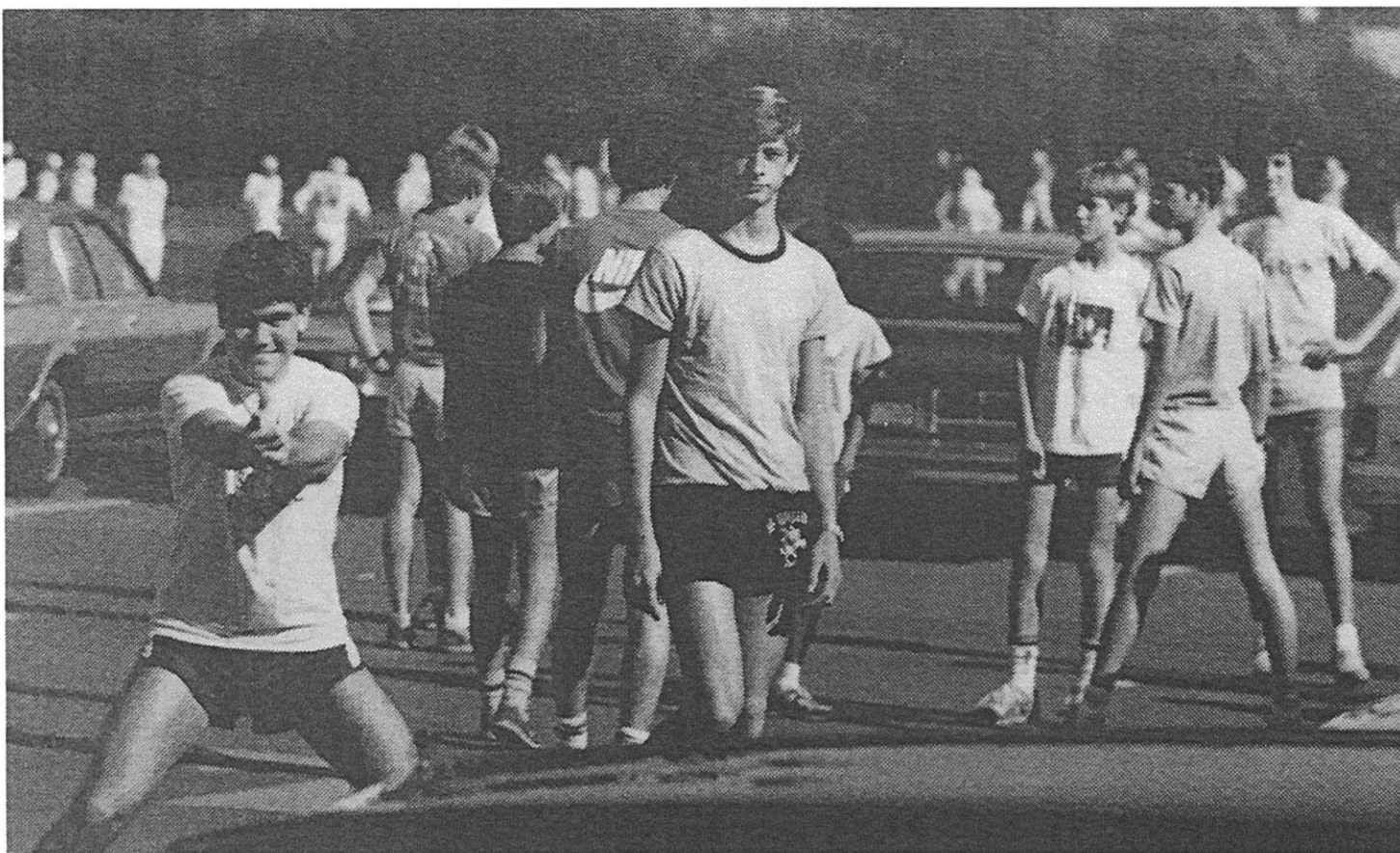




1<sup>st</sup> Practice

Senior Year - 1985



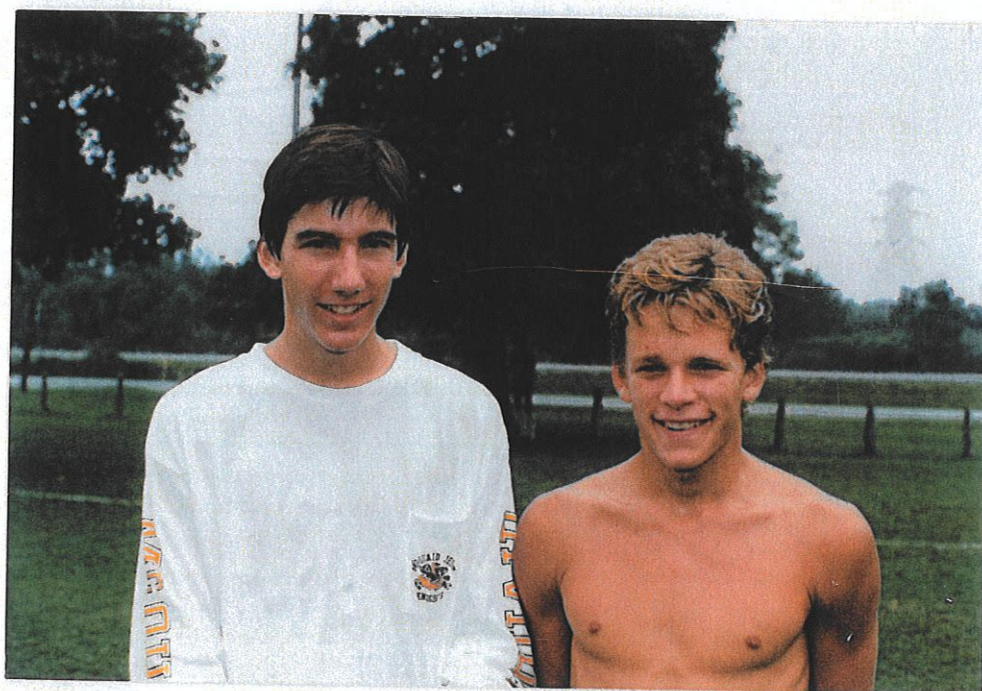


(L→R: Peter Huggins, Chris Adin)

1<sup>st</sup> Practice

Senior Year - 1985





Liverpool Invitational – Long Branch Park – September 7, 1985

(L→R: George Schell, Jr., Scott Paterson)



Liverpool Invitational – Long Brach Park – September 7, 1985

(L→R: Scott Patterson, George Schell, Jr., Coach Bob Bradley, Robert "Bunker" Bradley)

Senior Year - 1985





Newark Invitational – Stuart Park a/k/a Sarah Coventry – September 21, 1985

(L→R: Scott Paterson, Rachel Hosmer, Brian Mack)



Newark Invitational – Stuart Park a/k/a Sarah Coventry – September 21, 1985

(L→R: Brian Mack, George Schell, Jr., John Schell)

Senior Year - 1985





Newark Invitational – Stuart Park a/k/a Sarah Coventry – September 21, 1985

(L→R: Rachel Hosmer, Scott Paterson, Brian Mack)



Newark Invitational – Stuart Park a/k/a Sarah Coventry – September 21, 1985

(L→R: Chris Cusack, Matt Smith)

Senior Year - 1985





Newark Invitational – Stuart Park a/k/a Sarah Coventry – September 21, 1985

(Tim Hess)



Newark Invitational – Stuart Park a/k/a Sarah Coventry – September 21, 1985

(L→R: Mark Hendrie, George Schell, Jr.)

Senior Year - 1985





(L→R: Brian Mack, Chris Cusack, George Schell, Jr., Scott Paterson, Conor Cusack)

McQuaid Invitational - September 28, 1985

Senior Year - 1985



(Scott Paterson)

McQuaid Invitational - September 28, 1985

Senior Year - 1985





(George Schell, Jr.)

McQuaid Invitational - September 28, 1985

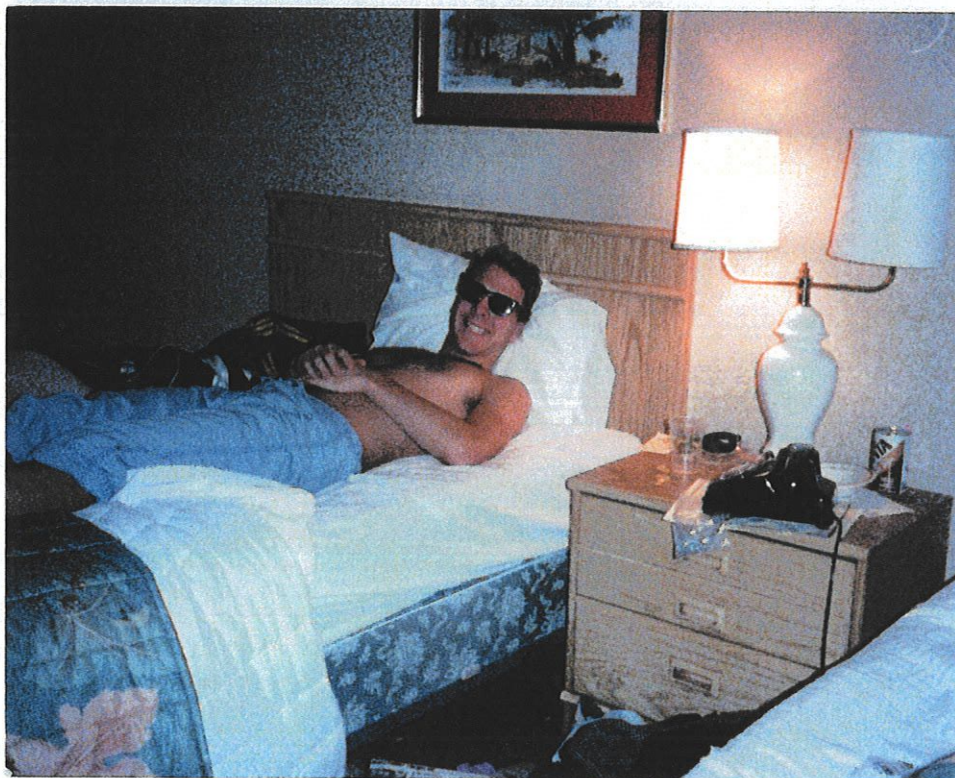
Senior Year - 1985





Catholic Memorial Invitational – Franklin Park, Boston – October 19, 1985

(Scott Paterson & East Avenue Mile Disc Camera)



Catholic Memorial Invitational – Franklin Park, Boston – October 19, 1985

(Brian Mack)

Senior Year - 1985



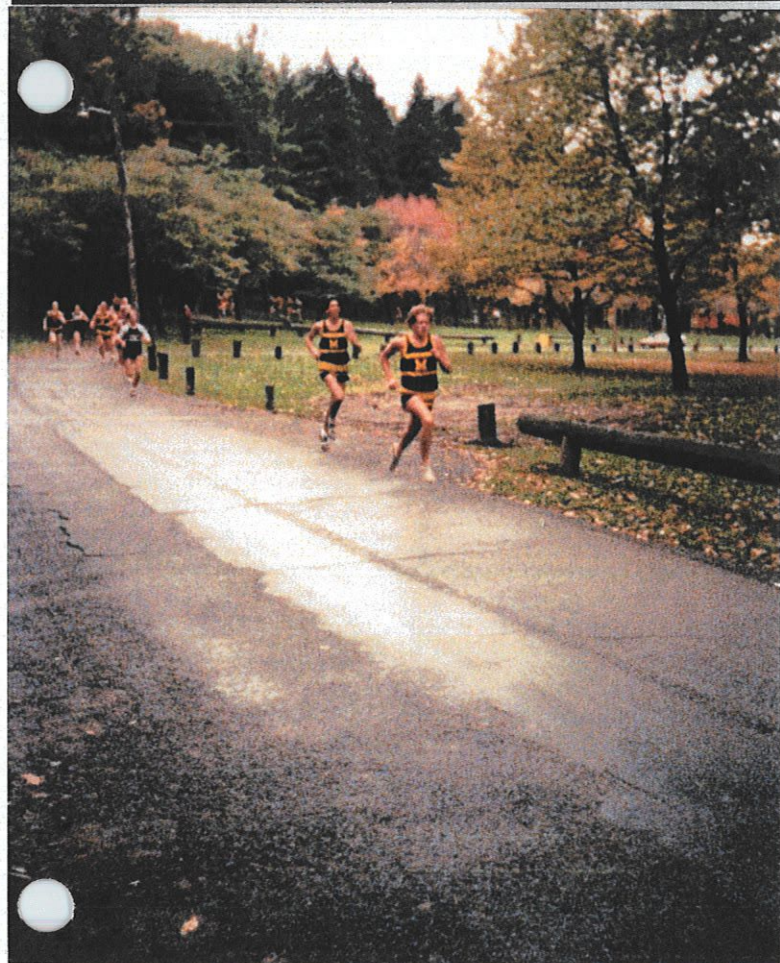
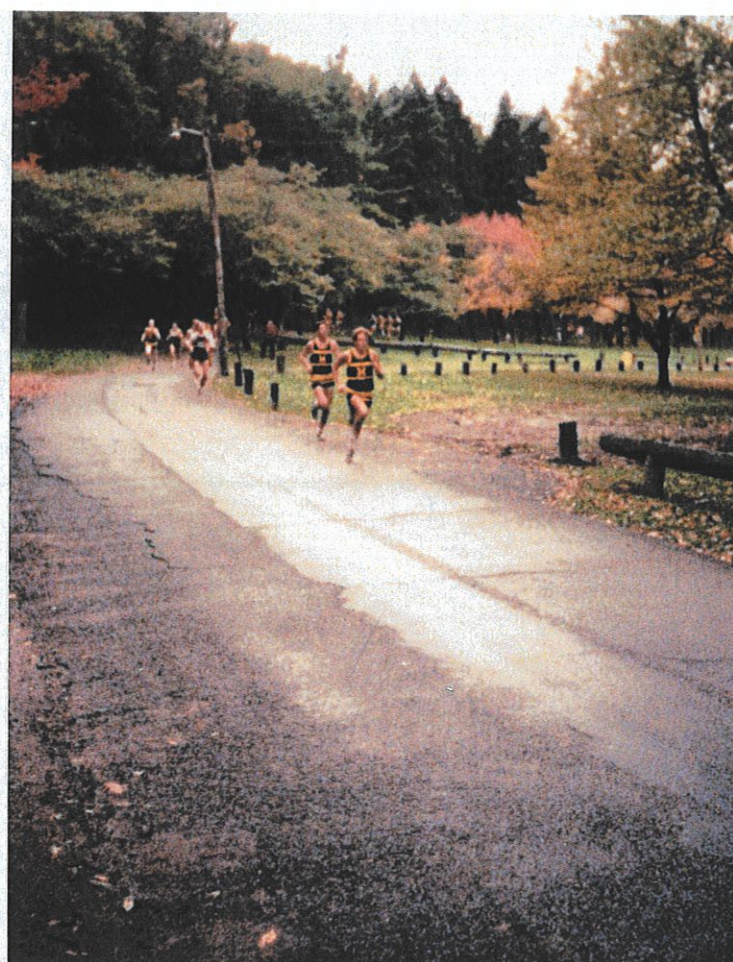
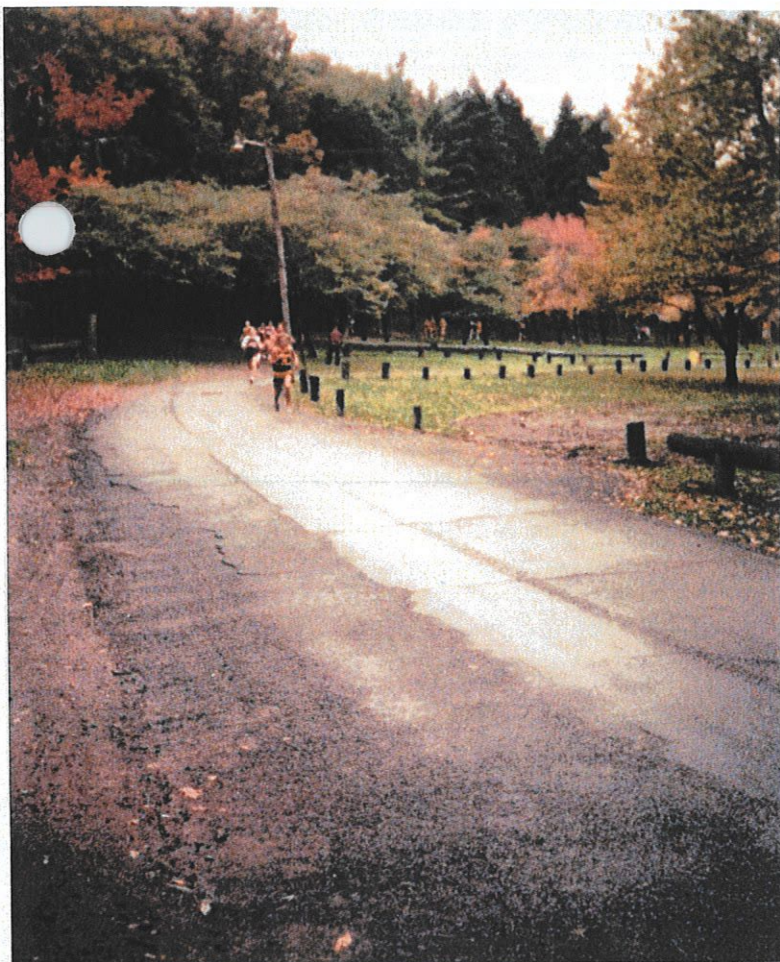


Dual Meet with Aquinas – Cobbs Hill Park – October 22, 1985  
 (L→R: AQ runners, George Schell, Jr., AQ runners, Dave Schickler, Brian Mack, Tim Hess, Scott Paterson,  
 Matt Smith, Mike Honch, Marc Lavallee, Jeff Stone)



Dual Meet with Aquinas – Cobbs Hill Park – October 22, 1985  
 (Left Photo: Scott Paterson) (Right Photo: George Schell, Jr.)  
 Senior Year - 1985





Dual Meet with Aquinas – Cobbs Hill Park – October 22, 1985  
(Scott Paterson & George Schell, Jr.)  
Senior Year - 1985





Dual Meet with Aquinas – Cobbs Hill Park – October 22, 1985

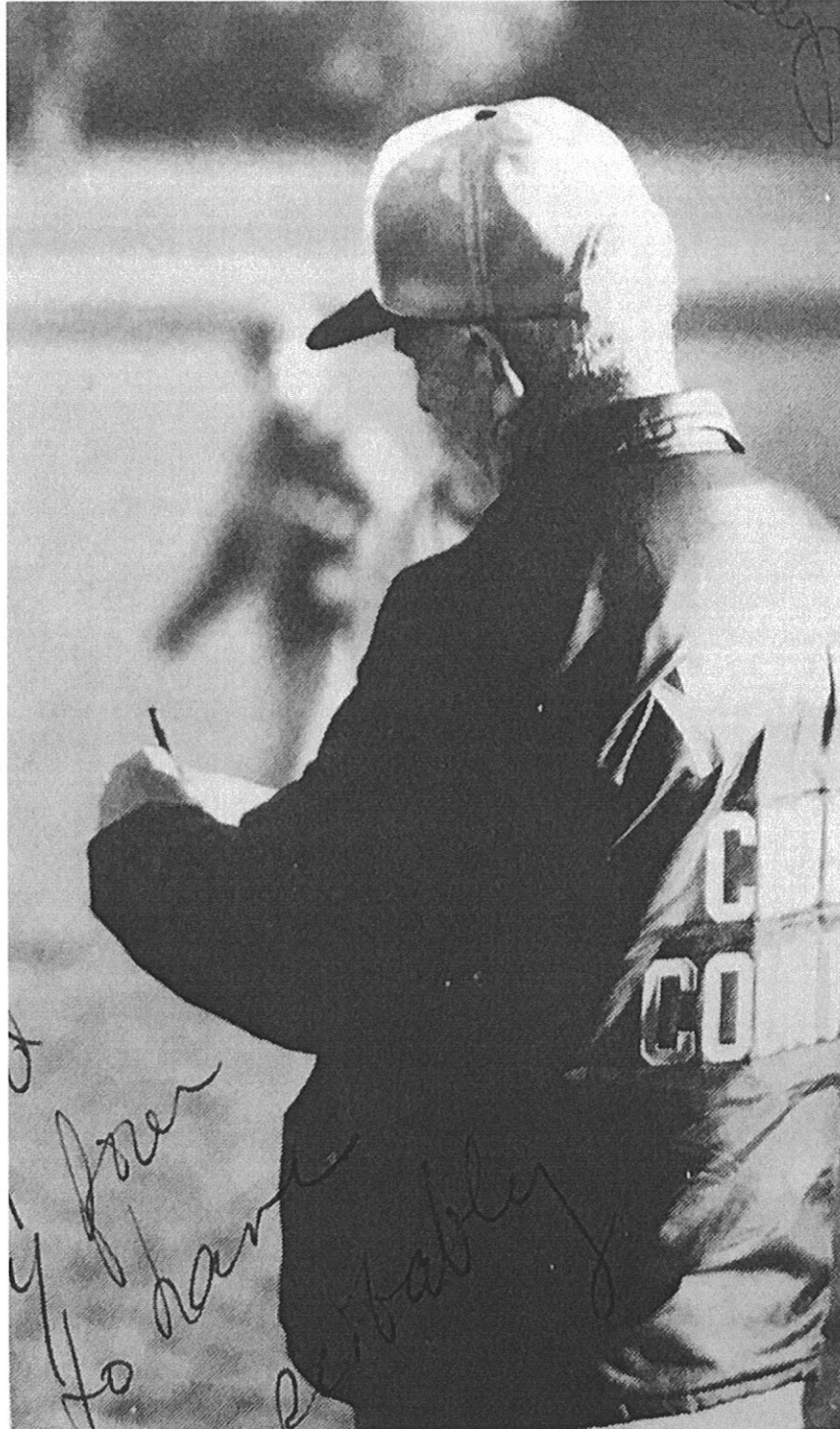
(Top L: Matt Smith, Brian Mack) (Top R: Chris Cusack) (Lower L: Tim Hess, Conor Cusack) (Lower R: Dave Schickler, Tim Hess)  
Senior Year - 1985





Dual Meet with Aquinas – Cobbs Hill Park – October 22, 1985  
(George Schell, Jr.)  
Senior Year - 1985





(Coach Bob Bradley)

Senior Year - 1985



NYS Cross Country Championships – SUNY Binghamton – November 9, 1985

(L→R: Jennifer Schell, Steve Rapp, Coach Bob Bradley, Tom Shields)



NYS Cross Country Championships – SUNY Binghamton – November 9, 1985

(L →R: Coach Bob Bradley, Tim Hess)

Senior Year - 1985





NYS Cross Country Championships – SUNY Binghamton – November 9, 1985

(L→R: Scott Paterson, Chris Cusack, Alan Smith (Penfield))

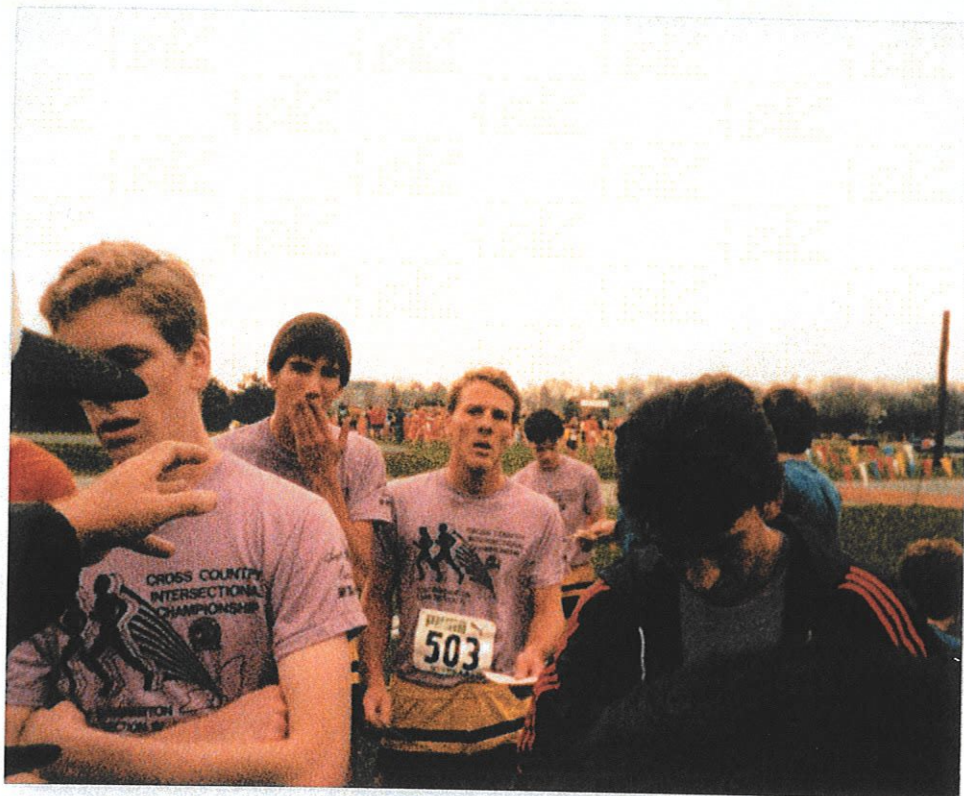


NYS Cross Country Championships – SUNY Binghamton – November 9, 1985

(L →R: Chris Cusack, George Schell, Jr., Alan Smith (Penfield))

Senior Year - 1985





NYS Cross Country Championships – SUNY Binghamton – November 9, 1985

(L→R: Chris Cusack, George Schell, Jr., Brian Mack, Alan Smith (Penfield))



NYS Cross Country Championships – SUNY Binghamton – November 9, 1985

(L →R: Scott Paterson, Chris Cusack)

Senior Year - 1985





NYS Federation Cross Country Championships – Sunken Meadows State Park – November 16, 1985

(George Schell, Jr.)

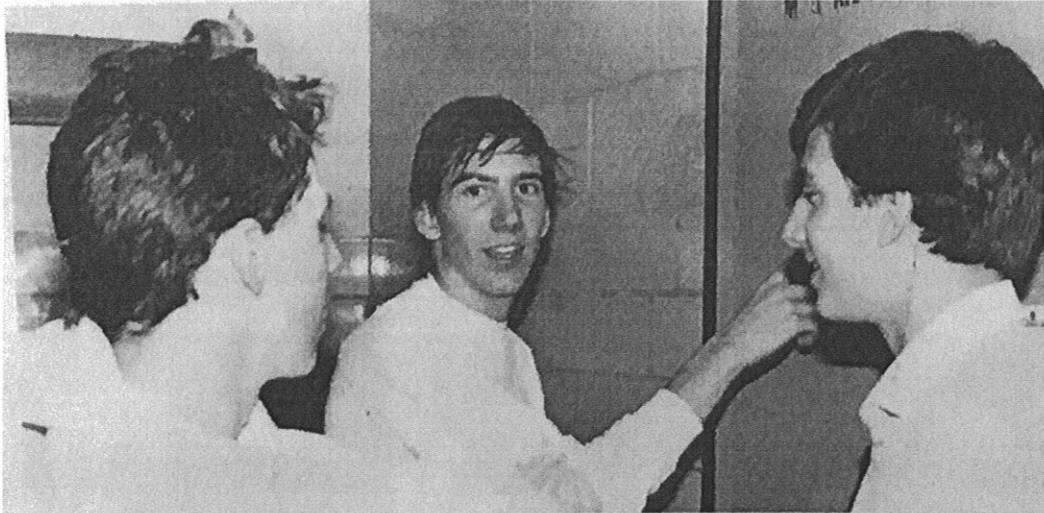


NYS Federation Cross Country Championships – Sunken Meadows State Park – November 16, 1985

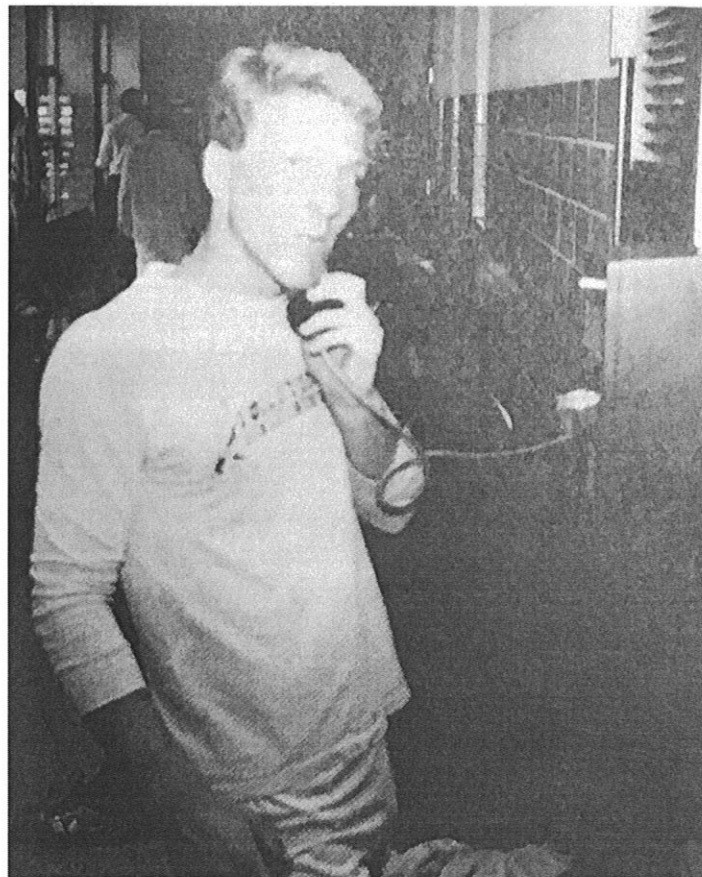
(L →R: Brian Mack, Chris Cusack)

Senior Year - 1985

After Practice Activities!

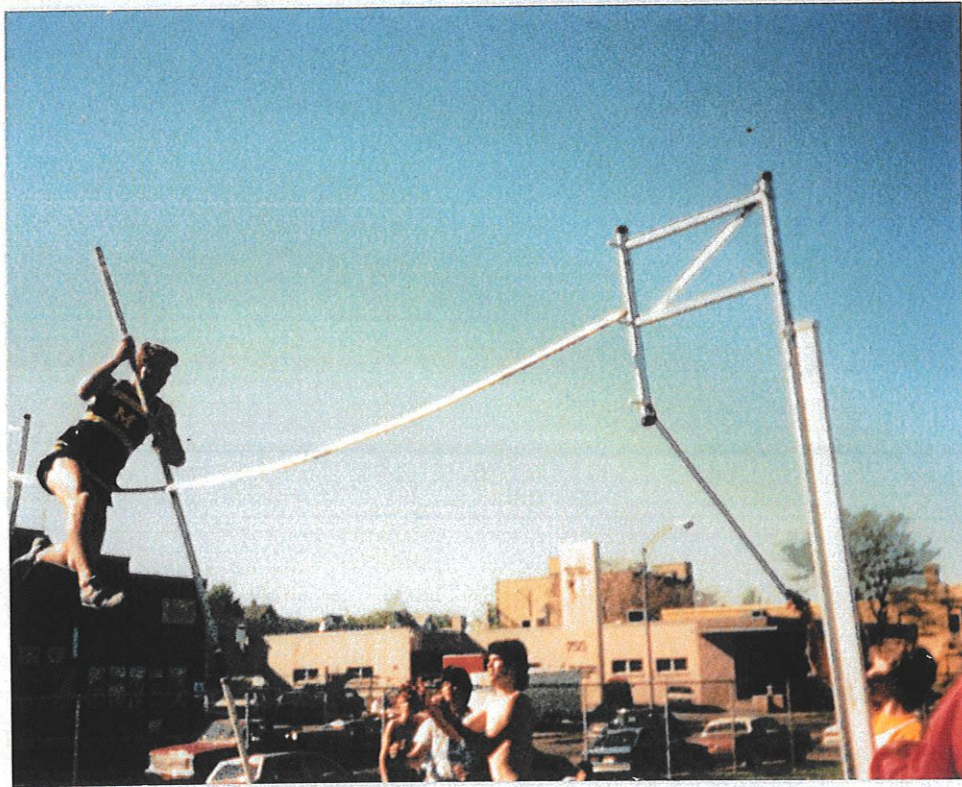


"Georgel! Get your finger out of my nose!"



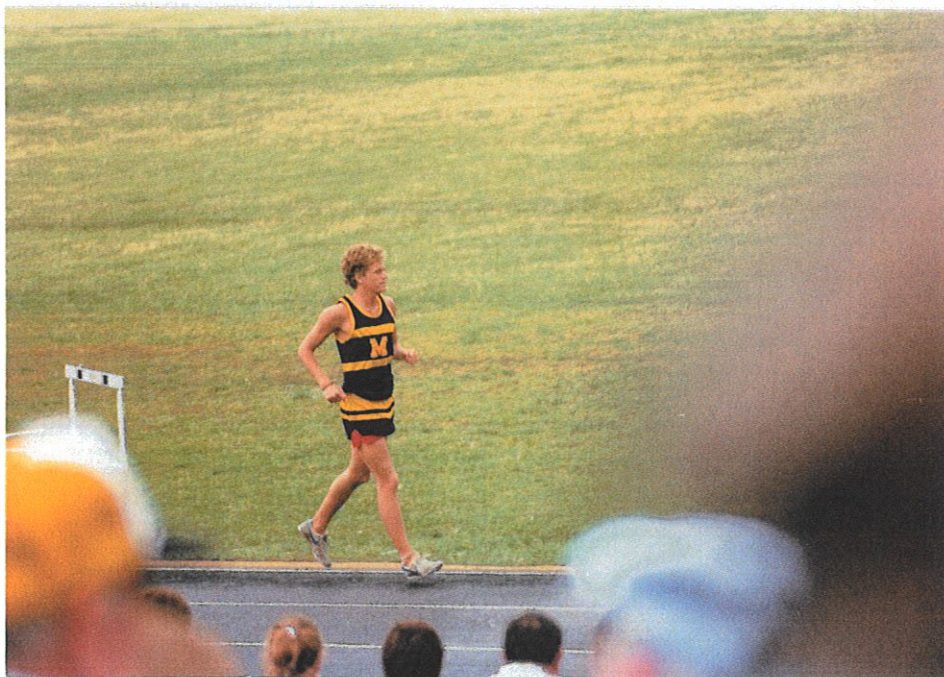
Senior Year - 1985





Spring, 1986

(Brian Mack)



Spring, 1986

(Scott Paterson)

Senior Year - 1985



# Reminder

All of next year's  
cross-country men will meet  
in Mr. Bradley's room at 2:30  
(should be finished by 2:50)

Agenda: ① long-range goals  
② 1000-mile Club / Summer 500  
③ 1985 Schedule. More C-C blocks  
④ Snack Bar

If you can't make the meeting,  
check in with me,  
will you?  
Thank,  
Mr.



### FOLLOW-UP NOTES ON LAST FRIDAY'S X-C MEETING

1. Anyone who missed the meeting or who was at the meeting but didn't get log sheets can stop by Mr. Bradley's room and get them. The pack will last through next August.
2. The 200 days of the 1000-Mile Club begin tomorrow, Feb. 2nd, and go until Tuesday, August 20th, the day before our first practice.
3. Any miles run between last Friday and today (Feb. 1st) can count as bonus miles.
4. Reporting miles. On March 1st, April 1st, May 1st, and May 28th, let Mr. Bradley know what your current cumulative mileage is. We'll keep a chart on the window of the coaches' office so you can see how everyone is doing.
5. Awards. We didn't discuss this at the meeting, but I'm open to suggestions. In the past we've given plaques, but some other possibilities might be windbreakers, sweatshirts, magazine subscriptions, etc. Let me know what you think.
6. Summer camp. We didn't discuss this, either, but my policy will be the same as last year: running camp can be a great experience, but I don't want anyone to feel that he has to go. If you do go, make it for one week only, and the week should be finished in time for you to be at the first practice on August 21st. We should have some camp brochures in the next few months, and I'll get them out to you through our tri-captains, Brian, Scott, and George.
7. 500-Mile Club. For those of you who aren't shooting for 1000 in 200 days, there'll be a chance for 500 in 70 days (10 weeks), beginning on Sunday, June 9th, and ending on Saturday, August 17th.
8. Indoor and spring track mileage. Does it count? Sure, but you'll probably have to supplement it with more miles on your own because a fair number of days will fall below your average of 5 miles.
9. Some cautions and suggestions:
  - DON'T run in worn-down shoes. Leads to leg problems.
  - DO run in pairs or groups at least once in a while.
  - DON'T run in hazardous weather or road conditions. Not worth it.
  - DO try to run every day possible. Good for the old will power.
  - DON'T skimp on warm clothing, especially hat and gloves.
  - DO build up gradually. Your 2, 3, and 4 mile runs now can be balanced off by 6, 7, and 8's later on.
  - DON'T bring on monotony by running the same few loops all the time. Get variety in terrain, area, distance, speed, etc.
  - DO supplement your running with weight work on the gym universal. For long-range build-up, try heavier weights/fewer reps. See Mr. Bradley for specific suggestions.
10. Our goal in all of this is to keep McQuaid on top of the Section V cross-country scene. If enough of you put those miles in, I think we can look forward to the States at Binghamton and the strongest Varsity-2 team in McQuaid's history.
11. Snack Bar. The new roster of workers is enclosed. Every one has been given just one day every cycle. Read the sheet because there are some new wrinkles there. If you're not listed and wish to help out, see Mr. Bradley, and he'll be glad to add you. Our results thus far: Gross Sales-Just over \$10,000. Net Profit-About \$3200. For the entire school year, we should just about double that. Thanks for all your help thus far! The van that McQ has been able to buy because of the snack bar should make it possible for the x-c team to expand the number of men who go on overnights.



## SNACK BAR WORKERS - FEB-MAY

"1" DAY  
SCOTT PATERSON  
DAVE GEESLER  
MARC DOVI  
SEAN SAMPLER  
BRITT KEELE  
TOM HANLEY

"2" DAY  
MARK HENDRIE  
PETER HUGGINS  
MARC LAVALLEE  
PAUL BISCHOPING  
DAN CASCIANO  
CHRIS CUSACK

"3" DAY  
MARK WILTBERGER  
CONOR CUSACK  
JEFF STONE  
JOHN SCHELL  
MIKE KRAUS  
SHANNON COSTELLO

"4" DAY  
RON WIERSZEWSKI  
MIKE HONCH  
MIKE SCHUMACHER  
CHRIS ADIN  
TIM HESS  
MIKE HANNA

"5" DAY  
GEORGE SCHELL  
DENNIS O'NEILL  
KEN BOEHM  
DAVE SCHICKLER  
JOHN WILKIN  
KEN WELLING

"6" DAY  
BRIAN MACK  
JOHN KOBER  
JEFF BURKWIT  
JOHN CONNOLLY  
JEFF COX  
JOHN FLANNERY

IF A CONFLICT ARISES ON THE DAY YOU'RE ASSIGNED, ASK ANOTHER TEAM MEMBER TO FILL IN FOR YOU.

- ① FIRST MAN LISTED IS IN CHARGE FOR THAT DAY. HE SHOULD BRING CASH BOX DOWN FROM SAFE IN PRINCIPAL'S OFFICE. HE SHOULD ALSO BE THE LAST MAN OUT WHEN SNACK BAR IS CLOSED (2:55), STOCK IS AWAY, AND CLEAN-UP IS COMPLETED.
- ② THE CLEAN-UP SHOULD BE SHARED BY ALL SIX MEN, 2 OR 3 ONE TIME, THE OTHER 2 OR 3 THE NEXT.
- ③ ONE CLEAN-UP PERSON EACH DAY IS RESPONSIBLE FOR CLEANING OUT ANY DEBRIS LEFT ON TOP ROW OF GYM BLEACHERS. THIS HAS BECOME A PROBLEM WITH THE ONSET OF WINTER INTRAMURALS.
- ④ NO EATING OR DRINKING ON THE JOB, AT LEAST UNTIL THE BUSY TIME HAS PASSED.
- ⑤ AS A SMALL BONUS, WORKERS ARE ENTITLED TO A NICKEL OFF ON ANY ITEMS PURCHASED BY THEM ON THE DAY THEY'RE WORKING. GAS!



Schell - 320

"It is not the critic who counts; not the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory or defeat."

Theodore Roosevelt



# YOU ARE WHAT YOU THINK YOU ARE

by Ken Norton

Speaking on the mental aspects of racing, Steve Prefontaine has said, "It is probably 80% of your preparation. Even if your body is ready, you must have it upstairs or it just won't go."

Psychologists know that the mind has a great influence over the body. Psychosomatic diseases, or ailments with physical symptoms attributed to psychological causes, are an indication of this. And the physical performance of people under hypnosis raises interesting questions as to the power of the mind. If a runner's psychological state can affect him at a very basic physiological level, then his mind can become a valuable ally or a destructive enemy.

Ralph Waldo Emerson realized the importance of our mental processes when he wrote, "Man becomes what he thinks about all day long." In a real sense, what a runner accomplishes is the result of the thoughts, images and attitudes he holds about himself and the world around him. Any runner who expects to improve must discover how to use his mental processes to work for him instead of against him.

The first and most important step in mental preparation is self-awareness. The runner who hopes to improve must be aware of his thoughts, images and attitudes and of how they are affecting his running. Evaluate every thought about running or racing over a specific time period. Honest and objective analysis is necessary. Some important questions to ask are, "What concepts do I hold about myself as a runner, and do they limit or enhance my ability?" "Do I dwell on what I want to happen or on what I do not want to happen?" "What are my attitudes toward racing, training, success and disappointment, and how do all of these affect me?"

Another important principle of mental conditioning is to recognize the computer-like nature of the human mind. Just as you can program a computer to obtain certain results, so can you program yourself for success or failure. Thinking that is inconsistent with what we want to accomplish is negative data and should be eliminated. To counteract negative data you must be aware of what you are thinking. Once you become aware of any inconsistent thinking, you can begin to replace it. This is done by envisioning yourself doing what you want to accomplish.

If you want to develop a stronger

last lap, imagine yourself beginning the final lap with tremendous strength. See yourself passing opponents while striding effortlessly and getting both faster and stronger. At the same time, try to recall the feelings you have had in previous successful races. This "imagining" technique can be used when you are running or when you are relaxing. But be sure to always use some positive thought or image to cancel out any negative mental input. In this way, you will not give destructive thoughts a chance to become implanted within the subconscious mind. This positive input will also help to build the self-image you need to improve.

Just as negative thoughts can affect your performance in a negative way, so can the negative articulation of these thoughts. Gripping and complaining can deflate your feelings and affect the people around you in a negative manner. It is easy to believe your negative talk, so when you eliminate this you will benefit yourself and others around you.

Instead of negating one's mental preparation, a runner should use the power of words to enhance performance. Distance ace Tom Fleming seems to realize this when he stated, "I talk to myself constantly during the race to keep myself aware of the race..."

Doug Brown, US steeplechase record holder, also talks to himself to help prepare himself for a race. Brown says, "I talk to myself as an observer of the race, with me doing just what I plan to do in the race. I picture the time I expect or want and the position I hope for, which is first."

A runner may also develop his own positive sayings that help in his mental preparation. Repeating positive sayings over and over is not only good for your psychological state, but it can also help to develop the important factor of rhythm. A runner might utilize this technique during his warmup. A simple saying like,

Ken Norton did his college running at Southwest Missouri State University. He writes that largely through an improved psychological outlook, "My mile time dropped from 4:20 to 4:09 in one season. I got second place in the NCAA Division II three-mile after finishing last in my qualifying heat the year before. At the Kansas Relays, I finished second, 15 yards behind Phillip Ndo. The year before, he had lapped me in the six-mile."

"Run hard, run fast, run smooth," repeated over and over, is good positive input and helps develop relaxation and rhythm.

Just as important as your thoughts in mental preparation are your attitudes and overall philosophy. I have developed a philosophy toward racing that has become a very important factor in improving my times. Before, I had seen racing as something to be dreaded, offering nothing but pain and the opportunity to embarrass myself. Today, my attitude is completely different. I see the race as the opportunity to express the power I have created within myself through my own efforts, as a climax of factors that have been largely determined before the race even begins. Proper training and mental preparation have been completed before the race. The race itself is simply the execution of these factors.

I find I run best when I become totally committed to and involved in the action of the race, concentrating not on myself but on where I want to be in the next moment. This type of positive involvement and concentration frees the mind from the body and lessens awareness of pain and fatigue.

I try to develop the attitude that my opponents' faster previous times do not mean that they are better than me. I have just not run that fast yet, and today is a good day to do it. Without developing some kind of positive attitude in this type of situation, a runner is sure to become "psyched out" by the faster runners.

Of course psychological preparation is not an instant avenue to improvement, nor is it the complete answer. Just as one must run daily to prepare himself physically, so is daily psychological conditioning necessary. An instant "psych" just will not work. We must seek to build the foundation of psychological preparation every day if we expect our minds and bodies to withstand the stress of competition.

The essence of the proper racing psychology lies in the refusal to dwell upon negative thoughts and old limitations. Through a commitment to go into the race to see how well one can do if he will only permit himself, and by a dedication to find his true potential as runner, the race can be seen as a friend and not an enemy. Through this positive philosophy, the runner can move toward the freedom from fear and inhibition. \*



## Just 'ordinary' as runner but what a coach

Bob Bradley thinks of himself only as a spectator. But the assistant track coach from McQuaid stands out in a crowd.

He is the man behind the area's No. 1 program. The 51-year-old English teacher whose name is synonymous with distance running.

He is a former "very ordinary" half-miler and miler in track and an "even more ordinary" high school cross country runner who became an extraordinary coach in both sports.

He credits his athletes for the success McQuaid has enjoyed over the past 24 years. "The kid is doing it. It's all him out there," he'll tell you. But Bradley teaches his athletes what to do when they are out there alone.

"I always thought of Bob as the top coach in the area," said Bill Quinlisk, McQuaid's third-year head coach who ran under Bradley in the late 1960s. "I listen to everything he has to say."

Bradley came to McQuaid after graduating from St. Peter's Prep in Jersey City, N.J., and Fordham University in the Bronx. He took over the cross country program in 1962 and two years later assumed track duties as well.

**HE HADN'T BEEN** involved with the running game in more than a decade.

"When I thought back on my running I remembered the training being very casual and low key," he recalled the other day. "Maybe that's why I felt I could coach it. It wasn't complicated."

In the beginning he ran with those athletes he was training. "I was young enough," he said. "I thought they were in a little better shape, so if I was close to getting tired I'd push them just a little farther."

He pushed runners like Mike Connor, Eric Kendrick and Tom Horton and made them the best in the Rochester area. Training techniques may have changed, but Bradley's penchant for success did not.

"When you work with a kid and help him train it's terrific to watch him get out and do it," said Bradley. "I just love to watch that happen."

"Many times at a close meet the kids will come up to me and say, 'You don't look worried at all. How come?' I'll just shrug my shoulders and tell them, 'There's nothing I can do now.' Basketball and football coaches have to react to the way a game is going. We're really kind of spectators."

"IT'S FUN TO watch," Bradley added. "Especially when you know what he's trying to do and what he has done."

Bradley has watched his athletes achieve quite a bit over the years. From that first season with Connor and Greg Sloan and Dick Lenhard to the recent state-championship efforts of cross country runners Rob Smillie, Dave Warth, Steve Rapp, Scott Paterson and Chris Lyboldt.

McQuaid has not lost a City-Catholic League cross country meet since 1971. Bradley was named the Region I Coach of the Year by the National High School Athletic Coaches Association in 1983.

Not bad for a man who has only "vague memories of a not-so-illustrious career."

"It was a good social activity for me," he said of running. "It was a good time."

Sports in general, and running in particular, can be more, though. Bradley knows that.

"Sports are a great way to build up general confidence," he said. "To go out and try something. I think runners usually are kids who feel good about themselves."

**"A KID CAN** finish way back in a race, but he's improved his time by five seconds and he's tickled pink. There are not many sports that make it possible for a kid like that to compete."

"There are so many different kinds of kids who can participate in track," Bradley added. "When I go around and talk to freshmen to talk up track I tell them, 'Track and field is not a sport. It's six or seven different sports.' The activity is so different between the pole vault, hurdles and the shot put. It's great for getting out and trying something."

That's what Bradley decided to do in 1962. He wasn't offered the coaching position until Sept. 10 that year.

"It was a winger," he said. "I figured, well, we'll give it a shot."

He stepped down as the Knights' head track coach in 1982. But his presence still is felt in the program he built. His distance runners are the leaders of this season's top-ranked team. He is the spectator who has taught hundreds of athletes how to win.

Coaching may have been a "winger" for Bradley. But it was a prayer answered for McQuaid.

D+C 4-28-85





1800 S. Clinton Ave. • Rochester, N.Y. 14618 • (716) 473-1130

August 9, 1985

To all returning and prospective cross-country men,

No, I have not retired. No, I have not been undergoing treatment for early senility. No, I am not getting lazy. The reason you haven't had a letter from me all summer is that I haven't gotten enough mileage logs from you to make up any kind of a report. Maybe we should call off the season? (I think a few teams might second that motion.)

Seriously, I know many of you have been running a lot, and the sheets I've received so far indicate that we'll have about 7-8 500-Milers. Next summer we'll go back to the postcard report form we've used in the past to give the 500 Club more structure.

As you can see from the enclosed schedule, your first meet is four weeks from tomorrow (and only 8 weeks after that are the Sectionals). So it's time to get down to business and see what we can do about keeping me in the re-cycling business and adding another Sec. V trophy to our case. First, some business items:

PHYSICALS - Most of you are all set, since you were checked out in May. But a few did not get physicals then, and a few had physicals but still lack the permission form signed by your parents. Physicals will be given at school on two days, Monday, Aug. 19, and Tuesday, Aug. 20 (4-5:30 and 7-8:30 both days). Come in then, even if all you need to do is bring in your permission form. That way, you won't have to wait to see the nurse for an okay on first practice day and wind up being late for practice.

PRACTICE - We'll start at 8:30 on Wednesday, Aug. 21. The earlier we begin, the cooler it will be. Figure on 8:30 every day except Sunday and Labor Day right through Sept. 2. On Tuesday, Sept. 3, and Wed.-Thurs., Sept. 4-5, we'll go at 12:30 to get around faculty meetings and Big Brother commitments.

SCHEDULE - Sept. 7th is the earliest we've ever started, and you'll need 13 practices to be eligible. The latest you can begin practice to have gotten 13 will be Friday, Aug. 29. If you have a vacation conflict that might pose a problem, let me know. That first meet, by the way, will have a relay format: 8-man teams, 4 races, each team's 1-2 run, then their 3-4, and so on, the winner coming from the total of all 8 places. Should be made to order for a deep team like ours and also a great way for our newer varsity men to break in. There are some other new items on the schedule, including some different invitationals and an extra City-Catholic block.

25-HOUR CHARITY RELAY - Congratulations to the 28 of you who took part in that venture for the Leukemia Society. Pledges and cash came to over \$1300. Try to get collections on the pledges all wrapped up and get the money to Brian Mack soon. My thanks to Brian, Scott, and George, our Captain's Troika, for their work on that project.

To finish with some newsnotes, you X-C men grabbed a lot of the track awards: Scott for Most Improved; Ken Boehm, Most Improved During Season; Chris Cusack, the Don Whitlock Memorial for Outstanding Frosh; and an '85 grad of happy memory, Steve Rapp, the Oleksyn Memorial as Outstanding Distance Man. Nice going, all, and again to Scott for his 4:03.7 1500 in the Empire Games qualifiers.

(over)



On the summer road-racing scene, Brian Mack has won one tri-athlon and taken second in another, and George Schell was his age-group winner in the Fairport Firecracker Five. Mick Stone was an age-group winner in a race at Livonia. And there are probably some others I haven't yet heard about.

Keep building up that distance base. And if you're just getting started, don't despair. Twelve weeks is plenty of time for you to be there when we need you at the Sectionals. The States? Well, as Ronald Reagan, would say, who knows?

Till the 21st, Peace,

M.B.



# CROSS-COUNTRY SCHEDULE - '1985

Sat.	Sept. 7	Liverpool Cross-Country Relays	9 AM	V1,V2,JV
Sat.	Sept. 14	New Hartford Invitational	10 AM	V1
		Letchworth Park Invitational	10 AM	V2,JV
Sat.	Sept. 21	Shaker Invitational, Latham,NY(Sec II)	10 AM	V1
		Newark Invitational	12 Noon	V2,JV,JH
Tues.	Sept. 24	vs. Wilson & Marshall at Cobbs Hill	3:30 PM	V2,JV,JH
Sat.	Sept. 28	21st Annual McQuaid Invitational at GV Pk.	10 AM	All
Tues.	Oct. 1	vs. Monroe and Mooney at GV Pk.	3:30 PM	V2,JV,JH
Sat.	Oct. 5	Franklin Invitational, Malone,NY	10 AM	V1
		Baldwinsville Invitational	9:30 AM	V2,JV,JH
Tues.	Oct. 8	vs. Franklin and Edison at Cobbs Hill	3:30 PM	V2,JV,JH
Sat.	Oct. 12	U-E Invitational at IBM Golf Course,Bing.	10 AM	V1
		Fayetteville-Manlius Invitational	10 AM	V2,JV,JH
Tues.	Oct. 15	vs. Kearney and East at Cobbs Hill	3:30 PM	V2,JV,JH
Sat.	Oct. 19	Brown University Invitational, R.I.	11 AM	V1
		Auburn Invitational	10 AM	V2,JV,JH
Tues.	Oct. 22	vs. Aquinas at Cobbs Hill	3:30 PM	V1,V2,JV,JH
Sat.	Oct. 26	Greenman Invitational, Binghamton	10 AM	V1,V2,JV,JH
Tues.	Oct. 29	City-Catholic Championships at Cobbs Hill	3:30 PM	V2,JV,JH
Fri.	Nov. 1	All-Comers Championships at GV Pk.	4:00 PM	V2,JV,JH
Sat.	Nov. 2	Section V Championships at Newark	3:00 PM	V1
Sat.	Nov. 9	State Championships at SUNY, Binghamton	10 AM	V1
Sat.	Nov. 16	Jesuit Championships in New York City	1 PM	V1,V2,JH
Sat.	Nov. 23	Kinney Qualifier for Nationals, NYC	11 AM	Indiv.

Other Cross-Country dates to note:

Sun.	Sept. 15	Get-Acquainted Mass and Brunch at McQ	11:30 AM	All
Thur.	Dec. 5	Awards Dinner, Site TBA	6:30 PM	All

Note: There may be changes or additions to the Invitationals scheduled depending on the strength of our two varsities and how the season is going.



# A BRIEF HISTORY OF JUNIOR HIGH CROSS-COUNTRY AT MCQUAID

- 1962 - TOP RUNNERS: JERRY ABBOTT, GARY VALBY  
BEST TEAM FINISHES: 2ND IN DIOCESAN CHAMPIONSHIPS  
TEAM RECORD: W-25 L-24
- 1963 - TOP RUNNERS: HENRY ENDERS, PAUL JONES, MIKE JAQUITH  
BEST TEAM FINISHES: 1ST AT BALDWINVILLE 1ST AT OSWEGO 1ST IN DIOCESAN CHAMPS.  
3RD AT WATERTOWN 1ST IN JESUIT CHAMPS. IN NEW YORK CITY  
TEAM RECORD: W-43 L-2
- 1964 - TOP RUNNERS: BILL CHERRY, CARL FIMMANO  
BEST TEAM FINISHES: 3RD AT BALDWINVILLE 3RD AT OSWEGO 2ND IN DIOCESAN CHAMPS.  
TEAM RECORD: W-38 L-10
- 1965 - TOP RUNNERS: BOB LAWRENCE, BOB WAFER, TOM MAGNERA, JIM GENTHNER, GREG MOSS  
BEST TEAM FINISHES: 1ST AT McQUAID INV. 1ST IN DIOCESANS 1ST IN JESUIT CHAMPS.  
2ND AT BALDWINVILLE 3RD AT WATERTOWN  
TEAM RECORD: W-51 L-6
- 1966 - TOP RUNNERS: DEAN STANLEY, ED ROBERTSON, JOHN APPLEBY, PAUL BUCKLEY  
BEST TEAM FINISHES: 1ST AT BALDWINVILLE 1ST AT BUFF.STATE 1ST AT WATERTOWN  
1ST AT McQUAID INV. 1ST IN DIOCESANS 2ND IN JESUIT CHAMPS.  
TEAM RECORD: W-77 L-1
- 1967 - TOP RUNNERS: MAL MacKENZIE, WILL MARTINEZ, MIKE CRAMER, BRUCE CARHART  
BEST TEAM FINISHES: 1ST AT WATERTOWN 1ST AT BRIGHTON 2ND AT OSWEGO  
2ND AT BALDWINVILLE 3RD IN DIOCESANS  
TEAM RECORD: W-68 L-8
- 1968 - TOP RUNNERS: DICK SHERIDAN, DWIGHT LARIMER, GREG SMITH, JOHN HURLEY, TOM GAFFNEY  
BEST TEAM FINISHES: 1ST AT BRIGHTON INV. 1ST AT FULTON 1ST AT McQUAID INV.  
2ND AT PENFIELD 2ND IN DIOCESANS 1ST IN JESUIT CHAMPS.  
TEAM RECORD: W-85 L-9
- 1969 - TOP RUNNERS: CHRIS HORTON, BILL SHAFER, RUSTY MADDEN, JERRY DE FELICE  
BEST TEAM FINISHES: 1ST AT McQUAID INV. 1ST AT HILTON 1ST IN JESUIT CHAMPS.  
2ND AT BALDWINVILLE 2ND IN DIOCESANS 2ND AT OSWEGO  
TEAM RECORD: W-85 L-5
- 1970 - TOP RUNNERS: PAUL SHAFER, BILL ROBERTSON  
BEST TEAM FINISHES: 1ST AT OSWEGO 2ND IN DIOCESANS 2ND IN JESUIT CHAMPS.  
TEAM RECORD: W-75 L-22
- 1971 - TOP RUNNERS: TIM LAWRENCE, KEVIN BURNETT, BRIAN HART, JACK MOORE  
BEST TEAM FINISHES: 1ST AT HILTON INV. 1ST AT McQUAID 1ST AT BRIGHTON  
1ST IN JESUITS 2ND IN DIOCESANS  
TEAM RECORD: W-102 L-8
- 1972 - TOP RUNNERS: ANDY ALLEN, PETER STONE, TOM HORTON, PAUL BARTON  
BEST TEAM FINISHES: 1ST AT HANNIBAL 1ST AT OSWEGO 1ST AT BRIGHTON  
2ND AT McQUAID INV. 1ST IN DIOCESANS 1ST IN JESUIT CHAMPS.  
TEAM RECORD: W-88 L-2
- 1973 - TOP RUNNERS: MARK FARRELL, MARTY MacDONALD, CHRIS GIBLIN, PETER TEALL  
BEST TEAM FINISHES: 1ST AT HILTON 1ST AT McQUAID INV.  
1ST IN DIOCESANS 2ND IN JESUIT CHAMPS.  
TEAM RECORD: W-78 L-11
- 1974 - TOP RUNNERS: DENIS CUSHMAN, JON HORTON, MATT & MARK TOMAINO, PAUL KIRCHER  
BEST TEAM FINISHES: 1ST AT HANNIBAL 1ST IN JESUIT CHAMPS.  
2ND AT BALDWINVILLE 2ND AT McQUAID INV.  
TEAM RECORD: W-102 L-11
- 1975 - TOP RUNNERS: CHRIS KOLLER, JIM MALLEY, STEVE BURNETT, ROB STARKWEATHER  
BEST TEAM FINISHES: 1ST AT HANNIBAL 1ST AT McQUAID 1ST AT BALDWINVILLE  
2ND AT HILTON 3RD AT OSWEGO 1ST IN JESUIT CHAMPS.  
TEAM RECORD: W-110 L-8
- 1976 - TOP RUNNERS: GEORGE SALLAWAY, JIM DUNN, PETER GLAVIN  
BEST TEAM FINISHES: 1ST AT SPERRY INV. 1ST AT GENESEE C.C. INV.  
2ND AT McQUAID INV. 2ND IN JESUIT CHAMPS.  
TEAM RECORD: W-93 L-13
- 1977 - TOP RUNNERS: MARK MESSURA, BILL RUFFIN, ANDY HAMINGSON, PAUL DENNEE  
BEST TEAM FINISHES: 2ND AT NEWARK INV. 3RD AT McQUAID INV.  
1ST IN JESUITS 1ST IN ALL-COMERS CHAMPS.  
TEAM RECORD: W-43 L-15
- 1978 - TOP RUNNERS: MIKE DAS, TOM WARTH, MATTHEW HUGGINS, JOHN MUELLER, BOB STOKES, TIM GRATTET  
BEST TEAM FINISHES: 1ST AT McQUAID INV. 1ST AT GENESEE C.C. INV.  
1ST AT FAYETTEVILLE 1ST IN JESUIT CHAMPS.  
TEAM RECORD: W-40 L-6



- 1979 - TOP RUNNERS: RENNIE BRIMSTEIN, JEAN P. LAVALLEE, JOE PAONESSA, TOM McGRATH  
 BEST TEAM FINISHES: 1ST AT GRAND ISLAND 1ST AT COBBS HILL INV. 1ST IN JESUIT CHAMPS.  
 TEAM RECORD: W-59 L-13
- 1980 - TOP RUNNERS: CHRIS LYBOLDT, JOE AMOROSO, FRANK McLAUGHLIN  
 BEST TEAM FINISHES: 1ST AT NEWARK INV. 2ND AT HANNIBAL  
 3RD AT McQUAID INV. 2ND IN JESUIT CHAMPS.  
 TEAM RECORD: W-59 L-19
- 1981 - TOP RUNNERS: CHRIS LYBOLDT, DAVID WARTH, STEVE RAPP, ALEX FERRIS, ROB SMILLIE  
 BEST TEAM FINISHES: 1ST AT EAST AURORA 1ST AT GRAND ISLAND 1ST AT MALONE INV.  
 1ST AT McQUAID INV. 1ST AT HANNIBAL 1ST AT GREENMAN INV.  
 1ST IN ALL-COMERS 1ST IN JESUIT CHAMPS.  
 TEAM RECORD: W-61 L-0 (OUR FIRST UNBEATEN SEASON)
- 1982 - TOP RUNNERS: BRIAN MACK, GEORGE SCHELL  
 BEST TEAM FINISHES: 1ST AT HANNIBAL 2ND AT AQUINAS INV. 1ST IN ALL-COMERS CHAMPS.  
 3RD AT AUBURN 3RD AT EAST AURORA 2ND IN JESUIT CHAMPS.  
 TEAM RECORD: W-70 L-18
- 1983 - TOP RUNNERS: TIM HESS, CONOR CUSACK, CHRIS CUSACK, MATT SMITH, DAVE SCHICKLER  
 BEST TEAM FINISHES: 1ST AT BALDWINVILLE 1ST AT AUBURN  
 1ST AT McQUAID INV. 1ST IN CITY-CATHOLIC CHAMPS.  
 1ST AT HANNIBAL 1ST IN JESUIT CHAMPS.  
 1ST AT FAYETTEVILLE 2ND AT GREENMAN INV.  
 TEAM RECORD: W-73 L-1

JUNIOR HIGH RECORD FOR 22 YEARS: 1515 WINS 212 LOSSES WINNING PCT.: .877

#### OUTSTANDING JUNIOR HIGH INDIVIDUAL PERFORMANCES

- 1965 - Bob Lawrence, Diocesan Champion
- 1966 - Dean Stanley, Diocesan Champion and Varsity Letter Winner
- 1968 - Dick Sheridan, Champion at McQuaid & Fulton Invits. and Varsity Letter Winner  
 Dwight Larimer, Jesuit Champs. runner-up
- 1969 - Chris Horton, Diocesan Champion, Brighton Invit. Champion  
 Bill Shafer, Champion at Oswego Invit. with Horton second
- 1971 - Tim Lawrence, Diocesan and Jesuit runner-up
- 1972 - Andy Allen, Diocesan Champion, Jesuit runner-up in school record time  
 Pete Stone, McQuaid Invit. Champion
- 1974 - Denis Cushman, Jesuit Champion
- 1975 - Jim Malley, Champion at McQuaid, Baldwinsville, & Hannibal Invits.  
 Chris Koller, 2nd in above 3 meets and at Hilton Invit.; Varsity letter winner
- 1976 - George Sallaway, Champion at Sperry and Genesee C.C. Invits.
- 1977 - Mark Messura, City-Catholic Champion, Runner-up at All-Comers & Jesuit Champs.  
 Bill Ruffin, All-Comers Champion, C-C runner-up
- 1978 - Mike Das, Champion at Fayetteville-Manlius & Genesee C.C. Invits.  
 Tom Warth, All-Comers, City-Catholic, and Jesuit Champion; runner-up at Hannibal  
 Matthew Huggins, runner-up at McQuaid Invit. and Jesuit Champs.
- 1979 - RENNIE BRIMSTEIN, CHAMPION AT GRAND ISLAND & McQUAID, VARSITY LETTER WINNER  
 JEAN P. LAVALLEE, CHAMPION AT ALL-COMERS, COBBS HILL INVIT., AND JESUITS
- 1980 - CHRIS LYBOLDT, CHAMPION AT HANNIBAL, RUNNER-UP AT NEWARK, McQUAID, B'VILLE, & JESUITS
- 1981 - CHRIS LYBOLDT, CHAMPION AT GRAND ISLAND, McQUAID, HANNIBAL, GREENMAN INVIT. & JESUITS  
 COURSE RECORDS AT COBBS HILL, HANNIBAL, & GREENMAN(BINGHAMTON)  
 DAVID WARTH, CITY-CATHOLIC CHAMPION
- 1982 - BRIAN MACK, CHAMPION AT AQUINAS INV., FAYETTEVILLE, AND CITY-CATHOLIC  
 RUNNER-UP AT McQUAID INV.
- 1983 - TIM HESS, CHAMPION AT McQUAID INVIT. AND JESUITS; CITY-CATHOLIC RUNNER-UP  
 CONOR CUSACK, RUNNER-UP AT BALDWINVILLE AND JESUITS



**McQuaid coach Bradley:**

**'Wider base . . . higher achievement'**

There's a lot more to developing young runners than laying out a training schedule for them, as Gary Thompson of Victor High School made clear last month.

To continue our series on young runners, Carol Cloos put some specific questions to Bob Bradley of McQuaid Jesuit High School, one of the most experienced and widely respected coaches in the country.

These are his answers:

**Q: Did you run in high school?**

**A:** In my last two years at St. Peter's Prep in Jersey City I ran all three seasons. Best times were 2:07 (880) and 4:42 (mile). They didn't run the two-mile in those days. I don't remember any cross country times, but I think I was a little better there than in track.

**Q. What inspired you to become a coach?**

**A.** Nothing, really, unless you count the Holy Spirit. The X-C job was still open in September and they needed someone, so I had a crack at it despite not having run in 15 years. What's inspired me to stay with it since 1962? Mostly the tremendous young men I've been lucky enough to coach. The excitement of the meets, of course. I love to watch those long starting lines take off at a cross country meet. Plus the nature of the sport itself, kind of primitive and clean and spiritual. And fall days in Rochester are the best time of the year for running. It's great to be part of it.

**Q. How have X-C training methods changed over the last 10 years?**

**A.** In the last 10, not all that much. But since 1962, quite a bit. Back in the 60s, very few runners trained over the summer, and there was no indoor program in the winter. So the idea of training year-round and building from peak to peak was unknown. Since the early 70s, though, summer running has caught on and most of the good distance runners run a lot of miles. Usually, the wider the mileage base the higher the achievement. Plus, when runners come into September with that base, more of their season can be spent preparing them for racing instead of just building their endurance. It changes the coach's approach to workouts if he knows his runners are already in good shape.

**Q. Have you been influenced by these changes?**

**A.** Looking back, I'm sure I have. I think I'm tougher on my runners now because I feel they can handle it. I used to do a lot of short interval work; now our basic interval distance is 800 meters. We do more distance repeats and straight O. D. (over-distance), too, because the 5K distance calls for that more than the shorter courses we ran in the 60s.

**Q. Can you predict in the earlier grades which runners have the most promise? Are you ever surprised?**

**A.** Gary Jones, who does a super job coaching our junior high team, tells me it's easy to pick out the blue-chippers just by looking at them in competition. But he likes to see two other qualities to go with their talent: 1. They like to run; 2. They have a lot of self-motivation. Lacking either one, a talented 8th or 9th grader might not be running as a senior.

Beyond that, though, it's hard to predict because so much comes from inside. Our good runners have come in all shapes and sizes, so it's not a matter of physique. What you look for, I guess, is that competitive fire, the desire to pass instead of follow. The ability to run even pace is a sign, too, because it indicates a man who doesn't let fatigue master him; who can be tough in the last part of a race.

Surprises? Oh, sure. We have one or two almost every year. Usually it's somebody who's just absolutely determined to improve and who runs a lot of miles, so that, in effect, he becomes a different runner. Roy Smith, who died so tragically last summer, was like that. Peter Glavin, the best distance man we've had at McQuaid, was such a peanut in the 8th grade that there was no way I could have expected him to develop the way he did. But that's what makes coaching cross country so special — there's just no telling what surprises await you each fall. Last year, Steve Rapp was like a new runner for us and made the difference between a good team and a great one.

**Q. What elements of character do you try to develop in your runners and how do you go about it?**

**A.** I don't consciously set out to develop character. Young men who stick with X-C have plenty of character to begin with (I'm sure this applies to young women as well, but we don't have any



## High school runners

# Parents have important role to play

of those delightful creatures at McQuaid.) I think that the sport itself — the competitive and social experience, the hard practices — almost automatically develops character.

Probably more than character, I consciously try to work on my runners' psychology. They need to be mentally tough; to have a doggedness that keeps them at it even when they're not running well or have other problems. They need confidence, too, to walk up to that line and know they're ready to compete. Those are the main things my coaching aims at.

To achieve that, I make my practices demanding enough to put the runners into the psychological situations they'll face in competition. Then, as the practice gets progressively tougher, I keep reminding and encouraging them to stay on top of it mentally. Our stock sayings are: "The first part of practice is just to tire you out for the second part," and "The real practice begins when you get tired." Nothing fancy or inspirational — just plain hard work.

To build confidence, we use our two-varsity system to get our runners into as much quality experience as possible. We may get hammered once in a while, but in the long run it works.

In practice, I like to use relays to put runners out in the open and let them see how they can do. And handicap races are great to give the runner that sweet sensation of passing a whole bunch of people.

**Q. How do you minimize the pressure of competition?**

**A.** First I try not to be hyper myself. Then, aside from kidding or talking times and strategy, I try to hit three points: 1. Never be afraid to lose. 2. Treat the race not as a Burden, but as an Opportunity. (My nickname is "Bo," so they find that idea easy to remember.) 3. In cross country you draw a lot of strength from the other six men on your team, so you're not all alone out there. And by the same token, you give them some of your strength. When seven men can run together and make that happen, it's a joy to watch.

**Q. What role can parents play in the development of a good runner?**

**A.** First, realize that X-C is a tough sport and makes great demands on a young runner. He'll need a lot of encouragement when he's tired and

*'I love . . . the nature of the sport itself, kind of primitive and clean and spiritual. And fall days in Rochester are the best time of the year for running.'*

—Coach Bradley

still has homework or when he's down after a bad race or practice. Second, by supporting the school's X-C program in every way possible to show that they think it's as important as the sports that get more hype. Get to the meets. Many parents have only a vague idea what X-C is about until they see the stampede at an invitational. Our McQuaid parents have been tremendously supportive. When we won the States at Saratoga last year, every runner's parents were there, and that means a lot. Same with Brighton's girls team at the States.

**Q. Do you ever make suggestions about diet to your runners?**

**A.** I discourage eggs, milk and fried foods before competition, but other than that I leave it up to their mothers (excuse my male chauvinism!) and to their own personal tastes. I don't think diet makes that much difference when you're talking about a 5K race. This year, though, thanks to several mothers, we are going to distribute some sheets on nutrition.

**Q. How do you work with the less talented or less motivated runners?**

**A.** Since I was no star myself, I find it easy to identify with the guys back in the pack. In practice, we break our squad into three or four groups according to ability, so every man has a chance of being fairly close to the leader. We also use handicap runs to give our slower men a chance to run in front. In races, I do a lot of yelling at the back men to let them know they count even if they aren't scoring. I usually have the previous meet's times on my clipboard so I can congratulate them on a P.R. no matter where they've finished. It's important that every runner have a personal goal for each race and for the whole season. For the best, it might be a school record or Top 10 in Sectionals; but for many others it might be as modest as breaking 18 minutes at Cobbs Hill. Give any coach 30 goal-oriented runners, and he'll have a winner. More important,

(continued on next page)

## **High school running**

# **Team goals help build motivation**

(from previous page)

they'll be a great bunch to work with.

Team goals, reinforcing personal ones, work well with many runners who have talent but lack motivation. Winning the Sectionals is a goal that seven runners, or even five, can get excited about. It's something that none of them may do by himself but that all seven can do as a team. We have two varsities at McQuaid, and being on Var-1 instead of Var-2 can provide a lot of motivation, especially if it involves an overnight trip to Providence or New York City. In a less tangible way, team pride and a winning tradition are powerful motivators, and I try to emphasize that at the start of the season. If you can convince runners that they're capable of doing great things, you've done a good job of motivating.

**Q. About how many boys are in the 500 Club and how does it work?**

**A.** Usually about 25 start out and eight to 10 actually reach the 500. Our best summer had 14 and our lowest just four. The format is very simple: 50 miles a week for 10 weeks beginning the day after graduation. We throw in a bonus week before graduation to help them get going. The reporting is done by sending postcards to my home every two or three weeks, and I send out progress reports twice during the 10 weeks. The awards are log books, T-shirts, windbreakers, or sweat hoods, depending on how many years a man hits 500.

**Q. How many boys signed up for cross country at McQuaid; how many got to compete in meets?**

**A.** We had 35 sophomores, juniors and seniors and almost 40 eighth and ninth graders. Only a handful of them didn't stick it out until the first meet, and by the end of the season we still had 62 of the original 75 in action. Our various teams are made up according to performances in the last scrimmage or meet, so some runners will flip-flop between Var-1 and Var-2 or Var-2 and I.V. If an established runner has a bad day, he doesn't lose his spot, though, and when two runners are about even, seniority prevails. For the most part, though, it's survival of the fittest.

**BOB BRADLEY** has been a member of the English faculty at McQuaid Jesuit High School since 1962 and has sent six teams to the state meet representing Section 5, last year producing his first state championship. Several years ago the National Coaches Association voted him Coach of the Year in District 1 (the Northeast).



## East Avenue Mile Invited Races

# Donoghue wins tactical race in 4:01.3

Ross Donoghue is a champion, but the general public probably knows him best for finishing second to Steve Scott in New York's televised Fifth Avenue Mile two years ago.

He did it in the low 3:50s, and being an Upstate New Yorker was at the top of the list of runners to invite for the first East Avenue Mile. Olympic trials, which ended in injury, made him unavailable last year, but he came to town this year and won a stirring battle.

He didn't, however, run Rochester's first sub-four-minute mile on Aug. 25.

Instead, he turned in a 4:01.3, slowed by some bad footing and the slight uphill grade of the Kodak-Pepsi race called "America's Most Beautiful Mile."

Last year, Marcus O'Sullivan, the Villanova star who is a hot property on the European track circuit this season, won in 4:04. The thinking after the race was that a slow early pace (about 2:02 at the half, which is easier running than the later stages of the course) was the reason a sub-4 time wasn't achieved.

So former UR All-American Dick Keil was recruited to serve as "rabbit" this year. He was flown up from Washington where he is breaking into journalism and given the assignment of going out under two minutes. "It was a lot of fun," said Keil after the race. He'd never played the role before and enjoyed not having to worry about maintaining the pace to the finish.

"My best is 4:03 but I'm nowhere near the shape to do that now," Keil said. He did turn in about a 55-second quarter and a 1:58.5 half, and that set up a good race between Donoghue, Somalia's Jama Aden, Philadelphia's Mike Wyatt and Tanzania's Jim Igohe, last year's runner-up.

The problem is that the race turned tactical with the four keeping a wary eye on one another until they were into the final quarter. With a crowd estimated by police at 5,000 screaming for the magic four minutes, Donoghue assumed command and scored his victory over runner-up Aden by 2.7 seconds. Wyatt (4:09.7) was third and Igohe (4:16.3) fourth.

"I was sprinting my heart out," Donoghue told The Times-Union's Barbara Kingsley, after accepting a Kodak camera to go with his \$1,000 first place check. "I had no idea how close I was. I don't think I could have squeezed another second and three

tenths out of it. I was just happy to win."

Donoghue's parents drove down from Oswego to join in the cheers. He said it was his first really good race in 16 months after a year of injuries and illness.

Tim McMullen led the local representation with a respectable 4:21 to finish fifth.

In the Invited Women's Mile, Michelle Bush of Team Kangaroo had the chance to even the score with Chris (Hughes) Pfitzinger to whom she finished second in the Lilac run. The middle distances are her specialty while Chris made her mark at 3,000 meters. But it wasn't to be as Pfitzinger ran 4:38.7 to defeat Bush (4:43.6) handily. Penny O'Brien was a distant third in 4:57.6, followed by Sue Kivlan of New York and masters star Cindy Dalrymple whose 5:30 was comparable to her 10K first-mile pace.

Bill Stewart of Ann Arbor, Mich., one of the top masters in America and a participant in the invited open section of the race last year, breezed to the Men's Invited Masters title in 4:31.7, to pick up the prize money offered for the first time this year.

Local star Bill Fuller made a race of it through the half mile, and never gave up as he ran to a 4:37.3 — the time of his life — for second. Ralph Zimmerman of Tonawanda was third and Joe McVeigh was fourth.

Here are the results in the invited men's and women's races:

### Invited Men

Ross Donoghue .....	4:01.3
Jama Aden .....	4:05.5
Mike Wyatt .....	4:09.7
Jim Igohe .....	4:16.3
Tim McMullen .....	4:21.0
John Stockdale .....	4:23.7
Peter Glavin .....	4:25.8
Dick Keil .....	4:38.3

### Invited women

Chris Pfitzinger .....	4:38.7
Michelle Bush .....	4:43.6
Penny O'Brien .....	4:57.7
Sue Kivlan .....	5:03.3
Cindy Dalrymple .....	5:30.8

### Invited masters men

Bill Stewart .....	4:31.7
Bill Fuller .....	4:37.3
Ralph Zimmerman .....	4:42.8
Joe McVeigh .....	4:49.9

## Age-group report on East Ave. Mile

While the general public concentrated attention of the attempt of the invited stars to run a four-minute mile, the Rochester running community had a lot to talk about as the East Avenue Mile uncorked some vintage age-group racing.

### Open men:

**Michael Platt**, a 24-year-old from Holley who has been running only a few years, ran away from the field in the smooth-striding style that is becoming familiar this year for the first time. His 4:19.7 put him alone in front of a spirited battle for second between **Phil Tschorke** and **Howie Reitz** who made one last charge before settling for third, a step behind.

### Open and senior women:

**Jennifer Shaver**, who had run a triathlon the previous day, won in 5:24 with no real race in her age group. The competition came from **Nancy Oshier's** 5:26.9 in the combined heat with the seniors women.

**Ellen Coyne** was second in the open race with a 5:34. **Mary Terziani** was seniors runner-up with a 5:48.9 and **Sue Zygo** was a tough third.

### Senior men:

**Tom Painting** of Albion, another runner new to the top of his age group, won a stirring battle down the still-under-construction homestretch to hold off **Mike Hoban** with 4:34.0 to Mike's 4:34.3. **Tom Serafin** broke away from the pack with a strong finish to take third in 4:39.5. All three were following the leaders as they passed three quarters at the Rochester Museum and Science Center as **Eddie Lee Cohn**, last year's winner, led the way. **Dave Coyne** moved up to challenge and looked like a winner until the final sprint. He ended up fourth. Cohn faded to seventh.

### High school:

McQuaid senior **Scott Paterson**, second in the Empire State Games scholastic 1,500 meters, led a large field in commanding fashion, finishing alone in 4:23.6. **Alan Smith** was second in 4:28.1 in a big gap between the winner and the pack. **Brett Yost** pulled out of a crowd to take third in 4:37.

It was a high-quality field of 22 with 12 finishers under 5 minutes.

In the girls race, freshman sensation **Rachel Hosmer** ran a relaxed 5:10.6 to defeat **Kim Trawitz** (5:12) and **Sue Parkhurst** (5:16.4) and five others.

### Masters:

In the men's race, **Brian Briscoe**, still another

new runner, took the field out at a blistering pace (about 62 for the quarter) before **Jim Ferris** took command at the half and went on to an easy win in 4:43.5. **Tom Carr** was second in 4:54.4 while **Briscoe** held on for third in 5:00.6, his best by about eight seconds. **Ed Cloos** and **Dick Telarico** rounded out the prize winners.

**Bonnie Champeau** ran a rare, if not the first, sub-6-minute mile for a masters woman to win her race in 5:55.9. **Lois Hotchkiss** was close in 6:00.7. **Mary Shaver**, who like her daughter **Jennifer** had run a triathlon the previous day, was third in 6:16.5.

In the over-50s, **Beryl Skelton** ran an extremely impressive 6:07.7 while **Albert Dormann** (5:37) won the men's race over **Bob Sandel** (5:42).

### Juniors:

The 12 and under category is new this year and attracted small fields but talented leaders. **Eric Alstrom** of Buffalo cruised down East Avenue in a world of his own as he turned in a 5:08.9! Second-place **Joel Swing** turned in a 5:51.3, which ought to make any boy proud, and won a good race for second with **John Sabatine** (5:51.7).

In the girls' race, to no one's surprise, **Deresa Walters** won in 5:36. **Miki Remmele** was a worthy competitor to finish second in 5:41.5.

## REPORT FROM THE NATIONALS

The senior men's relay team returned from the Aug. 24 nationals with a new club record of 3:27.2 for the 4 by 400 meters relay, a time that would have won last year but was good enough only for fourth place this time.

Team member **Rick Guido** said several of the teams were composites of top runners rather than representatives of a single club like GRTC. **Ken Hudson** ran a 51.1 leadoff leg to put the team in second place behind a 48-second lead pace. Guido took over with a 53.5 leg as a California team edged into second between the Space City Masters of Texas.

**Mike Van Auker's** leg put the team a few steps out of third place before **Gary Tiffany's** 50.5 fell a foot short of third place.

The race topped a brilliant season for the relay team against probably the toughest competition they've ever met.



## Complete results in East Avenue Mile

<b>Boys 12 and under</b>			
Eric Alstrom	5:08.9	Daniel Fritz	5:01.9
Joel Swing	5:51.3	Robert Fallon	5:03.6
John Sabatine	5:51.7	Anthony Cappella	5:05.1
Michael Cole	6:11	<b>Men 40-49</b>	
Eric Feldstein	6:14.4	Jim Ferris	4:43.5
Andrew Loysen	6:25.5	Tom Carr	4:54.4
Ryan Loysen	6:52.3	Brian Briscoe	5:00.6
Jed Green	7:22.1	Ed Cloos	5:03.6
Robert Patton	7:22.9	Dick Telarico	5:04.5
Jeff Erne	7:28.1	Bob Dattola	5:05
<b>High School Boys</b>		Bruce Rockwell	5:07.7
Scott Paterson	4:23.6	Jim Palmieri	5:10.1
Alan Smith	4:28.1	Robert Epstein	5:11.9
Brett Yost	4:37.0	Vern Hecker	5:15.9
John Zingerella	4:37.9	Bill Hossler	5:17.7
George Schell	4:39.0	Bruce Hill	5:22.1
Paul Hutcheson	4:41.20	John Hudak	5:27.7
Jeff Scott	4:53.7	Bill Kehoe	5:42.7
Kevin Heller	4:55.6	James Scheele	5:42.7
Tim Hess	4:57.1	<b>Men 50 and over</b>	
Jeff Proulx	4:57.8	Albert Dormann	5:37
Matt Smith	4:58.9	Robert Sandel	5:42
Mark Hendric	4:59.3	Walter Young	5:45
Kyle Yost	5:00.7	Walter Connolly	5:46
Jeff Stone	5:01.7	Alexis Gross	5:50
Michael Kraus	5:06.1	Charlie Sabatine	5:55
Paul Alfieri	5:06.3	George Tillson	5:57
Garry Maltan	5:08.4	Charlie Reller	6:12
Michael Stone	5:12.5	Bill Pow	6:18
Jeff Emmons	5:15.4	60+ Don McNelly	6:55
Jason Sabel	5:21.0	<b>Girls 12 and under</b>	
Eric Setzer	5:38.1	Deresa Walters	5:36.2
Joshua Green	6:05.3	Miki Remmele	hz5:41.6
<b>Open Men</b>		Michelle Patton	6:28.6
Michael Platt	4:19.7	Marcy Hacisavas	7:02.1
Phil Tschorke	4:27.1	<b>High school girls</b>	
Howard Reitz	4:27.3	Rachel Hosmer	5:10.6
Michael Cogan	4:28.3	Kim Trawitz	5:12.0
Ken Merkel	4:30.2	Sue Parkhurst	5:16.4
Peter Coy	4:33.4	Rachel Korn	5:28.3
Rob Smillie	4:35.2	Debbie McManis	5:32.4
Leroy Dixon	4:37.6	Chris Gaylo	5:41.5
Steve Stellwagen	4:39.1	Laurelyn Danielson	6:13.2
Mark Straka	4:40.4	Chris Mooney	6:34.3
Mark Reissig	4:47.4	<b>Open women</b>	
Martin Seppeler	4:48.1	Jennifer Shaver	5:24.1
Jon Heldrick	4:50.1	Ellen Coyne	5:34
Wayne Washington	4:54.4	Ravni English	5:42
Gregory Dolby	4:59.8	Marie White	5:52.4
John Ohler	5:02.1	Colleen L'Hommedieu	6:01.9
Brian Hart	5:02.5	Laura Francz	6:15.5
Peter Francz	5:32.9	Beth Magill	6:16.5
<b>Men 30-39</b>		<b>Women 30-39</b>	
Tom Painting	4:34.0	Nancy Oshier	5:26.9
Michael Hoban	4:34.3	Mary Terziani	5:48.2
Tom Serafin	4:38.6	Sue Zygo	5:50.9
Dave Coyne	4:39.5	Beth May	5:55.5
John Pacourek	4:40.0	Nancy Nowak	5:58.2
Charlie Brucker	4:42.1	Carole Hicks	6:45.1
Eddie Lee Cohn	4:44.0	Bette Green	8:29.7
Gregg Hider	4:46.0	<b>Women 40-49</b>	
Dale Ladd	4:52.1	Bonnie Champeau	5:55.9
James Sullivan	4:53.3	Lois Hotchkiss	6:00.7
Bruce Quimby	4:55.5	Mary Shaver	6:16.5
Noel Vanler	4:59.0	Linda Hughes	6:23.2
Larry Zygo	4:59.2	Diane Newell	8:01.6
Charlie Fisher	4:59.4	<b>Women 50 and over</b>	
Rick Smith	5:00.6	50+ Beryl Skelton	8:07.7
John VanDeMoortel	5:01.2	60+ Marsha Tillson	8:28.7

CROSS-COUNTRY PARENTS REPLY FORM - PLEASE RETURN VIA YOUR SON BY 9/19

We can take .... boys .... girls .... coaches.

With sleeping bags, an additional .... girls .... boys

Our accommodations are:

.... Double(s)

.... Carpeted floor

.... Single(s) - Same room

Other:

.... Single(s) - Separate rooms

Friday dinner

.... Afternoon preparation in kitchen

.... Evening serving/kitchen

.....  
Name

Saturday meet

.... Scoring table

.... Concessions

.... Awards

.... Wherever you need me

.... Finish line/Chute

.....  
Name (s)

.....  
Name

.....  
Phone

.....  
Address

.....  
Zip

---

*one of*  
Another pressing need this season, with the largest cross-country squads McQuaid has had (62 men on the roster as of today), will be for transportation to out-of-town meets. Could you check the schedule below and indicate any meets you would be able, at least tentatively, to drive to? We'll get back to you when our numbers for each meet firm up, usually late each week.

.... Sept. 21 Newark or East Aurora

.... Oct. 5 Baldwinsville

.... Oct. 12 Clarence or Manlius (outside of Syracuse)

.... Oct. 19 Auburn

The City-Catholic meets will alternate between Cobbs Hill and Genesee Valley Park every Tuesday beginning on Sept. 24th.



# HOUSING - 1985

<u>TEAM</u>	<u>LOCATION</u>	<u># NEEDED</u>
CLOVER LEAF	LODI, OHIO	35
BINGHAMTON	BINGHAMTON, N.Y.	35
MT. LEBANON	PITTSBURGH, PA.	35
KEARNY	KEARNY, NJ	35
WILSON	EASTON, PA.	34
CHARDON	CHARDON, OHIO	33
NORTH EAST	NORTH EAST, PA	32
VESTAL	VESTAL, N.Y.	32
ST. IGNATIUS LOYOLA	CLEVELAND, OHIO	27
ST. MICHAEL'S	TORONTO, ONT.	21
ELK COUNTY CHRISTIAN	ST. MARY'S, PA	20
JOHNSON CITY	JOHNSON CITY, N.Y.	19
LOYALIST C.V.I.	KINGSTON, ONT.	19
GEN. McLANE	EDINBORO, PA.	18
ROCKY GROVE	FRANKLIN, PA.	18
AVON LAKE	AVON LAKE, OHIO	18
MONTROSE	MONTROSE, PA	18
SOUTHWESTERN	JAMESTOWN, N.Y.	26
STRONG VINCENT	ERIE, PA.	17
NEIL McNEIL	TORONTO, ONT.	6
LOYOLA	BALTIMORE, MD.	10
CHANEL	BEDFORD, OHIO	18
CENTRAL CATHOLIC	PITTSBURGH, PA	18
		<hr/> 544

# ROCHESTER MARATHON 9/2/85

WEATHER: CLOUDY + COOL  
BECOMING SUNNY  
+ WARM TEMP

	<u>10-MILERS</u>	
	<u>5-MILE</u>	<u>10-MILE</u>
PATERSON	26:08*	52:30 (APPROX. STOPPED 1/4 MILE SHORT)
SMITH	31:07	62:30
CONOR CUSACK	32:16	64:45
HANNA	32:42	70:57
CHRIS CUSACK	35:07	71:47
BOECK	37:00	77:30
GEORGE SCHELL	26:15	56:52** ADJUSTED FOR 9:38 STOP AT
JOHN SCHELL	35:07	71:17*** " " :30 " "

## \*SCHOOL RECORD FOR 5-MILE ROAD RACE

	<u>5-MILERS</u>
HONCH	30:59
SCHICKLER	30:59
ADIN	31:49
HENDRIE	32:08
HUGGINS	32:08
MOWRY	32:16
GEESLER	32:29
WIERSZEWSKI	32:57
DOVI	32:57

## CITIBANK 10K

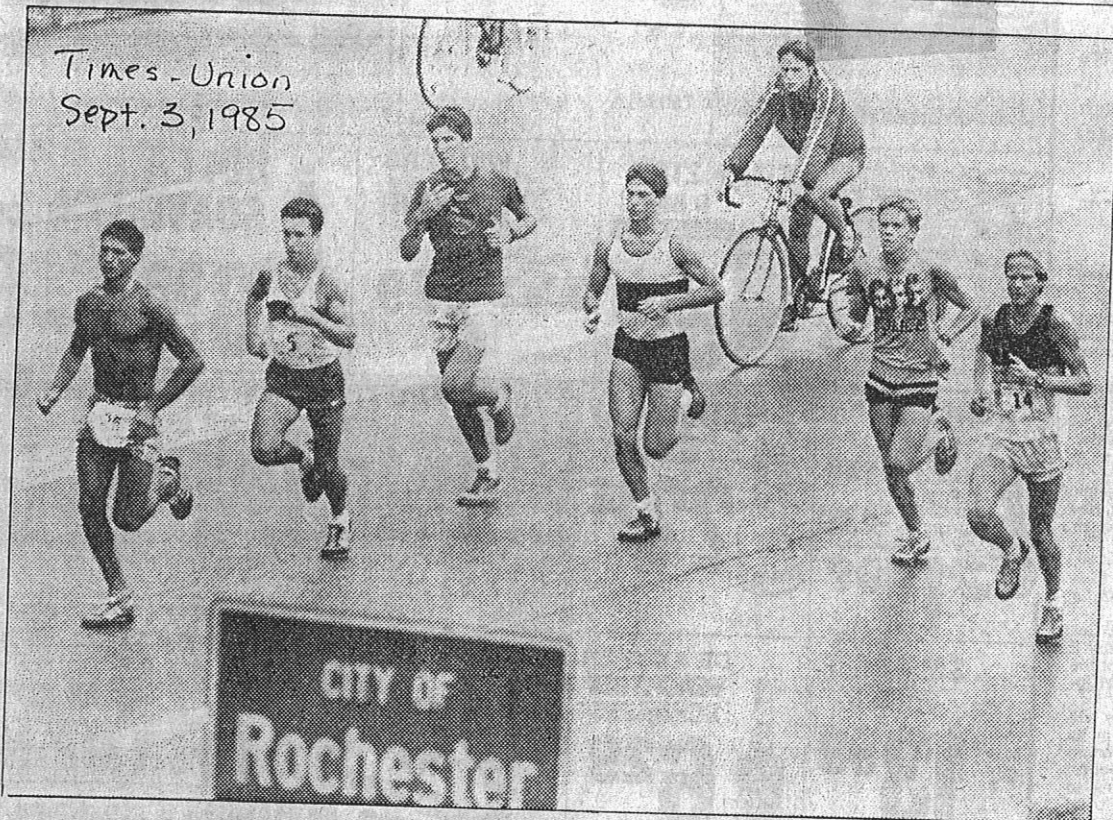
BRIGHTON 9/1

	<u>5K</u>	<u>10K</u>
WILTBERGER	18:13	37:09
JEFF STONE	19:00	39:01
TUREK	19:38	39:27
FLANNERY	22:15	45:07

WEATHER: SUNNY + COOLISH  
TEMP 66



Times-Union  
Sept. 3, 1985



Burr Lewis/Times-Union

Scott Bagley (far left), leading pack out East Avenue yesterday in the Rochester Marathon. Craig Holm (far right) was eventual winner. More on marathon, page 1D.

# 2 1/4 MILE RUN-OFF 9/5

COURSE: LAC DE VILLE LONG LOOP + 1/4 MILE ON TRACK (START) + 660 ON GRASS (FIN)

WEATHER: WARM + VERY HUMID

① PATERSON 12:29

② SCHELL 13:02

③ MACK 13:25

④ SMITH 13:34

⑤ CONOR CUSACK 13:36

⑥ DAVE SCHICKLER 13:38

⑦ TIM HESS 13:45

⑧ WILTBERGER 14:10

⑨ CHRIS CUSACK 14:11

⑩ MIKE HONCH 14:15

⑪ ADIN 14:21

⑫ DOU 14:29

⑬ STONE 14:32

⑭ HENDRIE 14:43

⑮ KRAUS 14:55

⑯ COSTELLO 15:02

⑰ TURER 15:03

⑱ MOWRY 15:04

⑲ WIERSZEWSKI 15:13 \*

⑳ FLANNERY 15:17

㉑ CONNOLLY 15:17

㉒ NGUYEN 15:18

\* BISCHOPING 15:15

㉔ RELLER 15:46

㉕ SCHUMACHER 16:05

㉖ J. SCHELL 16:17

㉗ HUGGINS 16:22

㉘ O'NEILL 16:48

㉙ MILLER 17:55

㉚ BOECK 17:56

㉛ SIMS 18:01

DNF- MOUROU

DNF- HANNA

GEESLER

BOEHM

LAVALLEE

SHAWN COSTELLO

CASCIANO 17:25



VARSITY MEET #1  
J.V. MEET #1

LIVERPOOL INVITATIONAL  
LONG BRANCH PARK  
9/7/85

WEATHER: VERY WARM,  
VERY HUMID  
TEMP 92 COURSE DRY

MCQ 1ST OF 10 SCHOOLS (9 OTHERS INC.)

4 FLIGHTS  
ALL 8 PLACES SCORE

1. PATERSON 16:59 (5K)  
3. SCHELL 17:27

3. MACK 18:02  
7. SMITH 18:19

TEAM SCORES :

MCQ 21, HENNINGER 67

CORCORAN 68, ONONDAGA 68, 1. SCHICKLER 18:29  
LIVERPOOL 73 ETC. 2. CUSACK 18:46

1. HESS 18:40  
3. WILTBERGER 19:15

J.V. 1ST OF 4 SCHOOLS (3 OTHERS INC.)

1. CHRIS CUSACK 18:40  
2. MARC DOVI 19:30  
4. CHRIS ADIN 19:50

1. KRAUS 20:00  
2. STONE 20:21  
3. HENDRIE 21:18



## HIGH SCHOOLS

Yesterday

### BOYS' CROSS COUNTRY

Liverpool Invitational

At Long Branch Park

#### Team

McQuaid 21, Henninger 62, Corcoran 67, Onondaga 67, West Genesee 78, Liverpool 79, Homer 162, Adirondack 169, Lafayette 169.

#### Individual (5 kilometers)

First flight: 1. Scott Paterson (McQuaid) 16:59; 2. Don Brown (Liverpool) 17:10; 3. George Schell (McQuaid) 17:27; Second flight: 1. Gene Gualtieri (Henninger) 17:45; 3. Brian Mack (McQuaid) 18:02; 7. Matt Smith (McQuaid) 18:19; Third flight: 1. Dave Schickler (McQuaid) 18:29; 2. Connor Cusack (McQuaid) 18:46; Fourth flight: 1. Tim Hess (McQuaid) 18:40; 3. Mark Wiltberger (McQuaid) 19:15.



### Cross country

McQuaid won the Liverpool Invitational at Long Branch Park in Syracuse as senior **Scott Paterson** led the way with a first-place finish in 16:59. **Don Brown** of host Liverpool was second, 11 seconds back. McQuaid's **George Schell** was third in 17:27 over the five-kilometer course.

### HIGH SCHOOLS

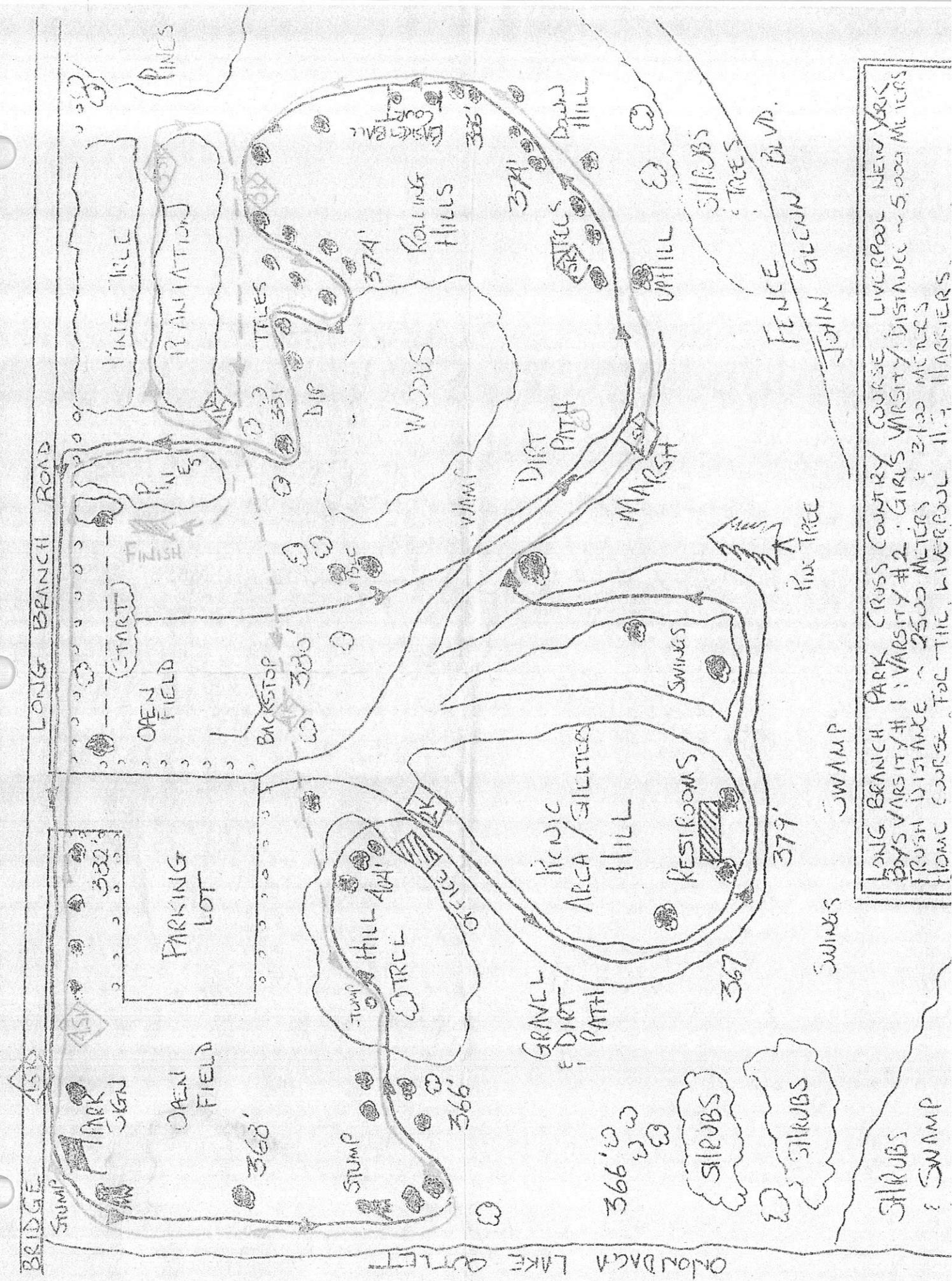
Yesterday  
BOYS' CROSS COUNTRY  
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LONG BRANCH PARK CROSS COUNTRY COURSE LIVERPOOL NEW YORK  
BOYS VARSITY #1; VARSITY #2: GIRLS VARSITY DISTANCE ~ 5,000 METERS  
TRUSH DISTANCE ~ 2500 METERS & 3100 METERS  
HOME COURSE FOR THE LIVERPOOL H.S. HARRIERS.



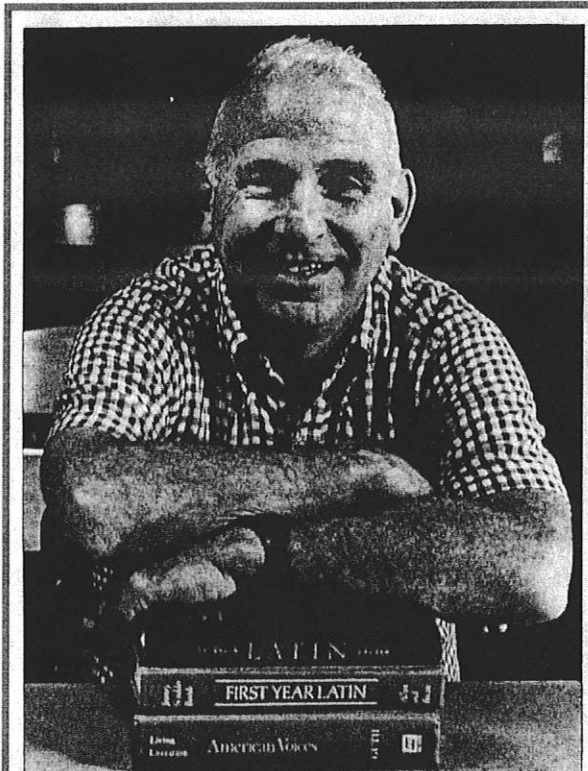
## BOB BRADLEY

**B**ob Bradley has taught English and Latin at McQuaid, a Catholic high school, for 25 years. It's the only place he's ever taught. Students at this all-male school pay \$2,160 a year in tuition, must pass an entrance exam to attend, and all of them wear coats and ties to school. Bradley reflects, "I live in somewhat of a dream world; I have no experience with a tough school."

A digression: Bradley likes to digress. Like novelist J.D. Salinger, he doesn't see much reason to stick to one subject. He has a favorite scene from Salinger's *Catcher in the Rye*: Holden Caulfield remembers when he was in a high-school speech class, and if a student strayed from his main point, the teacher and other students shouted "Digression." When Bradley digresses, his students hit their desks and shout, "Digression, digression, digression." The novel's scene is a digression, as is Bradley's telling of the anecdote.

Last year, he taught Latin to eighth graders and English to juniors, and all of his classes had 29 or 30 students.

*Continued*



McQuaid's Bradley: 'I live in somewhat of a dream world.'

"Fifty-five years old, and I'm still enjoying what I'm doing and I'm not even thinking about retirement."

About 90 percent of his students will go to college. Occasionally, a student leaves McQuaid to transfer to a public school, but "dropout" in the traditional sense is a word that is out of place there.

Bradley has a B.S. in social sciences and an M.A. in American Literature, both from Fordham University, a Catholic university. The English courses he teaches are, as high-school English courses almost always are, a blend of literature and writing. In addition to *Catcher in the Rye*, his students read such classics as Nathaniel Hawthorne's *Scarlet Letter*, Stephen Crane's *The Red Badge of Courage*, John Knowles's *A Separate*

*Peace*. Upperclassmen have to read about a book every other week. That's a lot of reading by the standards of many high schools. The Coleman Report argues that students at private high schools receive a better education than students at public high schools at least partly because they have four or five times as much homework to do.

He also makes students write. "We put a lot of priority on expository writing, and my focus is that students have to support their opinion. We don't spend a lot of time on grammar."

That gives him many papers to grade. "It's not easy being a teacher. I know that when I'm up late at night correcting papers.

"It's a very satisfying profession. It's not a job."



SCRIMMAGE VS. HILTON  
COBBS HILL 9/11/85

WEATHER: SUNNY & MILD  
TEMP 70 LIGHT WIND  
COURSE DRY  
EXCEPT IN WOODS

		BEST '84 AT COBBS
	① SCHELL 16:16 (3.0)	16:33
	② MACK 16:30	16:39
DNR	③ SMITH 16:37	17:03
PATERSON	④ CHRIS CUSACK 16:40	—
LAVALLEE	⑥ HESS 16:52	—
BOEHM	⑦ SCHICKLER 17:05	17:28
J. SCHELL	⑧ CONOR CUSACK 17:23	17:32
KNOPF	⑫ ADIN 17:52	—
MILLER	⑬ DOVI 17:57	—
SIMS	⑯ HONCH 18:09	19:29
HICKS	WILTBERGER 18:13	16:51
O'NEILL	STONE 18:29	18:40
	HERDRIE 18:38	18:29
	FLANNERY 18:38	—
	KRAUS 18:42	—
	WIERZIEWSKI 18:50	18:42
	MOWRY 18:50	—
	CONNOLLY 19:02	—
	HUGGINS 19:04	18:19
	BISCHOPING 19:06	—
	TUREK 19:08	18:16
	SCHUMACHER 19:37	19:04
	HANNA 19:45	—
	NGUYEN 20:21	—
	RELLER 20:31	—
	CASCIANO 20:50	19:07
	BOECK 20:52	—
	COSTELLO 20:53	—
	GEESLER 22:25	20:49



VARSITY MEET #2  
J.V. MEET #2

NEW HARTFORD INVITATIONAL

9/14/85

WEATHER: PERFECT.

TEMP. 65, SUNNY

COURSE DRY

MCQ 1ST OF 17 "A" SCHOOLS

TEAM SCORES:

MCQ 37, CORCORAN 93,

HENNINGER 96, ETC.

① PATERSON 16:34 \* (5K)

③ SCHELL 17:07

⑦ MACK 17:24

⑩ CHRIS CUSACK 17:43 +15

⑬ SMITH 17:55

⑳ HESS 18:01 +4

㉒ SCHICKLER 18:05 +8

\* SCHOOL RECORD FOR THIS COURSE. OLD RECORD OF 16:59 SET BY  
MIKE DAS IN 1980.

J.V. 3RD OF 9 SCHOOLS

TEAM SCORES:

HENNINGER 29,

CORCORAN 40, MCQ 113, ETC.

⑦ FLANNERY 19:25

⑫ CONNOLLY 19:29

㉑ WIERZIEWSKI 19:59

③ HUGGINS 20:27

④ MOWRY 20:41

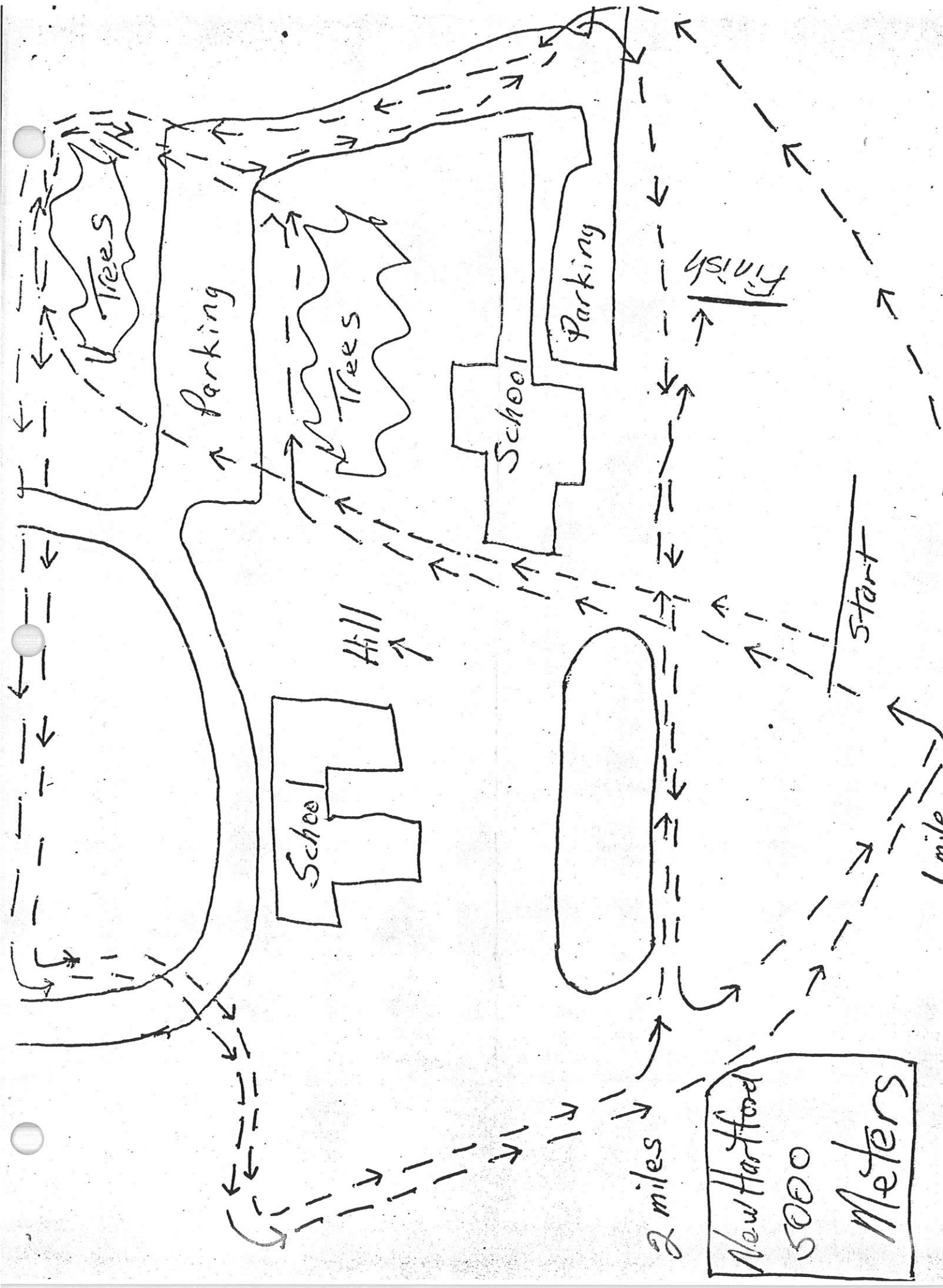
YORK INVITATIONAL

LIVINGSTON COUNTY CAMPUS

MT. MORRIS 9/14/85

MCQ 2ND OF 8 SCHOOLS





# NEW HARTFORD INVITATIONAL CROSS COUNTRY MEET 9/14/65 VARSITY A BOYS

1	MCQUAID	37
2	CORCORAN	93
3	HENNINGER	96
4	WEST GENESEE	104
5	MALONE	133
6	CICERO NS	183
7	NEW HARTFORD	212
8	UFA	221
9	FULTON	294

10	ROME	307
11	HOMER	318
12	FAY-MANLIUS	346
13	ESM	364
14	CENTRAL SQUARE	374
15	CHITTENANGO	391
16	OSWEGO	421
17	PROCTOR	INC

1	Paterson McQ	16:34	41	Young Corc	18:54
2	Serrao Corc	17:02	42	Jacksina UFA	18:55
3	Schell McQ	17:07	43	Collins CNS	19:01
4	Gualtieri Henn	17:14	44	Kearney NH	19:02
5	Perry Henn	17:22	45	Barney Mal	19:02
6	Wailins Corc	17:24	46	Deitz Corc	19:04
7	Mack McQ	17:38	47	Becker Corc	19:04
8	Vinch CNS	17:41	48	Cring Mal	19:05
9	Blechl CNS	17:43	49	Fraser Mal	19:05
10	Cusack McQ	17:44	50	Hayes Henn	19:06
11	LoCastro Fult	17:45	51	Michels RFA	19:07
12	Weidman Corc	17:45	52	Porto UFA	19:09
13	Hennessey WG	17:46	53	Vinch CNS	19:11
14	Hurteau Mal	17:46	54	Wright, Hom	19:13
15	Rheume Mal	17:55	55	Busch Chitt	19:14
16	Smith McQ	17:56	56	Milham Proc	19:18
17	Roberts NH	17:57	57	Gratien Chitt	19:19
18	Porter WG	17:59	58	Hubbell NH	19:19
19	Stauss WG	18:00	59	Amado Proc	19:20
20	Marlow Mal	18:01	60	Powell UFA	19:21
21	Hess McQ	18:04	61	Hobaica Proc	19:23
22	Schickler McQ	18:06	62	Williams UFA	19:24
23	Hayes Hom	18:16	63	Dupra ESM	19:25
24	Ellithorpe WG	18:20	64	Foster Fult	19:26
25	Frazier Proc	18:22	65	Howland Fult	19:30
26	Snock Henn	18:24	66	Sheldon NH	19:30
27	Masterion NH	18:25	67	Scott Fult	19:33
28	Wentling Henn	18:25	68	Plyter CSq	19:34
29	Brady ESM	18:26	69	Vinciguerra CSq	19:38
30	Walmsley WG	18:27	70	Collins CNS	19:43
31	Kontak WG	18:29	71	Berry Hom	19:44
32	Foody Corc	18:32	72	Sherwin FM	19:49
33	Benz Henn	18:30	73	Marples RFA	19:49
34	Moore RFA	18:36	74	Swancott RFA	19:51
35	Beaton UFA	18:37	75	Cooper RFA	19:53
36	Brown Osw	18:38	76	Seldberg FM	20:09
37	Mulligan FM	18:42	77	Francher CNS	20:10
38	Smith WG	18:47	78	Dupra ESM	20:10
39	Kingsbury Mal	18:48	79	Hourigan Henn	20:16
40	Gryzick CSq	18:50	80	Bebko FM	20:22



## UPDATE

### McQuaid runners coast to victory at New Hartford

Democrat and Chronicle

Defending Class A state cross country champion McQuaid captured the New Hartford Invitational yesterday for the fourth time in five years, easily defeating Corcoran, Henninger and West Genesee from the Syracuse area.

McQuaid finished with 37 points, runner-up Corcoran had 93, Henninger 96 and West Genesee 104.

McQuaid's Scott Paterson (16:34) took the lead at the one-mile mark of the 3.1-mile course and beat John Serrao of Corcoran to the finish by 24 seconds and set a McQuaid record on the course. Teammate George Shell was third (17:07), Brian Mack seventh (17:24) and Chris Cusack 10th (17:43).

## HIGH SCHOOLS

Yesterday

### CROSS COUNTRY

New Hartford Invitational

Boys

Team

McQuaid 37, Corcoran 93, Henninger 96, West Genesee 104, Franklin Academy 133, Cicero-North Syracuse 183, New Hartford 212, Utica Free Academy 221, Fulton 294, Rome Free Academy 307, Homer 317, Fayetteville-Manlius 346, East Syracuse-Minoa 364, Central Square 374, Chittenango 391, Oswego 421, Proctor incomplete.

### Individual (5 kilometer)

1. Scott Paterson (McQuaid) 16:34; 2. John Serrao (Corcoran) 16:58; 3. George Shell (McQuaid) 17:07; 4. Tom Perry (Henninger) 17:17; 5. Gene Gualtieri (Henninger) 17:20; Other McQuaid finishers: 7. Brian Mack 17:24; 10. Chris Cusack 17:43; 16. Matt Smith 17:55; 21. Tim Hess 18:01; 22. Dave Schickler 18:05.

## HIGH SCHOOLS

Yesterday

### CROSS COUNTRY

#### New Hartford Invitational

##### Boys

##### Team

McQuaid 37, Corcoran 93, Henninger 96, West Genesee 104, Franklin Academy 133, Cicero-North Syracuse 183, New Hartford 212, Utica Free Academy 221, Fulton 294, Rome Free Academy 307, Homer 317, Fayetteville-Manlius 346, East Syracuse-Minoa 364, Central Square 374, Chittenango 391, Oswego 421, Proctor incomplete.

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#### York Invitational

##### At Mount Morris

##### 3.05 miles

##### Boys

##### Large school division

##### Team

Batavia 55, McQuaid B 64, Canandaigua 67, East Rochester 101, Dansville 103, Bishop Kearney 142, Mynderse 208, Bath incomplete.

##### Individual

1. Dan Stenta (Bath) 16:17; 2. Scott Penser (Canand.) 16:26; 3. Paul Winstow (Canand.) 16:33; 4. Ken Loricz (Bat.) 16:35; 5. Conner Cusak (McQuaid) 16:36; 6. Rob Hussey (Dans.) 16:42; 7. Marty Burns (Dans.) 16:51; 8. Dave Dedman (Bat.) 16:59; 9. Jeff Proulx (ER) 16:59; 10. Dan Oddo (Bat.) 17:02.

##### Small schools

##### Team

York 42, Oakfield-Alabama 82, Caledonia-Mumford 82, Cuba 136, Harley-Allendale-Columbia 153, Wheatland-Chili 171, Wayland, Pembroke, Avon inc.

##### Individual

1. Steve Schultz (York) 16:16; 2. Scott Dodge (York) 16:26; 3. Richard Bolt (H-A-C) 16:39; 4. Jim Brunswick (Cal-Mum) 17:10; 5. John Finkney (Oakfield) 17:15; 6. Jerry Labell (Wayland) 17:27; 7. Scott Beyer (York) 17:37; 8. Randy Mehlenbacher (Wayland) 17:59; 9. Brett Panepento (Cal-Mum) 18:15; 10. Rob Wawrzynek (Pembroke) 18:16.

##### Girls

##### Team

York 49, Canandaigua 89, East Rochester 128, Bishop Kearney 137, Wheatland-Chili, Batavia, Dansville, Pembroke, Avon, Mynderse, Cuba, Caledonia-Mumford, Hammondsport inc.

##### Individual

1. Anne Fishback (H-A-C) 20:07; 2. Julie Chiumento (Dans.) 20:24; 3. Carolyn Wehner (ER) 20:28; 4. Alicia Overton (York) 20:30; 5. Morgan Reynolds (Hamm.) 20:32; 6. Sherry Mecker (Canand.) 21:37; 7. Nancy Zollner (BK) 21:38; 8. Jennifer Ash (York) 21:50; 9. Virginia Goerss (Cal-Mum) 22:09; 10. Lisa Kenney (Dans.) 22:11.



## HIGH SCHOOLS

**Yesterday**

**CROSS COUNTRY**

**New Hartford Invitational**

**Boys**

**Team**

McQuaid 37, Corcoran 93, Henninger 96, West Genesee 104, Franklin Academy 133, Cicero-North Syracuse 183, New Hartford 212, Utica Free Academy 221, Fulton 294, Rome Free Academy 307, Homer 317, Fayetteville-Manlius 346, East Syracuse-Minoa 364, Central Square 374, Chittenango 391, Oswego 421, Proctor incomplete.

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YORK HIGH SCHOOL INVITATIONAL  
VARSITY BOYS DIV I

1. Dan Stenta	Hav	16:17	25. Dave Miner	Dan	18:01
2. Scott Peiser	Can	16:26	26. Mike Brown	Can	18:02
3. Paul Winslow	Can	16:33	27. Matt Quibell	Dan	18:03
4. Ken Loncz	Bat	16:35	28. Dave Demmen.	Bat	18:04
5. Conor Cusak	McQ	16:36	29. Mark Henkie	McQ	18:06
6. Rob Hussey	Dan	16:42	30. Jeff Simmons	Can	18:06
7. Marty Burns	Dan	16:51	31. Pete Granges	Can	18:07
8. Dave Dedman	Bat	16:59	32. Sergio Harding	BK	18:19
9. Jeff Proulx	ER	16:59	33. Mark Shah	Myn	18:33
10. Dan Oddo	Bat	17:02	34. Doug Della Pietra	BK	18:36
11. Mark Wiltberger	McQ	17:03	35. Mike Honch	McQ	18:38
12. Ian VonHold	Bat	17:04	36. Jeremy Williams	ER	18:39
13. Mark Davi	McQ	17:11	37. Mike Stahlbrodt	ER	18:44
14. Dan Muscato	Can	17:15	38. Nick Everhart	Dan	18:46
15. Chris Lopez	ER	17:24	39. Dave Dulbert	BK	18:53
16. Chris Adn	McQ	17:27	40. John Griffirh	ER	19:09
17. Jeff Lowengouth	BK	17:28	41. Mike Rogers	Myn	19:09
18. Kevin Clancy	ER	17:29	42. no card	---	19:10
19. Jeff Stone	McQ	17:33	43. John Becker	Myn	19:23
20. John Sullivan	BK	17:33	44. Jeff Hauf	Myn	19:23
21. Rohn Carlson	Bat	17:41	45. Jason Higgins	Dan	19:34
22. Bob H oule	Can	17:45	46. no card	---	20:08
23. Jim Caswell	ER	17:51	47. Jeff Jarret	Myn	20:30
24. Dino Guordano	Bat	17:59	48. Brian Hankson	Myn	20:39

TEAM SCORING

1. Batavia	55
2. McQuaid "B"	64
3. Canandaigua	67
4. East Rochester	101
5. Dansville	103
6. Bishop Kearney	142
7. Mynderse	208
8. Haverling	inc.



## YORK HIGH SCHOOL INVITATIONAL

## JV BOYS RESULTS

1. John Schell	McQ	17:45*	30. Matt McDonald	BK	19:49
2. Mike Schumacher	McQ	17:53	31. Randy Huffman	Yor	19:53
3. Jimmy Briche	Can	17:57	32. Dave Geesler	McQ	19:56
4. Mike Kraus	McQ	18:00	33. Pete Korts	ER	20:05
5. John Bendzus	Dan	18:14	34. Mark DeFelica	ER	20:08
6. Paul Bishoping	McQ	18:19	35. Joe Lell	BK	20:10
7. Al Magee	Bat	18:22	36. Matt Sidare	Can	20:12
8. Dave Turek	McQ	18:22	37. Tom Warren	ER	20:13
9. Pete Walker	Bat	18:36	38. Ted Cornish	Can	20:20
10. Mike Hanna	McQ	18:42	39. Scott Battigan	BK	20:23
11. Khanh Nguyen	McQ	18:55	40. Dan Casciano	McQ	20:28
12. Gary Mann	Hav	18:59	41. Dallas Medeler	Can	20:31
13. Tom Reller	McQ	19:00	42. Jim Blackburn	Oak	20:31
14. Greg Lowengouth	BK	19:00	43. Jeff Schwartz	Can	20:43
15. Greg Galliford	Bat	19:04	44. Dave Sanford	Oak	20:44
16. Eric Perfitt	Oak	19:06	45. Chris Carbino	Yor	20:48
17. Vin Leone	Bat	19:07	46. Steve Doyle	ER	20:48
18. Tom Cunningham	Can	19:08	47. Mark Hussey	Dan	21:07
19. Kieth Boeck	McQ	19:13	48. Steve Moutrois	BK	21:12
20. Duane Gibson	Ksh	19:20	49. Kevin Freeman	Can	21:13
21. Shannon Costello	McQ	19:23	50. Tom House	Yor	21:16
22. Craig Buck	Can	19:25	51. Jason Griffeth	ER	21:19
23. Rich Maneace	Bat	19:26	52. Meath Gerstner	Can	21:21
24. Mark Sedarre	Can	19:26	53. Mark Stratten	Can	21:32
25. Steve Chartraw	Oak	19:32	54. Dave Edwards	Can	21:32
26. Scott McSarley	Can	19:32	55. Chris Wierda	Oak	21:43
27. Mike Duffy	BK	19:44	56. Dave Kosteck	ER	22:03
28. Kevin Battigan	BK	19:46	57. Franz Stumpf	Bat	23:54
29. Jeff Pulli	ER	19:49	58. Mike Bernard	Bat	25:55

\*\* JV COURSE RECORD

**York Invitational  
At Mount Morris**

**3.05 miles**

**Boys**

**Large school division**

**Team**

Batavia 55, McQuaid B team 64, Canandaigua 67, East Rochester 101, Dansville 103, Bishop Kearney 142, Mynderse 208, Bath incomplete.

**Individual**

1. Dan Stenta (Bath) 16:17; 2. Scott Peiser (Canand.) 16:26; 3. Paul Winslow (Canand.) 16:33; 4. Ken Loncz (Bat.) 16:35; 5. Conner Cusak (McQuaid) 16:36; 6. Rob Hussey (Dans.) 16:42; 7. Marty Burns (Dans.) 16:51; 8. Dave Dedman (Bat.) 16:59; 9. Jeff Proulx (ER) 16:59; 10. Dan Oddo (Bat.) 17:02.

**Small schools**

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**Girls**



## UPDATE

# Batavia, York capture honors in York meet

Democrat and Chronicle

Batavia's **Dan Stenta** led all runners in the boys large schools division as the Blue Devils captured first place among seven other schools at the York Invitational cross country meet on the Livingston County office building campus.

Stenta edged **Scott Peiser** of Canandaigua by nine seconds over the 3.08-mile course. His time was 16 minutes 17 seconds. McQuaid's B team was second in team scoring with 64 to Batavia's 55.

In the small schools York easily outdistanced six other teams and **Steve Schultz** won with a course-record time of 16:16. Last year, **Mike Hayes** of Haverling ran the course in 16:20. Schultz's teammate, **Scott Dodge**, was a close sec-

ond in 16:26 yesterday.

York also won the girls championship with 49 points to Canandaigua's 89 among 13 schools. **Anne Fishback** of Harley-Allendale-Columbia was individual winner in 20:07.

### Boys' soccer

Non-league: **Tom Gillett** and **Phil Beenhouwer** scored third-period goals to lead East (4-2) over Eastridge (1-2), 2-0, at Eastridge.

Senior midfielder **Tom Gillett** scored nine seconds into the third period, assisted by senior sweeper **Greg Ghysel**. East's other goal was scored by sophomore wing **Phil Beenhouwer** 15 minutes later in the same period on a chip shot over Eastridge sophomore goalie **Matt Sherwood**.

East goalie, sophomore **Dylan Gillett**, made six saves for the shutout while Sherwood handled 10.

In non-league action, **Tom Sansone** scored both Cardinal Mooney goals in the third quarter, one on a penalty kick, as Mooney (3-0-1) defeated host Williams-ville North of Section 6 (suburban Buf-

falo), 2-0.

Mooney goalie **Scott Cortese** handled seven saves for the shutout.

Kendall (3-0-2) tied Cazenovia of Section 3 (2-1-1), 1-1, at Cazenovia. **Mike Hill** gave Kendall the lead with at 27:38 of the first half, but Cazenovia, ranked seventh among Section 3 schools, rallied on **Steve Hotchkiss'** goal at 32:05 of the second half.

Kendall outshot Cazenovia, 18-14, and goalie **Rick Clark** made eight saves.

### More boys cross country

Defending state champion McQuaid captured the 17-school New Hartford Invitational for the fourth time in five years, easily defeating Corcoran, Henninger and West Genesee.

McQuaid finished with 37 points, runnerup Corcoran 93, Henninger 96 and West Genesee 104. Franklin Academy was fifth at 104.

McQuaid's **Scott Paterson** (16:34) took the lead at the one-mile mark and outraced **John Serrao** of Corcoran to the finish by 120 yards for a 24-second victory. It was a McQuaid record over the

five-kilometer course. McQuaid's **George Shell** was third (17:07), **Brian Mack** seventh (17:24) and **Chris Cusack** 10th (17:43).

### Girls' soccer

Non-league: Undefeated Cardinal Mooney (3-0-2) edged host Fairport (1-4), 2-1. **Kathy Nietopski** and **Laura Spoonhower** scored for the winners in the second and third periods. Fairport's **Marnie Donoghue** scored to close the gap to 2-1 in the final period.

Fairport outshot Mooney, 19-15 but Mooney goalie **Beth Mayracame** up with 10 saves.

Four players scored for Pittsford Sutherland (4-0-1) — **Pam Savage**, **Laura Trama**, **Lauri Secker** and **Cindy Relyea** — in a 4-2 victory over Mercy (2-2) at Sutherland.

Both Mercy goals, by **Beth Wambach** and **Beth Parrinello**, were scored in the last eight minutes of the game. **Meg Reddington** handled 12 saves for Sutherland, **Ann Colarvotolo** 23 for Mercy. Sutherland outshot Mercy, 34-18.

Tournaments: Livonia remained unde-





## **HIGH SCHOOL HONOR ROLL**

**Scott Paterson, McQuaid** — Senior started cross country season leading Knights to consecutive invitational victories, finishing first in five-kilometer races at New Hartford (16:34) and Liverpool (16:59).



## HIGH SCHOOL HONOR ROLL

D+C  
SEPT. 17, 1985

**Scott Paterson, McQuaid** — Senior started cross country season leading Knights to consecutive invitational victories, finishing first in five-kilometer races at New Hartford (16:34) and Liverpool (16:59). D+C SEPT. 17, 1985

□ **McQuaid wins at New Hartford** — After losing four runners from last year's state championship team, veteran McQuaid cross country coach **Bob Bradley** didn't expect an instant winner this season. T+U SEPT. 16, 1985

To his surprise, though, the Knights are 2-0 in invitationals after Saturday's victory at New Hartford.

"Despite our inexperience, we're really looking good," Bradley said.

Among the top newcomers is sophomore **Chris Cusack** who finished 10th overall at New Hartford in his first varsity race. Leading the team is senior **Scott Paterson**.

□ **Scott Paterson, McQuaid** — The senior cross-country runner won the large-school division boys' title at the Newark Invitational, his third win this season. T+U SEPT. 23, 1985

□ **Jeff Lama, McQuaid** — He scored twice in the Knights' 4-2 upset victory over Webster in soccer.

East Aurora Invitational  
At Emery Park D+C  
Team SEPT. 22, 1985  
East Aurora 24, McQuaid-2 57, Olean 77,  
Iroquois 92, Williamsville North 122, Wil-  
liamsville South 145, Maryvale 198.  
Individual (3.0 course)  
1. Brian McPherson (East Aurora) 16:33; 2.  
Jim Bapst (Iroquois) 16:46; **McQuaid finish-**  
**ers:** 5. Connor Cusack 17:32; 9. Marc Dovi  
17:51.



SEPT 1985

## *McQuaid Takes New Hartford Title*

New blood and old blended into a winning combination for McQuaid Jesuit's defending state champion runners last Saturday at New Hartford, where the Knights topped a 17-school field for their second invitational victory of the young season.

The veterans came through as expected, with seniors Scott Paterson, George Schell, and Brian Mack giving McQuaid a mere 11 points from their 1-3-7 finishes. The newcomers took it from there, sophomore Chris Cusack placing 10th and junior Matt Smith 16th to enable the Knights to post a team total of 37 points and far outdistance the predominantly Section III field.

McQuaid's depth was in evidence, too, as soph Tim Hess (21) and junior Dave Schickler (22) finished ahead of the number 3 man of all their opposing

schools.

"It's always interesting to see a new team taking shape," said Coach Bob Bradley about his new-look Knights. "We haven't had a runner out in front like Scott since Eric Kendrick was winning everything back in '65. And it's the first time in many years that we've had two sophs in our Varsity-1 lineup. So I'm still trying to get a feel for this group. What I've seen so far looks very good."

This Saturday's Newark Invitational will be a stiffer test for McQuaid, as up-and coming powers like Fairport, Pittsford, Aquinas, and Penfield, as well as a still-strong Brighton unit make their debuts and some of the tougher Buffalo and Syracuse squads join the scramble.

While the Knights' Varsity-1 team faces that challenge, their Varsity-2

squad will be at East Aurora seeking to do as well in a smaller field as they did in last week's York Invitational where they placed second. Junior Conor Cusack's fifth-place finish paced them to a 64-point total that fell short of Batavia's 55. Senior Mark Wiltberger (11), sophs Marc Dovi (13) and Chris Adin (16), and junior Jeff Stone (19) were the other scorers.

McQuaid's J.V. runners also were in action on two fronts. In the York meet they posted a low 21 points to win decisively as soph John Schell and junior Mike Schumacher took 1-2 and soph Mike Kraus (4) and juniors Paul Bischooping (6) and Dave Turek (8) completed a 38-second scoring group. The New Hartford contingent captured third place in its race, with sophs John Flannery and John Connolly finishing seventh and 12th.

## Paterson blossoms into the favorite for sectional title

By LEO ROTH  
Times-Union

Over the summer, McQuaid runner Scott Paterson didn't want to hassle with the heat and traffic.

He felt the best time to train was after midnight. So, when the clock struck 12, he would set out from his home near Twelve Corners in Brighton and head up Monroe Avenue toward downtown.

"It was just a great time to run," Paterson said. "Monroe Avenue is lit up on both sides and you can fantasize a lot. I would pretend I was in a race and no one could catch me. It was the Olympic Marathon and I had a two-mile lead."

These days, Paterson doesn't have to imagine he is leading the pack.

The senior already is 2-for-2 in winning cross country invitational at Liverpool and New Hartford, earning

### ATHLETE OF THE WEEK

the early-season tag as the man to beat in Section 5 this season. He'll head the large-school competition Saturday at the Newark Invitational, the area's first big meet.

"I know people are gunning for me," Paterson said, tugging on a lock of his curly blond hair. "But in a race, I'll be gunning for them, too. I enjoy it."

It's easy to understand why Paterson has confidence. For the past two years, he has been a key contributor to powerhouse cross country and track teams at McQuaid, generally considered the area's best running school. Last year, he was No. 2 man on the Knights' Class A state champion cross country team.

Paterson expected to carry the load this year but even he is shocked by how fast and strong he feels.

"I've really improved," he said. "I keep asking myself 'What happened?' A lot of it is attitude. I feel better about myself now and I finally believe I can be a good runner."

The first hint of big things to come came over the summer at the trials for the Empire State Games. Paterson, a 5-9, 136-pounder, ran 4:03 for 1,500 meters in July. Six weeks later at the Games in Buffalo, he lowered it to 4:01 and won a scholastic division silver medal. Two weeks later, he won the schoolboy division of the East Avenue Mile (4:23).

"He has just blossomed," McQuaid Coach Bob Bradley said. "Usually it happens to runners between high school and their first year in college. For Scott, it's happened heading into his senior year. It's a real breakthrough."

For all of McQuaid's team success (six sectional titles), it has yet to have an individual sectional champ. Bradley feels Paterson could be the first and possibly rank among the top five in the state.

"He's the type that wants to be out front," Bradley said. "He gets better with the competition."

Paterson's style is to start slow and finish fast. At New Hartford last weekend, he took the lead with a mile to go and won easily. His time (16:34) broke McQuaid's record for the hilly course by 25 seconds.

As a freshman, he played soccer and was voted his team's most improved player. He ran track that spring and met Bradley. The following fall, Paterson found himself trading his soccer spikes for running shoes.

To his credit, he made the varsity and placed 10th in the sectionals, the first McQuaid sophomore to earn a sectional patch. He credits the many seniors on last year's team for his progress.

"One guy in particular, Chris Lyboldt, really pushed me," said Paterson, who finished sixth in the sectionals and 19th in the state meet last year. "He convinced me I could run with them. That was competitive running all the time. Our practices were harder than the races."

One of eight children, Paterson isn't alone in his running. His stepsister is Brighton High's Rachel Hosmer, one of the area's promising young runners. She placed seventh overall in the cross country state meet last year as an eighth grader, helping the Barons' to the team championship.

"It's a nice situation," Paterson said. "We can talk running with each other. There is someone in the house who understands the situation."

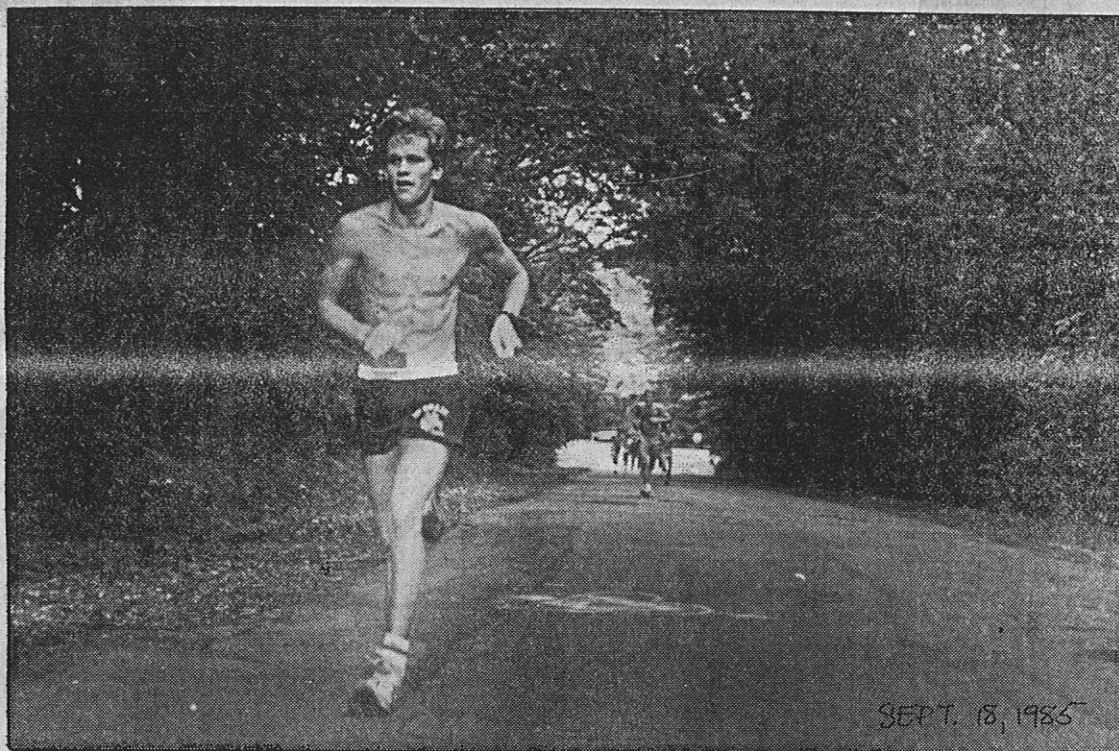
Paterson, a B-plus student, plans on running in college. Dartmouth, Cornell, Penn State and Brown are among several schools that he is considering.



Scott Paterson of McQuaid, climbing a hill in Ellison Park, has won two invationals and is the favorite in Saturday's Newark Invitational.

Julian Gonzalez/Times-Union





Julian H. Gonzalez Democrat and Chronicle

The Knights' Scott Paterson was 19th at last year's state meet, but he has pulled away to two impressive wins this season.

## No relaxing against Paterson

McQuaid senior has winning kick, healthy attitude

By Gary Fallesen

Democrat and Chronicle

Scott Paterson doesn't mind eating and running.

"Sure I get nervous before a race," the McQuaid cross country star said recently. "But I'm trying not to get superstitious. Some people don't eat before they run. That's bogus. Have your two bowls of cereal and milk and juice. Don't worry about it."

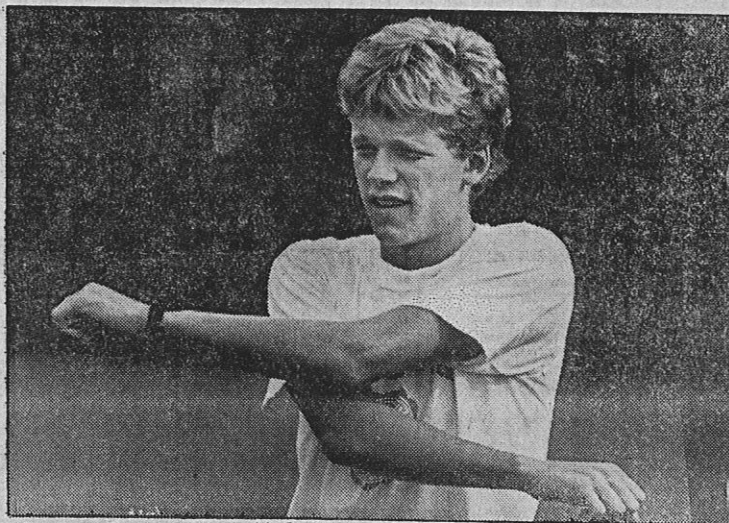
That's Paterson's motto. Never mind that every runner in Section 5 is pursuing this 5-foot-9, 136-pound senior.

"Scott relishes competition," McQuaid Coach Bob Bradley said. "He looks forward to racing. Some kids who are good get too uptight. It takes the fun out of it for them."

Nothing can steal the pleasure of running from Paterson.

"To put on a bumblebee is really neat," Paterson said, referring to McQuaid's black and gold uniform. "It stands for so much."

McQuaid is the reigning state champion, and a Section 5 titlist three of the past four years. The Knights remain the team to beat this season despite the graduation of four top runners — Chris Lyboldt, Rob Smillie, Steve Rapp



With Scott Paterson back, McQuaid seeks its fourth sectional title in five years.

and Dave Warth. The No. 1 reason is the return (and improvement) of Paterson.

"He has a chance to be the best cross country runner we've had," said Bradley, who is in his 24th season.

"I was surprised to see him run a 4:01 (in the 1,500 meters) at the Empire State Games (in August). I thought maybe he'd do a 4:05. That was his breakthrough.

"He just kind of blossomed this summer," Bradley added. "He has become a frontrunner. We figured he'd be our team leader. But not that far out in front. He's going to be one of the best in the state."

Paterson smashed the McQuaid school record for the New Hartford Invitational's five-kilometer course by 25

TURN TO PAGE 3D

## 'Paterson wins' frequent headline

FROM PAGE 1D

seconds last Saturday when he won in 16:34. One week earlier he finished first (by 11 seconds) at the Liverpool Invitational.

"It feels good to be the No. 1 man," Paterson said. "I never led McQuaid last year. It makes you go even faster."

Paterson, a sixth-place finisher in Class AA last season, became the first McQuaid sophomore to win a sectional patch when he came in 10th two years ago. It was his first season of cross country.

"The first time I saw him was out on the track (in the spring of 1983)," Bradley recalled. "I saw him on the backstretch with the beautiful running form. I said, 'Who is that?' It was an instantaneous reaction."

"I told him then, 'You look like a natural runner,'" Bradley said.

"I pride myself in my stride," said Paterson, who placed 19th in the state Class A race last year. "I try to keep it really smooth. I get a lot of compliments. People say, 'You don't waste a single ounce of energy.'"

That helps when you've logged more than 1,000 miles since February, as Paterson has down the streets of Brighton and through area parks. Included in all that mileage is a first-place finish in the high school division of the East Avenue Mile.

"He's tremendously motivated," Bradley said. "He's as motivated a runner as I've seen."

"I have a whole new attitude," Paterson admitted. "It hit me last June. I just started feeling really good about myself."

Paterson, whose step-sister is Brighton freshman Rachel Hosmer, one of Section 5's finest female distance runners, would like to continue his cross country career in college. He is most interested in Dartmouth, the school from which his father and grandfather graduated. But he'll wait and see what scholarship offers he receives.

"I hear I'm supposed to be a hot item," said Scott, who carries an academic average of 89. "But people (colleges) haven't been contacting me as much as I thought they would."

Success should change that. Yet Paterson is not feeling any pressure to win.

"When I run I just think how



DEMOCRAT AND CHRONICLE, ROCHESTER, N.Y., WEDNESDAY, SEPTEMBER 18, 1985

3D

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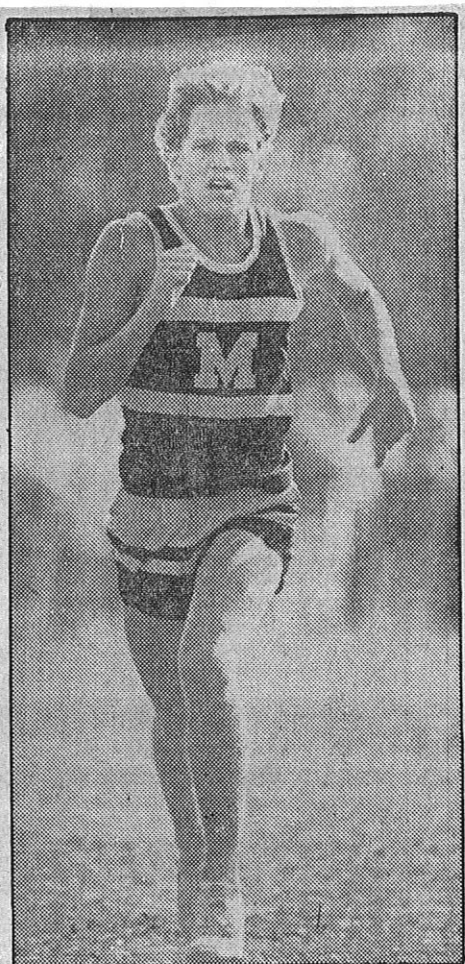
good it would feel to see my name in headlines," he said. "'Paterson wins!'"

He'll write his own headlines this season. After he eats and runs.

**NOTES:** The top 10 teams are (in order) McQuaid, Fairport, Pittsford, Brighton, Victor, Penfield, Aquinas, Churchville-Chili, Hilton and York ... Joining Paterson on McQuaid's varsity are seniors **George Shell** and **Brian Mack**, junior **Matt Smith** and sophomore **Chris Cusack**. Sophomore **Tim Hess** and juniors **Dave Schickler** and **Conor Cusack**

will vie for the other two starting spots ... Paterson's cousin, **Andy Paterson**, runs for Pittsford ... Brighton graduated five starters from last season's eighth-ranked team. However, the Barons have **Brett Yost**, **Paul Hutcheson** and **Tom Clark** back ... Yost and Penfield's **Al Smith** appear to be Paterson's top challengers in Class A ... What Bradley called "a pretty good preview of the sectionals" will occur at 4:15 p.m. Saturday when the top six Class A teams (McQuaid, Fairport, Pittsford, Brighton, Penfield and Aquinas) meet at the Newark Invitational

at Stuart Park. The Section 5 championships will be held on the same course Nov. 2 ... Victor, the top Class B team in the area, features **Scott Knapp**, **Ben Wiley** and **Bob Bagley**. Knapp is considered the best runner in his class. But he will be challenged by Canandaigua's **Scott Peiser** ... York, the area's finest Class C team, is led by **Steve Schultz**. Harley-Allendale-Columbia's **John Cooley** is another highly regarded runner in Class C ... The 21st annual McQuaid Invitational will be held Sept. 28 at Genesee Valley Park.



11-8-85 Kevin Higley Democrat and Chronicle  
No. 1 McQuaid runner Scott Paterson.

# CROSS COUNTRY New Hartford Invitational **D+C** Boys **SEPT. 15, 1985** Team

McQuaid 37, Corcoran 93, Henninger 96, West Genesee 104, Franklin Academy 133, Cicero-North Syracuse 183, New Hartford 212, Utica Free Academy 221, Fulton 294, Rome Free Academy 307, Homer 317, Fayetteville-Manlius 346, East Syracuse-Minoa 364, Central Square 374, Chittenango 391, Oswego 421, Proctor incomplete.

## Individual (5 kilometer)

1. Scott Paterson (McQuaid) 16:34; 2. John Serrao (Corcoran) 16:58; 3. George Schell (McQuaid) 17:07; 4. Tom Perry (Henninger) 17:17; 5. Gene Gualtieri (Henninger) 17:20; Other McQuaid finishers: 7. Brian Mack 17:24; 10. Chris Cusack 17:43; 16. Matt Smith 17:55; 21. Tim Hess 18:01; 22. Dave Schickler 18:05.

## York Invitational

### At Mount Morris

3.05 miles

### Boys

### Large school division

### Team

Batavia 55, McQuaid B 64, Canandaigua 67, East Rochester 101, Dansville 103, Bishop Kearney 142, Mynderse 208, Bath incomplete.

### Individual

1. Dan Stenta (Bath) 16:17; 2. Scott Peiser (Canand.) 16:26; 3. Paul Winslow (Canand.) 16:33; 4. Ken Loncz (Bat.) 16:35; 5. Conner Cusack (McQuaid) 16:36; 6. Rob Hussey (Dans.) 16:42; 7. Marty Burns (Dans.) 16:51; 8. Dave Dedman (Bat.) 16:59; 9. Jeff Probulx (ER) 16:59; 10. Dan Oddo (Bat.) 17:02.

### Small schools

### Team

York 42, Oakfield-Alabama 82, Caledonia-Mumford 82, Cuba 136, Harley-Allendale-Columbia 153, Wheatland-Chili 171, Wayland, Pembroke, Avon inc.

### Individual

1. Steve Schultz (York) 16:16; 2. Scott Dodge (York) 16:26; 3. Richard Bolt (H-A-C) 16:39; 4. Jim Brunswick (Cal-Mum) 17:10; 5. John Finkney (Oakfield) 17:15; 6. Jerry Labell (Wayland) 17:27; 7. Scott Beyer (York) 17:37; 8. Randy Mehlenbacher (Wayland) 17:59; 9. Brett Panepento (Cal-Mum) 18:15; 10. Rob Wawrzynek (Pembroke) 18:16.

### Girls

### Team

York 49, Canandaigua 89, East Rochester 128, Bishop Kearney 137, Wheatland-Chili, Batavia, Dansville, Pembroke, Avon, Mynderse, Cuba, Caledonia-Mumford, Hammondsport inc.

### Individual

1. Anne Fishback (H-A-C) 20:07; 2. Julie Chimento (Dans.) 20:24; 3. Carolyn Wehner (ER) 20:28; 4. Alica Overton (York) 20:30; 5. Morgan Reynolds (Hamm.) 20:32; 6. Sherry Mecker (Canand.) 21:37; 7. Nancy Zoltner (BK) 21:38; 8. Jennifer Ash (York) 21:50; 9. Virginia Goerss (Cal-Mum) 22:09; 10. Lisa Kenney (Dans.) 22:11.

# RUNNING **T+U** EAST AVENUE MILE **SEPT.**

## Final results **20** Invited men **1986**

1. Ross Donoghue 4:01.3; 2. Jama Aden 4:05.5; 3. Mike Wyatt 4:09.7; 4. Jim Igohe 4:16.3; 5. Tim McMullen 4:21.0; 6. John Stockdale 4:23.7; 7. Peter Glavin 4:25.8; 8. Dick Keil 4:38.3.

## Invited women

1. Chris Plitzinger 4:38.7; 2. Michelle Bush 4:43.6; 3. Penny O'Brien 4:57.7; 4. Suo Kivlan 5:03.3; 5. Cindy Dalrymple 5:30.8.

## Junior boys (12-under)

1. Eric Alstrom 5:08.9; 2. Joel Swing 5:51.3; 3. John Sabatine 5:51.7; 4. Michael Cole 6:11.5; 5. Eric Feldstein 6:14.4.

## Junior girls (12-under)

1. Deresa Walters 5:36.15; 2. Miki Remmele 5:41.54; 3. Stefanie Guido 6:28.31; 4. Michelle Patton 6:28.57; 5. Marcy Hacisavas 7:02.08.

## Veterans men (50-over)

1. Albert Dorrhann 5:37; 2. George Tillson 5:57; 3. Walter Young 5:45; 4. Walt Connolly 5:46; 5. Alexis Gross 5:50.

## Master women (40-49)

1. Bonnie Champeau 5:55.9; 2. Lois Hotchkiss 6:00.7; 3. Mary Shaver 6:16.5; 4. Linda Hughes 6:23.2; 5. Diane Newell 8:01.6.

## Veteran women (50-over)

1. Beryl Skelton 6:07.7; 2. Marsha Tillson 8:28.7.

## Senior women

1. Nancy Oshier 5:26.9; 2. Mary Terziani 5:48.2; 3. Sue Zygo 5:50.9; 4. Beth May 5:55.5; 5. Nancy Nowak 5:58.2.

## Open women

1. Jennifer Shaver 5:24.03; 2. Ellen Coyne 5:34; 3. Ravn English 5:42; 4. Marie White 5:52.4; 5. Colleen L'Hommeidieu 6:01.9.

## Masters men (40-49)

1. James Ferris 4:43.5; 2. Tom Carr 4:54.4; 3. Brian Briscoe 5:00.6; 4. Ed Cloos 5:03.6; 5. Dick Telarico 5:04.5.

## Senior men (30-39)

1. Tom Painting 4:34.0; 2. Michael Hoban 4:34.3; 3. Tom Serafin 4:38.6; 4. Dave Coyne 4:39.5; 5. John Pacourek 4:40.0.

## Open men

1. Michael Platt 4:19.7; 2. Phil Tschorke 4:27.1; 3. Howard Reitz 4:27.3; 4. Michael Cogan 4:28.3; 5. Kenneth Merkel 4:30.2.

## High school girls

1. Rachel Hosmer 5:10.6; 2. Kimberly Trawitz 5:12.0; 3. Sue Parkhurst 5:16.4; 4. Rachel Korn 5:28.3; 5. Debbie McManis 5:32.4.

## High school boys

1. Scott Paterson 4:23.6; 2. Alan Smith 4:28.1; 3. Brett Yost 4:37.0; 4. John Zingerella 4:37.9; 5. George Schell 4:39.0.

## Invited masters men

1. Bill Stewart 4:31.7; 2. Bill Fuller 4:37.3; 3. Ralph Zimmerman 4:42.8; 4. Joe McVeigh 4:49.9.



*Times-Union, Rochester, N.Y., Friday, September 20, 1985*

NEW YORK STATE SPORTS WRITERS  
ASSOCIATION POLL  
BOYS' CROSS COUNTRY

1. McQuaid-5
2. St. Anthony-11
3. Shenendehowa-2
4. Chaminade-CHSAA
5. Columbia-2
6. Brighton-5

DEMOCRAT AND CHRONICLE, ROCHESTER, N.Y., SATURDAY, SEPTEMBER 21, 1985

**NEW YORK STATE SPORTS WRITERS  
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7. Wantagh-8
8. Washingtonville-9
9. Msgr. Farrell-CHSAA
10. William Floyd-11
11. Liverpool-3
12. Newburgh Free Academy-1
13. Nottingham-3
14. Vestal-4
15. Corcoran-3
16. Warwick-9
17. Henninger-3
18. Somers JFK-1
19. West Genesee-3
20. Pearl River-1



# Paterson, Trawitz class of the field in Newark races

McQuaid, Fairport win  
large-school divisions

By Brett Avery

SEP. 22, 1985

Democrat and Chronicle

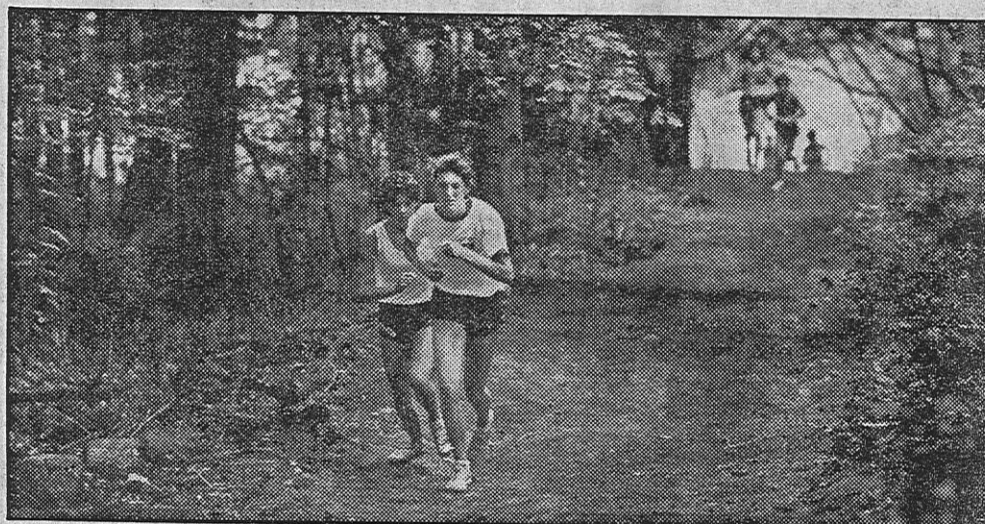
NEWARK — Scott Paterson offered a shrug and the insight of an experienced cross country runner. Why, he'd been asked, had each race in yesterday's 10th Newark Invitational started at a brutally fast pace?

"It's just that this is the first race of the season and most people are just getting off track and the Empire State Games," he said before dousing himself under a hose.

"Everybody's used to running the mile. When you're going out you're feeling all right. Some people forget that when you get to the one-mile mark, you still have two to go."

The McQuaid senior was guilty of kicking into high gear too early. So was Fairport's Kim Trawitz, Bath's Dan Stenta and Waterloo's Janet Kisner. Yet each used fluid strides on Stuart Park's demanding hills to outrun all challengers in their respective five-kilometer races.

Paterson's third invitational triumph of the season also helped the Knights to a



Reed Hoffmann Democrat and Chronicle

Fairport's Kim Trawitz (right), Brighton's Rachel Hosmer on 'Death Mountain.'

## TOP TEAM; INDIVIDUAL FINISHERS 11E

47-point victory in Division I, and set the tone for next Saturday's McQuaid Invitational at Genesee Valley Park.

"This is my favorite course, but not my favorite weather," said Paterson, who watched afternoon temperatures soar near the 80s.

The statement says something about Paterson, Section 5's premier male runner, and the 3.1-mile layout.

The course offers asphalt, gravel and grass surfaces and a hill nicknamed

Death Mountain. Inappropriately located in the middle of the Enchanted Forest — the hill is better suited for four-wheel drive vehicles in the Baja 1000 — the 200-yard stretch of gravel and dirt provided the turning point in each race.

"The hills are where he killed me," said Penfield senior Alan Smith, the last person to pressure Paterson before dropping to third (16:39.3) behind Clarence's Dennis Webster (16:37.2). "I was staggering at the top of every one. They (McQuaid) work on hills a lot, and he shows good form on them."

Here's a look at each division:

**Division I girls:** Trawitz (18:55.4), a junior who consistently finished behind Stacy Prey-led Brighton last year, felt nervous taking the lead in the first mile.

"I'm usually pretty close to the leaders, but following them into the turns," she said. "I'm accustomed to this course, but I wanted to make sure I didn't make a wrong turn and get disqualified."

No such luck for the rest of the field. She wore down Brighton's Rachel Hosmer (19:13.7), who was caught in the last 300 yards by a charging Erika Schwarz of Webster (19:03.8).

"I didn't know what to do in the beginning of the race," Trawitz said. "I thought I'd take it out at the beginning and hold them off at the end or get enough of a lead that they couldn't catch up to me."

She won by about 50 yards, sparking the Red Raiders to a one-point victory over the Warriors for the team trophy.

**Division II girls:** Kisner (20:24.9), a sophomore in her fourth varsity season, opened a huge lead in the first 300 yards.

"I wanted to make sure I did well here, because this is where the sectional meet is going to be held (Nov. 2) and I wanted to show what I was capable of," she said.

She put together a 37-second victory over Penn Yan's Sarah Martini despite easing up in the last half-mile. "I decided that I was going to run for time, trying to beat my best on this course (19:49). But when you don't have anyone pushing you, sometimes you lose your concentration."

TURN TO PAGE 11E

D+C SEPT. 22, 1985

## Paterson, Trawitz win Newark races

FROM PAGE 9E

Martini and the Mustangs collected the team title.

**Division IV boys:** Sophomore Dale Boughton (16:47.2) of perennial state powerhouse Onondaga of Section 3 (Syracuse area) led a one-two-three sweep and the team's easy victory.

**Division III boys:** Stenta is Bath's top banana. "Our coach (Bath graduate and former Alfred State All-America Jim Coots) eats a lot of bananas," Stenta explained after his 17:11.9 clocking provided a 25-second margin.

"One day during the summer he started putting the stickers from the bunches on his shoes. So we started to call ourselves Team Chiquita. We all wear the stickers on the back of our running flats (shoes)."

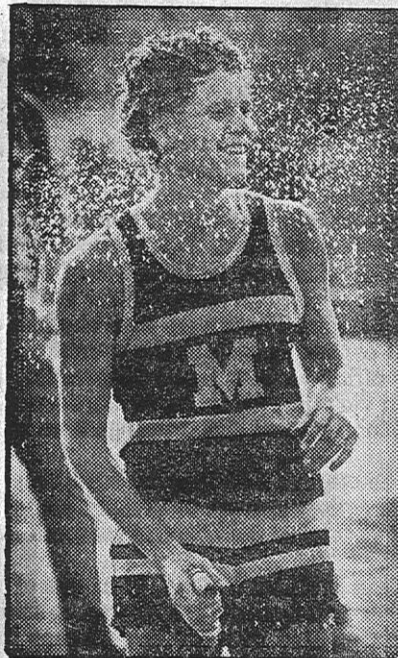
**Division II boys:** Nottingham's Rob Colvin (16:54.4) passed a struggling Scott Knapp of Victor

(17:05.8) on the last hill. "Usually I don't go out that fast," said Knapp, a senior. "But the pace was kind of slow and I decided to take it out. I cramped up at the top of Death Mountain and I slowed to a trot. I didn't lose the lead then, but when he passed me, he did it at a good pace."

**Division I boys:** Peterson admitted he ran the type of race that could kill his sectional title

chances if he does it again in November. Sectionals are on the same course.

"I wanted to take it out a lot slower, but I was there (leading) and decided to take the initiative," he said. "It was not a strategic race. I wasn't going to let it (speed) get to me, but if anyone had pressed me at the end of the race he could have passed me easily."



Reed Hoffmann Democrat and Chronicle

Scott Paterson of McQuaid, cooling down after victory.



## NEWARK INVITATIONAL

### CROSS COUNTRY

At Stuart Park (3.1 miles)

#### Boys

##### Division I

##### Team

McQuaid 53, Fairport 100, Liverpool 104, Brighton 122, Aquinas 156, Pittsford 168, Clarence 169, Churchville-Chili 170, Irondequoit 207, Penfield 214, Webster 228, Spencerport 309, Gates-Chili 346.

##### Individual

1. Scott Paterson (McQ) 16:29.2. 2. Dennis Webster (Clar) 16:37.2. 3. Alan Smith (Pen) 16:39.3. 4. Don Brown (Liver) 16:45. 5. Mike Garrett (Clar) 16:50.5. 6. George Schell (McQ) 16:58.9. 7. Brett Yost (Bri) 17:05.1. 8. Jason Urckfitz (CC) 17:06.3. 9. Mark Tondryk (Aqu) 17:10.7. 10. Mark Emmons (Bri) 17:15.1. 11. Mike Schultz (Fair) 17:15.9. 12. Brian Mack (McQ) 17:16.4. 13. Gordie Malthaner (Aqu) 17:17.7. 14. Craig Mueller (Liver) 17:18.9. 15. Tom Smith (Web) 17:20.5.

##### Division II

##### Team

Nottingham 38, Victor 58, Hilton 89, Canandaigua 115, Batavia 121, Greece Athena 223, Corning West 238, Wayne 245, Bishop Kearney 254, Cardinal Mooney 264, Greece Arcadia 315.

##### Individual

1. Rob Colvin (Nott) 16:54.4. 2. Scott Knapp (Victor) 17:05.8. 3. Scott Peijer (Canan) 17:07.4. 4. Ben Wiley (Victor) 17:16.8. 5. Bill Rathbun (Nott) 17:19. 6. Eric Anish (Nott) 17:22.6. 7. Andrew Yaegau (CMoon) 17:24.9. 8. Doug Staunton (Hilt) 17:29.6. 9. Scott Young (Hilt) 17:32.6. 10. Paul Winslow (Canan) 17:40. 11. Gene Van Patten (Nott) 17:41.2. 12. Bob Bagley (Victor) 17:41.4. 13. Ron Dirty (GOly) 17:43. 14. Scott Annable (GOly) 17:44.1. 15. Mike Collins (Nott) 17:54.6.

##### Division III

##### Team

Skaneateles 52, East Rochester 90, Penn Yan 95, Dansville 102, Hannibal 145, North Rose-Wolcott 185, Newark 215, Midlakes 227, Geneva 271, Mynderse 277, Attica 304, Honeoye Falls-Lima 312, Monroe 336, Palmyra-Macedon 360.

##### Individual

1. Dan Stenta (Bath) 17:11.9. 2. Jose Burgoa (Skan) 17:36.9. 3. Rob Hussey (Dans) 17:42.2. 4. Jeff Proulx (ER) 17:51.4. 5. Rich MacLaren (Newark) 17:53.9. 6. Dave Leonard (Skan) 17:54.5. 7. Bill Scott (Hann) 18:04.7. 8. Marty Allen (Hann) 18:08.9. 9. Marty Burns (Dans) 18:14.2. 10. Don Dailey (Penn Yan) 18:16. 11. Korey Goodman (Waterloo) 18:20.3. 12. Randy Bragg (Skan) 18:28.6. 13. John Dugan (Skan) 18:29.2. 14. Dave Kingsley (Penn Yan) 18:30.7. 15. Chris Lopez (ER) 18:40.5.

##### Division IV

##### Team

Onondaga 31, Allegney 69, York 128, Weedsport 169, Marion 189, Sodus 195, Harley-Allendale-Columbia 216, Oakfield-Alabama 221, Caledonia-Mumford 263, Wayland 264, Bolivar 281, Williamson 303, Alexander 389, Lyons

396, Pavilion 424, Wheatland-Chili 471, Bradford 526.

##### Individual

1. Dale Boughton (Onon) 16:47.2. 2. Kevin Van Boden (Onon) 16:50.3. 3. Vinnie Loffredo (Onon) 17:03.2. 4. Scott Dodge (York) 17:04.4. 5. Don Kent (South Seneca) 17:09.2. 6. Sean Drake (All) 17:10.3. 7. Steve Schultz (York) 17:13.7. 8. Mike Drake (All) 17:14.7. 9. Tom Boughton (Onon) 17:16.8. 10. Rich Bolt (HAC) 17:21. 11. John Cooley (HAC) 17:28.6. 12. Chris Osborne (Sodus) 17:50.6. 13. Terry Rust (All) 17:59.6. 14. Rob Spina (Marion) 18:01.2. 15. Paul Vanderweide (South Seneca) 18:03.8.

##### Girls

##### Division I

##### Team

Fairport 114, Webster 115, Liverpool 122, Clarence 138, Spencerport 166, Victor 173, Penfield 191, Nottingham 208, Brighton 246, Corning West 260, Pittsford 284, Greece Olympia 285, Cardinal Mooney 358, Irondequoit 416, Gates-Chili 420, Mercy 424, Bishop Kearney 435, Hilton 453, Canandaigua 466.

##### Individual

1. Kim Trawitz (Fair) 18:55.4. 2. Erika Schwarz (Web) 19:03.8. 3. Rachel Hosmer (Brighton) 19:13.7. 4. Deresa Walters (Pen) 19:19.2. 5. Rachel Korn (Pen) 19:19.5. 6. Maureen Mecprim (Clar) 19:52.8. 7. Julie Lovell (GOly) 20:07.9. 8. Debbie Noren (Clar) 20:09.5. 9. Patti Vandermaile (Spen) 20:41.3. 10. Sue Parkhurst (Hilt) 20:50.5. 11. Julie Aman (Liver) 20:56.4. 12. Chris Gaylo (Fair) 20:56.6. 13. Laura Zintl (Clar) 21:02.8. 14. Heather Meno (Nott) 21:07.7. 15. Heidi Woolever (Nott) 21:11.1.

##### Division II

##### Team

Penn Yan 109, York 116, Onondaga 123, Newark 155, Honeoye Falls-Lima 183, Waterloo 276, Allegany 281, Pavilion 306, East Rochester 316, Alexander 321, Hannibal 358, Attica 364, Monroe 537.

##### Individual

1. Janet Kisner (Water) 20:24.9. 2. Sarah Martini (Penn Yan) 21:02.3. 3. Kelly Baumer (HFL) 21:08.5. 4. Julie Darling (Sodus) 21:22.2. 5. Anne Fisbach (Harley-Allendale-Columbia) 21:31.3. 6. Sharon Rogers (Caledonia-Mumford) 21:44.7. 7. Morgan Reynolds (Hammondsport) 21:48.2. 8. Barbie Nielson (Newark) 21:53.4. 9. Alicia Overton (York) 22:06.3. 10. Mary Lindqvist (Pavilion) 22:09.4. 11. Becky Keenan (Penn Yan) 22:27. 12. Julie Fontaine (HFL) 22:31.5. 13. Carolyn Weigner (ER) 22:33.5. 14. Julie Ryan (Onon) 22:34.1. 15. Traci Cothran (Onon) 22:36.4.

## U.S. CROSS COUNTRY

### NEWARK INVITATIONAL CROSS COUNTRY RESULTS (BOYS RACES)

Division One: Teams: Rochester  
McQuaid 53, Fairport 103, Liverpool 104,  
Brighton 122, Aquinas 156, Pittsford 168,  
Clarence 169.

Leaders: 1. Scott Paterson (McQ)  
16:29.2, 2. Dennis Webster (Clar) 16:37.2, 3.  
Smith Fenfield), 4. Don Brown (Liv), 5.  
Mike Garrett (Clar), 6. Schell (McQ), 7.  
Yost (Bright), 8. Urcklitz (CC), 9. Tondryk  
(Aqui), 10. Emmons (Bright).

Division Two: Teams: Nottingham 33,  
Victor 58, Canandaigua 115, Batavia 121,  
Greece Athena 223.

Leaders: 1. Rob Colvin (Nott) 16:54.4, 2.  
Knapp (Victor), 3. Peijer (Canan), 4. Wiley  
(Victor), 5. Rathbun (Nott), 6. Anish (Nott),  
7. Yeagoau (Mooney), 8. Stunton (Hilton),  
9. Young (Hilton), 10. Winslow (Canan).

Division Three: Teams: Skaneateles 52,  
East Rochester 90, Penn Yan 95, Dansville  
102, Hannibal 145.

Leaders: 1. Dan Stenta (Bath) 17:11.9, 2.  
Jose Burgoa (Skan) 17:35.9, 3. Hussey  
(Dans), 4. Proulx (ER), 5. MacLaren  
(Newark), 6. Dave Leonard (Skan), 7. Bill  
Scott (Hann), 8. Marty Allen (Hann), 9.  
Burns (Dans), 10. Dalley (Penn Yan).

Division Four: Teams: 1. Onondaga 31,  
Allegany 69, York 128, Weedsport 169,  
Marion 189.

Leaders: 1. Dave Boughton (Onon)  
16:47.2, 2. Kevin Van Boden (Onon) 16:50.3,  
3. Vin Loffredo (Onon) 17:03.2, 4. Scott  
Dodge (York) 17:04.4, 5. Kent (SO Sen), 6.  
Drake (Alle), 7. Schultz (York), 8. Drake  
(Alle), 9. Tom Boughton (Onon), 10. Bell  
(H-A-C).

The Rockland Count



# Baldwinsville runners will again be tough

By Geoff Hobson  
Staff Writer

Syracuse Herald American

**J**im Goulet, the Baldwinsville High School girls cross country coach who plans further ahead than a desk calendar, knew what the empty Coke can meant.

"Save that," Goulet told one of his runners after last Wednesday's rout of Cicero-North Syracuse. "That will go toward the New York trip."

Goulet's success with the Bees is grounded on various trips and perks rivaling a mid-morning game show. Last year, when his team won the Eastern championships during the Manhattan Invitational at New York City's storied Van Cortland Park, the girls took in a Broadway show, strolled down Fifth Avenue and visited St. Patrick's Cathedral.

Any girl who runs over 600 miles during the summer receives a jacket, over 500 a sweatshirt, over 400 a T-shirt and over 300 an ice cream cone.

"Under 300," said the lean and sandy-haired Goulet with a gleam in his eye, "and I tell them they get stress fractures."

Rivals hoping Goulet's dynasty comes up lame this season will have their plans cramped by senior twins Terry and Mary Mero and juniors Bonnie Gleeson and Mary Pat Gunn. Goulet calls them four of the best he's had.

Which is downright scary considering since Goulet's and the girls' first season in 1975, Baldwinsville has won eight Section Three Class A titles (the last six straight), three intersectionals, three Eastern titles, a state federation championship and is 90-1 in dual meets with the lone loss in 1981.

"I enjoy doing it," said Goulet, 35, who never ran in a scoring meet as a B'ville runner and didn't run as a

college forestry student. "I enjoy it, so I don't mind working hard at it."

Of course, he's got runners like diminutive Terry Mero, the Empire State Games 5,000-meter champion. The 5-footer is as tough as Goulet's rugged Whiskey Hollow practice run, which sends the girls groaning at the mere mention of the hilly terrain.

Two years ago, after Mero finished second in the intersectionals, she was running in the federation meet, which includes all the state's schools. She was with the lead pack when it split at the last moment to avoid a cement pole. She didn't see it until the last instant and ran into it. While she was on the ground, someone stepped on her head. With blood racing from her scalp, she came from about 45th place to finish 15th.

"I started running in seventh grade mainly because I couldn't do much else," Mero said. "Even though we win all the time, soccer seems to be the biggest girls sport. Nobody really wants to watch you run."

Terry's twin, Mary, was a gymnast before she was lured by the travel, which has included trips to Utah and North Carolina for The Athletics Congress meets.

Plan on Auburn junior Denise Bushallow, Homer senior Michelle Franklin and Canastota junior Patty Weigand to join Terry Mero and Gleeson in bids for individual honors this fall.

Bushallow and Mero will continue their rivalry that saw Bushallow edge Mero for the section's 3,000-meter championship last spring.

Franklin, who qualified for intersectionals and federations as a freshman and sophomore, has led Homer to 25 straight Onondaga Central League cross country and track wins and went to the National Junior Olympic finals this

summer in the 800 meters.



be tough

## U.S. CROSS COUNTRY

### NEWARK INVITATIONAL CROSS COUNTRY RESULTS (BOYS RACES)

Division One: 1. Scott Paterson (McQ) 16:29.2, 2. Dennis Webster (Clar) 16:37.2, 3. Smith (Fairport), 4. Don Brown (LIV), 5. Mike Garrett (Clar), 6. Schra (McQ), 7. Vost (Bright), 8. Juckitt (CC), 9. Tondryk (Aur), 10. Emmons (Bright).

Division Two: 1. Nottingham 39, Victor 54, Canandaigua 115, Batavia 121, Greece 123.

Leaders: 1. Rob Colvin (Holt) 16:44, 2. Knapp (Victor), 3. Peller (Canan), 4. Wiley (Victor), 5. Rathbun (Holt), 6. Anish (Holt), 7. Veselau (Anoney), 8. Staunton (Hilton), 9. Young (Hilton), 10. Winslow (Canan).

Division Three: 1. Skaneateles 52, East Rochester 90, Penn Yan 50, Dansville 101, Hamilton 102.

Leaders: 1. Dan Stenta (Bath) 17:19, 2. Jose Burpo (Skane) 17:35.9, 3. Hussey (Dansk), 4. Proulx (ER), 5. MacLaren (Newark), 6. Dove Leonard (Skane), 7. Eli Scott (Hann), 8. Marry Allen (Hann), 9. Byrns (Dansk), 10. Dalay (Penn Yan).

Division Four: 1. Onondaga 31, Allegany 69, York 128, Wadsworth 169, Marion 169.

Leaders: 1. Dave Boughn (Onon) 16:47.2, 2. Kevin Van Borden (Onon) 16:50.3, 3. Vin Lofredo (Onon) 17:03.2, 4. Scott Dodge (York) 17:04.4, 5. Kent (SO) 17:04.4, 6. Drake (Alle), 7. Schultz (York), 8. Davis (Alle), 9. Tom Boughn (Onon), 10. Burt (H-A-C).

Division Five: 1. Janel Kiser (Watertown) 20:24.7, 2. Marlini (Penn Yan), 3. Baurer (Hartley), 4. Darline (Sodus), 5. Flisbach (Hartley), 6. Rogers (Can-Mum), 7. Reynolds (Hammonds), 8. Nelson (Newark), 9. Overton (York), 10. Lindquist (Pavilion).

## U.S. CROSS COUNTRY

### Wentworth Invitational

Sept. 22--Ulrich Proctor, Hannibal, Mo.

Oct. 5--Baldwinsville, Ill. Invitational.

Oct. 12--Fayetteville-Manlius, NYC

Oct. 19--Auburn, Sherburne-Ellettsville Invitational.

Oct. 26--Onondaga League Meet at Le-Moyne.

Nov. 2--Section Three Meet at Ulrica.

Nov. 9--New York State Intersectional Meet at SUNY Binghamton.

Nov. 16--New York State Federation Meet at Sunken Meadow State Park, Long Island.

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New York, 11747

THE NEW YORK TIMES

## Paterson, Trawitz class of the field in Newark races

By Brett Avery

Democrat and Chronicle

**NEWARK** — Scott Paterson offered a shrug and the insight of an experienced cross country runner. Why, he'd been asked, had each race in yesterday's 10th Newark Invitational started at a brutally fast pace?

"It's just that this is the first race of the season and most people are just getting off track and the Empire State Games," he said before dousing himself under a hose.

"Everybody's used to running the mile. When you're going out you're feeling all right. Some people forget that when you get to the one-mile mark, you still have two to go."

Rochester Democrat & Chronicle

## JUNEAU GUIDE 1985 27

The McQuaid senior was guilty of kicking into high gear too early. So was Fairport's Kim Trawitz, Bath's Dan Stenta and Waterloo's Janet Kisner. Yet each used fluid strides on Stuart Park's demanding hills to outrun all challengers in their respective five-kilometer races.

Paterson's third invitational triumph of the season also helped the Knights to a

47-point victory in Division 1, and set the tone for next Saturday's McQuaid Invitational at Genesee Valley Park.

"This is my favorite course, but not my favorite weather," said Paterson, who watched afternoon temperatures soar near the 80s.

The statement says something about Paterson, Section 5's premier male runner, and the 3.1-mile layout.

The course offers asphalt, gravel and grass surfaces and a hill nicknamed

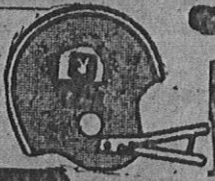
Death Mountain. Inappropriately located in the middle of the Enchanted Forest — the hill is better suited for four-wheel drive vehicles in the Baja 1000 — the 200-yard stretch of gravel and dirt provided the turning point in each race.

"The hills are where he killed me," said Fenfield senior Alan Smith, the last person to pressure Paterson before dropping to third (16:39.3) behind Clarence's Dennis Webster (16:37.2). "I was staggering at the top of every one. They (McQuaid) work on hills a lot, and he shows good form on them."

1985 • USA TODAY

22 Berwick, Pa. (3-0)

Last week: 22. Shut out Hazletn 22-0. Cosmo Curry gained 101 yards on 20 carries and scored two touchdowns. Mike Foran completed seven of nine passes for 117 yards. Hosts Binghamton (N.Y.) Friday



OLEAN TIMES HERALD

MONDAY, AUGUST 5, 1985

1985/The Sun-Bulletin, Binghamton, N.Y.



Var-2

8th Annual East Aurora Cross Country Invitational  
21 Sept '85

Boys Varsity II

1st	Bryan McPherson-EA	16:33
2	Jim Bapst-I	1:54
3	Mike Zagrobelny-EA	17:25
4	Paul Hulme-EA	1:26
5	Conor Cusack-McQ	1:32
6	Matt Parrish-EA	1:40
7	Bill Buckner-O	1:43
8	Chris Wood-WMS	1:47
9	Mark Dovi-McQ	1:50
10	Ron Hoffman-EA	1:51
11	Chris Adin-McQ	18:05
12	Mike Sly-I	1:06
13	Mike Horch-McQ	1:11
14	Stein Hammar-O	1:16
15	Tim Ring-O	1:18
16	Frank Willett-O	1:26
17	Pete Durham-WMN	1:29
18	Pete Lazarus-EA	1:36
19	John Schell-McQ	1:41
20	Jeff Stone-McQ	1:48
21	George Jones WMS	19:04
22	Nevada Montagy-I	1:06
23	Jeff Perogian-WMN	1:14
24	Jim Sato-WMN	1:15
25	John Mulryan-O	1:16
26	Mark Hendrie-McQ	1:26
27	R.J. Minick-I	1:30
28	Dave Wall-WMN	1:31
29	Bob Eisman-I	1:32
30	Tom Irvine-WMN	1:41
31	Ed Poliak-WMN	1:46
32	Andy Lisitsky-I	1:51
33	Chris Hallan-WMN	20:01
34	Jim Hartman-I	1:24
35	Bob Roeder-MY	1:35

36	Eric Holz-WMS	20:36
37	David Lyaski-O	1:38
38	Greg Sayer WMS	1:56
39	Scott Ernst-MY	21:17
40	Phil Tripi-MY	21:46
41	Bob Adey-MY	22:07
42	Joe Pagnia WMS	1:22
43	Craig Stapien MY	1:28

Team Scores		split
EA	24	top 5 1:18
McQuaid	57	2:07
Clean	77	1:33
Iroq	92	2:38
Wm North	122	1:37
Wm South	145	4:35
Maryvale	198	1:53

Total Time - Top 5		min. sec.
EA	86:55	
McQ	90:19	
O	91:59	
I	93:08	
WN	96:41	
WS	100:45	
MY	108:13	



## SECTION 5 POLLS

### FOOTBALL

		W-L	Pts.
1.	(1) Canandaigua (3 1/2)	2-0	66 1/2
	(2) Fairport (3 1/2)	2-0	66 1/2
3.	(3) Batavia	2-0	55
4.	(6) R-H Roth	2-0	44
5.	(5) East Rochester	2-0	43
6.	(10) Greece Olympia	2-0	37
7.	(-) Irondequoit	1-1	15
8.	(-) Geneva	2-0	13
9.	(-) Penn Yan	2-0	11
10.	(8) East	1-1	10

Honorable mention (alphabetical): Aquinas (1-1), Brighton (1-1), Brockport (2-0), Caledonia-Mumford (2-0), Hilton (2-0), McQuaid (1-1), Mynderse (2-0), Pittsford (0-2), Red Jacket (2-0), R-H Sperry (2-0).

### BOYS' SOCCER

		W-L-T	Pts.
1.	(2) Cardinal Mooney (4)	6-0-1	66
2.	(3) Pitts. Sutherland (1/2)	4-1-1	58 1/2
3.	(6) Greece Arcadia (1 1/2)	5-1-0	56 1/2
4.	(5) Pitts. Mendon (1)	3-1-1	50
5.	(-) Gates-Chili	4-2-0	36
6.	(1) Webster	4-2-1	33
7.	(8) Penfield	5-1-0	32
8.	(-) Fairport	4-1-1	23
9.	(4) Hilton	2-2-1	14
10.	(9) Kendall	4-0-2	10

Honorable mention (alphabetical): Brighton (4-3), Brockport (5-3), East (5-3), Irondequoit (3-3-1), McQuaid (3-4).

**Small-school ratings:** 1. Kendall (4-0-2); 2. Red Creek (6-0); 3. Honeoye (6-0); 4. Marion (6-1); 5. North Rose-Wolcott (7-1).

### GIRLS' SOCCER

		W-L-T	Pts.
1.	(1) Greece Arcadia (4)	7-0-0	67
2.	(2) Pitts. Mendon (3)	7-0-0	66
3.	(3) Pitts. Sutherland	5-1-2	54
4.	(5) Penfield	5-1-0	43
5.	(4) Cardinal Mooney	5-0-2	37
6.	(6) Brockport	5-1-1	36
7.	(10) Rush-Henrietta	4-1-1	19
8.	(-) Webster	6-1-0	13
9.	(-) Mynderse	4-0-0	11
10.	(-) Victor	7-0-0	7

Honorable mention (alphabetical): Addison (6-0), Churchville-Chili (5-2-1), Gates-Chili (3-2-1), Harley-Allendale-Columbia (4-1-2), Hilton (2-3-2), Livonia (7-1), Mercy (4-3), Palmyra-Macedon (4-1-1), Spencerport (4-1-1).

### BOYS' CROSS COUNTRY

1. McQuaid; 2. Fairport; 3. Brighton; 4. Victor; 5. Aquinas; 6. Pittsford; 7. Churchville-Chili; 8. Penfield; 9. Hilton; 10. York.

Note: The first number in parentheses indicates last week's ranking and the second number in parentheses indicates first-place votes. Also included are overall records and total points received on a basis of 10 for a first-place vote, nine for second, eight for third, and so on.

In cross country, the leader clearly is McQuaid. Ranked No. 1 in the state, the Knights raced to their third invitational title in three weeks when they finished first at Newark. Coach **Bob Bradley**, who accompanied McQuaid's 'B' team to East Aurora Saturday morning, arrived at Stuart Park with his runners a quarter-mile into the race. "I just proved how totally worthless a coach is on the day of a race," he told his boys.

Bradley said second-rated Fairport has the "potential to give us some grief later in the season."

Brighton, Victor and Aquinas round out the area's top five heading into Saturday's 21st annual McQuaid Invitational at Genesee Valley Park. More than 160 teams are entered in what is the largest high school-sponsored meet in the nation.

In girls' soccer, the top two teams continue to be Greece Arcadia (No. 1) and Pittsford Mendon (No. 2). Like football, those two will not play.



## HIGH SCHOOL HONOR ROLL

### TEAMS

**Fairport** football — Red Raiders earned share of No. 1 ranking in *Democrat and Chronicle* Section 5 poll by handing Aquinas its worst defeat since program's debut in 1930, 44-0.

**McQuaid** boys' cross country — Knights placed three players in top 15 — Scott Paterson (first), George Shell (sixth) and Brian Mack (12th) — to capture Division I team title by 47 points in 10th Newark Invitational.





## **HIGH SCHOOL HONOR ROLL**

**McQuaid boys' cross country** — Knights placed three players in top 15 — Scott Paterson (first), George Shell (sixth) and Brian Mack (12th) — to capture Division I team title by 47 points in 10th Newark Invitational.

# Varsity Meet #4

McQUOID 15 - WILSON 50  
" 15 MARSHALL 50

WEATHER: Sunny  
MIL  
COURSE S2

## IMPROVEMENT OVER

HILTON SCRIM. 9/11

5 SEC. SLOWER ① HESS 16:57 (3.0)

DNR ② J. SCHELL 17:42

41 SEC. FASTER ③ KRAUS 18:01

36 " " ④ FLANNERY 18:02

56 " " ⑤ CONNOLLY 18:06

1:31 " " ⑥ HANNA 18:14

57 " " ⑦ TUREK 18:19

1:07 " " SCHUMACHER 18:30

17 " " WIERSZLEWSKI 18:33

22 " " BISCHOPING 18:44

13 SEC SLOWER HENDRIE 18:51

DNR O'NEILL 18:59

11 SEC. SLOWER HUGGINS 19:15

## JV

1:20 " FASTER ① BOECK 19:32

47 " " ② NGUYEN 19:33

DNR ③ SIMS 20:03

42 " " ④ CASCIANO 20:08

1:32 " SLOWER R. MOWRY 20:22

DNR KNOPF 20:25

DNR MILLER 20:34



# McQuaid Tops Newark Field

McQuaid Jesuit's cross-country men met their first local challenge successfully last Saturday at Newark, where they took on the best of Section 5's "AA" schools and came away with a 53-100 triumph over Fairport in a 13-team field.

It was the third straight invitational win for the Knights, and they achieved it with a combination of front strength and good grouping. Coach Bob Bradley, who had been with McQuaid's varsity-2 team in East Aurora earlier in the day, arrived at Newark just in time to see senior Scott Paterson lead the race on to the ridge at the 600-yard mark. Paterson kept that spot the rest of the way and extended his winning margin to 50 yards over Clarence's Dennis Webster in a school record 16:29 for the tough 5K course.

Seniors George Schell and Brian Mack continued their strong running in back of Paterson, placing 6th and 12th, and junior Matt Smith and sophomore Chris Cusack clinched the victory with a 16-18 finish just 10 seconds in back of Mack.

For the latter pair, it was their first look at the Newark course, and Bradley was especially impressed with their performances. "I liked the way they moved through the pack. They were back between 30 and 40 after a half-mile, but they really did the job after that."

McQuaid notched another victory at Newark in the freshman race but in much different fashion, edging Webster, 97-98. Brothers Mickey and Andy Stone led the newest Knights in 5th and 12th, Mike Fitzpatrick placed 22nd, Scott Romanowski 26th, and

Steve Oughterson 29th to form the winning total. Sixth man Jason Fahy, in 41st, beat out Webster's fifth scorer for the decisive one-point margin.

The Knights' JV team placed third among 13 schools, led by sophomores John Connolly (12), Mike Kraus (17), and John Flannery (18). Juniors Mike Schumacher (26) and Paul Bischooping (30) completed the scoring.

At East Aurora, the Knights placed well in all three races, taking runner-up honors in varsity and varsity "B" and third in the frosh division. Junior Conor Cusack led the varsity-2 squad for the second week with a fifth-place finish. Behind him were sophomores Marc Dovi (9) and Chris Adin (11), junior Mike Honch (13), and sophomore John Schell (19).