

MCQUAID JESUIT CROSS-COUNTRY SCHEDULE - 1989

Sat. Sept. 9	- Liverpool Invitational	V, JV
Fri. Sept. 15	- Spencerport Invitational	V, JV
Wed. Sept. 20	- Harley-Allendale Invitational	V, JV
Sat. Sept. 23	- Newark Invitational	All
Tues. Sept. 26	- Wilson at Cobbs Hill	V, JV, JH
Sat. Sept. 30	- Baldwinsville Invitational	All
Tues. Oct. 3	- Aquinas at Cobbs Hill	V, JV, JH
Sat. Oct. 7	- 25th McQuaid Invitational	All
Tues. Oct. 10	- Edison at Cobbs Hill	V, JV, JH
Sat. Oct. 14	- Clarence Invitational or Fairport-Brighton Classic	All
Tues. Oct. 17	- Marshall, Franklin at Cobbs	V, JV, JH
Sat. Oct. 21	- Auburn Invitational	All
Tues. Oct. 24	- Kearney, East at Cobbs Hill	V, JV, JH
Sat. Oct. 28	- Greenman Invitational (Binghamton)	V, JV, JH
Tues. Oct. 31	- City-Catholic Championships	V, JV, JH
Sat. Nov. 4	- Section V Championships - Newark	
Sat. Nov. 11	- State Championships - Wappingers Falls	
Sat. Nov. 18	- Jesuit Championships (NYC)	V, JH

Coaches: Bob Bradley

Captains: Jason Fahy, '90 and Steve Foley, '90

Managers: Andrew Farmer, '90; Brian Bartolick, '91

D/C
9/20/89

Boys' cross country

McQuaid defeated 11 other teams to win the Harley-Allendale-Columbia Invitational in Pittsford. The Knights' **Steve Foley** won the meet in 17:11. **Torry Schoch** of Honeoye Falls-Lima finished in 17:14 and **Chad Stollsworth** of Canandaigua was timed in 17:31.

Monroe County: No. 2-ranked Fairport (3-0) defeated Greece Arcadia (2-1), Rush-Henrietta (0-3) and Brockport (1-2) yesterday at Harris Whalen Park. Fairport runners who completed the 3.1-mile course first: **Nate Ruder** in 17:14; **Dave Fess** in 17:23; and **Jeff Werth** in 17:32. . . . Spencerport defeated Penfield and East Rochester at Webster Park in the season opener for all three. **Tyson Sacco** of Penfield was first in 17:05, **Casey Scumaci** of East Rochester was second in 18:04 and **Henrick Annase** of Spencerport was third in 18:10. . . . Webster outran Greece Olympia and Brighton at Mendon Ponds Park. **Dave Yagielski** and **Mark Roth**, both from Olympia, crossed the finish line together at 18:26. **Tony Tobacco** of Webster was next in 18:34. . . . Pittsford (3-0) defeated Churchville-Chili (1-2), Irondequoit (0-3) and Greece Athena (2-1) at Brockport. **Jeff Windon** finished first in 16:27; and Pittsford's **Jeremy Ashfield** (16:43) and **Todd Kalbfus** (17:01) were second and third, respectively. . . . Batavia defeated Hilton, Eastridge and Gates-Chili at Batavia. Batavia's **Steve Tufts** won in 17:22 and **Pat Guiste** was second in 17:23. Hil-

ton's **Jeff Dill** finished in 17:45.

HIGH SCHOOLS

BOYS

CROSS COUNTRY

Yesterday
Harley-Allendale-Columbia Invitational
At Pittsford

Boys

Team: McQuaid 51, Honeoye Falls-Lima* 82, Canandaigua 94, Newark 105, Bishop Kearney 116, East HS 166, York* 232, Aquinas 237, Wayland* 292, Harley-Allendale-Columbia, inc. Mynderse inc, Wilson inc, Individual (3.1-mile course)

1. Steve Foley (McQ) 17:11; 2. Torry Schoch (HF-L) 17:14; 3. Chad Stollsworth (Can) 17:31; 4. Damien O'Conner (BK) 17:33; 5. Jason Fahy (McQ) 17:37.

Monroe County League

Batavia 21, Hilton 34
Batavia 15, Eastridge 48
Batavia 15, Gates-Chili 48
Brockport 18, Rush-Henrietta 43
Churchville-Chili 18, Irondequoit 41
Fairport 18, Greece Arcadia 43
Fairport 15, Rush-Henrietta 50
Fairport 15, Brockport 48
Gates-Chili 26, Eastridge 29
Greece Arcadia 17, Rush-Henrietta 44
Greece Arcadia 26, Brockport 29
Greece Athena 20, Churchville-Chili 40
Greece Athena 15, Irondequoit 49
Greece Olympia 29, Brighton 30
Hilton 15, Eastridge 49
Hilton 16, Gates-Chili 47
Penfield 24, East Rochester 33
Pittsford 20, Churchville-Chili 43
Pittsford 26, Greece Athena 31
Pittsford 15, Irondequoit 50
Spencerport 27, Penfield 28
Spencerport 22, East Rochester 34
Webster 27, Greece Olympia 32
Webster 16, Brighton 46

(over)

THE NEW WAVE

McQUAID JESUIT CROSS COUNTRY

1989

MCQUAID CROSS-COUNTRY - 1989

Coaches

BOB BRADLEY

ROB SMILLIE, '85

Captains

JASON FAHY, '90

STEVE FOLEY, '90

Managers

ANDREW FARMER, '90

BRIAN BARTOLICK, '91

"There is nothing noble about being superior
to another man. The true nobility lies in
being superior to your former self."

Varsity Meet #1
10/9/89

New Hartford Invitational

Weather: Sunny
Hot, Humid

McQuaid 3rd of 8 schools

5. Steve Foley	18:34
8. Jason Fahy	18:54
9. Mark Spagnola	19:03
22. Dan Gebhardt	20:28
23. Matt Salata	20:29
24. Andy Reitz	20:31
29. Charlie Sadler	21:20

Team Scores : Jordan - Elbridge 55, Utica 63, McQ 67
Rome F.A. 118, etc.

Jr Varsity - incomplete

3. John Whittaker	21:19
6. Jon Cochran	21:36
15. Mark Andolina	23:18

Varsity Meet #2
9/15/89

3rd Annual Spencerport
Fall Opener Invitational

Weather: Sunny
Warm, Dry

McQuaid 2nd of 10 schools

5. Steve Foley	16:30	5:10
6. Mark Spagnola	16:32	5:15
12. Jason Fahy	16:55	5:15
22. Matt Salata	17:27	5:28
39. Dan Gebhardt	18:03	5:29
46. Charlie Sadler	18:22	5:37

Team Scores : Greece Athena 47, McQ 84, Hilton 103
Churchville Chili 122, Webster 140, Penfield 156, etc.

Jr Varsity 3rd with 82 points

6. Jon Cochran	18:34	5:43
15. Brendan Farmer	19:08	5:50
19. K. McConville	19:11	5:45
20. Peter Millard	19:12	5:45
22. John Whittaker	19:17	5:43
31. Bill Ernst	19:31	6:15
32. Bing Waldert	19:38	5:56
35. Mark Andolina	19:46	6:10
38. Paul Hammond	19:51	5:56
39. Howie Lewczyk	19:57	6:04
56. Jim Murphy	20:30	6:01
60. Larry Albertsen	20:42	6:10
70. Chris Congdon	21:41	6:37

Varsity Meet #7McQuaid 15 Aquinas 49
Cobbs Hill Park 10/3/89Weather: Cloudy
Cool, Windy

	(3.0)	(1.)	(2.25)	improvement from last week
1. Andy Reitz	17:54	5:29	13:38	+:02
2. Dan Gebhardt	18:01	5:29	13:43	+:17
3. Matt Salata	18:02	5:35	13:50	+:10
4. Jon Cochran	18:23	5:35	13:56	-:04
5. John Whittaker	18:27	5:35	14:01	-:01
6. Charlie Sadler	18:36	5:36	14:06	+:02
8. K. McConville	18:59	5:43	14:26	+:07
10. Steve Parrish	19:09	5:58	14:40	+:05
11. Howie Lewczyk	19:33	5:52	14:52	-----
12. Brendan Farmer	20:09	5:55	15:14	-:04

Varsity Meet #825th Annual McQuaid Invitational
Genesee Valley Park 10/7/89Weather: Cool
Windy, Dry

McQuaid 5th of 22 schools

10. Steve Foley	16:16	5:21
14. Jason Fahy	16:31	5:28
30. Mark Spagnola	16:53	5:37
52. Matt Salata	17:17	5:51
56. Andy Reitz	17:25	5:48
83. Dan Gebhardt	17:57	5:55
89. Charlie Sadler	18:05	5:59

Team Scores : Ithaca 137, McDowell 146, Vestal 147
St. Joe's 161, McQuaid 162, Lakewood 168

Varsity "B"

41. K. McConville	18:19	5:47
67. Brendan Farmer	18:46	5:46
87. Bing Waldert	19:17	5:57
90. John Whittaker	19:19	5:41
96. Jim Murphy	19:39	6:06
103. Howie Lewczyk	20:05	5:59
111. Chris Congdon	20:37	6:29
121. Sean Kehoe	20:49	6:33
131. John Schiller	22:03	6:49

Sophomores

25. Jon Cochran	17:47	5:30
36. Steve Parrish	18:14	5:47
41. Chris Eberle	18:17	5:41
45. Mark Andolina	18:31	5:47
56. Bill Ernst	18:56	6:00
104. Larry Albertsen	20:38	6:30

Varsity Meet #5McQuaid 19 Wilson 44
Cobbs Hill Park 9/26/89Weather: Cloudy
Cool, Windy

1. Steve Foley	17:03	5:22	13:00
3. Mark Spagnola	17:15	5:23	13:08
5. Jason Fahy	17:23	5:25	13:16
7. Andy Reitz	17:56	5:36	13:41
11. Matt Salata	18:12	5:44	13:55
12. Dan Gebhardt	18:18	5:36	13:52
15. John Whittaker	18:26	5:45	13:56
16. Charlie Sadler	18:38	5:45	14:10
19. K. McConville	19:06	5:45	14:38
20. Bill Ernst	19:10	5:53	14:38
27. Bing Waldert	20:27	6:06	15:32
29. Peter Millard	20:44	6:14	15:46

J.V.

1. Steve Parrish	19:14	6:05	14:55
3. Mark Andolina	19:43	6:00	14:59
4. Chris Eberle	19:45	6:01	15:03
5. Brendan Farmer	20:05	6:00	15:11
6. Paul Hammond	20:16	6:09	15:26
9. Jim Murphy	20:53	6:09	15:59
10. Sean Kehoe	21:49	6:29	16:51
11. Larry Albertsen	21:57	6:34	16:54
12. Chris Congdon	22:01	6:33	16:53

Varsity Meet #6
9/30/89

Baldwinsville Invitational

Weather: Cool
Sunny, Dry

McQuaid 10th of 23 schools

38. Jason Fahy	16:38
39. Steve Foley	16:38
46. Mark Spagnola	16:47
60. Andy Reitz	17:00
96. Matt Salata	17:41
116. Charlie Sadler	18:12
119. Dan Gebhardt	18:26

Team Scores: B'ville 75, CNS 111, Greece Athena 119, Henniger 150
Oswego 163, Clarence 194, Utica 220, Vestal 256, Ithaca 275
McQuaid 279, Liverpool 305

Jr Varsity 6th of 20

11. Jon Cochran	17:42
21. John Whittaker	18:02
43. K. McConville	18:39
50. Brendan Farmer	18:46
51. Bill Ernst	18:47
52. Steve Parrish	18:48
63. Mark Andolina	18:55
74. Chris Eberle	19:03
76. Paul Hammond	19:05
98. Bing Waldert	19:30
126. Jim Murphy	20:00
148. Larry Albertsen	20:33
149. Chris Congdon	20:34

Varsity Meet #11
Cobbs Hill 10/17/89

McQuaid 17, Franklin inc.
Marshall d.n.r.

Weather: Cold,
Windy, Rainy

	(3.0)	(1.0)	(2.25)	improvement from last race
1. Dan Gebhardt	18:10	5:28	13:40	+:16
2. John Whittaker	18:17	5:29	13:39	+:05
3. K. McConville	18:27	5:36	13:58	+:14
5. Brendan Farmer	19:02	5:56	14:32	+:34
6. Chris Eberle	19:07	5:57	14:45	+:03
7. Steve Parrish	19:08	6:02	14:37	+:22
8. Mark Andolina	19:17	5:50	14:33	+:11
9. Bill Ernst	20:17	6:10	15:18	-1:13
10. Bing Waldert	20:17	6:11	15:30	+:30
11. Jim Murphy	20:21	6:12	15:34	+:38

Varsity Meet #12
10/21/89

9th Annual Clarence Invitational

Weather: Cold
Rainy, Windy

McQuaid 4th of 10 schools

11. Steve Foley	17:52	5:21	11:13
13. Mark Spagnola	17:55	5:32	11:27
14. Jason Fahy	17:59	5:39	11:31
21. Tim Kelley	18:12	5:45	11:39
24. Andy Reitz	18:17	5:46	11:41
30. Dan Gebhardt	18:34	5:44	11:49
32. Matt Salata	18:36	5:49	11:50

Team Scores : Grand Island 63, Batavia 69, Avoca 75, McQ 83,
Greece Arcadia 115, Sweet Home 146, Bath Haverling 164, etc.

Jr Varsity 2nd of 35

8. John Whittaker	18:49	5:44	11:57
12. Charlie Sadler	18:57	5:46	12:10
13. K. McConville	19:01	5:45	11:59
21. Chris Eberle	19:16	6:02	12:22
24. Steve Parrish	19:22	6:02	13:01
31. Brendan Farmer	19:35	6:01	12:32
37. Mark Andolina	19:45	6:00	12:29
52. Howie Lewczyk	20:14	6:12	13:00
65. Bill Ernst	20:37	6:00	13:01
74. Bing Waldert	20:50	6:29	13:29
85. Peter Millard	21:09	6:22	13:24
86. Jim Murphy	21:13	6:30	13:45
112. Chris Congdon	21:55	6:39	14:02

Harley Allendale Scrimage
10/23/89

Weather: Mild
Sunny, No Wind

			improvement
1. Matt Salata	18:28	5:25	+:20
2. John Whittaker	18:32	5:29	+:54
4. Jon Cochran	18:52	5:28	+:15
6. K. McConville	18:59	5:32	+:55
7. Charlie Sadler	19:12	5:37	+:17
10. Chris Eberle	19:33	5:41	+:76
11. Bill Ernst	19:34	5:43	+:37
12. Steve Parrish	19:40	5:42	+:63
13. Dave Rimlinger	19:41	5:39	----
14. Mark Andolina	19:42	5:39	+:56
15. Brendan Farmer	19:43	5:38	+:67
17. Jim Murphy	21:02	6:00	+:27
18. Larry Albertsen	24:34	6:18	-1:58

Varsity Meet #9McQuaid 15 Edison inc.
Cobbs Hill Park 10/8/89Weather: Cloudy
Mild, no wind1st Varsity Race -
GREAT JOB!

	(3.0)	(1.)	(2.25)	improvement from last race
	Good Improvement			
1.2. Tim Kelley	17:41	5:28	13:31	----
3. Matt Salata	17:44	5:30	13:32	+:18
4. Andy Reitz	17:49	5:31	13:32	+:05
5. John Whittaker	18:22	5:31	13:51	+:05
6. Dan Gebhardt	18:26	5:32	13:51	+:25
8. Jon Cochran	18:40	5:33	14:02	+:17
9. K. McConville	18:41	5:32	14:10	+:18
10. Charlie Sadler	18:57	5:40	14:24	+:21
11. Bill Ernst	19:04	5:50	14:25	+:04
12. Chris Eberle	19:10	5:52	14:38	+:35
13. Steve Parrish	19:30	5:51	14:35	+:21
15. Howie Lewczyk	19:40	5:58	15:02	+:07
17. Bing Waldert	20:52	6:07	15:37	+:25
18. Peter Millard	21:18	6:07	15:59	+:34

Too Large
A GAP TO
REITZ.

Good!

Good!

Jr. Varsity - inc.

1. Mark Andolina	19:27	5:56	14:51	+:16
2. Brendan Farmer	19:36	6:00	14:59	+:33
3. Jim Murphy	20:59	6:00	16:08	+:06
4. Larry Albertsen	22:06	6:43	16:58	+:09

Good!

Varsity Meet #10
10/14/89

Fairport-Brighton Classic

Weather: cool
light rain

McQuaid 2nd of 10 schools

11. Steve Foley	17:29
12. Mark Spagnola	17:30
14. Jason Fahy	17:35
21. Andy Reitz	18:11
22. Tim Kelley	18:12
27. Matt Salata	18:24
33. Dan Gebhardt	18:44

Team Scores : Fairport 23, McQuaid 80, H. F. - L. 110,
Greece Arcadia 125, Canandaigua 139, Olympia 154 etc.

Jr Varsity 2nd of 7

5. Jon Cochran	18:50
12. Charlie Sadler	19:27
15. Steve Parrish	19:37
20. Bill Ernst	20:06
23. John Whittaker	20:18
24. K. McConville	20:21
25. Chris Eberle	20:22
28. Howie Lewczyk	20:28
29. Brendan Farmer	20:34
41. Jim Murphy	21:10
54. Bing Waldert	21:47
61. Mark Andolina	22:12
64. Larry Albertsen	22:37
66. John Schiller	22:43
69. Sean Kehoe	23:01

Varsity Meet #15 City-Catholic Championships
Cobbs Hill 10/31/89

Weather: Mild,
Very Little Wind

	(3.0)	(1.0)	(2.25)	improvement race-season	
2. Jason Fahy	16:58	5:16	12:55	+:02	+:25
6. Tim Kelley	17:26	5:28	13:13	-:03	+:15
7. Jon Cochran	17:39	5:33	13:21	+:61	+:40
9. John Whittaker	18:03	5:31	13:37	+:14	+:23
10. K. McConville	18:06	5:32	13:43	+:21	+:60
11. Charlie Sadler	18:07	5:35	13:50	+:50	+:31
15. Dan Gebhardt	18:34	5:29	13:53	-:87	-:16
23. Howie Lewczyk	19:17	5:56	14:44	-:06	+:16
26. Bing Waldert	19:32	6:15	15:15	+:36	+:55
31. Peter Millard	20:30	6:13	15:46	+:48	+:14
34. John Schiller	21:24	6:38	16:20	----	----
35. Chris Congdon	21:25	6:34	16:25	+:77	+:36

Jr. Varsity

1. Chris Eberle	18:23	5:46	14:00	+:44	+:82
4. Brendan Farmer	19:07	5:54	14:34	-:05	+:58
5. Bill Ernst	19:19	6:10	14:47	+:58	-:09
9. Larry Albertsen	21:23	6:32	16:29	+:43	+:34

Varsity Meet #16
11/4/89

Section V Championships

Weather: Cold
Windy, Raw

McQuaid 4th of 13 schools

17. Andy Reitz	17:48
19. Mark Spagnola	17:49
22. Steve Foley	17:58
36. Tim Kelley	18:21
39. Jason Fahy	18:26
64. John Whittaker	19:44
72. Jon Cochran	20:14

Team Scores: Fairport 41, Pittsford 45, Greece Athena 53, McQ 133
Webster 154, Hilton 184, Canandaigua 212, Penfield 215, East 255
Ironderquoit 234, Greece Olympia 272, Brockport 273, Gates 405

Varsity Meet #17
11/18/89

Jesuit Championships
Van Cortland Park N.Y.C.

Weather: Sunny
Cool, No Wind

McQuaid 2nd of 10 schools

6. Steve Foley	13:59
8. Mark Spagnola	14:03
9. Jason Fahy	14:05
19. Andy Reitz	14:22
28. Tim Kelley	14:41
37. Matt Salata	14:47
52. Dan Gebhardt	15:29

Team Scores : Georgetown Prep. 43, McQ 70, Loyola 83,
St. Peter's 97, St. Joe's 104, Boston Collage High 140,
Fordham 159, Regis 222, Xavier 231, Cansius 262

Jr Varsity inc.

3. Jon Cochran	14:59
4. K. McConville	15:08
6. John Whittaker	15:26

Varsity Meet #13
Cobbs Hill 10/24/89

McQuaid 22, Kearney 39
McQuaid 18, East 37

Weather: Warm,
Sunny, No Wind

	(3.0)	(1.0)	(2.25)	improvement from last race
1. Steve Foley	16:36	5:12	12:36	+:27
3. Jason Fahy	17:00	5:19	13:03	+:23
6. Tim Kelley	17:23	5:25	13:18	+:18
8. Andy Reitz	17:31	5:26	13:19	+:18
9. Mark Spagnola	17:37	5:20	13:13	-:22
18. Dan Gebhardt	19:07	5:44	14:27	-:57
19. Howie Lewczyk	19:11	5:53	14:35	+:29
25. Bing Waldert	20:08	6:07	15:25	+:09
28. Mark Andolina	21:10	5:50	15:47	-1:53
30. Chris Congdon	22:46	6:33	17:25	-:45

Varsity Meet #14
10/28/89

Loyal Greenman X-C Run

Weather: Foggy
Mild, No Wind

McQuaid 5th of 18 schools

29. Steve Foley	16:55	5:25
36. Tim Kelley	17:12	5:38
38. Andy Reitz	17:15	5:39
45. Jason Fahy	17:23	5:33
52. Mark Spagnola	17:32	5:26
61. Matt Salata	17:41	5:50
63. Dan Gebhardt	17:45	5:44

Team Scores : Maine Endwell 51, Vestal 101, St. Joe's 109
Ithaca 126, McQ 200, Binghamton 246, Bishop Kearney 256, etc.

Jr Varsity 3rd of 6

9. Jon Cochran	17:47	5:50
14. Charlie Sadler	18:04	5:56
17. John Whittaker	18:14	5:49
18. Brendan Farmer	18:16	5:57
25. Chris Eberle	18:38	6:00
26. Howie Lewczyk	18:43	6:09
34. Bill Ernst	19:03	6:25
54. Bing Waldert	20:25	6:29
dnf Steve Parrish		

Varsity Meet #3
9/19/89

Harley Allendale Columbia
Invitational

Weather: Sunny
Warm, Dry

McQuaid 1st with 51 points

1. Steve Foley	17:11	5:03
5. Jason Fahy	17:37	5:07
6. Mark Spagnola	17:39	5:08
18. Andy Reitz	18:33	5:33
21. Matt Salata	18:48	5:33
24. Dan Gebhardt	19:06	5:27
29. Charlie Sadler	19:29	5:43

Team Scores : McQ 51, Honeoye Falls - Lima 82, Canandaigua 94,
Newark 105, Bishop Kearney 116, etc.

Jr Varsity 1st with 33 Points

3. Jon Cochran	19:07	5:22
4. John Whittaker	19:26	5:22
7. K. McConville	19:54	5:31
9. Peter Millard	20:10	5:38
10. Bill Ernst	20:11	6:07
11. Howie Lewczyk	20:16	5:50
15. Mark Andolina	20:38	5:50
16. Steve Parrish	20:43	6:07
17. Chris Eberle	20:49	6:07
18. Brendan Farmer	20:50	5:37
20. Bing Waldert	21:03	5:49
22. Paul Hammond	21:04	6:05
26. Jim Murphy	21:29	6:04
33. Chris Congdon	22:22	6:10
34. Larry Albertsen	22:36	6:13
37. John Schiller	23:39	6:30

Varsity Meet #4
9/22/89

Newark Invitational
Ultra - Tech Park

Weather: Cold
Windy, Wet

McQuaid 5th of 12 schools

14. Steve Foley	17:36
26. Jason Fahy	18:02
28. Mark Spagnola	18:05
36. Andy Reitz	18:28
50. Dan Gebhardt	19:00
56. Charlie Sadler	19:34

Team Scores : Fairport 52, Pittsford 67, Lockport 75,
Greece Athena 104, McQ 154, Liverpool 158, Canandaigua 207, etc.

Jr Varsity 6th of 11

22. John Whittaker	19:38
23. Jon Cochran	19:43
30. Bill Ernst	19:58
55. Paul Hammond	20:34
60. Mark Andolina	20:43
63. Brendan Farmer	20:47

"Extras"

14. Chris Eberle	20:03
18. Steve Parrish	20:15
24. Peter Millard	20:30
29. Howie Lewczyk	20:59
37. Bing Waldert	21:44
44. Larry Albertsen	22:23
45. Chris Congdon	22:24
49. John Schiller	22:59

Newark Invitational 9-22-89

Ultra-Tech Park weather: cold,
1.3 miles wet, windy

1. Tim Kelley	7:44
2. Dave Rimlinger	7:46
9. Rob Bradley	8:23
10. Tom Brewer	8:29
14. Brian Holmes	8:31
16. Jesse Yeager	8:34
19. Chris Clark	8:47
20. David Corsall	8:52
32. Peter Lakatos	9:21
35. Chris Curtin	9:49
36. Grant Dwyer	9:50
37. Craig Gingras	10:53

1st of 3 complete teams

McQ vs. Wilson 9-26-89

Cobb's Hill Park weather:wet,
1.7 miles cool, windy

1. Tim Kelley	10:14
2. Dave Rimlinger	10:29
3. Rob Bradley	10:50
4. Brian Holmes	11:01
5. Tom Brewer	11:23
6. Jesse Yeager	11:28
7. Chris Clark	11:30
9. David Corsall	11:31
10. Matt Albertsen	11:32
11. Grant Dwyer	12:11
12. Peter Lakatos	12:11
13. Matt Makowski	12:24
15. Chris Curtin	12:40
16. Jim Snyder	12:40
18. Matt Neenan	14:03
19. Craig Gingras	14:03

1st of 2 teams

Baldwinsville Invitational	10-1-89	McQuaid Invitational	10-7-89
B'ville High School	weather: sunny,	Genesee Valley Park	weather: cool,
1.8 miles	cool, dry	1.54 miles	windy, dry

1. Tim Kelley	10:06 *	1. Tim Kelley	8:01 *
5. Dave Rimlinger	10:42	9. Dave Rimlinger	8:43
13. Rob Bradley	11:07	13. Rob Bradley	9:00
14. Adam Reitz	11:08	25. Tom Brewer	9:06
27. Brian Holmes	11:29	30. Adam Reitz	9:10
31. Bill Lavin	11:37	37. Bill Lavin	9:16
40. Tom Brewer	11:49	41. Brian Holmes	9:21
42. Jesse Yeager	11:52	51. Jesse Yeager	9:33
43. Chris Clark	11:53	53. Chris Clark	9:35
68. Peter Lakatos	12:25	59. David Corsall	9:39
71. Grant Dwyer	12:27	70. Matt Albertsen	9:47
75. David Corsall	12:31	88. Grant Dwyer	9:55
103. Chris Curtin	13:04	91. Peter Lakatos	9:58
122. Serge Vindini	13:28	140. Chris Curtin	10:42
149. Matt Neenan	14:16	152. Jim Snyder	10:52
151. Matt Brien	14:20	159. Matt Makowski	10:59
		164. Matt Neenan	11:11
		168. Matt Brien	11:21
		180. Craig Gingras	11:43
2nd of 16 teams			

3rd of 22 teams

* New Course record 10:06

*Fr. Mike Wesley Memorial for fastest
freshman time at McQuaid Invitational

Fairport-Brighton Classic 10-14-89

Mendon Ponds East weather: cool,
2.0 miles light rain

2. Dave Rimlinger	11:44
3. Adam Reitz	11:45
12. Tom Brewer	12:22
13. Rob Bradley	12:24
15. Chris Clark	12:30
16. Jesse Yeager	12:32
23. Brian Holmes	12:45
31. David Corsall	13:26
55. Chris Curtin	14:19
59. Jim Snyder	14:32
81. Matt Brien	15:34
91. Craig Gingras	16:20

1st of 9 teams

Clarence Fall Classic 10-21-89

Akron Falls Park weather: cold,
1.5 miles light rain

1. Dave Rimlinger	8:31
4. Adam Reitz	8:50
5. Rob Bradley	8:54
6. Brian Holmes	9:00
7. Tom Brewer	9:06
8. Chris Clark	9:07
10. Bill Lavin	9:13
12. David Corsall	9:15
18. Grant Dwyer	9:44
21. Peter Lakatos	9:59
26. Chris Curtin	10:27
30. Jim Snyder	10:49
33. Matt Brien	11:07
37. Craig Gingras	11:41
38. Matt Neenan	11:44

1st of 7 complete teams

McQ versus Kearney & East**10-24-89****Cobb's Hill Park**

1.7 miles

weather: warm

sunny, no wind

Improvement from 9-26-89

Grant Dwyer	11:31	+ :40
Chris Curtin	11:42	+ :19
Peter Lakatos	11:52	+ :58
Jim Snyder	12:35	+ :05
Craig Gingras	12:56	+ 1:07

Non-scoring race.

Loyal Greenman Invitational**10-28-89****Binghamton Golf Course**

2.0 miles

weather: mild

foggy, no wind

5. Dave Rimlinger	12:18
7. Adam Reitz	12:20
14. Rob Bradley	12:56
17. Chris Clark	13:02
18. Bill Lavin	13:03
19. Brian Holmes	13:04
23. Jesse Yeager	13:12
28. Tom Brewer	13:25
30. Grant Dwyer	13:39
33. David Corsall	13:42

1st of 7 complete teams

City - Catholic Championships**10-31-89****Cobb's Hill Park**

weather: cool, windy

1.7 miles

		Split (1.0)	Improvement from 9-26-89
1. Dave Rimlinger	9:55	5:44	+ :34
2. Adam Reitz	10:10	5:50	-----
3. Tom Brewer	10:28	6:00	+ :55
4. Chris Clark	10:32	6:06	+ :58
5. Brian Holmes	10:38	6:06	+ :23
6. Bill Lavin	10:54	6:11	-----
7. David Corsall	10:58	6:03	+ :27
8. Jesse Yeager	11:07	6:21	+ :21
9. Grant Dwyer	11:09	6:17	+ :62
10. Rob Bradley	11:15	5:56	- :25
12. Peter Lakatos	11:39	6:30	+ :32
14. Chris Curtin	11:59	6:59	+ :41
16. Jim Snyder	12:28	7:09	+ :12
20. Craig Gingras	13:52	7:53	+ :11
21. Matt Brien	13:56	7:48	-----

1st of 3 complete teams

Jesuit Championships

Van Cortland Park

11-18-89

New York City

1.5 miles

weather: sunny, cool

no wind

1. Adam Reitz	9:18*
2. Dave Rimlinger	9:36
5. Rob Bradley	9:38
6. Brian Holmes	9:40
8. Tom Brewer	9:43
9. Chris Clark	9:44
12. Bill Lavin	9:49
16. Jesse Yeager	9:53
19. David Corsall	9:59

*** 1st McQ 8th grader to win Jesuit Championships**

Best Scoring group of the year :25 seconds

1st of 5 complete teams

Season record 63 wins

3 losses

losses to St. Mike's of Canada

and twice to Baldwinsville

	N e w a r k	W i l s o n	B v i l l e	M c Q u a i d	F a i r p o r t	C l a r e n c e	B i n g h a m t o n	C C C h a m p.	J e s u i t s	I n d e x
Tim Kelley	1	1	1	1	*					1.00
Dave Rimlinger	2	2	2	2	1	1	1	1	2	1.55
Adam Reitz			4	5	2	2	2	2	1	2.57
Rob Bradley	3	3	3	3	4	3	3	10	3	3.88
Tom Brewer	4	5	7	4	3	5	8	3	5	5.00
Brian Holmes	5	4	5	7	7	4	6	5	4	5.22
Bill Lavin			6	6		7	5	6	7	6.16
Chris Clark	7	7	9	9	5	6	4	4	6	6.33
Jesse Yeager	6	6	8	8	6		7	8	8	7.13
David Corsall	8	8	12	10	8	8	10	7	9	8.88
Matt Albertsen		9		11						10.00
Grant Dwyer	11	10	11	12		9	9	9		10.14
Peter Lakatos	9	11	10	13		10		11		10.67
Chris Curtin	10	13	13	14	9	11		12		11.71
Jim Snyder		14		15	10	12		13		12.80
Matt Makowski		12		16						14.00
Serge Vindini			14							14.00
Craig Gingras	12	16		19	12	14		14		14.50
Matt Brien			16	18	11	13		15		14.60
Matt Neenan		15	15	17		15				15.50

* 1st freshman to move up to varsity since Rennie Brimstein in 1979

SOME WINNING THOUGHTS FOR McQUAID CROSS COUNTRY

* Intense desire is infinitely more than wishing or wanting. It is an overwhelming demand for change; a personal war with things as they are, and the willingness to make any sacrifice to bring about that change.

* There is a certain restlessness, recklessness and aggressiveness about desire. It gives its possessor the feeling that he has a mission to perform; a destiny to meet and conquer.

* Life's battles don't always go to the strongest and the fastest man, but, sooner or later, the man who wins is the man who thinks he can.

* There never was a champion who to himself was a good loser. There is a vast difference between a good sport and a good loser. If you're a good loser then you are a loser.

* Work is the weapon of honor; he who lacks the weapon will never triumph.

* A job poorly done stands as a witness against the man who did it.

* The difference between mediocrity and greatness is the extra effort.

* Nothing really worthwhile has ever been accomplished without enthusiasm and hard work.

* Every competitor wants to win. Only a few have the will to win. The will to win is as much the will to train as it is the will to compete.

* The difference between two men may not be in their physical potentials so much as in what they believe to be physically possible.

* You can learn more about a person in watching them compete in athletics than any other arena of life.

WHAT MAKES A MAN RUN?

"People can't understand
why a man runs. They don't
see any sport in it , argue
that it lacks the sight and
thrill of body contact.

Yet, the conflict is
there, more raw and
challenging than any man versus
man competition.

In running it is man
against himself, the
cruellest of opponents.

The other runners are not the
real enemies. His adversary
lies within him, in his
ability, with brain and heart,
to control and master himself
and control his emotions."

--Glenn Cunningham

world-record miler in the late '30's

Not bad for openers! Runners traditionally improve anywhere from 45 to 90 sec. over the season.

Varsity Meet #5

McQuaid 19 Wilson 44
Cobbs Hill Park 9/26/89

Weather: Cloudy
Cool, Windy

Everyone:

Notice how long it took you to run the last $\frac{3}{4}$ (approx.)
Try to improve that every meet.

Great Kick. lots of guts!
J.V.

All 3 scoring groups should shoot for 45 seconds next meet and 30 seconds as a season goal.

	(3.0)	(1.0)	TURN TREE (2.25)
1. Steve Foley	17:03	5:22	13:00
3. Mark Spagnola	17:15	5:23	13:08
5. Jason Fahy	17:23	5:25	13:16
7. Andy Reitz	17:56	5:36	13:41
11. Matt Salata	18:12	5:44	13:55
12. Dan Gebhardt	18:18	5:36	13:52
13. Jon Cochran	18:19	5:45	13:54
15. John Whittaker	18:26	5:45	13:56
16. Charlie Sadler	18:38	5:45	14:10
19. K. McConville	19:06	5:45	14:38
20. Bill Ernst	19:10	5:53	14:38
27. Bing Waldert	20:27	6:06	15:33
29. Peter Millard	20:44	6:14	15:46

V.G. for 1st time on this course.

1. Steve Parrish	19:14	6:05	14:55
3. Mark Andolina	19:43	6:00	14:59
4. Chris Eberle	19:45	6:01	15:03
5. Brendan Farmer	20:05	6:00	15:11
6. Paul Hammond	20:16	6:09	15:26
9. Jim Murphy	20:53	6:09	15:59
10. Sean Kehoe	21:49	6:29	16:51
11. Larry Albertsen	21:57	6:34	16:54
12. Chris Congdon	22:01	6:33	16:53

Modified

1. Tim Kelley	10:14
2. Dave Rimlinger	10:29
3. Rob Bradley	10:50
4. Brian Holmes	11:01
5. Tom Brewer	11:23
6. Jesse Yeager	11:28
7. Chris Clark	11:30
9. David Corsall	11:31
10. Matt Albertsen	11:32
11. Grant Dwyer	12:11
12. Peter Lakatos	12:11
13. Matt Makowski	12:24
15. Chris Curtin	12:40
16. Jim Snyder	12:40
18. Matt Neenan	14:03
19. Craig Gingras	14:03

Tight group. The competition for top 7 will be interesting

Varsity Meet #4
9/22/89

Newark Invitational
Ultra - Tech Park

Weather: Cold,
Windy, Wet

Good race. Beat those
3 Athens men at Bville.

We need someone to
run with Andy for a
stray 4-5

McQuaid 5th of 12 schools

14.	Steve Foley	17:36
28.	Jason Fahy	18:02
28.	Mark Spagnola	18:05
36.	Andy Reitz	18:28
50.	Dan Gebhardt	19:00
56.	Charlie Sadler	19:34

Good pair. Need to be
10 places higher
Encouraging! Keep it up
Andy

Team Scores- Fairport 52, Pittsford 67, Lockport 75, Greece
Athena 104, McQ 154, Liverpool 158, Canandaigua 207, ECT.

JV 6th of 11 schools

22.	John Whittaker	19:38
23.	Jon Cochran	19:43
30.	Bill Ernst	19:58
55.	Paul Hammond	20:34
60.	Mark Andolina	20:43
63.	Beendán Farmer	20:47

Early pace too fast.
let others work for you
Another good pace
& movement through
the field.

Need more confidence.
Try keeping on Ernst
& keeping contact. let
him work for you.

"Extras"

14.	Chris Eberle	20:03
18.	Steve Parrish	20:15
24.	Peter Millard	20:30
29.	Howie Lewczyk	20:59
37.	Bing Waldert	21:44
44.	Larry Albertsen	22:23
45.	Chris Congdon	22:24
49.	John Miller	22:59

Very good!
all 3 are capable of
much better.

Modified - 1st with 36 points

(3 complete teams)

1.	Tim Kelley	7:44
2.	Dave Rimlinger	7:46
9.	Rob Bradley	8:23
10.	Tom Brewer	8:29
14.	Brian Holmes	8:31
16.	Jesse Yeager	8:34
19.	Chris Clark	8:47
20.	David Corsall	8:52
32.	Peter Lakatos	9:21
35.	Chris Curtin	9:49
36.	Grant Dwyer	9:50
37.	Craig Gingras	10:53

Super! Shoot for this in
every race
Great back-up, but
need to make in
another 10-15 sec.
Great depth. All 3
are capable of
scoring
Not bad at all
for a tough opening course.
Make better contact.