



STEVE SHAW
McQuaid Jesuit
Senior

Steve Shaw got into the running a little late. The McQuaid senior played soccer as a freshman and didn't go out for track until he was a sophomore. He went joined the indoor team that year and hasn't missed a track or cross country season since. "People say (distance running) is a competition with yourself," the 17-year-old said. "Your physical limit, you don't really know what it is. You have to keep pushing yourself to try and find it."

Shaw has been pushing himself to be the best in a lot of different areas.

His academic average of 96.5 ranks fourth in his class of 120 students and his is one of McQuaid's National Merit scholars. He's also a member of the Masterminds team, a test of knowledge against other schools in a quiz-show format, and captain of the Speech and Debate team.

"It's a good mixture of current events, issues and philosophies," Shaw said of debates.

He was fifth in the 3,200 meters in the Section V indoor meet and runs distances in outdoor track. His favorite season, though, is cross country. He was a tri-captain last fall and the No. 2 runner for McQuaid, which was second in the Class A sectional. He was 10th out of 112 runners in that race.

Shaw was honored by his teammates with the Vince Lombardi Memorial Plaque, McQuaid's top cross-country award, for "exemplary in his devotion to his faith, his team, and his sport."

He also won the "Hands of Christ" award from the Diocese of Rochester for service to his parish, Saint Anne's.

"He just has the ability to be in a lot of things and excel in all of them," said Bob Bradley, McQuaid's veteran cross country coach.

Shaw, an Eagle Scout who was a group leader to the Philmont Scout Ranch in New Mexico last summer, is considering Cornell and Carleton University in Minnesota to study science or engineering.

— Jeff DiVeronica

