



MCQUAID JESUIT H.S.

J.V. & VARSITY CROSS-COUNTRY

2000

**Co-Captains: Pat Freytag, '01
Chip Galusha, '01
Drew Kassmann, '01**

Manager: Jason Fegadel, '02

**Coaches: Bob Bradley
Dave Yendrzeki
Peter Glavin, '80**

A separate booklet, prepared by Jr. High coach Bill Dodd, covers the exploits of his undefeated team, McQ's first in 16 years at that level.



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

December 29, 2000

To all the runners of our "New Wave" season,

One of the advantages of finishing this booklet after the banquet is that I have a chance to thank you, on behalf of all the coaches, for your distinctively McQuaid gift to us on that occasion. I've already put my chair to good use over the holidays, and it will be a fixture around the Bradley pool in the summer. Come by for a swim, and check it out.

I also want to thank the team, and especially captains Pat, Chip, and Drew, for restoring the McQuaid cross-country spirit so well. You were a great bunch to work with, and I enjoyed my afternoons and weekends with you.

A large measure of thanks goes to your parents, too, both for their enthusiastic help with the Invitational and for the countless boosts to you and me throughout the season. They are a real blessing! Our captains' parents -- Mary Kay & Tom Freytag, MaryEllen & Frank Galusha, and Barb and Ed Kassmann -- deserve a special bow for their spirit-building innovations and ever-present support.

For those of you who'll be back in 2001, you have the challenge of pushing the growing "Wave" ever closer to shore, with --who knows?-- perhaps a breaker on the beach in the Sectionals. I'm looking forward to being part of that (and I won't even mind getting soaked.)

To the seniors who'll be leaving us in June, my special thanks for helping the cross-country program to "turn the corner." Do great things as you take your own unique fires out into the world. ("Ignem Mittere in Terram.")

Peace and God bless!

M.B.

HIGHLIGHTS OF CROSS-COUNTRY 2000
(Our "New Wave" Season)

PRE-SEASON

May 14 - 100 days to first practice. 500-Mile running begins.

June 8 - First of 10 weekly summer practices.

**July 31 - Eleven runners off to Edinboro (Pa.) U.
for a week of running camp.**

**August 16-17 - McQuaid's 20th 25-Hour Charity Relay.
24 runners raise \$2000 for research into
"Lou Gehrig's disease."**

**August 22 - First Day of practice for varsity and J.V.
Three new runners: Art Taylor, Brian Clancy,
and Pat McGee,**

THE SEASON

**Three Invitational Victories: Newark, Montrose (Pa.),
and Brown U.**

**Best team race of the season vs. Aquinas.
We put 8 runners between their first and
second men for a 20-43 victory.**

**Noteworthy: Close 2nd at Auburn (52-53 to Corcoran)
3rd at Binghamton (behind Ithaca & St.
Joe's of Buffalo)
3rd at Jesuits (behind St.Joe's of Phila.
and Gonzaga of D.C.)**

36TH ANNUAL MCQUAID INVITATIONAL

September 30th

A spectacular day for local cross-country! 227 schools and over 4500 runners spread their talents over 23 races on a sunny, mild day. Computer scoring for all races a welcome first.

McQ families host over 100 runners on Friday night, and McQ parents and alumni do themselves proud as the meet's Games Committee on Saturday.

OVERNIGHTS

There were five, and the highlights were the two long ones, to Rhode Island for the Brown Invitational and to New York City for the Jesuit Championships. Our Friday night stay at the Hickey home in R.I., our scenic trip with ocean views to the meet on Saturday, and our best scoring group (18 seconds) that produced a varsity win were all ingredients of a memorable New England weekend.

Our New York stay of two nights at Mt. Manresa on Staten Island, the finale of our junior high team's undefeated season, and the sightseeing afterwards in the Big Apple ending with a nighttime ferry boat ride away from the N.Y. skyline were all highlights.

Dear McQuaid Jesuit HS X-Country,

Thanks so much for your efforts to support the work of the Foundation and the fight against ALS. It is efforts like yours that have gotten us this far and that will get us to the finish line.

Thank for being part of the team!

Robert Bonazoli

DEPUTY DIRECTOR

Thank you for giving
the Gift of Hope

*Happy Holidays From Everyone at
ALS Therapy Development Foundation*

In August, 24 of McQuaid's runners honored the battle of a Brighton man, David Green, against Lou Gehrig's Disease by raising \$2000 through our annual 25-Hour Charity Relay. This is the acknowledgment received from the ALS research foundation in Newton, Mass.

MCQUAID'S SUMMER RUNNERS - 2000

(200 Miles and up)

DAN DICESARE (12)	607
PAT FREYTAG (12)	573
STEVE HOLLAND (12)	566
DREW KASSMANN (12)	554
MATT EVINGER (12)	533
PAT SULLIVAN (11)	522
CONOR HICKEY (11)	516
IAN MCBRIDE (12)	502
JASON FEGADEL (11)	502
PAT FEEKS (11)	501
WILL CISZEWSKI (9)	449
RYAN DOUGHERTY (12)	445
CHIP GALUSHA (12)	387
MATT PAYNE (12)	362
MATT JONES (9)	326
DAN SULLIVAN (9)	317
JIMMY WANG (11)	298
JAKE SCIANDRA (11)	285
SUNIL NARAYAN (10)	277
PAT MCGEE (10)	269
CARL KENNEDY (12)	268
DAVID DOUGHERTY (9)	250
JOHN O'NEIL (11)	232
DAN BURKE (11)	215
JOHN BRINGEWATT (12)	209
MIKE COAST (10)	206
JOEL LABUZETTA (11)	205
GREG DRIES (12)	200
PAT FIDUCCIA (11)	200

"All life is based on the fact that anything worth getting is hard to get. There is a price to be paid for anything. Scholarship can only be bought at the price of study, skill in any craft or technique can only be bought at the price of practice, eminence in any sport can only be bought at the price of training and discipline. The world is full of people who have missed their destiny because they would not pay the price. No one can take the easy way and enter into any kind of glory or greatness."

William Barclay

LIVERPOOL INVITATIONAL
Long Branch Park, Sat. 9/9/00

Weather: Overcast, mild but very humid. Temp 70-72. Course a bit soft.

VARSITY 8TH OF 20 SCHOOLS

		<u>'98 Time</u>
1. Tait Kowalski, Liverpool	16:26 (5k)	
27. Conor Hickey	17:45	
30. Drew Kassmann	17:51	17:52
35. Chip Galusha	18:06	19:36

2nd Flight

12. Ian McBride	17:58	
21. Pat Sullivan	18:31	19:54
31. John Bringewatt	18:55	20:48
39. Dan DiCesare	19:15	

Team Scores: Liverpool 20 (!), Tully 95, Skaneateles 114, West Genesee 132, Sauquoit Valley 136, Cicero-North Syracuse 138, Waterloo 147, McQuaid 156, Corning 157, Baldwinsville 169, Onondaga 196, Aquinas 201, Henninger 253, etc.

J.V 2ND OF 8 SCHOOLS

5. Ryan Dougherty	17:56	
8. Matt Evinger	18:39	21:10
11. Sunil Narayan	18:45	

2nd Flight

2. Jake Sciandra	18:46	
8. Pat McMahon	19:32	
Exh. Matt Payne	19:32	22:15
12. Greg Dries	19:45	
23. Mike Coast	20:24	
24. Brian Clancy	20:25	
31. Marquis Wright	20:33	
44. Art Taylor	21:16	
57. Pat McGee	22:48	
dnf. Pat Fiduccia (ankle)		
Jason Fegadel		

Team Scores: Liverpool 20, McQuaid 34, Skaneateles 57, etc.

NEWARK INVITATIONAL
Stuart Park Sat., Sept. 16, 2000

Weather: Sunny & unseasonably cool. Temp. 55. Course newly mowed; a bit slow.
This was the traditional 5k course, with the last steep hill included.

VARSITY FIRST OF 10 SCHOOLS

1. Art Jozwiak, JFK	17:16
5. Conor Hickey	18:32
10. Drew Kassmann	18:46
12. Ryan Dougherty	18:56
15. Ian McBride	19:03
17. Chip Galusha	19:06
21. Pat Sullivan	19:14
35. John Bringewatt	19:48

Team Scores: McQuaid 59, Webster 78, Corning 79, Fairport 81, etc.

J.V. FIRST OF 7 SCHOOLS

		'99 Time *
3. Matt Evinger	19:39	
5. Dan DiCesare	19:52	21:33
6. Jake Sciandra	19:53	
9. Matt Payne	19:59	
19. Pat McMahon	20:39	
24. Jimmy Wang	20:54	21:17
34. Greg Dries	21:34	
41. Brian Clancy	21:43	
42. Marquis Wright	21:44	
66. Pat McGee	23:14	
Exh. Carl Kennedy	26:33	
95. Jason Fegadel	27:11	23:17

* Last year, the course did not include the last steep hill.

Team Scores: McQuaid 42, Webster 57, Corning 65, etc.

McQuaid, Webster run well at Newark

STAFF REPORTS

NEWARK — McQuaid's boys and Webster's girls won team titles yesterday at the Newark

Cross Country Invitational at Silver

Creek Technology Park.

In addition, Webster's boys placed second overall, behind McQuaid, with 78 points. Scott Bishop led the Warriors, coming in second, and Ben Wisniewski followed with a sixth-place finish.

The girls team was split into two, with the Blue team placing first and the Gold team sixth.

Karla Gudgel came in third, followed by teammates Mary Bovenzi and Jamie Hurlbut, finishing seventh and ninth, respectively.

In the boys race, Conor Hick-

ey placed fifth with a time of 18:23 and teammate Drew Kassman placed 10th in 18:46 to lead McQuaid's Knights.

For Fairport, which placed fourth, Mike Germano led the Red Raiders, placing third.

Andy Crawford helped Canandaigua with his seventh-place finish as the Braves finished seventh in the team standings.

Boys Team: McQuaid 59, Webster 78, Corning-IV 79, Fairport 81, Victor 111, Cheektowaga JFK-VI 149, Canandaigua 155, Lyons 255, Gananda 271, Clyde-Savannah 296. **Individual:** 1. Arthur Jozwiak (JFK) 17:16; 2. Scott Bishop (Web) 18:07; 3. Mike Germano (Fair) 18:12; 4. Paul Nessel (Corn) 18:15; 5. Conor Hickey (McQ) 18:23; 6. Ben Wisniewski (Web) 18:36; 7. Andy Crawford (Can) 18:38; 8. Dave Schneider (Corn) 18:42; 9. Dan Valente (Fair) 18:42; 10. Drew Kassman (McQ) 18:46.

Girls Team: Webster (Blue) 40, Corning-IV 52, Palmyra-Macedon 101, Mercy 151, Cheektowaga JFK-VI 192, Webster (Gold) 214, Newark 221. **Individual:** 1. Megan Williams (Corn) 21:45; 2. Melissa Hale (JFK) 21:59; 3. Karla Gudgel (Web) 22:04; 4. Amber Wozniak (JFK) 22:07; 5. Kelly Hamler (Can) 22:10; 6. Kim Wiesner (Vic) 22:20; 7. Mary Bovenzi (Web) 22:25; 8. Kelly O'Connell (Corn) 22:34; 9. Jamie Hurlbut (Web) 22:46; 10. Erin Michno (Web) 22:49.

AUBURN KIWANIS INVITATIONAL
Holland Stadium, Auburn 9/23/00

Weather: Awful! Heavy rain, high winds, lightning. Many schools packed up and went home without running. Meet was suspended twice, but conditions eased, and were decent during our races. Course very muddy and slow.

VARSITY 2ND BY ONE POINT

5. Drew Kassmann	18:18
10. Conor Hickey	18:42
11. Ian McBride	18:43
13. Pat Sullivan	18:47
14. Ryan Dougherty	18:51
17. Chip Galusha	18:59
28. Steve Holland	19:50

Team Scores: Corcoran 52, McQuaid 53, Nottingham 77, etc. (6 schools)

J.V. 1ST OF 7 SCHOOLS

1. Matt Evinger	19:22
3. Matt Payne	19:27
4. Jake Sciandra	19:36
7. John Bringewatt	19:54
10. Dan DiCesare	20:04
18. Greg Dries	20:40
22. Mike Coast	20:46

Team Scores: McQuaid 25, Ithaca 92, Skaneateles 96, Elm.Hgts. 110, etc.

X.C IS FULL SPEED AHEAD

by Matt Evinger

Give up. Think how much better you'll feel. You're just not as good as the rest. That's why they can keep going. You should give up. It won't matter. You won't score points for the team. Or will you? Well, they don't care anyway.

The voice of the dark side reverberates loudly at times in the mind of a cross-country runner. It is very distinct. It seems to make sense. However, beneath that voice whispers a tiny but prominent voice. It is the voice of the one good thing to escape Pandora's Box—*hope*.

Hope speaks soft but clear. It is the strongest thing you can possibly hear— If you are truly listening. It tells the dogged runner to venture on. It speaks the truth; you'll feel better if you keep going now.

Written by senior Matt Evinger about his first year of junior high running in seventh grade (1995)

36th ANNUAL MCQUAID INVITATIONAL
Genesee Valley Park, 9/30/00

Weather: Perfect. Sunny, low 60's to low 70's. Course dry & fast

Varsity 12th of 16 AAA Schools

		<u>1999</u>	<u>1998</u>
37. Drew Kassmann	16:46(3.0)	16:55	16:49
47. Conor Hickey	16:59	17:08	
63. Ryan Dougherty	17:17	17:45	18:11
73. Chip Galusha	17:26	17:16	17:56
77. Pat Sullivan	17:31	20:36	
93. Ian McBride	17:50	17:25	
101. Matt Evinger	18:08		

Varsity "B" 4th of 23 Schools

2. Steve Holland	17:27	18:28	19:26
17. Dan DiCesare	18:01	20:08	
35. John Bringewatt	18:29	19:01	19:36
38. Pat Feeks	18:35	19:23	
45. Pat Freytag	18:49	19:20	18:04
62. Matt Payne	19:10	19:03	19:55
71. Greg Dries	19:17	22:18	
93. Jake Sciandra	19:35	18:59	
97. Jimmy Wang	19:44	20:22	
130. Pat Fiduccia	20:49	21:28	
136. Art Taylor	21:10		
152. Carl Kennedy	21:53	21:41	

Sophomores (Inc. Team)

34. Sunil Narayan	18:17
78. Mike Coast	18:57
148. Pat McGee	20:42

DNR - Dan Burke, arm
Pat McMahon, sick
Brian Clancy, leg
Marquis Wright, sick



McQuaid X-Country,

Our lives are very difficult right now without our precious son. But the dedication you made in his memory is so beautiful, it has replaced some of our pain with gratitude & pride.

Thank you so much for recognizing his talent, and thank you even more for the beautiful way you're keeping that recognition alive. It means more to us than you can ever know!

We also want to thank you for allowing us to be a part of awarding the plaque to the winners, and for the caring words you shared with all of those who meant so much to him!

This earth is blessed to have you!

With Deepest Gratitude,

Neil, Kristi

Dana

Ardison

In the six weeks prior to the McQuaid Invitational, the Beaver River boys team, our meet's and the state's outstanding team in 1999, suffered the deaths of two runners in traffic accidents. One of them, sophomore Michael Ardison, figured to be one of New York's top runners this season. To honor him, the Boys A race at McQuaid has been permanently named the Michael Ardison Memorial Race, and his parents and family came to Rochester to present the plaque to the winning team from Girard, Ohio.

This was their thank-you note to McQuaid:

SYRACUSE CITY SCHOOLS INVITATIONAL
LeMoyne College Sat. 10/7/00

Weather: Sunny and Cool. Temp 45. Course soggy from overnight rain.

VARSITY 5TH OF 17 SCHOOLS

18. Conor Hickey	18:27 (Hilly 5k)
20. Drew Kassmann	18:35
25. Ryan Dougherty	18:50
31. Chip Galusha	18:58
33. Pat Sullivan	18:59
42. Ian McBride	19:29
dnf. Steve Holland	

Team Scores: Ithaca 53, Corcoran 104, Cicero-No.Syr. 113, Proctor (Utica) 124, McQuaid 127, Nottingham 152, etc.

J.V. 3RD OF 10 SCHOOLS

7. Matt Evinger	19:32
10. Sunil Narayan	19:48
16. John Bringewatt	20:06
17. Dan DiCesare	20:07
20. Jake Sciandra	20:16
24. Matt Payne	20:25
30. Pat Freytag	20:37

Team Scores: Cicero-No.Syracuse 32, Ithaca 43, McQuaid 70, etc.

PENFIELD-IRONDEQUOIT INVITATIONAL
Harris-Whalen Park, Penfield Fri. 10/6/00

Weather: Cloudy & cool. Temp in 40's. Course wet and muddy

J.V.

18. Pat Feeks	19:40 (5k)	<u>'99 Time</u>
30. Mike Coast	20:02	
53. Greg Dries	20:51	22:40
83. Pat Fiduccia	21:53	22:27
96. Pat McGee	22:18	
100. Art Taylor	22:24	
105. Carl Kennedy	22:42	21:56

McQuaid runners notch invitational victories in Pennsylvania, Rhode Island

Their competitive forte this season has been a tight-scoring group, and McQuaid Jesuit's cross country men put that strength to good use the past two weekends to score wins at the Meteor Invitational in Montrose, Pa., and the Brown University Invitational in East Greenwich, R.I.

Last Saturday, the Knights didn't put anyone in the top 20 of a 167-runner field at Brown, but packed five scorers between 22nd and 36th places to edge Cambridge 143-149, in the 24-team Varsity A race for large schools.

"I don't recall ever winning a big meet without at least once guy up toward the head of the race," said a pleasantly surprised McQuaid coach Bob Bradley. "With our 18-second group I knew we had run a good race, but I figured third at best. So it was a real bonus

when they posted the scores and we saw a '1' next to our name."

McQuaid's first man home was junior Conor Hickey (22) with a personal-best 17:17 for the scenic five kilometers at Goddard Park, the meet's new site. Seniors Drew Kassmann (27) and Steve Holland (28) were next, with junior Pat Sullivan (30) and senior Ian McBride (36) completing the score, all of them, like Hickey, posting personal bests for the distance.

A week earlier, against 12 schools at the Meteor Meet, the Knights spotted Troy, Pa., the top two places but answered with a 3-4-10-12-13 in 24 seconds to take a 42-56 win. Again it was Hickey and Kassmann leading the way, with Ryan Dougherty, sixth man at Brown, scoring third, ahead of Holland and Sullivan.

McQuaid's unbeaten junior high runners were also in action at Montrose and raced to their fourth straight invitational win with a lineup of Trevor Alvut (2), Matt Jones (4), David Dougherty (7), Matt Dugan (9) and Jerry Van Strydonck (10).

Coach Bill Dodd's squad didn't go to Brown, but found plenty of competition at the Fayetteville-Manlius meet last Saturday. Despite missing two of their regular scorers, the young Knights won again, posting 41 points to runner-up Baldwinsville's 79 in a large Section 3 field. Jones (3), Dougherty (6), Pat Sullivan (7), Dugan (8) and David Yahoodik (17) did the scoring with seventh-graders Mike Ansaldi (23) and Gino D'Angelo (25) providing strong backup.

In the junior varsity race at F-M, junior Marquis Wright

(25) and senior Greg Dries (27) had good races, as did senior Matt Evinger, who finished 16th in a crowded race at Brown.

Last Tuesday, McQuaid had its first and only dual meet in the City-Catholic League, defeating Edison, the city's only complete team, 23-38. Seniors Dan DiCesare (2) and Greg Dries (5), junior Marquis Wright (6) and sophomores Mike Coast (3) and Pat McGee (7) were the scorers.

This weekend, a good part of McQuaid's squad will be in Binghamton for their traditional sectional warmup in the Greenman Invitational over the tough hills of Ely Park Golf Course. The rest of the Knights will stay home to represent the school at the City-Catholic individual championships on Saturday morning at Cobbs Hill.

METEOR INVITATIONAL Montrose H.S., Pa. 10/14/00

MCQ FIRST OF 13 SCHOOLS

3. Conor Hickey	18:03 (Hilly 5k)
4. Drew Kassmann	18:10
10. Ryan Dougherty	18:23
12. Steve Holland	18:25
13. Pat Sullivan	18:27
15. Chip Galusha	18:30
31. Matt Evinger	19:21

Team Scores: McQuaid 42, Troy 56, Northeast Bradford 93, etc.

BROWN UNIVERSITY INVITATIONAL
Goddard Park, East Greenwich, R.I.
Oct. 21, 2000

Weather: Perfect. Sunny, 68-70, breezy. Course dry, a bit dusty. Fairly flat 5k

Varsity 1st of 24 Complete Teams

22. Conor Hickey	17:17
27. Drew Kassmann	17:22
28. Steve Holland	17:27
30. Pat Sullivan	17:29
36. Ian McBride	17:35
48. Ryan Dougherty	17:46
70. Chip Galusha	18:07

Team Scores: (Computer removed individuals and incompletes)
McQuaid 133, Cambridge (MA) 141, Toll Gate (RI) 163,
Middle Country (NY) 189, St. Joseph's, Staten Island 200, etc.

J.V. 6th of 15 Complete Teams

16. Matt Evinger	18:00
33. Pat Freytag	18:50
40. Matt Payne	18:54
44. Dan DiCesare	18:56
50. Sunil Narayan	19:08
52. John Bringewatt	19:11

J.V. at FAYETTEVILLE-MANLIUS INVITATIONAL
October 21, 2000

5th of 6 Complete Teams

25. Marquis Wright	19:51 (5k)
27. Greg Dries	19:54
42. Mike Coast	20:15
50. Brian Clancy	20:58
51. Pat Fiduccia	21:00
57. Pat McGee	21:19
62. Art Taylor	21:41
68. Carl Kennedy	22:21

THE SEASON AT COBBS HILL

Though we don't often think of it as such, the Cobbs Hill course is pretty much McQuaid's home course. This season our runners were in action there six times. Only a few ran all six; some ran only once, in the Aquinas dual. For comparison's sake, I thought you'd like to see this year's Cobbs statistics.

Name	'99 Best	9/26	10/3	10/10	10/17	10/24	10/28	'00 Best
Sullivan	19:02*			18:05		17:31		17:31
Holland	19:04			17:56		17:31		17:31
Hickey	18:13					17:47		17:47
Kassmann	17:57					17:56		17:56
Galusha	17:59					18:06		18:06
McBride	18:36			19:12		18:08		18:08
Evinger	19:23*					18:26		18:26
Dougherty	18:40					18:30		18:30
DiCesare	20:29	19:04			19:05	18:49		18:49
Payne	20:09			19:30		19:02		19:02
Narayan	19:12					19:09		19:09
Coast	J.H.	20:55	20:57	21:10	19:32	19:21		19:21
Sciandra	19:34	19:29						19:29
Feeks	21:25	20:07	20:55			19:30	20:42	19:30
Bringewatt	19:18	19:40				19:36		19:36
Wright	19:55		20:56	21:43	20:11	19:42	20:55	19:42
Freytag	19:09		20:13			19:47		19:47
Dries	22:19	20:10	20:25		20:27	19:49		19:49
Wang	20:11	20:31						20:31
Taylor	DNR	22:41	22:27	21:21	22:03	20:50		20:50
McGee	DNR	22:39	22:16	21:33	21:02	21:16	21:46	21:02
Fiduccia	22:15	22:51	22:33	22:39	21:40	21:02	22:36	21:02
Clancy	DNR	21:25			21:46			21:25
Kennedy	22:18	23:21	23:08		23:06	21:39		21:39
Burke	18:48							DNR
McMahon	18:51							DNR

* '98 Time

Of the above meets, only two were scoring meets. The Oct. 10th meet against Edison was a 21-38 victory, and the October 24th meet against Aquinas was another win, by a 20-43 score. We haven't lost a dual at Cobbs since October 12th, 1971, when a very good Aquinas team (#2 in N.Y.) beat us, 16-41

McQuaid's runners preserve streak

STAFF REPORTS

Dave Hryvniak of Aquinas placed first in 17 minutes, 26 seconds, the fastest time at

Boys

Cobbs Hill this season, but the McQuaid Knights placed eight runners in the top 10 to defeat the Little Irish 20-43 in a cross country meet yesterday.

Pat Sullivan led McQuaid with a second-place finish in 17:31.

The Knights have won 204 straight dual meets, dating back

the country.

"Our group performed better than expected," McQuaid coach Bob Bradley said. "We didn't expect to break up Aquinas' one-two runners like that."

CITY-CATHOLIC
At Cobbs Hill

Julius Gerald of Edison placed first in 18:12 and Luis Sanchez placed third in 20:37 to help the Inventors defeat East and win the City Championship.

35TH ANNUAL GREENMAN INVITATIONAL
Ely Park Golf Course, Binghamton 10/28/00

Varsity 3rd of 17 Schools

		<u>'99 Time</u>
1. Mike McPherson (11) Union-Endicott	15:57	16:44
11. Mike Mellas (12) Aquinas	17:07	19:15 !
13. Dave Hryvniak (10) Aquinas	17:10	17:11
14. Steve Holland	17:13	18:55
18. Pat Sullivan	17:17	dnf
25. Conor Hickey	17:27	18:22
28. Ryan Dougherty	17:28	17:40
31. Ian McBride	17:33	dnr
32. Drew Kassmann	17:34	17:33
46. Chip Galusha	18:13	17:10

Team Scores: U-E 55, St.Joe's, Buffalo 73, McQ 116, Chenango Forks 175, etc.

J.V. 4th of 14 Schools

5. Matt Evinger	18:03	19:31
16. Dan DiCesare	18:50	dnr
19. Matt Payne	18:54	19:20
20. Mike Coast	18:56	j.h.
36. John Bringewatt	19:34	19:10
45. Greg Dries	19:51	dnr
55. Art Taylor	20:17	dnr

Team Scores: U-E- 33, Ithaca 42, St.Joe's 92, McQuaid 96, etc.

Varsity Ten Finish Index - 2000

[illegible]

SECTION FIVE CHAMPIONSHIPS

Marcus Whitman H.S. - Sat. 11/4/00

Weather: Cloudy and Cool. Temp 50. Wind 5-10. Course dry.

Varsity 8th of 15 Class A Teams

		<u>'99 Time</u>
29. Conor Hickey	17:44 (5k)	dnr
31. Drew Kassmann	17:47	18:32
40. Ian McBride	17:56	dnr
42. Steve Holland	17:59	dnr
53. Chip Galusha	18:10	18:22
61. Pat Sullivan	18:17	dnr
66. Ryan Dougherty	18:25	dnr

Team Scores: Athena 59, Penfield 80, Hilton 136, Spencerport 138,
Irondequoit 150, Webster 171, Churchville 186, McQ 195,
Fairport 197, Gates-Chili 220

Note: Based on times, this year's team would have beaten
last year's by a dual meet score of 18-40.

"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

56TH ANNUAL JESUIT CHAMPIONSHIPS

Van Cortland Park, NYC - Nov. 18, 2000

Weather: Sunny and cool. Temp. 40. Wind 10-15. Course dry.

VARSITY 3RD OF 9 SCHOOLS

		(1999)
1. St. Joe's, Phila.	13:12	(2.5 mi.)
13. Steve Holland	14:18	15:19
18. Drew Kassmann	14:28	14:46
20. Ian McBride	14:30	
21. Pat Sullivan	14:31	15:11('98)
24. Chip Galusha	14:38	14:41
28. Ryan Dougherty	14:52	
44. Conor Hickey	15:16	

Team Scores: St. Joe's 26, Gonzaga (D.C.) 62, McQ 96, Canisius 132, Regis 134, Xavier-2 151, etc.

J.V. (Non-Scoring)

1. St. Joe's. Phila.	14:33	
15. Pat Freytag	15:19	15:10
16. Matt Payne	15:21	
17. Sunil Narayan	15:22	
23. Mike Coast	15:36	
24. John Bringewatt	15:37	

TEAM WINNERS IN JESUIT CHAMPIONSHIPS

Year	Cross Country	Year	McQuaid
1945	St. Peter's } <i>Mr. Bradley run in these</i>	1973	McQuaid
1946	Xavier	1974	McQuaid
1947	Fordham Prep	1975	McQuaid
1948	Xavier	1976	Canisius
1949	Brooklyn Prep	1977	McQuaid
1950	Brooklyn Prep	1978	McQuaid
1951	Brooklyn Prep	1979	McQuaid
1952	Brooklyn Prep	1980	Cheverus
1953	Fordham Prep	1981	Cheverus
1954	Brooklyn Prep	1982	Canisius
1955	Brooklyn Prep	1983	Loyola, Baltimore
1956	Fordham Prep	1984	McQuaid
1957	Fordham Prep	1985	St. Joseph's
1958	Fordham Prep	1986	McQuaid
1959	Fordham Prep	1987	Gonzaga, DC
1960	Brooklyn Prep	1988	McQuaid
1961	Fordham Prep	1989	Georgetown Prep
1962	Brooklyn Prep	1990	Georgetown Prep
1963	McQuaid	1991	Loyola, Baltimore
1964	Brooklyn Prep	1992	St. Joseph's
1965	Brooklyn Prep	1993	McQuaid
1966	Boston College HS	1994	St. Joseph's
1967	Boston College HS	1995	McQuaid
1968	Boston College HS	1996	St. Joseph's
1969	Fordham Prep	1997	McQuaid
1970	McQuaid	1998	McQuaid
1971	Cheverus, ME	1999	St. Joseph's
1972	St. Joseph's	2000	St. Joseph's

*as a jr. (JV) and sr. (Var)
at St. Peter's Prep, Jersey City
(He has no idea what his
times were.)*

*first trip to NYC.
a great win!*

Galusha, Holland win McQuaid awards

♦ Pat Sullivan and Dan Burke are selected captains for 2001.

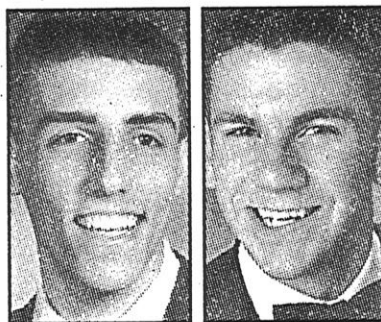
From a group of 13 McQuaid seniors whom their coach termed a "great bunch to work with," Frank "Chip" Galusha and Steve Holland were selected as winners of the school's top cross country awards at the recently held season-end banquet.

Galusha received the Vince Lombardi Memorial Plaque, given for the 31st time in honor of the late football coach. He was voted by his teammates and coaches as the runner most exemplary in his devotion to "faith, team and sport."

McQuaid president Fr. Jim Fischer, S.J., made the presentation after an introduction by coach Bob Bradley. As Bradley mentioned, Lombardi's qualities made him an ideal person for athletes of any sport to emulate.

"It's too bad that Vince is so often remembered only for saying, 'Winning isn't everything. It's the only thing.' That's a classic example of a quote taken out of context. There was much more to Lombardi than that."

Galusha was a four-year runner at McQuaid. As one of the Knights' tri-captains this season, he helped lead the team to three invitational victories and a big dual win over Aquinas.



HOLLAND GALUSHA

"Chip" was your typical 110 percent runner, both in practices and races," Bradley said. "He and our other captains, Drew Kassmann and Pat Freytag, combined their talents to give the team outstanding leadership."

Holland, a runner plagued with knee problems for a good part of his four years, came back from a slow start this season to earn the Royden Smith Jr. Memorial Plaque as Most Improved Runner. (Smith, a 1984 alumnus of McQuaid, died in a car accident six weeks after graduation.)

"Steve's improvement was a yearlong thing," Bradley said. "He had strong track seasons indoors and outdoors as a junior, then had his knee act up again this fall. But he got back into our scoring group by midseason and wound up as McQuaid's top runner in his last race at the Jesuit meet in New York City."

Holland received his award from new principal, Fr. Philip Judge, S.J.

Those two awards highlighted a program that saw 17 oth-

er runners honored. Freshman Mathew Jones, for the second time, won the Jeremy Abbot Memorial Trophy as McQuaid's outstanding junior high runner. (Abbott, a 1966 graduate, was a top freshman runner in 1962, Bradley's first season as McQuaid's cross country coach.) Jones was part of McQuaid's first undefeated junior high team in 16 years.

Six other members of coach Bill Dodd's "New Wave" squad took awards home: freshman Matt Dugan and seventh-grader Michael Ansaldi as Best New Runners, eighth-grader Marc Gauthier as Most Improved, freshman David Yahoodik as Most Improved During Season, and freshman Eric Mittereder and seventh-grader Gus Cost as Outstanding Student-Athletes.

Student-Athlete awards also went to seniors John Bringewatt and Matt Evinger, two of McQuaid's three National Merit semifinalists; junior Pat Fiduccia, and sophomore Michael Coast.

"Only six of them received plaques, but three-quarters of our 50 runners were on the honor roll," Bradley said.

Junior Conor Hickey, one of those honor students, received a special award, the Best Finish Index Plaque, by a three-tenths margin, 2.1 to 2.4, over Kassmann. Hickey was the first Knight to finish in six of his 11 races.

Other award recipients were seniors Dan DiCesare and Greg Dries as Most Improved and sophomore Pat McGee as Most Improved During Season.

City-Catholic All-Star certificates and patches went to Holland, Hickey, Kassman, Galusha and junior Pat Sullivan, whose 17:31 was the team's fastest time at Cobbs Hill this season.

Winning their first varsity cross country letters were seniors Evinger, Dries, DiCesare, Matt Payne, Art Taylor and Carl Kennedy, and sophomore Sunil Narayan. Previous letter winners Ryan Dougherty and Ian McBride, both consistent varsity scorers, received service bars, as did Kassmann, Galusha, Holland, Freytag, Bringewatt, Sullivan and Hickey.

In an early evening surprise, all 13 seniors received director's chairs as presents from their parents.

At the end of the program, Sullivan and classmate Dan Burke, whose broken arm sidelined him for the season, were called to the podium to receive their insignia as captains of the 2001 team.

To top it off, coaches Bradley, Dodd, Dave Yendrzeski and Peter Glavin were gifted by the team with their own McQuaid chairs. At that rate, next season could see the most sedentary coaching staff in McQuaid history.

AWARDS WINNERS - CROSS-COUNTRY - 2000

The Vince Lombardi Memorial Plaque - (Dedication to Faith, Team, & Sport)	CHIP GALUSHA, '01
The Royden Smith Jr., '84 Memorial Plaque (Most Improved from year to year)	STEVE HOLLAND, '01
The Jeremy Abbott, '66 Memorial Trophy (Outstanding Jr. High runner)	MATHEW JONES, '04
Best Finish Index (2.1)	CONOR HICKEY, '02
Most Improved Plaques	DAN DI CESARE, '01 GREG DRIES, '01 MARC GAUTHIER, '05
Best New Runner	MATT DUGAN, '04 MICHAEL ANSALDI, '06
Most Improved During Season	PAT MC GEE, '03 DAVID YAHODIK, '04
Outstanding Student-Athletes	JOHN BRINGEWATT, '01 MATT EVINGER, '01 PATRICK FIDUCCIA, '02 MICHAEL COAST, '03 ERIC MITTEREDER, '04 GUS COST, '06
City-Catholic League All-Star Patches	STEVE HOLLAND, '01 DREW KASSMANN, '01 CHIP GALUSHA, '01 PAT SULLIVAN, '02 CONOR HICKEY, '02

VARSIITY LETTER WINNERS

John Bringewatt	Pat Freytag	Ian McBride
Dan DiCesare	Chip Galusha	Sunil Narayan
Ryan Dougherty	Conor Hickey	Matt Payne
Greg Dries	Steve Holland	Pat Sullivan
Matt Evinger	Drew Kassmann	Art Taylor
	Carl Kennedy	

AN, JR. MEMORIAL GYMNASIUM

