

Nov 2, 2014

# McQuaid, Thomas move on

JIM CASTOR

**VICTOR** — For a while Nick and Nick were neck and neck.

Then the big guy came up huge at the front and a little guy stood tall at the back.

"Clutch!" screamed McQuaid coach Todd Stewart, hugging 5-foot-10-inch senior Nick Ciolkowski while waving over 5-foot-1½-inch Joey Doerr into the post-race celebration.

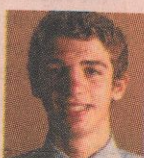
"Here's our MVPs," Stewart said. While Ciolkowski made good on his promise to never again underestimate the Victor hills, it was sophomore Doerr who ignited a rally in the last mile to help Ciolkowski and McQuaid win Section V Class A cross country titles Saturday on the new 3.1-mile course at Victor High School.

"Near the end of the second mile," Doerr said, "I was feeling so good, like it was my best race ever. I look at the field and I'm the shortest, by far . . . (but) I just kept running hard and picking guys off, probably five or six of them. I was watching for red Fairport guys and blue Webster Thomas guys."

Meanwhile, up front, Ciolkowski was energized, started his own



Amanda Vestri



Nick Ciolkowski

kick and left Thomas' Nick Neamtu and Irondequoit's Britt Kaukeinen to play catch-up. The finish was Ciolkowski (16 minutes, 18 seconds), Kaukeinen 10 seconds back, McQuaid's No. 2 Donnie Glavin (16:33) and Neamtu (16:44), last week's county champion.

When the team scoring flashed on the computers, Doerr — his team's No. 5 man, a half second behind Aidan Blake — had displaced Thomas' fourth and fifth.

"It made the difference," Stewart said. The proof was in the numbers. Doerr's march swung 16 points McQuaid's way. The end result: McQuaid 42, Thomas 58.

"This is so 2010," Stewart said, referring to the team makeup for McQuaid's last sectional title, when Robert Hurlbut led the way and went on to be a state champion and All-Greater Rochester Runner of the Year.

"I took it out conservatively this time," said Ciolkowski, whose hot

early pace flamed out to an 8<sup>th</sup>-place finish at the Victor Invitational sectional prep race in September. "I kept listening to Nick's (Neamtu's) breathing and he sounded calm. I knew I had to go by the time I crossed the road and came down the last stretch. I didn't want it to be a kick to the finish."

The Knights' surge stifled what would have been a Thomas sweep-peat. Amanda Vestri (4<sup>th</sup>), Claire Ashton (7<sup>th</sup>), Ellie Songer (8<sup>th</sup>), Taylor Zeigler (14<sup>th</sup>) and Brittany Mechler (21<sup>st</sup>) earned the Thomas girls a return trip to states, by four points over Penfield, but McQuaid denied the Thomas boys the trip to SUNY Canton next Saturday.

Pittsford Mendon, on the other hand, had no trouble earning a shot to defend its state boys title. The Vikings trotted out another No. 1 guy, junior Isaac Goodman this time, in what their new coach, Chris Compson, calls "interchangeable parts" for the state's top-ranked 'B' team.

"I've just been the steward of this ship," Compson said. "I didn't run it into the beach," referring to the late Jason DeJoy, who coached Mendon to its state title last

November and died in January at age 40. "This is all a testament to Jason's legacy and the program he built."

Last week it was Grif-fin Hess leading the way at counties. This time it was Goodman, his first victory of the year.

"We have a revolving door," Goodman said. "It can be anybody, any week." Their first five guys — Goodman (1), Henry Burton (3), Hess (4), Kevin Dooley (5) and Evan Feigel (7) were all within 18½ seconds of each other.

The Mendon girls also earned a return trip to states, led by Mary Barg-er's 19:18 (third).

Other highlights:

» Seniors Alex Cooper and Siobhan Quinn went 1-2 in the girls "A" race for Rush-Henrietta while Churchville-Chili sophomore Anna Kostarellis maintained a steady lead and was first in 18:58, 14 seconds ahead of Brockport's Autumn Albrecht, in "B".

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