

CROSS COUNTRY

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McQuaid's Glavin 41st in Nike nationals

JIM CASTOR

McQuaid senior Donovan "Donny" Glavin, running "relaxed and recovered" from a long postseason, finished 41st at the 12th annual Nike Cross Nationals high school cross country championship Saturday in Portland, Oregon.

"I feel so good," he told his coach, Todd Stewart, by phone afterward, "that I think I could go out and race it again."

Glavin ran the 3.1-mile race on the rain-soaked Glendoveer Golf Course in 15 minutes, 44.5 seconds and was sixth finisher from New York state in the field of 199. He is the

eighth Section V boy to run the event; his time is third-fastest among them and his finish sixth-best.

"I had two hard workouts at Cobbs Hill Monday and Tuesday," Glavin said, "but I took the day off to travel Wednesday and felt very relaxed and strong today. I wasn't nervous at all. I just wanted to go out

and not make a fool of myself. This whole experience is just awesome."

"He ran really great," Stewart said. "He recovered well from last week's race. His body held up for the challenge, given going out to the West Coast and all. It's really tough when you don't have the team with you. It's deflating not

to have anyone to train with."

Jim Castor, retired assistant sports editor of the Democrat and Chronicle, has covered running in the Rochester area for more than five decades. He can be reached at jccastor@jimcastor.com

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DONOVAN "DONNY" GLAVIN

MCQUAID SENIOR ON HIS RACE
AT THE NIKE CROSS NATIONALS
IN PORTLAND, OREGON