

MCQUAID X-C



SECTION V CHAMPIONS

73'-78'-80'-81'-83'-84'-85'-91'-92'-93'-09'-10'



NEW YORK STATE CLASS-A CHAMPIONS

1984 - 1992-2010

A Reflection on Pain

Ben O'Connor
Staff Writer

Pain holds a negative connotation in modern society. It is viewed as something inherently negative, to be eliminated and avoided. I don't believe this is a fair assessment. True, I do not claim to have ever undergone extreme suffering. However, based on my own experience and what I have gleaned from others, I cannot help but be captivated by pain. In fact, the original motivation for writing this article was to defend my senior quote: "Make friends with pain, and you'll never be alone." By this point, many readers have probably labeled me as emo, but allow me to explain myself. Pain gives meaning; the more potentially painful something is, the greater we value it. Pain is what makes us social animals. Ultimately, we are drawn to pain because we are as fascinated by it as we are dependent upon it for fulfillment.

Humans think in terms of opposites: right and wrong; up and down; hungry and sated; etc. Therefore, pain becomes a relative standard for things like happiness, love and beauty. The more we care about and value something, the greater the potential for pain. Nowhere is this more apparent than with the loss of loved ones. Most of us have experienced the death of someone meaningful in our life. The more we val-

ued that person, the greater the pain we experience when they passed away. On a more physical level, we experience pain from injury. Naturally, we value health, even if we usually take it for granted. Anyone who has been injured understands the wishful desire for the pain to leave and our bodies to heal. From my experience, the times when I value my body most are when not when I'm at my peak, but when I'm hurt or sick.

Pain is also an intricate part of our interactions with one another. Some of the most powerful bonds are formed by sharing our suffering, be it through a joint experience or simply by communication. There is an instinctive desire to reach out to someone hurt. Pain, sadness, depression, loss; these are all very raw emotions and when someone is willing to open up and the other person is willing to share the burden, a unique bond is forged. While sharing happy experiences is of course great in its own right, it isn't the same. True friends shine through times of trouble; it is the fickle crowd that stays only for the good times.

People are drawn to scenes of pain. Guys especially, love movies filled with physical violence. The news is chock full of stories about suffering since it grabs our attention. When we drive by an accident, we always are curious to see how bad it is. As DMB notes, "Somebody's broken heart, becomes your favorite song." Tragedy nearly always has a more powerful effect on us than comedy, and such dark literature is seemingly held in greater esteem than its lighter counterparts. There is

a continual fascination, an, at times, macabre appetite for pain. I don't think this is because humans are inherently grotesque. Rather, it seems that we seek pain in order to find fulfillment in our lives. We want to suffer vicariously, to gain the benefits of pain without the costs. The phrase rings true, "no pain, no gain." It is those who are willing to suffer who become successful. It is those who put their bodies through the wringer daily and who forgo sleep. Every Olympian, every great artist, every soldier, every success story has had to have suffer to realize their goals. We all grudgingly understand this on some level. We are then divided into those who are willing to take the pain and push harder and those who quit when the going gets tough, accepting mediocrity.

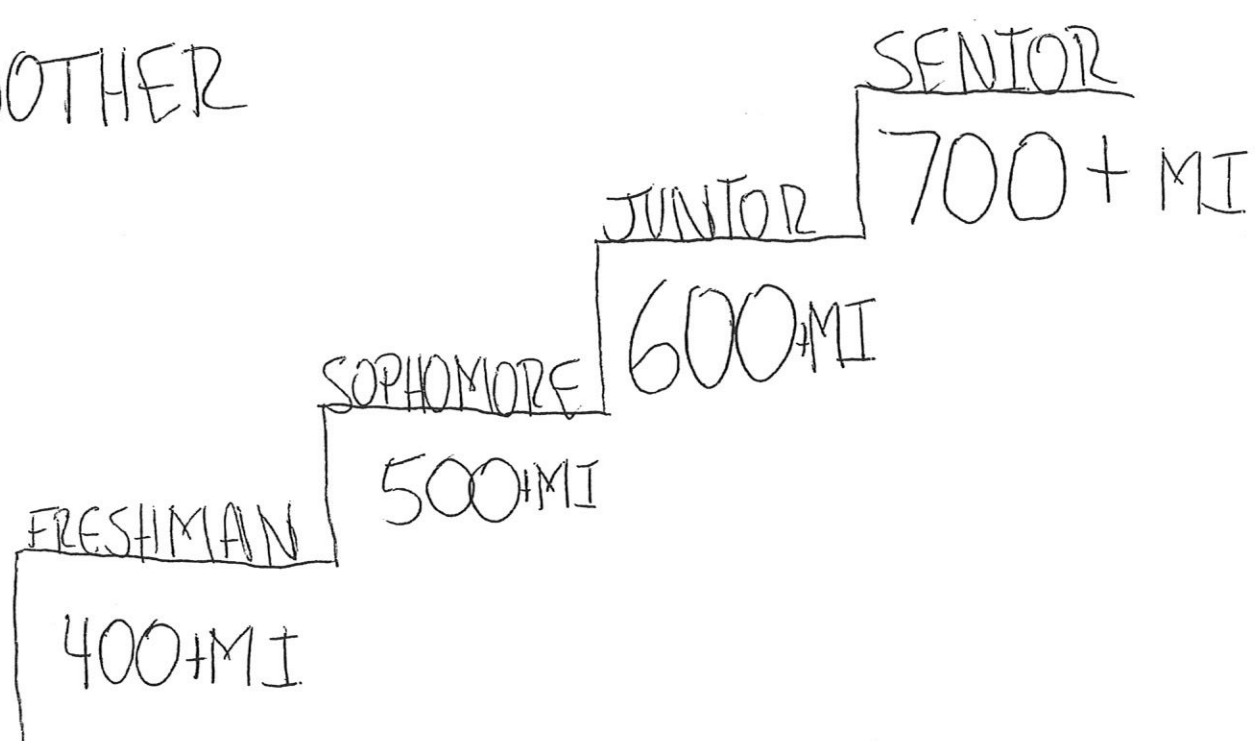
I'd like to drift back to my senior quote. To make friends with pain is to do more than simply accept it as part of your life. You need to embrace it. If it hasn't started happening already, you are going to experience long weeks with almost unbearable work-loads; you're going to have to make sacrifices and force yourself to work when you don't want to. Anyone who is an athlete is going to have to make it hurt to see the gains they're looking for. And if you want to forge meaningful relationships with others, you need to acknowledge the potential pain of loss and help bear other peoples' burdens. Everything worthwhile has a high cost. Yet ultimately, the pain makes the reward all the sweeter.

**WHAT DOES NOT
KILLS YOU
MAKES YOU
STRONGER**

Art Showcase, Cont.

MAKING
INTENSE
LEVELS
EVEN
SMOOTHER

100 DAYS
13 DAYS ON
1 DAY OFF
IS RECOMMENDED



Long & Slow -
7:00 pace = 28 mins
4 MILES - 7:30 pace = 30 mins.
A DAY 8:00 pace = 32 mins.

400 CLUB

5 M.A.D - 7:00 pace = 35 mins
7:30 pace = 37:30
8:00 pace = 40:00

500 CLUB

7:00 pace = 42 mi
6 M.A.D - 7:30 pace = 45 mi
8:00 pace = 48 mi

600 M CLUB

7:00 - 49:00
7 M.A.D - 7:30 - 52:30
8:00 - 56:00

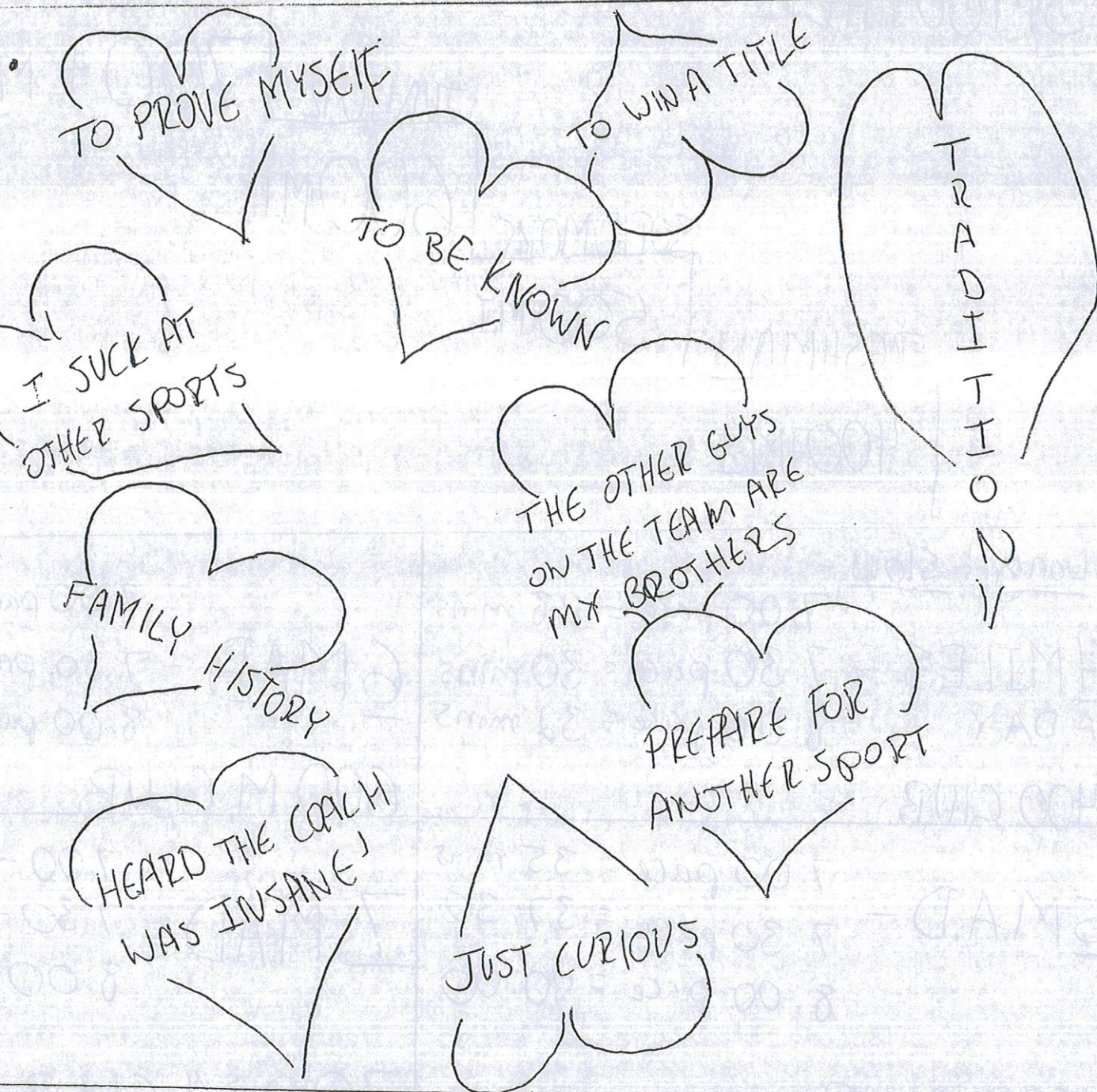
700 M CLUB

DO NOT VOLT RET @ STEAK YARD / ATM

• WHY PREPARE OVER THE SUMMER?

If this is the question you ask yourself, you may be pessimistic about overall results. Chances are you will be a much more successful quitter than an athlete!

If one reason hits you as soon as the question is asked, then be prepared for good times!



IF YOUR PURPOSE IS GUIDED WITH PASSION

Create a goal for each:

RUN

DAY

WEEK

BI-WEEKLY

MONTHLY

BEGINNING OF SEASON

MIDDLE OF SEASON

END OF SEASON

GO
OUT
AND
LOOK
STRONGER

Create a list of regrets:

Last summers Training

Last seasons Training

Last seasons RACES

WHAT DO YOU WANT TO SEE HAPPEN?

WHAT DONT YOU WANT TO HAPPEN?

"IF YOU DO ALL OF THE SMALL THINGS, THEN THE BIG THINGS WILL HAPPEN"
JEFF DUNLAP (CLASS OF '71)

- McQuaid Captains have done a tremendous job over the past few seasons to develop a Summer Training Program.
- 3 years ago Captains TOMMY DUNNE, MIKE TRIPP ; SAM KERNAN offered a game plan to practice everyday. Since then Capts. such as Robert Hurlbut, Chris Dunne, Rickey Musolella, Kevin McGann, Chris Laduca ; Mike Sullivan have kept this ball rolling. The results have been almost legendary in an already legendary program. It has produced its 11th ; 12th sectional title, 3rd state championship, 1st state champion ; runner up, state-runner-ups, 4 all state runners, 1 McQuaid invite winner (team only the 3rd time in school history) ; First section w school since 89'!
- It is also proven that when our best athletes train together daily, they progress together. The #5 were at least 7 minimum! Other runners that attended certainly benefitted, such as Mike Sullivan, who - just a freshman ; sophomore has gone on to help the team win many invites, sectionals ; State titles. He was also McQuaid's top runner last season!
- I feel this team needs even more this year to have great success! We return 8 of 10 runners, but could still be considered a young team. The great news is we have great SR leadership! Please, do your part, play the role ; expect to maximize your potential.
(Example: Conversation @ Camp Dingle (Ciolkowski ; Coach)
Coach: "Ciolkowski, what's your goal this season?" Ciolkowski: "Top 7"
Coach: "7th man doesn't score, I think you'll be our #3 man!" Ciolkowski: "Really? I think your nuts old man, but I'll try my best!" End of the season:

BARRIER'S / EXCUSES

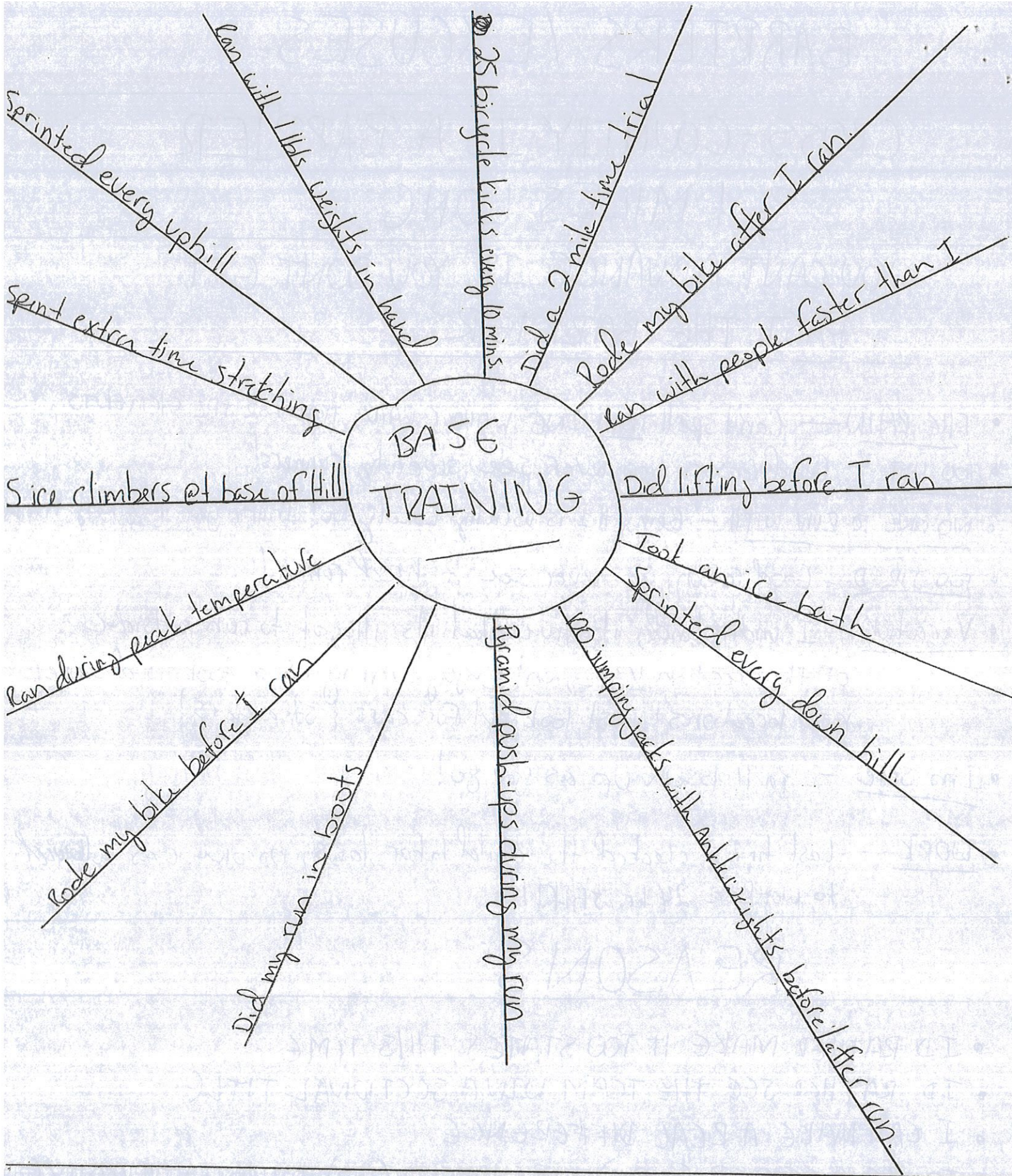
CROSS-COUNTRY IS A BARRIER
3.1 MILES LONG

YOU CANT ADVANCE IF YOU DONT GET
PAST THE BARRIERS

- THE RAIN — Can't spell TRAINING WITHOUT RAIN; TRAIN FOR THE ELEMENTS
 - TOO HOT — Good reason, you never see sweaty runners!
 - NO ONE TO RUN WITH — Being #1 is usually lonely too! Invite your imaginary friend
 - TOO TIRED — Good reason, you never see a tired runner!
 - Vacation — I understand; it's true that it's illegal to run outside of the section v region! Enjoy running as a tool to discover new locations! Just look out for cars & strangers!
 - I'm sore — You'll loosen up as you go!
 - WORK — Last time I checked the child labor laws, no one was allowed to work a 24 hr. shift!
-

REASONS

- I'D RATHER MAKE IT TOO STATES THIS TIME
- I'D RATHER SEE THE TEAM WIN A SECTIONAL TITLE
- I CAN MAKE A REAL DIFFERENCE
- TO BE A SCORER (TOP 5) TO BE VARSITY (TOP 7) TO TRAIN WITH VARSITY (TOP 10)
- TO IMPROVE
- GOING TO M&Q IS ALL ABOUT PREPARING TO DO MY BEST!



ADD THESE SMALL EXTRAS TO YOUR BASE TRAINING
AND THE FUTURE LOOKS BRIGHT

A DYNASTY IN THE MAKING

by Kiran Rajamani '10

Check out these
different sections:

- Student Issues
- Opinion
- Jester
- etc



It's been a long time since the McQuaid Cross Country team has been able to claim the title of "Sectional Champions." In fact, most of us had not even taken our first steps when the Cross Country Knights ran to their last Sectional title in 1993. But after a drought lasting, for some of us, a lifetime, the black and gold bumblebees have finally turned the corner and

achieved a long-sought victory, taking home not only a Class A Sectional trophy, but also bragging rights to the "fastest team in Section V." Senior Mike Tripp led the way for the Knights with a first-place finish in a time of 16:34 on the hilly 5K course at Genesee Community College. Junior Rob Hurlbut followed closely behind Mike, closing quickly in the last 150 meters to take 2nd place. The Knights closed out their scoring

with junior Wyatt Gouldthorpe in 9th place, senior Mike Crawford in 10th and senior Tommy Dunne in 13th. Junior Ricky Mesolella and senior Sam Kernan finished close behind.

Although the results speak for themselves, the season was truly defined by the hard work and winning mentality that took root before the fall season even began.

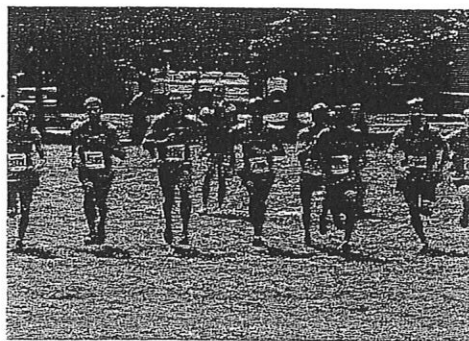
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...A DYNASTY IN THE MAKING...cont'd

After a 3rd place finish at Sectionals last November, the Cross Country team already began to look ahead to this year, preparing to step up to the starting line stronger than any other McQuaid team had been in years. Coach Stewart, now a four-year coach at the varsity level, can attest to the focus and hard work that brought about such a historic season: "For most of these guys, the season really started before it even began. It's great to see a group of young studs who are willing to put in the miles year-round and come out for track, Camp Dingle, and summer runs because they want to see the results when fall comes around."

These expectations, backed up by miles of hard work, began to take shape quickly, with individuals making huge improvements in the indoor and outdoor track seasons, including a trip by the 4x800 meter relay team to Nationals this past March. Once the summer began, captains Tommy Dunne, Sam Kernan, and Mike Tripp led the team on runs at the nearby Mendon Ponds and Powder Mills parks several times a week, slowly building up a solid base of



mileage. By the end of the summer, many runners had completed over 300 miles; Sam Kernan led the way with over 550 miles logged!

The season began quickly with early victories, including a win at our own McQuaid Invitational at Genesee Valley Park. This year's team became only the third McQuaid team in 46 years to win on our home course against nationally-ranked competition. The invitational victories continued on through the State Meet in Plattsburgh, where the team finished in a strong second to a top-ranked Burnt Hills

team from Section II. Matched against some of the top individuals in the state, Rob Hurlbut ran to a runner-up finish in a time of 15:51 on the fast 5K course.

Even though the team will lose four of its top seven runners to graduation, next year's team looks to be just as promising, especially with a huge crop of underclassmen eager to move up to the varsity level. These underclassmen have the potential to accomplish even more than this year's team — but their success depends on their willingness to run the miles and to reestablish the McQuaid Cross Country dynasty.

Whenever students think of the fall sports season, sports like football, soccer and volleyball come to mind. Running is not even in the picture. But now it's time for the Cross Country team to get some respect. After years of hard work and dedication, the McQuaid runners deserve the glory, and the results are there to prove it. ♦

