

"Running Away"

FAST

by Ken Boehm

In the past McQuaid has always had a fine track and field team, and this year is no exception. The Knights are literally "running away" with the City Catholic League title. This is due not to the efforts of a few, but rather to a whole group of hardworking, diligent young men.

Of course, head coach Bill "Q" Quinlisk deserves a lot of the credit. He has shared his knowledge and experience with all and molded a very competitive team. Mr. Bob Bradley and the merciless Mr. Sadler have also contributed tremendously. Working together, these coaches have helped shape an outstanding squad.

There are basically four types of track and field events. First, there are the sprints: running fast over short distances. Next come the middle and long distances which require both speed and endurance to be run successfully. There are also jumping as well as throwing

events. McQuaid is a strong contender in all phases of this sport.

Junior Chris McGuire specializes in sprinting; he's one of the best in the area in the 100 and 200 meter sprints and has already broken some long-standing school records. He's joined by junior Mike Scott, also an expert in these events. Chris and Mike are the one-two punch in McQuaid's potent sprint attack and Chris Schott contributes added depth in this sprinting area. Seniors Bob Henkel and Greg Riley combine their speed and jumping ability to make two great 110 meter high hurdlers.

McQuaid is loaded with distance men. Tim and Dave Warth, along with Tim Hanley, lead the team in the half mile, one mile, and two mile events. Sophomore Scott Patterson and Greg Schell look promising and Rob Smillie also adds more talent and leadership to the group.

McQuaid's no slouch when it

comes to jumping events either. Greg Riley and Jim "Bird" Richardson make a fine combination at high jump while Mike Scott also competes in the long jump. Andrey Kushnir and Brian Mack lead the team in the pole vault.

The throwing events have not been McQuaid's strong point in the past. However, this year's team, consisting of Bob Kolmetz at both shot put and discuss, Dan Cardinalli, Bob Esposito, and Eric Leinenbach, is really "throwing its weight around" in the league.

The future of track and field at McQuaid looks bright, since much of this year's talent consists of underclassmen. Tony Chess, Joe Ritchie, and Mark Hendrie are sure to become great sprinters, while John Dice and Pete Huggins are up-and-coming hurdlers. Distance men Marc Lavallee, Conor and Chris "Clubber" Cusack should become strong contenders along with pole vaulter Charlie Galley, and let's not

weight men Bill Sapp, Pat No and Joe Noga.

Besides the local meets Franklin, Edison, Aquinas, a MCC, the team also travels Hornell, Geneva, Rutgers, a even the Thousand Islands. you're interested in learning more about this sport, or if you just want to cheer your team to victory, why not come to McQuaid track meet sometime