

McQuaid ready to go the distance

Warth, Rapp lead runners

By Gary Fallesen
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McQuaid is looking for a few good young men.

Bob Bradley has been recruiting them for the distance running program at his high school for 24 years. "Year in and year out, we've had a good group (of freshmen) to hope to get a three- or four- or five-man nucleus from," the assistant track coach said recently. "You need to get the kids thinking about winning early."

Dave Warth started thinking early. But it is only lately that the McQuaid senior has begun to believe in himself.

"Dave has the confidence to win," said head Coach Bill Quinlisk. "I don't think he had that last year in the mile."

"It's the same with Steve Rapp. It's not a cockiness. It's a realization of potential."

Warth and Rapp are two of the distance runners Bradley took under his wing as freshmen. They combined with Rob Smillie and Scott Paterson to win the state cross country title last fall. Now they have the Knights' track and field team ranked No. 1 in Section 5.

"The distance men off last year's team are ready," said Quinlisk. "They've been to the big meets. They're not going to be intimidated by a close meet situation. They realize they can compete with the best."

"The turning point was cross country.

They realized something they'd been dreaming about since their freshman year."

Their next goal is to advance "one step above last year" when they finished second behind Rush-Henrietta in the Section 5 outdoor track championships.

"They all want to go one step farther," said Quinlisk. "They're not going to be satisfied until they succeed."

R-H still is a formidable opponent behind the first-place strength of the hurdling Ellis brothers, Martin and Greg, and speedsters Cornelius Southall and Rodney Poole. Hilton is nearly as good a dual-meet team as McQuaid. And Penfield, Brighton and Webster are the best teams in the Monroe County League East, which is "probably the toughest division in Section 5," according to one coach.

Here's a look at the top teams and individuals in the area:

TEAM BY TEAM

1 McQuaid: Warth (with a personal record of 1:56) and Rapp (1:57.7) are two of the area's best in the 800-meter run. Warth (4:30.7) and Smillie (4:33.8) are two of the better individuals in the 1,600. Smillie (9:33.6) and Paterson (9:45) are two of the strongest in the 3,200. Together, they are Section 5's top 3,200 relay team.

Chris McGuire (:49.7 in the 400) and Mike Scott (21 feet, 3 inches in the long jump) are two more premier competitors.

But the Knights also have depth. Ninety-eight boys are participating in the program. "We've got to get some talent out of those numbers," said Quinlisk.

BOYS' TRACK

In winning the large-school team title at the Waterloo Invitational, McQuaid had placewinners in 14 of the 17 events.

2 Hilton: "The only other team with the depth we have is McQuaid," said 12th-year Coach Mike Van Auker, whose squad is 72 strong.

Leading the Cadets are seniors Al Mullan (1,600), Mike Clark (400 intermediate hurdles) and Chris Wiest (100).

"What they might lack in talent they make up for with desire," Van Auker said of his defending Monroe County West champion team.

3 Penfield: "You really don't get a break" in the Monroe County East, ninth-year Coach Dave Hennessey said. With three top 10 teams (Brighton, Webster and R-H) on their schedule and Fairport and Pittsford "vastly improved," the Chiefs would be satisfied with a 7-1 record like last year.

Pole vaulter Sam Reynolds, sprinter Mike McCarter and distance runner Alan Smith are back from that division tri-champion team.

4 Brighton: "We're very, very powerful from the 800 on up," said third-year Coach Roy Maratta. "We'll get a lot of points in the distance events."

Tim Heinle, Nick Tslibes, Brett Yost, Mark Engeman and Phil Levinson are the distance runners off Section 5's second-best cross country team.

"We're competitive with anybody in our area," said Maratta. The Barons backed

up their coach's boast with a stunning 91-50 victory over R-H last week.

5 Webster: Veteran Coach Ken Clark is "always optimistic." Even with upcoming dual meets against Penfield, Brighton and R-H. The Warriors are looking to repeat as division tri-champs.

Seniors Jim Andolsek (1:56.4 in the 800), Steve Ims (100 and 200) and Sean Yengo (1,600) are the team's top individuals.

6 Rush-Henrietta: First-year Coach Jim Falanga has "four of the finest athletes in Section 5" in Martin and Greg Ellis, Southall and Poole. Combined they form the area's best 1,600 relay team. Together, they also help the Comets' younger athletes.

"We have a lot of young kids," said Falanga, whose team of 61 includes 40 freshmen and sophomores. "They can watch a Martin Ellis or a Corny Southall do something and pick it up."

R-H still will challenge for the Section 5 team title because, as Quinlisk said, "The sectionals are a power meet. You've got to have the horse who can go out and win the event." R-H has four.

7 Victor: "We're a good dual-meet team," fifth-year Coach Gary Thompson said of the Finger Lakes East favorite Blue Devils. "We've got three reasonably good kids in every event."

Juniors Ben Wiley, Bob Bagley, Scott Knapp, Chris Sybert and Brent Crumb are the distance runners who form the nucleus of Thompson's cross country