



Goshen boys varsity at VanCortlandt Park. From left: Coach Kyle Lewis, Zak Konstantinidis, Kyle Haller, Joe Medina, Louis Greco, Ivan Torres, Liam Higgins, Nicolas Paneto & Assistant Coach Chris Haller.

## 'Hard work pays off'

### Goshen Cross Country continues to improve

*Coaches Kerri Wright & Kyle Lewis*

At a non-league dual meet on October 6, Goshen hosted the Warwick Wildcats. Holding one of the longest winning streaks in the state, the last time Warwick boys lost a dual meet was in 1997 against the state-champion Goshen team --still the only team in the history of Goshen athletics to win a state championship. While the Warwick winning streak lives on, the Goshen boys ran well against a tough opponent.

Prior to the race, captain Kyle Haller was recognized for his many accomplishments as a member of the Goshen cross country team. Haller is planning to run for St. Bonaventure University next year. Also recognized was senior Anthony Pagani, who joined Goshen from Fallsburg last year.

Liam Higgins finished first, running 17:12. Freshman sensation, Nicolas Paneto was the next Gladiator to cross the finish line, at 18:23. Next to finish for Goshen were Zak Konstantinidis (18:45), Joe Medina (19:03), Kyle Haller (19:17), Ivan Torres (19:27), and Jesse Shih (20:01).

The Lady Glads brought heart and determination to the starting line with them and ran an impressive race against Warwick. The meet kicked off with recognizing seniors Angelique Atlas, Amanda Beck, Alyssa Henderson, Haley Maerz and Gabby Pantoni at their very last home cross country meet. Although the Purple Wave took the win, the Goshen girls continued to show that they are serious competition.

Junior Olivia Elston set a new school course record with a time of 19:40! Elston broke the previous record, held by senior Angelique Atlas who is recovering from an injury, by a full ten seconds. In her first season of cross country, Elston has quickly become the team's top runner and continues to set new personal records with every race she runs. She is a runner to watch as we near the championship season.

Proving that hard work pays off, eleven members of the Lady Glads set new course personal records. Following Elston's first place finish, Morgan Serkes finished 7th in 20:57, a personal record by 15 seconds. Seniors Haley Maerz (21:26) and Amanda Beck (26:33) each ran a strong race in their final run on the home course, Maerz ran her personal best by 37 seconds and Beck by 32 seconds! Madison Montgomery (21:37), Tessa Schaumberg (21:44), Kaitlyn McGovern (22:50), Victoria Fini (25:14), Mary Dawson (26:24), Amanda Beck (26:33) and Rosemary Smith (34:36).



Coach Kerri Wright, third from left, with seniors Haley Maerz, Amanda Beck, Angelique Atlas, Alyssa Henderson & Gabby Pantoni

On October 10, Goshen attended the Manhattan Invitational at VanCortlandt Park in the Bronx. With over 12,000 runners, this is the largest meet on the east coast. Louis Greco finished the 2.5 mile course in 13:34, coming in 21st place. Liam Higgins was next to finish for the Gladiators at 14:35. Also representing Goshen varsity were Nicolas Paneto (14:41), Kyle Haller (14:51), Joe Medina (15:03), Ivan Torres (15:28), and Zak Konstantinidis (15:43). Only two of Goshen's 7 varsity boys had previously run the full 2.5 mile course at VCP. Both of these runners made huge improvements in their times. Kyle Haller ran 36 seconds faster than last year and Ivan Torres cut 1:32 from his previous best. As a team, the boys averaged more than a minute faster than last year.

The junior varsity runners also showed great improvement. Jesse Shih ran 15:43, cutting 1:14 from his time last year. Patrick McGill also improved his time, running 16:20. Fernando Villamil ran 16:29 and Brendan Robbins finished in 16:55.

For the Lady Gladiators, junior Olivia Elston led the varsity squad to 5th place out of the 26 teams in the race. Elston placed a very impressive 14th with a time of 15:58. Next up for the Lady Glads were Morgan Serkes (16:39) and Madison Montgomery (16:50), both were battling illness but you would never know it based on their performances. Senior Haley Maerz (16:59) was next and she ran her personal best time by one minute and ten seconds. Tessa Schaumberg (17:37), Kaitlyn McGovern (17:49) and Angelique Atlas (18:07) completed the varsity team.

Seniors Gabby Pantoni and Amanda Beck led the girls' JV squad. Pantoni finished in 19:35, a one minute PR and Beck finished in 19:53, a 4 minute and 57 second PR!

In the last dual meet of the 2015 season, the Gladiators will run against Monticello Oct. 15.

