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Goshen Cross Country finishes second at Section 9 Championship

By Coaches Kyle Lewis & Kerri Wright

On an unseasonably warm Nov. 6, the Section 9 Cross Country Championship meet was held at Bear Mountain. In cross country, the winning team moves on to the state meet, along with the next fastest five individuals.

The Goshen boys ran a hard race against some highly competitive teams. The plan for Goshen's sophomore duo, Louis Greco and Liam Higgins, was to stay towards the front of the pack, but allow the competition to lead the way for much of the 3-mile race. Once the race began, it was evident that the plan needed to be adjusted, as the pace was much slower than expected.

Greco and Higgins led the way for the first mile. Higgins fell back a couple places by mile two, but Greco held on to the top spot. It wasn't until the last 1,000 meters that Lucas Reilly of Port Jervis took the lead to win the race. Greco ended up finishing second in 16:43, earning himself a trip to the state meet. Higgins finished 7th, crossing the finish line in 16:59, also making it to States. Both Greco and Higgins were thrilled with the outcome of extending their season for another week.

"It feels pretty great! I feel like the work I've put in this summer and all season paid off," said Greco. "I'm not just running for myself, but for the team as a whole... and nothing feels better than wearing that Goshen uniform to States."

Nicolas Paneto was the third Goshen runner to cross the finish line, running 18:13. Rounding out the remaining Goshen runners were Zak Konstantinidis (18:29), Kevin Long (18:36), Kyle Haller (19:16) and Joe Medina (19:16). Senior captain Kyle Haller completed his last high school

"This is what we've been working towards all season," said Higgins. "But there is definitely room for improvement. Next year my goal is to go to States as a team."

The Lady Glads raced their way to second place at the Section 9 championship meet. The girls put on an impressive performance and challenged the defending champs, Cornwall, perhaps making them race harder than ever before to earn their 15th straight sectional title by only 16 points. Despite the unseasonably warm temperature making it difficult to do so, three girls still managed to run their personal best times. Olivia Elston and Madison Montgomery finished amongst the top five individuals and earned the right to compete in the state meet. This is particularly impressive as Elston was a newcomer to the sport this year and Montgomery is a freshman. Elston finished in 4th place overall with a personal record time of 18:44. Montgomery finished in 6th place, also with a PR, in 19:17.

Next for the Lady Glads was Morgan Serkes. Serkes lost her shoe only yards from the starting line, forcing her to stop and put it back on. Although this cost her time and presented a mental challenge to get back in the race, Serkes managed to recover and run a strong race, finishing 13th overall with a time of 20:30. Senior Haley Maerz was next with a time of 20:50. Maerz has been focused and consistent all season. Kaitlyn McGovern ran a tough and determined race and she stepped up to finish out the scoring for the Lady Glads with a time of 20:55, a PR. Tessa Schauburg was next with a time of 21:03. Senior Angelique Atlas has been battling an injury all season but maintained a positive attitude and along with senior alternates Amanda Beck and Gabby Pantoni, was a strong leader for the team as they