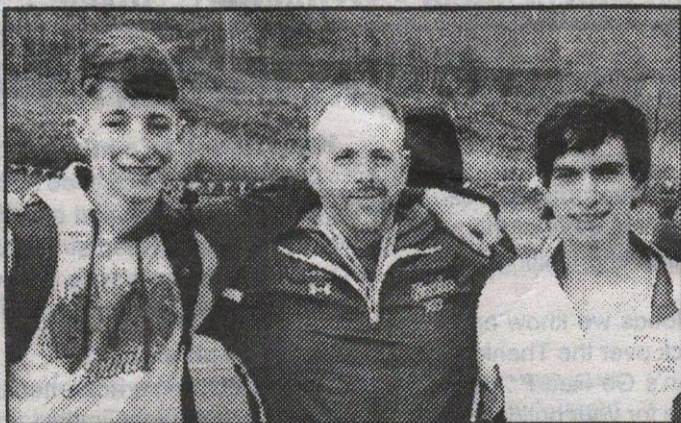
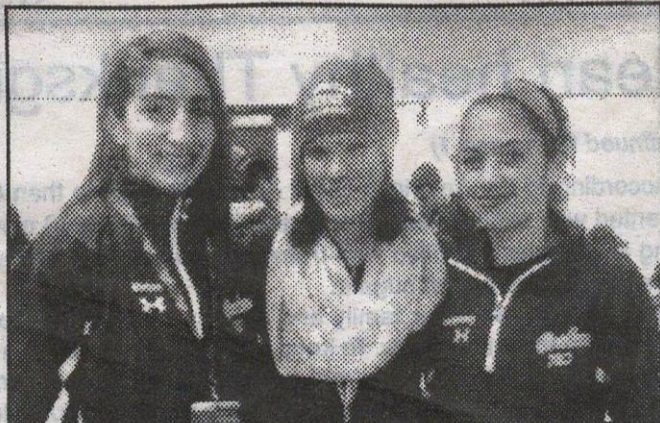


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Liam Higgins, Coach Kyle Lewis and Louie Greco.



Olivia Elston, Coach Kerri Wright and Madison Montgomery.

Four Goshen Cross Country runners compete at state meet: Madison Montgomery, Olivia Elston, Liam Higgins, Lou Greco

By Coaches Kyle Lewis & Kerri Wright

On Saturday, Nov. 16, Olivia Elston and Madison Montgomery participated in the New York State Cross Country Championship Meet.

The meet was held at Monroe-Woodbury high school on what is arguably one of the most challenging courses that a state meet has ever seen. Both Elston and Montgomery were first-time competitors in the state meet and put forth impressive performances despite the cold, windy conditions and difficulty, muddy, hilly course. Elston, a first time cross country runner this year, has been leading the team since the fifth meet of the season and has improved with every race. At the state meet, Elston finished 32nd overall with a time of 20:07.5, a course personal best by 1:32.

Freshman Madison Montgomery has been in the top five for the Lady Glads all season and worked her way up to the team's number two runner. Despite taking a brutal fall with 2 miles to go at the state meet, Montgomery finished 73rd overall with a time of 21:08.8, a course personal best by 1:19. Congratulations to Elston and Montgomery on their excellent performances!

Representing the boys' team at the state meet, were Liam Higgins and Louis Greco. The two sophomores have con-

sistently been at the front of every race this season. Higgins, who played soccer up until this year, had a great experience navigating the muddy, roller coaster-like course.

"States was a blast and I think having it on such a difficult course really brought out the best in most individuals," said Higgins.

This wasn't the first time that Greco and Higgins have run at Monroe. Both boys competed there earlier in the season, and have been back several times to strategize and get a better feel for the hilly course.

Higgins ran a personal best of 17:44, finishing in 59th place out of 122 runners. Greco also bested his previous time, finishing 69th, running 17:54. Both boys shaved about 25 seconds from their previous times at Monroe-Woodbury.

Congratulations to both Higgins and Greco on the first, of what is sure to be many trips to the state meet.

Higgins added, "Thank you to the coaches this season. They really brought the best out of each and every one of us."

Greco continued: "And thanks to all the family, fans, and teammates who came out to support us this past weekend and throughout the season."