

2018 GOSHEN BOYS CROSS COUNTRY

73-75°F | Partly Cloudy | moderate humidity

Suffern Invitational @ Bear Mt.

Saturday, September 15, 2018

"LEARN TO RUN WHEN FEELING THE PAIN, THEN PUSH HARDER." — WILLIAM SIGEL

Freshmen Boys (1.75 miles)

| #/281 | NAME | FINISH |
|-------|------------------|---------|
| 1 | Hannibal, Greg | 9:47.9 |
| 16 | Rampulla, Andrew | 10:26.9 |
| 30 | Diglio, Jackson | 10:53.7 |
| 65 | Serkes, Daniel | 11:32.3 |
| 106 | Mistretta, Alex | 12:06.9 |
| 131 | Foster, Arun | 12:26.2 |
| 111 | Bassani, Daniel | 12:09.4 |
| 250 | Reed, Camden | 15:05.2 |
| 255 | Foster, Kapil | 15:14.9 |
| 261 | Grant, Jack | 15:46.2 |

3rd place out of 37 scoring teams!!!

JV Boys (3.0 miles)

| #/217 | NAME (2017 Bear Mt PR) | FINISH |
|-------|-------------------------|--------|
| 42 | Holmes, Garrett (19:24) | 19:50 |
| 68 | Clark, Tallon (21:42) | 20:25 |
| 87 | Molina, Gregory (20:56) | 21:00 |
| 120 | Arroyo, Brandon (20:40) | 21:45 |
| 157 | Garton, Matthew | 22:59 |
| 178 | Mistretta, Ryan | 24:18 |
| 181 | Kanabar, Jenil | 24:21 |
| 197 | Raffa, Christian | 25:45 |

14th place out of 21 scoring teams

Varsity Boys "B" (3.0 miles)

| #/143 | NAME (2017 Bear Mt PR) | 1.5 mi | 2 mi | FINISH |
|-------|--------------------------------|--------|-------|---------|
| 6 | Perrillo-Sull, Stephen (16:51) | 7:32 | 10:55 | 16:20.8 |
| 8 | Paneto, Nicolas (16:12) | 7:21 | 10:44 | 16:38.5 |
| 12 | Johnson, Andrew (17:18) | 7:43 | 11:11 | 16:50.0 |
| 34 | Hackman, Aidan (18:04) | 8:02 | 11:47 | 17:46.4 |
| 48 | Perez Garcia, Chris (18:21) | 8:05 | 11:54 | 18:16.4 |
| 58 | Albanese, Blake (18:28) | 8:32 | 12:14 | 18:36.3 |
| 88 | Pinto, Ryan (20:20) | 9:10 | 13:07 | 19:46.5 |

3rd place out of 20 scoring teams

Meet Summary

The results above speak for themselves! Many athletes PR'd, accomplished their goals, and above all, everyone gave it their best effort. Our freshmen once again placed towards the top and our varsity guys continued to turn heads, with many surprised by how well this squad is doing this season. All this, despite an extremely challenging week of training. Many were sore coming into today, but there was very little, if any complaining. We've talked about focusing on the big picture and keeping your eye on the prize, which doesn't come until the end of October/ beginning of November. If you trust the process and follow the plan, the next time we go to Bear Mountain, you're guaranteed to see some major improvements. Those training at the top end, be sure to know your limits. There's a difference between learning to feel pain from getting out of your comfort zone and doing damage. Let us know if you're having any chronic issues, and get them checked out by a professional if they persist. A couple of things I noticed yesterday... many of our pre-race routines have become second nature and it's only the second invitational of the season. I'm seeing guys take charge of their squad with warmups, cooldowns, and stretches. I'm seeing guys cheer on teammates out on the course and at the finish line. I also saw a level of focus and synchrony amongst our varsity squad that I've only seen a handful of times, usually at the end of the season. These are all things that make the difference between a bunch of guys going out and running individual races with individual goals, and a cohesive, unified team. Moving forward, let's keep these things going, continue to stay focused, and success will follow, not only for each of your individual goals, but for the team goals as well.

Full results:

<http://ny.milesplit.com/meets/322604/results#.W55fa-hKjIU>

Photos:

<https://photos.app.goo.gl/EsoMw22CPe5XcJVP6>

Twitter:

<https://twitter.com/GoshenXCTF>

<https://twitter.com/ladygladsxctf>

Instagram:

<https://www.instagram.com/goshenxctf/>

Suffern Cross Country Invitational

Date: September 15th, 2018

Location: Bear Mountain State Park

Forecast: Partly Cloudy 80 high/62 low

Meet Schedule:

6:45am: Depart Goshen HS

7:30am: Arrive at Bear Mountain

7:40am: freshman warm up

8:20am: freshman to the line

8:30 Girls Freshman Race 1.5 miles

8:30 JV warm up

9:00: freshman to the line

9:10 Girls Junior Varsity Race 3.0 miles

9:25am: Varsity warm up

9:55am: Varsity to the line

10:05am: Varsity A Race 3.0 miles

11:30am: Depart Bear Mountain

12:15pm: Arrive back at Goshen HS

Freshman Race: The Fantastic Four is at it again facing the 1.5 mile course at Bear Mountain!

2018

| | |
|----------------|---------|
| Ofir Folgelman | 13:33.6 |
| Ysa Paneto | 11:53.0 |
| Ana Duffy | 14:15.4 |
| Emily Peden | 14:08.7 |

Junior Varsity Race: The goal is to PR!!

2018

Section IX 2017

OCIAA 2017

Suffern 2017

| | | | | |
|------------------|---------|---------|--------|----------|
| Angie Santiago | 24:05.2 | 21:58.2 | 21:44 | DNR |
| Kendra Byrne | 26:32.0 | 23:43.9 | 21:38 | 24:42:00 |
| Stephanie Dahows | 25:00.0 | DNR | 24:07. | 26:04:00 |
| Rachel Conklin | 25:53.7 | DNR | 25:31. | 27:47:00 |
| Madison Hilliard | 27:50.2 | DNR | DNR | DNR |
| Mary Dawson | 29:11.9 | DNR | 27:25. | 28:44:00 |

Varsity Race: Let's see what you're made of! Put your training to the test!

2018

Section IX 2017

OCIAA 2017

Suffern 2017

| | | | | |
|------------------|---------|---------|--------|-------------|
| Kayla Schramm | 18:40.7 | 18:31.8 | 18:27 | (F)10:49.02 |
| Madison Montgorn | 19:58.3 | 19:57.2 | 20:19 | 20:07 |
| Dana Poppe | 20:56.4 | 22:24.0 | 21:57 | (F)12:45.5 |
| Jade Kimmel | 22:18.4 | DNR | 24:04. | (F)13:57.0 |
| Kirsten McKenna | 22:40.0 | DNR | DNR | DNR |
| Marissa Lombardi | 24:58.6 | DNR | 23:32 | 25:22:00 |
| Sara Tippin | 23:38.6 | 21:47.2 | 21:46 | (F)12:48.6 |

Prepare for the meet:

Get a solid night's sleep the night before (and 2 nights before) the meet.

Eat complex carbs (pasta) the evening prior to the meet and eat a light, healthy breakfast the day of.

Stay hydrated! Drink plenty of water the night before and morning of the meet.

Bring snacks and money for concessions and t-shirts.

DO NOT arrive at the HS in only your uniform. Wear long pants, jacket & long sleeve shirt to the meet.

Keep your warmups on until you are about to start the race. We will bring them back to the tent.

Reminders:

Upon finishing their races, athletes should remain at the finish line to cheer on their teammates

After all athletes have completed the race, the entire group must do a 15 minute cooldown jog, followed by stretches

You may not leave the meet prior to completing the cooldown & stretches. In addition, you must sign out with Coach

"A DREAM YOU DREAM ALONE IS

ONLY A DREAM. A DREAM YOU

DREAM TOGETHER IS REALITY" -John Lennon