

# 2018 GOSHEN BOYS CROSS COUNTRY

48-56°F | rain for frosh; clouds for JV; sun for varsity

**Manhattan Invitational**  
**VanCortlandt Park, Bronx**  
 Saturday, October 13, 2018



"There will come a point in the race, when you alone will need to decide. You will need to make a choice. Do you really want it? You will need to decide." -Rolf Arands

## Freshmen Boys "E" (1.25 miles)

#/166	NAME	TIME
32	Diglio, Jackson	6:54.4
41	Mistretta, Alex	7:01.7
70	Serkes, Daniel	7:26.4
88	Foster, Arun	7:38.4
109	Bassani, Daniel	7:53.6
149	Reed, Camden	8:35.4
157	Foster, Kapil	9:08.8
<i>10th place out of 21 scoring teams</i>		

## JV Boys "B" (2.5 miles)

#/236	NAME (2017 time)	TIME
75	Holmes, Garrett (15:58)	15:48.6
112	Clark, Tallon	16:29.0
138	Pinto, Ryan (16:58)	16:54.5
140	Molina, Gregory	16:55.6
151	Mistretta, Ryan	17:24.1
163	Garton, Matthew	17:51.3
<i>21st place out of 29 scoring teams</i>		

## Varsity Boys "F" (2.5 miles)

#/167	NAME (2017 time)	TIME
5	Paneto, Nicolas (13:42)	13:11.8
21	Perrillo-Sullivan, Stephen (14:12)	13:42.2
28	Johnson, Andrew (14:25)	13:50.9
60	Hannibal, Greg	14:38.5
69	Perez, Chris (15:30)	14:47.8
86	Albanese, Blake (15:54)	15:12.7
94	Rampulla, Andrew	15:26.1
<i>5th place out of 25 scoring teams</i>		

## Meet Summary

Today was one of those days when you get home and can't help but feel great about this program! The "championship" phase of the season unofficially started today, with Manhattan being one of the biggest meets in the nation. We've been looking for guys to step up for a while, especially now with one of our aces being out of commission. Finding themselves in new roles, many guys heard the call and stepped up in a tremendous way. Two of our freshmen joined the ranks of our varsity squad and performed exceptionally well, despite the pressure and stress of having to perform at the highest level. Comparing results from last year, all of our returning athletes made considerable improvements, led by Paneto who finished 5th with a 31 second drop. Perrillo (-31), Johnson (-35), Perez (-43), and Albanese (-42), also made huge gains. Going into the dual meet against Mount Academy and Saturday's Brown Invite, we have a challenging week ahead. Over the next couple weeks, we need to continue working hard, remain focused on the goal, and figure out the best way to battle our opponents, whether they be in our heads or on the course. Everyone must do their part! In addition to giving 110% during workouts, we must do all of the essentials, like getting enough sleep, proper nutrition, staying healthy, and getting in those Sunday long runs. All of these things will make the difference when it comes down to who qualifies for States and who stays home. If we work together, we'll make that difference.

Your body follows the directives of the mind. Racing is such a direct feedback system that whatever thoughts you are holding are immediately represented in your body. -Lorraine Moller

# Manhattan Cross Country Invitational

**Date:** October 13th, 2018

**Location:** Van Cortlandt Park

**Weather:** 44-56 degrees/rain for freshmen, cloudy & gray for JV, mostly sunny for varsity:)

**Gear:** Arrive to the school ready to warm up, so when we get to the meet we are ready. Bring rain gear, two pairs of socks and some spending money.

**Course:** 2.5 miles of Crushed Blue Stone - Short spikes recommended but not necessary. The Starting Line for ALL Races is the Same!

It is located near the Tennis Courts, (past the Flagpole, the Van Cortlandt House Museum and the Nature Center).

**Freshman Race: 1.25 mile run**

*Get out fast and towards the front of the pack! Run hard and hang on. Before you know it, the race will be over!*

		2018
11	Anna Duffy	8:17.1
28	Emily Peden	8:46.3 (shoe)
34	Ashley Peden	8:54.9
81	Sarah Drivas	14:19.6

**Junior Varsity Race: 2.5 mile run**

*The competition is rising and you are ready for the occasion! Get out fast and finish fast!*

		2018	2017
38	Ofir Folgeman	18:50	--
58	Marissa Lombardi	19:31	20:17
81	Rachel Conklin	20:13	--
122	Madison Hilliard	22:15	22:24
139	Mary Dawson	23:36	23:58

**Varsity Race: 2.5 mile run**

*"Somebody may beat me, but they are going to have to bleed to do it." Steve Prefontaine*

		2018	2017
5	Kayla Schramm	15:23	15:16
27	Madison Montgomery	16:21	16:31 (2016)
38	Ysa Paneto	16:38	--
67	Dana Poppe	17:13	18:38
90	Jade Kimmel	17:40	21:06
117	Kirsten McKenna	18:22	--
130	Madison Schaaff	18:50	--

**Meet Schedule:**

7:00AM: Depart GHS  
 8-8:25AM: Arrive at VanCortlandt Park  
 8:31AM: Freshmen warmup/stretch  
 8:40AM: Remainder of team walk-jog of course  
 9:01AM: Freshmen report to line  
 9:11AM: Freshmen Girls "A" (Position 16)  
 10:49AM: JV Girls warmup/stretch  
 11:29AM: JV Girls report to line  
 11:39AM: JV Girls "B" (Position 36)  
 12:10PM: Varsity Girls warmup/stretch  
 12:53PM: Varsity Girls report to line  
 1:03PM: Varsity Girls "A" (Position 32)  
 5:00PM: Depart VanCortlandt Park  
 6-6:30PM: Return to GHS

**FOLLOW THE WARMUP/COOLDOWN SCHEDULE FOR YOUR ASSIGNED RACE!**

- Warmup/jog about an hour before
- Report to the line 10 minutes before
- 15-20 minute cooldown jog & stretch after your race

***Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about. PattiSue Plumer***