Dear Friends of Cazenovia College Cross Country:

What a challenge (and pleasure) it was to host the NEAC 2005 Men's and Women's XC Championships this past weekend!

One of the rainiest Octobers on record in the Syracuse area had our courses on the "moist" side even before five to six inches of wet snow accumulated at The Farm on Tuesday night. Wednesday, Thursday, and Friday were just warm enough (thanks to the still-warm ground) to melt the white stuff. As the snow melted, I discovered six trees that the snow had brought down onto the course; a thick blanket of leaves that the snow brought down and covered; and three or four dozen spots where the course sported running or standing water.

But by the time the teams began arriving at the course on Saturday morning, things were going splendidly. Under mostly sunny skies, our courses were quite run-able, and our student-athletes competed very nicely. (A collection of photos of the event should be posted at www.cnypix.com within the next several days.)

Led by the first-team all-NEAC performance of Priscilla Paluck ('06, Constableville / SUNY Morrisville), our women scored 89 points, tying us with Keystone College for second-lowest women's team score of the day. Unfortunately for us, the tie-breaker (fastest sixth finisher) favored Keystone, so our official finish place was third.

Our individual performances were very gratifying. Pea finished seventh overall, running 22:41. Megan Hurley ('08, Penfield / Penfield HS) earned second-team all-NEAC honors by virtue of her 12th-place finish in 23:00. Anna Supp ('08, Cherry Valley / Springfield-Cherry Valley HS) ran her best race yet, finishing 15th in 23:22. Caitlin Snyder ('08, Otego / Unatego HS) just missed the top twenty as she finished 21st in 24:06. Both Anna and Cait earned all-NEAC honorable mention. Kat Nedeau ('06, Tiverton, RI / St. Mary Academy-Bay View) came through with a big performance when we needed it, finishing 34th in 25:45.

In the men's race, Tim Doyon ('09, Bennington, Vt. / Mt. Anthony Union HS) put on quite a show for the impressive throng of Wildcat supporters in attendance. Tim went out with the leaders, was in third place at the first kilometer, and powered his way to a runner-up finish in 28:01. Tim's placing was the highest ever by a Cazenovia College athlete in a NEAC XC Championship. Chris Kahovec ('09, Victor / Victor HS) continued his string of solid race performances with a 26th-place time of 31:35. Ryan Matuszewski ('09, Galway/Galway HS) was our third scorer, crossing the line 41st in 34:11. Brian Kowalsky ('09, Sauquoit / Sauquoit Valley HS) was two places behind Ryan in 34:35. And Gabriel Pec, still running on a sore tibia, was right on Brian's heels in 34:39.

Our men's team's 6th-place finish—an excruciating four points out of fifth—marked the first time that Cazenovia College has fielded a complete team at the NEAC Championships.

Once again we want to thank all of the parents and family members who came out and provided such impressive spectator support—as well as the delicious baked goods that helped to make our concessions table so popular. We really appreciate all the travel time and positive energy that our parents have contributed this season!

Thanks also to the many people in the Cazenovia College community who helped us to host the meet on Saturday. The visiting teams and coaches have had nothing but enthusiastic compliments to offer regarding both our courses and the way in which the meet was conducted.

Our teams travel to New London, CT, this weekend to compete in the ECAC Division III Championships on November 5. The women's ECAC Championship (6K) will start at 11:00 a.m., and the men's race (8K) will start at noon.

Keep in mind that timely information about all of Cazenovia College's intercollegiate teams is available via the new Cat Tracks e-mail service. Cat Tracks is free and easy to find at www.cazenovia.edu/cattracks.

Dave Oja, Head Coach

Men's and Women's Cross Country
Cazenovia College Cross Country

Making history... one mile at a time.