Dear Friends of Cazenovia College Cross Country:

The Hobart Invitational drew our men’s and women’s teams to Geneva this morning, where the competitors in both the women’s 6K and the men’s 8K were treated to a two-hour pause in the drizzle that plagued Central New York for most of the day. Our good fortune with the precipitation was gratifying, and so—it turned out—were our performances.

We should have had a tired day. Our student-athletes were coming off their most aggressive week of practice thus far this season; our women were tackling the 6K distance for the first time this fall; and three of our five men were racing 8K for the second time in eight days. It was a sure thing that the final kilometer of the women’s race and the final two kilometers of the men’s race would present significant challenges. And they did.

The team scoring doesn’t tell the story of the day, as our women placed fifth among the seven teams represented, and our men finished sixth in their field of eight. Whatever the team placings, our performances this morning offered reason for nothing but optimism.

As usual, the women raced first, and as usual, Megan Hurley (‘08, Penfield / Penfield HS) captured a spot among the top ten individuals at this race. Racing for place rather than time, Megan competed exceptionally well on her way to a time of 25:53.

Priscilla Paluck (‘06, Constableville / SUNY Morrisville) was equally focused throughout this morning’s race, running much better relative to many of the women whom she raced at Oswego the week before. Pea’s time of 27:42 earned her a spot among the top twenty at Hobart. It also clipped thirteen seconds off her time on this course a year ago—on a morning when many of the women in the field ran one to two minutes more slowly than they did in 2004.

Anna Supp (‘08, Cherry Valley / Springfield-Cherry Valley HS) ran a terrific 5K this morning, crossing the line with burgeoning confidence and her first real glimpse of where several more weeks of solid training can take her. Anna ran 28:42 (six seconds faster than last year) despite confessing to having “died in the last K.” She also left the finish area knowing exactly which members of the competition she expects to outrun next time.

Caitlin Snyder (‘08, Otego / Unatego HS) chipped in with another solid performance, running 29:14 and turning in the most even splits of any of our men or women today. Cait’s times in recent workouts indicate that she’s gaining strength, which surely contributed to her steady performance on the hills this morning.

Kat Nedeau (‘06, Tiverton, RI / St. Mary Academy-Bay View) also had an encouraging performance this morning. Having missed this race due to a sore knee in 2004, Kat went out this morning and ran a very controlled 34:44—a nifty 2:05 faster than she ran the course as a sophomore.

And, speaking of sore knees, Amy Crysler’s (‘09, Marcellus / Onondaga Central HS) sore knee was sufficiently improved this week to enable Amy to make her collegiate racing debut. Amy’s goal was to run a controlled pace for the entire distance, which she did without any difficulty. We’re eagerly looking forward to Amy’s complete relief from knee pain!

Our men’s team made more history, as the Wildcats’ “iron-man five” gave the College our first-ever, complete men’s team in an 8K competition. Tim Doyon (‘09, Bennington, Vt. / Mt. Anthony Union HS) led a tight pack of four Wildcats through most a controlled first mile, after which Tim worked his way up through the field to place 11th in 30:06.

Chris Kahovec (‘09, Victor / Victor HS) and Ryan Matuszewski (‘09, Galway/Galway HS) made excellent attempts to maintain their early pace throughout the course. With athletes from several teams running times that were about a minute slower than they ran the week before in Oswego, Chris made his 8K debut in 32:36, and Ryan was timed in a good 33:06.

Brian Kowalsky (‘09, Sauquoit / Sauquoit Valley HS) was also running his first collegiate 8K this morning—and testing a recently tender knee. The distance wasn’t a problem; the knee wasn’t a problem; and Brian cruised through his debut in 34:27.

Gabriel Pec (‘09) had another good outing in his second 8K race. He did a wonderful job of moderating his early pace and handled this week’s tougher course very nicely in 36:05.

Many thanks to Bill Mullarney, Jeff and Pat Kowalsky, Joe and Ginny Hurley, Diane Kriser, Diane Branagan, Elaine Crysler, Ed Kahovec and Chris’s younger brother for their loyal support this morning in Geneva!
This coming Saturday, September 24, we'll be competing at the Bard College Invitational, in Annandale-on-Hudson, NY. It'll be another 6K test for our women's team, and our men will have their third consecutive go at 8K. The women's race is scheduled to start at noon, and the men will start at 12:45 p.m.

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

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Cazenovia College Cross Country

Making history . . . one mile at a time.