Dear Friends of Cazenovia College Cross Country:

Who would have thought that an away meet on Family Weekend—and three hours away, at that—would become a family gathering for our women’s and men’s cross country teams? That’s what the Bard College Invitational turned out to be, complete with gorgeous weather, several student-athletes’ parents, one student-athlete’s grandparents, the coach’s parents, and even one of our cross country program’s alumnae and "Founding Mothers."

It was a special day, made even more special by spectacular weather in the Mid-Hudson Valley and the seventh-place finishes of both our women’s and men’s teams in fields of sixteen and seventeen schools, respectively. It was also a day on which our harriers overcame several unexpected challenges that made for some interesting and memorable race-day moments.

Two major highlights for the Wildcats were the top-ten individual finishes of Tim Doyon ('09, Bennington, Vt. / Mt. Anthony Union HS) and Megan Hurley ('08, Penfield / Penfield HS). Tim finished eighth, in 29:00, and Megan crossed the line tenth, in 26:46.

Megan received fine support from her teammates as Priscilla Paluck ('06, Constableville / SUNY Morrisville) finished 27th in 28:58. Caitlin Snyder ('08, Otego / Unatego HS) and Anna Supp ('08, Cherry Valley / Springfield-Cherry Valley HS), both shook off some motion sickness that followed the bus ride and ran 29:29 (30th) and 30:21 (38th), respectively. Kat Nedeau ('06, Tiverton, RI / St. Mary Academy-Bay View), ran 32:55—and prevailed in a spirited sprint to the finish with another competitor. Our finish times indicate the challenging nature of the course, and our finish place—just four points behind the home team—reflects the quality of our individual efforts.

Tim’s top-ten performance was also nicely supported by the performances of all of his teammates. Chris Kahovec ('09, Victor / Victor HS) recorded his collegiate 8K best of 32:11. Ryan "Mad Dog" Matuszewski ('09, Galway/Galway HS) overcame an encounter with an unleashed pit bull near the two-mile mark to finish in 32:40. Gabriel Pec ('09, Atlanta / Georgia Perimeter JC) lowered his 8K personal best by nearly two minutes as he crossed the line in 33:35. And Brian Kowalsky ('09, Sauquoit / Sauquoit Valley HS) crossed the line in 34:51 after leaving his breakfast on the steep hill about a mile from the finish.

The men's performances improved to 32:27.4 the Cazenovia College record for the average pace of our top five men in an 8K.

Jeff and Pat Kowalsky, Diane Kriser, Bob and Shirley Kriser, Mike and Annette Nedeau, Jim and Lucy Doyon, and Ed Kahovec provided audible family support in various places along the 6K and 8K courses. The ever-vivacious Wendy Armelin (Cazenovia College '03) and her friend Sean seemed to be everywhere on the course. And many in the Cazenovia contingent enjoyed the opportunity to relax at Frank and Ruth Oja’s home following the races.

With no competition on our schedule for the first weekend of October, our student-athletes will be lending a hand with the Dennedy, Burke & Brown Community Fun(d) Walk at the Syracuse Festival of Races™. This will be the second consecutive year in which our teams have made our annual community service project the Community Fun(d) Walk, which serves as an important fundraiser for more than a dozen area non-profit organizations.

And on Thursday, October 6th, both teams will be boarding a Continental Airlines flight to Las Vegas for our first-ever "Learning on the Run Fall Break Trip." We'll race (women 5K, men 8K) at the UNLV Invitational on Saturday, October 8th, and then spend the remainder of the College’s four-day weekend hiking and learning about desert ecology and the geology of the Colorado Plateau at Zion National Park, in Springdale, UT.

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.