

CHSAA NEWSLETTER

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25¢ copy

Congratulations! You are helping set a precedent, for the newsletter you are reading is the first of its kind. "That's great!" you say, but then ask, "What exactly is this newsletter about?" The answer is simple.

This newsletter is on the New York Section of the CHSAA, to my knowledge the first one ever in existence. The writings will deal primarily with the schools and athletes of this section, but news of general interest on all facets of track and field will also be included. Basically the paper will include results of all the meets any team from the section competes in, highlights of these meets, news and highlights of general interest, records and statistical lists, puzzles and quizzes and profiles on section stars. As an added feature, at the end of each season (cross-country, indoors and outdoors) an all-star team will be selected from among the athletes of the section.

I hope to publish the newsletter twice a month and sell it at meets for 25¢. So bring an extra quarter to each meet if you wish to further support this precedent setting publication.

I'd like to take this opportunity to thank the coaches for their help, without it this newsletter would not be possible. Their continued support during the year will be instrumental in making this a successful publication.

I hope this will be a useful and informative newsletter and that you will enjoy reading it as much as I will enjoy writing it.

SCHOOLS OF THE NEW YORK SECTION OF THE CHSAA

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X-COUNTRY PREVIEW

LA SALLE ACADEMY-Cross-country should prove to be a successful season. The charge through the hills is led by senior Myles Corrigan, who ran 13:12 and placed highly last year. Close behind him will be seniors Rich Walsh, who's persistent knee troubles limits his summer training, and Larry Brown, who is back from an injury that kept him out of outdoor running last year. Great hopes are held for junior Bill Galea, and senior Pete Harangozo, who missed all of junior year due to tendonitis. Pete was the City's JV champ as a soph as has all the talent and desire to return to top form. A consistent scorer will be Kevin J Mooney, who is also a successful sprinter. Rounding out the team will be senior Kevin R Mooney and jr, Ed Lucas. The team looks strong and barring injury could win some big titles.

POWER MEMORIAL-Strength and depth will be the instruments used to maintain Power's cross-country prowess. Seven seniors fill the team: Brian Johnston, a 13:12 strong runner, and Art Stolba, also a 13:12 last year, should be the leaders. Other reliable performances will come from Ed Jennings and Dan Tonery, who should both be in low 13:00 form, at least. Then Gerald Centrowitz, who hit a shade above 14:00 and if talent runs in the family, he should be a prime contender. But that's not all. Scoring threats such as Mike Rafferty, Pete Dobrolski, and don't forget about Maurice Weaver the freshman sensation. It should be a fine season with Johnston and Stolba leading the way, then in the Power tradition there will be an array of purple and gold pouring in behind.

ST. PETER'S-1973 could be the best year in the school's history. The success of the team relies mainly on the performance of their star, Paul Buttermark. He was a 12:59 runner last year but got a chipped bone on his knee and was out after February for an operation. Paul seems fully recovered, turning in a 3:12-1320 over the summer. But a team can't win with one runner. The backbone of the team will consist of four juniors, all of whom came close to breaking 14:00 last year. They are Chris Mazzola, Brian Swensen, Frank Cianciotta and Rich McGowan, all performed well outdoors and could go places. The men to fill the other varsity spots will come from a wealth of fine juniors and seniors. In all it's a huge and talented team. This year will rely on the health of Buttermark and the improvement of the juniors. If all comes around-look out!

RICE-Though the squad is not large, the outlook is bright due to some good runners. Start with senior Joe Dern, a strong and colorful runner who could improve his 13:35 no end. Also there's Ken Mitchell, who's done a sub-2min. 880 indoors, and Malcolm MacDonald, a man who just started running last year. He runs all distances well, including a 2:02.0 half. Juniors Russ Cheek and Mike Matos are to be watched, they're not only fine on the hills but are good 880 runners, too. Judging from the talent mentioned above, it looks as though Rice will be successful again.

FORDHAM PREP-The team will be headed by 3 seniors, with the No. 1 man being John Lynch. He's run 13:14 and should break the 13:00 minute barrier. Not far behind him are Andrew O'Rourke and Al Mauro, their performances should prove to be the team's key to winning. The youth is found in Tom Pandeleon (Jr), a near 14:00 runner, and Jim Clifford who ran 8:23 as a frosh. Rounding the squad out will be Tony Hallinan and Claude Howard (a 2:01.5-800 as soph). Take a look now at the team so you won't be surprised if Fordham does some excellent performances.

ST. RAYMOND'S-When St. Raymond's sports are mentioned, basketball is the first thing that comes to mind. It's the sport with the tradition and recognition, not track. But new head coach, Mr. Donald Gallagher, plans to change things and get together a strong track team that will start a tradition of its own. To work with in cross-

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A SEASON FOR ALL MEN

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Cross-country season is upon us once more, no doubt to the distress of some of you. Cross-country is too often viewed as back breaking work which is only tolerated so on can get into shape for indoors and outdoors. This is unfortunate for cross-country is beautiful! It allows the most freedom and variety of all the seasons and should not be viewed as a lesser brother to indoor and outdoors, or be used solely to get into shape. It should be looked upon as a sport in itself with its own benefits and values.

Actually cross-country is a relief from track. It provides you with miles of open air and land, you get close to nature and meet the challenge of steep hills and whipping winds. This far surpasses circling tracks designed for speed where time is essential, pressure high and variety lacking. Cross-country is a sport where everyone can compete regardless of size or speed. It's not just for the distance man and he doesn't have to be the best. Sprinters have a place here too, since the course is reasonably short and it's more a battle to keep going than one of speed. A 14:00 min. clocking on the 2½ mile course requires going 5:36 per mile. This is not too much to ask from a good 440 or 220 runner. Here also is a place for the person who can't seem to find his event in track. He's too slow for a sprinter yet can't break five in the mile. Put this person on a cross-country course and you may find he can run 5:30 miles over the course, thus breaking 14:00 min. This is why I think it unfortunate that most cross-country runners are distance men, other people are missing out.

Even if you can't run 14:00 or under 15:00 it's not a disaster, for cross-country is very individualized. The fact that it's harder to run over hills than over tracks makes it rewarding to just know you ran the course and did your best. Cross-country is not speed orientated and comparisons of times mean much less than in track, and if you get all caught up in times you're missing the point. The true challenge is not in times, though they have their own worth, it lies within yourself. The fact that you climbed those hills though your legs ached and kept going even though there was no one to cheer you on and no one would have seen you stop. And after you're finished, if you can say you

gave your all, you indeed have won. Break a record or running a personal best is great, but it's not the whole story.

Now don't misunderstand my thoughts on track. I think track is a great sport with values and benefits all its own. But some of these values are slipping into cross country and destroying its pureness and simpleness. Track and cross-country are different sports, let them be different.

Enjoy your cross-country season!

NEWS NOTES

How did you like the recruiting job Manhattan College did on the local school-boy milers? With the talent they got Coach Dwyer may have the best freshman 4-mile relay team anywhere, with Pete Gaughn, 4:09; Chris Inman, 4:07.6; Dave Wall, 4:15 and Matt Centrowitz, 4:01. That's a 16:32.6 relay—good enough to take second in '73 Penn Relays, a second behind Villanova!.. Here's an observation I made—Manhattan got stars Mike Keogh and Tony Colon from Essex and Power, respectively. Just before they graduate Manhattan picks up two more prospects from those schools, Chris Inman and Matt Centrowitz. To make the pattern more complete, Centrowitz is in the class of Colon being very tall and solid, whereas Inman is smaller and lighter like Keogh. Wonder if Manhattan is looking for duplicates of their graduating stars... Mark Belger (senior at Mepham) set an age-16 world 880 record with his 1:50.3 in the Junior Champs at Gainesville. This also ties him with the junior class world record set by Jim Ryun in 1964. Mark adds these achievements to his age-15 world record of 1:53.6!!

?????TRACK QUIZ?????

1. Who is the only runner to win two modern day Olympic marathons???
2. Name the four runners from the Univ. of Chicago who set the 2-mile record (relay)
3. Who is the only American to have won a gold medal in the Olympic 5000m.??
4. Who held the US 800 meter record before Dave Wottle broke it with his 1:44.3??
5. From what country did Ron Clarke come??
6. Site of 1928 Olympics.

country, he has soph Lino Relvini and junior Jim Keenan. These two will be the building blocks on which a team will be made. Undoubtedly in year's to come St. Raymond's will have a team of prestige, due to the hard efforts of both the coach and athletes.

IONA PREP-Things look very bright this year. Sr. Bill Traway was their leading man last year but Bob Quinn had a great outdoor campaign and he may emerge as No.1. If Mark McCabe can take the hills like he does steeple barriers he should be a great asset. Other seniors include Joe Garland, Sean McGillicuddy (both ran a shade over 14 last year) Jim Lawlor, who didn't run X-C because of an injury, but his 14:25 as a soph means he's a good one, and Lew Munday a fine sprinter of 51.6 who takes well to the hill hills. The team has great depth but no one great runner. If all can manage improvement and consistency it will be a stellar year.

MSGR. FARRELL-Coming off a disappointing cross-country season, Farrell looks as though it'll be able to bounce right back. The optimism stems from the talent of Sr. Joe Walsh, a 13:23 runner who should carry the team, and juniors Gene Schwall, Frank Dawson and Paul Golterman. All of the juniors placed within the top ten in CHSAA soph champs and great things are expected from them. Add to this John Daly, a great 880 runner of 1:55 performance, and things look quite good. Some uncertainties come into the picture, too. The main one is if Joe Vaccaro can overcome his bout with hepatitis, he ran 13:28 last year. Also, great depth could be added from Tom Walsh, Denis O'Brien and Bill Oehm, if improvement is steady all could be under 14:00. Overall the team looks strong though it might suffer in the bigger meets with high quality fields. Depth is good and if some key runners come around, Farrell will be tough to beat.

ARCHBISHOP STEPINAC-This season will be a rebuilding one. Most top runners are lost to graduation, leaving only two seniors, Brian Gerety and Tony Gabriel, to take the burden. The remaining spots will be filled by juniors Jim Guerierre, Gary McNamara or Dennis Roche. There are some strong sophs in Mark Hanarahan and Bill Fanelle. The team should not be in contention for any serious titles but with only two graduating this year things look better for the future.

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NOTICE TO NY SECTION COACHES: I AM PLANNING TO COMPILE A LIST OF RECORDS FOR THE NY SECTION AND NEED YOUR HELP. PLEASE SEND ME A LIST OF CROSS-COUNTRY BESTS FOR YOUR SCHOOL (IF YOU HAVE NOT DONE SO ALREADY). MAKE THE LIST 5 TO 10 DEEP (OR MORE) WITH RUNNERS FULL NAMES, TIMES AND THE DATES (VC PARK TIMES PREFERRED). EITHER MAIL THIS TO ME OR GIVE IT TO ME AT A MEET. AS SOON AS POSSIBLE. FOR INDOORS AND OUTDOORS I HAVE MADE UP A FORM. IT WILL BE EITHER MAILED OR GIVEN TO YOU IN PERSON. FILL IT OUT AS COMPLETELY AS POSSIBLE WITH THE 5 BEST PERFORMANCES IN YOUR SCHOOL IN EACH EVENT. GO DEEPER THAN 5 OR ADD ANY EVENTS ON THE BACK OF THE SHEETS, IN ALL CASES INCLUDE DATES. IN THE RELAYS THERE'S ROOM FOR ONLY ONE TEAM. FILL IN YOUR BEST TEAM IN EACH RELAY EVENT AND ON THE BACK ADD 2nd, 3rd, 4th, etc. BEST TEAMS IN EACH RELAY EVENTS, INCLUDE FULL NAMES, DATES AND SPLITS IF POSSIBLE. GIVE ME THESE FORMS, THROUGH THE MAIL OR AT A MEET, WHENEVER YOU HAVE THEM FILLED OUT AS COMPLETELY AS YOU CAN. THE FINAL STATISTICAL LIST WILL BE PRINTED WHEN ALL INFO IS RECEIVED. THANK YOU FOR YOUR TIME.....

ANSWERS TO THE TRACK QUIZ: ?--1. Abebe Bikila (Ethiopia) '60 & '64. 2. Tom Bach, Ken Sparks, Lowell Paul, and Rick Wohlhuter. Team time-7:10.4... 3. Bob Schul, 13:48.8, 1964... 4. Ken Swensen, 1:44.8..... 5. Australia..... 6. Antwerp..... ??.....

BISHOP DU BOIS-Returning this year are John Sierra, John Heffernan and Joe Lanbrana, all seniors. Sierra, who ran 1:55.1 last year, looks in the best shape of his life and will lead the team. Lanbrana ran 13:50 as a soph but was injured last year. He's hoping for a great comeback. Heffernan trained hard over the summer, low 14 minute performances from him should not be surprising. Two sophs-Gino Maldonado, 4:38 and 2:06 as a frosh, and Tom Palermo, 2:08 frosh 880, should help the team greatly. The season rides on the shoulders of John Sierra, and since the team lacks real depth, all runners will have to do their best to make it a winning season.

DUAL MEETS-----NOTES.....

All Hallows senior, Eugene McCarthy, looks to be in mid-season form. He's run a 12:55 time trial and last Saturday in a dual meet with St. Peter's he ran 12:41. He ran this time all alone (Paul Buttermark was 2nd about a minute behind) and hardly looked tired at the end. This time is 20 secs off the course record, ranks him in the top 20 on VC Park's all-time list and the season has just started.... Results of a dual meet between LaSalle and DuBois; John Sierra, DuBois, 16:03; Myles Corrigan, LaSalle, 16:28; Larry Brown, LaSalle, 16:40; Rich Walsh, LSA, 17:02; Pete Harangoso, LaSalle, 17:05; John Heffernan, DuBois 17:48. Times were run on a wet 3-mile course at Van Cortlandt... It's reported that Power soph, Maurice Weaver, has run a 13:35 time trial. Last year he ran 8:26.0 on the 1 1/2 m. freshman course along with a NY State Frosh record of 2:03 indoor 880... Here is a list of NY Section records I have compiled already. To help me complete this list please read my notice on page 4. GROSS COUNTRY: Matt Centrowitz, Power, 12:24.5; Denis Fikes, Rice, 12:25.7 INDOOR-500-Art Clark, Power, 59.4 Mile-Bill McLoughlin, Sacred Heart, 4:13.6; Centrowitz, 4:14.0; -Two Mile-Howie McNiff, Magnus, 9:09.8; Centrowitz, Power, 9:10.4; 1000-McLoughlin, Sacred Heart, 2:13.3; Ken Schappert, DuBois, 2:13.5; -HJ-Bruce Groneveldt, LaSalle, 6'8 1/2"; Shot Put (12 lb)-Henry Korn, Stepinac, 62'4"; -OUTDOOR-Mile Centrowitz, Power, 4:02.7; Tony Colon, Power, 4:06.0; -1500-Centrowitz, 3:43.4; Colon, Power, 3:48.2; McLoughlin, Sacred Heart, 3:51.1; Two Mile-Centrowitz, 8:56.2; Three Mile-Denis Fikes, Rice, 14:13.4; Mike Brown, LaSalle, 14:29.6; 5000m-Centrowitz, 14:17; 880-Tom Carroll, Fordham, 1:50.6; 800m.-Carroll, 1:49.2; 1000m-Carroll, 2:25.5; 3000m. Steeple-Brown, LaSalle, 9:33.7; HJ-Bruce Groneveldt, LaSalle, 6'8"; Shot Put (12lb.)-Henry Korn, Stepinac, 65'10 1/2".... Please send me any dual meet information either by mail (90 Beekman St., NY, NY 10038) or give it to me at a meet. Also, any meets I'm not at, meets LaSalle is not in, would someone get the results of that meet and get them to me soon after the meet. It will be necessary in keeping statistical lists updated and enable me to make more accurate all-star selections... Matt Centrowitz has been named by the NY State Scholastic Track's yearbook the 1973 athlete of the year. Bill Jankunis, New Dorp, was named the top field eventer. He set a NY State record with his 7'4" high jump.... The NY State 2-mile record really took a beating last season. It started out with Denis Fikes' 9:03. Then Centrowitz lowered it to 9:01 at the Nantux Relays. Matt then lowered it under 9:00 with his 8:56.8 when he placed second behind Craig Virgin's 8:41. A week later at the Golden West Inv., Curt Alitz ran an 8:55.0 to place 3rd and put the record where it stands now. In that same race Centrowitz placed 4th with what is now the NY Section record of 8:56.2.. If a big cross-country team is an ingredient to a great one, Msgr. Farrell could definitely have a great frosh team. In VC Park one day I saw them working out and there were so many of them they were split into two groups of about 50 each. A lot of them pretty good, too. Farrell could have something in store for the future.. Buy this newsletter again and tell track fans you know about it. The next edition will be out most likely in two weeks and will first be distributed at the Manhattan College Invitational on Oct. 13 at Van Cortlandt. If you'll be at that meet remember to look for the newsletter. The edition will include the results of the Bear Mt. meet, Iona College Champs and any other meet coaches will send me results of..