

## **MORRIS COUNTY REWIND**

The Mount Olive girls made a huge statement, the Morristown boys are preparing to do the same, Josiah Hanco of Trinity Christian scored a big win, Matt Weintraub of Morris Hills made a triumphant return from an injury, and some new faces made huge impressions on the trails this past week.

Let's get right to it!!!

### **MOVING ON UP**

There were a couple teams that made big moves in the New Jersey Top 20 rankings this week. One of them was Mount Olive, which vaulted six spots to No. 9 after its great performance at the Roxbury Invitational last Saturday at Horseshoe Lake Park in Succasunna.

At the Roxbury Invit., coach Mike Behre's Marauders averaged 19:41.76, out its four runners in the top 11, and outscored 2012 Meet of Champions winner, 22-30, in the a race where just the top four runners from each tem raced. In the other race featuring runners 5-8 from each team, Mount Olive top girl

19:49

Mount Olive's top five runners on the day were junior Sarah Masukewicz (19:07), sophomore Alexandra Christian (19:29), senior Sara Christian (19:41), senior Mariah Christian (20:28), and senior Erin Schafer (20:58).

Last year, Mount Olive won the North Jersey, Section 2 Group 3 title, placed second in Morris County for the second straight year, and was fifth at the state Group 3 meet. But this team looks to be even stronger this season than they were last year ago, and has a legitimate shot at winning the Morris County title and the state Group 3 Championship.

The Morris County Championships could be an instant classic between Mount Olive, No. 3 Randolph, No. 12 West Morris, and defending champion Mendham.

### **THE MO-TOWN EXPRESS IS READY TO RIP**

Morristown, the defending Morris County champion and preseason pick to win the state Group 3 title this season, has been holding back in its dual meets this season as coach Paul Buccino tries to make sure all his guys are healthy and ready to rip when the championships meets come around later in the season.

But Buccino said he will unleash his pack at Saturday's Stewart Memorial Invitational at Warinanco Park in Elizabeth when the team defends its A Division title against a very strong field and aims to take down the school record.

The Morristown school record average for Warinanco Park of 16:55.1 was set in 1997. The lineup of Greg Arabagian, Sean Lyons, Rudy Torres, Gavin Pitt, Ben Edwards, Evan Quinn and John Vallachi have the potential to destroy that record.

Morristown will be battling with Millburn, Voorhees and St. Peter's Prep.

### **HANKO AIMS TO RUN WILD IN THE SAFARI**

Josiah Hanko of Trinity Christian, coming off his victory in 15:41.0 at the Wave Mania Invitational last week in Warwick, N.Y., will try for his second straight major win at Saturday's Six Flags Safari Invitational at Great Adventure.

Hanko, the state Non Public B XC champion last year, and Steve Maine of Highland Reg., who won his race at the Briarwood Init. last week, should be among the top runners trying to record the top time of the day. Maine is in a different race than Hanko.

### **ACROSS THE BORDER**

Randolph, ranked No 3 in the state, will take the long ride to Wappingers Falls, N.Y. to run on the Nike North East Regional course when it comes in at Saturday's Bowdoin Park Invitational.

Randolph, led by junior Liz Lansing, won't be 100 percent after a rough week. Liz Wellman took a bad spill at Garret Mountain late in the race at the Marron Invitational last Friday and suffered a concussion. Carloe Harsch sprained an ankle earlier this week.

Get well soon, girls!!

Here is a look at the race assignments for the Bowdoin Park Invitational.

[http://www.dctoca.org/2013\\_BPXCC\\_Race\\_Assignments.pdf](http://www.dctoca.org/2013_BPXCC_Race_Assignments.pdf)

### **HANLEY DROPS BIG PR AT GREYSTONE**

Senior Patrick Hanley, who came into the season with a PR of 16:57 at Greystone (sectional meet last year), destroyed his PR in his first race of the season on Sept. 18 at Greystone when he finished first in 16:36 to lead Madison to wins over Dover (18-41) and Whippany Park (21-34). I guess that summer training paid off!!!

## **COUGAR REPORT**

Chatham boys coach Pat Barry checked in with this report on his boys team.

Sept. 7-Randolph Invitational: 3rd place with Will Mitchell at 16:40

Duels at Greystone: Defeated W. Morris and Parsippany Hills. Real close loss to Mendham (26-29).

Mendham took 1, 2 with Justin Naselli and Paul Ehmann, while Chatham took 3,4,5 with Will

Mitchell, Dominic Vernazza, and Andrew Vena. Mendham was 6th, Chatham 7th (Parth Shah), Mendham was 8, 9 with Liam Hynes of Chatham 10th.

Last Saturday-6th in overall team score on the merge with a 17:26.6 average at Magee Classic at Warinanco Park: Lead runner was junior Will Mitchell in 16:52 (the 13th fastest time of the day among the 796 finishers), followed by senior Dominic Vernazza (17:00). Junior Grant Hauck had a great race in 17:34. Sophomore trio of Ben Seitz-Sitek-18:04, Pat Mortensen-18:09, and Liam Hynes-18:09 combined to lead Chatham to a fourth place finish in the Sophomore Division.

## **RED HAWKS REPORT**

Parsippany coach Walter Bleuler sent in this report on his teams.

“The girls team is off to a great start. They beat Morristown Beard and lost to Villa Walsh. Girls team is lead by sophomore Ally Schlosser, who placed overall in the NJAC small division with a time of 19:43. She was followed by first year runner Jen Mylnar in 21:40, Amanda Angulo (22:38) Gabby Rachmaciej (23:00), Kati Hsu (22:45), Michele Giambrone (23:05), and Bria Saunders in 23:02 in her first year of xc. Sanders, a senior, is one of the state's top sprinters.

Team is young but we will improve and the goal is to advance to the group meet. The girls ran well at the Roxbury Invitation with Schlosser winning the Soph. Race in 19:37.5. Jen Mylnar ran 20:53 with a 17th place, Amanda Angulo ran 22:13, Gabby Rachmaciej in 22:15, and Michele Giambrone in 23:00. Bria was at University of Maryland (college visit), and Kati Hsu was at a state chorus event. These girls are talented and will improve each week. We are looking for a great season.

The boys team is also improved. Senior Bhargav Tarpara placed 16 at the Roxbury Invitational in 17:43, and Ronald Tudorache ran 18:58. The sophomore group of Dan Bamert (19:42), Jon Ho (19:53), and Steve Patraculla (20:14) are looking to move up. We are hoping that their times will improve and that some of our younger runners will also improve. ”

## **WEINTRAUB LEADS THE CHARGE FOR MORRIS HILLS**

Senior Matt Weintraub of Morris Hills, who missed some time earlier in the season with a hip

injury, scored an impressive victory when he ran 16:50 to win the Fastest 4 race at last Saturday's Roxbury Invitational at Horseshoe Lake Park in Succasunna.

"I'm happy with it, especially after missing last week with an injury," Weintraub told Brian Deakyne of The Star-Ledger. "I worked hard with my coach and my trainer to be ready to go today. My goal this year is to run under 16:40."

Weintraub pushed his way to the six-second win, despite not leading until near the end. The victory sparked Morris Hills to a team title win over Roxbury, 29-40. Morris Hills teammate John Dennehy finished behind Weintraub with a time of 17:06, which placed him seventh.

"I didn't come in expecting to win, I came in hoping for a controlled race," Weintraub told Deakyne. "I thought if I did that, I would have a better time and I ended up being able to win."

Morris Hills' Michael Gosden (17:18) and Kyle O'Connor (17:26) rounded out the team's finish with tallies in 10th and 11th place, respectively. Morris Hills finished with a team average of 17:10.31.

In the Future 4 race, all four runners from Morris Hills finished in the top nine, including Connor Spalt (18:20) who led the way with a second place finish.

Ian McNally (19:00), Dan Spalt (19:02), and Ganesh Gopal (19:15) finished consecutively in seventh, eighth, and ninth place, respectively as Morris Hills beat Parsippany Hills 23-39 for the team title. Morris Hills finished with a team average of 18:54.63.

Morris Hills has some new faces in the top 7 this season (four to be exact at this time), but coach Sean Robinson said his boys are working hard and are hungry and hope to surprise some teams this season.

I'm never surprised by the success at Morris Hills. They always seem to find a way to be right in the thick of things when it matters most.

### **FUTURE STARS**

One of the first things that caught my eye at the 33rd NJCTC Bernie Magee meet last Saturday was all the young talent on the Chatham girls team. In the 3,600-meter freshman race, Chatham teammates Julie Hamilton, first in 14:08, and Abbie Bigham, second in 14:19, led the Cougars to the Freshman team title. Keep an eye on Chatham. Good things are happening there under coach Julie Ullmeyer.

Ullmeyer, a multiple state champion during her days at Shore Regional where she was coached by her dad (Mel), knows how to get the most out of her team and keep the sport fun at the same time.

## ALONG THE TRAIL

Colts Neck coach Jim Schlentz has once again put together a great field for the Six Flags Wild Safari Invitational on Saturday at Great Adventure in Jackson.

Everything you need to know about the race, including race assignments and race previews, can be found here-

<http://www.sixflagswildsafariinv.com/>

The meet directors for the Shore Coaches Invitational (Oct. 5 at Holmdel Park) have announced that the start times for the Championships races have been pushed back. They are now scheduled for 3:05 p.m. for the girls and 3:25 p.m. for the boys. For the latest news on the Shore Coaches Invitational and other Shore news, go to <http://www.shorecoaches.com/>

The race assignments for Saturday's Passaic Coaches Invitational at Garret Mountain are here.

<https://blu180.mail.live.com/P.mvc#!/mail/ViewOfficePreview.aspx?messageid=797378b1-26dd-11e3-bad9-00215ad7ab8e&folderid=00000000-0000-0000-0000-000000000001&attindex=0&cp=-1&attdepth=0&n=1587561662>

A handful of Morris County teams will compete at Saturday's Stewart Memorial Invitational at Wartinanco Park (Morristown, Hanover Park, Parsippany Hills, and Whippany Park). The race assignments and schedule are here.

<http://www.mctrack.org/WebPosting/Clinics/2013%20Stewart%20Race%20Assignments.htm>

Anyone that has information to report, please email me at lambo2126@hotmail.com.

Feel free to follow me on twitter @lambo2126

My high school cross-country facebook page is here

<https://www.facebook.com/njhighschooltrack>

Happy trails!!!

GET UR MORRIS XC ON!!!