

MORRIS COUNTY REWIND

The Championship Season got kicked off in Morris County with a bang at the Northwest Jersey Athletic Conference Championships at Central Park on the grounds of Gresytone this past Tuesday.

Mackenzie Barry of Mendham nearly took down the course record, Micaela Reilly of Morristown-Beard won the biggest race of her life, and the Randolph girls and Morristown and Mountain Lakes boys made big statements.

Also in the past week, the Roxbury girls and Patrick Hanley of Madison made their presence felt with a big wins outside the county.

Let's take a look back at all the action in Morris County Rewind.

ROXBURY JACKED UP AFTER WIN IN LIVINGSTON

To say that the Roxbury girls were excited after its 41-54 victory over Kearny at the Lancer Invitational in Livingston last Friday would be a huge understatement.

“To sum it up into one word, winning an invitational was AWESOME,” said Roxbury coach Laura Schmidt.

When asked about what girls ran PR's, Schindt shared this story.

“It's funny that you ask about who PR'd because during this time of the year the girls like to make food bets based on PRs. (They're wearing shirts this year that say "will run for food"). Going into Livingston, they wagered that if 10 out of the 15 of them racing got PRs for the season, I would make them cupcakes. Of the 15 girls that raced, 11 of them walked away with PRs for the season; some of them by nearly a minute. Olivia Viparina put together her first race of the season in the 19:30s, freshman Dominique Tye ran her first race that broke 21 minutes while sophomore Alex Palumbo ,and senior Taylor Dash just missed breaking the 21 minute mark by 3 seconds or less. ”

Was the the key to victory.

“One of the keys to victory was having the girls focus not so much on time while they were running, but strictly on competing the entire race and never backing down,” said Schmidt.

Schmidt said it was important to bring her team to a meet outside one of the state's toghtes conference and counties.

“The NJAC and Morris County are arguable the most difficult conference and county in the state,” said Schmidt. “It can be really discouraging when your team is improving everyday and you almost never see a win. We love going to this meet (the Lancer Invit.) because it lets our

team see what else is going on outside the teams that we always run. It lets them be confident and see that their hard work is really paying off even though it usually goes unnoticed inside the conference and the county. The most telling sign of how much we have improved this year was during the JV race, our team finished 1,2,3,4,5 before another team passed the finish line. Our JV squad fights just as tough as our varsity and strives to be equally as good. To say that their confidence was through the roof after this meet is an understatement, and it's nice to let them revel in that for a while before coming back to the NJAC and County Championships. "

Schmidt said that watching her top 7 fluctuate during the season has helped the team improve.

“One thing that is very interesting about this team is that the "line up" for the top 7 is never set in stone," said Schmidt. “This team has a healthy level of competition that has been breeding faster times all season. They love to push each other and enjoy helping each other get faster and faster. One of the biggest improvements that I have seen in any athlete is from sophomore, Katie Mayer. She joined the team this year after never running XC and opened up the season with her first 5K at the Randolph Invitational in the 25:00 range. At the NJAC Championships on Tuesday, she ran 21:38. She has been the epitome of determination and has really inspired a lot of the girls to set their goals high and go after them.

What kind of goals does Roxbury have for this Tuesday's county meet?

“We would like to be one of the top 5 teams in the county," said Schmidt. “We know that we have our work cut out for us, but the girls are ready and they know what they have to do. They are confident that their training and teamwork will allow them to continue to PR as championship season is upon us."

HANLEY WINS AGAIN

Patrick Hanley's big senior year at Madison continued at the Lancer Invitational in Livingston last Friday when he finished first in 16:32 to help his team place fifth.

Roxbury edged Madison for fourth place at the Lancer meet on a fifth-runner tiebreaker. Roxbury was led by senior Joey Moreira, eighth in 17:18.

BARRY TEARS IT UP

Mackenzie Barry of Mendham has been waiting three years to beat her personal best time at Greystone.

The wait finally ended for the senior star when she tore up the 3.1-mile course at the NJAC meet last Tuesday by winning the Large School Division race in a sizzling 17:54.6, the second fastest time in course history. Barry's previous best time at Greystone was 17:56.8 from her freshman year when she won the county title.

"It's amazing that I was finally able to break it, that's been my goal for all four years," Barry said. "I've been so close to getting it in the past, missing it last year (17:57.5), so it's such a huge relief off my shoulders. To get it senior year is just icing. I owed it to myself to do it."

Barry will have one more shot at breaking the course record (17:48.1 set by Sarah Disanza of High Point at the NJAC meet last year) when she defends her Morris County title this Tuesday at Greystone.

Can Barry break the record?

"We'll find out," said Barry.

WELCOME BACK

With junior Carole Harsch and senior Liz Wellman back in the lineup for the first time in a month, the Randolph girls made a huge statement to the rest of the state at the NJAC Championships at Central Park at Greystone.

Competing in the Large School Division, the Rams received several PR's on the way to a very impressive victory several highly ranked teams. When the dust settled, Randolph emerged with a 59-87 over then No. 10 ranked Mount Olive. Randolph averaged 19:14.

With the victory, Randolph rocketed up 10 spots in the state rankings all the way to No. 3. Monmouth County powers Red Bank Catholic and Rumson are 1-2 in the state.

Junior Liz Lansing led the way for Randolph, third in 18:23.0. Harsch was seventh in 19:00., Margaret Thomson ninth in 19:08.6, Wellman 11th in 19:21, and Nora May McSorley, 29th in 20:20.3.

For the last month, Harsch had been out with a sprained ankle and Wellman was out with a concussion.

"I feel pretty good getting back into it," Harsch said. "I'm not 100 percent just yet, but I'm glad I didn't lose too much fitness for being out for so long. It was my first injury, so I had to be mentally tough and it made me work harder than I ever had before."

Randolph had a bunch of PR's at the NJAC meet.

HERE ARE ALL ALL THE SEASON PR'S AT GREYSTONE FOR RANDOLPH

1	18:22.96 F	Elizabeth Lansing	11	10/22/2013	NJAC Championships
2	19:00.26 F	Carole Harsch	11	10/22/2013	NJAC Championships
3	19:08.55 F	Margaret Thomson	11	10/22/2013	NJAC Championships

4	19:20.95 F	Liz Wellman	12	10/22/2013	NJAC Championships
5	20:20.21 F	Nora May McSorley	10	10/22/2013	NJAC Championships
6	20:56.67 F	Marianne Loeken	12	9/17/2013	NJAC XC (American & National)
7	21:15.76 F	Melissa Ryan	12	10/22/2013	NJAC Championships
8	21:21.61 F	Karsyn Wagner	12	10/22/2013	NJAC Championships
9	22:04.12 F	Bridget Doidge	12	10/22/2013	NJAC Championships
10	22:04.31 F	Gabrielle Wright	10	10/22/2013	NJAC Championships
11	22:17.38 F	Carina Sauter	11	10/22/2013	NJAC Championships
12	22:30.87 F	Erin McLaughlin	12	9/17/2013	NJAC XC (American & National)
13	22:36.59 F	Jordyn Michaels	10	10/22/2013	NJAC Championships
14	22:38.79 F	Lauren Shetzline	9	10/22/2013	NJAC Championships
15	23:45.68 F	Emily Incledon	10	10/22/2013	NJAC Championships
16	23:45.77 F	Madeline Frankel	10	10/22/2013	NJAC Championships
17	23:54.76 F	Alana Levene	10	9/17/2013	NJAC XC (American & National)
18	24:32.66 F	Cassie Incledon	10	10/22/2013	NJAC Championships
19	24:34.50 F	Melissa Bierman	10	10/22/2013	NJAC Championships

REILLY SCORES BIGGEST WIN OF HER CAREER

Micaela Reilly race the race of her life at the NJAC Championships.

The senior at Morristown-Beard won the Small School Division in a a personal best 19:36.5. Reilly ran in the front pack throughout the race, and pulled away from Mountain Lakes' Kyra Velock (19:41.2) in the final quarter-mile of the race.

"This is by far my biggest win," said Reilly. "I have never won a race even close to this magnitude before, or even come close to winning an big invitational like this."

Reilly said the magnitude of the moment didn't hit her until she got close to the finish line.

"It wasn't until the end, that final stretch, when I was like, 'Wow, I still have a lot of stuff left in me,' "said Reilly, who dropped 16 seconds off her previous personal best. "I was really able to go

hard there and finish strong. I thought I'd finish at the top of the middle pack, but I just focused on myself today."

MO-TOWN GETS BIG LIFT FROM ROOKIE

The Morristown boys, No. 8 in the state, received a huge race from its No. 5 runner, senior John Vallachi, as it defeated defending champion and No. 16 Pope John, 68-78, in the Large School Division at the NJAC meet.

Morristown trailed Pope John, 36-48, after each team had four runners across the line, but then Vallachi, in his first season of cross-country, came storming across with a clutch 20th place finish in 16:50.4, 22 spots in front of Pope John's fifth, to help Morristown rally for the win.

Vallachi's finish gave Morristown a compression of just 21 seconds between its first runner, Greg Arabagian (seventh in 16:29.1) and Vallachi, the No. 5 man (16:50.4).

"As championship season starts this is a really a big step because in the past few weeks we didn't really have our confidence because we weren't running as fast as we were at this time last year," said Arabagian, a senior. "And especially because we lost this race last year to Pope John, this victory means a lot to our team. This was one of things we were dead set on. We came here today saying that we were going to run our hearts out to win this time."

LAKERS WIN FIRST AND END WALLKILL'S STREAK

Mountain Lakes, with a mix of experienced underclassmen and some key newcomers, used a tight pack (seven ahead of Wallkill Valley's No. 5 runner) to win its first NJAC title and end Wallkill Valley's streak of three straight in the Small School Division.

Mountain Lakes outscored runner-up Wallkill Valley, 53-74.

The Lakers were led by junior Ben DeVenezia (second in a Greystone PR of 16:08.2) and senior Chris Luciano (5th in 16:40.4).

"This is really awesome because we knew coming into this that it would be really tough, especially since we have a lot of younger guys making up our top seven [including two freshmen]," said Luciano. "Last week at Manhattan we were having some problems getting motivated and figuring it out, but this week we all figured it out and had a lot of guys PR and get under 18, and that was a really big thing for us."

DUKE BOUND

Josiah Hanko of Trinity Christian, one of the state's top distance runners, said on Thursday night that he will attend Duke University next year.

Hanko visited Duke on the third weekend of Duke. The only other official visit that Hanko took

was to Wisconsin (second weekend of Oct.). Hanco has cancelled visits to North Carolina, Michigan and Georgetown.

"It really didn't want to drag the whole thing out and knew after I went to Duke and Wisconsin that I didn't really need to take any other visits," said Hanco. "In the end, I just felt Duke was the best place for me."

Hanco has built a great high school resume.

Hanco won the state Non Public B XC title last fall and has a Holmdel Park PR of 15:59. On the track, Hanco has personal bests of 4:16.38 for 1,600 and 9:02.30.

MORRIS COUNTY CHAMPIONSHIPS

The Morris County Championship meet will be held this Tuesday at Greystone. The schedule is below.

In the girls race, senior Mackenzie Barry of Mendham will aim to become just the second girl to ever win three county XC titles. Barry won as a freshman in 2010, was second in 2011 and won as a junior last year.

Kristen Hall of West Morris is the only to win three county XC titles. Hall won in 1988, 1990 and 1991.

The Randolph girls are favored to win its sixth county title. The Rams won in 1997, '99, '08, '09, and '11. Mendham is the defending champion.

On the boys side, defending champion Morristown should make it two in a row, and Josiah Hanco of Trinity Christian, second last year, is the favorite to win if he Hanco listed himself as probable for the race. The Duke-bound Hanco had tight calf muscle that he said is feeling much better.

The news isn't as good for the injured Justin Naselli of Mendham. Naselli, second at the county meet as sophomore in 2011 and third last year. Naselli is out indefinitely with an injury. Mendham junior Paul Ehmann, who missed the NJAC meet with a slight hamstring injury, is expected to run.

SCHEDULE FOR THE MORRIS COUNTY CHAMPIONSHIPS

TUESDAY-OCTOBER 29

Frosh Boys Results (4k) 2:00pm

Frosh Girls Results (4k) 2:30pm

JV Boys Results 3:00pm

JV Girls Results 3:30pm

Varsity Girls Results 4:00pm

Varsity Boys Results 4:30pm

Girls Awards followed by Boys 5:00pm