

## Cross-Country 2003 - Fall 2003

### Team Photo



### Description

#### Fall 2003 Season Recap

The co-ed varsity cross-country running team enjoyed a wonderfully successful season this fall, because of the efforts of all of the athletes. However, special thanks are due to tri-captains Joy Erdman, Ali Neal, and Zach Lahey for their contributions as competitors and as leaders. The girls were once again Lakes Region Champions, despite tough competition from Brewster Academy, and were led by co-captains Joy Erdman and Ali Neal, and also co-captains-elect Carrie Piper and Susie Griffin. The boys put together an undefeated regular season, capped off by a convincing victory at the Lakes Region Championships. The boys were led by captain Zach Lahey and co-captains-elect Tyler Munroe and JJ Hall. At the New England Championships, the boys placed an impressive third-place while the girls pulled off an outstanding fourth-place finish. Ali Neal, Joy Erdman, Tyler Munroe, and JJ Hall all earned All-New England honors.

Looking ahead to next year, the team is fortunate to only be graduating five seniors; however, the presence of the tri-captains, four-year runner Tyler Shaughnessy, and newcomer George Hansel will be greatly missed.

### Roster

Luc Brodhead (2006)  
 Elizabeth Caraboolad (2005)  
 Erin Connery (2005)  
 Joy Erdman (2004)  
 Susan Griffin (2005)  
 Justin Hall (2005)  
 Taisa Haluszka (2006)  
 Bruce Hamlin (2006)  
 George Hansel (2004)  
 Elizabeth Kutch (2005)  
 Zachary Lahey (2004)  
 Reed Laverack (2006)  
 Benjamin Mitchell-Lewis (2006)  
 Tyler Munroe (2005)  
 Allison Neal (2004)  
 Caroline Piper (2005)  
 Patrick Rodden (2005)  
 Brooke Saba (2005)  
 Tyler Shaughnessy (2004)  
 John Straus (2006)  
 Samuel Weaver (2006)  
 Nathan Winebaum (2006)

### Coaches

Wilson Everhart  
 Douglas Kendall

### Schedule

### **9/17/2003 (3:15 PM) - Holderness (Home)**

(W) 2 - 0 - The Holderness XC team opened its racing season in stunning fashion. The girls' team defeated Brewster, Tilton, and New Hampton today. The closest team to Holderness' 9 points was Brewster who scored 12 points. The girls won the race because of their impressive pack running. Led by Captain Joy Erdman '04, the top three Holderness runners finished 2nd, 3rd, and 4th.

The boys also fared well, as they too swept Tilton, New Hampton, and Brewster. As in the girls race, the closest team to the Holderness Bulls were the Bobcats from Brewster. Tyler Munroe '05 won the race in dominant fashion, and the Holderness runners took the first four spots in the race.

This Wednesday will be our first full Lakes Region Race, and the team is looking forward to seeing the teams from KUA, Proctor, and Vermont.

### **9/24/2003 (3:15 PM) - Tilton (Away)**

(T) 1 - 1 - We are still awaiting the official results, so the below information has yet to be confirmed officially.

Tyler Munroe '05 again led Holderness boys as the team defeated the nine other teams in the Lakes Region. Tyler's 3rd place performance was complimented by strong performances from our strong Varsity pack made up of JJ Hall '05, Nate Winebaum '06, Captain Zach Lahey '04, and Sam Weaver '06.

The girls team also fared well, and finished just behind the team from Brewster despite the fact that we were missing two of our top four runners. Captain Joy Erdman '04 led the Holderness girls with a 3rd place finish and new runners Carrie Piper '05 and Betsy Caraboolad '05 also had strong finishes.

Next Wednesday the team travels to Cardigan for a 3:15 race, and the runners are looking forward to building on the successes of the first two races.

### **10/1/2003 (2:15 PM) - CMS (Away)**

(W) 2 - 0 - Despite the fact that one of the three competitors failed to show up, the Holderness team fared very well on Wednesday.

Running only against Cardigan Mountain, an all boys middle school, the Holderness runners worked very hard in what was essentially a team time trial.

Led again by Tyler Munroe '05, the boys took the first ten spots of the race. The Varsity pack continues to run well, as JJ Hall '05, Nate Winebaum '06, Zach Lahey '04, and Erin Connery '05 are all turning in wonderful seasons thus far.

The girls, running unopposed, managed to turn in strong performances despite the lack of competition. Carrie Piper '05 won the girls' race with Joy Erdman '04 right behind. Ali Neal '04 and Betsy Caraboolad '05 rounded out the Varsity team.

Our next race is a full Lakes Region Race at Vermont Academy, and both teams hope to fare well in their quests to win the Lakes Region Championship.

### **10/8/2003 (03:15 PM) - Vermont Academy (Away)**

(T) 1 - 1

### **10/15/2003 (3:15 PM) - New Hampton (Away)**

(W) 2 - 0 - Due to the weather, and thanks to the flexibility and compassion of the New Hampton athletic department, the Holderness Harriers ran at New Hampton today against Lakes Region Rivals Tilton, Proctor, and New Hampton.

The girls were missing two of their top four runners as Captain Joy Erdman '04 and Susie Griffin '05 were unable to run today. However, the girls that could participate did a wonderful job of trying to make up for the depleted line up.

Carrie Piper '05 continued her strong campaign as she earned a second place finish even though she missed racing with her typical running partner, Joy Erdman.

Captain Ali Neal '04 continued her recovery process back from injury as she earned an impressive third place finish. Once Joy and Susie return, Holderness will be represented by a very strong foursome of girl runners.

The boys squeaked out a win against an ever improving Proctor. The Holderness boys may have been a little flat coming off of Parents' Weekend, but Proctor is making their annual late season surge. By the looks of it the final two Lakes Region Races should be tremendous races between the Bulls and the Hornets.

The Holderness boys were once again led by Tyler Munroe '05 who was second only to a Proctor runner that is a favorite to win New England's. Rounding out the top five was the close-knit pack of JJ Hall '05, Nate Winebaum '06, Captain Zach Lahey '04, and Erin Connery '05.

Next week's full Lakes Region Race at Proctor should be a treat for those of you able to make the trip.

### **10/22/2003 (3:15 PM) - Proctor (Away)**

(W) 2 - 0 - Today was a wonderful day for Holderness XC! First, this was the first race in which snow fell. Second, and more importantly, both the girls and the boys teams ran beautiful races.

This was the last of three regular season full Lakes Region races. On the girls side, Brewster had won the two previous races, which is significant because the winner of each Lakes Region regular season race is awarded one point. The Lakes Region Champion is determined by the first team to three points, making today a must win for the Holderness girls - and win they did. Today's victory means that the girls still have a chance to be crowned Lakes Region Champions, for today's race counts as one

point, and next week's Lakes Region Championship counts as two points.

The girls won because of a strong performances across the board, as Captain Joy Erdman '04, Carrie Piper '05, Captain Ali Neal '04, and Susie Griffin '04 constructed a dominant pack. Ali Neal and Susie Griffin have been battling injuries all season long, and it was especially nice to see them excel.

The boys continued their dominance as they effectively wrapped up the Lakes Region Championship with a victory over the full field today. Once again, the boys win can be attributed to their strong pack running of Tyler Munroe '05, JJ Hall '05, Captain Zach Lahey '04, Nate Winebaum '06, Erin Connery '05, and Patrick Rodden '05.

Tyler Munroe and Zach Lahey had especially strong races as Tyler caught KUA's number one runner and Zach moved into the number three spot on the Holderness boys' team.

The KUA race should be a wonderful event as the girls try to win Lakes Region and the boys try to complete a sweep. We hope to see you there!!

**11/1/2003 (3:15 PM) - LR Champs (Away)**

Results - We are still awaiting the official results, but what is official is that the Bulls performed very well at the Lakes Region Championships.

**11/8/2003 (1:30 PM) - NEPSACs (Vermont)**

Results - Starting Times for the Races:

Boys Varsity: 1:30

Girls Varsity: 2:10

Boys JV: 2:55

Girls' JV: 3:45

Parents: You are more than welcome to take your children home after the race. We (Mr. Everhart and Mr. Kendall) would like to make two requests: 1) Please stay until the end of the last race in which a Holderness runner is competing. 2) We need to touch base with each kid (and preferably each parent) before kids head off for the weekend.

Thanks for your help, and we look forward to seeing you this weekend.