

## Cross Country 2005 - Fall 2005

### Team Photo



### Description

#### Season Wrap-up

Five hours south of Holderness, NH in Millbrook, NY, a bucolic expanse of trails carried over 300 competitors in the New England Cross Country Division IV championship race. A fast, slightly downhill start made for a crowd-pleasing stampede of runners as they jockeyed for a crucial position at the first bottleneck of the race. A narrow footbridge surrounded by cold, muddy water soon thinned out the horde and a steep, seemingly endless hill finished the job of separating the fit from the feckless. The finish chute beckoned at the end of a stretch of slightly inclined asphalt runway where the last 500 meters was lined with throngs of shrieking fans. It was on the last few meters of this straightaway that Zach Aziz '07 muscled past the final attack from his closest competitor. His time of 17:31 was the third fastest of the 176 boys who ran that day! Seniors Ben Peters, Captain Nathan Winebaum, Sam Weaver, Captain Ben MaWhinney, and Jack Straus and Junior Ben Tyler turned in strong performances to earn third place overall for the men's team. Senior Young Hoon Lee had the race of his career, finishing with excellent form in the top ten of the Junior Varsity runners.

Margot Cutter had the rare experience of running near others on race day. This season she has had unspoiled views of the trails before her, but on Saturday she found herself in a faster field with older runners. Undaunted, she tucked in behind the two in the lead and held on tight. She sped across the finish line at 20:52, the third fastest time of 141 girls and a full 20 seconds ahead of the next runner! Senior Taisa Haluszka also had a notable race to finish her high school running career. Her awesome strength on the hills put her further up in the pack than in previous races. All team and individual results from this race may be viewed at [http://www.coolrunning.com/results/05/ny/Nov12\\_NEPSTA\\_set2.shtml](http://www.coolrunning.com/results/05/ny/Nov12_NEPSTA_set2.shtml)

Many thanks to captains Tai, Nate, and Ben M. for their enthusiastic and dedicated leadership this season. Congratulations go to the entire team for a season of hard work, positive attitudes, and a team identity that honors the sport of cross country running.

#### Lakes Region Champions!

On a sunny clear day, both boys' and girls' teams brought home overall Lakes Region victories. The boys raced to first place in the meet and the girls earned second behind Proctor on Wednesday. However, due to their strong record going into the race, they were able to share 1st place overall with Proctor Academy. The day was characterized by enthusiastic fan support, homemade baked goods and brilliant performances by the runners.

#### Fleet Feet Featured in Windy Winnepesaukee Wins

The undefeated girls continued their winning streak with a perfect score of 6 points and the boys breezed to another victory in today's race at Brewster. Battling post-parents' weekend fatigue syndrome (PPWFS) our runners experimented with new strategies to adjust to the flat, fast course. Not only did they fly into the chute with quick times, they looked smashing doing so in their NEW UNIFORMS! The runners will be briefly resting their legs, but cannot rest on their laurels as another Lakes Region battle awaits at Vermont Academy next Wednesday.

#### Two More Holderness Wins

The girls continued their undefeated season by out-pacing the other Lakes Region schools at Proctor Academy in their fourth win of the season. The boys were also victorious--subduing the Vermont Academy team that edged them out at the previous LR race. Margot Cutter (1st), Hannah Hallock, Kelsey Muller, Ben Peters (3rd), Nate Winebaum, Zach Aziz, Ben Tyler, and Sam Weaver came out of the woods and into the chute with scoring positions. All the runners put in great efforts today on a challenging hilly course.

#### First Lakes Region Race

The running Bulls traveled to compete against the other Lakes Region teams today. Another beautiful race day saw the girls' team emerge from the hilly forests of KUA with a 1st place victory (shared with Proctor). The boys' team put in a strong effort to clinch 2nd place just behind Vermont Academy. For complete race results and to be added to the XC fans' mailing list, please send an email message to [elipps@holderness.org](mailto:elipps@holderness.org).

#### Season-Opening Wins for Holderness X-C

Our first competition was held on a new home course. **Ben Peters** and **Margot Cutter** ran excellent races to set the course records for Holderness runners on this course. Both girls and boys teams dominated the race and showed great class and spirit as they cheered each other's efforts. Congratulations to the runners for an auspicious start to the season and thanks to the fans and helpers for their support on race day. *Click on "View Photos" to see the winning teams in action*

### Fall 2005 Season Introduction

The co-ed varsity cross country team is looking forward to a new fall season of running trails carved through the some of the most beautiful scenery in New Hampshire. Building on the successes of last year, we plan to continue to advance our overall fitness, competitiveness, and enjoyment of the sport of cross-country running.

This year, John Teaford will be joining Erica Lipps to share coaching responsibilities. We are fortunate to be welcoming back a strong group of runners from last year who will be lead by a talented triumvirate of captains: Tai Haluzka, Ben MaWhinney, and Nate Winebaum.

### Roster

Zachariah Aziz (2007)  
 Alyssa Block (2007)  
 Margot Cutter (2008)  
 Hannah Hallock (2006)  
 Taisa Haluszka (2006)  
 Andrew Lee (2006)  
 Benjamin MaWhinney (2006)  
 Kelsey Muller (2009)  
 Benjamin Peters (2006)  
 Kroger Schwartz (2007)  
 Ethan Somers (2007)  
 John Straus (2006)  
 Erik Thatcher (2008)  
 Benjamin Tyler (2007)  
 Samuel Weaver (2006)  
 Nathan Winebaum (2006)

### Coaches

Erica Lipps  
 John Teaford

### Schedule

#### 9/21/2005 (3:15 PM) - Holderness Meet (Home)

boys 1st, girls 1st

#### 9/28/2005 (3:15 PM) - Lakes Region Meet (KUA)

girls 1st, boys 2nd - girls 1st (tie with Proctor)  
 boys 2nd (behind Vermont Academy)

#### 10/5/2005 (3:15 PM) - New Hampton (Away)

boys 1st, girls 1st

#### 10/12/2005 (3:15 PM) - Lakes Region Meet (Proctor)

girls 1st, boys 1st

#### 10/19/2005 (3:15 PM) - Brewster (Away)

boys 1st, girls 1st

#### 10/26/2005 (3:15 PM) - Lakes Region Meet (Vermont)

girls 1st, boys 1st

#### 11/2/2005 (3:15 PM) - Lakes Region Championship (Home)

boys 1st, girls 2nd

#### 11/12/2005 (TBA) - NEPSACs (Millbrook School, NY)

boys 3rd, girls no score - Zach Aziz 3rd, Ben Peters, 11th, Margot Cutter, 3rd.