Plattsburgh State
Cardinals
The 2016 Cross Country season has come to a close. The Cardinal Men’s & Women’s teams saw some great success and improvements throughout the season. Our roster grew from 34 in 2015 to 46 in 2016. The team also had the help of two volunteer assistants – Matt Medeiros and Dan Lennon.

We kicked off the season with the 35th Annual Cardinal Classic hosted at the Plattsburgh Field House. Lisa Grohn of SLU broke Jenny Schaffhouser’s course record of 17:53 with a blazing 17:38. Thank you to all of the alums that attended this meet. From there we went down to Vassar College’s Ron Stonitsch Invite. The women finished 5th overall against some nationally ranked teams while the men were 6th place. This was our first trip to Vassar for this particular meet. Bob Stockslager ’79 made an appearance at the meet to see some of his former runners compete for us.

The Cardinals took a weekend off before heading into SLU’s Hoffman Invite. The Hoffman was the men’s first 8000m race and it proved to be a solid performance for all – beating Le Moyne, Clarkson, and Potsdam for 2nd place behind SLU. It was also the women’s first 6000m race and they finished 2nd behind SLU as well.

The week after SLU, the Cardinals traveled to Saratoga Spa State Park to race at RPI’s Saratoga Invite. We had several Cardinals take home pies – which may have been a record for Plattsburgh (six total). Pies were awarded to the top-20 individual finishers. The men finished 5th and the women were 2nd as a team. Our top-20 finishing pie winners include: Ethan Vinson, Jeriqho Gadway, Lauren Perschetz, Stephanie Boucher, Kristina Watrobski, and Elysha O’Connell.
Rowan College in New Jersey hosted the Atlantic Region Championships this season and they played host to the “Pre-Regional” that took place October 15. It ended up being one of the featured DIII races that weekend. Six regions were represented and over ten nationally ranked men’s and women’s teams competed. The men finished 32nd out of 43 teams and the women finished 19th out of 45 teams.

After Rowan, we shifted focus to the SUNYAC Championships which were held at Geneseo’s Letchworth State Park. The men got out of the 8th place spot and moved up to 7th. The Lady Cards finished 5th and were only seven points from third. Most notably, Lauren Perschetz finished 5th overall in the women’s race. She secured a spot in the SUNYAC Hall of Fame with her performance and was First Team All-SUNYAC.

The Cardinals returned to Rowan for the 2016 NCAA DIII Atlantic Region Championships on November 12. The men’s team finished 23rd out 44 teams and were led by Jeriqho Gadway in 74th place. Our women’s team finished 9th out of 43 teams. Lauren Perschetz led the women’s squad with an 18th place finish and All-Region spot. She then waited a long 24 hours to hear from the NCAA Committee to see if she would make it into NCAAs. Sure enough, the Atlantic Region sent six teams and Lauren was the last individual in for the Atlantic Region.

On to Louisville, Kentucky and E.P. Tom Sawyer State Park for the 2016 NCAA DIII Cross Country Championships! Lauren & Coach Krug toured the Louisville Slugger Factory and saw a University of Louisville Men’s Basketball game. Lauren drew Box 1 and unfortunately, got tripped up about 400m into the race. However, she recovered well and finished 156th out of 280 runners and really enjoyed her experience out there and is eager to get back to NCAAs in Indoor and Outdoor Track.
Meet the Cards

Elysha O’Connell

Year: Freshman
Hometown: Saranac, NY
Major: History
Favorite Color: Black
Favorite Sandwich: BLT
Favorite Movie: Kill Bill

Favorite Track/XC Moment so far: St. Lawrence’s Hoffman invitational. I ran my first 6k and got a T-shirt! Also many of my old teammates also came to the meet to cheer me on.

Henry Christopher

Year: Freshman
Hometown: Clifton Park, NY
Major: Environmental Science
Favorite Color: Green
Favorite Sandwich: McChicken
Favorite Movie: A Bronx Tale
Favorite Track/XC Moment so far: Running my first 8k at Vassar!

“Commitment is an act, not a word.”
Jean Paul Sartre
Hall of Fame

On October 14, 2016, the newest class of the Cardinal Sports Hall of Fame was inducted during Homecoming Weekend. Congratulations to the newest members from our running program: Jennifer (Wiseman) Hesseltine ’95 & Matthew Deshane ’06!

Jennifer (Wiseman) Hesseltine currently works as a social studies teacher at Malone Middle School. As an educator, Hesseltine is a cheerleader and an advocate for students in rural school districts to gain the necessary skills to contribute positively as global citizens. Hesseltine hopes to continue to inspire student learning well beyond the walls of her classroom. She lives in Malone, N.Y., with her husband, Brent, and children, Emma (12) and Ryan (8).

Matt Deshane currently works as a border patrol agent stationed in Massena, N.Y. He married his wife, Allison, a 2008 Plattsburgh State graduate, in 2010, and they have three children: James (5), Madeleine (3) and Juliette. Deshane lists his family as his biggest accomplishment, and he also holds the mile-and-a-half run record at the Federal Law Enforcement Training Center in Artesia, N.M.

CONGRATULATIONS!
Alumni in the News

Jeremy Drowne, Shannon (Hayes) Drowne & Matt Drowne
Open kinetic running in downtown Plattsburgh!

“Commitment is an act, not a word.”
-Jean Paul Sartre

The goal of kinetic running is to share the love of running and give back to the sport that has given us so much. We would like the store to be a focal point for our active lifestyle community and a place to provide inspiration and motivation for those that need it.

We strive to offer friendly service and quality recommendations based on your specific needs and many years of actual experience running and using the product we sell. We also want to provide a place that has the brands and products that you can't get everywhere else.

Shannon recalls her favorite memory of Cardinal XC/T&F of running on the trails. “I felt fearless and connected to earth,” said Shannon. Jeremy enjoyed the friendships he made at Plattsburgh most (guys like Corey Davidson, Joren Parrotte). They are guys that were once high school rivals and are now considered to be great friends. Finally, Matt's favorite memory comes from Regional Championship season, especially in Fall of 1999 when the team went on to race at UW-Oshkosh. While NCAAs wasn't the best race for everyone, from #1-#20, it was the best team he had been a part of.

kinetic running
89 Bridge Street, Plattsburgh, NY 12901

www.kineticrunning.net OR Follow on facebook: kinetic running
2016-2017 Indoor Track & Field Schedule

December 3, 2016—@ St. Lawrence Holiday Relays
January 14-15, 2017—@ SLU Saints Indoor Invite
January 20, 2017—@ NYC Gotham Cup (Ocean Breeze)
January 21, 2017—@ Hamilton College
January 28, 2017—@ Middlebury College Invite
February 4-5, 2017—@ Ithaca College Bomber Invite
February 10-11, 2017 @ Boston U’s Valentine Invite
February 18, 2017—@ Utica College Pioneer Invite
February 24-25, 2017—SUNYAC Championships @ Brockport
March 3-4, 2017—ECAC Championships @ Ithaca College
March 10-11—NCAA Championships @ North Central (IL)
#GoCards—http://www.gocardinalsports.com

2017 Cross Country Cardinal Classic

The Plattsburgh Cross Country and Track & Field programs appreciate all the support that our Alumni provide year in and year out. We ask if the date is available, that we will be hosting the 36th Annual Cross Country Cardinal Classic next Fall on Saturday, September 2nd, 2017 and we would love your support in person or even racing with an alumni team!

Also if you haven’t already, we encourage you to view to visit the link below and fill out our Alumni form so we can stay in touch.

Alumni Directory Sign Up Here

We want out Alumni to be a part of our future, not just our past.