

Solon Boys Cross Country

2018 Comets of the Meet

MEET	Comet	Performance
<p>Pre-Season</p> <p>June – August, 2018</p>	<p>Josh Baker (So.)</p>	<p><i>N/A</i> – Josh has put in significant work over the off season and it has shown up in a serious way through his race results. At the NEO cross country camp, Josh completed a challenging 5K course in 19:11 (<i>for some context on the same course, on the same day, 17:00 minute 5K runner Olivia Howell ran 21:00 and 15:00 5K runner, Vincent Mauri, ran 18:10</i>). At our team five mile time trial, Josh finished third overall, in a time of 29:26. Josh's first time under the 30:00 barrier. Our team also benefits from Josh's "no excuses" character. Regardless of how Josh races he never has an excuse to make for himself, only honest reflections and a clear plan for success moving forward. Thank you Josh for your leadership. Looking forward to a great 2018 season!</p>
<p>OHSAA Early Season Invitational</p> <p>@National Trail Raceway, Hebron, Ohio</p> <p>Saturday, August 18, 2018</p>	<p>Clay Bozsvai (So.)</p>	<p>19:42.4 - Not only did Clay come away with a personal record 5K time on the state course but he also came away with Comet of the Week honors. For the first time in his career, Clay led our JV team to the finish line. Clay earned Comet of the Week for the way he raced, calm and confident in the first half of the race and aggressive and "on offense" in the second half of the race. When we talked about racing "slower to faster", we're talking about having complete control of your race. When I saw Clay at the one mile mark he had such control, I thought he smiled back as he began moving through the pack in front of him. Clay only passed other runners in the last half mile of the race. Beautiful race and congratulations on a new PR!</p>

<p>Solon “Run, Comet, Run” Invitational</p> <p>@ South Chagrin Metroparks, Polo Fields</p> <p><i>Saturday, August 25, 2018</i></p>	<p>Matt Costanzo (Jr.)</p>	<p>"Distance running is the simplest, most difficult sport." There are few people on our team who more embody that quote than Matt Costanzo. Matt finished his sophomore season with a 19:31.0 PR. As soon as the 2017 season ended, Matt went immediately to work training with the varsity group. He did not let the fact he'd never run in a varsity cross country race hold him back from training with our top group, he embraced the challenge. What Matt did to get himself to where he is today, is very difficult, but it is also simple. He never misses practice, he runs everyday, and he never makes excuses about his performance. Good or bad race, Matt always replies with, "I'll do better next time." So far this season, Matt has only done better. He has PR'd at all three of our races so far, 19:30, 19:01, 18:08. Keep it up Matt! Thank you for being a great role model to our entire team. Go Comets!</p>
<p>Frank Gibas Kenston Invitational</p> <p>@Kenston High School</p> <p><i>Saturday, September 1, 2018</i></p>	<p>Colin Wong (Fr.)</p>	<p>Colin is off to a fantastic start to his freshman campaign. Colin has run a personal record time in each of his first three high school races. Colin took last week's race out aggressively from the starting gun. Right on time, Colin took the lead for the Comets halfway through the race and never looked back. He ran offensively, passing runner after runner, from the mile mark to the finish line and embraced being out of his comfort zone. Congratulations on a fabulous race Colin! Keep it up.</p>
<p>Tiffin Cross Country Carnival</p> <p>@Hedges-Boyer Park, Tiffin, Ohio</p> <p><i>Saturday, September 8, 2018</i></p>	<p>Nathan Close (So.)</p>	<p>For the first time in his career Nate led the Comets to the finish line of a cross country race. Nate touched winning at the high school level during indoor track last winter when he won the 3200m at SPIRE in a stacked, competitive field. Nate brought the same type of fire and competitive energy to Saturday's race at Tiffin. From the starting gun, Nate took the race out fast, following our team strategy to a T. Tiffin presented the largest, fastest, most competitive cross-country field in Ohio last weekend. Nate embraced the opportunity of the moment and leaned in to the pressure cruising to a first-place finish for the Comets and his first sub 17:00 minute performance. Way to go Nate! Keep it up!</p>

<p>Boardman Spartan Invitational</p> <p>@Boardman High School</p> <p><i>Saturday, September 15, 2018</i></p>	<p>Ryan Goldfeder (Fr.)</p>	<p>Ryan Goldfeder (18:58.6) - On a soft course, in humid afternoon heat, Ryan Goldfeder continued his consistently improving season. Ryan took the race out under control in the middle of the pack and ran on offense through the entire second half of the race. Ryan's second half push led him to his second straight sub 19:00 minute performance (just eighteen seconds off of his personal record) and a second-place finish for the JV Comets. Ryan started the 2018 season with a 20:49 debut 5K at the Solon Alumni Invitational. By mid-September he has improved his PR by over two minutes; outstanding consistency. If you want to see what the "slower to faster" racing strategy looks like in action, watch Ryan on Saturday at Strongsville. Keep up the great work!</p>
<p>Vertical Runner Strongsville Mustang Invitational</p> <p>@Strongsville High School</p> <p><i>Saturday, September 22, 2018</i></p>	<p>Aden Pickus (Jr.)</p>	<p>Aden Pickus (17:26.6) - The short spread (<i>10 seconds</i>) between our #2 runner and #5 runner on Saturday morning allowed us to defeat a number of top programs in the state. Aden race aggressively from the starting gun through the finishline tape. He mainined a consistent third place for the Comets even as his other teammates attempted to surge around him. Aden answered every move someone else threw at him. He held our top pack together in gritty fashion. The performance of that top pack will determine how successful the Comets finish this season. Great work! Keep it up.</p>
<p>Woodridge CVNP Invitational</p> <p>@Cuyahoga National Park</p> <p><i>Saturday, September 29, 2018</i></p>	<p>Adam Zhang (Sr.)</p>	<p>Adam Zhang (20:13.0) - Adam put a lot of work into mentally reflecting on his performances this season throughout this week. His reflection became evident at the finish line in Cuyahoga Valley. Adam's Comet of the week honors are as much of a reflection on his performance yesterday as they are on his performance throughout the week. Adam's performance at Woodridge illustrates the power of mental focus and confidence when pushing yourself to succeed. Adam will admit to anyone the first half of this season did not go the way he dreamed going in. That is going to happen. What Adam illustrated on Saturday is that when we face adversity we can always choose to remain calm, positive, and give our absolute best, not matter what has happened in the past. On Tuesday and Thursday, he far and away had his best workouts</p>

		<p>of the season. On Saturday Adam brought that same confidence and aggression to his race, leading the Comets in the open race from the first mile through the finish line. Thank you for being a great role model to the entire team. Keep up the strong work!</p>
<p>Legends Invitational - Maplewood</p> <p>@Trumbull County Fair Grounds</p> <p><i>Saturday, October 6, 2018</i></p>	<p>Ben Shafron (Jr.)</p>	<p>Ben Shafron - 18:07.7 - Due to injury and sickness, Ben's training this fall has not been as consistent as he would like. Ben is one of the best examples of "grains of sand" on our team. He consistently does all of the body maintenance necessary to be an elite runner - sleep, hydration, diet, core strength...etc. His dedication and drive will lead him to faster times and better places to come without a doubt. In the meantime, on a day when his team needed it most, Ben stepped up in the varsity race earning the final scoring position at the Legends Invitational. Although in a losing team effort, Ben's 18:07.4 finish was eight places higher than the St. Ed's #5 runner and four places higher than the Louisville #5 runner. Great race Ben. Thank you for being an excellent leader for this program. Keep it up.</p>
<p>Greater Cleveland Conference Championship</p> <p>@Strongsville High School</p> <p><i>Saturday, October 13, 2018</i></p>		
<p>OHSAA Division I, Northeast Ohio</p>		

<p>District I Championship</p> <p>@Trumbull County Fairgrounds</p> <p><i>Saturday, October 20, 2018</i></p>		
<p>OHSAA Division I, Region I Championship</p> <p>@Boardman High School</p> <p><i>Saturday, October 27, 2018</i></p>		
<p>OHSAA Division I State Championship</p> <p>@National Trail Raceway Hebron, Ohio</p> <p><i>Saturday, November 3, 2018</i></p>		

