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Winning cross-country efforts lift the spirits of Palo Alto coach

It has been a tough few weeks for Palo Alto High cross-country coach Kelsey Feeley, who lost her father, Jerry, to leukemia on October 1.

As her father's health declined recently, Feeley fortunately had her teams at Paly to fall back on for support.

While still mourning the loss of her father, Feeley nonetheless was on hand Tuesday to watch her boys run to three titles and her varsity girls take third at the SCVAL Meet No. 2 race at Crystal Springs in Belmont.

"Kelsey said she was glad to be there," said Malcolm Slaney, whose son Kent runs on the varsity boys team. "Still mourning, but glad for the distraction."

There was much to be positive about as the varsity boys, frosh-soph boys and Varsity 2 boys all racing to team and individual titles.

Kent Slaney, a junior, continued his solid season by winning his fourth individual title. He clocked a personal best of 15:22.9 over the rolling 2.95-mile course while defeating Lynbrook's Justin Robison by nearly 13 full seconds. Slaney lowered his previous best by more than a minute.

Slaney's time would have ranked him among the top 10 last year on the Crystal Springs course -- times all run by seniors. Slaney now has won races at the Lowell Invitational, Stanford Invitational, SCVAL No. 1 and No. 2 meets.

Fellow junior Naveen Pai also continued his strong campaign as he finished fourth in



With Junior Kent Slaney (second from left) winning his fourth individual title of the season, the Palo Alto boys won the team crown at the SCVAL Meet No. 2 on Tuesday at Crystal Springs.





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15:55.9. Yet another junior, Spencer Morgenfeld, was 12th in 16:34.8 and sophomore teammate Sam Craig was 13th in 16:36.8. Sam Desre, the team's lone senior among the top five, wrapped up Paly's scoring with a 16:45.6 clocking for 19th.

Paly freshman Henry Saul won the frosh-soph race in 17:06.6 to help the Vikings win the team title with 54 points. Senior Zach Segal won the Varsity 2 race as the Vikings won with 51 points.