



The road to CBA for our first inductee was a familiar one. Carl Moliski, class of 1949 was looking forward to the day that his son Ken, would graduate from Immaculate Conception and move on to his Alma Mater. It was a little different from the school on Willow Street that he attended but for his son to go to the new CBA with the building less than a decade old he was more than willing to make the sacrifice and pay the 300 a year tuition to ensure the best education for his oldest son.

The thought of Ken being inducted into the CBA Athletic Hall of Fame back those 40 plus years ago would have been far from anyone's minds. You see, when Ken would spend time at Pat Burns house before coming to CBA, he would wonder what sport would suit his fancy. From his experience, at least with the Burns family, it seemed that all CBA students took up some kind of a sport. Unfortunately, that was not really Ken's strong suit and at a whopping 90 pounds, most sports were not in the cards for him.

So enter Mr. Jerome Riordan. Ken was a dream athlete for Coach Riordan because normally he had to convince his runners to give up another sport to compete in his. With Ken, there really was no resistance or other option. Although, Coach, you almost lost him after the first practice when he went home and couldn't even walk up the stairs. However, Ken didn't quit and as Paul Harvey used to say, and now for the rest of the story.

During that time, the CBA track teams completely dominated the area. The indoor track teams traveled throughout the state and would routinely win or finish near the top of each of the invitational in which they participated. The cross country and outdoor track teams were perennial champions, so Ken entered a situation that put him in a great position to be successful. He became a full time track athlete. The names of the sports changed from cross county to indoor track to outdoor track but the training regimen remained the same. Ken figured out early that his forte was in distance running, the longer the race the better. He was blessed with great endurance and a matching work ethic. As with most athletes in the track program at that time, Ken spent his first two years learning from the upper classmen. He was proud to have made the team in his freshman and sophomore years but he really came of age in his junior year. In indoor and outdoor track his specialty was the mile and the two mile. Indoors he won back-to-back sectional championships in the 2 mile, and ran the fastest 2 mile ever by run by a scholastic athlete at the Manley Field House at 9:24. He finished second in the



intersectional, precursors to the state championships both seasons. Outdoors he had similar success. He was a regular on the winners' podium in the mile and two mile actually holding both records in the CNYCL at the end of his junior year. In his senior year his dominance continued. He bettered his record for the mile running a 4:20.6 in the CNYCL Championships. He was part of a record setting four-mile relay team of Dave Dobrynski, Bob Carsky and Joe Kearney when they clocked an impressive 18:14. So it is obvious to see why Ken is being honored here tonight..... Oh wait...cross country was actually his best sport!

At the start of the 1971 cross country season, CBA was thought to be in a rebuilding year. However, Coach Riordan really didn't see it that way. In his usually correct opinion, he was very high on Ken and teammate Ed Weinheimer. Riordan was quoted as saying "... these two have the potential to be outstanding cross country runners and outstanding in the two mile also. The important quality they possess is a fine attitude toward winning. They both want to win very badly and are willing to train exceptionally hard to reach that goal. These two are both capable of being great ones." Boy was he right on target. From the beginning of his junior year, it seems that any race that Ken participated he was considered one of the favorites. He had become THE top distance runner in Central New York. He would win invitational after invitational and even finished 14<sup>th</sup> in the prestigious Eastern States Meet his junior year. Before the 1971 season, private schools were not allowed to compete in the sectionals. That changed when public school athletic directors voted a resounding 30-29 in favor of allowing private schools to participate... perfect timing for Ken who became the first nonpublic school athlete to win a section III title running a 12:39 in the class A race at OCS. His senior year was even more impressive. Course records at B'ville and McQuaid; he finished second to the best runner in NYS coming up only six seconds short at Van Cortland Park to eventual Olympian Matt Centrawicz. If that name sounds familiar, you must have watched this year's Olympics when they made a big deal about Matt and his son, who captured the gold medal. In the end, Ken repeated as Section III Champion... so for his career, his team won 7 league championship in 8 seasons, he was part of 4 diocesan championships and 4 sectional championships and individually or as part of a relay won 8 sectional championships.

That very impressive resume landed him a scholarship to Georgetown University where continued his career as a three sport athlete. He won the college three male in the Penn relays in 1975 and later teamed with CBA teammate Dave Dobryzinski to help bring the Georgetown Cross country program back to prominence.

Ken, you had a great career at CBA and Georgetown and your accomplishments were a great source of pride to the CBA Community. As a token of our gratitude, we now welcome you into the LaSallian Athletic Hall of Fame

