

## **Stanley Lagrenade**

### **Cross Country, Track & Field: Indoor and Outdoor**

### **Class of 2002**

As part of the one of the golden ages of Nyack track and field in the late 1990s and early 2000s, Stanley Lagrenade was one of the most elite runners in Nyack High School history. Whether it was Fall, Winter, or Spring, Lagrenade consistently left opponents in the dust. Stanley played football, wrestled, and ran outdoor track early in his high school career, before switching to cross country and indoor track as he became a year-round runner. He went on to set numerous school records and win several titles. Lagrenade ran sprints and middle-distance runs, individual and relay races, and excelled around the state and the country. Stanley went on to have a very successful running career at Georgetown University.

In the Fall, Lagrenade excelled in Cross Country. In his Junior year, he was named All-League and All County Honorable Mention. He was a leader on the team, as he was named a Captain and team MVP in his first year playing the sport. As a Senior in 2001, Stanley was All-League and All-County Honorable Mention again, and he also repeated as Captain and team MVP.

During the Winter season, Lagrenade competed in Indoor Track. As a Sophomore, he was a League Champion in the 55m and 300m. The following year, Stanley was named Captain and team MVP. He was All-League in the 55m and 300m. Partway through the season, Lagrenade started running the 600m, and proceeded to dominate the event. He broke the school record in 2001 with a time of 1:22.2. He finished first in the event in the Sections and State qualifiers, third at States, and was sixth in the nation. In his Senior year, Stanley was the County champion in the 330m and 600m. In the 600m, he was ranked number one in New York State, and number five in the nation.

In the Spring, Lagrenade thrived in Outdoor Track. As a freshman in 1999, Stanley finished 8th at States in the 400m, and as a sophomore in 2000 he finished 4th at States in the 400m. In his junior season, he won the league and section titles in the 400m, and was 2nd at the County and State meets in the event. Lagrenade ran the anchor leg in the 4 X 800 relay, helping Nyack win League and Section titles in the event. Stanley even overtook the Pearl River anchor runner to win an epic State Qualifier race. Here is the play-by-play, in Coach Miles Taylor's own words:

"Here it is...anchor leg Fennell has a 100m lead, Stan gets the baton and takes off like a shot, first lap Stan cuts the lead in half, second lap, 300m to go. Stan gets a little closer, 200m to go, he can

almost touch him. 100m to go, Stan pulls even. These two are neck in neck down the home stretch, get to the finish line and Stan dips to break the line first!”

Nyack's relay team placed 13th at Nationals, and set a new school record. As a Senior, Lagrenade recovered from the pneumonia which had cut his Winter season short. In Outdoor Track, he ran the fastest 800m time in New York State at the Red Raider Relays. Stanley was the County and Section champ in the 400m and 800m. His 400m time at the Class Meet was the 8th fastest all-time in Rockland, as well as an NHS record. Instead of going to States, he went to the prestigious Golden West Invitational, where he placed second in the 800m, and set another school record. After NHS, Lagrenade ran Cross Country, Indoor and Outdoor Track for Georgetown University. Following a successful collegiate career, he was an Assistant Coach for Cross Country and Track and Field at Georgetown. Stanley was one of the finest runners in NHS history, even winning All-American honors twice. Coach Taylor praised him for his academic commitment and for showing great humility and sportsmanship.