

News Release

Dobbs Ferry High School Senior Mika Andrews Has Great Cross Country “Run”

Dobbs Ferry, N.Y. November 28, 2016-- She’s probably the best female cross country runner in Dobbs Ferry High School history according to team coach JP Kaminski. At the state championship at Chenango Valley State Park outside of Binghamton, senior Mika Andrews ran the 5,000 meter or 3.1 mile course in an amazing pace of 19:12.9 finishing in 4th place. She was ranked 10th coming into the New York state competition.

“Time is not the big determinant in cross country,” said Coach Kaminski, who also coaches indoor and outdoor track at Dobbs Ferry in addition to teaching Design in the Middle School. “This course had rolling hills, which is obviously much more difficult than flat courses. Sometimes you have to run over water and even through snow. It’s really all-terrain and that is what determines the speed.”

This past week, Mika ran in the Federation championship at Bowdoin Park in Wappingers Falls. In the last race of her high school career, she finished in 18th place, running the 5k in 19:23.0 and posting her best time ever on this course. According to Coach Kaminski, this meet is the best of all classes, so it really is the true state championship. Dobbs Ferry is in the small school grouping, Class C.

“Mika just doesn’t get nervous,” noted Kaminski. “She is cool-headed and doesn’t rattle. She is not concerned with rankings and relies on her training to work in her favor during competition.” Andrews has won All-League, All-County, All-Section and All-State honors in addition to being named the Rivertowns Enterprise Runner of the Year. In the last year, she went from 51st in the state to 19th, an impressive feat for any individual sport.

Off the field, Mika is an IB Diploma candidate, a National Merit Commended Student and a member of the National Honor Society and French Honor Society. She would like to continue running in college next year. In the meantime, as team captain she has imparted her work ethic to the other 12 girls on the team, grades 7-12, and served as a mentor.

In particular, 9th grader Phoebe Ward seems to be following Andrews’ example. Ward finished in 19th place in the state championship. “Phoebe has a lot of drive and is a very coachable kid as well as being team-oriented,” said Kaminski. “She was running between five to six miles a day over the summer to train and it has really payed off this season.” Both Ward and Andrews have been members of Coach Kaminski’s cross country team since they were 8th graders.

For more information, please contact:

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