



CARROLL CROSS COUNTRY

# Running Shorts

*A semi-annual newsletter  
for the  
alumni, family, and friends  
of  
Carroll Cross Country*

*Summer 2002*

## COACH'S CORNER

*- John Agnew*

*(e-mail me at: [carrollcross@yahoo.com](mailto:carrollcross@yahoo.com))*

I am extremely excited to announce that Christine and I have started building the 2021 Carroll Cross Country team. Our first member is due on December 8th! Christine is doing well and has continued her normal workout routine. She even carried Junior to his/her first 5K road race this spring!

Our awesome coaching staff has been keeping very busy since last cross country season. Both **Dan Flaute (95)** and **Gary Ostdiek (88)** competed in the Chicago Marathon last fall. Dan had a fine time but a bad day and turned in a 2:40. Gary had a fine day but a bad time and turned in a 3:33. After the race both were heard trying to convince the other to drive the team van home. **Alicia Shilkitus** has been busy planning her August wedding. We wish her and husband-to-be, Matt Glenn, the very best. **Steve Streicher** will be a new coach for cross country. Steve has helped coach track the past two years and will be a great addition to the cross staff.

Well, it was 25 years ago that the great **Mark Gerhard (72)** started the exciting tradition of the **ALUMNI RACE!** We would love to have a record turnout this year to help us celebrate this grand event. Call up some old teammates and join us for a fun reunion.

If you would like to start preparing for the Alumni Race, please feel free to join the team at summer conditioning. We have runners of all abilities, so there should always be someone to run with. Here's our summer schedule, through mid August, if you are interested:

Mon.	6:00pm	Indian Riffle Park (Kettering Rec.)
Wed.	6:00pm	Sugarcreek Reserve (Bellbrook)
Thu.	6:00pm	Carroll (behind the school)
Sun.	9:00am	Glen Helen (Yellow Springs)

I hope to see a lot of you this summer, especially at the Alumni Race!

Have a fun and safe summer!

## 25TH ANNUAL ALUMNI RACE

**SAT., AUGUST 10<sup>TH</sup> AT 10:00AM**

Don't miss the 25th annual event!. The two-mile run will be held in the scenic fields behind Carroll High School with an exciting finish on the track. Fruit and refreshments will be served after the run. Following this event will be a cookout/pool party/alumni basketball tournament held at Betty and Bob Agnew's house! Maps will be available at the run.

## TRACK SEASON SUMMARY

**by Coach Dan Flaute**

Another season is in the books for the Carroll Track and Field Teams. The Girl's season culminated in a 12<sup>th</sup> MML Title in the last 13 years. The mighty Lady Pat's beat farm girls from across southwestern Ohio in a dominating performance which saw victories for **Katie Flaute** in the 1600 and 3200 meter runs and the 3200 meter relay of **Flaute, Ashley Braun, Kellie O'Meara,** and **Katie Hutcheson,** who went on to qualify to Regionals.

The men's team finished third in the MML, led by victories from Matt Danis in the 3200 meter run and the 3200 relay of Danis, Paul Carter, James Borchers, and Jesse Laurin. This relay also qualified for Regionals by finishing 4<sup>th</sup> in the Dayton District, along with Danis, who qualified in the 3200 run by way of a 10:09, 3<sup>rd</sup> place finish.

The undisputed highlight of the season, however, was the performance of the last of the legendary Flaute siblings, Katie, sister of icons **Dan '95** and **Kevin '98**. Katie destroyed her own school record 3200 meter run time with an 11:02, won districts, and placed fourth in the state, the second highest finish ever by a Patriot distance runner at the event next to the vivacious **Missy "Legs" Belcher,** who finished second in the 1600 in 1997. Comparing these two legendary figures leads to much interesting debate, as Katie is now a 4 time (3 Cross, 1 Track) All State performer, and the speedy "Legs" Belcher is the only Carroll distance runner to qualify to 4 State Track meets. After a long recruiting process which spanned from Lansing, Michigan to Athens, Georgia, Katie answered the call of the Mountains and will be at the University of Tennessee next fall.

## CROSS COUNTRY WEB PAGE

Thanks to volunteer Web Page Administrator, Ted Nieland for creating and maintaining an awesome web page. Ted has over 1,000 pictures of our runners on-line, as well as all our meet results and lots of other great stuff. Check it out at: [www.carrollcrosscountry.org](http://www.carrollcrosscountry.org)

## 7<sup>TH</sup>/8<sup>TH</sup> GRADE CROSS COUNTRY

The Patriot Cross Country Club is gearing up for another exciting season of junior high cross country. The team is open to all interested junior high runners, and seeks to introduce them to the sport... and have fun in the process.

The season runs from early August through late October and includes 6 meets. It is a great experience and the kids really love it. If you know of any 7<sup>th</sup> or 8<sup>th</sup> grader who would like to give it a try, please contact John Agnew at 848-4255.

## ALUMNI HAPPENINGS

by **Coach Dan Flaute**

The following former Patriots will be competing collegiately next year: **Lynda Wourms '00 (Wright State), Leighann Kramer '00 (Bowling Green), Jamie Levy '01 (Otterbein), Dana Duckro '01 (Dayton), Katie Flaute '02 (Tennessee), Pam Daley '02 (Ohio), Dave Bereda '00 and Pete Christoff '00 (Dayton), and Yohanes Frezgi '02 (Case Western)**. On a side note, Bowling Green has recently decided to eliminate men's track. This is a tragic situation in our sport and will result in many Ohio high schoolers being denied the opportunity to continue competing past graduation. To learn what you can do to help, visit [www.savebgtrack.com](http://www.savebgtrack.com).

In the Ain't Love Grand department: **Michelle Holbrook '96** got hitched to Kris Potridge, **Elizabeth Middleton '96** tied the knot with John Rhoads, and **Dave "Big Daddy" Kramer '95** married Shelly Macharoni. Many other alumni have been seen out and about in the Dayton area lookin' for love in all the wrong places. Ain't Love Grand II: The former **Michelle Breidenbach '93** and husband, Brian Deep, welcomed in a future Patriot this past April.

Congrats are also due to a few alumni who recently conquered the challenge of the marathon. **Susie Kammer (87)** and **Pete Christoff (00)** completed their first at the Flying Pig. **Devin McCrate (92)** was initiated at Chicago, while veteran marathoners **Gary Ostdiek (88), Dan Flaute (95)** and **Anthony Braun (90)** added Chicago to their lists. **Scott Graham (72)** competed in London and **John Agnew (80)** experienced Boston.

*Carroll Cross Country*  
*C/O John Agnew*  
*2318 Barnett Dr.*  
*Bellbrook, OH 45305*

## 2002 SEASON OUTLOOK

by **Coach Gary Ostdiek**

Both teams are determined to repeat as Mid Miami League Champions - the women for the 12th consecutive year and the men for 10<sup>th</sup> in the last 11 years. The women's team will be striving to duplicate their state qualifying performance of last year and the men will be working to join them in Columbus!

The Men's team lost 4 seniors from last year's varsity: **James Borchers, Yohanes Frezgi, Craig Luehrs, and Casey Miller**. The remaining will be back and ready for the challenge - **Paul Carter (SR), Matt Danis (SR), Tony Holtvoigt (SR), and Patrick Johnson (SR)**. Other potential varsity seniors include **Corey Aibel (SR), Greg Clausing (SR), Adam McNally (SR), and Steve Nielsen (SR)**. We also have some talented underclassmen including **Ryan Eifert (JR), Aaron Beach (SO), Todd Holbrook (SO), Mark Latta (SO), Mike Wourms (SO), Kevin Doran (SO)** and **Tom Middleton (SO)**.

We lost superstar **Katie Flaute** to graduation. She will run for the University of Tennessee this fall. Also graduating are varsity runners **Pam Daley** and **Christy Jenkins**. Carroll has a very deep and talented team of returning women from last year's State team: **Ashley Braun (SR), Elizabeth Dinino (SR), Kellie O'Meara (SR), Mary Phillips (SR), Katie Hutcheson (JR), and Frances Krumholtz (JR)**. Others capable of helping the Lady Patriots are **Emily Sayer (SR), Heather Stewart (SR), Shannon Stewart (SR), Darcy Moxon (SR), Molly Williams (JR)** and **Nancy Rupp (SO)**. Good luck to the 2002 teams!

## 2002 VARSITY SCHEDULE

Try to catch a meet if you can - we appreciate alumni support!

Sat. 24 Aug	Moeller Inv - Cincinnati	10:00am
Sat. 31 Aug	Treaty City Inv - Greenville	10:00am
Sat. 7 Sept	Bellbrook Invitational	10:00am
<b>Sat. 14 Sept</b>	<b>All Ohio Catholic - Kettering</b>	<b>10:00am</b>
(Note: We host this event at Indian Riffle Park. It is a must see!)		
Wed. 25 Sept	Wayne Inv - Huber Heights	4:45pm
Sat. 28 Sept	Cleveland / Fairmont	10:00am
Sat. 5 Oct	Mid Miami League - TBD	10:00am
Sat. 12 Oct	Districts - Trotwood Jr High	12:00pm
Thurs. 15 Oct	John Bryan Inv - Yellow Springs	4:00pm
Sat. 19 Oct	Regionals - Troy High School	12:00pm
Sat. 26 Oct	State - Sciota Downs, Columbus	12:00pm