



CARROLL CROSS COUNTRY

# Running Shorts

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

[www.carrollcrosscountry.org](http://www.carrollcrosscountry.org)

*Winter 2002*

## COACH'S CORNER

- *John Agnew*

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

Kevin Samuel Agnew should be arriving any day now; at least Christine is hoping so! We are both very anxious and excited to start this parent thing. When he gets here, we will post some pictures and stats on the web at [www.carrollcrosscountry.org](http://www.carrollcrosscountry.org)

I am happy to announce that the 2002 cross country season was a very solid success. We celebrated another sweep of the Mid Miami League Championships and both teams qualified to Regionals! Our women were also team champions at the Greenville and Worthington Invitationals during the regular season. Read more details about the season in this newsletter or get complete results on our web page.

The greatest thing about the 2002 season was the quality people we had on the team, especially the seniors. We had 22 seniors this year, 8 who have been with the program for all 4 years. I have always been proud of the academic tradition of the cross country team. We have had numerous valedictorians and salutatorians over the years, but this year may take the cake. Here's the current class rank of some of our seniors: 1-Steve Nielsen, 2-Joe Donohue, 3-Patrick Johnson, 6-Paul Carter, 10-Ashley Braun. All our seniors have been great to work with and have provided lots of laughs and fun times. They will definitely be missed.

I want to thank our incredible coaching staff for all their contributions this year - high school coaches: **Gary Ostdiek ('88), Dan Flaute ('95), and Steve Streicher;** and new junior high coaches: **Matt Davies ('95) and Rick Bruhn ('98).** Everyone did a fantastic job! Thanks for all your hard work and dedication!

I wish everyone a safe and joyous holiday season and hopefully I will see you at the Christmas Party!

*HAPPY HOLIDAYS!*



## ALUMNI XMAS PARTY

The annual Christmas Bash will be at **Fricker's** (restaurant and bar) at 1818 Woodman Dr. on **Monday 23 Dec.** from 7:00pm until close (2:00am). Call up some old teammates and stop on in for a good time. All cross country alumni are invited. Hope to see you there!

## ALUMNI RACE

Over 50 alumni turned out for the **25th Annual Alumni Race** and pool party/cookout. The alumni men continued their winning streak, beating the team 19-42. However, the alumni women came up just short in the closest finish ever, 27-28. Alumni participating this year were:

**John Agnew ('80), Katie Ballman ('01), Melissa Bereda ('02), Melissa Bertolo ('02), Nate Bir ('98), Mike Bramlish ('02), Noreen Campbell ('90), Pete Christoff ('00), Dave Clark ('02), Pam Daley ('02), Matt Davies ('94), Mike Demeo ('85), Dana Duckro ('01), Dan Flaute ('95), Katie Flaute ('02), Kevin Flaute ('98), Yohanes Frezgi ('02), Ed Gemin ('02), Paul Gemin ('96), Mark Gerhard ('72), Scott Graham ('72), Derrick Himmelberg ('00), Molly Holbrook ('01), Scott Holbrook ('99), Michele Jacobs ('00), Ben Johnson ('01), Jim Kilby ('79), Dan Kramer ('92), Leighann Kramer ('00), Mike LaSelle ('00), Tim LaSelle ('02), Craig Luehrs ('02), Colin McCrate ('96), Devin McCrate ('92), Ryan McCrate ('94), Steve McManamon ('92), Casey Miller ('02), Greg Mueller ('02), Julie Nail ('88), Gary Ostdiek ('88), Jim Pappalardo ('80), Rachel Phillips ('00), Kyle Rush ('02), Matt Sableski ('91), Jacob Siefring ('02), Jessie Stickel ('02), Dan Tieman ('80), Ronnie Tipton ('00), Mike Triola ('96), Jon Wilson ('88), Lynda Wourms ('00).**

If you missed this fun event, mark your calendars for a tentative date of **Sat., Aug. 9, 2003.** Check our web page next summer to confirm the date and time.

## ALUMNI HAPPENINGS

➤ Congrats to our Collegiate competitors: **Katie Flaute ('02)** at Tennessee, **Yohanes Frezgi ('02)** at Case Western, **Jamie Levy ('01)** at Otterbein, **Dana Duckro ('01)** and **Dave Bereda ('00)** at Dayton, **Leighann Kramer ('00)** at Bowling Green, and **Lynda Wourms ('00)** at Wright State.

➤ Best wishes to newlyweds **Susan Blommel ('92)** and her husband John Gates.

➤ Way to go! **Matt Sableski ('91)** and his wife Mary Kate both conquered the Chicago Marathon last October.

## MEET THE TEAM

SR Ashley Abel C, ☺	SR Ashley Braun 3C, +
SR Ben Bous	SR Elizabeth Dinino 3C, #, *
SR Paul Carter 4C, #, *, ☺	SR Maura McGrath
SR Matt Danis 3C, +	SR Darcy Moxon ☐, *
SR Ben Deaulniers	SR Kellie O'Meara 2C, ☐
SR Don Hue C, ☺	SR Mary Phillips 4C, ☐, ☺
SR E Hobbrook C, ☐, *, ☺	SR Emily Sayer C, %
SR Tony Holtvoigt 4C, ☐, ☺	SR Heather Stewart
SR Patrick Johnson 2C, ☐, ☺	SR Shannon Stewart
SR Sve Nilsen C	SR Sara Woolf
SR Pastor ☺	JR Amy Bastian
SR Ben Williamson	JR Vicky Goad
JR Sve Bandstetter	JR Katie Hutcheson 2C
JR Ben Brown	JR Kelly Kasten
JR Greg Clusing	JR Frances Krumholtz 2C
JR Ben Derking	JR Amy McCarty
JR Ben Eibert	JR Nancy Rupp
JR Al Gallner	JR Laura Wahler
JR Ben Jenkins C	JR Molly Williams
JR Alec MacEachern C	SO Tina Carter
JR Sam McNally	SO Maria Danis
JR E Miller	SO Brittany Hey
JR Tony Rugh	SO Rebecca Minardi
JR Tony Seibert	SO Sarah Panek
JR Ben Beach	SO Meredith Schaeffer
JR Mark Becknell	SO Miranda Shumway
JR Chris DeKo	SO Amanda Taylor
JR Chris Halapp	SO Lea Wise-Surguy
JR Ed Hobbrook C, %	FR Anna Duckro
JR Mark Latta	FR Samantha Hoefler
JR Tom Middleton C	FR Marty Jenkins C
JR Ben Pylis	FR Andrea Timm
JR Matt Rebersperger	
JR Rick Baker	C Varsity Letters
JR Eie Wurms	* Team Captain
JR Rick Berger	# Patriot Award
JR Michael Hogg C	+ Most Valuable Runner
JR Amy Kilby	% Most Improved Runner
JR Ben Mhrell	☐ Coach's Award
JR Danis Normile	☺ 4 Year Member
JR Mark Sakstedar	
JR Bob Schecki	

## DUAL MID MIAMI LEAGUE CHAMPS!

The Patriot women held off a challenge by a strong Springboro team to extend their MML winning streak to 12 years in a row. Team depth prevailed as the Lady Patriots placed all 7 runners in the top 15 and in front of Springboro's 5<sup>th</sup> runner to secure the win 32-38. **Ashley Braun** (3<sup>rd</sup> place), **Elizabeth Dinino** (5<sup>th</sup>), **Katie Hutcheson** (7<sup>th</sup>), and **Marty Jenkins** (10<sup>th</sup>) were all awarded **1<sup>st</sup> Team All MML** honors. **Emily Sayer** (11<sup>th</sup>), **Mary Phillips** (14<sup>th</sup>), and **Frances Krumholtz** (15<sup>th</sup>) all earned **2<sup>nd</sup> Team All MML** honors.

The Carroll men dominated the field, scoring 37 points to seal the win by over 50 points. The victory marked the 11<sup>th</sup> championship in the last 12 years! **Matt Danis** (3<sup>rd</sup> place), **Tom Middleton** (4<sup>th</sup>), **Tony Holtvoigt** (8<sup>th</sup>), and **Paul Carter** (9<sup>th</sup>) claimed **1<sup>st</sup> Team All MML** honors. **Alec MacEachern** (13<sup>th</sup>) and **Patrick Johnson** (15<sup>th</sup>) earned **2<sup>nd</sup> Team All MML** honors, while **Todd Holbrook** (22<sup>nd</sup>) picked up **3<sup>rd</sup> Team All MML** honors.

The Reserve teams continued the winning with total domination. Carroll women took the top 11 places while the men took the top 7, and 11 of the top 12. Individual titles went to **Kellie O'Meara** and **Mike Hogg**.

## BOTH TEAMS QUALIFY FOR REGIONALS

The men's and women's teams each ran their best races of the year at Districts to earn trips to the Division I Regional Championships. Five of the seven varsity guys and six of the seven varsity women ran their best times of the year. The teams continued to race strong the following Saturday at Regionals, but came up short in their bid for the state meet. The Southwest Regional was again the toughest in the state, making the top 10 finishes by both Carroll teams quite an accomplishment. Congratulations Patriots, on another great year!

## JUNIOR HIGH TEAM

Congratulations to the Patriot Cross Country Club for a great season. Coaches **Matt Davies ('95)** and **Rick Bruhn ('98)** had five eighth grade girls and one eighth grade boy compete in six meets and one road race this year. Jordan Jennewine turned in the top time for the girls' team this year at 13:40 for 2 miles. Also watch for Amber Justice, Rebecca Morrison, Sarah Nelson, and Tina Nissen on the high school team next year. On the boy's side, Chris Douville ran 13:18 in his second year on the team. Five of the six runners earned PR's in their final meet at John Bryan. We welcome our new runners to the awesome sport of cross country!

## CROSS COUNTRY WEB PAGE

The volunteer Web Page Administrator, Ted Nieland for creating and maintaining an awesome web page. Ted has over 1,000 pictures as well as stories and results from all our meets. Check out often for info on upcoming events and alumni gatherings. You can get it all at: [www.carrollcrosscountry.org](http://www.carrollcrosscountry.org)

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