



CARROLL CROSS COUNTRY

# Running Shorts

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

*Summer 2001*

## COACH'S CORNER

- John Agnew

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

Big changes are upcoming for my long-time assistant, **Matt Sableski '91**. He is marrying the lovely Mary Kate Geraghty on August 12<sup>th</sup>. The newlyweds will then be taking over the coaching duties for the Alter High School cross country team. Our cross country program will sorely miss them both, but I know they will do great things at Alter. Thanks for the great years and best of luck to both of them!

We have some exciting additions to our coaching staff this year. Our long-time junior high coach, **Gary Ostdiek '88**, is moving up to help with the high school team. **Dan Flaute '95**, past Patriot and Bowling Green star runner, is joining the staff. Alicia Shilkitus, a lieutenant from the Air Force Academy and Steve Streicher, a junior at the University of Dayton, will also be helping out this fall. Mike Michno will be taking over the junior high duties from Gary. Mike recently retired from a long career as a world class miler during which he competed in 4 Olympic Trials. We are definitely blessed to have these great, knowledgeable people guiding our program!

We have conditioning throughout the summer - come out and join us for a run! 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.	10:00am	Glen Helen (Yellow Springs)

I hope to see a lot of you this summer, especially at the Alumni Race (see details below)! Call up some old teammates and make it a fun reunion.

Have a fun and safe summer!

## ALUMNI RACE/PARTY

**??SAT., AUGUST 18<sup>TH</sup> AT 10:00AM**

Mark your calendars and come on out for a fun run with your old teammates. 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 held at Betty and Bob Agnew's house. Maps will be available at the run.

## TRACK SEASON SUMMARY

- The Patriot women easily outdistanced the rest of the league to win their 11<sup>th</sup> MML Title in the last 12 years. The distance crew dominated their events, winning all the open races and the 4 X 800 relay! The relay team of **Jamie Levy, Kellie O'Meara, Dana Duckro, and Katie Flaute** cruised to victory in 10:04. Senior **Jamie Levy** set a personal record of 2:25 to claim the victory in the 800. First year runner **Kellie O'Meara** also PR'd with a 2:31 for 4<sup>th</sup>. Junior **Katie Flaute** dominated both the 1600 and 3200 with impressive times of 5:13 and 11:37. Senior **Dana Duckro** ran a strong race to finish 4<sup>th</sup> in the 3200 in 12:40.

- The men's team improved dramatically from last year to finish 4<sup>th</sup> in the team competition. Our young distance guys (no seniors) ran into some strong competition, but we still had several athletes place in their events. The 4 X 800 relay team of **Paul Carter, James Borchers, Matt Danis, and Jesse Lauren** finished 3<sup>rd</sup> in 8:32, **Paul Carter** placed 5<sup>th</sup> in the 800 with a 2:04, **James Borchers** and **Matt Danis** combined for 5<sup>th</sup> and 8<sup>th</sup> in the 1600 in 4:38 and 4:40. **Matt Danis** returned in the 3200 along with **Casey Miller** to claim 4<sup>th</sup> and 6<sup>th</sup> in 10:18 and 10:30.

- We had several good races at **Districts**. **Katie Flaute** easily ran away from the field in the 3200 (11:33) to become District Champ and advance to Regionals. **Matt Danis** also qualified onto Regionals in the 3200 (10:11). Both 4 X 800 relay teams ran their fastest times of the year (9:58 / 8:24) to qualify for the Regional finals. **Jamie Levy** and **Paul Carter** both improved their times in the 800, but came up just short, placing 5<sup>th</sup> in 2:24 and 2:02.

- At **Regionals**, junior **Katie Flaute** ran 11:31 to finish 6th against a very tough field in the 3200. **Matt Danis** struggled a bit against the strong Southwest Regional in the 3200 (10:37), but being just a sophomore he will be back to dominate the event in the next couple years. Both of our 4 X 800 relay teams peaked with their best times of the year! The team of **Jamie Levy**, **Kellie O'Meara**, **Katie Flaute**, and **Ashley Braun** combined for an excellent 9:51. The guys team of **Paul Carter**, **James Borchers**, **Matt Danis**, and **Jesse Laurin** (3 sophs and a junior) clocked a 8:21 to cap off a great season.

## CROSS COUNTRY WEB PAGE

We are on-line at: <http://www.hcst.net/~nielandt/CarrollXC/> and we also have a link from the Carroll High School page <http://www.carrollhs.org/>. Please check it out and let me know what you think. We are continually adding stuff, so please check back often. Since these newsletters are posted on the site, we could save the printing and postage costs if you access it on-line. If you have internet access and will be able to check out future info on-line, please send me an e-mail at [carrollcross@yahoo.com](mailto:carrollcross@yahoo.com) and I will remove you from the mailing list.

## ALUMNI HAPPENINGS

☞ Congratulations to this summer's nuptials -

- **Matt Sableski '91** and Mary Kate Geraghty
- **Matt Davies '95** and Molly Schauer

☞ Congratulations to **Mike Triola '96** who finished up his cross country and track career at Bowling Green University.

☞ Good luck to all our collegiate athletes - recent graduates **Dana Duckro** and **Molly Holbrook** will be competing at the University of Dayton and **Jamie Levy** will be running for Otterbein. Others continuing their collegiate careers are **Leighann Kramer '00** at Bowling Green; **Rick Bruhn '98** and **Lynda Wourms '00** at Wright State; **Nichole Moorman '99** at Xavier; **Beth Garrison '99** at Ohio Northern; **Kevin Flaute '98** at Cincinnati; and **Dave Bereda '00** at Dayton.

☞ Congratulations to one of our past assistant coaches, **Chuck Vogel '86** who is now on the coaching staff for men's track at the University of Tennessee. Under Chuck's tutelage, the Volunteers won the National Championships this past spring!

☞ Congratulations to **Dan Kramer '92** and **Dan Flaute '95** who both finished the Columbus Marathon last fall and to **Molly Middleton '99** who completed the Flying Pig Marathon in Cincinnati this past spring.

## 2001 SEASON OUTLOOK

Both teams are determined to be the 2001 Mid Miami League Champions - the women for their 11th consecutive year and the men avenging last year's loss after a streak of 9 victories. Both teams will also be vying for a return to the State Meet! The Men's team lost no seniors from last year's varsity 7, but Freshman Phenom **Kenny Grosselin** unfortunately moved to Germany. The remaining six will be back and ready for the challenge - **James Borchers (SR)**, **Craig Luehrs (SR)**, **Casey Miller (SR)**, **Paul Carter (JR)**, **Matt Danis (JR)**, and **Tony Holtvoigt (JR)**. Other potential varsity stars include **Matt Doran (SR)**, **Corey Aubel (JR)**, and **Patrick Johnson (JR)**. We did lose some very tough women to graduation; **Dana Duckro**, **Molly Holbrook**, and **Jamie Levy** (all who will be competing in college this year), but we also have some great talent returning. **Katie Flaute (SR)** finished 10<sup>th</sup> in the Div. I State Championships last year and is back for one more attempt to win it all. Also returning from last year's varsity are **Pam Daley (SR)**, **Christy Jenkins (SR)**, **Ashley Braun (JR)**, and **Elizabeth Dinino (JR)**. Others capable of helping the Lady Patriots are **Annie Christoff (SR)**, **Jessica Stickel (SR)**, **Maggie LaSelle (JR)**, and **Mary Phillips (JR)**. Good luck to the 2001 teams!

## 2001 VARSITY SCHEDULE

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

Mon. 27 Aug	Beavercreek Inv - Rotary Park	4:45pm
Sat. 1 Sept	Treaty City Inv - Greenville	11:00am
Sat. 8 Sept	Tiffin Carnival - Tiffin, OH	3:30pm
<b>Sat. 22 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!)		
Sat. 6 Oct	Aurora Stampede - Chicago	10:00am
Sat. 13 Oct	Mid Miami League - TBD	10:00am
Sat. 20 Oct	Districts - Trotwood Jr High	TBD
Sat. 27 Oct	Regionals - Troy High School	TBD
Sat. 3 Nov	State - Sciota Downs, Columbus	TBD

## 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 Coach Mike Michno at 294-1438.

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