



CARROLL CROSS COUNTRY

# Running Shorts

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

*Winter 2001*

## COACH'S CORNER

- *John Agnew*

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

Every year we start the season with a goal of making it to State. It is an aggressive goal, but if you have ever been to the State Meet you know that it has to be **the goal**. Only 16 teams earn the trip each year, 4 from the Southwest Ohio Region (Dayton and Cincinnati). We compete in Division I cross country and there are some huge schools (up to 3 times the enrollment of Carroll). Still it has to be **the goal**. After winning this year's NCAA Championship, Colorado University's coach Mark Wetmore said, "Cross country is the most exciting and dramatic sport in the world for those of us who know it and enjoy it." I would have to agree. There is nothing quite like the thrill of hearing the Regional results announced when you are one of the teams in the mix. They announce the teams in reverse order, starting with 16<sup>th</sup> place and making their way up to the final 4 who earn their ticket to the big show. 5<sup>th</sup> place is nothing and 4<sup>th</sup> is everything. This year the tension built to a boil as the girl's teams who didn't make the grade were announced one by one. When they announced 5<sup>th</sup> place and we had not yet heard "Carroll", the screams were deafening. Our girl's tears of disappointment from possibly not getting the job done, changed to tears of excitement. This is what it is all about and this is why it has to be **the goal**. Congratulations girls!

I want to thank our coaching staff for all their contributions this year - high school coaches Alicia Shilkitus, **Dan Flaute ('94)**, and **Gary Ostdiek ('88)**; and junior high coach Mike Michno. Everyone did a fantastic job! Thanks!

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 **Sunday 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!

## WOMEN'S TEAM QUALIFIES FOR STATE!

The women's team capped off a fantastic season by qualifying for the State Championships for the second time in the last 4 years. The team steadily improved all season long, but were still unranked in the state polls heading into Regionals. At Regionals, the top 4 teams would qualify for State. There were 4 teams ranked in the top 7 in Ohio in the race and the Patriots weren't one of them. They would have to beat a very good team in order to advance. When the dust cleared Carroll was in the top 4, finishing just ahead of 6<sup>th</sup> ranked Beavercreek.

At the State meet, the team finished 15<sup>th</sup> overall with individual places and times of Katie Flaute (9<sup>th</sup> in 18:32), Katie Hutcheson (61<sup>st</sup> in 20:16), Ashley Braun (64<sup>th</sup> in 20:24), Elizabeth Dinino (83<sup>rd</sup> in 20:43), Kellie O'Meara (93<sup>rd</sup> in 20:59), Mary Phillips (99<sup>th</sup> in 21:10), and Frances Krumholtz (111<sup>th</sup> in 22:21). Katie Flaute was the only senior in the group, so the rest will return stronger and faster next year to keep the State streak going!

## ALUMNI RACE

An excellent crowd turned out for the 2001 edition of the Alumni Race and pool party/cookout. The alumni men continued their winning streak beating the team 21 - 40. The alumni women however, ran up against a strong Carroll team and went down in defeat 45 - 18. Alumni participating this year were:

**John Agnew ('80)**, **Katie Ballman ('01)**, **Missy Belcher ('97)**, **Dave Bereda ('00)**, **Matt Davies ('94)**, **Mike Demeo ('85)**, **Dan Flaute ('95)**, **Kevin Flaute ('98)**, **Paul Gemin ('96)**, **Greg Gemin ('99)**, **Mark Gerhard ('72)**, **Scott Graham ('72)**, **Derrick Himmelberg ('00)**, **Scott Holbrook ('99)**, **Michelle Holbrook ('96)**, **Michele Jacobs ('00)**, **Doug Keller ('82)**, **Mike LaSelle ('00)**, **Matt Leonard ('98)**, **Colin McCrate ('96)**, **Ryan McCrate ('94)**, **Charlie Middleton ('94)**, **Liz Middleton ('96)**, **Gary Ostdiek ('88)**, **Jim Pappalardo ('80)**, **Christy Pastor ('00)**, **Rachel Phillips ('00)**, **Jonathon Pyles ('00)**, **Marc Thibault ('98)**, **Dan Tieman ('80)**, **Ronnie Tipton ('00)**, **Mike Triola ('96)**, **Chuck Vogel ('86)**.

Next summer will be the **25th Annual Alumni Race**, so don't miss this event, tentatively scheduled for Sat., Aug. 10, 2002. Check next summer's newsletter or our web page.

## MEET THE TEAM

SR James Berchers 4C, □, ☺	SR Vanessa Beall C
SR Mike Bramlish	SR Melissa Bereda
SR Matt Doran 2C	SR Sara Bertke
SR Yohanes Frezgi C, +, %	SR Melissa Bertolo C, ☺
SR Ed Gemini C, □, *, ☺	SR Angie Ceccarelli
SR Craig Luthers 2C, □	SR Annie Christoff
SR PJ Martin	SR Pam Daley 2C, □, *, ☺
SR Casey Miller 3C, #, ☺	SR Katie Flaute 4C, +, *, ☺
SR Greg Muller C, □	SR Christy Jenkins 2C, #, *, ☺
SR Charlie Must C, ☺	SR Jessica Stickel C
SR Kyle Rush C, ☺	JR Ashley Braun 2C
SR Jacob Siedring	JR Elizabeth Dinino 2C
JR Corey Appel	JR Darcy Moxon
JR Paul Carter 3C	JR Kellie O'Meara C
JR Matthew Danis 2C	JR Mary Phillips 3C, %
JR Joe Donohue	JR Emily Sayer
JR Kyle Holbrook	JR Heather Stewart
JR Tony Holtvoigt 3C	JR Shannon Stewart
JR Ryan Ireland	SO Vicky Goad
JR Patrick Johnson C, %	SO Katie Hutcheson C
JR Steve Nielsen	SO Kelly Kasten
JR Joe Pastor	SO Frances Krumholtz C, %
JR John Williamson	SO Caroline Quinter
SO Greg Clausing	SO Nancy Rupp
SO Aron Dell	SO Laura Wahler
SO Ryan Eifert	SO Molly Williams
SO Paul Gardner	FR Christina Carter
SO Sam Jenkins	FR Maria Danis
SO Adam McNally	FR Anne Kleinhenz
SO Tony Rush	FR Rebecca Minardi
SO Tony Seibert	FR Lea Wise-Surguy
FR Aaron Beach	FR Mark Latta
FR Mark Becknell	FR Steve Matson
FR Chris Datko	FR Dan Pyles
FR Kevin Doran	FR Curt Reigelsperger
FR Joe Engle	FR Patrick Staker
FR Matt Graham	FR Mike Wourms
FR Chris Hodapp	
FR Todd Holbrook	
	+ Most Valuable Runner
C Varsity Letters	% Most Improved Runner
* Team Captain	□ Coach's Award
# Patriot Award	☺ 4 Year Member

## COLLEGE CROSS COUNTRY

Congrats to our Collegiate competitors: **Lynda Wourms ('00)** at Wright State, **Dave Bereda ('00)**, **Dana Duckro ('01)** and **Christy Pastor ('00)** at Dayton, and **Jamie Levy ('01)** at Otterbein. Also, good luck to **Leighann Kramer ('00)** at Bowling Green and **Molly Holbrook ('01)** at Dayton who are recovering from injury.



*Carroll Cross Country*  
*C/O John Agnew*  
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## DUAL MID MIAMI LEAGUE CHAMPS!

The Carroll distance runners made quite a statement at the Mid Miami League Cross Country Championships this fall. The Patriots won all four races in decisive fashion. In the women's varsity race, the Lady Patriots extended their string of championships to 11 years by placing 6 runners in the top 10. The Carroll pack scored a low 24 points to easily outdistance runner-up Springboro (86) and 3rd place team Miamisburg (114) among the 12 team field. The Patriot men also had a strong showing in the varsity race to claim their 10th title in 11 years. The Carroll pack placed all 7 runners in the top 14 for a low score of 38 to dominate runner-up Talawanda (107) and 3rd place Springboro (117) and the rest of the 12 team field. The Carroll Reserve teams had similar results with both the men and women scoring perfect scores of 15 to shutout the competition. The reserve women took the top 12 places and the reserve men took the top 8 places.

Read about the rest of our season on our web page!

## FLAUTE IN MIDEAST CHAMPIONSHIPS

Katie Flaute was honored by receiving an invitation to compete for Ohio in the Mid East Meet of Champions two weeks after the State meet. The top 10 seniors from Ohio raced against the top 10 from Indiana, Illinois, Michigan, Pennsylvania, and West Virginia. Katie finished an impressive 19<sup>th</sup> out of the 60 elite runners competing and helped her Ohio team claim 2<sup>nd</sup> place. Congratulations Katie!

## CROSS COUNTRY WEB PAGE

Thanks to volunteer Web Page Administrator, Ted Niland 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. There are also results of all our runners since 1995 and we are working to get more results from previous years. Also, click on "ALUMNI" and check out the Alumni Page. This page was created by **Kevin Flaute ('98)** and contains some great stuff. You can get it all at: [www.carrollcrosscountry.org](http://www.carrollcrosscountry.org)

## JUNIOR HIGH TEAM

Congratulations to our junior high team for a great season. Coach Mike Michno had a full team of boys and girls this year. Competing for the girls were Nicole Bacas, Sara Cramer, Corina Hurley, Melanie Luker and Katie Michno. The boy's team featured Chris Deville, Patrick Eldridge, Nick Hamilton, Michael Hogg, John Kienan, Ryan Latta, Dennis Normile, Nick Sacksteadar, Will Sedlar. Welcome to cross country!