



COACH'S CORNER

- John Agnew

We just completed one of the most successful seasons in Carroll Cross Country history and had a blast doing it! We continued to dominate the Mid Miami League by winning both the men's and women's titles for the 8th year in a row! Both teams went onto qualify for the State Championships where the women finished 6th and the men 10th, **becoming the only school in Ohio to have both teams finish in the top 10 in Division I cross country.** Not bad for one of the smallest division I schools in the state. We just had some great kids who set high goals, worked very hard, and believed in themselves.

We also had a terrific coaching staff. **Gary Ostdiek ('88)** did a great job once again in coaching our Junior High Team. He had some much needed help from a new assistant, **Sierra Suhajda**. Sierra is a Lieutenant at Wright Patt who competed in cross country for the Air Force Academy. I also lucked out in finding a replacement for my long-time assistant, **Matt Sableski ('91)** who went off to Miami University to work on his masters degree. **Mary Kate Geraghty** did an outstanding job as the new assistant coach this year. Mary Kate just graduated from UD where she competed in cross country. She is currently teaching at Valley View Middle School. A huge thanks to all of you!

It was great to see many of you at our meets this year. Many alumni worked at our All Ohio Catholic meet in September. We also had a great showing of alumni at the League, Districts, Regionals, and State meets. There must have been over 150 Carroll fans at the State meet, with parents, students, and alumni all cheering, "Let's go Carroll!" It was an awesome day! Thanks to all of you who were able to come out and support the team this year. Stop by at the CCC Alumni Christmas Party on the 23rd if you can.

ALUMNI XMAS PARTY

I will again be hosting a Christmas Party for any alumni from my past teams (track or cross country, 1985-1998.) The 5th Annual Carroll Cross Country Alumni Christmas Party will be held Sat., Dec. 23rd, 8:00 - ??? in the Carroll cafeteria. Snacks & soda will be provided. B.Y.O.B.

ALUMNI RACE

An excellent crowd turned out for the 1998 edition of the Alumni Race and pool party/cookout. The alumni continued their winning streak by defeating this year's team 20-39. The alumni women failed to put together a full team this year and thus went down in defeat. Come on all you ladies – join in the fun next year! Alumni participating this year were: **John Agnew ('80), Missy Belcher ('97), Susan Blommel ('92), Rick Bruhn ('98), Chris Chrisman ('81), Matt Davies ('94), Nick Dillon ('98), Janet Duckro ('86), Mark Ernst ('80), Dan Flaute ('95), Kevin Flaute ('98), Paul Gemin ('96), Mark Gerhard ('72), Brent Gudorf ('98), Matt Gudorf ('95), Eric Hill ('95), Doug Keller ('82), Colin McCrate ('96), Devin McCrate ('92), Charlie Middleton ('94), Elizabeth Middleton ('96), Gary Ostdiek ('88), Matt Sableski ('91), Brian Scanlon ('97), Marc Thibault ('98), Dan Tieman ('80), Mike Triola ('96).**

If you missed the fun this year, mark your calendars for a tentative date of Sat., Aug. 14, 1999. Check next summer's newsletter for more info.

ALUMNI UPDATE

- Congratulations to **Sam Weitz ('91)** who married Julie Hemmert this past October!
- Recognition goes out to the following alumni who are currently competing at the collegiate level: **Missy Belcher ('97)** and **Rick Bruhn ('98)** at the University of Kentucky, **Dan Flaute ('95)** and **Mike Triola ('96)** at Bowling Green, and **Colin McCrate ('96)** at Dennison. Nice Job!

JUNIOR HIGH TEAM

Congratulations to Gary and Sierra's 7th/8th grade team on another successful season. The team had a lot of fun and got a taste of cross country, competing well in 7 meets this fall. Team members were: Jenelle Borchers, Ashley Braun, Maggie LaSelle, Nancy Rupp, Sam Jenkins, Mike Mozes, and Kevin Norckauer.

MEET THE TEAM

SR Kelly Bossong	SR Nathan Beach *,#
SR Beth Garrison	SR Pats Donohue
SR Kaneesha Hall	SR Gregg Gemin
SR Jenny Harman	SR Scott Holbrook *,+,☺
SR Kim Hatton	SR Paul Marrinan
SR Molly Middleton *,☐	SR John O'Brien
SR Nichole Moorman *,#,☺	SR James Tokarz ☐,☺
SR Erin Rosati	JR Steven Brooks
SR Denise Schutte *,#,☺	JR Brian Charek
JR Jessica Hoying	JR Nick Culver
JR Michelle Jacobs	JR James Harrigan
JR Leighann Kramer ☺	JR Derrick Himmelberg ☺
JR Amanda Laidley	JR Mike LaSelle %,☺
JR Kat Mihlbachler	JR Corey Myers ☺
JR Christie Pastor	JR Mike Nartker
JR Rachel Phillips %,☺	JR Dan Rush
JR Lynda Wourms ☺	JR Ron Tipton
SO Katie Ballman	SO Brad Bassong
SO Teresa Bauer	SO Seth Chaney ☺
SO Molly Holbrook %,☺	SO Anthony Kulhanek
SO Katie Middleton	SO Jacob Neal
SO Deanna Moorman	FR James Borchers ☺
SO Mandy Reigelsperger	FR Sean Christensen
SO Beth Torgeson	FR Ed Gemin
FR Melissa Bertolo	FR Casey Miller
FR Hallisy Bruchs	FR Charlie Must
FR Pam Daley	FR Tim Pohlar
FR Katie Flaute +,☺	FR Kyle Rush
FR Christy Jenkins	FR Nick Terbay
FR Emily Malloy	FR Kevin Woeste
FR Ashley Peeden	

* Team Captains	% Most Improved Runner
# Patriot Award	☐ Coach's Award
+ Most Valuable Runner	☺ State Meet Competitor

THE ROAD TO COLUMBUS

Here are some of the highlights of the '98 season:

- **Team Camp** ~ We kicked off the season this year with something new – the inaugural Carroll Cross Country Camp. We took the top 8 men and women to Lake Hope State Park in SE Ohio for 5 days in early August. We stayed in cabins and went swimming, canoeing, fishing, and did a little running on some of the biggest hills we had ever seen. Everyone pitched in with the cooking and cleaning and we had a blast!
- **Road Trip #1** ~ We took the top 14 men and women along with all the other seniors to Tiffin, Ohio to compete in the

2nd largest CC meet in the country, and probably the most competitive in the state. The Patriot women finished an impressive 4th while the men were 14th out of 42 teams. After the meet we drove to Sandusky and spent the night in the wrestling room at St. Mary's High School. On Sunday we did it all at Cedar Point Amusement Park – what a fun trip!

- **All Ohio Catholic Championships** ~ We once again hosted the best CC meet in the state. The event was the biggest yet, with over 30 catholic schools competing. The Patriots had an excellent showing with the women claiming runner-up and the men 3rd. Our CCC Parents Group did an awesome job again, serving about 500 pasta dinners on Friday night and conducting 6 races for 800 athletes on Saturday. If you have never attended this meet, try to catch it next year – it really is a first class event!

- **Road Trip #2** ~ We took the Varsity men and women to Chicago for another exciting trip. We competed in the Aurora Stampede, where the women were 2nd and the men 4th against some strong Illinois teams. After the meet, we hit the big city for dinner and sight-seeing. We spent Saturday night at (Coach) Mary Kate's parent's house in Chicago. Sunday morning, we got up early and headed downtown to watch the Chicago Marathon. We ran all over the city, cheering on the 24,000 competitors. We probably put in a good 7 or 8 miles as we ran to catch the leaders at miles 1, 3, 11, 19, and 26. What a great experience!

- **8 In A Row At MML** ~ The Patriot women totally dominated the field with a near perfect 17 points. The men were impressive as well, scoring a very low 25 points with the nearest competitor at 98.

- **State Tournament** ~ Our women had been tough all year and were expected to make it to State. They handled the pressure at Regionals and earned the trip to Columbus. Our men were definite underdogs going into Regionals. We were competing in the toughest regional in Ohio, against 6 teams who were ranked higher than us: #1 Elder, #2 St. Xavier, #3 Centerville, #6 LaSalle, #8 Lakota East, and #12 Colerain (we were ranked 17th) – the top 4 would qualify to State. Our guys believed in themselves and gave it their all – we ended up 4th, upsetting Elder, LaSalle, and Colerain! A thrill we won't soon forget!

- **Men and Women Top 10 in State** ~ Everyone got up and ran great, with half the team running their fastest times ever! Women finished 6th and the men were 10th! Freshman sensation, **Katie Flaute** broke **Michelle Holbrook's** ('96) school record with an impressive 18:48! Juniors **Leighann Kramer** and **Lynda Wourms** became the 3rd and 6th fastest Carroll runners of all time by posting times of 19:03 and 19:17, respectively. Senior **Scott Holbrook** broke **Charlie Middleton's** ('94) record for the fastest time at a State meet with a fast 16:06!



Carroll Cross Country