



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

Summer / 1999

COACH'S CORNER

- John Agnew

I am once again excited for the upcoming cross country season! Last year was one of our most successful years, with the men finishing 10th and the women finishing 6th in the State Championships. We were the only school in Ohio to have both men and women place in the top 10 in Division I cross country! The goal this year is to do even better, so the team is working hard this summer.

We are sending about a dozen of our runners to a cross country camp at Sauk Valley in Michigan again this year. We have been to this camp before and the team always has a great time. It has become the favorite and is now our team's annual choice. Some of our runners help fund this camp through our car wash (see below), so stop by and help send a kid to camp.

In early August I will be taking the varsity team to Lake Hope State Park in southeastern Ohio for State Camp. This is our own team camp that we started last year. We take the top 8 guys and girls and get away for 5 days to train and focus on getting to the State Championships – and we have a great time!

We also have our regularly scheduled conditioning throughout the summer. Alumni are always welcome to join us if you would like to get in a little running this summer with a group. 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)
Fri.	5:00pm	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.

I also want to welcome **Matt Sableski** back to the coaching staff, after his one year hiatus to Miami Univ. for his masters!

Have a safe and fun summer!

CAR WASH ON JULY 10TH

Please stop by and get your car washed at Carroll High School on Sat., July 10th between the hours of 8:00am and 8:00pm. This is our annual fund-raiser and we could use your support! Along with the 12 hour car wash, our team will be running a continuous 24 hour relay on the Carroll track until 8:00am on Sun., July 11th. Alumni are welcome to run a mile or so to support the team, especially in the wee hours of the morning!

ALUMNI RACE/PARTY

– SAT., AUGUST 14TH 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.

MML TRACK CHAMPIONS!

- COACH FANTAUZZO'S FINAL YEAR A SUCCESS

Head track coach John Fantauzzo did an outstanding job preparing his team for success. In his final year of coaching the Patriots (he spent 7 years as assistant and the last 2 as head coach), he led the team to both men's and women's Mid Miami League Championships! Congratulations to Coach Fantauzzo and to the entire team!

The Patriot women easily outdistanced the rest of the league to win their 9th MML Title in the last 10 years. The distance crew dominated their events, claiming 62 out of the 64 possible distance points! The 4 X 800 relay team of **Lynda Wourms**, **Denise Schutte**, **Nichole Moorman**, and **Leighann Kramer** cruised to victory in an impressive 9:58. **Lynda Wourms** and **Dana Duckro** combined for a 1-2 finish in the 800 in 2:27 and 2:29, respectively. **Leighann Kramer** and **Denise Schutte** also combined for a 1-2 finish in the 1600 in 5:22 and 5:41, respectively. **Katie Flaute** and **Nichole Moorman** claimed 1st and 3rd in the 3200 in 11:34 and 12:13, respectively.

The men's championship was a little more nerve racking, with the outcome riding on the final event, the 4 X 400 relay. The team of **Dave Castel, James Tokarz, Nate Henderson, and Seth Chaney** were up to the challenge as they brought home the gold in a season best, 3:32. The men's distance crew also dominated the competition, placing 2 guys in the top 4 of each event. The 4 X 800 team of Seth Chaney, Dave Castel, James Tokarz, and Mike LaSelle took 2nd in 8:28. **Seth Chaney** and **James Tokarz** took 3rd and 4th in the 800 in 2:01 and 2:05, respectively. **Seth Chaney** and **Mike LaSelle** combined for 2nd and 4th in the 1600 in 4:28 and 4:38, respectively. **Mike LaSelle** and **Derrick Himmelberg** claimed 2nd and 3rd in the 3200 in 10:16 and 10:22, respectively.

Other season highlights for the distance crews were:

- a school record in the 3200 by freshman **Katie Flaute** in 11:32, nipping the old mark of 11:34 by **Michelle Holbrook** in 1994. Katie also qualified for the Regional finals in that event, finishing 7th.
- Sophomore records in the 800 (1:59.3) and the 1600 (4:28.9) by **Seth Chaney**. Seth also qualified for the Regional finals in the 800, finishing 8th.
- Junior **Mike LaSelle** improved to 4:27.0 in the 1600 to finish 6th in the Regional final.
- Both 4 X 800 relay teams showed great improvement at the end of the year. The men's team of **Seth Chaney, Mike LaSelle, James Tokarz, and Dave Castel** cut 10 seconds off their time to get runner-up in the District meet with a 8:14, qualifying onto the Regionals. The women's team of **Lynda Wourms, Denise Schutte, Dana Duckro, and Leighann Kramer** cut 12 seconds off to run a very fast 9:45 at the District meet.

Congratulations to all of the athletes and coaches who helped make the 1999 season a memorable one!

7TH/8TH GRADE CROSS COUNTRY

The Patriot Cross Country Club is entering their 4th 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 team is coached by **Gary Ostdiek, '88**.

Their 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 7th or 8th grader who would like to give it a try, please contact Gary at 643-1254.

'99 SEASON OUTLOOK

The Patriot men and women cross country teams have built a strong tradition of success and plan to continue their winning ways this fall. Both teams have won the Mid Miami League Championship for 8 consecutive years. The men have qualified a team to the State Championships in 6 of the last 10 years. The women have qualified teams to State in 3 of the last 6 years.

We lost 4 very tough seniors from last year's state teams; **Denise Schutte, Nichole Moorman, James Tokarz, and Scott Holbrook**, but we also have some great talent returning. It will be difficult to top last year's results of 6th and 10th in the State for women and men respectively, but this year's teams are up to the challenge. Returning Varsity members expected to lead the team this year are: **Katie Flaute (SO), Leighann Kramer (SR), Lynda Wourms (SR), Rachel Phillips (SR), and Molly Holbrook (JR)** for the women and **Mike LaSelle (SR), Seth Chaney (JR), Derrick Himmelberg (SR), James Borchers (SO), and Corey Myers (SR)** for the men. Others expected to challenge for varsity are **Katie Ballman (JR), Deanna Moorman (JR), Jessi Stickel (SO), Maggie LaSelle (FR), Janelle Borchers (FR), Nick Buschur (SR), Nick Culver (SR), and Casey Miller (SO)**. Good luck to the 99 teams!

Here's our **99 varsity schedule**, try to catch a meet if you can - we always appreciate alumni support!

Mon. 30 Aug	Beavercreek Inv – Rotary Park	4:45pm
Sat. 4 Sept	Treaty City Inv – Greenville	11:00am
Sat. 11 Sept	Tiffin Carnival – Tiffin, OH	3:30pm
Sat. 25 Sept	All Ohio Catholic – Kettering	10:00am
(Note: We host this event at Indian Riffle Park. It is a must see!)		
Sat. 9 Oct	Blackhawk Stampede – Chicago, IL	10:00am
Sat. 16 Oct	Mid Miami League – Kettering	10:00am
(Note: We are also hosting this at Indian Riffle Park this year!)		
Sat. 23 Oct	Districts – Trotwood Jr High	TBD
Sat. 30 Oct	Regionals – Troy High School	TBD
Sat. 6 Nov	State – Sciota Downs, Columbus	TBD

GOOD LUCK COLLEGIANS!

We have a great contingent of alumni who plan to compete this fall in collegiate cross country. **Dan Flaute, '95** will be finishing up a stellar career at Bowling Green. **Mike Triola, '96** is also competing for the Falcons. **Colin McCrate, '96** competes for Dennison; **Kevin Flaute, '98** at Cincinnati; **Rick Bruhn, '98** at Ohio State; **James Tokarz, '99** and **Denise Schutte, '99** at Ohio Univ.; **Nichole Moorman, '99** at Xavier; and **Beth Garrison, '99** at Ohio Northern.

Carroll Cross Country

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