



CARROLL CROSS COUNTRY

Running Shorts

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

Summer 2003

COACH'S CORNER

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What an awesome time the last 7 1/2 months have been!

Christine, Kevin, Kenyan (dog), and I are really looking forward to another fun cross country season. We hope to see many of you at the Alumni Race (read on for details) and at some meets during the season. Be sure to follow the team at www.carrollcrosscountry.org and drop me an e-mail when you get a chance - I'd love to hear from you!

We have lost the services of two great coaches from our cross country staff. **Steve Streicher** is starting grad school and **Dan Flaute (95)** has moved on to help fellow alum, **Matt Sableski (91)** coach the Alter Knights. We will really miss them both! Luckily, **Gary Ostdiek (88)** is returning for his 7th year with the program (4 with Jr. High and 3 with high school).

Also congratulations to 2001 coach, **Alicia (Shilkitus) Glenn** and her husband Matt who are expecting their first child!

Enjoy the rest of the summer!

ALUMNI RACE - NEW LOCATION

SAT., AUGUST 9TH AT 10:00AM

INDIAN RIFFLE PARK

This year will mark the 26th annual alumni vs. team race. Due to construction at the school we have had to change locations, so the race will be held at the Kettering Rec Center / Indian Riffle Park. The two-mile run will be held on part of our All Ohio Catholic course. The starting line is located in the baseball field next to the pond. Fruit and refreshments will be served at the awards ceremony after the run. Following this event will be a cookout / pool party / alumni basketball tournament at the Crestwood Pool, adjacent to the Park (\$2 admission). Dust off your running shoes and come on out for a good time!

TRACK SEASON SUMMARY

First-time head coaches **Missy Belcher (97)** and **Steve Streicher** did a fantastic job at the helm this year, as their Patriots performed strong throughout the season. Some of this season's highlights were:

- The men's team rose to the challenge at the Mid Miami League Championships and took the team title with 122 points, easily outdistancing runner-up Lebanon (110). The young women's team competed well and finished 4th in the 12 team field.
- Carroll continued to dominate the distance events at the MML Championships. Out of a possible 64 points in the distance events, the women earned 57 and the men 42. Both teams took titles in the 4 X 800 relays (**Matt Danis, Tony Holtvoigt, Tom Middleton, and Chris Hernandez** in 8:15.0; and **Katie Hutcheson, Emily Sayer, Kellie O'Meara, and Ashley Braun** in 9:55.2). The women swept the 800 (**Kellie O'Meara** - 2:26.1, **Ashley Braun** - 2:27.4) and the 1600 (**Ashley Braun** - 5:23.6, **Katie Hutcheson** - 5:28.2) and took 3rd/4th in the 3200 (**Elizabeth Dinino** - 12:02.8, **Katie Hutcheson** - 12:06.3). The men added a 5th in the 800 (**Chris Hernandez** - 2:03.7), 1st/5th in the 1600 (**Tom Middleton** - 4:28.1, **Paul Carter** - 4:36.1), and 2nd/3rd in the 3200 (**Matt Danis** - 9:58.2, **Tom Middleton** - 10:03.7).

➤ The women's 4 X 800 relay team of **Hutcheson, Sayer, O'Meara, and Braun** won the Division I District Title in 10:00.8. Also racing well at Districts and earning a trip to the Regionals were the men's 4 X 800 relay team (**Lyle Garrison, Carter, Middleton, Hernandez - 8:18.6**), **Matt Danis**