



CARROLL CROSS COUNTRY

Running Shorts

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

www.carrollcrosscountry.org

Winter 2003

COACH'S CORNER

- John Agnew

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

Christine and I just celebrated Kevin's first birthday. He weighed in at 21 lbs. and 31". What an incredible year it has been. Being a dad is the coolest!

This cross country season was extremely successful in many ways. We had graduated 4 of our top 5 guys and 5 of our top 7 girls from last year's varsity. This should have been a rebuilding year, but our team didn't want to accept that. We had more people step up to the challenge and saw greater improvement on this team than any team I can recall. Our varsity guys and girls cut an average of over 1 minute from their best times of last year! Both teams worked extremely hard and each developed into one of the best teams in Southwest Ohio. Unfortunate circumstances denied our men's team some of the rewards this season, but you can't take away the incredible improvement they achieved. Read more details about the season in this newsletter or get complete results on our web page.

I want to thank our incredible coaches for all their contributions this year. High school coach **Gary Ostdiek ('88)** has been coaching with the program for 7 years now, and junior high coach **Matt Davies ('94)** just completed his 2nd year. Thanks for all your hard work and dedication!

I wish everyone a safe and joyous holiday season and hopefully I will see you at the Christmas Party (see below)!

HAPPY HOLIDAYS!

John



ALUMNI XMAS PARTY

The annual Christmas Bash will be at **Fricke's** (restaurant and bar) at 1818 Woodman Dr. on **Tuesday 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 there!

ALUMNI RACE

Over 100 turned out for the **26th Annual Alumni Race** and pool party/cookout. The new venue, Indian Riffle Park and the adjacent Crestwood Swim Club, worked great and will now be the permanent site. Thanks to **Bob and Betty Agnew** for hosting the pool party/cookout for the past 18 years! The alumni men continued their winning streak, beating the team 20-43 and the strongest alumni women's team ever assembled also dominated 19-42. Junior **Tom Middleton** passed **Coach Agnew**, who had a commanding lead but had stopped to tie his shoe, to become the first team member to win the race in over 20 years! Alumni participating this year were:

John Agnew ('80), Missy Belcher ('97), Melissa Bertolo ('02), John Borns ('03), Ashley Braun ('03), Paul Carter ('03), Pam Daley ('02), Matt Danis ('03), Matt Davies ('94), Elizabeth Dinino ('03), Dana Duckro ('01), Dan Flaute ('95), Katie Flaute ('02), Kevin Flaute ('98), Ed Gemin ('02), Kyle Holbrook ('03), Molly Holbrook ('01), Tony Holtvoigt ('03), Dan Kramer ('92), Leighann Kramer ('00), Craig Luehrs ('02), PJ Martin ('02), Devin McCrate ('92), Charlie Middleton ('94), Casey Miller ('02), Darcy Moxon ('03), Greg Mueller ('02), Steve Nielsen ('03), Kellie O'Meara ('03), Gary Ostdiek ('88), Marilyn Rupp ('98), Kyle Rush ('02), Matt Sableski ('91), Emily Sayer ('03), Heather Stewart ('03), and Shannon Stewart ('03).

ALUMNI HAPPENINGS

- We had a couple of historic firsts for Carroll CC Alumni.
- **Katie Flaute ('02)** and **Jamie Levy ('01)** became the first CCC alumni to compete in a NCAA Cross Country National Championship Meet. Katie ran for Tennessee in the Division I title race in Waterloo, Iowa and Jamie represented Otterbein in the Division III Nationals in Hanover, Indiana. Both teams finished 24th in the country.
- **Julie Nail ('88)** married **Jon Wilson ('88)** to become the first CCC couple to wed. Best wishes to Jon and Julie!
- In addition to Katie and Jamie, our collegiate competitors were **Elizabeth Dinino ('03)** at Ohio Northern, **Dana Duckro ('01)** at Dayton, **Leighann Kramer ('00)** who clocked a PR of 18:57 in her senior season at Bowling Green, and **Lynda Wourms ('00)** at Wright State. Three of the twelve man roster at UD hail from Carroll as **Dave Bereda ('00), Matt Danis ('03),** and **Tony Holtvoigt ('03)** all made the Flyer team and competed well this fall.
- Also conquering athletic challenges were **Pam Daley ('02), Christy Jenkins ('02),** and **Greg Mueller ('02)** - Chicago Marathon, **Chris Wujcik ('91)** - Air Force Marathon, and **Pete Christoff ('00)** - Wisconsin Ironman!
- Best wishes to newlyweds **Sara Wujcik ('90)** who became Sara Cavallon in May and to **Rick Bruhn ('98)** and wife Erin.

MEET THE TEAM

SR Darren Brown	SR Vicky Goad C, ☺
SR Greg Clausing C, ☺	SR Katie Hutcheson 3C, +
SR Justin Dierking	SR Kelly Kasten C, %
SR Patrick Desimio	SR Frances Krumholtz 3C, ☐, ☺
SR Ryan Eifert C, ☺, %	SR Amy McCarty C
SR Paul Gardner C	SR Nancy Rupp C
SR Vince Hartman C, ☐	SR Laura Wahler C, ☺
SR Alec MacEachern 2C, #	SR Molly Williams C, #, ☺
SR Adam McNally C, ☺	JR Tina Carter
SR Tony Seibert C, ☺	JR Brittany Hey
SR Alex Volkerding	JR Rebecca Minardi C
JR Aaron Beach C, %	JR Sarah Panek
JR Mark Becknell	JR Nina Rice MGR
JR Chris Datko	JR Miranda Shumway
JR Brendan Devit	JR Amanda Taylor
JR Chris Hodapp	JR Lea Wise-Surguy
JR Todd Holbrook 2C, %	SO Anna Duckro
JR Mark Latta	SO Marty Jenkins 2C
JR Tom Middleton 2C, +	SO Andrea Timm C
JR Kyle Niemi MGR	SO Stacy Moxon C
JR Joe Puchala	FR Corina Hurley
JR Dan Pyles	FR Jordan Jennewine C
JR Curt Reigelsperger	FR Amber Justice
JR Patrick Staker	FR Niki Lange
SO Tom Bell	FR Elayne Martz
SO Patrick Berger	FR Tara Mullins
SO Jared Eifert C	FR Rebecca Peterson
SO Michael Hogg 2C	C Varsity Letters
SO Jimmy Kilby	* Team Captain
SO Ryan Monell	# Patriot Award
SO Dennis Normile MGR	+ Most Valuable Runner
SO Nick Sacksteder	% Most Improved Runner
SO Sean Stilson	☐ Coach's Award
SO Jacob Suchecki	☺ 4 Year Member
FR Mike Charek	MGR Manager
FR Kenny Keller	
FR Luke Meyer	
FR Zack Mix	
FR Anthony Norman	FR Josh Saintignon
FR Chris O'Bryan	FR Brad Schenck

MIDDLETON - ALL CATHOLIC CHAMPION!

Junior **Tom Middleton** hammered the final mile to gap a very talented field at the 9th annual All Ohio Catholic Championships. Tom's winning time of 15:51 set a new meet record! Senior **Katie Hutcheson** also ran a stellar race to crack the top 10 with a 7th place finish in 19:39. The Carroll CC Parents and Alumni host the Championships each year at Indian Riffle Park. If you would like to help next year, please let us know.



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MID MIAMI LEAGUE CHAMPS!

The Carroll men put together a solid team effort to clinch their 12th championship in the last 13 years! The Patriots were without their top runner, Tom Middleton, who was resting an injured leg. The rest of the team rose to the challenge and still took the crown with **Todd Holbrook** (6th), **Vince Hartman** (8th), and **Alec MacEachern** (10th) claiming **1st Team All MML** honors. **Aaron Beach** (13th) and **Mike Hogg** (19th) earned **2nd Team All MML** honors, while **Ryan Eifert** (25th) was **3rd Team All MML**.

The Patriot women nearly pulled off the upset of highly ranked Springboro, but fell just short of claiming their 13th Championship in a row. A very strong team performance placed 4 in the top 10 with all 7 ladies finishing in the top 20. **Katie Hutcheson** (2nd), **Jordan Jennewine** (4th), **Marty Jenkins** (6th), and **Rebecca Minardi** (10th) were all awarded **1st Team All MML** honors. **Frances Krumholtz** (13th), **Kelly Kasten** (16th), and **Andrea Timm** (20th) earned **2nd Team All MML** honors.

The Reserve teams continued their domination as the Lady Patriots took the top 5 places and the men took the top 4. Individual titles went to **Stacey Moxon** and **Greg Clausing**.

REGIONAL QUALIFIERS!

The women's team ran one of their best races of the year at Districts to earn a trip to the Division I Regional Championships. **Katie Hutcheson** ran a personal record of 18:53 to claim District runner-up. Freshman standout, **Jordan Jennewine** also ran a PR, clocking 19:47 to take 10th overall. Unfortunately, the men's team ran into some bad luck as standout runner **Tom Middleton**, suffering from a bad cold, had breathing difficulties and collapsed prior to the finish. The team ran tough and was still within 10 points of qualifying to Regionals even without their top guy.

HUTCHESON - 35TH AT STATE!

Katie Hutcheson earned a trip to Columbus for the State Championships by finishing 13th in the Regionals. Then at the pinnacle of high school cross country - the Division I State Championships, she finished 35th out of a field of over 150 of the best runners in Ohio! Congratulations Katie on a great season!

JUNIOR HIGH TEAM

Coach **Matt Davies** ('94) introduced three newcomers to the awesome sport of cross country. Eighth graders Eric Sagasser and Victor Zimmer and seventh grader Nathan Mix competed in six meets this fall. Congratulations future Patriots!