



CARROLL CROSS COUNTRY

# Running Shorts

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

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*Summer 2000*

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## COACH'S CORNER

*- John Agnew*

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

I am already excited about the upcoming cross country season. We have a great combination of young, untested runners and experienced veterans all motivated and ready to step up to the next level. They have started their summer training and will hopefully continue to work hard through the fall. As always, about a dozen of our runners will be attending the Sauk Valley Cross Country Camp in Michigan in July, and I will be taking our varsity team for 5 days of training (and fun) at Lake Hope State Park in southeastern Ohio in early August. If all goes well, our potential could develop into an exciting and very successful season for the men and women of Carroll Cross Country!

Now for the really exciting event of this fall - I am getting married to Christine Peterson on September 30th! She is a very special person and, like me, a fitness and outdoor enthusiast. She is a great supporter of me and the cross country team. I look forward to a wonderfully happy life with Christine!

If you would like to join us for a run this summer, you are always welcomed at our conditioning. 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.

Have a fun and safe summer!

## CAR WASH ON JULY 8<sup>TH</sup>

Please stop by and get your car washed at Carroll High School on Sat., July 8<sup>th</sup> between the hours of 8:00am and 6:00pm. This is our annual fund-raiser and we could use your support! Along with the 10-hour car wash, our team will be running a continuous 24-hour relay on the Carroll track until 8:00am on Sun., July 9<sup>th</sup>. 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 12<sup>TH</sup> 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.

## TRACK SEASON SUMMARY

**- COACH MATT SABLESKI TAKES THE HELM**

After spending 8 years as an assistant coach in track and cross country, Matt Sableski took over the reigns as the Patriot's head track coach this past spring. Coach Sableski did an outstanding job and we hope to benefit from his positive leadership for many more years. Some of the season highlights were:

- The Patriot women easily outdistanced the rest of the league to win their 10<sup>th</sup> MML Title in the last 11 years. The distance crew dominated their events, claiming 59 out of the 64 possible distance points! The 4 X 800 relay team of **Katie Flaute, Lynda Wourms, Leighann Kramer, and Ashley Braun** cruised to victory in an impressive 9:52. **Lynda Wourms** and **Dana Duckro** claimed a 2<sup>nd</sup> and 4<sup>th</sup> in the 800 in 2:27 and 2:31, respectively. **Katie Flaute** and **Ashley Braun** combined for a 1-2 finish in the 1600 in 5:25 and 5:35, respectively. **Leighann Kramer** and **Katie Flaute** also combined for a 1-2 finish in the 3200 in 11:34 and 12:13, respectively.

- The men's 4 X 800 relay team also claimed the MML title with an exciting finish over Miamisburg. The team of **Paul Carter, Dave Bereda, Mike LaSelle, and Dave Castel** combined for the championship time of 8:20.
- The teams competed well at Districts, qualifying runners to Regionals in every women's distance event plus the men's 4 X 800 relay.
- At Regionals, senior **Lynda Wourms** ran her season best time of 2:23 in the 800; freshman **Ashley Braun** ran an impressive 5:26 in the 1600; junior **Katie Flaute** and senior **Leighann Kramer** both ran near their best times to claim 6th and 9th; and the 4 X 800 team of **Jamie Levy and Lynda, Leighann, and Ashley** finished 6th in a very competitive field. The men's 4 X 800 team of **Paul Carter, Dave Bereda, Mike LaSelle, and Dave Castel** also competed well to finish among the top 12 in the strong Southwestern Ohio Regional.

## RUNNERS EARN SCHOLARSHIPS

Two of our star distance runners signed to run cross country and track for Division I programs. **Leighann Kramer** received a full tuition scholarship to compete at Bowling Green and **Lynda Wourms** received a similar package from Wright State. We wish them much success!

## 7<sup>TH</sup> / 8<sup>TH</sup> GRADE CROSS COUNTRY

The Patriot Cross Country Club is entering their 5<sup>th</sup> 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 7<sup>th</sup> or 8<sup>th</sup> grader who would like to give it a try, please contact Gary at 643-1254.

## CROSS COUNTRY WEB PAGE

We are on-line at: <http://www.hcst.net/~nielandt/CarrollXC> and we also have a link from the Carroll High School page. Please check it out and let me know what you think. Since these newsletters are posted on the site, we could save the printing and postage costs if you access it on-line. If you have internet access and will be able to check out future info on-line, please send me an e-mail at [carrollcross@yahoo.com](mailto:carrollcross@yahoo.com) and I will remove you from the mailing list.

## 2000 SEASON OUTLOOK

Both teams will be going for their 10th consecutive Mid Miami League Championship and a return to the State Meet! We lost 6 very tough seniors from last year's varsity teams; **Leighann Kramer, Lynda Wourms, Rachel Phillips, Mike LaSelle, Derrick Himmelburg, and Dave Bereda**, but we also have some great talent returning. Top returning runners are: **Katie Flaute (JR), Maggie LaSelle (SO), Molly Holbrook (SR), Katie Ballman (SR), Jessica Stickel (JR), Mary Phillips (SO), Ryan Anne Burns (JR), Pam Daley (JR), Jenelle Borchers (SO), and Christy Jenkins (JR)** for the women and **Seth Chaney (JR), James Borchers (SO), Casey Miller (JR), Paul Carter (SO), Tony Holtvoigt (SO), Craig Luehrs (JR), Matt Doran (JR), Charlie Must (JR), and Josh Shields (JR)** for the men. Newcomers **Ashley Braun (SO), Jamie Levy (SR), Annie Christoff (JR), and Matt Danis (SO)** could also contribute on the varsity. Good luck to the 2000 teams!

## 2000 VARSITY SCHEDULE

Try to catch a meet if you can - we appreciate alumni support!

Mon. 28 Aug	Beavercreek Inv – Rotary Park	4:45pm
Sat. 2 Sept	Treaty City Inv – Greenville	11:00am
Sat. 9 Sept	Tiffin Carnival – Tiffin, OH	3:30pm
<b>Sat. 23 Sept</b>	<b>All Ohio Catholic – Kettering</b>	<b>10:00am</b>
(Note: We host this event at Indian Riffle Park. It is a must see!)		
Sat. 7 Oct	Sciota Downs Inv – Columbus	10:00am
Sat. 14 Oct	Mid Miami League – Edgewood	10:00am
Sat. 21 Oct	Districts – Trotwood Jr High	TBD
Sat. 28 Oct	Regionals – Troy High School	TBD
Sat. 4 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. **Mike Triola, '96** will be finishing up his career at Bowling Green. **Leighann Kramer, '00** will also be competing for the Falcons. **Rick Bruhn, '98, Missy Belcher, '97, and Lynda Wourms '00** will be competing at Wright State; **James Tokarz, '99** and **Denise Schutte, '99** at Ohio Univ.; **Nichole Moorman, '99** at Xavier; **Beth Garrison, '99** at Ohio Northern; **Kevin Flaute, '98** at Cincinnati; **Mike LaSelle, '00** at Univ. of Dayton; and **Rachel Phillips, '00** at Pittsburgh. Good luck everyone!

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