

1999 District meet...

Runners may need to bundle up

Cold weather due for districts

By MICHAEL PIDANICK
Staff writer

As the cross country season reaches the district level, runners may have to deal with a factor they haven't faced all season: cold weather.

With temperatures expected to be hovering in the mid-40 degree range, area runners will compete in their first cold weather run of the season.

"I don't think anybody has

run in cold weather," said St. Joseph Central Catholic coach Gary Logsdon. "It could be a unique factor. It'll be interesting, you might see some bundled up runners."

The Crimson Streaks hope to make things interesting in both the boys and girls Division III races at Terra Community College. The top four teams in each division qualify for the regional Oct. 20 at Hedges-Boyer Park and Logsdon said he thinks both teams have a realistic chance at claiming a regional berth.

For Fremont Ross, coach John Elder said the weather

Cross country

can cause all kinds of surprises. That's exactly what his Little Giants are hoping to do at a tough Division I district at Oregon Clay's Pearson Park.

"It could have a big impact," Elder said. "Some runners, when it's hot out, they're just terrible. So maybe the cold weather will help some of them. Of course it could affect the speed of the course, especially if there's rain and snow, I hear they're calling for some of that too. It'll be interesting."

The Crimson Streaks boys

have been a pleasant surprise this season. Senior Mike Chapman is a co-favorite to win the race along with Old Fort's Jeremy Riehm, but teammates Jeremy Velliquette and Adam Miller also earned All-MAL status and could impress again.

As for the SJCC girls, Logsdon said he thinks they have a decent chance at returning to the regional meet.

"We have the boys rated fourth hopefully they'll do well," Logsdon said. "If they can come out running hard, maybe third is a possibility. The girls would be very

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pleased to advance, that's always a goal."

As for the Little Giants, sophomore Jeremy Framstad has been solid all season, and he is Ross's best chance at a regional representative. Senior Ryan Werling would need a good race, Elder said.

"We expect to get Jeremy out," Elder said. "Ryan will need best race of the year to have a shot. I think for a lot of them, they're just going for personal bests. It's an flat course and we've run well there."

Three Little Giant runners advance

OREGON — Three Ross runners advanced to the Division I regional with strong showings at the district tournament Saturday at Pearson Park.

Jeremy Framstad finished 10th in the boys race in 17:05, and freshmen Stacy Hall and Kelly Biehler advanced for the girls, Hall finishing 11th in 20:40 and Biehler finishing 15th in 20:55.

The Ross girls finished fifth in the team standings, one spot away from advancing to the regional meet as a team.

"It was a great accomplishment to have the freshmen moving on," said Ross coach Cathy Esposito. "To go when they're that young, they will know what it takes to get there."

Also for the Ross girls, Jenny Gabel was 22nd in 21:08, Molly Gocke was 28th in 21:28, Abby Cominsky was 29th in 21:20, Meg Neeley was 40th in 21:55 and Wendy Farrell was 45th in 22:30.

For the Ross boys, Ryan Werling was 41st, Roy Zamarripa was 45th, Clay Huffman was 51st, Art Neeley was 62nd, Habner Herrera was 70th and Dan Burris was 71st.