

2005 Greater Buckeye Conference...



News-Messenger/Diane Cebula

ELON SIMMS of Fremont Ross eyes the finish line on his way to a win in the 110-meter hurdles during the Greater Buckeye Conference track meet at Fremont Friday.

Little Giants win GBC

By **RYAN AUTULLO**
News-Messenger correspondent

Julius Salgado assumed a squatting position while glaring down at the Fremont Ross track as he waited to run his leg in the Greater Buckeye Conference 1,600-meter relay final Friday.

The Little Giant junior was searching for a bit of inspiration from deceased grandfather, Henry Fenske.

"I pray before each meet that he'll help me pull through it," Salgado said. "I think he helped me out this time."

A simpler conclusion suggests that Salgado is more than capable with or without the aid of a spiritual influence.

Salgado broke the 110 meter conference hurdle record by more than a second and helped the 1,600 team claim victory to boost the host Little Giants to their second consecutive league crown.

The Ross boys have not been defeated in an invitational or dual meet this season.

"When we lost our distance people (to graduation) last year, we were afraid we were going to drop," Salgado said. "We thought we were going to have to make up a lot. We just have a bunch of underclassmen pulling it up. It's a lot better than I expected."

Ross outdistanced second place Napoleon 171-101.5. The Little Giant girls finished fifth with 44 points. Napoleon scored 136 points to capture the girls title.

Adam Wilhelm of Ross was named the league's top male runner while teammate Rob Durnwald was given the award for the top male in the field events. Little Giant coach Cathy Esposito was voted the meet's boys coach of the year for the second season in a

row by her league coaching peers.

Henry Fenske died over a year ago from a battle with pancreatic cancer. He resided in the same household as Salgado and was one of his biggest fans.

"He showed up to every practice, every meet, every game, for every sport I played," Salgado said. "He was always there with me and now that he's gone, I try to keep him in my thoughts."

The 3,200 relay team broke the 20-year-old school record with a time of 8:06.8. The squad, consisting of Elon Simms, Nathan Bowen, Austin Young and Brandon McDonald, bested second-place Findlay by nearly 27 seconds.

Simms, who will sign with The Ohio State University in the near future, was inserted in the lineup because of the prospect of breaking the school mark.

"That was nice. After the race he went over and collapsed," Young said. "He was so tired. He gave it all he had."

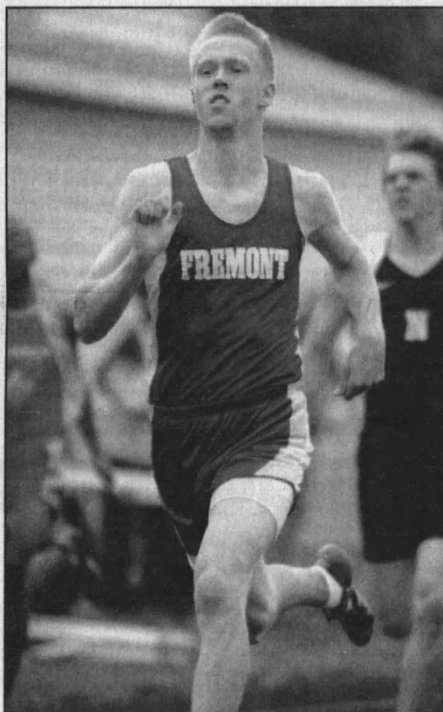
Bowen also welcomed the addition of Simms to the relay.

"I didn't think we broke it when he first crossed the finish line," Bowen said. "I was watching the clock, and I thought it was 8:07, but it was 8:06."

"The most important thing is all the people who don't run (in competition), they make you work so hard in practice," he continued. "That's what makes you better."

The Little Giants' Ashley Fischer won the 1,600, setting a new league mark.

Because Simms competed in the 3,200 he was substituted for in the 1,600 relay. Wilhelm, who usually runs third, replaced Simms as the anchor and trailed by about 15 meters when he was



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ADAM WILHELM of Fremont Ross finishes first in his preliminary heat in the 200-meter dash during the GBC meet in Fremont Friday.

handed the baton. He quickly caught a Napoleon runner and held him off to win by 17 tenths of a second.

"I'm so confident in him," said Young, the relay's leadoff runner.

"He can be 20-30 yards behind, and I'm confident he'll catch up. He won't let someone pass him life that."

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Ross boys win GBC track meet

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Running alongside Simms and Wilhelm, Young is often overlooked. Esposito believes Young's role is very consequential in the performance of the relays.

"I think when you realize that it took four guys to accomplish what the 3,200 and the 1,600 have — he's a real impor-

tant part of that," Esposito said. "He's our leadoff leg. He gets it all started."

Salgado made a bold prediction that the Little Giants will send their largest contingent ever to the state meet. He also said that a top-five team finish in Ohio is within reason.

"A lot of it has to do with his whole attitude towards the sport," Esposito said. "He's fallen in love with the sport."

Track & Field

High School Boys

GBC Championships

Team Scores

Ross	171
Napoleon	101.5
Sandusky	93
Findlay	71
Marion	48.5
Lima	36

Ross Results

100 — 6. Tyrone Lemley 11.79
200 — 1. Adam Wilhelm 22.61, 8. Anthony Zimmerman 24.83
400 — 1. Adam Wilhelm 49.6, 5. Ryan Crudup 53.37
800 — 1. Elon Simms 1:58.47, 5. Austin Young 2:06.46
1600 — 2. Derek Hill 4:39.79, 3. Nathan Bowen 4:48.02
3200 — 1. Derek Hill 10:03.63, 2. Nathan Bowen 10:21.02
110 hurdles — 1. Elon Simms 15.47, 3. Julius Salgado 15.68
300 hurdles — 1. Julius Salgado 40.99, 3. Adam Shearn 42.06
400 relay — 3. 46.19
800 relay — 2. 1:31.72
1600 relay — 1. 3:28.34
3200 relay — 1. 8:06.86
High jump — 3. Travis Miller 5-08, 8. Stephan Johnson 5-04
Pole vault — 4. Joshua Bowen 10-06, 5. Jeremy Troxel 10-00
Long jump — 7. Adam Shearn 17-10, 10. Ryan Crudup 16-08.75
Shot put — 2. Jorge Perez 43-0, 7. Matt Barnett 39-0
Discus — 1. Robert Durnwald 148-03, 2. Jorge Perez 140-01

High School Girls

GBC Championships

Team Scores

Napoleon	136
Sandusky	121
Findlay	115
Marion	97
Ross	44
Lima	10

Ross Results

100 — 7. Colleen Rucker	13.4, 8. Brandy Jones	13.96
200 — 7. Kristen Fox	29.28	
400 — 2. Tia Simms	1:00.76, 6. Kristen Fox	1:04.14
800 — 2. Ashley Fischer	2:28.60, 8. Jacque Fate	2:45.11
1600 — 1. Ashley Fischer	5:25.62, 10. Ashley Brunthaver	6:40.10
3200 — 4. Ashley Fischer	12:16.39, 7. Alyssa Bowerman	13:17.64
300 hurdles — 6. Allison Adams	50.97, 10. Emma Ellenberger	54.33
400 relay — 5. 53.48		
800 relay — 5. 1:53.82		
1600 relay — 5. 4:13.5		
3200 relay — 3. 10:37.22		
High jump — 7. Jacque Fate	4-06	
Long jump — 10. Kristen Mills	13-01.25, 11. Kristen Fox	12-06.5
Shot put — 9. Betsy Quick	31-01.5, 12. Rene Lipstraw	25-0
Discus — 9. Eve McElfresh	90-02, 10. Betsy Quick	58-11