

Ross teams peaking for district race

Coaches alter workout schedule

By MICHAEL PIDANICK
Staff writer

For the Fremont Ross girls cross country team, last season's district meet was a tuneup.

This time around, it's the season's focal race.

"If we wait until next week (to peak) then it may be too late," said Ross coach Cathy Esposito. "So I bumped it up a little."

"Right now (in practice) we're running sprints. We had to get

faster, earlier."

Ross boys coach John Elder also has his team peaking for this weekend.

"We cut back on mileage," he said. "The goal is to be rested and fresh. It could be last race of year, so we remind them how much they want this thing."

Clyde coach Sonny Workman has his team doing mostly speed work.

"There's nothing left to improve as far as distance," he said. "They've got to be ready now."

The Little Giants girls and boys teams will compete Satur-

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day at Pearson Park in Oregon. The boys will run at 1:40 p.m. and the girls will begin at 3 p.m. The other 10 area teams will compete at Terra Community College, beginning at 1 p.m.

Last year, the senior-filled Little Giants girls team was second at district and advanced to state as a team.

The district was divided in two groups, with the top four teams from each group advancing to regional. The seventh-seeded Little Giants will have to battle

Anthony Wayne and Defiance.

"We have a good chance," Esposito said. "The top eight teams go and we're seventh."

If Ross fails to qualify, senior Molly Gocke is almost certain to make it out as an individual. The top 15 placers advance.

Last year, Ross, St. Joe, Woodmore, Oak Harbor and Bellevue qualified in the girls meet, while Gibsonburg and Old Fort advanced in the boys competition.

The Crimson Streaks girls appear to have an excellent

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Cross country district meets

Division I

■ Fremont Ross at Pearson Park, Oregon

Division II

■ Clyde, Lakota boys, Oak Harbor, Bellevue, at Terra CC

Division III

■ St. Joe, Gibsonburg, Woodmore, Lakota girls, Old Fort, Bettsville, Margaretta at Terra CC

Freshman Framstad only Little Giant runner to advance

By KYLE TIMMONS
News-Messenger correspondent

OREGON — Saturday's district meet at Pearson Park provided spectators with some of the area's best Division I runners, all having the same goal — to advance to the regional meet.

Unfortunately for Fremont Ross, only one runner will move on.

"The goal is to get as many kids as you can in the top 15 and try to go for a top four (team) position," said Ross' boy's coach John Elder.

Freshman Jeremy Framstad placed 13th in the District II race in 17:19, qualifying him as the lone Ross representative next week.

"The first two miles were great," Fram-

stad said. "I just held on the last two."

The top four teams and 15 individuals advance to the regional.

Framstad is just hoping to put on a good performance.

"I am going to go out and do the best I can," said Framstad. "The state is not really in the big picture, but I'll go out and see what I can do."

The Ross boys' team finished 12 points behind Toledo Start and four behind Bowling Green.

"We knew that three out of the top four teams we couldn't beat," Elder said. "It was up to the fourth position between us, Bowling Green and Start."

"Start beat us, but I thought that we did well against Bowling Green."

In the girls' race, Molly Gocke finished 20th overall as Ross finished seventh.

"Molly was kind of under the weather this week," said Fremont girl's coach Cathy Esposito. "I was kind of hoping she would make it out of here in the individuals."

Esposito said that she was pleased with her team's performance.

"We had a good performance today as a team with our times," Esposito said. "We had three girls under 21 (minutes) which we haven't been able to do all year. They did a nice job today."

Elder said that he enjoyed the year and is looking forward to next year.

"We're young," said Elder. "Two of our three top runners are freshmen."