

2013 Cross Country Season Review

BOYS CROSS COUNTRY TEAM PREVIEWS BELLEVUE

Coach: Lee Booze, seventh season.

Last year: Second in the NOL; Seventh at districts.

Key Losses: Dylan Farmbrough, Andrew Beier and James Hickey.

Returnees: Austin Guthrie (junior), Cory Huddleston (junior), Will Schalk (sophomore) and Mike Gerber (sophomore).

Outlook: "We will be a young team this season, but I believe we can compete in the area," Booze said. "With the probable top seven all underclassmen, we can build for the long term."

CLYDE

Coach: Gary Swartz, first year.

Last year: Seventh in the SBC.

Returnees: Jesse Gonzalez (senior), Tommy Davis (junior), Skyler Eversole (junior), Matt Gerber (junior), Jacob Robinett (junior), Gavin Scheid (junior), Logan Carter-Myers (sophomore), Austin Gale (sophomore) and Matt Sepeda (sophomore).

Newcomers: Cayleb Cooper (freshman).

Outlook: "The boys have been working hard this summer and through early practices," Swartz said. "Austin Gale looks to be our top runner, Jesse Gonzalez has been working very hard and giving us great senior leadership. I am really happy with the work of the entire team. Matt Sepeda, Matt Gerber, Jacob Robinett, Skyler Eversole and Tommy Davis look to be the ones filling out the varsity spots with Gale and Gonzalez. However, I see much improvement in Logan Carter-Myers and Cayleb Cooper."

FREMONT ROSS

Coach: John Elder, fourth year.

Last year: Fifth in the TRAC.

Graduates: Justin Schaffer and Devaun Churchya.

Roster: Connor Aldrich (senior), Brantleigh Bunting (senior), Tyler Edmonds (senior), Henry Gegorski (senior), Louis Guardiola (senior), Ryan Schaffer (senior), Brendon Scherf (senior), Nathan Weaver (senior), Nick Christiansen (sophomore), Ryan Farrier



Fremont Ross' Louis Guardiola competes at the 2012 regional cross country meet held at Hedges Boyer Park in Tiffin on Saturday, Oct 27, 2012. JONATHAN BIRD/NEWS-MESSANGER

(junior), Brock Bunting (sophomore), Zachary Baker (freshman), Brandon Bliss (freshman), Riley Edmonds (freshman) and Owen Starkwether (freshman).

Outlook: Senior Louis Guardiola was seventh at last year's TRAC meet and was 44th at the state meet and went on to compete in the Foot Locker Midwest Regional Meet at Wisconsin-Parkside in Kenosha, Wisconsin. "We have three goals for this team this fall, No. 1, have Louis Guardiola return to state, No. 2, keep Tyler Edmonds healthy as our second runner and third to get five boys in the 16's," Elder said. "I know we have two (Guardiola and Edmonds) in the 16's already and if three others join them, we could have a special season."

GIBSONBURG

Coach: Beth Kohler, 20th year.

Last year: Third in the TAAC.

Graduates: Jacob Merryfield, Josh Bryan, Dillon Bogner and Karl Mader.

Returnees: Ian Reineck, Logan Damschroder, Andrew Dellinger and Patrick Randolph.

Newcomers: Austin Rambo (junior), Vicente Alejandro (freshman) and Bryce Mendoza (freshman).

Outlook: "We lost almost half our team to graduation so Andrew Dellinger and Ian Reineck, our two juniors, will be stepping forward into leadership roles," Kohler said. "Our returning sophomores will also help to fill the void left by graduation. This new crew of runners has shown an outstanding work ethic throughout our first week of practice. With only seven runners, we'll have to work hard to keep everyone healthy. If we're able to do that, the team shows a lot of potential for a successful season."

LAKOTA

Coach: Don Windom, 26th year.

Last year: Seventh in the MAL; fifth at districts.

Graduates: Tyler Aldrich, Zac Baker and Ben Gabel.

Returnees: Luke Baker (senior), Anthony Rasp (junior), Isaac Ritter (junior), Caleb Tolenton (junior) and Matthew Steiner (sophomore).

Newcomers: Jonathan Moes

(junior), Jerod Wolph (junior), Garrett Kern (sophomore), David Mason (sophomore), Adrian Vanderbeke (sophomore), Isaac Baker (freshman), Paul Mowry (freshman) and Brent Shank (freshman).

Outlook: "We are a young team with some experience," Windom said. "Our front runners need to move up in the coming races and we are looking for some of our younger runners to fill in the four thru seven spots at a high level. I am looking forward to the season and hope we can be more competitive this year."

MARGARETTA

Coach: John Zang, 29th year.

Last year: Eighth in the SBC.

Key Returnees: Kris Lyons (senior).

Roster: Troy Martin (senior), Lester Hall (senior), Kaiden Hansberger (junior), Seth French (junior), Austin Windau (junior), Tyler Carte (junior), John Harris (sophomore), Clayton Sosa (freshman), Josh Stanley (freshman), Ben Rudolph (freshman), Jacob Charlton (freshman), Jacob Widenheft (freshman) and Noah Esposito (freshman).

Coach: John Elder, fourth year.

Last year: Seventh in the TRAC.

Graduates: Kristina Treece.

Returnees: Valerie Bixler (senior), Abby Burrell (junior), Erica Ebert (junior), Holly Fisher (junior), Faye Sloma (junior), Sarah Szymanowski (junior), Cassidi Lovell (sophomore), Erica Chambers (freshman), Claire Elder (freshman), Morgan Hawk (freshman), Kim Hetrick (freshman), Jasmine Smith (freshman) and Kalee Young (freshman).

Outlook: Valerie Bixler was Ross' top finisher at last year's TRAC meet as a junior, finishing 10th. Faye Sloma was 22nd at the league meet, Cassidi Lovell was 41st, Paige Collier 42nd and Holly Fisher 43rd. "We suffered from a variety of nagging injuries last year," Elder said. "One of the goals is to stay healthy. We also need to find five girls who will run in the 22's or better."

ROUNDUP

Area runners strong at Tiffin Carnival

News-Messenger reports

TIFFIN — Woodmore's Courtney Burner was second, only to Northern Buckeye Conference foe Carly Gose of Genoa as the two competed in the Division II/III open race during Saturday's Tiffin Carnival at Hedges Boyer Park.

Woodmore junior Ryan Avers won the boys Division III-B race as the Wildcats were second as a team in the 33-team field. Joey McTague was 15th, Grant Matwiejczyk was 21st and Jordan Buck was 22nd. Kris Lyons was eighth for 18th-place Margaretta. Luke Baker of Lakota was 16th and St. Joseph Central Catholic's Nate Rosen-garten was 31st.



Oak Harbor's Tyler Sievert competes during the Tiffin Cross Country Carnival on Saturday, Sept 7, 2013. JONATHAN BIRD/NEWS-MESSENGER

Woodmore's Samantha Se-dlemeier was 14th in the girls Division II/III open race.

Clyde's Olivia Hammons was

the top area finisher in the girls Division II-B race, taking third. Oak Harbor, led by Trinity Ge-phart's 17th-place run, finished

13th. Taylor Dunn was 59th. Gibsonburg's Molly Burkett was 55th.

The Bellevue girls, paced by Madison Scagnetti's 44th-place run, were 10th in the girls Division II-A event. Michaela Fox was 51st.

Ross' Louis Guardiola placed 21st and Tyler Edmonds was 45th as the Little Giants were the lone area participants in the Division I race.

"The boys were 30th, but ran well," Ross coach John Elder said. "Our No. 1 and No. 2 runner — Guardiola and Edmonds — ran very well. The 3-7 runners need to close the gap to our front two. In a meet this size, I look at

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how we competed with the TRAC (Three Rivers Athletic Conference) schools and schools that will come to Tiffin for regionals in seven weeks. From that standpoint, we did very well.”

Valerie Bixler was 65th for the Little Giants in the girls race.

Lakota's Cariss Reese was 12th in the girls Division III varsity race.

Old Fort's Brad Bannister was 65th in the boys Division III open race. Bellevue got a 61st-place run from Austin Guthrie in the Division II varsity boys race.

The Lady Red were second in the Division II/III open race, only to Bay Village. Old Fort's Kayla Garza was fifth in the

same race, while Jackie Becker was 16th. Bellevue was led by Sarah Bedell's 23rd-place run. Alli Tommas was 25th.

Girls Soccer: Oak Harbor 4, Genoa 1

GENOA — Paige Velliquette had a goal and an assist for the Rockets in a non-league win over the arch-rival Comets on Saturday night.

Tessa Tyburski, Emma Barney and Mackenzie Auger also scored goals for Oak Harbor (5-1-1, 3-0-1). Noelle Peterson and Amanda Hetrick added assists.

Girls Soccer: Sandusky 1, Ross 0

SANDUSKY — Kelly Murray's goal just 38 seconds into the match was the lone goal for the Blue Streaks who topped the Little Giants in a non-league game played Saturday at Strobel Field at Cedar Point Stadium.

Pickerington Tiger Invitational

Louis Guardiola finished first overall at 16:50.29 as Fremont Ross's boys cross country team was third at the Pickerington Tiger Invitational.

Tyler Edmonds was sixth at 17:15.18, Ryan Schaffer was 15th and Owen Starkweather 21st for the Little Giants.

Valerie Bixler was 16th in the girls race as Ross finished seventh. Cassidi Lovell was 21st and Faye Sloma 27th.

Guardiola gets second at Eagle Invitational

By Matthew Horn
Sports writer

Louis Guardiola was second at 16 minutes, 11.30 seconds Saturday as Fremont Ross' boys finished the Division 1 race at the Clay Eagle Invitational in 11th place.

"I didn't have the kick at the end I wanted but we'll get that ready for TRAC," he said. "I was pretty relaxed (Saturday). I won last week (at the Tiger Invitational in Pickerington) and was still comfortable. It was a pretty exciting race."

Guardiola finished behind Medina's Dylan Dombi and ahead of Central Catholic's George McCartney.

Guardiola, who was 44th at state before running at Foot Locker Regional Championships last year, looks forward to the Three Rivers Athletic Conference race.

"My goal is to win," he said. "If not, top 3."

Valerie Bixler was 30th as



Louis Guardiola maintains his position at the front of the pack during the Eagle Invite in Oregon on Saturday. JONATHAN BIRD/NEWS-MESSENGER

the Little Giants' girls were 10th.

Owen Starkweather was 42nd for Ross's boys while Cassidy Lovell was 36th and Kim Hetrick 46th for the girls.

Division II-III boys

Tyler Sievert was fourth at 16:43.10 as Oak Harbor's boys finished fifth.

"Our team as a group did our best to compete with teams we'll see at our district," he said. "We beat Lake. We stepped forward and showed we can stay with the top three teams at our district."

Sievert was not particularly pleased with his race Saturday but knows all the Rockets have the potential for a strong finish.

He established a personal-best at 16:50 at districts to qualify to regionals last season.

"I think I can be SBC champ," he said. "I won't be cocky but I'll be confident and I'll run to the best of my abilities. As a group, our goal is to beat Perkins."

Jordan Buck was 20th, Grant Matwiejczyk 32nd, Ryan Avers 36th and Joey McTague 43rd as Woodmore finished ninth.

Austin Gale was 50th as Clyde finished 14th.

Nate Rosengarten was 69th as St. Joseph Central Catholic finished 18th.

Jake Wistinghausen was 17th and Bryce Buderer 26th for the Rockets.

Division II-III girls

Courtney Burner was fifth with a personal-best 19:58.6 in the Division II-III race for Woodmore's girls.

"It was perfect weather," she said. "I love it when it's not too hot, not too cold and not too hu-

mid. No hills. I love the competition with Divisions II and III running together. It pushed me harder."

Burner surprised herself a bit Saturday.

"I broke it from last year," she said of her 19:58 from districts. "(That course) was even flatter. I felt good throughout the whole race."

"Some girls who beat me were from Michigan or Division II and they pushed me. It helped me a lot and builds my confidence."

Olivia Hammons had the vision to finish in 20:20 for eighth and Chloe Ruttschaw was 29th as Clyde finished 10th.

Taylor Dunn was 21st (21:25.50) as Oak Harbor finished ninth.

Brooke Foster was 37th as SJCC finished 11th. Samantha Sedlemeier was 31st for the Wildcats.

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Ross' Louis Guardiola runs along the Sandusky River during the Three Rivers Athletic Conference championships on Oct. 12 at Fremont's Walsh Park. BARB GLASPY/NEWS-MESSENGER CORRESPONDENT

GUARDIOLA PREPS FOR FINAL PUSH

FREMONT — The competitor in Ross' Louis Guardiola wanted to be disappointed with his second place run at Saturday's Three Rivers Athletic Conference championships.

But the realist in him couldn't be, which was the perspective that won out on what was a beautiful October morning at Walsh Park.

"We pulled back on my mileage this week, but the intensity of the training was still there," said Guardiola, a senior that earned first-team all-league status all four years he's run in high school. "I was still running a little more tired than I expected. However, being able to come out from running a 16:38 here earlier in the season at the Norm Bray meet to now running a 16:18 on the same course, I can't go wrong with that."

Ross boys 3rd, girls 6th at TRAC championships

By Kevin Shields | Sports writer

Guardiola paced one of four Little Giants in the top 15 of the boys race as Ross finished third as a squad with 68 points. St. Francis de Sales, which had four

runners in the top 10 earned the overall team championship with 44 points, while St. John's Jesuit — led by overall race winner Tevin Brown (16:04.15) — was second at 56.

"I thought Louis did a nice job," Little Giants coach John Elder said. "Tevin (Brown) is a good runner. They battled back and forth."

"But hopefully for (Guardiola), we still have three weeks left and I think he's coming along just fine."

Guardiola was 44th at the Division I state meet as a junior, running a time of 16:04.33. He owns the Little Giants' school record in cross country, which he accomplished at the TRAC meet a year ago in Findlay when he ran a time of 15:42.9.

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TRAC

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But that was only good enough for seventh.

Saturday's TRAC finish was his best in a league meet.

Under normal training conditions, Guardiola averages 50 miles per week. Leading up to the TRAC meet, he and his teammates made considerable cuts in mileage to start the process of tapering for the district race, and for what they hope is for better performances beyond the district level.

"We try to make the tapering week so that it accommodates everyone and fits the needs of every athlete," Guardiola said. "Each athlete is different, and if you wait too long to start tapering, there's no guarantees that it's going to work. I think today showed that it worked and paid off for some of our runners."

Sophomore Cassidi Lovell could be example A.

Lovell ran personal best time of 20 minutes, 7.01 seconds for the Little Giants to place eighth in the girls race.

Ross, which had four runners in the top 26, finished sixth with 115 points.

Clay's Erin Gyurke (17:57.54) was the league's top runner for the first place Eagles who bested second place Notre Dame Academy by a 27-72 margin.

"I knew in my warm up that I was feeling really good," said Lovell, who is one of a few Little Giants on the girls side that train with Guardiola and the boys. "The tapering has really been helping me because this year I started doing harder workouts and longer mileage and it's really paid off."

Behind Guardiola, Ross' Tyler Edmonds was 11th (16:59.01) to earn second-team all-TRAC honors, as did freshman Owen Starkweather in 13th (17:18). Ryan Schaffer (15th) was honorable mention for the Little Giants.

"You know you're in a pretty tough league when you have four kids in the top 15 and come in third," Elder said. "Our goal is to go back to regionals as a team. If we do the same thing next week at districts, that's going to happen."

Other notable finishes included Brantleigh Bunting in 27th, Brock Bunting in 42nd and Connor Aldrich who ran 47th, despite an injury during the race.

"Connor had a problem with

choosing the wrong spikes and he had one bend in and puncture his foot, but he sacrificed for the team and ran thru the pain," Guardiola said.

The times are comparable to those of the teams the Little Giants will see Saturday at Oregon's Pearson Metro Park.

"Ashland is probably the best team at that meet," Elder said. "We'll be vying for a top four spot with schools like St. Francis, (Toledo) Central Catholic and Perrysburg. Maumee could be one that sneaks in there, too, but I think we can run like we did today, we're in good shape."

"Girls side is the same thing. We have four good runners over there and some of these girls like Valerie and Faye didn't quite have the races they wanted to have today, so they'll be hungry for that district race."

Valerie Bixler was 21st for Ross, earning honorable mention for the girls. Kim Hetrick just missed earning all-league recognition, taking 22nd. Faye Sloma was 26th, Holly Fisher was 38th, Sarah Szymanowski was 41st and Megan Hawk was 46th.

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XC IS X-TREME

Catherine Hofacker
Staff Reporter



If anyone can go the distance, it is the Fremont Ross Cross Country team. They have proved it time and time again. This year will be no different. Coach Elder has big plans for his team, especially for his nine seniors.

Last year, junior Louis Guardiola went off to state, and Mr. Elder is determined to repeat this feat for Guardiola, now a senior. He also plans on returning both the boys and girls teams to regionals. "So far, we are accomplishing these goals. Already Louis and Tyler (Edmonds) are ahead of last year, and for the girls we have four under twenty-one minutes," Coach Elder bragged.

Many may wonder how the Cross Country team is pulling off these excellent times, but

there is no great secret. There is simply hard work. While most teenagers spent the summer relaxing, the team was kicking it into overdrive. "We have been running since the end of June and right now we are training at a high volume of running," Elder reported. This 'high volume' is fifty to sixty hours a week for the boys and forty miles per week for the girls.

With such training, it is no wonder the Cross Country team is burning up the track. Coach Elder is well prepared to challenge his runners. "I have been coaching since 1984," he commented. "I took time off and then returned to coaching for the last four years." Those four years have been very rewarding. "We have a very close, fun team," he praised.

The rest of the season holds great promise for the Fremont Ross Cross Country team. They are a shining example that it is not the destination that matters, but the journey.

