

## **FREMONT ROSS LITTLE GIANTS**

**Boys head coach:** John Elder.

**Girls head coach:** Cathy Esposito.

**Last season:** Boys: 5-1, third at GLL meet; girls: 6-0, first at GLL meet.

**Boys roster:** Junior Josh Burris, senior Eric Gabel, freshman Josh Kramer, freshman John Peterson, senior Eli Semer, senior Jake Smith, sophomore Mark Thomson, sophomore Ryan Werling, junior Jon Framstad.

**Girls roster:** Lani Deleon, Abby Cominsky, Jenny Gabel, Molly Gocke, Jeanette Frontz, Lindsay Frontz, Alison Kelly, Dawn McElfresh, Kathryn Oberst, Jamie Toeppe, Kristyn Warner.

**Outlook:** Framstad is the boys team's top runner right now, but he has still been in the high 16-minute range. That's a big dropoff from what the Little Giants were used to last season, when they were led by all-state harrier Jeremiah Smith, now at Youngstown State. That five seconds separated the top four girls runners — Frontz, Cominsky, Warner and Kelly and at the Norm Bray Invitational says plenty about Esposito's squad.

# Ross girls team dominates meet

## Top four runners under 22 minutes

News-Messenger reports

**BOWLING GREEN** — Fremont Ross's girls cross country team swept the top five finishes in a race involving five schools Tuesday at Bowling Green.

The Little Giants' top four runners all ran under 22 minutes, something coach Cathy Esposito said has never happened this early in the season.

"It was awesome," Esposito said. "This is going to be a season you are going to remember."

Alison Kelly won in 21:34, beating teammate Kristyn Warner by less than a second. Abby Cominsky was third in 21:35 and Lindsay Frontz fourth in 21:53. Fifth-place finisher Molly Gocke ran in 22:04.

Ross scored 15 points, followed by Napoleon's 56, Bowling Green's 70 and Bryan's 116. Fostoria did not have a team score.

The meet was recorded as four dual meets, giving the Little Giants a 4-0 record.

In the boys meet, Napoleon outran Bowling Green, Fremont Ross, Bryan and Fostoria.

Jon Framstad was the fastest Little Giant, running in 17:30. His time was 28 seconds faster than overall winner Kort Storch of Napoleon.

The lead spot was a new experience for Framstad. "And he did a great job," coach John Elder said.

In other action:

### CROSS COUNTRY

"It probably won't happen every meet," Woodmore coach Alicia Wollmering said. "It's nice to get the first meet out of the way with the first day of school."

Genoa's Ashley Skees finished eighth in 22:37, followed by Lakota's Regan Youngs, who ran in 23:39.

The meet was scored as three dual meets, with Woodmore beating both Genoa and Lakota by 15-150 margins and Lakota besting Genoa 25-33.

Lakota defeated Genoa and Woodmore in the boys meet.

Marcus Rogier of Lakota was the overall winner in 18:30, followed by Genoa's Dustin Riffle (18:46) and Woodmore's Seth Bringman (19:14).

Three other Lakota runners — Will Windom, Josh Camarata and Jeremy Miller — finished in the top 10.

Lakota beat Genoa 21-39 and Woodmore 20-41. Woodmore topped Genoa 27-29.

"The guys are two strong," Wollmering said. "And we need to be seven strong."

**Gibsonburg 26, Lake 31**

Gibsonburg's Sarah Hilt ran in 22:15, leading the Golden Bears to a 26-31 win against Lake.

Hilt's teammates, Amber Sher-

# Thousands run through Tiffin to gauge distance strength

By MICHAEL BOSI  
Staff writer

At least 157 teams and over 4,500 runners will be at the Columbian Cross Country Carnival Saturday morning in Tiffin.

Nice crowd, area high school coaches say.

Don't be part of it.

"I'd say to get a good start," advised Clyde boys coach Sonny Workman this week. "Establish your pace and don't get too far behind. It'll be a good three-quarters of a mile of just single-file people and you've got to start aggressively. Go out and get your pace as fast as you can and stay together (as a team) because (the runners) are going to get lost."

When the crème de la crème of Ohio's cross country world — not to mention some of the same from Kentucky — thickens at Hedges Boyer Park, it will be, as has been the case for 28 previous

years, an early-season chance for teams to find out exactly where they stand.

Or how far away they are from where they want to be.

"Anybody that finished in the top six in the state" is a favorite, said Ross boys coach John Elder, whose team finished 18th in the Division I-A race last year.

"Ashland is always a good team. We look at the teams in our region, like St. John's, St. Ignatius, Ashland — Southview is always a top team in the region. We want to see how they do, and our goal is to hang with the guys in the (Great Lakes League)."

St. Ignatius is the race's defending Div. I-A champion.

Fremont St. Joe, Gibsonburg, Bellevue, Lakota, Margaretta,

Oak Harbor, Woodmore, Old Fort and Bettsville will also be among the local teams competing in the Carnival.

St. Joe coach Gary Logsdon says time will not be of essence Saturday. While his girls team is off to an impressive start — it won the Div. II-III race at last weekend's Norm Bray Invitational — Logsdon is still using the Carnival to watch for improvement.

"The girls have a good attitude," Logsdon said. "There's some work to do bringing them up a little more. Because of the quality in Northwest Ohio they still have a ways to go yet. We'll know this weekend what our times have to be, then we'll set our goals."

The Fremont Ross girls appear to have their work cut out. The Little Giants were 11th last year in Div. I-A. The division winner was Beavercreek,

## CROSS COUNTRY

# High schools

## Cross Country

### 29th Tiffin Carnival

At Hedges-Boyer Park

#### BOYS RESULTS

##### Division I-A

**Team standings**—1-Pickerington, 125; 2-St. Xavier A, 145; 3-Centerville, 169; 4-Elder, 194; 5-Brunswick, 259; 6-Toledo St. Francis, 260; 7-Colerain, 261; 8-Seneca East, 273; 9-Kent Roosevelt, 317; 10-Ashland, 332; 11-Medina, 356; 12-Westerville North, 374; 13-Uniontown Lake, 376; 14-Fort Recovery, 383; 15-Harrison, 403; 16-Kettering Alter, 432; 17-Maumee, 469; 18-Central Catholic, 474; 19-Hudson, 486; 20-Massillon Perry, 486; 21-Bedford, 491; 22-Columbian, 513; 23-St. Johns, 513; 24-Mansfield Sr., 560; 25-Lancaster, 594; 26-Caldwell, 603; 27-Southview, 666; 28-Vandalia Butler, 715; 29-Chardon, 733; **30-Fremont Ross, 778**; 31-Findlay, 783; 32-Defiance, 808; 33-Niles McKinley, 894.

**Top 10 individuals**—1-Chris Acs (NM) 15:44; 2-Pat Keller (Ce); 3-Mason Ware (Co) 15:59; 4-Davild Alber (Bu) 16:00; 5-Matt Mostinger (Ha) 16:09; 6-Vincent Fries (SE) 16:13; 7-Matt Paulin (A) 16:17; 8-Aaron Hay (SE) 16:20; 9-David Kelly (KR) 16:21; 10-Mike Douglas (P) 16:23.

**Fremont Ross individuals**—72, Jon Framstad 17:30; 114, Ryan Werling 17:58; 165, Josh Burris 18:30; Eric Gabel 18:50; 192, Jake Smith.



# Unbeaten Ross runners tested in league clash with Bedford

News-Messenger reports

The Fremont Ross girls cross country team surrendered the top two finishes to Bedford Tuesday at Walsh Trails, but the Little Giants still kept their dual meet winning streak in tact with a 27-28 decision.

Bedford freshman Kelly Nicholson breezed to first place in 20 minutes, 22 seconds, and Shannon Reno of the Kicking Mules finished second in 21:01.

However, Lindsay Frontz in third place (21:14), Alison Kelly in fourth (21:16) and a fifth-place tie between Molly Gocke and Kristyn Warner (21:37) helped Ross earn its ninth straight win, first in the Great Lakes League.

"(The Mules) have a really nice team," Ross coach Cathy Esposito said. "I'd say that's our biggest competition this year.

## CROSS COUNTRY

Those No. 1 and 2 runners are tough."

Esposito was particularly impressed with the way Nicholson navigated the Walsh Trails course for the first time. "That was a great time for there. She's only a freshman. We did what we had to do to win."

In the boys meet, Bedford used five of the top six finishes to beat Ross 18-6.

Only Ross's Jon Framstad denied the Kicking Mules a clean sweep, finishing in third place in 17:37.

Jeff Davis of Bedford won the race in 17:13, followed by Matt Danziesen's 17:16.

"They're the best," Ross coach John Elder said after his team

fell to 2-3 in dual meets. "We assumed we'd get beat, but our top five all improved very well."

In other action:

### Oak Harbor triangular

OAK HARBOR — The host Rockets won the girls' meet with 23 points, while Clyde had 38 and Huron 64.

Oak Harbor sophomore Ashley Orshoski took second in a close battle with Clyde senior Jenni Staats, finishing one second behind Staats' winning time of 20:56.

Jessica Baumgartner was third in 21:24, while Jackie Baumgartner took fifth in 21:54 and Jodi Kaiser was sixth in 22:01.

"Our times were a little slow. They're still tired from Saturday (Tiffin Carnival)," Oak Harbor coach Kent Whitman said. "As a team, they're running real well.

"We're getting good times out of our three, four and five runners. Tracy Sutkus, Jackie (Baumgartner) and Jodi are running real strong, and that's why the team is doing well."

In the boys' meet, Huron won with 19 points followed by Clyde (42) and Oak Harbor (71).

The Rockets' top finish was turned in by Kevin Straub, seventh in 17:56, and teammate Danny Sutkus, 10th in 18:33.

"Huron is loaded," Whitman said. "They have four outstanding runners and we're young and inexperienced. We just have to dig in every day and just get better."

The Rockets travel to the Perrysburg Invitational on Saturday.

### Genoa double-dual

GIBSONBURG — Gibsonburg's boys ran past Genoa and Elm-

wood, beating the Comets 17-44 and the Royals 21-38. Elmwood beat the Comets 24-31.

Greg Gnepper finished sixth in 18:52 and Justin Rodemich was eighth in 19:02 to pace Genoa, which ran without two runners due to illness.

"We obviously wouldn't have beaten Gibsonburg and we wanted to compete against Elmwood a little bit better," Genoa coach Lee Mitchell said.

Genoa's girls registered a 27-28 victory over Gibsonburg but lost to Elmwood 21-34.

The Comets' Ashley Skees was second overall in 21:14 and Sarah Mominnee placed eighth in 22:28.

"They weren't as excited as they would have hoped," Mitchell said of the girls team. "We've had a lot of injuries and illness going through school. They just weren't

feeling good and they're pretty beat up. They've had a lot of meets in the last couple weeks, but they have to be tough and work through it."

Genoa competes in Saturday's Perrysburg Invitational.

### Woodmore-Otsego

TONTOGANY — Woodmore's Lindsay Travis turned in the top overall finish, in 21:58, as the Wildcats beat Otsego 18-48. Northwood's boys and girls competed but did not have full teams.

Meredith Magsig was second (22:01) for the Wildcats' girls while Connie Camp was fourth in 22:20.

In the boys meet, Woodmore's Seth Bringman (30:29) and John Bedford (21:33) finished fifth and ninth, respectively.

The 'Cats run in the Perrysburg Invitational on Saturday.

# Ross runners regroup at Galion Invitational

**Continued from B1**

In the Class AA meet, Oak Harbor finished 10th with 239 points. Kevin Straub was the the Rockets' first finisher, coming in 15th in 17:56.

## **Galion Invitational**

**GALION** — After finishing third from last place at the Tiffin Carnival, the Fremont Ross cross country team rebounded with a ninth-place finish in the Division I race of the Galion Invitational Saturday at Ammons Reservoir.

"It was a big improvement over last week," Ross coach John Elder said. "Our top three ran very well."

Elder was referring to Jon Framstad, Josh Burris and Ryan Werling, who were 22nd, 39th and 46th, respectively.

Framstad finished in 17 minutes, 6 seconds, which was 1:09 behind winner Chris Estwanik of Dublin Coffman's White team.

Burris had a 17:33 and Ryan Werling checked in with a 17:36.

In the Div. III race, Gibsonburg was paced by Corey English's seventh-place finish, and four Golden Bears were in the top 20 as the team placed third.

English crossed the line in 17:11. Western Reserve's Jake Bibb was the winner in 16:19.

## **GIRLS CROSS COUNTRY**

### **Galion Invitational**

**GALION** — Fremont Ross went

head-to-head with three other Div. I teams that will be in its regional — and finished fourth of that bunch — leaving the Little Giants' work cut out before the end of the regular season.

"That's the thing, our pack is really solid and real consistent, but they really need to move up," coach Cathy Esposito said, whose team was fifth overall with 121 points. "One thing that was great about this meet was we got to run against Ashland (fourth place) and Toledo Central (second) and Wapakoneta (third) — that's who we have to go after if we want to go to states. If (Ross's top runners) can't come close to them they're not going anywhere."

Alison Kelly topped Ross in 20:37, which was good for 18th place.

The highlight of the meet for Ross was the return of senior Jami Toeppe, who had knee ligament surgery last March. Toeppe ran a 22:54 (60th), impressing Esposito.

"She's got a dead guy's body in her," Esposito said, referring to the ligaments. "She got that done in March. That's amazing."

Gibsonburg was led by Sarah Hilt's 13th-place finish (20:55) as it checked in 11th out of 22 teams in the Div. III meet at Ammons Reservoir.

### **Perrysburg Invitational**

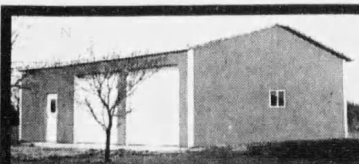
**PERRYSBURG** — Woodmore freshmen Meridith Magsig and

Kathy Camp finished in a second-place tie in 20:09, and the Wildcats beat Eastwood for the first time this season in winning the meet's Class AA title.

Woodmore finished with 44 points, while Eastwood was second with 60.

"Every time we go in I just want my girls to compete and not concern themselves with times or just concentrate on one team," Woodmore coach Alicia Wollmering said.

Oak Harbor was sixth with 185 points, with four runners between 24th and 50th place. Jessica Baumgartner led the pack, finishing in 21:21 (24th), while Ashley Orshoski was on her heels, coming in 25th in 21:24.



**Call Today for a Free Estimate on  
a New GARAGE-WORKSHOP-  
FARM-UTILITY-MINI-STORAGE  
or COMMERCIAL BUILDING**

**We Build To Suite YOUR Construction Needs**

**Call Toll Free 1-800-525-5869**

**BoWellCo BUILDINGS, INC.**

**St. Rt. 424, Napoleon, OH 43545**

**Ask about our COMPLETE Customer  
Satisfaction Warranties**

**We Use FABRAL Roofing & Siding**

## CROSS COUNTRY

and Amanda McDowell was 21st (22:37) to lead Danbury's girls.

"A couple of them ran their best and a couple of them ran their worst," Danbury coach Jim Rinaldo said.

Old Fort's boys won the Old Fort Invitational with 41 points.

Jeremy Riehm finished second in 17:05, six seconds behind winner Josh Kerschner of Tiffin Calvert. Dan Haugh finished third (17:22) and Phil Riehm ninth for the Stockaders.

In other action:

### Genoa quadrangular

OREGON — Eastwood's boys and girls ran to easy victories, recording 27 and 24 points, respectively, in a meet against Fremont Ross, Genoa and Oregon Clay at Pearson Park.

In the boys meet, Fremont Ross's Jon Framstad finished in 17:42 to take third and lead the Little Giants to a second-place finish. Ryan Werling finished sixth and Eric Gabel ninth for Ross.

Genoa's boys were third.

In the girls meet, Ross got top 10 finishes from Molly Gocke (5, 21:05), Alison Kelly (7, 21:13), Abby Cominsky (8, 21:13) and Kristyn Warner (10, 21:27).

### Lakota double dual

Otsego outran Gibsonburg and Lakota in both girls and boys events at a double dual meet at Terra Community College. Lakota edged Gibsonburg in the boys head-to-head matchup and Gibsonburg returned the favor in the girls meet.

Gibsonburg's Corey English and Lakota's Marcus Rogier finished in 17:27 and 17:32, respectively, to take second and third place at the meet.

In the girls meet, Regan Youngs of Lakota finished third in 21:47 and Gibsonburg's Sarah Hilt took fourth in 22:03.

### Clyde triangular

Perkins won a triangular meet at Clyde with Vermilion, as the Fliers and Sailors did not have enough runners to achieve a team score.

Janae Crisone of Perkins won in 21:41, followed by Clyde's Daneil Sherman (22:10).

Clyde is now 3-3.

# Ross's Toeppe takes 10th

News-Messenger reports

Jami Toeppe continued her comeback for the Fremont Ross girls cross country team, finishing 10th in the Little Giants' 23-34 victory over Toledo Whitmer Tuesday.

Toeppe, who had knee surgery in the offseason, has been running for just three weeks. Tuesday, she ran the Walsh Park course in 22 minutes, 33 seconds.

"It's a heck of a jump from what she had last week," said Ross head coach Cathy Esposito. "She was eighth on the team and now she's running sixth on the team. In one meet she's jumped from eighth to sixth. She's been working hard."

Lindsey Frontz topped the Little Giants, coming in 20:55 and second to Toledo Whitmer's Tina Wagner, who finished in 20:46. Kristyn Warner (third, 21:03) and Alison Kelly (fourth, 21:07) added to the Little Giants' top-four finishes.

The Little Giants remained unbeaten in three Great Lakes League meets.

Edison 18, Clyde 44,  
Port Clinton 75

MILAN — Edison took five of the top six spots, with Clyde's Deniel Sherman the only other runner to break a Chargers sweep.

## CROSS COUNTRY

Sherman was third in 21:18. Edison's Megan Zitner won the race in 20:00.01.

"The (Chargers) have a pretty good team, and they had their No. 3 runner drop out (Tuesday) night," Clyde coach Ken Cheek said. "Deneil, she jumped in there."

## BOYS CROSS COUNTRY

Whitmer 26, Ross 30

At Walsh Park, Whitmer's Matt Henry and Jake Armentrout got off to quick starts and set the pace for the Panthers' victory over Fremont Ross.

Henry finished first in 17:20, while Armentrout was runner-up, two seconds later.

Ross's top runner was Jon Framstad, who grabbed third in 17:40 and led six Little Giants in the top 10.

"It was close," Ross coach John Elder said. "Whitmer beat us but they put two guys right at the start that was hard to catch up with. We ran a nice race."



**Fuji**  
Ryan Square  
(419) 381-9206  
Across from Southwyck  
• Oriental Massage  
• Body Shampoo  
• Sauna  
• Whirlpool

Behind  
Super  
America

**\$10 OFF**  
with this Ad  
Open 24 Hours  
7 Days

**GLENDAL**

**FUJI HEALTH**

**RYAN SQUARE**

**RYAN RD.**

**HEATHERDOWNS**

Reynolds Road

5142 RYAN RD., TOLEDO

# Magsig leads Woodmore runners to first place

News-Messenger reports

The cross country future is bright for Woodmore's Meredith Magsig. But there's no time like the present, either.

The Wildcats freshman won Saturday's Eagle Invitational with a top time of 19 minutes, 45 seconds, and Woodmore's "A" squad won the team title with just 38 points in the 24-team race.

It was Magsig's first victory in an invitational meet.

"She's been consistently in the top five at invitationals," said Woodmore coach Alicia Wollmering. "This is her first big win. That was her best time of the year."

Junior Connie Camp was closest to Magsig's pace, finishing third in 19:38. Amanda Roadarmel, a junior, was seventh in 20:11, and junior teammate Lindsay Travis was the fourth Wildcat in the top 10 with an eight-place time of 20:14.

"Meredith, Connie and Amanda all had great races," Wollmering said. "I guess everybody's time was really good, better than

## CROSS COUNTRY

what they had been running."

Oak Harbor, led by Jackie Baumgartner's 18th-place finish, was fifth (159 points), and Woodmore's "B" team was 10th (350).

"Our 'B' team really ran great," Wollmering said. "Some of them ran their fastest time by a minute. Just being in the varsity race was a little more pressure to perform, and that was to their advantage. They rose to the occasion."

Clyde was 11th with 354 points, Lakota was 13th (394) and Margaretta placed 16th (427).

Daniel Sherman was the quickest runner to cross for Clyde, coming in 26th in 21:14.

For Lakota, Regan Youngs turned in the top time, finishing 33rd in 21:17.

In the Div. I race, Kristyn Warner had Ross's top time, finishing in 18th place for the Little Giants, who placed third overall with 144 points.

Notre Dame won the race with

124 points.

"It was the best race they ran this year as a team," said Ross coach Cathy Esposito. "They looked real powerful against teams that have outmatched us this year."

### Rider Invitational

COLLINS — St. Joseph fell out of the top 10 in the state poll last week, but the 11th-ranked Crimston Streaks made their pitch to get back in with a victory at the Rider Invitational.

Keri Oxley led three St. Joe runners who finished in the top 10 with a third-place time of 19:15. She was behind the battle for first that Edison's Megan Zitner won in 19:06 over St. Paul's Erin McFadden.

Liz Stierwalt (fourth, 19:18), Joni Wilhelm (seventh, 20:07) and Kerri Zimmerman (eighth, 20:21) were St. Joe's next three finishers, and Tracy Snyder finished 11th in 20:21.

### Bettsville Invitational

BETTTSVILLE — Gibsonburg's Sarah Hilt was sixth at the Boosters Invitational, crossing the line

"This is her first big win."

— Woodmore cross country coach Alicia Wollmering on Meredith Magsig

in 21 minutes. She was the Golden Bears' top runner in a fifth-place team finish (143 points).

### BOYS CROSS COUNTRY

#### Eagle Invitational

OREGON — Clyde's Josh Cook finished in an eight-place toe, and the Fliers finished in seventh (200 points) of the Div. II-III race.

Cook's time was 16:47, his best of the season, and he crossed at the same time as Napoleon's Marc VanDenBerghe.

Port Clinton was sixth, with 198 team points, while Fostoria St. Wendelin captured the meet title with 73 points.

Also, Lakota finished ninth with 260 points, Genoa was 14th with 414 points, and Oak Harbor was 15th with 467. Woodmore was 21st out of the 26-team race, with 553 points.

For Oak Harbor, Kevin Straub

was the team's top finisher, crossing in 17:43 for 30th place. Dan Suitsus finished in 18:49, in 83rd place.

Leading Lakota was Marcus Rogier, who finished in 41st with a 17:51. Eric Swaisgood on his heels with a 17:54, and Josh Camarata was five places behind Swaisgood, with an 18:02.

Adam Hammett let the Wildcats with his lowest time of the year, in 37th place with a 17:47.

In the Div. I race, Fremont Ross captured 10th place behind winner Toledo St. Francis. The Little Giants were led by Jon Framstad's 20th-place showing (17:14) and finished with 256 points.

"I'm very pleased with how they ran, we were 10th and we have been better in the past, but I'm still really happy with how they ran," said Ross coach John Elder. "We're getting better and better each time out, which is what we want to do."

### Rider Invitational

COLLINS — Every Old Fort runner posted a season-low time

as the Stockaders won the team title at the Rider Invitational.

Jeremy Riehm was sixth in 16:40, Dan Haugh was seventh (16:44), Phil Riehm was ninth (16:57) and Bill Peiffer was 10th (17:09).

Also scoring for Old Fort was Rob Compliment, who was 23rd in 17:41.

### Bettsville Invitational

BETTTSVILLE — Gibsonburg's Corey English led three Golden Bears runners in the top 11, as they finished third in the team standings at the Boosters Invitational.

Gibsonburg had 86 points. Champion Hopewell-Loudon had 73 points, and runner-up Mohawk totaled 81.

English was third in 16:48, just nine seconds off Calvert's Josh Kerschner's winning time of 16:39. Jason Balsizer was eighth (17:37) and Mario Picciuto was 11th (17:40).

The host Bobcats were ninth out of the 10-team field, with Childress their top runner (28th, 18:40).

## Little Giants harriers post Sandusky sweep

**Lindsay Frontz, Alison Kelly** and **Kristyn Warner** finished 2-3-4 to lead the Fremont Ross girls cross country team over Sandusky, 15-50, in a tri-meet with the Blue Streaks and Perkins Tuesday.

The Little Giants ensured they will enter the Oct. 11 Great Lakes League championship meet undefeated at 6-0. Ross also beat Perkins, 20-39.

In Tuesday's boys action, the Little Giants downed Fostoria, 15-55, and beat Sandusky, 23-33. But Perkins got the best of the Little Giants, 22-33.

**Erik Gabel** was Ross's top finisher, coming in fifth place in 17 minutes, 37 seconds. **Jon Framstad** crossed the line next, in 17:39.