

1999 Season review...

# Young Ross tough at Tiffin

News-Messenger reports

**TIFFIN** — Fremont Ross girls cross country coach Cathy Esposito saw her team finish a close fourth in a five-team competition Tuesday in Tiffin, but she has a warning for the competition.

"We're on our way to catching them," Esposito said of Findlay, Tiffin, Columbian and Bowling Green, all players on the state scene. "We're going to be something to reckon with this year."

Senior Abby Cominsky was the top finisher for the Little Giants, finishing 11th in 22 minutes, 20 seconds. Freshman Lindsay Swope came in just behind Cominsky, placing 13th in 22:33.

Cominsky and Molly Gocke were part of Ross's state-qualifying team from 1999, and along with Jenny Gabel and Jeannette Frontz provide leadership. Gocke finished 14th Tuesday in 22:35.

Esposito is also excited about Swope and fellow freshmen Stacy Hall, Kelly Biehler and Shana Frontz. Those four were the backbone of the team that won the Great Lakes League championship last year. Hall finished 17th in 23:01 and Biehler was 24th in 23:38 on Tuesday.

The Ross boys team also finished fourth, behind Findlay, Oregon Clay and Columbian. Jeremy Framstad finished 10th to pace coach John Elder's team, with a time of 18:32. Ryan Werling was 13th in 18:52, Mark Thomson was 23rd in 19:44 and Clay Huffman was 34th in 21:00.

The Little Giants next compete Saturday, when, along with St. Joseph Central Catholic, they host the Norm Bray Invitational.

In other cross country action Tuesday:

## Cross country

two seconds and Woodmore teammate Seth Bringman took fifth Tuesday, helping Woodmore's boys cross country team beat Gibsonburg and take second behind Eastwood.

The Wildcats beat the Golden Bears 16-43 and lost to Eastwood 25-30.

Garcia finished in 17:33 and Bringman clocked in at 17:54.

Woodmore's girls, led by the 1-2 finish of Meredith Magsig and Kathy Camp, beat Gibsonburg 17-46 but lost to Eastwood 27-29.

Magsig won in 19:56, while Kathy Camp was second in 20:04 and Casey Ulinski placed sixth in 21:33.

"I wasn't surprised that Eastwood beat us," Woodmore coach Alicia Wollmering said. "They're strong right now. It's going to be close the whole year. The guys did a good job. Now we know what we need to work on, same with the girls. The boys went out to win the meet and they gave it their best."

"We have two girls who are running real strong. We had a good race out of our freshman, Casey Ulinski. Now we have to work on bringing the next eight runners along, with the end of the year in mind."

## Liberty-Benton Invitational

**FINDLAY** — Old Fort's Jeremy Riehm continued to ride his success from 1998, opening the season with a first place finish at the Liberty-Benton Invitational.

Riehm finished in 17:03 to pace the field. Bettsville's Evan Baker finished sixth in 19:08, Nate Weyant was 17th in 20:31 and Justin Harrison finished in 22:02.

# Multi-talented soph



News-Messenger/Liz Margerum

**JEREMY FRAMSTAD** was the top Fremont Ross boys finisher at Saturday's Norm Bray Invitational.

## Framstad excels in cross country for Ross

By **MICHAEL PIDANICK**  
Staff writer

Jeremy Framstad is likely talented enough to play for several fall sports teams at Fremont Ross.

With his speed, the sophomore could certainly help the soccer team, and his golf game isn't too bad either, as he averages in the mid-40s for nine holes.

But Framstad chose cross country, and the other sports' loss is coach John Elder's gain. Framstad, The News-Messenger's Athlete of the Week, has emerged as the Little Giants' No. 1 runner.

"He's a multi-talented kid," said Elder. "He would have been successful doing almost anything. Maybe not football, us skinny guys can't play football. But he

### Athlete of the week

#### Jeremy Framstad profile

**School:** Ross  
**Grade:** Sophomore  
**Family:** Parents: Jim and Carlynn  
**Brothers:** Jon, 18, Ben, 13.  
**Hobbies:** running, hang with friends, models (rockets trains), working on car, golf  
**Favorite movie:** Star Wars  
**Favorite food:** Italian food, especially pastas

can do a lot well, running is just a part of it."

Framstad has been running competitively since

seventh grade. He said he is glad he chose cross country.

"I was always fast, and it was either this or soccer," Framstad said. "Cross country seemed more fun and easy-going. I like it because you're part of a team, but if the team is not so hot you can go far as an individual."

Framstad hopes to go far as both an individual and as a team. He hopes to qualify for state as an individual and see the Little Giants boys make it to the regional.

"I hope to break 17 minutes," he said. "If I can get under 17 I'll have a pretty good chance of making it to state."

Even if he doesn't make it this year, the sky seems

to be the limit for Framstad. Ross senior Ryan Werling said the sophomore has the potential to be one of Ohio's elite runners.

"He's a good athlete," Werling said. "He's a real smart runner, he's a young guy but he runs like a veteran. He doesn't run stupid. He got a chance to be right up there at state, he could be in the top 10 someday if he keeps working hard. I'm glad I get to run with him."

If Framstad makes it to state, he would follow in the footsteps of his older brother Jon, who made it to Columbus in 1997. Elder said there are a quite a few similarities between the pair.

See **FRAMSTAD, B2**

# Framstad leads Ross runners

Continued from B1

"They're both really good kids," the coach said. "They're multi-talented, they're interested in academics. I like kids like that."

"I'm glad I have another Framstad around."

Framstad is off to a good start this season, as he took fourth place Saturday at the competitive Norm Bray Invitational with a time of 17:39. He battled illness to place 10th in 18:32 in a meet at Tiffin on Wednesday.

"I thought, in the first meet, we didn't run real well," Elder said. "But based on our times, we all bounced back and Jeremy especially bounced back."

Bouncing back is one of the theme's for Framstad's season. He suffered a serious hip injury during last track season and missed the second half of the season.

Elder, who stepped down as

track coach prior to last season, was keeping an eye on Framstad's season, and said he had high hopes.

"If he stays healthy he probably places in the (Great Lakes) League meet in the two-mile and could have made it regionals," said Elder. "He was all set in track to be one of their biggies."

Framstad also found success as a freshman in cross country. He was the Little Giants' lone regional qualifier, placing 60th in 17:50 at Hedges-Boyer Park.

"He didn't run like a freshman," Elder said. "He handles it like you're supposed to. He doesn't get intimidated, and when he has success he handles that well too."

Several of Framstad's best runs as a freshman came at Oregon Clay's. He placed 10th in 17:45 at the GLL meet and took 13th in the district race in 17:19, earning the trip to district.

As one would expect,

Framstad lists Pearson Park as his favorite.

"I like that course," he said. "It's in the woods, it's real flat, it's shaded so it doesn't get too hot."

His least favorite? Hedges-Boyer Park in Tiffin, which is the site of the Little Giants' next meet, the Tiffin Carnival on Saturday.

"It's got a lot of hills," he said. "It gets really, really warm there especially running early in the year."

Off the course, Framstad also finds success. Werling describes him as "a real good guy."

"He's smart in school," Werling said. "He's not conceited or anything like that, even when he does well. He's just a real good person."

Although college is still three years away, Framstad already has preliminary plans. He hopes to go to Miami to study medicine. He said he would like to run if he can get a scholarship.



# Chapman wins Tiffin Carnival

## Senior continues remarkable season

News-Messenger reports

TIFFIN — St. Joseph Central Catholic senior Mike Chapman continued his incredible senior cross country season, as he took first place out of more than 200 runners in the Division III race at the Tiffin Carnival Saturday at Hedges-Boyer Park.

Chapman won his fourth straight race to start the season, as he finished in 16 minutes, 17 seconds.

"Mike Chapman winning this is a major win for cross country at St. Joe," said Crimson Streaks coach Gary Logsdon. "He deserves it."

The Crimson Streaks boys finished 16th out of 40 teams. Also for SJCC, Adam Miller was 84th in 18:06, Jeremy Velliquette was 127th in 18:39, Dave Hoelzle was 139th in 18:50 and Dan Chudzinski was 161st in 19:14.

The St. Joe girls were 16th



CHAPMAN

### Cross country

out of 43 teams. Trisch Snyder was 37th in 21:00, Joni Wilhelm was 51st in 21:15, Keri Oxley was 76th in 21:58, Keri Peiffer was 136th in 23:05 and Maryanne Pickett was 144th in 23:12.

Woodmore's boys took 12th. Montana Garcia paced the Wildcats with a 15th-place finish in 17:04, while Seth Bringman was 55th in 17:46. Nick Garcia took 110th in 18:29, Jason Haar was 111th in 18:29 and Adam Hammitt finished 112th in 18:29 for Woodmore.

The Woodmore girls, led by Kathy Camp's fifth-place finish, took fifth place. Camp crossed the finish line in 19:58.

Teammate Casey Ulinski was 23rd in 20:38 followed by Amanda Roadarmel (65th, 21:41), Cindy Diebert (77th, 21:59), Heather Michael (78th, 22:00), Janelle Dangler (113th, 22:36) and Julie Schneider (132nd, 23:01).

See FLIERS, B3

# Fliers boys take ninth at Tiffin Carnival

## Continued from B1

The Lakota girls were 27th. Rachel Munoz was 63rd in 21:36, Michelle Hudak was 124th in 22:50, Heather Hill was 151st in 23:21, Kathy Vykopal was 158th in 23:29 and Jessica Rupright finished in 24:01.

In Division I, the Fremont Ross girls took 21st. For the Little Giants, Molly Gocke was 88th in 21:48, Stacy Hall was 99th in 22:03, Abby Cominsky was 131st in 22:49, Jenny Gabel was 136th in 22:51 and Kelly Biehler was 145th in 23:13.

The Little Giants were without freshman Lindsay Swope, who suffered a hip pointer at the Norm Bray Invitational on Sept. 4. She is expected to return in the first week in October.

The Ross boys were 31st. Jeremy Framstad was 34th in 17:06, Ryan Werling was 124th in 18:20, Roy Zamarrippa was 195th in 19:43, Clay Huffman was 206th in 20:12 and Mark Thomson was 207th in 20:14.

In Division II, Clyde's boys were ninth. Ryan Mendoza was 27th in 17:44, Skip Turner was 42nd in 17:58, Kyle Gettys was 77th in 18:28, Nick Rogers was 91st in 18:39 and Cliff Moore was 99th in 18:45.

The Fliers' girls were 20th. Stephanie Lyons was 106th in 24:37 and Kendra Horn was 109th in 24:58. Also for Clyde, Regina Pride finished in 26:21, Erica Wylie came across in 29:02 and Betsy Dymond finished in 30:00.

The Lakota boys were 27th in Division II. Josh Graber was 76th

in 18:29, Ben Schroeder was 105th in 18:47, Troy Halfhill was 113th in 18:52, Danny Naderer was 189th in 19:48, Andy Bursiek was 257th in 21:12.

Oak Harbor girls got a 14th-place finish from Jackie Baumgartner (20:41) to place 12th.

Ashley Orshoski was 32nd in 21:15 followed by Alison Jacobs (62nd, 22:13), Jessica Baumgartner (81st, 22:49), Heather Distel (92nd, 23:22) and Colleen Hartigan (102nd, 24:08) for the Rockets.

Oak Harbor's boys competed in the Division II race, but no team scores were available. Dan Sutkus was the Rockets' top runner, finishing 86th in 18:35. Josh Lopez was 136th in 19:12 followed by Nick Apling (171st, 19:38), Kevin Straub (197th, 19:54) and Joe Hiss (230th, 20:29).

# Ross teams win tri-meet

News-Messenger reports

**SANDUSKY** — Wendy Farrell and Roy Zamarrippa ran clutch races for the Fremont Ross girls and boys cross country teams Wednesday, helping the Little Giants win a Great Lakes League tri-meet with Fostoria and Sandusky at Osborne Park.

Farrell, a freshman, came in 11th overall in 22 minutes, 6 seconds, and as the sixth Ross finisher broke a tie with Fostoria. Ross ended with 41 points, Fostoria with 45 and Sandusky with 112.

"At the end Wendy beat the Fostoria girl we needed to win the meet, and she did it in the last 100 yards," said Ross coach Cathy Esposito. "That was a great performance."

Molly Gocke was the top finisher for Ross, in 20:45.

"Molly's been sick for a couple weeks, she hasn't been able to show her true colors," Esposito said. "This is the best race she's run all year. She ran really good, in the 20s, that's a great place for her to be at this point in the season."

Also for Ross, Stacy Hall was fifth in 21:59, Abby Cominsky was sixth in 21:26, Kelly Biehler was eighth in 21:32 and Jenny Gabel was ninth in 21:39.

"They're finally bringing their times down," Esposito said. "They've had some

## Cross country

problems within the past couple weeks, but they're looking stronger, they're over their illnesses, and the freshmen are starting to step up. They're so smart, they know what to do."

In the boys race, Zamarrippa broke up a pack of Fostoria runners to help Ross win 39-44. Sandusky was third with 51 points.

Zamarrippa finished eighth overall in 18:56, and third among Ross runners. Jeremy Framstad led the way, finishing second in 17:01.

"It appears that Jeremy is running real well," said Ross coach John Elder. "That's two meets in a row that he's been in the 16s. I didn't think he'd be there at this point — I was hoping he would by the end — but wow."

Also for the Little Giants, Ryan Werling was fifth in 18:31, Clay Huffman was 11th in 19:24, Art Neeley was 13th in 19:50, Noah Grayson was 16th in 21:42, Habner Herrera was 17th in 21:51, Tobe Forshtay was 19th in 22:09, Allen Lutes was 20th in 23:15 and Dan Randall was 23rd in 25:26.

"It was a nice improvement, we're improving slowly," Elder said.

Both Ross teams run Saturday at the Galion Invitational.

Courtney Stump was 78th in 24:57.

Clyde finished 16th. Stephanie Lyons was 73rd, Kendra Horn was 75th, Andrea Stetler was 87th, Betsy Dymond was 90th and Cassie Kelly was 93rd.

Amy Malott finished 31st to pace Margaretta, which came in 11th.

In other cross country action Saturday:

#### **Galion Invitational**

**GALION** — Running at less than 100 percent, the Fremont Ross girls took eighth in the Galion Invitational.

Stacy Hall finished 26th in 21:13, Kelly Biehler was 29th in 21:14, Abby Cominsky was 32nd in 21:24, Jenny Gabel was 49th in 21:56, Molly Gocke was 61st in 22:32, Wendy Farrell

was 64th in 22:35 and Jeanette Frontz was 89th in 23:26.

In the division III race, the Gibsonburg girls finished 12th. Barb Davies was 19th in 21:08, Amber Sherrard was 46th in 22:44, Sarah Hilt was 79th, Meredith Fisher was 81st and Kelly Shively was 110th.

The Ross boys took 17th place, led by Jeremy Framstad's 17th place finish. Ryan Werling was 74th, Roy Zamarippa was 94th, Clay Huffman was 103rd, Art Neeley was 110th, Dan Burris was 156th and Noah Grayson was 163rd.

Gibsonburg's boys took 12th in their race, led by Chris Brown's 29th place finish. Andrew Sponseller was 48th, Chris Slaughter was 82nd, Chad Perkins was 90th and Andy Hise was 93rd.

**BETTSVILLE** — The St. Joseph Central Catholic girls cruised to a first place finish at the Old Fort Invitational Tuesday at Ell's Park.

SJCC finished with 42 points, well ahead of second place Pandora-Gilboa. Mohawk was third with 106. Old Fort was 10th with 278.

Trisch Snyder was third in 21:03, Joni Wilhelm was fifth in 21:18, Keri Oxley was seventh in 21:46; Maryanne Pickett was 13th in 22:40; Tracy Snyder was 14th in 22:55; Keri Peiffer was 23rd in 23:19 and Katie Kosta was 29th in 23:29.

Leah Pfeiffer was 38th in 24:22; Hillary Keegan was 56th in 26:26; Jessica Berlekamp was 62nd in 27:43 and Amanda Noss was 64th in 28:38.

St. Joe's Mike Chapman won his fifth meet of the season, taking first at the Old Fort Invitational.

Chapman finished in 16 minutes, 26 seconds as the Crimson Streaks took second with 65 points.

Also for SJCC, Jeremy Velliquette was ninth in 18:11, Adam Miller was 10th in 18:15, Dan Chudzinski was 21st in 18:53, Dave Hoelzle was 24th in 18:59, Brad Harman was 26th in 19:13 and Adam Huss was 41st in 19:50.

For Old Fort, Jeremy Riehm was second in 16:46, Abel Brown was 29th in 19:21, David Myers was 47th in 20:13, Nathan Mellott was 62nd in 24:25 and Ryan Vaughter was 63rd in 27:58.

#### **Whitmer sweeps Ross**

**TOLEDO** — The Fremont Ross girls, without their top two runners, gave Toledo Whitmer a battle, but lost a 35-22 decision in the

## **Cross country**

Great Lakes League.

Freshman Stacy Hall was third in 21 minutes, 7 seconds to lead Ross. Kelly Biehler was fourth in 21:14, Jenny Gabel was seventh in 21:29, Abby Cominsky was ninth in 21:44 and Shana Frontz was 12th in 22:35.

"It was a great performance," said Little Giants coach Cathy Esposito. "I had three freshmen finish in the top seven. Everyone just ran outstanding."

The Little Giants were without freshman Lindsay Swope, who is still nursing a hip pointer suffered at the Norm Bray on Sept. 4, and senior Molly Gocke, who was sick.

Swope is expected back for the Oct. 2 Oregon Clay Invitational, Esposito said.

"We are going to be in business with her back," Esposito said. "When we get those two back and healthy, everyone else is real strong."

The Little Giants host Bedford (Mich.) in their final Great Lakes League meet of the season Tuesday at Walsh Park.

Whitmer won the boys race 20-36. Jeremy Framstad was second in 17:30, Ryan Werling was sixth in 18:30, Roy Zamarripa was eighth in 18:34, Clay Huffman was ninth in 18:56, Art Neeley was 19th in 19:30, Dan Burris was 13th in 20:45, Tobe Forshtay was 17th in 21:14 and Habner Herrera was 18th in 21:15, Noah Grayson was 19th in 21:19, Allen Lutes was 24th in 23:39 and Dan Randall was 26th in 24:08 for Ross.



## Cross country

# Hot day for running



News-Messenger/Liz Margerum

STACY HALL, right, was third in 22:02 for Fremont Ross at Walsh Park Tuesday.

## Bedford wins GLL dual meets at Walsh Park

By SCOTT TAPPA  
Sports editor

When the Fremont Ross cross country schedule came out some time ago, Tuesday's Great Lakes League dual meet with Bedford at Walsh Park was probably penciled in as a comfortable day for running, weather-wise.

Late September, should be in the mid-60s, overcast, maybe a slight rain — perfect for running, right?

Uh-uh. Instead the Little Giants and Kicking Mules got a day in the 70s, with some humidity added in for good measure.

Two experienced Bedford teams got the best of things, winning the boys race 21-55 and the girls race 24-31.

"Our faces were real burnt, it was like our heads were going to explode," said Ross freshman Kelly Biehler, who finished fourth in 22 minutes, 11 seconds.

"(The heat) makes you feel all worn out, even before you start," said Ross senior Abby Cominsky, who came in sixth in 22:42.

Maybe it was no surprise, then, that the Ross girl who recorded the fastest time was freshman Stacy Hall, who actually likes to run in warm conditions.

"I usually do better in the heat, probably because I train in the summer," said Hall, who placed third in 22:02.

Though both Ross teams lost, positives could be found quite easily. For the

girls' team, it meant the continued emergence of rookies like Hall and Biehler in the absence of top runners Lindsay Swope (hip) and Molly Gocke (virus).

"It's awesome, it's making them make up for what we had before," said Ross coach Cathy Esposito. "These girls have to learn to pack up in between other girls, and they're doing it. They might not have had that opportunity had we had Lindsay and Molly, they would have let them do all the work."

Hall continued to improve her finishing kick.

"She's real strong," Esposito said. "Her weak spot at the beginning of the sea-

son was her last mile, she did the (first) two miles real well, and then the last mile she'd fall off. She's really starting to come around on that last mile."

Biehler, who ran with Cominsky most of the way before passing her teammate late, also impressed her coach.

"Kelly's strong, she's gotten much stronger," Esposito said. "She's quick, and she's got the determination, too, she wants to win."

"One thing I've noticed about these freshmen is they're starting to realize they're good. They didn't know they were that good before."

See ROSS, B3



# Ross cross country teams excited for the future

Continued from B1

"I think with all the hits we've had, it morally brings your team down. You've got to put that aside and say, 'Hey, even though they're not here, we're still good.'"

Also for the Ross girls, Jenny Gabel was eighth in 23:21, Wendy Farrell was 10th in 23:43, Jeanette Frontz was 11th in 24:06, Monica McElfresh was 12th in 24:07, Morgan O'Connor was 13th in 24:25, Shana Frontz was 14th in 24:29, Brittney Dohanos was 16th in 24:59, Meg Neeley was 18th in 25:48, Kaylie Crispin was 19th in 26:31, Julia Knabble was 22nd and Daisy Hulet was 23rd.

For the Ross boys, Jeremy Framstad continued to be the story. He broke out to a huge lead early and was never challenged by a pack of Bedford runners that finished second through fifth.

"I just wanted to come out strong and hold on for that last mile," said Framstad.

Framstad said he didn't mind running all by himself, and didn't look back.

"It's a mental race then, you've got to push yourself instead of letting the other guys push you," he said. "(If you look back) you can get a false sense of security that they're back there a ways, and start to slow down."

No problems there. Framstad's aggressive approach is just what coach John Elder was hoping to see.

"That's just how he runs," Elder said.

"Today, he didn't wait, he just took off running, he's been doing that. He just took it out, and he has to if he wants to be that good."

"I like that, that's his style right now, and it works for him. If you don't go out to win it, you can't win it. Sometimes he can't hang on, sometimes he can, but my philosophy is it's better to be in it and lose than to not be in it at all."

Framstad's strong showings this year have convinced Elder that the sophomore is ready to take the next step in his development.

"He's getting to the point where

he can set the agenda, as far as pace goes," Elder said. "He's getting to the point where he should be shooting for the top 10, he's starting to get that mentality."

Ross placed just one other runner in the top 10, Ryan Werling, who was sixth in 18:35. The result wasn't surprising, Elder said, considering that Bedford is the de-

fending GLL champ, and that the Little Giants are inexperienced.

"We're really young," he said. "You take Jeremy and Ryan away, and we're practically a brand-new team, so they're doing great."

Art Neeley was 17th in 20:12, Roy Zamarripa was 18th in 20:19, Clay Huffman was 19th in 20:35, Habner Herrera was 22nd in 21:21, Dan

Burris was 24th in 21:49, Tobe Forshtay was 29th in 22:13 and Noah Grayson was 31st in 23:07.

Ross competes in the Clay Invitational at Pearson Park on Saturday, a meet in which Esposito expects Swope to return, if only for the open race.

"Saturday's going to be a lot of fun," Esposito said.

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## Cross country

**COLLINS** —The St. Joseph Central Catholic boys and girls cross country teams put up strong showings Saturday at the Western Reserve Invitational.

The girls took second place with 71 points. For SJCC, Trisch Snyder was eighth in 20:50, Keri Oxley was 11th in 21:18, Joni Wilhelm was 13th in 21:42, Keri Peiffer was 19th in 22:29 and Tracy Snyder was 20th in 22:30.

The boys team took third with 71 points. For SJCC, Mike Chapman was second in 16:22, Adam Miller was eighth in 17:24, Jeremy Velliquette was 12th in 17:50, Brad Harman was 23rd in 18:18 and Don Chudzinski was 26th in 18:35.

### Eagle Invitational

**OREGON** — Jeremy Framstad took 18th in 16:48 to lead the Fremont Ross boys to an 18th place finish at the Eagle Invitational at Pearson Park.

Also for the Little Giants, Ryan Werling finished in 18:10, Clay Huffman finished in 18:16, Art Neeley ran in 18:46 and Roy Zamarippa finished in 19:50.

The Little Giants girls finished

12th, led by Kelly Biehler's 36th-place finish in 20:41. Also for Ross, Stacy Hall was 45th in 20:50, Abby Cominsky was 70th in 21:38, Jenny Gabel was 75th in 21:43, Wendy Farrell was 79th in 21:51, Shana Frontz was 105th in 22:35 and Monica McElfresh was 110th in 22:48.

Clyde was ninth in the boys Div. II-III race with 233 points. Kyle Gettys led the way with a 28th place finish in 17:22. Skip Turner was 40th in 17:40, Ryan Mendoza was 52nd in 17:53, Nick Rogers was 54th in 17:56 and Cliff Moore 17:58 was 59th.

The Clyde girls were 23rd. Stephanie Lyons was 120th in 23:56, Kendra Horn was 134th in 24:23, Andrea Stetler was 154th in 25:09, Regina Bride 159th in 25:34, Cassie Kelly was 161st in 25:45, Betsy Dymond was 178th in 26:55, Erica Wylie was 181st in 27:23, Krista Rowe was 180th in 27:20 and Jessica Pierce was 187th in 34:10.

Lakota was 14th in the boys race. Troy Halfhill was 46th in 17:44, Josh Graber was 63rd in 18:03, Will Windom was 98th in 18:45, Clay Capell