

Fall Roundup

Hall leads Ross runners in opener

Garcia, Munoz win quad meet; St. Joe girls tennis sweeps St. Mary

News-Messenger reports

TIFFIN — Stacy Hall finished third Tuesday as the Fremont Ross boys and girls cross country teams opened the season with third-place finishes in a quad meet at Hedges-Boyer Park.

Hall finished in 21 minutes, 19 seconds for the Little Giants girls, who scored 60 points. Bowling Green won the meet with 32 points, and Tiffin Columbian was second with 47. Oregon Clay finished fourth with 91 points.

"It was a great start to the season," Ross girls coach Cathy Esposito said. "As a team, we are



right on track with where we need to be fitness-wise and time-wise. ... I feel very good about what this team can do this season."

HALL

Kelly May of Bowling Green won the girls meet in 21:08.

Also for Ross, Wendy Farrell finished 10th in 22:32; Kaylie Crispin came in 12th in 22:38; Kelly Biehler was 17th in 23:29; and Brittney Dohanos was 18th in 23:49.

In the boys meet, Ross runner Jay Ohms came in seventh in 18:46. The Little Giants scored 75 points, third behind Columbian's 23 and Bowling Green's 51. Clay scored 102 points.

Columbian's Jason Guernsey took the boys meet in 17:38.

Carl Sabinas finished 12th in 19:27 for Ross, while teammate Josh Ohms came in 17th in 20:05. Freshman Derek Hill recorded a 20:12, good for 18th place, and Ben Framstad was 24th in 20:51.

Ross is competing without top runner Jeremy Framstad, who is

recovering from a leg injury incurred during track season. He is expected back next month.

The Little Giants host the Norm Bray Invitational at 10 a.m. Saturday at Walsh Park.

Lakota, Woodmore split quad meet

Woodmore's Montana Garcia and Lakota's Rachel Munoz won the boys and girls races, respectively, at a quad meet Tuesday at Terra Community College.

Garcia claimed the boys race in 17:24, leading the Wildcats to

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Cross Country

High School Boys

Tiffin Carnival

Division 1-A

1-St. Xavier	82
2-Massillon Jackson	170
3-Hilliard Davidson.....	197
4-Middletown	197
5-Massillon Perry	201
32-Fremont Ross.....	871

Ross

125-Jay Ohms 18:30, 155-Derek Hill 18:50, 180-Carl Sabinas 19:31, 201-Josh Ohms 20:09, 210-Nathan Bown 20:32, 212-Ben Framstad 20:41, 216-Noah Grayson 20:53.

High School Girls

Tiffin Carnival

Division 1-A

1-Turpin.....	113
2-Massillon Jackson	160
3-Hilliard Davidson.....	163
4-Strongsville	215
5-St. Joseph Academy	230
28-Fremont Ross	733

Ross

86-Stacy Hall 21:48, 136-Wendy Farrell 22:40, 142-22:46, 182-Kelly Biehler 23:34, 187-Megan Neeley 23:39, 219-Shana Frontz 25:03, 233-Morgan O'Connor 26:13.

The Ross boys got a lift from the return of top runner Jeremy Framstad, who celebrated his first race of the season by placing 18th in 17:00.

The Little Giants finished eighth with 236 points. Gahanna Lincoln won the meet with 94 points.

"We always run very well at Galion, and this year was no different," Ross boys coach John Elder said.

Fall Roundup



GARCIA



MUNOZ

place behind champion Liberty-Benton. The Raiders amassed 137 points to Liberty-Benton's 63.

Lindsay Kayle of Liberty-Benton claimed the individual title with a time of 19:32.7.

Oak Harbor (138) finished fifth, Woodmore (159) sixth, St. Joe (171) eighth, Margaretta (233) ninth and Clyde (294) 12th in the girls race.

Heather Distel led the Rockets by finishing sixth in 20:27. Amy Jenkins and Alison Jacobs were close behind, coming in 12th and 13th in 20:50 and 20:59.2, respectively.

Cindy Dibert paced Woodmore by coming in eighth at 20:32.8.

St. Joe got a 14th-place finish from Trischa Snyder, who recorded a time of 20:59.8.

Ross girls 7th at Galion

GALION — Stacy Hall finished 13th to lead the Fremont Ross girls to a seventh-place finish

Saturday at the 18-team Galion Invitational at Amanns Reservoir.

Ross scored 210 points. Dublin Coffman won the Division I girls race with 36 points.

Hall finished in a time of 20:31.

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"We always run very well at Galion, and this year was no different," Ross boys coach John Elder said.

In the Division III girls race, Barb Davies finished seventh in 20:27 to lead Gibsonburg to an 11th-place finish in the 29-team event. Hopewell-Loudon won the team title with 68 points. Gibsonburg scored 328 points.

Drew Williamson paced Gibsonburg in the boys race by coming in 15th at 17:35. The Golden Bears finished 13th behind champion Columbus Grove.

VOLLEYBALL

Ross, Gibsonburg compete at TCC

TOLEDO — Gibsonburg defeated Fremont Ross in the opening match of the day for both teams, but the Little Giants enjoyed a better tournament

IN FORT INVITATIONAL

Cross Country

title with 75 points.

Trischa Snyder of St. Joe led local runners by finishing third in 21:10. Jackie Ludwig of Carey won the race in 20:53.

Old Fort's Lisa Ortiz came in eighth at 22:18.

Ross sweeps Whitmer

TOLEDO — Jeremy Framstad claimed the individual title Tuesday as the Fremont Ross boys and girls cross-country teams defeated Great Lakes League rival Whitmer in a dual meet.

Framstad finished 17:22 to lead Ross to a five-point victory over the Panthers. The Little Giants scored 25 points.

Jay Ohms finished third in 18:18.

"Jeremy had a very good race,"

Ross boys coach John Elder said. "We ran very tough today."

The Ross girls got a second-place finish from Stacy Hall (21:31) to record a 26-29 triumph over Whitmer. Brittney Dohanos and Megan Neeley came in fourth and fifth in 21:50 and 21:59, respectively.

"It was a very sweet victory," Ross girls coach Cathy Esposito said. "Whitmer has a very solid team, and our girls went out and ran a very smart race to dominate them. ... I'm proud of the way our girls left the course like champions."

Ross boys third runner Derek Hill, a freshman, has been diagnosed with a broken leg and will miss the rest of the season.

The Little Giants host Findlay and Sandusky on Tuesday.

See CLYDE, B3

Fall Roundup

Framstads lead Ross runners

St. Joe golf eases past Seneca East

News-Messenger reports

It was a good night for Fremont Ross's running Framstad brothers Tuesday at Walsh Park.

Senior Jeremy Framstad won the individual title in a tri-meet with Findlay and Sandusky, and sophomore Ben Framstad turned in the tie-breaking time as Fremont Ross won the team crown.

Jeremy Framstad claimed the race in 17 minutes, 32 seconds. Ben Framstad's time of 20:42 was sixth on the Ross team but was better than Findlay's sixth time and broke a 28-all tie between the Little Giants and Trojans. Sandusky did not field a full team.

Jay Ohms finished fifth in 18:13,

Nathan Bowen seventh in 18:55, Carl Sabinas eighth in 18:55.5 and Josh Ohms 12th in 19:42.

Findlay won the girls race by a 26-29 margin over Ross. Stacy Hall finished second in 21:06 for the Little Giants.

Brittney Dohanos (21:46), Wendy Farrell (21:58) and Megan Neeley (22:26) took places sixth through eighth. Kaylie Crispen placed 10th in 22:49.

"The girls ran great times in spite of a very cold, rainy day," Ross girls coach Cathy Esposito said.

Ross is at the Clay Eagle Invitational on Saturday.

Clyde boys take tri-meet

CLYDE — Kyle Gettys placed first Tuesday to carry the Clyde boys past Edison and Port Clinton at Hendricks Park.

Inside: Ross stays unbeaten in GLL volleyball. **Page B3**

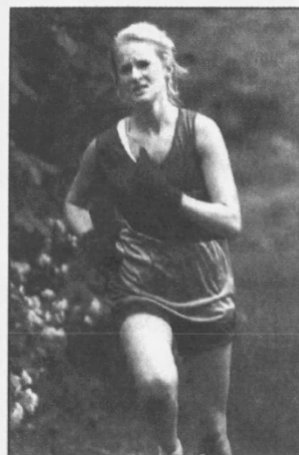
Gettys finished in 16:55, outlasting Port Clinton's Brian Hitchings by three seconds. Clyde's Cliff Moore came in third in 17:23.

The Fliers defeated Edison by one point, 34-35. Port Clinton scored 54 points.

In the girls meet, Edison won with 25 points. The Redskins were second at 36, and the Fliers finished third with 65 points.

Karyn Schrickel and Krista Rowe finished eighth and ninth, respectively, to lead Clyde. Schrickel finished in 23:12, Rowe in 23:14.

See **STREAKS, B3**



BRITTNEY DOHANOS of Fremont Ross runs through the woods Tuesday at Walsh Park during a tri-meet with Findlay and Sandusky. The Ross girls finished second to Findlay.

News-Messenger/Ben French



News-Messenger photos/Ben French

JEREMY FRAMSTAD, far left, of Fremont Ross descends the hill at Walsh Park during Tuesday's cross-country meet against Findlay and Sandusky. Ross runner Jay Ohms, third from left, is also in the front pack.

Streaks swing way past SE

Continued From B1

Clyde is at the Clay Eagle Invitational on Saturday.

SOCCER

Findlay 8, Ross 0

FINDLAY — The Trojans completed a two-game sweep of the Little Giants in the Great Lakes League.

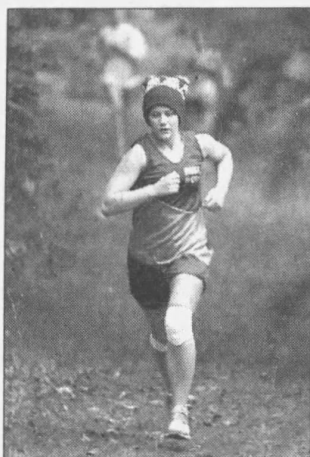
Findlay outshot Ross 24-7.

The Little Giants (5-6, 3-2 GLL) hosts Napoleon on Thursday.

GOLF

St. Joe 156, Seneca East 168

TIFFIN — Robbie LeJeune led a trio of Crimson Streaks in the 30s on the way to victory Tuesday at Clinton Heights.



KAYLIE CRISPEN of Fremont Ross runs during Tuesday's cross-country meet at Walsh Park.

Streaks at Rodger Young Park.

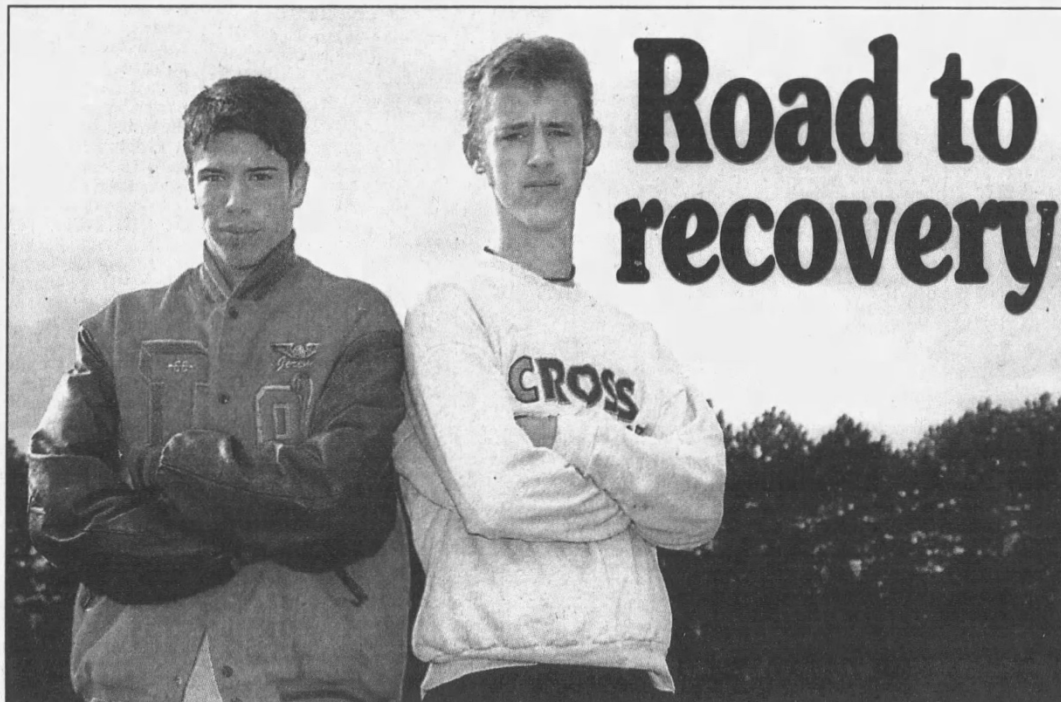
Taylor Knight and Kristin Pietrykowski won the singles matches. Knight defeated Leslie Miely 6-3, 6-3; and Pietrykowski beat Julie Mihal 6-1, 6-0. Sandusky's Queenie Chow defeated St. Joe's Jackie Fatica 6-2, 6-4 at No. 1 singles.

At top doubles, Maggie O'Brien and Sarah Pietrykowski of St. Joe defeated Sarah Parker and Leslie Caughell 6-0, 7-5. Sandusky's Andrea Toney and Alicia Surdyk downed Rachel Sponseller and Krista Kupka 6-4, 6-3.

St. Joe (8-3) hosts Eastwood today at Eastside Park.

Clyde 5, Edison 0

CLYDE — The Fliers singles players clinched their team's SBC victory with straight-set tri-



News-Messenger/Ben French

JEREMY VELLIQUETTE, left, and Jeremy Framstad have overcome knee injuries to make another run at a berth in the state cross-country meet.

Velliquette, Framstad still running despite injuries

By **ALEXIUS TOMASZEWSKI**
Staff writer

They share first names.
Their injuries are similar.
Their goal is absolute.
Fremont Ross's Jeremy Framstad and St. Joseph Central Catholic's Jeremy Velliquette stand out in the field of area cross country runners, not only because of their times on the course but also the time they've spent getting back on course.

The duo has battled back after injuries for a return trip to Saturday's regional cross-country meet at Hedges-Boyer Park in Tiffin.

Both suffered injuries to a crucial part of a runner's body — the knee.

But Framstad and Velliquette have endured and continue to press on toward their goal of returning to state.

Framstad finished third at last Saturday's Division I district meet with a time of 16 minutes, 51 seconds, at Pearson Park in Oregon. Velliquette (17:59) turned in a 12th-place finish at the Division I district at Terra Community College. He was one of five Crimson Streaks to qualify for regional. St. Joe won the district team crown.

Framstad runs at 2:50 p.m., while Velliquette and his SJCC team race at 1:20 p.m. The top 15 individual runners, and the top

five teams in Division III, advance to the state meet on Nov. 3, at Scioto Downs in Columbus.

Making it to the state level has been the goal for Velliquette and Framstad since the season started, but their injuries have become an additional motivating factor.

Framstad, a senior, tore a tissue band in his right knee at the Great Lakes League track-and-field meet last spring. It delayed his training, making it tougher to catch up to his peers.

"I was out for three months," he said. "It was hard coming back during the season because I didn't have the 40-50-60 mile base like I normally do in the summer. I was just starting working on endurance while everyone else was working on speed."

Velliquette, a junior, suffered a different kind of injury during the Tiffin Carnival on Sept. 8. He simply was in the wrong place at the wrong time.

"It was kind of an accident. We were running along and some junior high kids were playing football. One kid wasn't looking where he was going and just nailed me," he said. "They (the doctors) said it was a really deep bruise."

Like Framstad, Velliquette had a long hiatus, hurting his endurance.

See **FREMONT, B3**

Area cross country roundup

St. Joe taking nothing for granted at regional

News-Messenger reports

The St. Joseph Central Catholic boys cross-country team dominated the field en route to the Division III district title Saturday.

SJCC is pushing for a return trip to the state meet, but it can't overlook the Division III regional at Hedges-Boyer Park in Tiffin. SJCC hits the course at 1:20 p.m. Saturday.

"I'm just hoping they can maintain the same direction they have now," Crimson Streak head coach Jamie Gilbert said. "We're trying to not be overconfident right now. We're focusing on one meet at a time. Anything can happen."

Dan Chudzinski paced the Crimson Streaks with a fourth-place time of 16 min-



GILBERT

utes, 58 seconds, at district, while Brad Harman (17:24) finished sixth. Jeremy Velliquette and Adam Miller finished 12th

and 13th, respectively. Billy Pietrykowski finished 16th.

Lakota surprised the district field by taking the top spot behind freshman Kyle Dussell (17:35). The Raiders put together a solid effort in the victory. Seniors Andy Bursiek and Matt Graber placed well for the Raiders last week.

See **CLYDE, B3**

Regional meet schedule

Following is the schedule for Saturday's regional cross-country meet at Tiffin's Hedges-Boyer Park:

10:15 a.m. Div. III girls
11:05 a.m. Div. III girls

11:50 a.m. Div. II girls
12:35 p.m. Div. I girls
1:20 p.m. Div. III boys
2:05 p.m. Div. II boys
2:50 p.m. Div. I boys

— News-Messenger reports

Division I

A trio of Fremont Ross cross country runners will be aiming to advance. Senior Jeremy Framstad, coming off a third-place finish (16:51) at the Division I district, leads the Little Giants. He is a four-year regional veteran gunning for his second trip to state. Framstad is flanked by Jay Ohms (14th 17:28). The pair runs at 2:50 p.m., while the lone Little Giants girl, Stacy Hall runs at 12:35 p.m. Hall qualified with a time of 20:21, good for eighth place.