

2000 State meet...

Ross runner realistic

By **TIMOTHY R. WOLFRUM**
Sports editor

Fremont Ross junior Jeremy Framstad doesn't plan to set the world on fire Saturday in his first race at Scioto Downs.

But his goal to be a second-team All-Ohioan would be quite an accomplishment in the ultra-competitive Division I boys race.

"I'm just going to go out, have fun and shoot for the top 24," Framstad said Thursday.

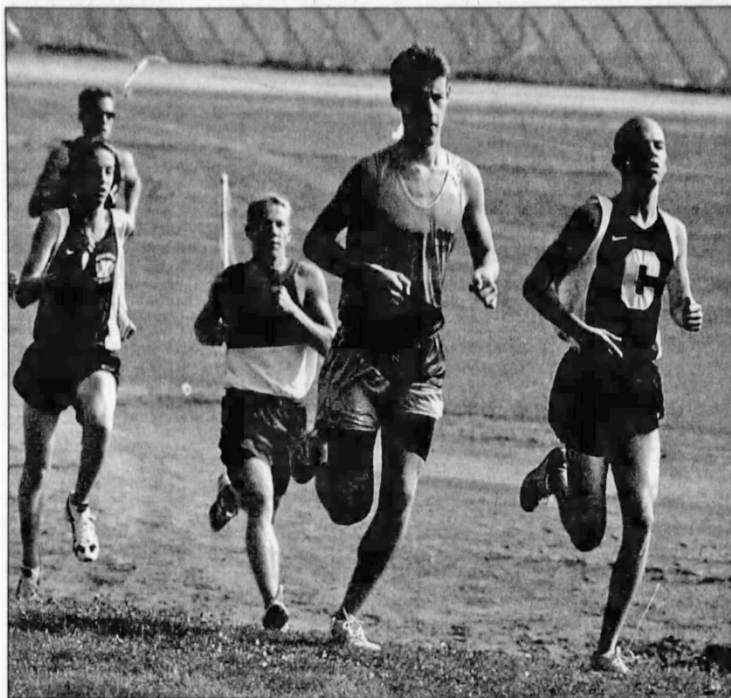
Framstad, who runs at 12:35 p.m. Saturday, is the first Ross boys runner to compete at state since Jon Framstad, Jeremy's brother, qualified in 1997. Jon Framstad finished 108th in 17 minutes, 27 seconds.

On Saturday at the regional, Framstad finished 14th in a time of 16:41.

He has visited the Scioto Downs course twice and thinks he knows what it takes to succeed.

"I'll try to hang on after that first mile-and-a-half because the pace will stay the same," Framstad said. "It doesn't slow down."

Framstad planned to leave for Columbus late this morning and practice at the course this afternoon. He'll arrive early Saturday to watch the St. Joseph Central Catholic boys team compete in the first race of the day.



News-Messenger/John Walz

JEREMY FRAMSTAD, second from right, of Fremont Ross runs during the first mile Saturday at Scioto Downs. Framstad finished 53rd in the Division I boys race.

Framstad runs personal best

Ross junior is 'already thinking about next year'

By **MARK GRIFFIN**
Staff writer

COLUMBUS — It didn't take long for Ross junior Jeremy Framstad to realize that his goal of finishing in the top 30 at the Division I boys state cross country meet Saturday at Scioto Downs wasn't going to be a possibility.

"Right when I hit the one-mile mark, there was a pack of about 50 already in front of me," said Framstad, running in his first state meet. "I heard an (official) yell, 'fifty-four, fifty-five ...' and I was like, 'I can't run with those guys' and I kind of backed off."

Framstad used a kick to pass several runners over the final 400 meters and finished 53rd in 16 minutes, 29 seconds. His previous personal best was 16:30 at the Galion Invitational earlier this season.

"Most of all, I wanted to PR

today, run my best race regardless of place," he said.

Allen Bader of state runner-up Cincinnati LaSalle was the individual winner in 15:21. Cincinnati St. Xavier was the team champion with 66 points.

Framstad was upbeat about his performance, calling the state meet "a great experience."

"All those guys running in front of you, it's kind of scary at first but I was feeling good," Framstad said. "I pushed a lot harder than I usually do that last mile than I do any other race. I knew I was close to that 50th spot."

"On those hills, a lot of people backed off and I got them there."

The Little Giants' standout added that he will use this year's experience to motivate him to place even higher next season.

"Next year I'll do something different," Framstad said. "I'll train harder in the summer and then start dropping times. I'm already thinking about next year."

Framstad was the first Ross runner to qualify for state since his brother, Jon, made it in 1997. Jon Framstad finished 108th in 17:27.