

Season Review...

Ross

Coach: Cathy Esposito

2004 GBC finish: First

2004 GBC champions: Adam Wilhelm (200, 400), Nathan Bowen (1,600), Derek Hill (3,200), Jorge Perez (discus), Tim Burris (high jump), 1,600 relay (Jordan Edwards, Burris, Austin Young, Wilhelm), 3,200 relay (Jay Ohms, Young, David Guardiola, Bowen)

2004 state qualifiers: Wilhelm (400, fourth; 200, third), 1,600 relay (Edwards, Burris, Wilhelm, Elon Simms)

Key returnees: Wilhelm (Sr., sprints), Simms (Sr., sprints), Bowen (Sr., distance), Hill (Sr., distance), Young (Sr., sprints), Perez (Jr., throws), Guardiola (So., distance)

Outlook: This has the potential to be one of the deepest and most talented teams in Fremont Ross history. Esposito has set high goals of defending the Little Giants' GBC title, winning districts and regionals and placing in the top five as a team at state. Wilhelm, who had two top-four efforts at Columbus last year, leads the charge. Simms also has state-caliber speed in the sprints, and Bowen and Hill form the backbone of a strong distance group. Perez is the top thrower. Esposito also has a talented group of freshmen at her disposal.

Ross

Coach: Cathy Esposito

2004 GBC finish: Sixth

2004 GBC champions: None

2004 state qualifiers: None

Key returnees: Alyssa Bowerman (Sr., distance), Emily Grayson (Sr., sprints), Betsy Quick (Sr., throws), Tia Simms (Sr., sprints), Allison Adams (Sr., sprints/hurdles), Ashley Fischer (So., distance)

Outlook: Esposito said that a talented group of freshmen will help the Little Giants improve on their last-place showing at last season's GBC meet. Fischer, who finished second in the mile, was Ross's top performer at the league meet.

Little Giants dominate relays

News-Messenger reports

The Fremont Ross boys track and field team won 10 of 16 events at the (Bowling Green) Bobcat Relays Saturday.

The Little Giant boys topped second-place Defiance by 45 points and didn't finish lower than third in the other six events.

"This is probably the best team I've seen at Ross," Ross coach Cathy Esposito said. "I told the boys that. It was an almost perfect meet. The kids busted out PRs like you couldn't believe."

The Ross girls finished fifth as Napoleon and Sandusky tied for first.

The Little Giants have nine freshmen currently scoring in the top 20, including No. 3 scorer Deondray Brown.

Elon Simms won the 110-meter hurdles and was on

"It was an almost perfect meet. The kids busted out (personal records) like you couldn't believe."

— Ross track coach Cathy Esposito

the winning 800, 1,600 and shuttle hurdle relays. Adam Shearn, Julius Salgado and Brown comprised the meet record setting (1 minute, 2.6 seconds) shuttle hurdle relay.

Rob Durnwald and Jorge Perez also set a meet record in the discus relay (288 feet, 4 inches).

Ryan Crudup, Adam Wilhelm and Salgado rounded out the 800 and 1,600 relays.

Josh Bowen, Michael Flores, Derek Hill and Nathan Bowen made up the winning 6,400 relay. Wilhelm also won the 100.

Josh Bowen, Hill, David

Guardiola and Brandon McDonald made up the winning distance medley, and Tony Zimmerman, Tyrone Lemley, Andre Velez and Wilhelm won the sprint medley.

McDonald, Hill, Guardiola and Nathan Bowen comprised a winning 3,200 relay.

Tia Simms, Briana Harrison, Nikole Guzman and Colleen Rucker finished the 400 relay in second for the girls and Ashley Fischer was second in the 1,600.

Big performance for Martin

Clyde's Jared Martin won the 110 and 300 hurdles and

was on the winning 400 and 1,600 relays as the Flier boys finished the Lakota Invitational in third place. Martin was the meet's most outstanding performer and his time of 38.72 in the 300 hurdles broke his own school record and set a meet record.

"The times he's running right now look really good to put him in position where he wants to be at the end of the year," Clyde coach Mike Martin said of his son's prospects of returning to Columbus this year. "The times he's running in the 300 right now he didn't reach until the end of last season."

Liberty-Benton won the event with 170.5 points and Lakota was second with 128.

See SJCC, B2

Track & Field

High School Boys

Bobcat Relays

at Bowling Green

Team Scores

Ross	140
Defiance	95
Sandusky	66
Bowling Green	56
Napoleon	55
Maumee	39
Archbold	32
Stritch	12

Ross Results

6400 relay — 1. Josh Bowen, Michael Flores, Derek Hill, Nathan Bowen 19:57.5

100 hurdles — 1. Elon Simms 15

100 — 1. Adam Wilhelm 11.3

1600 — 3. N. Bowen 4:39.1

800 relay — 1. Julius Salgado, Ryan Crudup, Wilhelm, Simms 1:31.4

Distance medly relay — 1. David Guardiola, Branddon McDonald, J. Bowen, Hill 11.23

Sprint medly relay — 1. Tony Zimmerman, tyrone Lemley, Andre Velez, Wilhelm 1:36.9

Shuttle hurdles — 1. Adam Shearn, Deondray Brown, Salgado, Simms 1:02.6

400 relay — 3. Velez, Zimmerman, Travis Miller, Lemley 46.53

3200 relay — 1. McDonald, Hill, Guardiola, N. Bowen 8:48.7

1600 relay — 1. Salgado, Crudup, Wilhelm, Simms 3:29.7

Discus — 1. Rob Durnwald, Jorge Perez 288-4

Shot put — 2. Durnwald, Robert Zucker 86-5

High jump — 2. Brown, Johnson 11-4

Long jump — 3. Crudup, Shearn 35-8.75

Pole vault — 3. Jeremy Troxel, J. Bowen 19-6

High School Girls

Bobcat Relays

at Bowling Green

Team Scores

Napoleon	93
Sandusky	93
Bowling Green	90
Defiance	54
Ross	51
Maumee	44
Archbold	38
Stritch	32

Ross Results

6400 relay — 3. Alyssa Bowerman, Amy Kim, Ashley Brunthauer, Ashley Fischer 25:09

100 hurdles — 7. Hamilton 19.2

100 — 5. Colleen Rucker 13.6

1600 — 2. Fischer 5:32

800 relay — 3. Brandy Jones, Briana Harrison, Emma Ellenberger, Rucker 1:54.2

Distance Medley relay — 4. Adams, Kristen Fox, Liz Munoz, Fischer 14:23.1

Sprint MEDley Relay — 4. Ellenberger, Nikole Guzman, Harrison, Fox 2:00.5

Shuttle hurdles — 5. Adams, Ellenberger, Catherine Marquis, Kristen Mills 1:16.8

400 relay — 2. Simms, Harrison, Guzman, Rucker 53.2

3200 relay — 4. Jenny Fate, Bowerman, Kim, Fischer 11:04.7

1600 relay — 3. Simms, Fox, Adams, Rucker 4:17.8

Discus — 8. Betsy Quick, Eve McElfresh 162-10

Shot put — 8. Quick. Renee Lipstraw 53-5.5

High jump — 8. Fate 4-10

Long jump — Adams, Mills 23-0.25

TRACK AND FIELD

Wilhelm leads Little Giants

Adam Wilhelm won the 200-meter dash and 400 as the Fremont Ross boys track team dominated Napoleon 96-41 in the Greater Buckeye Conference.

"Adam looked nice and relaxed today," Little Giant coach Cathy Esposito said. "He ran a 22.4 in the 200 — that's a nice time on a day like today."

Napoleon defeated the girls.

Freshman Deondray Brown won the high jump for the Ross boys.

"Deondray is a nice athlete," Esposito said. "He's a young hurdler but he goes over the 110s amazingly. He may be even a little more fluid than Elon (Simms) was at this stage."

Simms won the 110 hurdles and 800, and Julius Salgado took the 300 hurdles Tuesday.

Derek Hill won the 1,600 and 3,200 and Rob Durnwald captured the shot put and discus for the Little Giants.

"We got a nice throw out of Rob in the discus," Esposito said.

David Guardiola, Josh and Nathan Bowen and Austin Young comprised a winning 3,200 relay and Andre Velez, Mariel Pugh, Tony Zimmerman and Cameron Beckley won the 800 relay for the Ross boys.

The Little Giant boys excelled despite being faced with disqualifications in seven events.

Ashley Fischer won the 1,600 for the Little Giant girls only victory. Allison Adams was third in the 300 hurdles.

"Allison has looked good," Esposito said. "The sprint department has been elevated by Tia Simms and Briana Harrison."

Simms was second in the 400 and Harrison was third in the 200.

Despite the tough showing Tuesday Esposito is encouraged by the girls' performance from Saturday. The group scored nine points at the Bowling Green invite last year compared to 54 last weekend.

Track & Field

High School Boys

Ross 96, Napoleon 41

Ross results

Pole vault — 2. Josh Bowen 9-6, 2. Jeremy Teakel 9-0.

Shot put — 1. R. Durnwald 45-3.25, 2. Perez 42-0.75, 3. M. Barnett 40-5.

Discus — 1. Durnwald 141-0, 2. Perez 133-4.

Long jump — 2. A. Shearn 17-6.5.

High jump — 1. Brown 5-10.

110 hurdles — 1. Sims 14.7, 2. J. Salgado 15.8.

3200 relay — 1. Ross (David Gundrel, Josh Bowen, Austin Young, Nathan Bowen) 8:58.55.

800 relay — 1. Ross (Zimmerman, Velez, Pugh, Beley) 1:40.74.

1600m — 1. Derek Hill 4:50.0, 2. Nate Bowen 4:50.48, 3. D. Flores 5:07.06.

400m — 1. Adam Wilhelm 53.41, 3. Brandon McDonald 1:00.44.

300m — 1. J. Salgado 42.25, 3. A. Shern 44.36.

800m — 1. Simms 2:11.97, 2. A. Young 2:12.55.

200m — 1. Wilhelm 22.6.

3200m — 1. Derek Hill 10:20, 2. Nathan Bowen 10:36.

1600 relay — 1. Ross 3:42.2.



News-Messenger/Diane Cebula

ERIK BIRKHLZ crosses the finish line for Clyde Saturday during the final leg of the 800-meter relay at the A.W. Hendricks Invitational.

Celebrating in style

By RYAN AUTULLO
News-Messenger correspondent

CLYDE — The birthday gifts Emily Pendleton planned to unwrap Saturday evening did not include a car.

Although not yet permitted to take her driver's test, the Woodmore standout thrower certainly wasn't short on horsepower and style, however, as she won titles in the discus and shot put events at Clyde's A.W. Hendricks Invitational.

"That's a great way to celebrate," said Pendleton, the reigning Division III discus state champion.

Fremont Ross won the boys meet with 131 points and Sandusky took the girls team title with 105. Clyde (97) and Woodmore (30.50) finished third and sixth, respectively in the boys division. The Woodmore girls squad was fourth with 69.50 points.

Clyde's Jared Martin was named the meet's Most Valuable athlete as a result of winning three events and breaking his own school record.

Pendleton eclipsed her previous best throw in the shot put by three feet and posted the third longest throw of her career in discus.



News-Messenger/Diane Cebula

FREMONT ROSS runner Ashley Fischer competes in the 1,600 during Saturday's A.W. Hendricks Invitational at Clyde.

"She's pretty amazing," said Woodmore's Dani Noe, who ironically also celebrated a birthday Saturday. "As a sophomore, she's a captain and people look up to her. She has a great work ethic.

"She told me a long time ago that her birthday was the same as mine, and I forgot," she continued. "We didn't think about

celebrating together."

Not in the traditional sense, anyway.

Noe ran the third leg of the Wildcat second-place 3,200-meter relay and took third in the 400-meter dash.

In a battle of two of the area's most decorated runners, Martin squeaked out a win over the Little Giants' Elon Simms in the 110 hurdles. Martin's time of 14 seconds topped his previous best by two-tenths.

"I'm really excited with my time in the 110s," said Martin, an all-Ohio selection in football. "Hopefully, I can bring it down more."

Martin added titles in the 300 hurdles and as the anchor on the winning 400 relay.

In arguably the meet's most intriguing race, Ross came from behind to win the 1,600 relay over Clyde. Both squads qualified for the state meet last June.

The Little Giants were in last after the first hand-off, but quickly headed to the front of the pack with an amazing leg by No. 3 runner Adam Wilhelm. Simms ran the final lap for the Little Giants, who were without normal No. 2 runner, Ryan Crudup.

"I just wanted to catch every-

one and put less pressure on Elon," said Wilhelm, who also won titles in the 200, 400 and as a member of the 800 relay. "I think I did a pretty good job."

"The first few meets I felt like I was pretty tired," he continued. "I don't know if it was the cold weather, but I feel like I'm getting in better shape."

Competing in the 800 for only the third time ever, Simms ran a 1:58.60 to break the school record by more than a second. Once apprehensive to participate in an event new to him, Simms is now getting accustomed to the race.

"I'm still learning it. I like it a lot," he said. "Usually, when you're good at something, you like it. People were always trying to get me to run it, but I didn't think I was going to be good at it."

Added Ross coach Cathy Esposito: "I told him if he goes under two (minutes) it will put him in a whole different category of 800 runners. Now, he's in that category."

Pendleton wasn't the only returning state champion in attendance Saturday, but she was the only one to leave the meet unblemished.

See CLYDE'S, B2

Clyde's Gill wins high jump event

Continued from B1

Upper Sandusky's Keri Kraus, last year's Division II high jump champion, was soundly beaten by Clyde's Meghan Gill. Gill had a leap of 5-feet, 6-inches while Kraus tied for second with a jump of 5-feet.

On Tuesday, in front of several visit-

ing family members, Gill broke the school record with a jump of 5-feet, 7-inches.

"It worked out good because a lot of my family was here from Kentucky," said Gill, who narrowly missed state qualification last year as a freshman. "They all came over afterward and had some food and celebrated."

A.W. Hendricks Invitational**At Clyde****Team scores**

1. Fremont Ross 131
 2. St. Francis 105

3. Clyde 97

4. Tiffin Columbian 81.50

5. Ashland 39.50

6. Woodmore 30.50

7. Sandusky 30

8. Upper Sandusky 12.50

100 Hurdles: 1. Jared Martin (C) 14.00,

2. Elon Simms (FR) 14.70, 3. Julius Salgado (FR) 15.40, 4. Cory Wetzel (C) 15.80

3200 Relay: 1. St. Francis 8:17, 2. Fremont Ross (Austin Young, Josh Bowen, David Guardiola, Nathan Bowen) 8:28.40,

4. Woodmore (Schlea, Dean, Arndt, Schroeder) 8:37.90

100m: 1. Josh Moore (TC) 11.40, 6.

Chris Weiland (W) 11.80

800 Relay: 1. Fremont Ross (Julius Salgado, Ryan Crudup, Elon Simms, Adam Wilhelm) 1:32.70, 2. Clyde (Andy Sherman, Jeremy Cammann, Jeremy Liska, Erik Birkholz) 1:34.00

1600m: 1. Derek Hill (FR) 4:35.70, 3. Nathan Bowen (FR) 4:42.50

400 Relay: 1. Clyde (Andy Sherman, Ryan Hackenburg, Jeremy Cammann, Jared Martin) 44.50, 4. Fremont Ross (Andre Velez, Tony Zimmerman, Travis Miller, Tyron Lemley) 45.20, 6. Woodmore (Eric Egert, Brady Donnell, Chase Ault, Chris Weiland) 47.30

400m: 1. Adam Wilhelm (FR) 50.40, 3. Erik Birkholz (C) 52.30, 4. Jeremy Liska (C) 52.40, 6. Justin Kassnel (W) 53.70

300 Hurdles: 1. Jared Martin (C) 39.20, 2. Julius Salgado (FR) 42.00, 4. Adam Shearn (FR) 43.00, 5. Cory Wetzel (C) 43.60

800m: 1. Elon Simms (FR) 1:58.60, 3. Derek Schlea (W) 2:03.20, 4. Austin Young (FR) 2:06.40, 5. Jeremy Schroeder (W) 2:06.70

200m: 1. Adam Wilhelm (FR) 22.60, 3. Andy Sherman (C) 23.80, 5. Jeremy Cammann (C) 24.40, 6. Chris Weiland (W) 24.70

3200m: 1. Derek Hill (FR) 9:58.40, 5. Nathan Bowen (FR) 10:47.40, 6. Jeremy Schroeder (W) 10:57.60

1600 Relay: 1. Fremont Ross (Austin Young, Julius Salgado, Adam Wilhelm, Elon Simms) 3:25.20, 2. Clyde (Erik Birkholz, Jeremy Liska, Ryan Hackenburg, Jared Martin) 3:29.70, 4. Woodmore (Derek Schlea, Chase Ault, Tyler Rosenberger, Justin Kassnel) 3:35.00

Shot Put: 1. Judd Lutz (TC) 53' 11.00", 4. Matt Guhn (C) 46'06.00"

Discus: 1. Judd Lutz (TC) 146'06.00", 3. Rob Durnwald (FR) 141'08.00, 5. Jorge Perez (FR) 134'.08.00", 6. Matt Guhn (C) 127'01.00"

Long Jump: 1. Shayne York (SF) 19'02.75, 4. Erik Birkholz (C) 19'01.00"

High Jump: 1. Nick Tea (C) 6'00.00", 2. Seth McDonald (C) 5'10.00, 5. Stephan Johnson (FR) 5'08.00

Pole Vault: 1. Mark Pittman (W) 13', 5. Josh Bowen (FR) 10'

A.W. Hendricks Invitational**At Clyde****Team Standings**

1. Sandusky 105.00

2. Upper Sandusky 93.00

3. Ashland 81.00

4. Woodmore 69.50

5. Fremont Ross 50.00

6. Tiffin Columbian 48.00

7. St. Ursula 46.50

8. Clyde 34.00

3200 relay: 1. Tiffin Columbian 10:14.20,

2. Woodmore High School 10:18.00 (Danielle Thomas, Kristen Jacobs, Dani Noe, Katie Buck)

100 hurdles: 1. Dania Irby (Sandusky)

15.60, 2. Vicki Bouttavong (Woodmore) 16.80, 4. Jenny Wright (Woodmore) 17.40, 5. Britney Meek (Clyde) 17.80

100m: 4. Alexis Marquette (Woodmore) 13.60, 5. Colleen Rucker (Ross) 13.60

800 relay: 1. Upper Sandusky Rams

1:51.70, 2. Fremont Ross High School

1:52.50 (Tia Simms, Bre Harrison, Emma

Ellenberger, Colleen Rucker), 4. Clyde

1:53.90 (Arica Vogel, Meghan

Gill, Bethany Aldrich, Emily Hart)

1600m: 2. Ashley Fischer (Ross) 5:31.40.

400 relay: 1. Sandusky Blue Streaks

50.80, 3. Fremont Ross High School 53.10

(Tia Simms, Bre Harrison, Nicole Guzman, Colleen Rucker), 4. Clyde 54.00 (Jessica Hackenburg, Arica Vogel, Tayla

Meade, Bethany Aldrich)

400m: 3. Dani Noe (Woodmore) 1:03.30,

4. Tia Simms (Ross) 1:03.50

300 hurdles: 3. Meghan Gill (Clyde)

52.30, 5. Allison Adams (Ross) 52.50, 6.

Jenny Wright (Woodmore) 53.40

800m: 2. Danielle Thomas (Woodmore) 2:26.90, 4. Ashley Fischer (Ross) 2:35.40

200m: 4. Alexis Marquette (Woodmore)

27.30, 5. Emily Hart (Clyde) 28.40, 6. Bre

Harrison (Ross) 28.50

3200m: 3. Ashley Fischer (Ross)

12:48.90, 6. Alyssa Bowerman (Ross)

13:22.40

1600 relay: 3. Fremont Ross High

School 4:17.60 (Tia Simms, Allison

Adams, Kristen Fox, Colleen Rucker), 6.

Clyde 4:24.50 (Allison Bessken, Arica

Vogel, Alexandra Lizarribar, Emily Hart)

Discus: 1. Emily Pendleton (Wood-

more) 143-9

Shot put: 1. Emily Pendleton (Wood-

more) 36'01.50", 6. Betsy Quick (Ross)

31'03.00"

Long jump: 4. Bridgett Betka (Wood-

more) 14'05.75", 6. Tayla Meade (Clyde)

14'04.50"

High jump: 1. Meghan Gill (Clyde)

5'06.00", 4. Emily Hart (Clyde) 4'10.00",

5. Danielle Lowry (Woodmore) 4'08.00"

Pole vault: 6. Kelly Camp (Woodmore)

7'00.00

TRACK

Ross boys defeat Marion Harding

Elon Simms won the 110-meter hurdles and the 800 to help the Fremont Ross boys top Marion Harding and Lima Senior.

The Little Giants finished with 118 points to Marion Harding's 34. Lima Senior was third with 23 points.

The Ross girls took second to Marion Harding, compiling 47 points. Marion Harding finished with 84 while Lima Senior registered 43 points.

Track & Field

High School Boys

**Fremont Ross 118, Marion
Harding 34, Lima Senior 23**

Ross results

Pole vault — 2. Troxel 10-6, 3. Josh Bowen 10-0.

1600 relay — 1. Ross 3:29.6.

3200 relay — 1. Ross A 8:55.3, 2. Ross B 9:19.26.

800 relay — 1. Ross 1:33.9.

400 relay — 1. Ross 46.08.

110 hurdles — 1. Elion Simms 14.7, 3. Salgado 15.6, 4. Brown 15.6.

100m — 1. Lemley 11.17, 2. Zimmerman 11.4.

1600m — 1. D. Hill 449.2, 2. Pinkerton 5:08.6.

400m — 1. Wilhelm 52.23, 4. Forney 56.9.

300 hurdles — 1. Salgado 41.5, 3. Shearn 43.7.

800m — 1. Simms 2:05.9, 2. Young 2:11.82, 3. Guardiola 2:13.3.

200m — 1. Wilhelm 22.7, 3. Zimmerman 24.09.

3200m — 1. Hill 10:27, 4. Pinkerton 11:23.

Long jump — 1. Shearn 18-2, 4. Emily 17-0.

High jump — 1. Brown 5-10, 2. Johnson 5-8, 4. Emily 5-2.

Shot put — 2. Perez 42-7, 3. Zucker 41-3.5.

Discus — 1. Perez 136-8, 2. Durnwald 134-5, 3. Miller 125-5.

TRACK AND FIELD

Salgado, Simms perfect

Elon Simms and Julius Salgado each participated in four winning events as the Ross boys won the Sandusky Relays with 123 points.

Olmstead Falls was second with 103.

The Little Giant girls were fourth with 66 points as Sandusky won with 102.

Simms, Salgado, Adam Wilhelm and Ryan Crudup won the 800, and Simms, Salgado, Wilhelm and Austin Young captured the 1,600.

Simms, Salgado, D.J. Brown and Adam Shearn took the 400 shuttle hurdles, and Simms, Salgado, David Guardiola and Andre Velez a distance medley.

Young, Brandon McDonald, Nathan Bowen and Derek Hill won a distance medley, and Josh Bowen, Michael Flores, Hill and Nathan Bowen won the 6,400.

Tia Simms, Brandy Jones, Emma Ellenberger and Colleen Rucker won the 800 for the girls.

Track & Field

High School Boys

Sandusky Relays

Ross	123
Olmsted Falls	103
Bowling Green	72
Sandusky	55
Lakewood	40
Toledo Libby	27

Ross Results

400 — 2. Tyrone Lemley, Tony Zimmerman, Brandon McDonald, Adam Wilhelm 45.20
800 — 1. Julius Salgado, Ryan Crudup, Elon Simms, Wilhelm 1:31.6
1600 — 1. Austin Young, Salgado, Wilhelm, Simms 3:30.15
3200 — 2. David Guardiola, McDonald, Josh Bowen, Nathan Bowen 8:44.9
6400 — 1. J. Bowen, Michael Flores, Derek Hill, N. Bowen 19:27.35
800 sprint — 2. Zimmerman, Lemley, McDonald, Wilhelm 1:37.6
Distance Medley — 1. Young, McDonald, N. Bowen, Hill 11:13.83
Distance Medley — 1. Simms, Guardiola, Andre Velez, Julius Salgado 3:43.81
400 shuttle hurdles — 1. Adam Shearn, D.J. Brown, Salgado, Simms 1:01.10
High jump — 1. 11-06
Pole vault — 2. 20-06
Long jump — 4. 34-10.25
Shot put — 1. 85-03
Discus — 2. 239-03

High School Girls

Sandusky Relays

Sandusky	102
Bowling Green	102
Olmsted Falls	78
Ross	66
Lakewood	64

Ross Results

400 — 3. Tia Simms, Brandy Jones, Emma Ellenberger, Colleen Rucker 54.3
800 — 1. Simms, Jones, Ellenberger, Rucker 1:52.01
1600 — 4. Simms, Kristin Fox, Allison Adams, Rucker 4:23.2
3200 — 4. Jacque Fate, Ashley Bruthaver, Alyssa Bowerman, Ashley Fischer 11:08.60
6400 — 2. Bowerman, Bruthaver, Liz Munoz, Fischer 24:33.3
800 sprint — 2. Jones, Shanee Burel, Ashley Fox, Simms 1:52.9
Distance Medley — 3. Fischer, Adams, Ellenberger, Rucker 4:38.3
Distance Medley — 2. Adams, K. Fox, Bowerman, Fischer 14:12.4
400 shuttle hurdles — 3. Adams, Catherine Marquis, Kristin Mills, Ellenberger 1:12.7
Long jump — 5. 23-04.00
Shot put — 5. 54-10.5
Discus — 5. 154-02.50

PREP CORNER

Simms, Wilhelm on hand at Nike Nationals

Elon Simms and Adam Wilhelm represent the first Fremont Ross athletes to qualify for the Nike Outdoor National Track and Field Championships.

And Saturday the duo showed it belonged.

Simms finished the 800-meter run in 1 minute, 52.7 seconds at the state meet this year to qualify and was 31st among 48 runners Saturday (1:55).

Wilhelm finished the 400 in 48.17 at state and was 10th in the nation Saturday (48.7). He was second in his heat and within close to fifth in the final.

Woodmore's Emily Pendleton also qualified for the meet and finished 19th in the discus (124 feet).

Giant Guardiola's heart nowhere near little

Guardiola Track Festival

The David Guardiola Track Festival will be July 30 at the Ross High School track. It is sponsored by Fremont Ross track and field, with proceeds going to the David Guardiola Scholarship Fund.

Pre-registration is \$5 for the first event and \$1 each additional event before July 15, and \$8 and \$1 before 8:30 the day of the event.

Trophies and medals will be awarded with all male and female 800-meter winners receiving memorial Guardiola plaques. All ages are welcome.

Field events start at 9:30 a.m. and include girls softball, shot put and high jump, and boys softball, discus and high jump and long jump for both.

Running events begin at 10:30 a.m. with the girls and boys on a rolling time schedule. Events in order are hurdles, 50 (ages 4-6 only), 100, 400, 1,600, 200 and 3,200.

By MATTHEW HORN
Sports writer

David Guardiola was quick to remind those close to him the extent to which he stood out in a crowd.

There was never a need for such reminders, however.

Everybody already knew it.

Guardiola was recently killed in a car accident, but the way he lived his life and touched those around him will make him impossible to forget.

"The thing we remember most was his leadership and positive attitude daily on the track," Fremont Ross coach Cathy Esposito said of the 16-year-old who would have been a junior next year.

"How intelligent he was and what a great role model. We'd often see him helping younger kids or sacrificing his workout making sure kids were learning. He was very patient and loving to the other kids."

"The emptiness we all feel because of the loss and the sadness his friends feel is hard but talking

about all those things — about the way he was ... he was just a very positive person. A hug was certainly not abnormal from him."

The entire Little Giant family has tried to help one another through the tragedy.

"We've spent a lot of time with his family, and sharing our memories of David helps all of us heal," Esposito said. "We realize there was a reason he was taken from us. We hope he has been a good example for what other people would like to emulate in their life. His dedication and the way he treated people — if you can use someone in such a sad situation as such a positive example, it helps everybody heal. We loved him. He was like a hero to all of us. He loved track, and we love track."

Ross track athletes Elon Simms, Adam Wilhelm, Julius Salgado and Austin Young were among the pall bearers at Guardiola's funeral.

See GUARDIOLA, B2



Submitted photo

ACCIDENT VICTIM David Guardiola, second from left, attended this year's state track meet in Columbus.

Guardiola won't be forgotten

Continued from B1

"He was somebody that led by example," Wilhelm said. "He always worked hard in practice and in the weight room. There was never a day where he slacked off in practice. Everybody on the team respected him for that. It never surprised me. He was mature for as young as he was. It never surprised me that he was a leader on the track. He wanted to be there. He was where he wanted to be. He would do anything for the team."

Simms said he always knew how to brighten his friends' day.

"He really knew how to put a smile on your face," Simms said. "There was never a dull moment. He was an all-around good guy. He had a great sense of humor. He was funny and great to hang around with.

"We were very close."

Teammates and coaches will always remember Guardiola for his ability to poke fun at any situation. Simms recalls a scenario at last year's state track meet in which he and Guardiola — who didn't have to run Saturday — went to catch a movie on Friday night.

The pair was summoned from the movie theater by Simms' mother after the two had been under the impression coaches had signed off on the excursion.

"My mom called and asked us where we were at," Simms said. "The movie just started and my mom called to have us come back. My mom was upset that we had went. Esposito was all mad at us. She though we wanted to order a movie (at the hotel)."

Wilhelm said Guardiola was a real prankster.

"I think everybody should remember he was a great teammate and a great friend," he said. "I hope everybody remembers that. He will be missed. He always put a smile on your face and you never heard him say anything negative about anybody."

Guardiola used to cut up the entire team with his imitations of assistant coach Ray Hamilton. "Gurdliolia, Guardiola, Guardilia" David would say in mock reference to Hamilton uttering his surname.

"We've talked a lot about what we remember," Esposito said. "The team memory was his ability to imitate coach Hamilton daily. We talk about that and it immediately brings laughter. He had it down perfect with the voice and the way he coaches. He did it perfectly. There will be nobody that can imitate coach like he did. Hamilton always got Guardiola wrong. We always told (Hamilton) he didn't have to work that hard."

The Little Giants plan to create a scholarship in Guardiola's name that goes to an athlete with similar qualities to those David represented. They also plan to build a memorial statue and hang his retired track number in the press box.

"Nobody can be exactly like David,"

Esposito said. "Everybody will be able to touch (his jersey) for strength. We still feel his presence in different respects every day. He will never not be with us."

Guardiola received a coaches award at the last track banquet.

"We let him know how much we cared and how much we thought about him," Esposito said. "Coaches awards are special to us. Those are the kids that control our program with everything they do. On the track is just a small fraction of the consideration. We always used to say he was a 40 year old in a 16 year old body. He was wise beyond his years."

Esposito currently wears a bracelet given to her by Guardiola during the indoor track season and another — of the fluorescent green variety — that the team wore at state this season. Guardiola was wearing his when he was killed.

"I lost it for a while and last week I found it," Esposito said. "All of the sudden it popped up in one of my suitcases. To me it was a message to pack our bags and go to nationals. 'Here's the bracelet.' We feel his presence one thing after another."

Esposito was referring to a trip to the Nike Outdoor National Track and Field Championship in North Carolina by Simms and Wilhelm Saturday. Ross had never had anybody qualify for the event but funds may have prevented the pair from attending.

Until Judy Guardiola, David's mother, stepped in to make sure the trip was a reality. David had come home and informed Judy of the scenario before the accident. Judy immediately began to help solicit donations through the Ross athletic department and she and husband David Sr. pitched in the rest.

"Tell the boys to pack their bags," Judy told Esposito.

Esposito said going above and beyond people's expectations to show how much he cared was definitely a trait Guardiola's parents had passed along.

"For them to think about our program and what we needed to get to nationals in their time of mourning shows how David is. David was outgoing. Fun. There was never a dull moment," Esposito said. "He was respectful. He was just a beautiful child inside and out."

"He just had a love for life in general. He was the type of person that did live every day to the fullest. I hope people remember the fun times with him. Hopefully we'll see him again and we look forward to that day. We'll do everything we can to keep his spirit alive — I'll tell you that. We'll let David's life be an example for others."

Wilhelm likes that idea.

"I'm very confident nobody is going to forget about him," he said. "When you lose a great friend and teammate that young, you will always remember it. You'll never forget what kind of person he was if you knew him and were close to him."