

1998 Season review...

Fremont Ross

Boys

Coach: John Elder

1997 finish: 3rd in GLL

Key losses: Eric Gabel, Eli Semer, Jake Smith

Key returnees: Jon Framstad, Ryan Werling, Josh Burris, Mark Thomson

Key newcomers: Jeremy Framstad, Adam Swope

Toughest GLL competition: Whitmer

Coach Elder's outlook: "While we're young, I'm really optimistic. This year could be really fun. One of my goals is to get back to regionals as a team."

Girls

Coach: Cathy Esposito

1997 finish: 2nd in GLL

Key losses: Kristyn Warner, Jami Toeppe, Dawn McElfresh, Alison Kelly, Meredith Huffman, Molly O'Connor

Key returnees: Lindsay Frontz, Molly Gocke, Jenny Gabel, Abby Cominsky, Amy Barnes, Nora Reich

Key newcomers: Monica McElfresh, Kaylie Crispen, Morgan O'Connor, Lani DeLeon, Jennette Frontz

Toughest GLL competition: Bedford

Coach Esposito's outlook: "I think we have a team that can win the league. When I look at workouts from last year and what (the departed seniors) did last year and what these girls are doing this year, these girls are 40 seconds faster. I keep telling them these times don't lie."

Werling leads Ross boys

News-Messenger reports

Ryan Werling was the top Ross finisher as the Little Giants fell to Bowling Green. Werling's time of 18 minutes, one second was good enough for third place.

Jeremy Framstad and Josh Burris were fourth and fifth for Ross, in 18:08 and 18:12, respectively, while Jon Framstad was seventh in 18:19.

edged St. Mary's. Ryan Mendoza finished fourth in 18:28, Skip Turner was fifth in 18:31 and Kyle Gettys was eighth in 18:47 for the Fliers.

Kevin Clapp led Margareta with his ninth place time of 18:57, while Jason Kehres, Rickie Greiner, Mike Zang and Brandon Schneider rounded out the Polar Bears' top five.

Clyde's Nick Rogers, Rickie Greiner

Chapman places second at Tiffin Carnival

News-Messenger reports

TIFFIN — St. Joseph Central Catholic cross country coach Gary Logsdon was extremely impressed with the effort of junior Mike Chapman Saturday at the 30th annual Tiffin Carnival Cross Country Carnival at Hedges-Boyer Park.

Chapman placed second in the Division III race consisting of around 300 runners with a time of 16:42.

"I'm elated with Mike's performance," said Logsdon. "He ran a great race, there is no other way to put that. It was one of those races where you are like 'Wow look at him go.'"

Chapman placed four spots ahead of Old Fort star Jeremy

Riehm, who was sixth in 16:47.

The Crimson Streaks boys placed 33rd in the meet with 909 points.

St. Joe's girls were 11th, despite the fact that top runner Keri Oxley missed the race due to illness.

Joni Wilhelm led the Streaks with a 31st-place finish in 21:17, Trish Snyder was 34th in 21:22; Tracy Snyder was 74th in 22:07 and Carrie Zimmerman was 80th in 22:16.

"That's a good showing," said Logsdon. "I was pleased that we were running as quickly as we were. It was our fourth tournament in two weeks."

The Fremont Ross girls placed 20th with 608 points. Molly Gocke was 49th in 21:15, Abby Cominsky placed 83rd in 22:06 and Lindsay Frontz was 103rd in 22:45. Jenny Gabel was 131st in 23:34 and Jeannette Frontz was 136th in 23:39.

"We ran a great race," said Little Giants coach Cathy Esposito. "The heat was a factor and they all withstood it."

Ross's boys placed 29th overall with 668 points. Adam Swope was 109th in 17:54, Matt Kotch was 120th in 18:03, Ryan Werling was 126th in 18:07 and Jon Framstad was 140th in 18:18.

**CROSS
COUNTRY**

Ross-Bedford-Findlay

Jeremy Framstad's time of 18:01 was good for eighth place and helped Fremont Ross to a split with Bedford and Findlay in a Great Lakes League meet.

Jon Framstad, of Ross, was ninth in 18:03, Josh Burris was 12th in 18:12, Ryan Werling was 16th in 18:22, Clay Huffman was 22nd in 19:29, Ryan Daugherty was 23rd in 19:33, Art Neely 36rd in 21:19, Jamie Brunner was 37th in 21:20 and Habner Herrera placed 38th in 21:24.

Bedford easily won the meet with 17 points. Ross had 67 and Findlay finished with 77.

Ross was third in the girls' competition. Molly Gocke was fourth with a time of 20:29. Abby Cominsky was 10th in 21:49, Jenny Gabel was 16th in 22:39, Monica McElfresh was 17th in 22:43 and Jeanette Frontz was 21st in 23:14.

Bedford won with 31 points, followed by Findlay with 33 and Ross with 68.

Ross nets two top-10 finishes

News-Messenger reports

GALION — Saturday's Galion Invitational was somewhat of a catch-22 in the eyes of Fremont Ross boys coach John Elder.

"Yes and no," said Elder, when asked if he was pleased with his team's ninth place finish. "Yes, because it was better than last year, we did see some improvement. No, because we were hoping our top five could be a little bit faster."

Jeremy Framstad was the top Little Giant finisher, placing 33rd with a time of 17:32. Ryan Werling's 17:39 was good for 41st place, while Adam Swope finished 55th with a 17:56.

John Framstad finished 61st in 18:05, Josh Burris 86th in 18:34 and Clay Huffman in 19:50.

Jeremy, the younger of the Framstads, drew praise from Elder.

"We knew he'd be good," said Elder.

Framstad's performance also continued the rotation of runners stepping to the top for Elder.

"We knew, with the way the season started, that our top five runners would be interchangeable," he said. "I'd like to see someone step forward to take over."

Coach Cathy Esposito's girls team finished 10th at Galion.

"It wasn't our best performance," Esposito said. "The heat was pretty bad, the humidity was pretty bad, and there were a lot of state-ranked-type teams there."

Molly Gocke was the top Ross finisher, placing 19th in 21:12. Abby Cominsky was 31st in 21:37, Jeannette Frontz 64th in 22:52, Jenny Gabel 68th in 22:59, Monica McElfresh 69th in 22:59 and Lindsay Frontz 82nd in 22:32.

"We got a pretty good performance from Molly Gocke," Esposito said. "She's having a fantastic season."

Ross hosts Oregon Clay on Tuesday.

In Division II, the Bellevue

CROSS COUNTRY

girls finished sixth, led by Catheran Bibb's sixth-place finish. The Bellevue boys placed 10th, led by Raymond Bibb's seventh-place finish.

In Division III, the Gibsonburg girls took 11th place, while the boys finished 17th.

Liberty Center

GRAND RAPIDS — At White-water Park, Woodmore's girls took fourth out of six teams in the Division III race with 135 points. Monica McGee took 15th in 22:04 and Janelle Dangler was 21st in 22:34 for the Wildcats.

Woodmore's boys finished ninth out of 18 teams, with 257 points. Seth Bringman (33rd, 18:45) and Jason Haar (46th, 19:09) were the Wildcats' top runners.

The Margaretta girls finished 12th, while the boys team took 14th. Katrina Day's 14th place finish led the Polar Bear girls, while Kevin Clapp and Jason Kehres finished 24th and 25th, respectively.

Spartan Invitational

YOUNGSTOWN — Woodmore's girls finished 10th in the Elite Race, with 210 points.

Strongsville won the event, which featured teams from Ohio, New York and Pennsylvania, with 117 points. Defending Division III state champion Barnesville was third with 135 points.

Meredith Magsig led Woodmore with a 20th-place finish (21:03) followed by Kathy Camp (22nd, 21:04) and Amanda Roadarmel (38th, 21:38).

"Connie Camp was sick, and with her not in the picture we struggled a little bit team-wise," Woodmore coach Alicia Wollmering said. "It was great competition. It's good for them to run against competition like this."

Running on a mission

Gocke wants to return to state

By MICHAEL PIDANICK
Staff writer

On Nov. 1, 1997, Fremont Ross star Molly Gocke got a taste of the state cross country meet.

She liked what she saw.

"That is a big motivation," said Gocke, The News-Messenger's Athlete of the Week. "Going there with my team was a great experience. I'd really like to go back."

But getting to the state is a lot easier said than done. To earn a trip to the Nov. 7 meet at Scioto Downs in Columbus, an individual runner must place in the top 15 in the regional and district meets. A team must place in the top three in both meets.

Last season, Gocke finished in 114th place, fifth among the Little Giants in 20 minutes, and 51 seconds. Ross earned an 11th-place finish in its first-ever cross country state meet.

This year as a junior, Gocke has been the Little Giants' top runner. She was 19th at the Galion Invitational Saturday, as the Little Giants' girls team finished 10th. She was fourth Tuesday in 20:29 in a Great Lakes League race with Bedford and Findlay.

"She is successful because she has tons of determination," said Ross coach Cathy Esposito. "She wants to perform well and does what it takes to do it."

Gocke runs up to 40 miles a week during the summer in preparation for the cross country season.

"She works real hard," said teammate Jeanette Frontz. "She's real dedicated and wants to win real bad."

Said Abby Cominsky: "She never gives up. If she's trying to pass somebody, she won't give up until she does it."

Although graduation is still 21 months away, Gocke has her eye on the future. She hopes to run in college at West Virginia University.

"My parents (Tim and Mary Gocke) went there and I really like the school," she said. "I've always wanted to go there."

If Gocke wants to run for the Mountaineers, or any other Division I school, she will need to continue her improvement.

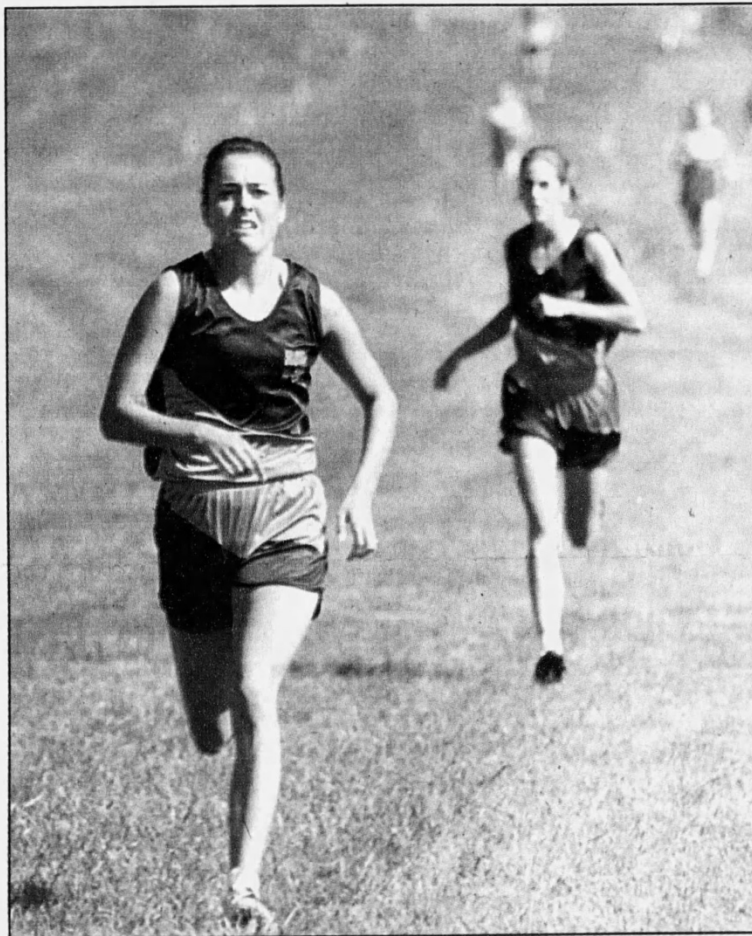
"She will need to improve on her speed and strength," said Esposito, who plans on contacting WVU this week regarding Gocke.

"She got that now, but in college she'll have to have more."

While Gocke has worked to earn all of her successes, she has had plenty of help along the way.

Tim and Mary Gocke have played a big role in Molly's success.

"My parents have given me great support," she said. "They're always telling me



News-Messenger/Andrew Morrison

MOLLY GOCKE has been Fremont Ross's top runner all season.

to never give up."

Gocke also credits her teammates — past and present — and her coaches.

"We (the Little Giants) all motivate each other," she said. "The seniors that graduated last year have also been a big help."

"We have great coaches, too. They really help us."

Esposito, who is in her eighth year as Ross coach, has been working with Gocke since junior high, and has been her full time coach for three years.

"She has made tons of improvement," she said. "She's improved her time by a minute and a half."

Gocke also runs track for Ross. She runs the mile and the 4x800 relay for Esposito and head coach John Elder.

Gocke sees differences in the two sports. "Track is more speed," she said. "Cross country is more endurance."

Gocke is also a leader for the Little

ATHLETE OF THE WEEK

Molly Gocke Profile

School: Ross.

Grade: Junior.

Sports: Cross country, track.

Family: Parents Mary and Tim Gocke; Brother: Tim, 14.

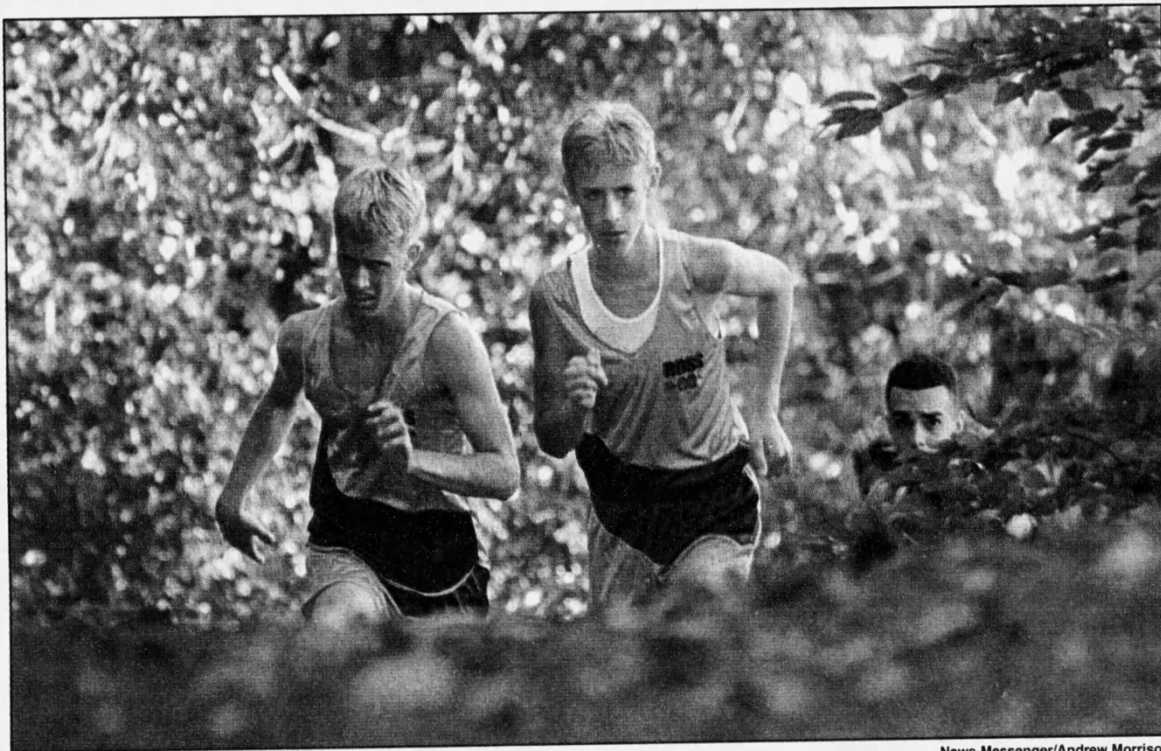
Hobbies: Spending time with friends; playing with new puppy "Chessie."

Giants and is well-liked by her teammates and coaches.

"She's a wonderful child," Esposito said. "I would love to have her represent our team at state. She's kind to everyone and well-respected."

Said Cominsky: "She's a real nice person. She's very positive."

Little Giants sweep Clay



News-Messenger/Andrew Morrison

JON FRAMSTAD, left, and brother Jeremy head up a hill Tuesday at Walsh Park.

Ross boys, girls earn GLL victories at Walsh Park

By MICHAEL PIDANICK
Staff writer

A hard workout Monday made all the difference Tuesday for the Ross boys cross country team.

The Little Giants took four of the top five finishes and knocked off Great Lakes League rival Clay at Walsh Park.

"We ran a hard workout (Monday) to get ready," said Ross coach John Elder. "Everyone had their best time of the year on this course. They ought to be pleased."

The Little Giants girls also won easily, posting a 24-34 win over the Eagles.

Clay's Joel Harrington was first in the boys race with a time of 17 minutes, 24 seconds. But the Little Giants took second through fifth. Josh Burris led the way, finishing in 17:51.

"I was real happy with my time," Burris said. "I think the

workout on Monday really helped, but the weather was also nice. It's nice and cool."

Jeremy Framstad was third in 18:01, followed by Ryan Werling in 18:02, and Jon Framstad in 18:03.

"In big meets, we all try to stay together," said Werling. "Since we don't have an outstanding runner, we're all pretty much all the same, so we try to stay in a pack."

Also for the Little Giants, Ryan Daugherty placed seventh in 18:56, Clay Huffman was ninth in 19:30, Art Neeley was 12th in 20:20, Jamie Brunner was 13th in 20:22 and Dan Burris was 17th in 21:45.

"They all ran well," Elder said. "I was pleased."

The Little Giants were without two of their top six runners. Adam Swope had a soccer game and Matt Kotch was at football practice.

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We want to get our top six all under 17:30 in a pack. We'd like to get some into the 16s, but if we're not going to get that, then at least 17:30."

The Eagles' Jodi Harrington, Joel's sister, won the girls race in 19:46. Ross was led by Molly Gocke, who was second in 21:10.

"Molly ran an awesome race," said Ross coach Cathy Esposito. "Her time was great on this course and she's going to continue to work hard."

Ross's Abby Cominsky was fourth in 22:04, Jenny Gabel was fifth in 22:25, followed by Lindsay Frontz, who was sixth in 22:53 and Monica McElfresh, who was seventh in 23:10.

Kayle Crispin was ninth in 23:58 and Nora Reich was 10th in 24:54 for Ross.

"It was a great performance," Esposito said. "It was nice to

"I think the workout on Monday helped, but the weather was also nice."

— Josh Burris
Ross cross country

see them work well as a group. Their times were right on."

Since there is no big weekend meet, the Little Giants are using the time for extra practice.

"We're going to concentrate on hard workouts," Esposito said. "Then we'll reevaluate ourselves and go from there."

In other action Tuesday:

Old Fort Invitational

Freshman Trish Snyder placed second overall with a time of 20:38 to lead St. Joseph Central Catholic to a first-place finish at the Old Fort Invitational. Keri Oxley finished

See CRIMSON, B3

Ross - Toledo Whitmer

Jeremy Framstad was fourth in 18:06, but Fremont Ross fell 20-39 to Toledo Whitmer.

Ryan Werling sixth in 18:13, Jon Framstad was seventh in 18:28, Josh Burris was eighth in 18:30.

In the girls, Molly Gocke, was third in 21:09, Abby Cominsky, was eighth in 22:30, Jenny Gabel was 10th in 22:52, Jeanette Frontz, was 11th in 23:04 and Lindsay Frontz was 12th in 23:21.

Ross boys 12th, girls 16th at Oregon's Eagle Invitational

St. Joe's Mike Chapman wins at Western Reserve

News-Messenger reports

OREGON — Adam Swope's 44th place finish led the Fremont Ross boys to a 12th place finish in Saturday's Eagle Invitational at Pearson Park.

Jeremy Framstad was the second Little Giant finisher behind Swope's 17:13, placing 59th in 17:26. Josh Burris was 82nd in 17:52, Jon Framstad 87th in 17:56, Matt Kotch 96th in 18:01, Art Neeley 129th in 18:58 and Ryan Werling 149th.

Strongsville won the Div. I race, followed by Bedford and Northview.

Lakota, led by Eric Swaisgood's 19th place finish, placed sixth in the boys Div. II-III race, while Clyde finished eighth. Woodmore placed 11th, Oak Harbor 17th and Margareta 28th.

Will Windom was 22nd for the Raiders, while Jeremy Miller was 24th. Adam Hammitt was the top Woodmore finisher in 46th place, followed by Montana Garcia in 51st.

The Ross girls finished 16th overall, behind top-three finishers Seneca East, Liberty Benton and Notre Dame. Woodmore was seventh in Div. I, 11th in Div. II-III.

Meredith Magsig was the top Wildcat finisher in the Div. I race, placing 16th in 19:24. Connie Camp was 35th in 19:59, Amanda Roadarmel 39th in 20:11 and Renie Lavigne 49th in 20:27.

Oak Harbor finished fourth in the girls Div. II-III race, led by Jackie Baumgartner in 11th place. Ashley Oroski was 13th, Tracie Sutkus 21st and Alison Jacobs 44th for the Rockets.

The Lakota girls placed 19th, led by Jenny Widman in 81st place.

CROSS COUNTRY

Joseph Central Catholic placed ninth at the Western Reserve Invitational.

Host Western Reserve won the meet, followed by Norwalk and New London.

Tyler Stierwalt placed 53rd in 19:07, Andrew Schack 61st in 19:28, Adam Huss 66th in 19:42 and Jamie LeJeune 70th in 19:48 for the Crimson Streaks.

Old Fort, led by second place finisher Jeremy Riehm, finished fourth overall. Dustin Miller was 14th, Courtney Heskick 28th, Nick Margraf 38th, Zack Burks 42nd, David Myers 74th and Aaron Riehm 85 for the Stockaders.

Trisch Snyder's 20:04 fourth place finish led the Crimson Streak girls to second place in the girls race. Keri Oxley was eighth in 20:34, Joni Wilhelm 13th in 20:58, Kerri Zimmerman 14th in 21:01, Tracy Snyder 16th

in 21:13 and Keri Pieffer 24th in 22:02 for St. Joe.

Edison won the girls event, while Mapleton and New London followed St. Joe

Booster Invitational

Led by Jason Balsizer's fourth place finish, Gibsonburg was seventh at the Booster Invitational.

Andrew Sponseller was 25th, Chris Brown 29th, Andy Hise 38th, Chad Perkins 39th, Bo Carnicom 48th and Brad Fox 49th for the Golden Bears.

Tiffin Calvert finished first, followed by Mohawk, Elmwood and New Riegel.

Amber Sharrard finished sixth overall for the Gibsonburg girls, who placed third overall. Katie Fisher was eighth, Barb Davies 14th, Sarah Hilt 16th, Meredith Fisher 30th and Kelly Shively 34th for the Golden Bears.

Elmwood won the girls meet, while Mohawk placed second



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Ross girls pack it in for win in Sandusky

News-Messenger reports

SANDUSKY — The Fremont Ross girls cross country team used a pack strategy to beat Fostoria, Sandusky and Sandusky Perkins in a quad-meet Thursday.

"They ran in a pack really well," said Ross coach Cathy Esposito. "We've been trying to do that all year, and today we did it."

Molly Gocke was the top overall finisher for the Little Giants, winning the race in 21:11.

"We got a great performance out of her," Esposito said. "She really looked strong today."

Even more important to Esposito

were her next four finishers, who

placed fifth through eighth. Jenny Gabel was fifth in 22:34, Abby Cominsky sixth in 22:48, Jeannette Frontz seventh in 23:02 and Monica McElfresh eighth in 23:31.

Esposito was most pleased with Gabel's effort.

"Jenny Gabel ran a great race, she finished second on the team," she said. "As far as performance on the team, that was her best performance ever. She ran a great race."

The Ross boys finished third behind Perkins and Sandusky, with Jeremy Framstad's third place 17:51 leading the way. Jon Framstad placed fifth in 18:04, Josh Burris sixth in 18:12, Ryan Daugherty 12th in 19:00 and Clay Huffman 24th in 20:14 to round out the Little Giant top five.

**CROSS
COUNTRY**

