

Little Giants ready for GLL meet at Walsh

By MICHAEL PIDANICK
Staff writer

For Fremont Ross cross country runners, family and fans, having this year's Great Lakes League meet at Walsh Park is great. For as coaches John Elder and Cathy Esposito, it also means all the responsibilities that come with hosting a big meet.

But the extra workload will be worthwhile if the Little Giants teams can pull some surprises Saturday.

"It's a little hard on coaches, we don't do as much coaching," Elder said. "But we actually look forward to it. It's a

neat course, a championship course."

"It's an advantage for us that it's on our course. (Favorite) Findlay hasn't run on it. Will it have an effect? It could be a psychological edge. We know what to expect, we know where it's hard and where it's easy. We know when there's a half-mile to go, a lot of times you can misjudge distances. All those little things can make a difference. It makes it nice for our runners."

The girls team's biggest challenger will also be Findlay, while Toledo Whitmer and Bedford will be tough. "It's a

Cross country

great advantage," Esposito said. "Bedford and Whitmer ran there, but it's still our home course."

The girls race is scheduled to begin at 11:20 a.m. and the boys will start at noon.

After a year of injuries and illness, the girls team is finally healthy, or at least as close as it's going to get. Esposito is hoping her team will turn a few heads, and possibly upset favorite Findlay.

"Our biggest competition is Findlay, and our goal is to

come as close as we can to them," she said. "Whitmer and Bedford are also very good, but we believe we'll take those two teams."

Everyone is back for the Little Giants, although senior Molly Gocke is still a little bit slowed by her illness. Esposito said she is hoping her team will start to peak in time for the tournament season.

"In cross country, the whole year comes to when you peak," she said. "Mine is just starting to develop. A team like Findlay, they were more prepared for the beginning. It's all training now. I tell the

girls, everyone's in shape, it's just who wants it."

Esposito said Stacy Hall and Kelly Biehler are "running great," and have a solid chance at a spot on the All-GLL team, which would require a top seven finish. Jenny Gabel and Abby Cominsky are also "looking strong," and could place in the top 14.

"This could be anybody's game," Esposito said. "With everyone back for us, it's going to be a shock for all those teams that have underestimated us all year."

As far as the boys race goes, Elder said Bedford and Find-

Inside: MAL, SBC, SLL meet previews. Page B3

lay should battle for the top spot. The Ross boys team was 2-4 in GLL dual meets.

"We've run all teams in league this year and some of them beat us soundly," Elder said. "Do we have a chance? On paper no, but anything could happen with these kids."

Jeremy Framstad has the Little Giants chance at a first team All-GLL spot. Elder said he hopes another runner, possibly Ryan Werling, could make the second team.

Framstad is All-GLL

Ross finishes in middle of races

News-Messenger reports

The Fremont Ross girls cross country team took fourth and the boys took fifth Saturday at the Great Lakes League meet at Walsh Park.

Jeremy Framstad took fourth place in the boys race, to earn a spot on the All-GLL first team. Framstad's older brother Jon was the last Ross runner to earn first team All-GLL status, in 1997. "That was the goal," Elder

Cross country

said of Framstad's run. "It was one of the high points, I didn't expect a fourth place finish. He was sixth at the two-mile mark, I was worried if he could hang on. Three of the Findlay kids had beat him in our last meet, the Clay kid, he hasn't beaten him ever, and he finished ahead of him. His last mile was excellent, it moved him up to fourth place. I was really impressed with the last mile."

Also for the Little Giants' boys, Ryan Werling was 26th

in 18:45, Roy Zamarripa was 28th in 18:48, Clay Huffman was 34th in 19:38, Art Neeley was 36th in 19:59, Habner Herrera was 40th in 21:30 and Dan Burris was 41st in 21:56.

The girls team was led by Kelly Biehler, who took 13th in 21:30 and earned a spot on the All-GLL second team. Molly Gocke was 16th in 21:46, Stacy Hall was 18th in 21:49, Jenny Gabel was 24th in 22:23, Wendy Farrell was 26th in 22:24, Abby Cominsky was 31st in 23:23 and Lindsay Swope was 36th in 24:29.

See RIEHM, B3



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JEREMY FRAMSTAD took fourth place at the Great Lakes League cross country meet at Walsh Park on Saturday. The Ross boys took fifth place at the meet, while the Ross girls took fourth.