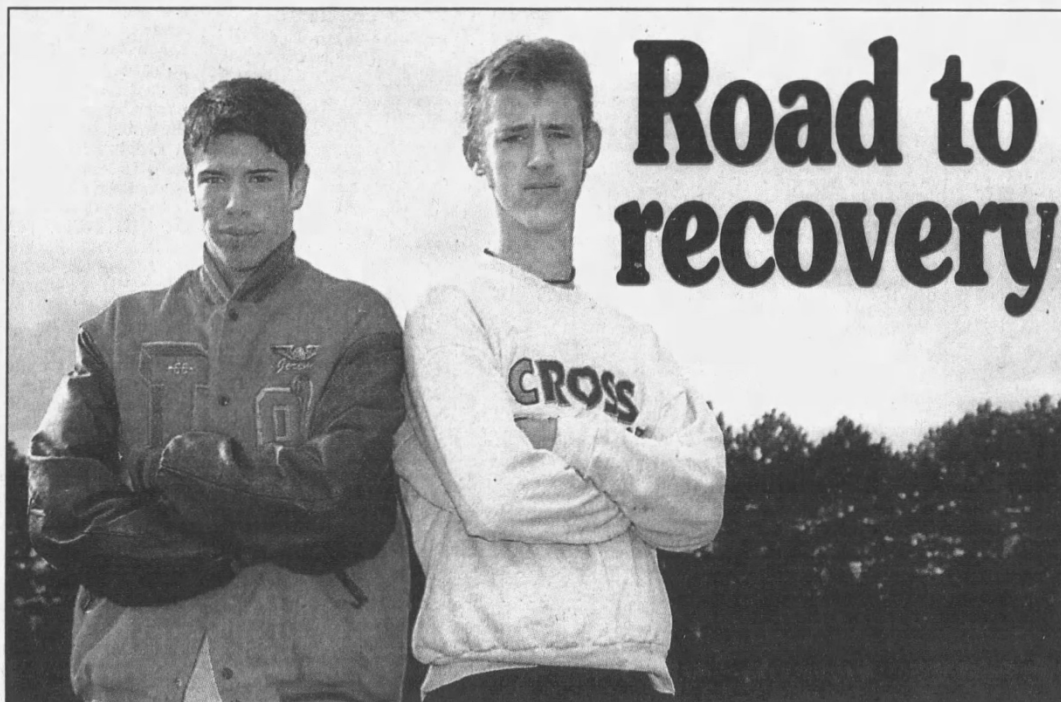


2001 Regional meet...



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.

Jay Ohms of Fremont Ross enjoyed the best day of his career, but teammate Jeremy Framstad had a tough time in the Division I boys race.

Ohms crossed the finish line in 17:27, his best time of the season, and took 70th place. Head coach John Elder said it was an outstanding experience and performance for the sophomore.

"I think that bodes well for his future," Elder said. "He had a nice race."

Framstad, a state meet qualifier last season, was in good position to earn another state meet berth around the halfway mark, but was unable to stay in rhythm with what turned out to be a very fast field. He did not have an official place despite crossing the finish line in 25th position.

"Jeremy finished, but was frustrated and angry because it didn't go the way he wanted it to," Elder said. "He was disappointed to say the least. Jeremy's been great, things just didn't go well for him. He was about 10th at the two-mile mark but doesn't know what happened. His mind said, 'Go,' and his legs said, 'Nah, maybe not today.' It happens. It happens to runners sometimes. We thought his chance

was as good as anybody's; it just didn't work out."

Ross junior Stacy Hall recorded the best time of her career Saturday and placed 27th in a highly competitive Division I race. Hall's time was 20:17.

"I went out pretty hard the first mile and just tried to keep it up," Hall said. "Hopefully, next year I can make it out."

Head coach Cathy Esposito said she hopes Hall will reach her peak earlier in the season next year.

"Hopefully, she'll get into the 19s a little earlier in the season," Esposito said. "If we could get her down there a little bit quicker into the middle of the year we wouldn't have to wait until (regionals) to get her to 20:18. She's capable of it. And she became a lot more aggressive this year than she was in the past and that's why she's running times like this."