

Saturday October 11, 2008  
GWOC Championships

**Varsity Race**

<b>1</b>	<b>#647 Roberts, Shawn</b>	<b>12 Centerville</b>	<b>4:57.7</b>	<b>15:24.92</b>	<b>1</b>
2	#532 Neff, Danny	12 Vandalia Butler	5:02.9	15:40.92	2
<b>3</b>	<b>#652 Schmidt, Eric</b>	<b>12 Centerville</b>	<b>5:08.4</b>	<b>15:57.96</b>	<b>3</b>
4	#533 Norris, Doug	11 Vandalia Butler	5:10.5	16:04.44	4
<b>5</b>	<b>#637 Montavon, Matt</b>	<b>12 Centerville</b>	<b>5:12.6</b>	<b>16:11.11</b>	<b>5</b>
<b>6</b>	<b>#670 Wright, Logan</b>	<b>12 Centerville</b>	<b>5:14.4</b>	<b>16:16.79</b>	<b>6</b>
7	#213 Diltz, Blake	12 Kettering Fairmont	5:15.5	16:20.23	7
8	#156 Redd, Jordan	09 Fairborn	5:17.0	16:24.74	8
9	#143 Greer, Sam	12 Clayton Northmont	5:18.0	16:27.97	9
<b>10</b>	<b>#612 Keith, Scott</b>	<b>12 Centerville</b>	<b>5:18.5</b>	<b>16:29.30</b>	<b>10</b>
11	#393 Dinzeo, Aaron	11 Sidney	5:19.9	16:33.79	11
12	#232 O'Malley, Brandon	11 Kettering Fairmont	5:20.4	16:35.33	12
13	#211 Davies, Dustin	10 Kettering Fairmont	5:22.6	16:42.12	13
<b>14</b>	<b>#587 Fish, Domenic</b>	<b>10 Centerville</b>	<b>5:23.3</b>	<b>16:44.24</b>	<b>14</b>
15	#330 Melko, Mike	09 Miamisburg	5:25.0	16:49.67	15
16	#64 Wetzels, Jason	11 Beaver creek	5:27.1	16:56.24	16
17	#218 Gentile, Jake	09 Kettering Fairmont	5:27.3	16:56.70	17
18	#339 Whyte, Donnie	10 Miamisburg	5:28.1	16:59.37	18
19	#474 Fox, Cody	09 Troy	5:28.5	17:00.64	19
20	#413 Blair, Sam	11 Springboro	5:29.9	17:04.69	20
<b>21</b>	<b>#641 O'Connell, Thomas</b>	<b>12 Centerville</b>	<b>5:31.0</b>	<b>17:08.35</b>	<b>21</b>
22	#28 Gossel, Collin	10 Beaver creek	5:31.1	17:08.67	22
23	#370 Owen, Cody	12 Piqua	5:31.3	17:09.08	23
24	#275 Patterson, Ricard	11 Lebanon	5:33.0	17:14.38	24
25	#279 Weible, Levi	11 Lebanon	5:33.3	17:15.36	25
26	#497 Sheehan, Dan	12 Troy	5:33.3	17:15.51	26
27	#53 Petry, Bryan	12 Beaver creek	5:33.7	17:16.52	27
28	#52 Niezgodski, Zach	12 Beaver creek	5:33.9	17:17.32	28
29	#436 Wysong, Matt	10 Springboro	5:34.2	17:18.13	29
30	#139 Bohman, Coby	12 Clayton Northmont	5:34.2	17:18.18	30
31	#473 Enke, Josh	09 Troy	5:34.5	17:19.04	31
32	#396 Gray, Killian	12 Sidney	5:35.0	17:20.62	32
<b>33</b>	<b>#559 Aldrich, Kevin</b>	<b>11 Centerville</b>	<b>5:35.4</b>	<b>17:21.87</b>	
34	#267 Ellis, Gabe	12 Lebanon	5:36.7	17:25.84	33
35	#226 LaVoy, Kevin	10 Kettering Fairmont	5:37.6	17:28.83	34
<b>36</b>	<b>#588 Franks, Colin</b>	<b>09 Centerville</b>	<b>5:38.5</b>	<b>17:31.54</b>	
37	#529 Marshall, Robert	12 Vandalia Butler	5:39.2	17:33.61	35
<b>38</b>	<b>#671 Wurster, Colin</b>	<b>10 Centerville</b>	<b>5:39.5</b>	<b>17:34.79</b>	

**Reserve Results**

1	#619 Korte, Jon	5:43.9	17:48.40
4	#589 Frazier, Ryan	5:52.9	18:16.15
5	#598 Hashmi, Omer	5:53.0	18:16.75
6	#661 Thornhill, Jeff	5:53.1	18:16.79
7	#592 Gregory, Austin	5:53.4	18:17.70
8	#574 Bozzo, Michael	5:54.9	18:22.57
10	#576 Coale, Chase	5:55.5	18:24.40
12	#565 Bebbington Bebb	5:57.3	18:29.87
13	#567 Berling, Joe	5:57.4	18:30.37
14	#649 Ruschmann, Nick	5:57.8	18:31.63
15	#620 Lashley, Andrew	5:59.3	18:36.07
17	#569 Bertles, Tyler	6:00.0	18:38.43
20	#666 Wenstrup, Jacob	6:04.4	18:51.87
21	#603 Hickey, Jay	6:04.5	18:52.39
22	#594 Greywitt, Colin	6:04.6	18:52.71
23	#572 Bishop, Kyle	6:04.7	18:52.91
25	#621 Lawler, Joe	6:04.8	18:53.16
26	#615 Kern Merit Final	6:06.6	18:58.80
27	#599 Heinrichs, Jon	6:07.1	19:00.54
28	#664 Valentino, Joe	6:08.9	19:05.96
32	#583 Elkins, Sean	6:11.8	19:14.96
33	#651 Scheick, John	6:11.9	19:15.46

**Team-**

Congrats on 4 straight GWOC titles in the Central Division  
 Congrats on 2 straight overall GWOC titles.  
 Congrats on the lowest team score in GWOC history.  
 Congrats on hitting our goal at winning Centerville versus the league in 25 for Centerville and the GWOC 30 points.  
 Congrats on hitting our goal of 5 in the top 10 overall.

Team spirit was great for all races including junior high, reserve, varsity and girls races.

Let us celebrate weekly on Saturday, Sunday and Monday.  
 Monday night we start thinking about the next week. One step at a time to the district, regional, state and Nike Regional. Step up is the season mantra. Who will step up? Who will help us win the District, Regional and State titles. Who will help us qualify all paid expenses to NIKE?

35	#571	biggie Biggs, Mi	6:15.0	19:25.09
38	#627	Mann, Alex	6:18.9	19:37.09
39	#635	Michael, Drew	6:19.1	19:37.76
40	#640	Mott, Brian	6:19.6	19:39.16
41	#591	Glynn, Michael	6:19.8	19:39.89
44	#626	Lowe, Jacob	6:20.6	19:42.45
46	#577	Coale, Phillip	6:21.0	19:43.66
47	#575	Brockman, Matthe	6:21.1	19:43.95
48	#568	Bertke, Dan	6:21.8	19:45.92
49	#585	Fahrenkamp, Nath	6:23.3	19:50.70
50	#624	Michael, Alex	6:23.5	19:51.46
51	#629	Mayberry, Will	6:25.0	19:56.11
52	#604	Higgins, Nick	6:25.4	19:57.26
53	#658	Stein, Andrew	6:25.9	19:58.67
55	#609	Ivy, Stephen	6:26.1	19:59.52
57	#623	Letcher, Ryan	6:27.7	20:04.43
59	#596	Hansford, Sam	6:28.6	20:07.15
60	#645	Reddivari Indy	L6:29.2	20:09.06
61	#611	Karp, Matthew	6:29.8	20:11.08
62	#614	Kern, Matt	6:30.4	20:12.92
64	#584	Eslinger Sling	B6:31.2	20:15.14
65	#665	Waldron, Ben	6:31.4	20:15.94
66	#562	Arnold Pole Vaul	6:32.2	20:18.29
67	#657	Stamper, Blaine	6:32.3	20:18.62
68	#560	Alig, Austin	6:33.5	20:22.54
69	#617	Kohls, Ben	6:33.9	20:23.81
70	#656	Stackhouse, Alec	6:34.3	20:24.93
74	#624	Lienesch, David	6:36.5	20:31.61
76	#659	Thompson, Kevin	6:37.3	20:34.35
77	#605	Houck, Zach	6:37.9	20:36.12
78	#608	Ingham, Chris	6:38.2	20:36.91
79	#653	Schumer, Tyler	6:38.3	20:37.36
80	#660	Thompson, Peter	6:38.8	20:38.75
81	#648	Romer, Brandon	6:38.9	20:39.12
82	#600	Heller Radio, Ty	6:39.0	20:39.57
83	#618	Koman, Eddie	6:39.2	20:40.23
87	#593	Gregory, Chad	6:41.3	20:46.59
93	#579	Crosby, Josh	6:41.9	20:48.45
94	#563	Bartosik, Ryan	6:41.9	20:48.60
97	#602	Herlihy, Ben	6:43.7	20:54.20
99	#595	Guiney, Dan	6:44.0	20:55.02
100	#606	Hughes, Josh	6:44.0	20:55.03
105	#616	Klaus, Connor	6:44.0	20:55.11
109	#570	Bierly, Jeff	6:54.1	21:26.58
110	#610	Jeckering, Chip	6:55.2	21:29.84
111	#622	LeSaint, Jon	6:55.5	21:30.74
115	#643	Pennock, Evan	6:58.8	21:41.03
116	#655	Srivinas, Mukund	6:59.4	21:43.02
117	#663	Turner, Ryan	7:00.0	21:44.82
119	#601	Henn, Maxi	7:02.5	21:52.54
120	#636	Miller, Scotty	7:02.7	21:53.12
121	#638	Montavon, Michael	7:02.8	21:53.42
124	#557	Aceto, David	7:03.7	21:56.21
126	#558	Albracht, Jimmy	7:04.7	21:59.48
127	#561	Apt, Evan	7:06.2	22:03.96
128	#564	Bebbington, Jimm	7:06.5	22:05.00
132	#654	Slavik, Ryan	7:12.5	22:23.70
133	#646	Robbins, Kevin	7:12.7	22:24.17
134	#631	McCabe, Kyle	7:15.1	22:31.54
135	#590	Gillaugh, Corey	7:15.2	22:31.93
136	#607	Hutchison, Mitch	7:15.7	22:33.51
137	#632	McGrail, Conor	7:16.7	22:36.77
141	#582	Dressel, Brian	7:19.4	22:44.90
143	#668	Woodward, Nick	7:22.3	22:54.14
145	#573	Blommel, Daniel	7:22.9	22:55.95
147	#662	Treadway, Jason	7:23.9	22:59.06
149	#566	Berardi, Zack	7:27.1	23:09.06
151	#581	Ding Dinger, Eri	7:29.8	23:17.27
152	#630	Mazza, Tom	7:30.3	23:18.90
156	#586	Finker, Matt	7:34.8	23:32.94
157	#628	Mann, Bryan	7:34.9	23:33.31
160	#580	Crosby, Matt	7:48.2	24:14.62
164	#650	Sambosky, Chris	8:01.3	24:55.31
167	#625	Lis, Ryan	8:19.4	25:51.51
168	#597	Harbach, Andrew	8:20.1	25:53.69

**Shawn-** Congrats on the GWOC Record and the Centerville School record in 15:24. You have found your race strategy and you are ready to roll at regional and state. You have now put yourself in position to win it all.

**Schmidt-**you had your first OFF day all year. You will bounce back and run well at the rest of the year. You are the type of guy that does not like off days and you received NO race last weekend and a day off which may have affected you.

**Montavon-** you came on strong at the end of the race, but your start still needs work. You need to get out ahead of Shawn the first 800 and race the lead pack-not the second pack- You can beat Norris if you do this.

**Logan-**You came to race and you did that. Great job, and I think you too can go after Norris at the Regional. Go out a little more relaxed at the regional race. Keep doing 100 push ups a night, this strength will be the KEY for you post season.

**Keith-** great race. You are solid, solid, solid now. You are ready for a breakthrough like Montavon. Your times and efforts have been consistent, that means you are ready to peak.

**Fish-** you also had an off day and that is ok, because you had a day off and you did not race last weekend. You will bounce back and run well the rest of the year. We will have you run the first part more relaxed with Shawn.

**O'Connell-** You are running with confidence now. If you push the middle miles you can make the BIG leap in coming weeks.

Aldrich, Franks and Wurster- all 3 of you had some trouble this week. The early fast pace hurt all 3 of you, but you gained valuable experience for the coming years and weeks.

### **This Week**

**\*\*8<sup>th</sup> Graders join us this week—we will make the welcome.**

**Monday-** CHS Track- Workout

**Tuesday-** Sugarcreek-

**Wednesday-** CHS Track-

**Thursday-** Sugarcreek

**Friday-** Bus leave AE at 7:45. JV boys run 5k course at 9:15am.

Logan runs 3x1600 on course

**Saturday-** District Championships (Roberts, Schmidt, Montavon, Keith, Fish, O'Connell, Aldrich)

7am 2 vans leave the AE

9am Race and MVCTC

**Directions.** 75 North, 70 West, Exit Hoke road. Turn left onto Hoke road and the course is about 2 miles down on your left.