

**Alliance/Northmont Invitational  
Saturday September 13, 2008**

**Varsity Race**

1 Zach Wills	10	Mason	15:41	5:04
<b>2 Shawn Roberts</b>	<b>12</b>	<b>Centerville</b>	<b>16:04</b>	<b>5:11</b>
<b>3 Eric Schmidt</b>	<b>12</b>	<b>Centerville</b>	<b>16:16</b>	<b>5:15</b>
<b>7 Matt Montavon</b>	<b>12</b>	<b>Centerville</b>	<b>16:31</b>	<b>5:20</b>
8 Matt Kahl	11	Mason	16:35	5:21
9 Matt Kincaid	10	Mason	16:37	5:22
11 Ed Carlin	12	Mason	16:38	5:22
16 Brady Holmer	9	Lakota West	16:49	5:26
18 Jordan Redd	9	Fairborn	16:50	5:26
<b>25 Logan Wright</b>	<b>12</b>	<b>Centerville</b>	<b>17:01</b>	<b>5:29</b>
<b>34 Tate Honaker</b>	<b>10</b>	<b>Mason</b>	<b>17:21</b>	<b>5:36</b>
35 Mike Melko	9	Miamisburg	17:23	5:36
<b>39 Domenic Fish</b>	<b>10</b>	<b>Centerville</b>	<b>17:34</b>	<b>5:40</b>
41 Eric Hauser	11	Mason	17:36	5:40
<b>46 Scott Keith</b>	<b>12</b>	<b>Centerville</b>	<b>17:43</b>	<b>5:43</b>
49 Troy Kelleher	9	Hill. Darby	17:46	5:44
51 Josh Enke	9	Troy	17:47	5:44
<b>53 Colin Franks</b>	<b>9</b>	<b>Centerville</b>	<b>17:50</b>	<b>5:45</b>
55 Austin Alpeter	9	Hill. Darby	17:51	5:45
<b>60 Kevin Aldrich</b>	<b>11</b>	<b>Centerville</b>	<b>17:52</b>	<b>5:46</b>
61 Alec Schlosser	11	Mason	17:59	5:48
<b>87 Jon Korte</b>	<b>12</b>	<b>Centerville</b>	<b>18:20</b>	<b>5:55</b>
<b>107 Thomas O'Connell</b>	<b>12</b>	<b>Centerville</b>	<b>18:57</b>	<b>6:12</b>

**Team Results**

1. Mason	63
<b>2. Centerville</b>	<b>76</b>
3. St. Xavier	142
4. Dublin Coffman	162
5. Hillard Darby	173
6. Lakota West	192
7. Sycamore	222
8. Turpin	232
9. Moeller	234
10. Butler	255
11. Oak Hills	256
12. Amherst Steele	305
13. Northmont	355
14. Miamisburg	406
15. Beaver creek	450
16. Troy	502

Reserve Race

5 John Bebbington	18:23	5:56
6 Colin Wurster	18:24	5:56
12 Joe Lawler	18:37	6:00
13 Sean Elkins	18:41	6:01
15 Ryan Frazier	18:42	6:02
16 Andrew Woodell	18:43	6:02
17 Michael Bozzo	18:43	6:02
27 Omer Hashmi	18:58	6:07
37 Joe Berling	19:10	6:11
38 Jeff Thornhill	19:10	6:11
50 Chase Coale	19:20	6:14
52 Joe Valentino	19:21	6:14
52 Andrew Lashley	19:39	6:20
66 Tyler Bertles	19:44	6:22
67 Jay Hickey	19:46	6:22
69 Jacob Wenstrup	19:49	6:24
70 Jon Heinrichs	19:50	6:24
80 Collin Greywitt	19:58	6:26
86 Adi Reddavari	20:00	6:27
87 Michael Glynn	20:01	6:27
88 Alex Mann	20:03	6:28
90 Andrew Eslinger	20:11	6:30
105 Brian Mott	20:26	6:35
108 Nick Kern	20:31	6:37
111 Drew Michael	20:33	6:38
112 Alex Michael	20:36	6:39
116 Michael Biggs	20:39	6:40
118 Tyler Heller	20:41	6:40
119 Kevin Thompson	20:42	6:40
121 Ben Cook	20:43	6:41
125 Zackary Houck	20:48	6:43
130 Nathan Fahrenkam	20:55	6:45
139 Blaine Stamper	21:08	6:49
142 Andrew Stein	21:11	6:50
154 John Scheick	21:33	6:57

**Louisville Trinity Roster**

Directions: 3000 Freys Hill Road 40241-2132, 75 south to 71 south, I-65 south for 2 miles, left on Westport road, right on Freys Hill Road. Park is 1 mile on your right.

**9am Open Race (7)**-van leaves AE at 6am  
(Lawler, Frazier, Wooddell, Bozzo, Hashmi, Berling, Thornhill)

Bus leaves AE at 6am with all varsity and freshmen boys-23 total

**10:20am Varsity Race (run 10)**

Roberts, Schmidt, Montavon, Wright, Fish, Keith, Aldrich, Korte, Bebbington, Wurster,

**11:40am Freshmen Race (13)**

Franks, Elkins, C. Coale, Hickey, A. Michael, K. Thompson, Z. Houck, A. Stein, J. Lowe, T. Schumer, Ryan Letcher, Stephen Ivy, J. Crosby

**Bellbrook Invite (30 Person limit)**

Bus leaves AE  
O'Connell, Valentino, Lashley, Bertles, Wenstrup, Heinrichs, Greywitt, Reddavari, Glynn, Mann, Eslinger, B. Mott, Kern, D. Michael, M. Biggs, T. Heller, B. Cook, Fahrenkamp, Stamper, Scheick, Hansford, P. Thompson, P. Coale, K. Bishop, Higgins, Ruschmann, A. Gregory, Bertke, T. Prich, A. Kern

**\*We will not be traveling injured athletes for the rest of year.**

159	Samuel Hansford	21:56	7:04
166	Peter Thompson	22:00	7:06
173	Jacob Lowe	22:05	7:07
184	Philip Coale	22:15	7:11
186	Tyler Schumer	22:17	7:11
187	Kyle Bishop	22:20	7:12
188	Ryan Letcher	22:21	7:12
189	Stephen Ivy	22:21	7:12
190	Nick Higgins	22:22	7:13
202	Daniel Bertke	22:35	7:17
203	Josh Crosby	22:37	7:17
206	Thomas Prich	22:40	7:19
210	Evan Pennock	22:46	7:20
214	Eddie Koman	22:50	7:22
216	William Mayberry	22:53	7:23
219	Matt Kern	22:54	7:23
221	Matthew Karp	22:55	7:23
222	Nicholas Arnold	22:58	7:24
225	Matthew Brockman	23:06	7:27
231	Brandon Romer	23:17	7:30
233	Dan Guiney	23:21	7:32
234	Ben Kohls	23:22	7:32
236	Herlihy Ben	23:23	7:32
239	David Aceto	23:25	7:33
249	Mike Montavon	23:37	7:37
250	David Leinesch	23:38	7:37
266	Jeff Bierly	23:56	7:43
276	Austin Gregory	24:28	7:53
282	Austin Alig	24:40	7:57
289	Connor Klaus	25:01	8:04
291	Jon LeSaint	25:02	8:04
295	Jimmy Bebbington	25:22	8:11
296	Scott Miller	25:31	8:14
298	Chris Ingham	25:32	8:14
300	Chad Gregory	25:33	8:14
303	Alec Stackhouse	25:37	8:15
314	Evan Apt	26:36	8:34
315	James Albracht	26:38	8:35
321	Mukund Srivinas	28:10	9:05
322	Corey Gillaugh	28:27	9:10
323	Ryan Turner		
347	Conor McGrail		
352	Kyle McCabe		
360	Chip Jeckerung		
362	Brian Dressel		
366	Ryan Bartosik		
367	Colton Rankey		
369	Erik Ding		
370	Ryan Slavik		
374	Joe Moran		
382	Daniel Blommel		
383	Kevin Robbins		
386	Alex Henn		
388	Jason Treadway		
394	Thomas Mazza		
398	Zack Berardi		
404	Nicholas Woodward		
409	Neel Patel		
417	Ryan Lis		
420	Matthew Fink		
421	Matt Crosby		
425	Jake McNamara		
430	Andrew Harbach		
431	Austin Zimmerman		
432	Bryan Mann		

### Week's Schedule

All week the team is driving to these spots. Please plan rides accordingly. All cars are not to leave the school grounds until 3:30.

**Monday-** All Forest Field- Varsity

Reserve A, B, C, D- 8x200 with 3:30 rest, and 4x400 with 3:30 rest

**Tuesday-** Everyone Lifts first-then Sugarcreek Varsity 9 miles, Reserve A 6 miles, Reserve B, C and D 6 miles. **Team meeting will follow the recovery runs for everyone.**

**Wednesday-**All Forest Field- Varsity

Reserve A, B, C, D- 2 mile time trial at Forest Fi

**Thursday-**Everyone lifts first-then Sugarcreek, Varsity 7 miles, Reserve A, B, C, D 6 miles recovery.

**Friday-** Forest Field- 1 mile, stretch, 1 mile, drills, 8x100 builds, 4x200 good, and 1 mile cooldown  
Spaghetti dinner at the Lowe's house.

The reserve runners have 4 weeks left of the season. The following meets are on our schedule:

- (1) **September 20-**
  - a. Louisville Trinity Invite- we will bring select runners down to this meet.
  - b. Bellbrook Invite- Top 30 guys no at Louisville
  - c. Everyone else has weekend off to rest and recover
- (2) **September 27- All at Midwest Meet of Champions** (we are not running the Fairmont Invitational because of the backup up the chutes). There are 3 races at this event. (1) Freshmen/sophomore race (2) Varsity Race (3) Open race.
  - a. Reserve workouts this week-Monday 8x200 with 2:30 rest, and 4x400 with 2:30 rest, Wednesday 2 mile time trial
- (3) **October 4- Centerville Stampede-** at Watts Middle School. All runners will run except the top 4-5-6- runners that have consistently been on varsity all year.
  - a. Reserve workouts this week- Monday 8x200 with 1:30 rest and 4x400 with 1:30 rest, Wednesday 1 mile time trial
- (4) **October 11- GWOC Championships** at Sidney High School. Everyone runs at this season ending race in (1) top 10 on varsity and (2) Reserve race for everyone else
  - a. Reserve workouts this week- Monday- 8x200 with 30 sec. rest and 4x400 with 30 sec. rest, Wednesday 1 mile time trial.