

# The Runner

Volume V, Issue 2

June 2009, State T & F Meet Edition

## Regular Features:

- President's Message
- Your District Reps and Committee Chairpersons
- Longevity Awards
- Scholarship Information
- Academic All-Ohio Info
- OAT&CCC Membership Application

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## STATE MEET

The stands may be empty now, but the track and field aficionados from around the State—from around the Midwest for that matter—will be converging on Columbus this weekend to see the finest athletes from each region of the State go at it for those coveted titles of “State Champion.”

This will be the 35th Women’s State Championship and the 102nd Men’s competition—the longest—running championship in Ohio. There will be—unbelievably (when you count up all the divisions, individual events, and relays)—174 State Champions to be crowned over the next two days.

Here is hoping that your athlete is one of them!

And remember—if your athlete is a senior—PLEASE register them for the Midwest Meet of Champions. See pages 3 and 6 for more information.

**GOOD LUCK TO ALL OF YOU!**



**JESSE OWENS STADIUM  
THE OHIO STATE UNIVERSITY**

*Photo courtesy of  
<http://www.ohiostatebuckeyes.com>*

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## June Meeting to Discuss Rules Proposals Greg Fraunfelter, President

The June meeting of the OATCCC District Representatives will take place beginning 9:00AM on Monday, June 29, at the Comfort Inn in Zanesville.

There are many items of interest to be discussed including the many Rules Advisory Committee proposals we discussed at the Clinic session and

are included in the clinic edition of *The Runner*.

There are also issues relating to the assignment of teams to their respective districts in both cross country and track and field. Travel time and District equity will be topics of discussion.

# THE OHIO ASSOCIATION OF TRACK AND CROSS COUNTRY COACHES REPRESENTATION BY DISTRICT

1 Ashtabula, Trumbull, Mahoning, Columbiana

2 Lake, Geauga, Cuyahoga

3 Lorain, Medina, Wayne, Ashland

4 Summit, Portage, Stark

5 Holmes, Coshocton

Carroll, Tuscarawas

Harrison, Jefferson

6 Erie, Sandusky, Seneca

Huron, Crawford, Richland

Wyandot

7 Hancock, Putnam, Allen

Paulding, Van Wert

Mercer, Auglaize, Hardin

8 Muskingum, Guernsey

Noble, Belmont, Morgan

Monroe, Washington

9 Darke, Shelby, Miami, Logan

Champaign, Clark, Green

10 Franklin, Union, Madison, Pickaway

11 Licking, Knox

Marion, Morrow

Fairfield

12 Fayette, Ross

Pike, Highland

Adams, Scioto

13 Preble, Butler

Montgomery, Warren

14 Hamilton, Brown

Clermont, Clinton

15 Williams, Fulton

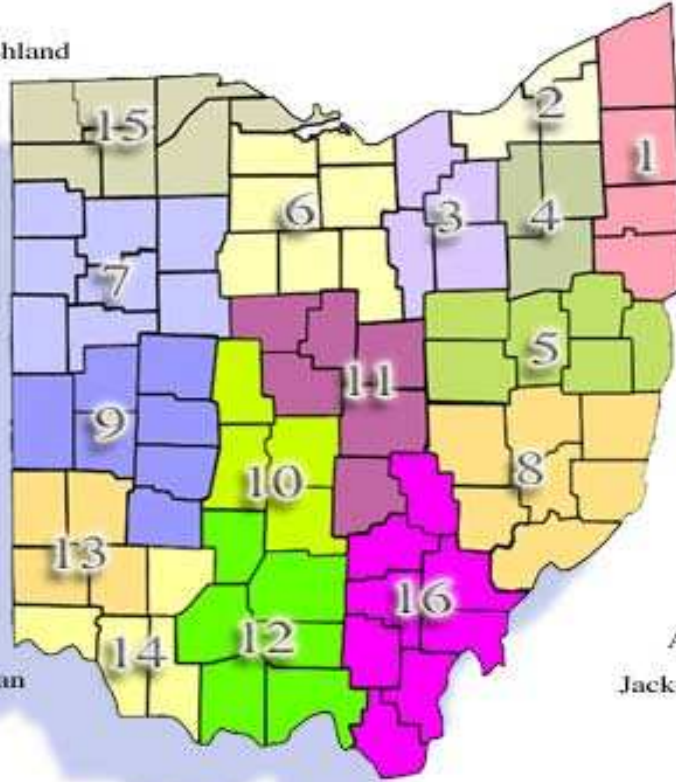
Lucas, Wood

Defiance, Henry

16 Perry, Hocking

Athens, Vinton, Meigs

Jackson, Gallia, Lawrence



## Position

## Name

## School

## Phone

<b>President</b>	Greg Fraunfelter	Logan High School	740-385-2069
<b>Vice Pres.</b>	Scott Dorne	Westerville South High School	614-797-6000
<b>Past Pres.</b>	Verne Kiehl	Perrysburg High School	419-874-3181
<b>Treasurer</b>	Sam Lehman	Olentangy High School	740-657-4100
<b>Secretary</b>	Donna Joseph	Shadyside High School	740-676-3235
<b>District 1</b>	Diane Krumpak	McDonald High School	330-530-2528
<b>District 2</b>	David Kirk	Chagrin Falls High School	330-247-2072 x4466
<b>District 3</b>			
<b>District 4</b>	Tom Loy	East Canton High School	330-488-0136
<b>District 5</b>	Ed Lidderdale	Sandy Valley High School	330-866-9371
<b>District 6</b>	John Knickel	Carey High School	419-396-7638
<b>District 7</b>	Steve Bruskotter	Bluffton High School	419-523-3985
<b>District 8</b>	Dugan Hill	Caldwell High School	740-732-5634
<b>District 9</b>	Buzz Seilhamer	Xenia High School	937-426-9250
<b>District 10</b>	Andy Cox	Thomas Worthington High School	614-883-2250
<b>District 11</b>	Jeff Sheets	Heath Middle School	740-788-3200
<b>District 12</b>	Bob Bergstrom	Greenfield Middle School	937-981-3926
<b>District 13</b>	Mike Beaty	Meadowdale High School	937-542-7130
<b>District 14</b>	Andy Wolf	Anderson High School	513-232-2772
<b>District 15</b>	John Brashear	Ottawa Hills High School	419-534-5388
<b>District 16</b>	Al Riffey	Vincent Warren High School	740-678-2393



# THE RUNNER

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## Midwest Meet of Champions

Dave Pavlansky

The Midwest Meet of Champions is scheduled for Friday/Saturday, June 12/13, 2009, to be hosted by the Michigan Track Coaches Association. This meet showcases senior talent from the states of Ohio, Indiana, and Michigan. We are also hopeful that past participants—Pennsylvania, west Virginia, and Illinois - might re-join us in the near future. Team Ohio punctuated last year's meet with a win by Ohio's men and record breaking performances by both Ohio's men and women.

This is the final year of the meet's four-year cycle in Michigan. Next year, it moves to Fort Wayne, Indiana for the 2010-2013 seasons, and then back to Ohio in June of 2014.

Last year, all-time MWMC records were broken by Napoleon's Ryan Fleck (HJ—7' 2") and the men's 4 x 400M of Kendall Gregory (Strongsville), Donte Lyons (Trotwood Madison), Thomas Murdaugh (Dublin Scioto), and John Guagenti (Bluffton) who ran 3:09.39. On the women's side, Meshawn Graham of Toledo Bowsher (400M—53.56) and Troy Christian's Mackenzie Wills (PV—12' 9") also broke records.

Prior to traveling to Michigan, Team Ohio athletes and staff gathered near the Jesse Owens Memorial in front of OSU's football stadium for final instructions and a sendoff. OSU Buckeye alumnus, Butch Reynolds—Olympic Gold Medalist and former World Record Holder—met the athletes, displayed his medals, and spoke at length about the tradition of Ohio running.

### BE A PART OF IT—AND HERE IS HOW:

1. Coaches should make the Midwest staff aware of their athlete's contact information by (A) filling out and dropping off a "Quick Fact" questionnaire at our table during the Clinic weekend and/or the Indoor Championships (B) go to our team website [by clicking here](#) or to the [Association website](#) and fill out an on-line questionnaire (C) or directly e-mail Dave Pavlansky, Meet Director at [dspavlansky@hotmail.com](mailto:dspavlansky@hotmail.com).
2. Speak early with your senior athlete and his parents about *holding that date*. Please don't schedule a graduation party for these days!
3. Be certain to DECLARE by filling out a quick DECLARATION FORM at the Midwest Meet tent during the State Outdoor Championships. For your convenience, the Midwest Staff will be setting up the tent early on Thursday afternoon. Our goal is to receive 95% of the declarations prior to the start of the meet.

HOPE TO SEE YOU THERE—AND GO **TEAM OHIO!**

## OAT&CCC COMMITTEES AND CHAIRPERSONS

<b>Track &amp; Field Clinic Director</b>	Wayne Clark	<b>Cross Country Clinic Director</b>	Carson Cheek
<b>Hall of Fame Chairperson</b>	Neal Charske		
<b>Mid-East Cross Country Director</b>	Neal Charske	<b>Scholarship Chairperson</b>	Bob Karl
<b>Awards Chairperson</b>	Diane Krumpak	<b>Historian</b>	Carson Cheek
<b>Academic All-Ohio</b>	R. Scott Williamson	<b>The Runner Editor</b>	Dave Kirk
<b>College Liason</b>	Scott Jones University of Akron	<b>OHSAA</b>	Steve Neil Assistant Commissioner
<b>Mid-West Track Meet Director</b>	Dave Pavlansky	<b>S.E.I. Chairman</b>	R. Scott Williamson
<b>Pole Vault Safety Clinics</b>	Marty Dahlman	<b>Web Site</b>	Bob Hollen
<b>Cross Country Poll</b>	Todd Clark		

A complete contact list of phone numbers and addresses for these people can be found at:

<http://www.oatccc.com/info.html>



# THE RUNNER

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## Academic All-Ohio Recognition

*Scott Williamson, Chairperson*

Our endeavor in honoring our scholar-athletes with the distinction of academic All-Ohio has been very successful. The OAT&CCC proudly recognized 371 student athletes at last fall's State Cross Country Meet. This was a very proud moment for these athletes, their parents, and their coaches. Congratulations to all! The 2008 Cross Country recipients are posted on the Association website ([www.oatccc.com](http://www.oatccc.com)). For a complete list of all honorees, please see our display in the hospitality room at the clinic.

We were the first coaches' association in Ohio to celebrate our athletes' scholastic abilities as well as their athletic excellence. In 14½ years, we have honored nearly 11,200 Ohio students with Academic All-Ohio recognition. We have received many positive comments on this program and with the coaches' help, we are looking for even better results this spring.

Coaches - you should have found an application form in your Regional packet. If you did not find this form, you can use the one included in this newsletter (see page 9) which you may copy and use as many times as you need. Please do not put boys and girls on the same form.

If you have a State Meet bound athlete who is eligible for this award, you must bring the completed form to the OAT&CCC table at the State Track Meet. Please bring your athlete with you to receive their certificates. It is the coaches' responsibility to have the eligibility form signed by the school principal or guidance counselor. No athlete will be entered into our records whose grade point average has not been correctly figured on a 4.000 scale. This can and must be done.

If you missed us at the table at State Meet—or if your school's grades weren't completed as of State Meet—please feel free to fill out the forms and forward them through your District representative and we will make sure that your athletes get the recognition that they so richly deserve.

This information is shared with college coaches who are interested in Ohio athletes and it is posted on the [OATCCC website](http://www.oatccc.com).

*Support our Sponsors!*





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## 2009 STATE CHAMPIONSHIP MEET TRACK & FIELD

### MEET SCHEDULE

#### FRIDAY, JUNE 5

- 9:30AM DIII Running Event Prelims (4 x 800M final)
- 10:00AM DII Field Events
  
- 1:00PM DIII Field Events
- 1:30PM DII Running Event Prelims (4 x 800M final)
  
- 4:45PM DI Running Event Prelims (4 x 800M final)

#### SATURDAY, JUNE 6

- 9:00AM DII Field Events
- 9:30AM DIII Running Finals
  
- 12:00PM DI Field Events
- 1:00PM DII Running Finals
  
- 4:30PM DI Running Finals



**Jesse Owens Memorial Stadium**

*Photo courtesy of The Ohio State University*

**Welcome to  
The Ohio State University**

### DRIVING DIRECTIONS

#### **Jesse Owens Memorial Stadium (2450 Fred Taylor Drive )**

**From the North** - Take I-71 South to 270 West to SR 315 South. Take the Ackerman Road exit. Turn left on to Ackerman Road. Turn right on to Fred Taylor Drive. Jesse Owens Memorial Stadium, Buckeye Softball Field, Bill Davis Baseball Stadium, and the Jerome Schottenstein Center will be on your left.

**From the South** - Take I-71 North to SR 315 North to Worthington. Take the Ackerman Road exit. Turn right on to Ackerman Road. Turn right on to Fred Taylor Drive. Jesse Owens Memorial Stadium, Buckeye Softball Field, Bill Davis Baseball Stadium, and the Jerome Schottenstein Center will be on your left.

**From the East (Airport)** - Take I-70 West to SR 315 North to Worthington. Take the Ackerman Road exit. Turn right on to Ackerman Road. Turn right on to Fred Taylor Drive. Jesse Owens Memorial Stadium, Buckeye Softball Field, Bill Davis Baseball Stadium, and the Jerome Schottenstein Center will be on your left.

**From the West** - Take I-70 East to SR 315 North to Worthington. Take the Ackerman Road exit. Turn right on to Ackerman Road. Turn right on to Fred Taylor Drive. Jesse Owens Memorial Stadium, Buckeye Softball Field, Bill Davis Baseball Stadium, and the Jerome Schottenstein Center will be on your left.



# THE RUNNER

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## 2009 MIDWEST MEET OF CHAMPIONS JACKSON, MICHIGAN

June 13, 2009



Welcome to  
Withington Community Stadium  
Jackson, Michigan

*Photo courtesy of Jackson High School  
Athletic Department*

[CLICK HERE FOR MORE INFORMATION](#)

### DRIVING DIRECTIONS

Jackson High School  
544 Wildwood Ave  
Jackson, MI 49201

Phone: (517) 841-3700  
Fax: (517) 768-5910

[CLICK HERE FOR LOCAL MAP / DRIVING DIRECTIONS](#)



## LOOKING AHEAD - FALL 2009

### 2009 CROSS COUNTRY CLINIC

If you missed the 2008 Cross Country Clinic, then you missed an outstanding day in Dayton. The featured speaker, Dr. Jack Daniels, author of the [Daniels Running Method](#), spoke for three sessions throughout the day sharing his experiences gained from working with Northern Arizona University and the Center for High Altitude Training. Additionally, speakers from our own organization (Rod O'Donnell of Hudson, Dugan Hill of Caldwell, Larry Merkel of St. Xavier, Ron Russo of Colerain, and Frank Russo of LaSalle) added to the sessions in the course of the day. The total enrollment of the Clinic was higher than it had ever been and, had the weather not been so bad, there may have been even more people who could have made it.

In 2009—bigger and even better will be the goal. Once again, it will be held in conjunction with the Mid East Cross Country Meet and sponsored by [MF Athletics](#) who will also be providing a coaches' social following the clinic. Please mark your dates: Friday, November 20 is the Cross Country Clinic and Saturday, November 21 will be the Mid East Championship. Coaches—get your seniors signed up now for the Meet, come down for the Clinic, and then stay and support your athletes! Stay tuned for updates in the fall edition of *The Runner* concerning hotel information and speaker format.



Dr. Jack Daniels  
Photo courtesy of [NAU](#)



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## 2010 Hall of Fame Nominations

### *Explanation of the Process*

Members of the Hall of Fame are inducted each year at our awards banquet which is held in conjunction with our track clinic in January. It is a very prestigious event.

Nominations come from our members, but must be given to [your District Representative](#) and not to the Hall of Fame Chairman. **All nominations must be received by August 1, 2009** to be considered for the 2010 banquet. Late applications will be held for the next year. It is very important that your nominations be on a [special form](#), which is available through your District Representative. Any [additional information](#) must be contained to [one page](#) and be very specific as to the accomplishments of the person you are nominating. We include, former athletes, coaches, and other involved persons in our Hall.

Our Hall of Fame is still prominently located in St. John's Arena, the location of the former basketball arena. A large showcase features the names, photos, and years of all the inductees as well as the names and years of the Ed Barker Award winners. It is open for public viewing most of the time. We hope that if you haven't had a chance to see this very nice display you will make it a point to do so in the future. It is also available for viewing on our web site ([oatccc.com](http://oatccc.com)).

## Track and Cross Country Coaching Longevity Awards

### *Donna Joseph, Awards Chairperson*

The OAT & CCC wishes to recognize the coaches who have many years of devoted service. If you meet the following criterion or if you know of another coach who qualifies—whether active, retired, or deceased—report to the “Awards” display area at the clinic, or contact Donna Joseph at:

Donna Joseph  
3822 Highland Ave.  
Shadyside, Ohio 43947

The awards are as follows (application on page 11):

- CERTIFICATE:** A coach who has coached 20 years in one sport (track or CC) or 30 combined seasons of both can receive a certificate at the Awards display
- LAPEL PIN:** A coach who has coached 25 years in one sport or 40 seasons of both can receive a lapel pin at the Awards display.
- PLAQUE:** A coach who has coached 30 years in one sport or 50 combined seasons of both and if they have accomplished either of these during the most recent calendar year, qualifies for a plaque.

## OAT & CCC Marvin Crosten Scholarship Applications

### *Bob Karl, Scholarship Chairperson*

The OAT & CCC Marvin Crosten Scholarship program was established to recognize the outstanding sons and daughters of OAT & CCC members with scholarship awards. Named in honor of long-time coach and OAT&CCC officer, Marv Crosten, this scholarship program is available for students currently in their senior year of high school or their freshman year of college. The scholarships are for one year only and the parent-coach must have been an active member of the OAT&CCC for three consecutive years directly prior to the application being filed.

The individual scholarship awards will be given in recognition of outstanding athletes, coaches, Hall of Fame members, Ed Barker Award recipients, and the current OAT&CCC president. This is done in order to honor many of the positive contributors to our two sports over the years. The amount of the scholarship is \$1,000. This is in order to “keep up” with the rising costs of a college education.

The OAT&CCC scholarship committee is accepting applications for the 2010 awards. The deadline for applications to be returned to the scholarship committee is April 1, 2010. Direct your requests for applications to:

Bob Karl, OAT&CCC Scholarship Chairperson  
2824 Homeway Drive  
Beavercreek, Ohio 45434



# Ohio Association Of Track And Cross Country Coaches

## ACADEMIC ALL-OHIO AWARD 2009 OUTDOOR TRACK AND FIELD

### ELIGIBILITY

1. You must have an accumulative high school G.P.A. of 3.5 or better to be eligible. Grades must be computed on a 4.0 scale and carried out to three (3) decimal places. If your school does not use a 4.0 scale, you must have your guidance counselor convert the average to a 4.0 scale equivalent. G.P.A.'s must be calculated at the end of the semester proceeding the student's current season.
2. Athletes must qualify for the State Meet
3. Freshmen are not eligible
4. Only relay team members who competed at the Regional or State Meets are eligible.

### Nomination Form

(Use this form for boys or girls - not both - and please write very neatly or type)

SCHOOL NAME \_\_\_\_\_ DIVISION:    I            II            III

ADDRESS \_\_\_\_\_ COACH'S NAME \_\_\_\_\_

CITY \_\_\_\_\_ COACH'S PHONE \_\_\_\_\_

ZIP \_\_\_\_\_ SCHOOL PHONE \_\_\_\_\_

STUDENT NAME	SEX	GRADE	GPA	EVENT (S)	(For OATCCC use only)
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____

Principal's signature \_\_\_\_\_ Coach's signature \_\_\_\_\_

1. The coach is responsible for turning in this form at the OATCCC table at the State Track Meet. Please bring your athletes with you to receive their award at this time. Forms turned in after the State Meet will NOT be eligible.
2. The coach is responsible for having this form signed by the school principal or counselor.
3. The coach will have the responsibility of notifying their respective local media.
4. **G.P.A. cannot be over 4.000**



# Ohio Association Of Track And Cross Country Coaches

Membership is for the calendar year, January 1, 2009 - December 31, 2009  
**DO NOT SEND THIS FORM IN IF YOU REGISTERED FOR THE CLINIC!**

SCHOOL \_\_\_\_\_ TELEPHONE \_\_\_\_\_

SCHOOL ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

**Individual Memberships:**

\_\_\_\_\_ \$10 For each coach - list coaches on the lines below.

**School Memberships:**

\_\_\_\_\_ Enroll your entire staff! The price is still \$10 each, but it says something about your staff!

*Membership includes voting and Association privileges: Mid East Cross Country Championships, OAT&CCC Indoor State Championships, Midwest Meet of Champions, and the OAT&CCC Runner*

**Coaching Position (please circle)**

		Coaching Position (please circle)		
		Boys	Girls	
1.	Head / Asst	HS / MS	Track / CC	Track / CC
Home address _____		Phone: _____		E-Mail: _____
2.	Head / Asst	HS / MS	Track / CC	Track / CC
Home address _____		Phone: _____		E-Mail: _____
3.	Head / Asst	HS / MS	Track / CC	Track / CC
Home address _____		Phone: _____		E-Mail: _____
4.	Head / Asst	HS / MS	Track / CC	Track / CC
Home address _____		Phone: _____		E-Mail: _____

Make checks payable to OAT&CCC

(Mail to address below if different than school)

Mail to:

Donna Joseph  
3822 Highland Avenue  
Shadyside, Ohio 43947

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

For a subscription to *Ohio Track and Field News* and *Ohio CC*, contact:

Carson Cheek  
*Ohio Track and Field News*  
5628 Philothen Road  
St. Henry, Ohio 45883



# Ohio Association Of Track And Cross Country Coaches

## TRACK AND CROSS COUNTRY COACHING LONGEVITY APPLICATION

The OAT&CCC wishes to recognize the coaches who have many years of devoted service. Coaches who meet the following criteria or know other coaches who have qualified are urged to contact the longevity chairman at the Awards Display Area at the OAT&CCC clinic in January. Coaches to be considered may be active, retired, or deceased. Coaches may should send this form with the information at the bottom of the sheet to Jason Lindsey through his e-mail address (jasonlindsey@earthlink.net) or at the following address:

Jason Lindsey  
7311 Chatham Ct., Unit C  
West Chester, Ohio 45069

### QUALIFICATIONS:

- In one of two categories - in a single sport, or combination of both sports.
  - If you have coached **either** Track **or** Cross Country **for 20 seasons or more;**
  - If you have coached **both** Track and Cross Country **for a combined 30 seasons or more.**
- All seasons of coaching are included: Jr. High, High School, and College - head or assistant positions
- Count out of state coaching only if you have been coaching in Ohio for more than ten years.
- Count only one season per year if you coach both boys and girls teams - or jr. high and high school teams. Please be careful not to double count the number of seasons.
- Do not count indoor track as an additional season if you coach track.

### OAT & CCC LONGEVITY AWARDS:

**CERTIFICATE AWARD:** A coach has 20 seasons in one sport (*either* track *or* cross country), or 30 combined seasons (in *both* track and cross country) can receive a certificate at the Awards Display Area at the OAT&CCC Clinic. The certificates can be updated every five years and at retirement.

**LAPEL PIN AWARD:** A coach who has 25 seasons in one sport (*either* track *or* cross country), or 40 combined seasons (in *both* track and cross country) can receive a certificate at the Awards Display Area at the OAT&CCC Clinic.

**PLAQUE AWARD:** A coach who has 30 seasons in one sport (*either* track *or* cross country), or 50 combined seasons (in *both* track and cross country) can receive a plaque if they have accomplished either during the most recent school year. A coach who may qualify in both criteria may purchase a second plaque by contacting the Longevity Committee Chairperson. The cost is approximately \$25.

Coach \_\_\_\_\_

School \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

History	Schools	Level	Years	Total
T & F	_____	_____	19__ - _____	_____
T & F	_____	_____	19__ - _____	_____
T & F	_____	_____	19__ - _____	_____
CC	_____	_____	19__ - _____	_____
CC	_____	_____	19__ - _____	_____
CC	_____	_____	19__ - _____	_____
<b>Total seasons</b>				_____

**PLEASE ROUTE TO:**

\_\_\_\_\_ Girls' Varsity Cross Country  
\_\_\_\_\_ Girls' Varsity Track  
\_\_\_\_\_ Girls' MS Cross Country  
\_\_\_\_\_ Girls' MS Track

\_\_\_\_\_ Boys' Varsity Cross Country  
\_\_\_\_\_ Boys' Varsity Track  
\_\_\_\_\_ Boys' MS Cross Country  
\_\_\_\_\_ Boys' MS Track

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*The Ohio Association of  
Track & Cross Country Coaches*  
Dave Kirk  
Chagrin Falls High School  
400 E. Washington St.  
Chagrin Falls, Ohio 44022