

# RACEDAY

41st Annual Women's  
Championship 5K  
8:25 PM

67th Annual Men's  
Championship 8K  
9:10 PM

September 16, 2022

## All-Ohio Intercollegiate Championships

*Elvin R. King*  
Cross Country Course

Cedarville University • Cedarville, Ohio

Lady Jacket  
XC info



Yellow Jacket  
XC info



Elvin R. King  
XC Course Maps



#CUJACKETS

FRIDAY • SEPTEMBER 16, 2022

Named awards should always be presented to honorees who most closely resemble the namesake of that award. With that in mind, who was Marv Frye? Marv's life spanned the years 1929-2022, but as track and field coaches we knew him best as the longtime coach at Ohio Wesleyan University. He headed OWU men's track from 1961-97, and cross country from 1960-88 and 1993-94, always with distinction. His track and field teams finished in the top 20 nationally seven times and his cross country teams advanced to the NCAA finals on three occasions. He coached 22 track and field All-Americans and three cross country All-Americans at Ohio Wesleyan, resulting in his being inducted into the Bishops' Hall of Fame in 1997. The home spring competition at Ohio Wesleyan has been named the Marv Frye Invitational. Even before he stopped coaching at OWU, Marv served as the meet director and host for the All-Ohio Cross Country Championships, known officially as the Ohio Intercollegiate Cross Country Championships (OICCC). In fact, Marv became synonymous with that competition.

Marv was helpful to everyone he encountered, especially young coaches. He was never rushed but always took time with those he met, always with a kind smile. He was a man of high integrity, insisting on good sportsmanship and fair play. Marv always cared about others and ensured that the All-Ohio was fair to all coaches and athletes. For a man of his enormous accomplishments, he continued to be humble in every encounter, making him a beloved man in his community. His life was one of service, most notably to the athletes, coaches, officials, and the sport of cross country in Ohio.

Jack Hazen | Malone University  
Cross Country Coach Emeritus | 2012 US Olympic Distance Coach

## Marv Frye Award Winners

*Honoring lifetime achievement or service to collegiate cross country in Ohio*

2001	Marv Frye	Ohio Wesleyan University Coach, All-Ohio Meet Director
2002	Sparky Adams	Baldwin-Wallace College Coach
2003	Mel Brodt	Bowling Green State University Coach
2004	Elmore Banton	Ohio University Coach, 1964 and 1965 All-Ohio Individual Champion
2005	Chuck Zody	Miami University Coach
2006	Ron Althoff	Long-time Track & Cross Country Official
2007	Jack Hazen	Malone College Coach
2008	Bill Sudeck	Case Western Reserve University Coach
2009	Elvin King	Cedarville University Coach
2010	John Homon	Mount Union College Coach
2011	Steve Price	Bowling Green State University Coach
2012	Bill Schnier	University of Cincinnati Coach
2013	Wayne Clark	Long-time Supporter of Ohio Cross Country
2014	Bill Taraschke	Baldwin-Wallace College Coach
2015	Don Cox	Cuyahoga Community College Coach
2016	Dave Lehman	Otterbein College Coach
2017	Sid Senk	Bowling Green State University Coach
2017	Al Campbell	University of Akron Coach
2018	Marc Arce	University of Findlay Coach
2019	Bob Willy	University of Rio Grande Coach
2021	Dave Burger	Cleveland State University Coach
2021	Milt Place	Medina High School Coach
2022	Kris Boey	Ohio Wesleyan University, Coach

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September 16, 2022

Dear Cross Country Participant:

Welcome to Cedarville University and the All-Ohio Intercollegiate Championships at the Elvin R. King Cross Country Course. We at Cedarville are delighted to be the hosts for this wonderful event. Best wishes to each participating student-athlete as you participate in your respective races.

Again, we welcome each of you to Cedarville University, Greene County, and Southwestern Ohio. Have a *great* time of fellowship and competition!

Sincerely in Christ,

Thomas White  
President

am

251 N. Main St. • Cedarville, Ohio 45314 • 937-766-2211 • [www.cedarville.edu](http://www.cedarville.edu)

## 2022 All-Ohio Intercollegiate Championships

### Women's Starting Box #'s

- 1 University of Findlay
- 2 Wittenberg University
- 3 University of Rio Grande
- 4 Ohio Dominican University
- 5
- 6 Walsh University
- 7 John Carroll University
- 8 Ashland University
- 9 Marietta College
- 10 Central State University
- 11
- 12 Shawnee State University
- 13 Capital University
- 14 Cleveland State University
- 15 Tiffin University
- 16 Muskingum University
- 17
- 18 Ursuline College
- 19 Baldwin Wallace University
- 20 Lake Erie College
- 21 University of Dayton
- 22 Malone University
- 23
- 24 Ohio Wesleyan University
- 25 Mount Vernon Nazarene University
- 26 Wilmington College
- 27 Cedarville University
- 28 Heidelberg University
- 29
- 30 Lorain County CC
- 31 College of Wooster
- 32 Ohio Christian University
- 33 Wright State University
- 34 Kenyon College
- 35
- 36 University of Akron
- 37 Wilberforce University
- 38 Otterbein University
- 39 Ohio Northern University
- 40 Case Western University
- 41
- 42
- 43 Cuyahoga Community College
- 44 Ohio University
- 45 Ohio State Running Club
- 46 UC Running Club
- 47
- 48

### Men's Starting Box #'s

- 1 Shawnee State University
- 2 College of Wooster
- 3 Muskingum University
- 4 Ohio Northern University
- 5
- 6 Lake Erie College
- 7 University of Dayton
- 8 Marietta College
- 9 Otterbein University
- 10 Cedarville University
- 11
- 12 Wilberforce University
- 13 Baldwin Wallace University
- 14 Ohio Christian University
- 15 Wright State University
- 16 Malone University
- 17
- 18 Heidelberg University
- 19 Ashland University
- 20 Mount Vernon Nazarene Univ.
- 21 University of Rio Grande
- 22 Tiffin University
- 23
- 24 Wilmington College
- 25 Ohio Dominican University
- 26 Kenyon College
- 27 Walsh University
- 28 Ohio Wesleyan University
- 29
- 30 Capital University
- 31 Case Western University
- 32 Lorain County CC
- 33 Central State University
- 34 Wittenberg University
- 35 University of Findlay
- 36
- 37
- 38 Ohio State Running Club
- 36 UC Running Club
- 37 Pickaway Running Co.
- 38 unattached runners
- 39 Cincinnati Elite
- 40





## All-Ohio Intercollegiate Cross Country Championships

Hosted by Cedarville University - Friday, September 16, 2022



### RACE TIMES:

8:25 PM | Women's Championship (5K)

9:10 PM | Men's Championship (8K)

**Scoring:** There will be 3 divisions scored: NCAA I, NCAA II/NAIA, NCAA III.  
We will use "Chip" timing and scoring through [FINISHTIMING.COM](https://FINISHTIMING.COM).

**Results:** Results will be posted on the results board near the finish line as soon as possible. They will also be available at [yellowjackets.cedarville.edu](https://yellowjackets.cedarville.edu)

**Awards:** At approximately 10:15 pm Awards will be presented at the awards stage near the finish line.

#### Ceremony:

Plaques to top 3 teams in the 6 championship divisions (18 total plaques)

Plaques to top individual in each of the 6 championship divisions (3 men, 3 women)

Top teams overall trophies (2)

\* Coaches will pick up awards for the top 10 finishers at awards table in the 6 OICC Divisions.

Video Streaming is available (weather permitting) at [portal.stretchinternet.com/cedarville/](https://portal.stretchinternet.com/cedarville/)

## Starting Line Instructions

1. Starting line - All teams will be clerked at their respective starting boxes.
2. Twenty minutes prior to the start of the women's race, there will be a brief opening ceremony, with a welcome, a brief prayer and the National Anthem.
3. Fifteen minutes prior to the start, the starter will fire the gun indicating that there are 15 minutes to start time. Athletes should start reporting to the line to be checked in.
4. Clerks will be checking that uniforms are school issued with no unauthorized logos or statements, teams are in the correct starting boxes, and that the athletes are wearing bib number/chips.
5. Starting commands - The starter will locate himself approximately 75 meters down from the start line in the middle of the course. He will give an extended whistle blast, at which time athletes should come to the line and become motionless. After the whistle blast, the starter will raise the gun and red flag together. When he reaches the top, over his head, and all athletes are still, the gun will be fired.

## All-Ohio Intercollegiate Championship • Men's Meet History

Year	Host	Overall Champion	College Champion	Individual Champion
1955	Oberlin	Oberlin		John Miller, Oberlin
1956	Oberlin	Ohio Wesleyan		John Gutknecht, Ohio Wesleyan
1957	Oberlin	Miami		John Gutknecht, Ohio Wesleyan
1958	Oberlin	Miami		Dave Emery, Miami
1959	Oberlin	Miami		Steve Tekesky, Miami
1960	Ohio University	Miami		Ray Fleming, Ohio University
1961	Kent State	Ohio State		Steve Tekesky, Miami
1962	Ohio State	Ohio University		Les Hegedus, Central State
1963	Ohio Wesleyan	Akron	Akron	Al Campbell, Akron
1964	Ohio Wesleyan	Ohio University	Akron	Elmore Banton, Ohio University
1965	Bowling Green	Miami	Akron	Elmore Banton, Ohio University
1966	Ohio State	Miami	Baldwin-Wallace	Sam Bair, Kent State
1967	Oberlin	Miami	Mount Union	Sam Bair, Kent State
1968	Ashland	Miami	Mount Union	Sid Sink, Bowling Green
1969	Ohio University	Miami	Mount Union	Sid Sink, Bowling Green
1970	Ohio Wesleyan	Bowling Green	Mount Union	Bob Bertelseon, Ohio University
1971	Bowling Green	Bowling Green	Ashland	Dave Wottle, Bowling Green
1972	Ohio Wesleyan	Miami	Malone	Craig McDonald, Bowling Green
1973	Miami	Miami	Malone	Craig McDonald, Bowling Green
1974	Ohio Wesleyan	Bowling Green	Malone	Phil Hinck, Toledo
1975	Ohio Wesleyan	Malone/Kent State	Malone	Mark Hunter, Kent State
1976	Ohio Wesleyan	Ohio State	Malone	Steve Crane, Ohio State
1977	Ohio Wesleyan	Cleveland State	Mount Union	Marc Hunter, Cleveland State
1978	Malone	Cleveland State	Malone	Marc Hunter, Cleveland State
1979	Ohio Wesleyan	Bowling Green	Malone	Steve Crane, Ohio State
1980	Ohio Wesleyan	Malone	Malone	Joel Marchand, Malone
1981	Ohio Wesleyan	Miami	Malone	Chris Koehler, Bowling Green
1982	Ohio Wesleyan	Miami	Malone	Chris Koehler, Bowling Green
1983	Malone	Ohio University	Malone	Dave Mirth, Ohio University
1984	Bowling Green	Miami	Malone	Roosevelt Jackson, Miami
1985	Ohio State	Ohio State	Malone	Kurt Klodmick, Ohio State
1986	Ohio Wesleyan	Bowling Green/Miami	Malone	Shannon Ritchie, Ohio University
1987	Ohio Wesleyan	Ohio University	Malone	John Van Scoyoc, Miami
1988	Ohio Wesleyan	Ohio University	Malone	Shannon Ritchie, Ohio University
1989	Ohio Wesleyan	Malone	Malone	Mark Crogan, Ohio State
1990	Ohio Wesleyan	Malone	Malone	Ira Wentworth, Malone
1991	Ohio Wesleyan	Malone	Malone	John Murray, Malone
1992	Ohio Wesleyan	Malone	Case Reserve	Fred Kieser, Miami
1993	Ohio Wesleyan	Miami	Case Reserve	John Murray, Malone
1994	Ohio Wesleyan	Ohio University	Otterbein	Robert Gary, Ohio State
1995	Ohio Wesleyan	Cincinnati	Mount Union	Oliver Grund, Ashland
1996	Ohio Wesleyan	Ohio University	Mount Union	Josh Ritchie, Ohio University

Year	Host	Overall	Div. I	Div. II/NAIA	Div. III	Individual Champion
1997	Ohio Wesleyan	Ohio State	Ohio State	Ashland	Mount Union	Dave Cooper, Mount Union
1998	Ohio Wesleyan	Ohio State	Ohio State	Malone	Heidelberg	Ian Conner, Ohio State
1999	Ohio Wesleyan	Ohio State	Ohio State	Malone	Heidelberg	Daniel Kibungei, Malone
2000	Ohio Wesleyan	Kent State	Kent State	Malone	Kenyon	Chris Reis, Cincinnati
2001	Ohio Wesleyan	Cincinnati	Cincinnati	Malone	Kenyon	Chris Reis, Cincinnati
2002	Ohio Wesleyan	Ohio State	Ohio State	Malone	Mount Union	Nick Cordas, Ashland
2003	Ohio Wesleyan	Kent State	Kent State	Ashland	Otterbein	Matt Cornwell, Kent State
2004	Ohio Wesleyan	Ohio State	Ohio State	Ashland	Otterbein	Brian Oliver, Ohio State
2005	Ohio Wesleyan	Ohio State	Ohio State	Malone	Otterbein	Mike Sawicki, Otterbein
2006	Ohio Wesleyan	Ohio State	Ohio State	Malone	Mount Union	Eddie Kipchoge, Bowling Green
2007	Ohio Wesleyan	Malone	Cincinnati	Malone	Ohio Northern	Ryan Kienzie, Malone
2008	Ohio Wesleyan	Malone	Cincinnati	Malone	Case Western Reserve	Nik Schweikert, Malone
2009	Ohio Wesleyan	Ohio State	Ohio State	Malone	Ohio Northern	Jeff See, Ohio State
2010	Cedarville	Miami	Miami	Shawnee State	Oberlin	Chris Lemon, Dayton
2011	Cedarville	Cincinnati	Cincinnati	Shawnee State	Ohio Northern	Eric Finan, Cincinnati
2012	Cedarville	Cincinnati	Cincinnati	Cedarville	Case Western Reserve	William Jones, Franciscan
2013	Cedarville	Akron	Akron	Malone	Case Western Reserve	Matt Brooker, Cedarville
2014	Cedarville	Akron	Akron	Malone	John Carroll	Joseph Stewart, Miami
2015	Cedarville	Ohio State	Ohio State	Malone	Ohio Northern	Joseph Stewart, Miami
2016	Cedarville	Ohio State	Ohio State	Walsh	Mount Union	James Ngandu, Tiffin
2017	Cedarville	Dayton	Dayton	Malone	Ohio Northern	James Ngandu, Tiffin
2018	Akron	Ohio	Ohio	Walsh	Otterbein	Josh Park, Ohio
2019	Cedarville	Dayton	Dayton	Walsh	Otterbein	Andre Bollam-Godbott, Akron
2020	(Cancelled - COVID)					
2021	Cedarville	Miami	Miami	Walsh	John Carroll	Alex Phillip, John Carroll

## All-Ohio Intercollegiate Championship • Women's Meet History

Year	Host	Overall Champion	College Champion	Individual Champion
1981	Ohio Wesleyan	Bowling Green		Joan Lanciaux, Bowling Green
1982	Ohio Wesleyan	Ohio University		Joan Lanciaux, Bowling Green
1983	Malone	Bowling Green	Malone	Maureen Cogan, Ohio State
1984	Bowling Green	Bowling Green	Malone	Sara Collas, Bowling Green
1985	Ohio State	Bowling Green	Malone	Sara Collas, Bowling Green
1986	Ohio Wesleyan	Ohio State	Malone	Kathy Monard, Ohio State
1987	Ohio Wesleyan	Ohio University	Malone	Tracy Meyer, Ohio University
1988	Ohio Wesleyan	Ohio University	Cedarville	Laura Schweitzer, Dayton
1989	Ohio Wesleyan	Ohio University	Malone	Laura Schweitzer, Dayton
1990	Ohio Wesleyan	Ohio University	Mount Union	Celestine Smith, Miami
1991	Ohio Wesleyan	Ohio State	Cedarville	Molley Cullen, Miami
1992	Ohio Wesleyan	Ohio University	Kenyon	Cheri Triner, Bowling Green
1993	Ohio Wesleyan	Miami	Baldwin-Wallace	Theresa Cain, Ohio State
1994	Ohio Wesleyan	Ohio University	Wooster	Kristin Diehm, Ohio University
1995	Ohio Wesleyan	Bowling Green	Kenyon	Kristin Gaddis, Bowling Green
1996	Ohio Wesleyan	Ohio University	Baldwin-Wallace	Jackie Conrad, Ohio University

Year	Host	Overall	Div. I	Div. II/NAIA	Div. III	Individual Champion
1997	Ohio Wesleyan	Bowling Green	Bowling Green	Rio Grande	Baldwin-Wallace	Ann Marie Hynes, Rio Grande
1998	Ohio Wesleyan	Bowling Green	Bowling Green	Malone	Baldwin-Wallace	Jackie Conrad, Ohio University
1999	Ohio Wesleyan	Kent State	Kent State	Malone	Baldwin-Wallace	Everlyne Jerotich, Malone
2000	Ohio Wesleyan	Kent State	Kent State	Cedarville	Baldwin-Wallace	Everlyne Lagat, Malone
2001	Ohio Wesleyan	Kent State	Kent State	Cedarville	Baldwin-Wallace	Bobbie Hardbarger, Akron
2002	Ohio Wesleyan	Toledo	Toledo	Cedarville	Baldwin-Wallace	Briana Shook, Toledo
2003	Ohio Wesleyan	Miami	Miami	Malone	Denison	Andrea Kremer, Miami
2004	Ohio Wesleyan	Kent State	Kent State	Malone	Denison	Ruth Limo, Cincinnati
2005	Ohio Wesleyan	Akron	Akron	Cedarville	Denison	Beata Rudzinska, Akron
2006	Ohio Wesleyan	Ohio	Ohio	Cedarville	Case Western Reserve	Katie Wieferich, Wooster
2007	Ohio Wesleyan	Miami	Miami	Cedarville	Case Western Reserve	Esther Erb, Case Western Reserve
2008	Ohio Wesleyan	Cedarville	Cincinnati	Cedarville	Case Western Reserve	Lillian Jelimo, Cincinnati
2009	Ohio Wesleyan	Ohio State	Ohio State	Malone	Case Western Reserve	Jordan Jennewine, Ohio State
2010	Cedarville	Miami	Miami	Malone	Case Western Reserve	Rachel Patterson, Miami
2011	Cedarville	Miami	Miami	Malone	Oberlin	Juli Accurso, Ohio University
2012	Cedarville	Xavier	Xavier	Malone	Oberlin	Lizzie Gleason, Dayton
2013	Cedarville	Dayton	Dayton	Malone	Oberlin	Delainey Phelps, Ashland
2014	Cedarville	Malone	Ohio	Malone	Mount Union	Emma Lehmann, Oberlin
2015	Cedarville	Ohio	Ohio	Ashland	Otterbein	Ellen Isaac, Ohio
2016	Cedarville	Miami	Miami	Cedarville	Otterbein	Maria Scavuzzo, Miami
2017	Cedarville	Dayton	Dayton	Walsh	Otterbein	Sarah Berger, Walsh
2018	Akron	Toledo	Toledo	Walsh	Otterbein	Athena Welsh, Toledo
2019	Cedarville	Dayton	Dayton	Walsh	Oberlin	Mackenzie Andrews, Akron
2020	(Cancelled - COVID)					
2021	Cedarville	Miami	Miami	Cedarville	John Carroll	Beth Arentz, Akron



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## USATF Certified Officials

- Jeff Bauer (Clerk)
- Todd Hurley (Clerk)
- Karen Krsak
- Len Krsak (Clerk / Asst. Starter / Finish Line)
- Khayyan Ruiz (Clerk)
- Terri Tutt (Clerk)
- Jerry Welch (Starter / Finish Line)

# The Elvin R. King Cross Country Course - All-Time Top 25

## COLLEGE WOMEN 5K - ALL-TIME TOP 25

(thru 2021)

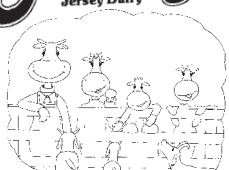
Name	School	Time	Date
Rachel Patterson	Miami University	17:12.3	10/1/2010
Maura Bulgrin	Univ. of Dayton	17:19.0	10/1/2010
Annie Beecham	Ohio University	17:21.5	10/1/2010
Sarah Foster	Ohio State University	17:24.0	9/19/2009
Annabelle Eastman	George Mason Univ.	17:24.6	10/30/2021
Shelby Nolan	Unattached	17:26.0	9/26/2020
Kari Summers	Ohio University	17:29.9	10/1/2010
Margaret Coogan	George Wash. Univ.	17:31.7	10/30/2021
Eleanor Mancini	La Salle University	17:32.1	10/30/2021
Hannah Markel	Univ. of Cincinnati	17:32.5	9/14/2019
Kim Lorentz	Univ. of Akron	17:32.5	10/1/2010
Meghan Gilmore	Palm Beach Atl. Univ.	17:33.6	11/13/2010
Katie Gillespie	Cedarville University	17:34.0	9/19/2009
Ellie Leather	Univ. Of Cincinnati	17:38.1	9/14/2019
Katie Gillespie	Cedarville University	17:39.0	11/14/2009
Elizabeth Mancini	La Salle University	17:41.6	10/30/2021
Amanda Mirochna	Miami University	17:42.2	10/1/2010
Jennifer Mallen	Cal Baptist	17:43.2	11/10/2012
Emily Leonard	Univ. of Dayton	17:43.8	9/19/2015
Lindsey Scarton	Unattached	17:44.9	9/26/2020
Alexa Leppelmeier	Walsh University	17:45.9	9/26/2020
Regan Mullen	Colorado Christian	17:46.3	11/10/2012
Liz Coorey	Univ. of Dayton	17:46.6	10/1/2010
Julia Jelegat	St. Louis University	17:49.9	10/30/2021
Miesha Marzell	Unattached	17:52.0	9/15/2007

## COLLEGE MEN 8K - ALL-TIME TOP 25

(thru 2021)

Name	School	Time	Date
Chris Lemon	Univ. of Dayton	24:11.8	10/1/2010
James Ngandu	Tiffin University	24:14.9	9/29/2017
Joe Stewart	Miami University	24:18.8	10/2/2015
Eric Finan	Univ. of Cincinnati	24:20.6	10/1/2010
Noah Fisher	University of Findlay	24:22.2	10/23/2021
Hunter Moore	Walsh University	24:24.3	10/23/2021
Ridge Robinson	Ohio University	24:26.2	10/1/2010
Matt Lemon	Univ. of Dayton	24:28.8	10/1/2010
Joseph Stewart	Miami University	24:32.5	10/3/2014
James Ngandu	Tiffin University	24:33.1	10/2/2015
Matt Brooker	Cedarville University	24:33.5	10/20/2012
William Jones	Franciscan University	24:34.2	9/29/2012
Nick Elswick	Ohio State University	24:34.8	10/2/2015
Andy Morgan	Univ. of Akron	24:35.1	10/1/2010
Peter Borger	Univ. of Richmond	24:35.3	10/30/2021
Clayton Bowie	Ohio State University	24:36.2	10/2/2015
Michael Heller	Kent State University	24:37.2	9/29/2012
Austin McLean	Youngstown St. Univ.	24:37.5	10/31/2015
Jason Ordway	Unattached	24:38.5	10/3/2014
Matt Brooker	Cedarville University	24:38.9	9/15/2012
Michael McKean	Ohio University	24:39.4	10/2/2015
Colin Cotton	Univ. of Cincinnati	24:40.1	9/29/2012
Ben Kendell	University of Detroit	24:41.4	10/31/2015
Matt Brooker	Cedarville University	24:42.2	10/26/2013
Brian Baum	Ashland University	24:42.5	10/3/2014
Alec Sandusky	Unattached	24:42.7	9/14/2019

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All-Ohio Cross Country  
Championships!





# The Elvin R. King Cross Country Course

A new era began in Cedarville University cross country with the opening of the Elvin R. King Cross Country Course. The venue was dedicated and named in honor of CU's Hall of Fame coach during Homecoming Weekend on Oct. 7, 2006.

Elvin King coached track and cross country at Cedarville University for 41 years before retiring following the 2009 fall season. He was especially known for the Lady Jacket cross country program which he started in 1979.

King guided Cedarville to the 2001 NAIA Women's Cross Country Championship which remains the school's only NAIA title in any sport. The Lady Jackets became the first NAIA school to claim the All-Ohio Cross Country Championship in 2008 and they totaled nine NCCAA banners to go along with 12 conference trophies.

The Elvin R. King Cross Country Course, located at the north end of the campus just east of State Route 72, was constructed on 150 acres of property and was designed and built under the direction of former athletic director Pete Reese and King. Athletes run entirely on a grass course that includes rolling hills.

This unique venue, which meets all of the NCAA requirements for a cross country course, hosted its first meet on Sept. 16, 2006 with the 16th Annual Cedarville Invitational. Nearly 1,000 runners



participated in eight races and both Yellow Jacket teams won the first-ever college races on the course.

Cedarville continues to host the annual Friendship Invitational and is the site of the All-Ohio Championships on Sept. 28th. Besides the high school and junior high competitions in the Friendship Invitational, the course will host the OHSAA Southwest

District Championship on Oct. 19th. The Ohio Heritage Conference has also staged its championship meets on the course.

The primary cross country courses are the 5,000 meter layout (college women, high school boys & girls) and the 8,000 meter course (college men). There is also a 3,200-meter course for junior high competition as well as a 6K (NCAA women) and a 10K (NCAA men). Ample parking is available on site for up to 500 vehicles just west of State Route 72 on campus grounds.

The Yellow Jackets called John Bryan State Park as its cross country home for the better part of four decades. The beautiful site served as host of the NCCAA Championships from 1978 through 1992 and again from 1995 through 2005. It also hosted the annual Cedarville Invitational, the NAIA District 22 Championship, the Mid-Ohio Conference Championship, the American Midwest Conference Championship, and a number of high school meets.



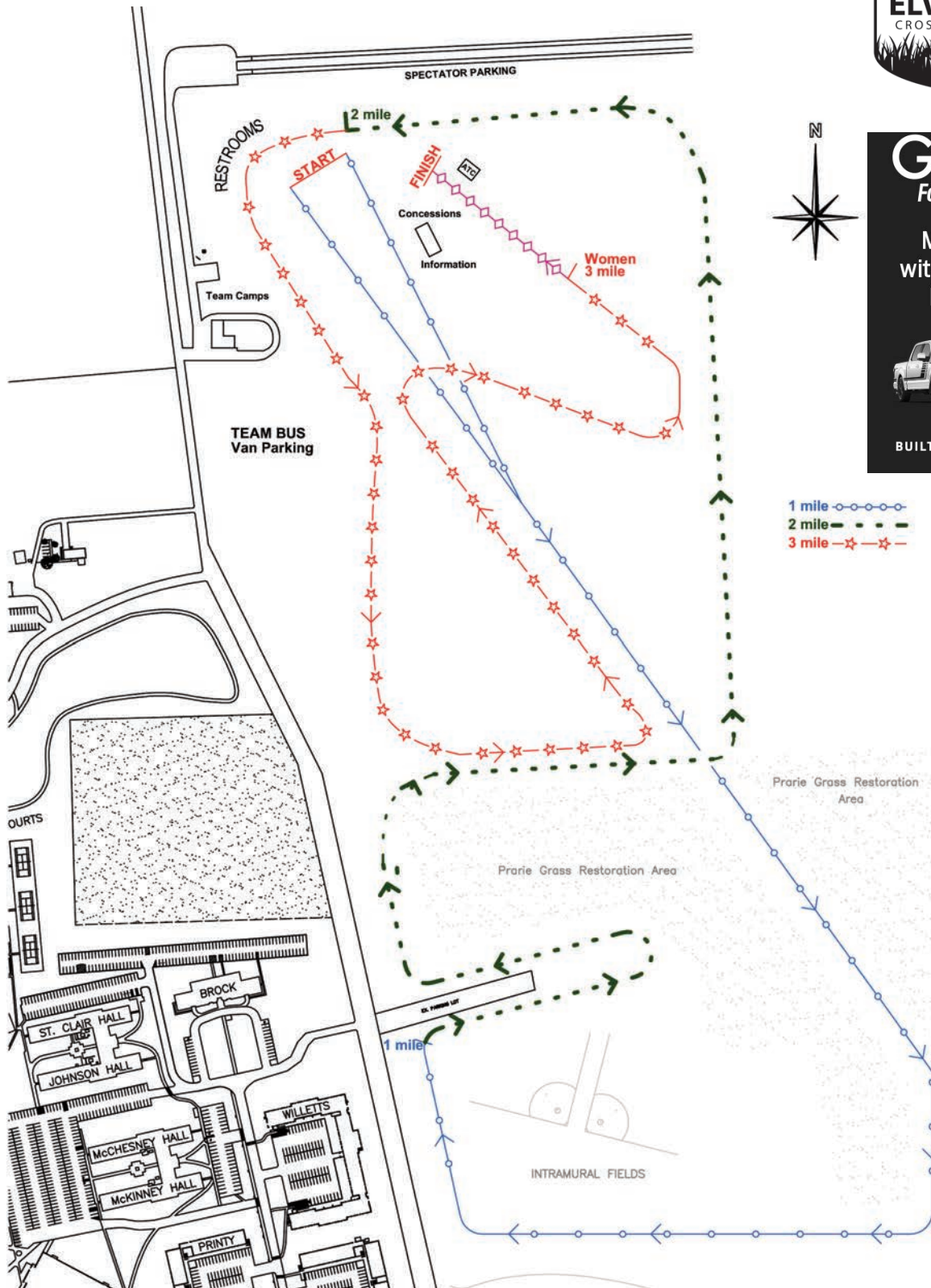


**Germain**  
Ford of Beavercreek

Minutes Away,  
with an Experience  
Miles Above!



BUILT *Ford* PROUD



Elvin R. King Cross Country Course 5K route



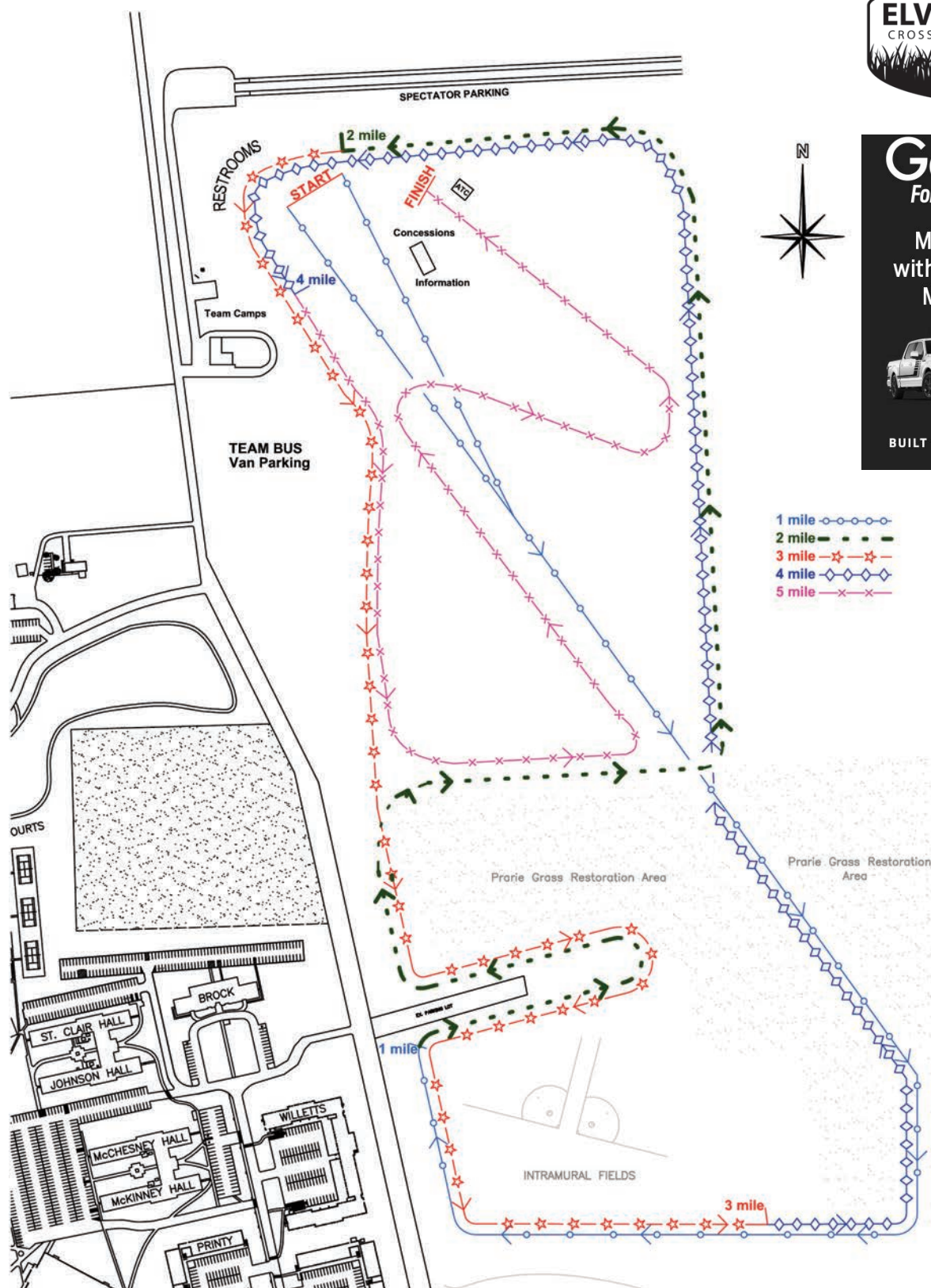


**Germain**  
Ford of Beavercreek

Minutes Away,  
with an Experience  
Miles Above!



BUILT *Ford* PROUD



Elvin R. King Cross Country Course 8K route



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80% thinner, designed for comfort & durability



#### WEIGHT-BEARING

100-20% weight bearing controlled in 1% increments



#### PRE-PROGRAMMED WORKOUTS

For touchless training

The Woodway's patented Slat Belt running surface is designed with shock-absorbing technology for the most enjoyable treadmill experience, with unmatched durability. Made in the USA, it is regarded as the top performance treadmill.

INTERESTED IN LEARNING MORE? Get in touch!

Boost Treadmills is a proud sponsor of the All-Ohio Cross Country Championships!



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