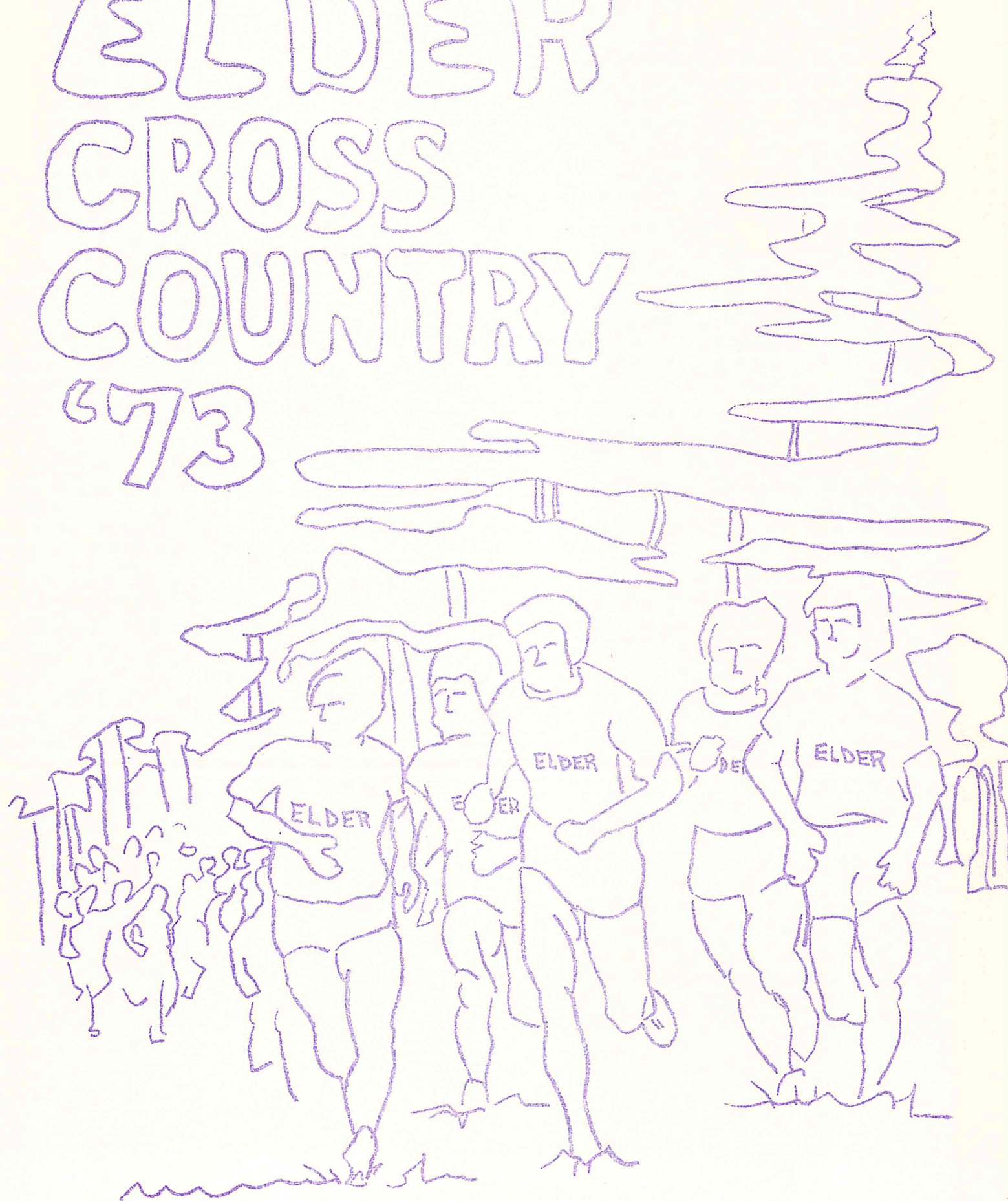


ELDER CROSS COUNTRY '73



ELDER FRESHMAN CROSS COUNTRY

1973 Schedule (revised)

Sat. Sept. 15	Spartan Invitational	Away
Tue. Sept. 18	St. Xavier	Home (Rapid Run)
Sat. Sept. 22	Mt. Healthy Invitational	Away
Thur. Sept. 27	Schwab Jr. High	Away
Tue. Oct. 2	Dater Jr. High	Away
Sat. Oct. 6	Elder Relays	Home (Rapid Run)
Tue. Oct. 9	G.C.L. Championships	Home (Rapid Run)
Sat. Oct. 13	Princeton Invitational	Away
Tue. Oct. 16	Purcell High School	Away

1973 ELDER FRESHMAN CROSS COUNTRY
BEST TIMES ON THE RAPID RUN COARSE

1.	Frank Birkemeier	11:23
2.	Pete Oka	11:28
3.	Doug Harnist	11:31
4.	Tom Bayer	11:37
5.	Joe Tenover	11:55
6.	Tim Weber	12:03
7.	Rick Witte	12:17
8.	Bob Huber	12:55
9.	Gary Fischer	12:57
10.	Andy Galvin	13:02
11.	Gary Moore	13:26
12.	Mark Miller	13:35
13.	Jerry Kroeger	13:39
14.	Keith Olthaus	13:41
15.	Ben Greiner	13:50
16.	Jim Monk	14:06
17.	Mark McElroy	No Time

ELDER FRESHMAN CROSS COUNTRY

Results: Spartan Invitational at St. Francis Seminary, Sept. 15, 1973

Freshman Team Race: (1½ miles)

6. Doug Harnist	7:44
8. Pete Oka	7:49
9. Tom Bayer	7:53
18. Tim Weber	8:12
23. Rick Witts	8:19
35. Joe Tencover	8:41
44. Mark Miller	8:51

Time difference between first and fifth place was 35 seconds.

Time difference between first and seventh place was 1:07.

Elder was first out of 11 teams.

Open Race: Freshmen (2 miles)

59. Andy Galvin	12:32
67. Tom Greiner	13:42
68. Gary Fischer	13:55
71. Bob Huber	14:04
72. Jerry Kroeger	14:30
74. Jim Monk	14:59
75. Keith Olthaus	15:34
77. Bob Meyer	16:34

Freshmen who did not run in this meet.

Frank Birkeneier
Joel Schleibaum
Dave Jacob
John Skelley
Jim Fritsch
Gary Moore

Freshman Cross Country Results:

Elder versus St. Xavier

Sept. 18, 1973

Rapid Run Park

1. Pete Oka 11:43

SCORE of the meet:

2. Doug Harnist 11:51

ELDER 19

3. X

St. X 40

4. Frank Birkemeier 12:06

5. Tom Bayer 12:10

6. X

7. Joe Teneover 12:20

Time difference between first and fifth place was 37 seconds.
(We need a tighter pack!)

8. Rick Witte 12:39

9. X

10. John Skelley 12:53

Time difference between first and seventh place was 1:10.
(Top 7 can be closer!)

11. Joel Schleibaum 13:23

12. Garry Moore 13:26

13. X

14. Mark Miller 13:35

15. Jerry Kroeger 13:39

Team members who did not compete in this meet.

16. Gary Fischer 13:40

1. Andy Galvin

17. Keith Olthaus 13:42

2. Tim Weber

18. X

3. Jim Fritsch

4. Bob Meyer

19. Tom Greiner 13:50

5. Dave Jacob

20. Bob Huber 14:05

The next meet is this Saturday(22nd) at Mt. Healthy.

21. Jim Monk 14:06

Plan to improve your time and place!

Elder Freshman Cross Country

Mt. Healthy Invitational

Sept. 22, 1973

6.	Doug Harnist	12:18
7.	Tom Bayer	12:26
10.	Frank Birkemeier	12:40
14.	Joe Tenoever	12:53
18.	Rick Witte	13:01
31.	Gary Fischer	13:52
32.	Mark Miller	13:52
34.	Andy Galvin	14:02
39.	Keith Olthaus	14:26
40.	Bob Huber	14:28
42.	Tom Greiner	14:35
49.	Garry Moore	14:59
50.	Jerry Kroeger	14:59
53.	Dave Jacob	15:09
54.	Jim Monk	15:10

Time difference between first and fifth place was 43 seconds. (This was our widest split of the year and must be tightened up.)

Time difference between first and seventh place was 1:34. Too much of a difference!!!

Our next meet is this Thursday at Schwab Jr. High. (Sept. 27)
The bus will leave Elder at 2:45.

Freshmen who did not compete in this meet:

Pete Oka
Tim Weber
Joel Schleibaum
John Skelley

Generally, we are running pretty good, however we must continue to improve. Improvement in cross country comes from hard work in practice.
(We must be better to win the Elder Relays and the GCL Championship.)

Freshman Cross Country - Elder versus Schwab Jr. High

Sept. 27, 1973

1. (Schwab 8th)	9:20	
2. Doug Harnist	9:23	
3. Joe Tencever	9:28	
4. Frank Birkemier	9:42	
5. Tom Rayer	9:49	
6. Tim Weber	9:59	Time difference between top five was 36 seconds.
7. (Walnut Hills 9th)		
8. (Schwab 9th)		
9. Garry Moore	10:27	
10. Gary Fischer	10:27	Time difference between top seven was 1:04.
11. (Walnut Hills 9th)		
12. (Schwab 9th)		
13. Keith Olthaus	10:30	
14. Bob Huber	10:34	
15. Mark Miller	10:35	
16. (Schwab 9th)		
17. Jerry Kreeger	10:52	Our next meet is Tuesday against Dater Jr. High. (Oct. 2)
18. (Schwab 8th)		
19. Andy Galvin	11:02	Next Saturday (Oct. 6) its the Elder Relays.
20. Tom Griener	11:02	
21. (Schwab 9th)		
22. Jim Monk	11:31	The entire team is showing good improvement. All of our men beat Schwab's fifth man. (fifth 9th grader)
23.others		

Elder Relays

Rapid Run Park

October 6, 1973

Freshman Race-

7. Doug Harnist 11:31

9. Frank Birkemeier 11:34

12. Tom Bayer 11:37

17. Pete Oka 11:47

26. Tim Weber 12:03

32. Rick Witte 12:17

40. Joe Tencover 12:42

Time difference between top 5 - 32 seconds.

Time difference between top 7 - 1:11.

Open Race-

37. Gary Fischer 12:57

41. Bob Huber 13:09

42. Andy Galvin 13:10

50. Keith Olthaus 13:41

51. Mark Miller 13:47

52. Gary Moore 13:55

60. Jim Monk 15:08

Team results:

1. Lancaster	54
2. ELDER	71
3. Roger Bacon	104
4. Dater	125
5. Purcell	159
6. Hastings	182
7. Moeller	200
8. Schwab	200
9. Norwood	200

Next Meet: Tuesday, October 9 at Rapid Run Park - G.C.L. Championships.

G.C.L. Championships - Freshman Team Race

Oct. 9, 1973 Rapid Run

2. Frank Birkemeier	11:23	(PR-personal record)
4. Pete Oka	11:28	(PR-personal record)
8. Doug Harnist	11:44	
10. Joe Tenoever	11:55	(PR-personal record)
14. Tom Bayer	12:16	Time difference between top 5 = 53 sec. Too much of a difference!!!
21. Rick Witte	12:50	
23. Gary Fischer	13:05	

Team Results:

1. ELDER	38
2. Roger Bacon	52
3. Parcell	56
4. St. Xavier	82
5. Moeller	129
6. LaSalle	no team

Open Race:

Bob Huber	12:55	(PR-personal record)
Andy Galvin	13:02	(PR-personal record)
Gary Moore	14:28	

NOTICE:

Our next race is this weekend at Princeton. We will be running two Freshman teams that score. (an A and B team) There is an award to the top freshman team and also to the top 10 freshmen runners. The meet is on Sat. October 13 --- all freshmen are expected to attend, even if you are not running!

WE SHOULD ALL PLAN TO HAVE THE BEST RACES OF THE SEASON AT PRINCETON!!
IF WE RUN OUR VERY BEST NO TEAM CAN COME CLOSE TO BEATING US!!
THIS IS OUR LAST BIG MEET, MAKE IT THE BEST!!!

"A" Team

1. F. Birkemeier
2. P. Oka
3. D. Harnist
4. T. Bayer
5. J. Tenoever
6. R. Witte
7. either T. Weber or
B. Huber

"B" Team

1. Gary Fischer
2. Andy Galvin
3. Mark Miller
4. Keith Olthaus
5. Gary Moore
6. Jerry Kroeger (would be #7 if Weber is OK)
7. either Tom Griener or
Jim Monk or
Mark McElroy

Elder Freshman Cross Country

at Princeton Invitational

October 13, 1973

11. Pete Oka	11:25
12. Frank Birkemeier	11:26
19. Doug Harnist	11:36
25. Tom Bayer	11:44
28. Rick Witte	11:50
29. Joe Tenover	11:52
68. Bob Huber	12:46
70. Andy Galvin	12:47
76. Garry Moore	12:54
84. Gary Fischer	13:04
95. Mark Miller	13:30
101. Jerry Kroeger	13:39
106. Keith Olthaus	13:54
109. Jim Monk	14:05

Time difference between top 5 - 25 sec.
(good group - except the group was back
too far!)

There were 120 runners in the race.

Team Score:

1. Roger Bacon	94
2. ELDER	95
3. Bridgetown	131

A little more effort on anyone's part
and would have won. Every place counts!

16 other teams entered the meet.

Our next meet is this Tuesday at Purcell, several other teams will be
entered (including Roger Bacon).
All freshmen can run in this meet.

Oct. 16, 1973

No official score was taken, however Elder would have won the meet.

Time difference between top 5 was
20 seconds - the lowest of the year!

Finally, Andy and Garry had better races - their best of the year.

I believe that all current members of the freshman team have the potential to be fine distance runners. As you know by now, the secret to good distance running is hard work - which means miles of running.

This year we will have a winter running program for all distance runners. We will have a meeting during the week of Nov. 4th to the 9th for all Elder distance runners not out for a winter sport. The program will start on Nov. 12. You should maintain your conditioning up to that point by running regularly after school with the reserves and the varsity. During the next few weeks you should decide if you want to be a runner!

Coach Spencer

Coach Spencer