

SPORTS

ALL-AREA CROSS COUNTRY

Boys Runner of the Year

BEN FREED

THOMAS JOHNSON Senior

■ An accomplished triathlete, he closed out his cross country career with a season to remember. He captained the Patriots, who captured the first state title (Class 3A) in program history, by winning the individual title in 16 minutes, 6.9 seconds.

■ Also won races and paced team victories at the Frederick County championships and Class 3A West regionals.

■ TJ coach Rob Wilhelm said Freed entered the season in tip-top shape, ready to carry the Patriots with a demeanor that rubbed off on teammates. Wilhelm said Freed "was a beast during workouts" and never needed to be told when to taper or run harder. In other words, he was a model leader.



Girls Runner of the Year

MARIA CARBERRY

URBANA Sophomore

■ A joyful runner who relishes each opportunity to race, she came up big at the biggest meets, including her second-place finish in the Class 3A state, where she finished in 18 minutes, 58.9 seconds.

■ Took over the team lead as teammate Emily Mulhern battled injury. Claimed Class 3A West regional title and placed second to Charlotte Kowalk at the Frederick County championships.

■ Ended the season "on fire," according to Hawks coach C.J. Ecalono. He attributed her success to an unquenchable desire to do extra in every workout in the hopes of improving.



BOYS FIRST TEAM

DAN BECK

SENIOR
LINGANORE

■ Consistently at the front of the pack again, he wrapped up his career with another first-team nod.

County: Third
3A West: Second
3A State: Fourth



DAVID DORSEY

SENIOR
CATOCTIN

■ Wrapped up amazing career by leading Cougars to third state title in four years.

2A West: Second
2A State: Third



KEVIN DORSEY

SENIOR
CATOCTIN

■ Was once again a devoted, pivotal cog for the state-champion Cougars.

County: Second
2A West: Fourth
2A State: Sixth



GIRLS FIRST TEAM

OLIVIA DEYAERT

FRESHMAN
LINGANORE

■ Made up half of the Lancers' talented rookie duo with Hobson.

County: Seventh
3A West: Sixth



CLAIRE DIBELLA

JUNIOR
OAKDALE

■ Bears coach Chris Lewis used the word "exceptional" to describe her season.

County: Fourth
2A State: 11th



BRIGHID HOBSON

FRESHMAN
LINGANORE

■ In her first year, she was one of the Lancers' steadiest performers.

County: 15th
3A West: 11th
3A State: 17th



ZACH GASCHO

JUNIOR
CATOCTIN

■ Came on strong for state champs, especially at states, where he sprinted across the line in fourth.

County: 10th
2A West: Sixth
2A State: Fourth



BRENT LEBER

JUNIOR
MIDDLETOWN

■ Hard-working runner began to make a name for himself as Knights' leader.

County: Fourth
2A West: Third



LOUIS LEVINE

SENIOR
THOMAS JOHNSON

■ Was valuable sidekick for Freed, helping realize four-year goal with state title.

County: Fifth
3A West: Third
3A State: Sixth



HAILEY JOHNSON

SENIOR
THOMAS JOHNSON

■ Took up cross country in her final year of high school and found immediate success.

County: Third
3A West: Fourth



CHARLOTTE KOWALK

SOPHOMORE
OAKDALE

■ Broke through for first career win on big stage at counties, leading her team to victory, too.

County: First
2A West: Sixth
2A State: Ninth



EMILY MULHERN

JUNIOR
URBANA

■ Two-time state champion battled through injuries to help lead Hawks.

County: Sixth
3A West: Second
3A State: Sixth



ALEX PADDISON

JUNIOR
TUSCARORA

■ Passionate competitor and goal-setter began finding his place among county's best.

County: Sixth
3A West: Sixth
3A State: Ninth



TROY SHUMAN

SENIOR
URBANA

■ Team leader was relied on by Hawks because of his consistency.

County: Seventh
3A West: Seventh
3A State: Eighth



LOGAN STALEY

SENIOR
THOMAS JOHNSON

■ Was a crucial part of a history-making senior group for state-champion Patriots.

County: Eighth
2A West: 10th
2A State: 17th



ABBY PINTO

FRESHMAN
THOMAS JOHNSON

■ Impressive, consistent rookie runner helped pace Patriots.

County: Fifth
3A West: Fifth
3A State: Ninth



JENNIFER SIMMONS

SOPHOMORE
WALKERSVILLE

■ Consistently led the Lions all season.

County: 10th
2A West: 12th
2A State: 25th



KELLY WINKLBAUER

JUNIOR
URBANA

■ Remained a meaningful part of the Hawks' backbone.

County: 11th
3A West: Seventh
3A State: 15th



Boys Honorable Mention

Catoctin—Patrick Van Der Cruyssen

Oakdale—Patrick Boddicker, Jacob Staley

Tuscarora—Brad Baker

Linganore—Micah Hewitson, Luke Kastel

Thomas Johnson—Nico Johnson, Thomas Trott

Urbana—Nick Nobile, Garrett Santis

Walkersville—Hal Reichard

Girls Honorable Mention

Brunswick—Rachel Brauer

Frederick—Mia Ford

Thomas Johnson—Tasha Freed

Catoctin—Molly Janc, Lillie Perella

Oakdale—Jamie Farley, Jessica Lane

Urbana—Gaby Urso