

# Regionals Bound

## By Alex Taft

The Oak Hills Cross Country team has been running almost every day since late June now, and the efforts of our runners are paying off. At Voice of America Park on Saturday, October 23rd, our team finished in 4th place out of all 12 teams present at the Districts meet, meaning that our whole varsity squad won themselves one last race for the season and are moving on to the Regionals meet, a feat that has been accomplished only 9 times in the past 19 years of Cross Country at Oak Hills high school. To make this already great accomplishment even greater, the OHHS Cross Country team also made it to the Regionals meet last year, meaning that the daunting challenge of getting top 4 in the Districts meet has been conquered for two years in a row!

The Cross Country team is naturally stoked about this accomplishment, with Sophomore runner Joe Helmes saying that he thinks regionals will be a real “hot boys summer” when asked his feelings about the team making it to the Regionals. His fellow teammate, Noah McKee, responded to the same question as follows: “For the second year in a row, it’s pretty good seeing that our team can step up to the plate and make it all the way to Regionals.” The general consensus of the rest of the varsity squad is that they’re excited to get to go to regionals, especially considering that they’re 2-0.



The coaches are equally ecstatic about the achievement, with head coach Nick Continenza explaining: “If I would have talked about the perfect way to make up for losing a low 15:00s runner last year, this is how it would’ve worked out. Everyone kind of stepped up and did their job.” With the graduation of James Schmidt last year, a low 15:00s runner who was the actual fastest runner to have ever ran for Oak Hills Cross Country in the entire history of the school, the team had to somehow make up for losing an extremely valuable runner in their races. Luckily for OHHS, the Highlanders don’t give in so easily, and our runners massively improved their times this year to make up for the loss of James Schmidt. Expressing a similar sentiment, assistant coach Gramke declares that “Everyone has really improved overall”.

While the varsity squad is the only part of the team that’s allowed to run in Regionals, it’s important to acknowledge the much larger junior varsity squad and recognize their feats as well. The junior varsity squad managed to score their own

last-minute Districts race last week, and many Highlanders running came close to or beat their own personal best times. Take junior varsity runner David Surman for example, who explains his experience with the race: “The Districts meet was very interesting with the last minute notice and the odd course, but in the end I got a PR (personal record) so it was amazing”, explains Surman. Despite the JV Districts course being hastily thrown together, the Oak Hills JV squad came prepared, and did amazing as a result.

Our whole Cross Country team is extremely excited to run the Regionals race at Troy this Saturday. If you'd like to see the results of the race, you can go to [live.finishtiming.com](http://live.finishtiming.com) and click on the Troy “OHSAA Regional XC Championships” after the 4:00 pm race this Saturday. Good luck to our Cross Country runners this Saturday, and go Highlanders!