TRAILS

STATE SPECIAL

OLATHE EAST CROSS COUNTRY

10/31/19 A.K. Bozarth, ed. Vol. 28, No.9

SUCCESS

John Wooden, a great coach who won more NCAA basketball titles than any other coach in NCAA history, once wrote an article on what success was. I think as we get ready for the 28th state meet in Olathe East history, we have been a very successful team. But how do you identify and define success? Is it times run and meets won? I adapted Coach Wooden's article for cross country. It's an excellent read for the state meet, and the end of a great season:

Success in coaching or racing should not be based on the number of runners beaten and races won, but rather on the basis of what you did in comparison to others, taking into consideration your individual talents, the caliber of your opponents, and the effort you put into the season and off-season.

True success comes only to the individual by self-satisfaction, in knowing you gave everything to become the very best you are capable of being. "Giving all it seems to me, is not so far from victory." Therefore, in the final analysis, the only one who can determine your success is you. You may be able to fool others, but you can never foot yourself.

It's impossible to attain perfection, but that should be your goal Less than 100% of your effort toward obtaining your goal is not success, no matter how many runners were ahead or behind you.

Others might have more ability than you. No one should be your superior in team spirit, loyality, enthusiasm, cooperation, determination, industriousness, fight and especially character. If you get and keep these traits, success will follow.

Results from the Regional Championships 10/25/2019

JCCC Course 50 and cool, great conditions

Name (Class)	Time	Place	Notes
Melody Ochana (11)	18:56	7*	New Junior meet Record
Whitney Post (10)	20:00	19	#2 soph alltime regional
Julia Schrick (9)	20:17	25	
Jacque DelaFuente (12)	20:35	32	
Emily Wilcox (10)	21:29	47	2:34 1-5 split
Brooke Wetterstrom (10)	21:47	52	
Erin Wetterstrom (11)	21:59	56	
Ryan Schmideskamp (12)	16:21	3*	
Carter Stewart (9)	16:35	9*	New Freshman meet record
Jamie Diaz (12)	16:41	14	
Clay Broockerd (11)	17:02	24	
Colton Wheately (12)	17:10	27	0:49 1-5 Outstanding!!!
Will Whitehead (10)	17:47	43	
Austin Rex (12)	18:01	50	

Team Scores for the Blue Valley West Regional

Girls

Olathe North * 55
Blue Valley West * 66
Olathe West * 84
Blue Valley Northwest 92
Blue Valley 105
OLATHE EAST 130
Gardner-Edgerton 177
Blue Valley North 185
Olathe South 203

Boys

Olathe South* 40
OLATHE EAST * 77
Blue Valley West* 107
Olathe North 109
Blue Valley 128
Gardner-Edgerton 137
Olathe West 143
Blue Valley North 204
Blue Valley Northwest 209

*state team qualifier

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Trip Itinerary for the 2019 State Championships!

Rimrock Farm, Lawrence Saturday November 2nd, 2019

7:30 Locker Rooms at East open

7:45 All athletes going to State should be at East

8:00 Bus leaves for Rimrock Farm

9:00 Bus arrives at Rimrock Farm. Help set up camp. Plan your warm-ups and bathroom breaks.

10:00 3A Boys Race

10:35 6A Boys 5k race…20 medals…3 team trophies

11:10 5A Girls Race

11:45 3A Girls Race

12:20 6A Girls 5k race….20 medals…3 team trophies

12:55 5A Boys Race

1:056A Boys Awards at the Bob Timmons trophy area (not the scoreboard)

1:20 6A Girls Awards at the Bob Timmons trophy area (not the scoreboard)

2:00 Load bus to leave Rimrock Farm

3:00 Bus arrives at Olathe East. Have a great weekend, and thank you for A GREAT SEASON!!

Short State team meeting on Monday after school in room 318 (Coach Bo's Room

6A State Championship Team Qualifiers

Girls	Boys
Derby	**Olathe East**
Lawrence Free State	Garden City
Shawnee Mission South	Lawrence Free State
Dodge City	Shawnee Mission Northwest
Olathe North	Dodge City
Manhattan	Olathe South
Olathe West	Manhattan
Shawnee Mission East	Shawnee Mission East
Wichita East	Topeka Washburn Rural
Topeka Washburn Rural	Mill Valley
Mill Valley	Blue Valley West
Blue Valley West	Wichita East

5K Class Records for the State Championship

(All held at Rimrock Farm) Girls ran 2 miles till 2004, 4k till 2014

Freshman Boys	**Freshman Girls**
1. Ben Kahnk…..16:50….2014	1. Melody Ochana..19:13..2017
2. Nick Hinrichs….17:03….2010	2. Anna Stovall….21:09…2016
2. Jason Thomas….17:31….2006	

Sophomore Boys	**Sophomore Girls**
1.Nick Hinrichs…16:25…2011	1. Rachel Post….21:23….2015
2. Colton Wheately…16:36…2017	2. Rachel Panther..22:10…2016
3. Isaac Allen……16:49….1996	

Junior Boys	**Junior Girls**
1. Ryan Hocker….16:21…2008	1. Gracyn Carmean…20:29…2017
2. Nick Skinner….16:23….2014	2. Emily Schmeeckle…20:43….2015
3. Nick Hinrichs…16:24…2012	3. Rachel Post…..21:27….2016

Senior Boys	**Senior Girls**
1. Ryan Hocker..16:15….2009	1. Kayla Davis…..18:30…..2015
1. Nick Luft……16:15…1996	2. Yulissa DelaTorre…19:33….2015
1. Nick Skinner…16:15…2015	3. Allison Vermillion….20:12…2015

Total Team Time Records for the State Meet

Total Time (Av.)	Runners	Year
83:05 (16:37)	Ben Kahnk, Colton Wheately, Alex Kirk Jacob Vermillion, Connor Young	2017
99:34 (19:55)	Kayla Davis, Yulissa DelaTorre, Allison Vermillion, Emily LaRocco, Emily Schmeeckle	2015

Past Results for Present Olathe East Runners at State (All at Rimrock)

Melody Ochana

2017 19:13/ **9th***

2018 DNF

Jamie Diaz

2018 16:50/ 28th

Colton Wheatley

2017 16:36/ 27th

Ryan Schmideskamp

2018 17:16/ 55th

Austin Rex

2016 17:34/ 43rd

2017 17:09/ 57th

2018 18:09/ 89th

Clay Broockerd

2018 17:43/ 73rd

Olathe East Team Performances at the 6A State Meet

1996 Boys 2nd*		
1997 Boys 4th		
1998 Boys 6th		
1999 Boys 11th	1999 Girls 7th	
2001 Boys 10th		
2003 Boys 11th	2003 Girls 4th	
2004	2004 Girls 5th	
2005	2005 Girls 2nd*	
2006 Boys	**2006 Girls 1st****	
2007 Boys	2007 Girls 3rd*	
2008 Boys 9th	2008 Girls 4th	
2009	**2009 Girls 1st****	
2010 Boys 12th	**2010 Girls 1st****	
2011 Boys 9th	2011 Girls 3rd*	
2012 Boys 8th	**2012 Girls 1st****	
2013 Boys 8th	2013 Girls 3rd*	
2014	2014 Girls 1st **	
2015 Boys 2nd*	2015 Girls 5th	
2016 Boys 1st **	**2016 Girls 12th**	*=state trophy **=state champions
2017 Boys 3rd*		
2018 Boys 3rd*		

Olathe East is the only team to have had either individuals or teams represent it at the KSHSAA State Championships in EVERY year of the school's existence! East has won six state team titles and fourteen state trophies.

Olathe East All-State Performers

(Top Twenty Finishers)

1993 Shannon Wickliffe 11th

1996 Nick Luft 2nd; Isaac Allen 10th

1997 Isaac Allen 2nd; Bryan Messerly 4th

1998 Isaac Allen 2nd

1999 Allison Bessler 16th

2001 James Swartz 15th

2003 Ashli Kelso 20th

2004 Amanda Miller 11th; Ashli Kelso 20th

2005 Amanda Miller 2nd

2006 Amanda Miller 5th; Darci Miller 13th; Raynard Smith 5th

2007 Darci Miller 6th; Casey Epps 12th; Taylor Wofford 19th

2008 Brooklyn Ellis 8th; Brenda Ellis 19th; Ryan Hocker 5th

2009 Brenna McDannold 7th; Brooklyn Ellis 12th; Ryan Hocker 5th

2010 Brenna McDannold 3rd; Kelsey Lathrop 15th

2011 Brenna McDannold 10th; Nick Hinrichs 14th

2012 Brenna McDannold 5th; Allison Vermillion 18th; Nick Hinrichs 18th

2013 Emily Schmeeckle 14th; Allison Vermillion 20th

2014 Kayla Davis 9th; Allison Vermillion 16th; Nick Skinner 5th

2015 Kayla Davis 2nd, Yulissa DelaTorre 10th, Nick Skinner 4th

2016 **Will Tindall 1st,** Ryan Weishaar 16th, Alex Kirk 17th

2017 Melody Ochana 9th, Ben Kahnk 10th

2018 Bryce Kaufmann 9th, Jacob Vermillion 16th

Boys Large School or 6A State Champions – Cross Country

Year	Team Champion	Individual Champion	Site
1956	Haskell Indian School	Billy Mills (Haskell)	Topeka
1957	Wichita East	Bill Dotson (Concordia)	Topeka
1958	Wichita East	Archie San Romani (Wichita East)	Topeka
1959	Wichita East	Ware (Wichita East)	Wichita
1960	Haskell Indian School	John Lawson (KC Wyandotte)	Emporia
1961	SM North	John Lawson (KC Wyandotte)	Emporia
1962	Wichita East	Tom Yergovich (KC Wyandotte)	Emporia
1963	Salina High	Jim Ryun (Wichita East)	Emporia
1964	Wichita East	Jim Ryan (Wichita East)	Wamego
1965	KC Wyandotte	Perry (Wichita North)	Wamego
1966	SM East	Bob Barratti (Wichita North)	Wamego
1967	SM East	Bob Barratti (Wichita North)	Wamego
1968	SM South	Dave Anderson (SM South)	Wamego
1969	SM South	Ryan Eichner (SM South)	Wamego
1970	Wichita Southeast	Ryan Eichner (SM South)	Wamego
1971	Wichita West	Honer, (Wichita West)	Manhattan
1972	SM South	Clark Hamilton (SM North)	Manhattan
1973	SM South	Jim Nicolay (SM South)	Salina
1974	SM North	Tim Davis (SM West)	Salina
1975	SM North	Reed Eichner (SM South)	Wamego
1976	Wichita Southeast	Greg Jones (Wichita West)	Wamego
1977	SM Northwest	Jeff Campbell (Wichita Southeast)	Wamgeo
1978	SM South	Brent Steiner (SM South)	Manhattan
1979	Topeka Seaman	Brent Steiner (SM South)	Manhattan
1980	Wichita Southeast	Steve Spillar (Great Bend)	Manhattan
1981	Dodge City	Steve Spillar (Great Bend)	Manhattan
1982	SM Northwest	Brent Ogden (KC Washington)	Manhattan
1983	Manhattan	Robbie Hays (Topeka West)	Manhattan
1984	Manhattan	Robbie Hays (Topeka West)	Manhattan
1985	Topeka West	Alec Hallock (SM West)	Manhattan
1986	Junction City	Brad Wecker (Emporia)	Manhattan
1987	Junction City	Ron Smith (SM Northwest)	Manhattan
1988	Emporia	Thad Skeeters (KC Wyandotte)	Manhattan
1989	SM Northwest	David Johnston (Lawrence)	Manhattan
1990	SM Northwest	Kevin Newkirk (Emporia)	Manhattan
1991	Emporia	Kevin Newkirk (Emporia)	Manhattan
1992	SM Northwest	Steve Fein (SMNW)	Rim Rock
1993	Emporia	Steve Fein (SMNW)	Rim Rock
1994	SM Northwest	Steve Fein (SMNW)	Rim Rock
1995	SM Northwest	Stephen Pro (Olathe South)	Rim Rock
1996	SM Northwest	Dan Gruman (SMNW)	Rim Rock
1997	SM Northwest	David Williams (Lawrence)	Rim Rock
1998	SM Northwest	David Williams (Lawrence)	Rim Rock

Year	Team Champion	Individual Champion	Site
1999	SM Northwest	David Williams (Lawrence)	Rim Rock
2000	SM Northwest	Scott Loftin (BV North)	Rim Rock
2001	SM Northwest	Alex Wilson (Wichita Heights)	Rim Rock
2002	SM Northwest	A. Sullivan (BV North)	Rim Rock
2003	SM Northwest	Paul Hefferon (BV West)	Rim Rock
2004	SM Northwest	Tucker Weems (SMNW)	Rim Rock
2005	SM Northwest	Tucker Weems (SMNW)	Rim Rock
2006	SM Northwest	Tad Eisenhower (Goddard)	Rim Rock
2007	SM Northwest	Jared Ellsworth (SMNW)	Rim Rock
2008	Lawrence	Braden Barientez (Wichita Campus)	Rim Rock
2009	Lawrence	Roy Wedge (Lawrence)	Rim Rock
2010	SM Northwest	Jacob Morgan (Topeka Washburn Rural)	Rim Rock
2011	SM South	Jacob Morgan (Topeka Washburn Rural)	Rim Rock
2012	SM Northwest	Colton Donaue (Blue Valley)	Rim Rock
2013	Manhattan	Stuart McNutt (BV West)	Rim Rock
2014	Blue Valley	Jackson Schroeder (Manhattan)	Rim Rock
2015	Olathe North	Belesti Akalu (SM North)	Rim Rock
2016	**OLATHE EAST**	**WILL TINDALL (OLATHE EAST)**	**Rim Rock**
2017	Olathe North	Trent Cochrane (Gardner-Edgerton)	Rim Rock
2018	Olathe North	Asher Molina (SM North)	Rim Rock

Girls Large School or 6A State Champions-Cross Country

Year	Team Champion	Individual Champion	Site
1977	Manhattan	Sally Warner (SM West)	Wamego
1978	SM South	Heather Cabbage (Hutchinson)	Manhattan
1979	Manhattan	Lori Nelson (SM East)	Manhattan
1980	SM Northwest	DeDe Lawless (SM South)	Manhattan
1981	SM Northwest	Pinter (Topeka Highland Park)	Manhattan
1982	SM East	Schaffer (KC Washington)	Manhattan
1983	SM East	Lori Miller (SM East)	Manhattan
1984	Topeka Seaman	Tricia Brown (SM East)	Manhattan
1985	Lawrence	Mary Powell (Lawrence)	Manhattan
1986	Lawrence	Mary Powell (Lawrence)	Manhattan
1987	Lawrence	Mary Powell (Lawrence)	Manhattan
1988	SM South	Julianne Campbell (Olathe South)	Manhattan
1989	SM East	Sally Geist (Manhattan)	Manhattan
1990	SM Northwest	Mary Kay Hill (SM Northwest)	Manhattan
1991	SM Northwest	Mary Kay Hill (SM Northwest)	Manhattan
1992	SM Northwest	Lindsay Mosier (Olathe South)	Rim Rock
1993	SM East	Lindsay Mosier (Olathe South)	Rim Rock
1994	SM Northwest	Katie Montague (SM Northwest)	Rim Rock
1995	SM Northwest	Katie Montague (SM Northwest)	Rim Rock
1996	Washburn Rural	Amanda Pape (Olathe South)	Rim Rock
1997	SM East	Colleen Winzeler (BVNW)	Rim Rock
1998	SM Northwest	Colleen Winzeler (BVNW)	Rim Rock

Year	Team Champion	Individual Champion	Site
1999	SM East	Amanda Pape (Olathe South)	Rim Rock
2000	SM Northwest	Alysha Galbraith (Olathe South)	Rim Rock
2001	SM Northwest	Amy Hastings (Leavenworth)	Rim Rock
2002	Blue Valley North	Connie Abbott (SM South)	Rim Rock
2003	SM Northwest	Jana Gwinn (BV North)	Rim Rock
2004	St. Thomas Aquinas	Laura Roxberg (BVNW)	Rim Rock
2005	SM Northwest	Laura Roxberg (BVNW)	Rim Rock
2006	**OLATHE EAST**	Laura Roxberg (BVNW)	Rim Rock
2007	Blue Valley Northwest	Laura Roxberg (BVNW)	Rim Rock
2008	Derby	Avery Clifton (Washburn Rural)	Rim Rock
2009	**OLATHE EAST**	Avery Clifton (Washburn Rural)	Rim Roc**k**
2010	**OLATHE EAST**	Amber Eichkorn (Wichita North)	Rim Rock
2011	SM Northwest	Alli Cash (SM West)	Rim Rock
2012	**OLATHE EAST**	Alli Cash (SM West)	Rim Rock
2013	Lawrence Free State	Emily Venters (Lawrence Free State)	Rim Rock
2014	**OLATHE EAST**	Emily Venters (Lawernce Free State)	Rim Rock
2015	Manhattan	Molly Born (SMNW)	Rim Rock
2016	Lawrence Free State	Molly Born (SMNW)	Rim Rock
2017	SM North	Riley Beach (BVNW)	Rim Rock
2018	Shawnee Mill Valley	Katie Schartwkopf (Mill Valley)	Rim Rock