

2015 Legends Cross Country Meet

Saturday, October 10th, 2015 at Trumbull County Fairgrounds, Bazetta, Ohio
Presented By: Maplewood High School

The goals of The Legends Meet are to:

- offer the athletes a fast, accurate course with great competition and awards
- honor the legends of the sport who will be presenting awards to the athletes
- provide athletes and coaches a link to Ohio's great history in cross country by meeting The Legends of our sport

Past Legends:

2007 - Ann Henderson and Mark Croghan
2008 - Patty Metzler Champney and Alan Scharsu
2009 - Rachel Sauder Kinsman and Scott Fry
2010 - Maggie Infeld and Ricky Pittman
2011 - Briana Shook, Bob Schul, Harrison Dillard and Bernice Holland
2012 - Marc Hunter, Harrison Dillard and Bernice Holland
2013 - Bridget Franek, Bob Lunn
2014 - Bob Mau, Julie Dias Taylor, Joanna Dias Ripple

The 2015 Legends

John Zishka – Lancaster High School



John is a 1980 graduate of Lancaster High School. While at Lancaster, John won 5 state championships - 2 in cross country 1978 and 1979 and 3 on the track (1600m/mile, 1979 & the 3200m/2 mile, 1979 and 1980.) Along the way, he set what were then, Ohio records in the 1600m, 1 mile, indoor 1000m, 3000m, and 5000m as well as a member of the state record Distance Medley and Indoor 2 mile relays.

John was a 3 time NCAA All-American in Cross Country, Indoor Track and Outdoor Track at Penn State University and the University of Oregon. At Penn St., John helped the Nittany Lions to a 3rd place team finish at the 1980 NCAA Cross Country Championships, set a school record in the indoor 3000m, was a member of the record indoor Distance Medley team and was an All-American in the 2 mile. While at Oregon, the Ducks had 2 top 10 team finishes at the NCAA Cross Country Championships and in 1984, John helped Oregon win the NCAA Track and Field Championship with his All-American performance in the 5000m.

John competed in several U.S. Championship events during his career. He was a 2 time National U.S. Junior Champion in the 5000m in 1979 and 1980 and finished 5th in the Senior Men's 5000m in 1984. He was a member of the U.S. National Track and Field teams that competed against the Soviet Union and at the Pan American Games in 1979 and 1980. John still holds the USA Junior Championship 5K meet record.

John's performance marks still rank among the best high school performances of all-time for the mile, 3000m, 2 mile, and 5000m. Personal bests are 3:43 for 1500m, 4:03.8 for 1 mile, 7:57 for 3000m, and 13:43 for 5000m.

In 1995, John was inducted into the Ohio OATCCC Hall of Fame and was inducted into the University of Oregon Athletic Hall of Fame in 2010.

John is married to Margo Zishka with three children and lives in Lancaster, Ohio. He currently teaches in the Lancaster City Schools and has also worked as a school administrator and track and cross country coach for the district over the past 22 years. John continues to run for fitness and recreation these days and still advises local runners in the Central Ohio area.

Katie Sabino Dugan – Woodridge High School



Running for one of the marquee programs in Ohio, Katie (Sabino) Dugan began building a level of excellence that serves as an example at her alma mater almost two decades later. A 1997 graduate of Woodridge High School, Katie won a pair of state cross country titles as a Bulldog before earning multiple All-American honors at North Carolina State.

As a junior, Katie won the 1995 Division III state championship and led Woodridge to the team title. She defended her title the following year as the Bulldogs finished second in the team standings. Weeks later, she finished sixth in the Foot Locker Midwest Regional to qualify for the national XC final in San Diego, where she finished 29th. She was an All-Ohio performer in cross country for four years at Woodridge and earned similar honors for her sophomore, junior and senior years in track. She also excelled in the classroom, earning academic All-Ohio recognition three years in cross country and track.

At North Carolina State, Katie had an immediate impact on one of the nation's top programs. As a freshman, she finished sixth in the Atlantic Coast Conference indoor mile and fifth in the 3,000 meters and was fourth outdoors in the 1,500. The following indoor campaign had Katie fifth in the ACC mile and sixth in the conference 3,000.

The first All-American finish for Katie occurred in the 1999 NCAA cross country meet. She earned her second national XC honor in 2001 when the Wolfpack was No. 2 in the team standings. Katie, who was an All-ACC performer in each of her four XC seasons, continued to pile up ACC and national honors on the track.

In 2000, she was third in both the ACC indoor mile and 3,000 before finishing 13th in both NCAA 3,000 races. Her outdoor season also included podium finishes in the ACC middle distance events. In 2001, Katie turned to the steeplechase and was eighth and an All-American in the event's first inclusion in the NCAA championships. She also placed fifth in the steeplechase at the USATF championships and was the ACC champion in the event and fourth in the 5,000. Katie wrapped up her Wolfpack career with All-American honors in the indoor 3,000, an ACC steeplechase title and a seventh in the NCAA steeple final.

Katie's PRs include a 4:47 mile, 10:01.00 in the steeplechase, 9:23.08 in the flat 3,000 and 15:53.69 in the 5,000

The 2015 Legends Cross Country Meet Information

Date and Location

Saturday, October 10th, 2015. The meet will be held at the Trumbull County Fairgrounds (4181 Hoagland Blackstub Rd. Cortland, OH). The Fairgrounds offer an excellent facility for cross country meets. Ample parking, sheltered seating and restrooms are available to complement a fast, spectator-friendly course. Maplewood HS will be the host school for The Legends Meet.

Awards

The top three teams in the high school races and the top two teams in the middle school races will receive team picture plaque awards. The top 7 members of the winning high school teams and the coach will receive individual awards. The top 25 individuals in the high school races and the top 15 individuals in the middle school races will receive individual awards. Individual champions in each race will receive picture plaques of them. Team awards and the award for individual champions for each race will be presented by "The Legends" in front of the grandstands 1 hour after the scheduled start time of each race. Individual awards are presented at the finish of each race.

Entry

Any school may enter the meet through Baum's Page.

Fees

- \$75 HS Boys (unlimited entries; \$10 per individual if less than 7 runners)
- \$75 HS Girls (unlimited entries; \$10 per individual if less than 7 runners)
- \$50 MS Boys (unlimited entries; \$10 per individual if less than 5 runners)
- \$50 MS Girls (unlimited entries; \$10 per individual if less than 5 runners)

* A minimum of 5 runners and a maximum of 9 runners are permitted in the team races. Schools with more than 9 runners must enter the extras in the open race or enter a "B Team".

* You may enter an additional "B Team" to compete in the varsity race for an additional \$25 per extra squad. Extra teams will be permitted only as space allows in each varsity race.

* Each coach submitting a full squad into any one of the four races will receive a coach's gift.

* PLEASE NOTE - Entry fee checks MUST be made payable to: Maplewood Running Rockets and be mailed to:

Legends Meet - Maplewood High School
Attn. Mark Yoder
2414 Greenville Road
Cortland, OH 44410

Schedule of Events - see below for division breakdown

| Time | Event |
|-------|---|
| 8:00 | Ohio Alumni State Meet - Men and Women combined Open 5K Race with Team Scoring and Awards |
| 9:00 | Jr. High Boy's Race - 2 mile |
| 9:30 | Jr. High Girl's Race - 2 mile |
| 10:00 | *HS Small School Division - High School Boy's Race - 5 Kilo |
| 10:30 | *HS Small School Division - High School Girl's Race - 5 Kilo |
| 11:00 | Presentation of The 2014 Legends / National Anthem |
| 11:20 | *HS Large School Division - High school Boy's Race - 5 Kilo |
| 11:50 | *HS Large School Division - High School Girl's Race - 5 Kilo |
| 12:30 | Boy's Open Race - All Divisions - 5 Kilo |
| 1:00 | Girl's Open Race - All Divisions - 5 Kilo |

*Our intent is to have the Large School Division to host the most competitive teams regardless of school size and the Small School Division to be the lesser competitive race. Following are guidelines based on school size to use if your team is uncertain which race to enter.

- Small School Division - division 3 and small division 2 schools (250 or less total male and female students in top 3 grades)
- Large School Division - division 1 and large division 2 schools (251 or more total male and female students in top 3 grades)

Team awards will be presented in front of the grandstands 1 hour after the scheduled start time of each race.

Points of Interest

We will be using the IPICO Chip Timing System - a chip that is attached to the runner's shoe. There will be a bullpen area at the finish of the race where water will be available and chips will be collected. If coaches have runners that do not run or do not finish the race, they must turn in the numbers for those athletes at the registration area. Schools will be charged \$10 each for missing chip. Runners will also wear a bib number on the front of their singlet that matches their chip number.

Coaches are asked to please cooperate in advance by:

- Submitting rosters online at baumspage.com by at least one week prior to the meet, sooner is better.
- Ensuring correct chips are securely placed on runners shoes... and all chips returned after race.
- Digital clocks will be available at the 1 and 2 mile marks for each race.
- Concessions and other vendors will be available beneath the grandstands.
- Results will be available at www.gopherarun.com and on Baumspage
- Meet T-shirts will be sold at the registration area.
- Restrooms are available under the grandstands and in adjacent buildings.
- There will be a \$2 parking fee per non-team vehicle that will be charged in accordance with fairground policy.