

# 2018 Legends Cross Country Meet

Saturday, October 6<sup>th</sup>, 2018 at Trumbull County Fairgrounds, Cortland, Ohio

Presented By: Maplewood High School

For more Legends Meet information visit – [www.gopherarun.com/legendsmeet](http://www.gopherarun.com/legendsmeet) or [www.baumspage.com](http://www.baumspage.com)

## 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, Mark Croghan

2008 - Patty Metzler, Alan Scharsu

2009 - Rachel Sauder Kinsman, Scott Fry

2010 - Maggie Infeld, Ricky Pittman

2011 - Bob Schul, Harrison Dillard, Briana Shook, Bernice Holland

2012 - Marc Hunter, Harrison Dillard and Bernice Holland

2013 - Bridget Franek, Bob Lunn

2014 - Bob Mau, Julie Dias Taylor, Joanna Dias Ripple

2015 – John Zishka, Katie Sabino Dugan

2016 – Dave Wottle, Kate Radkewich Burkowski

2017 - Clayton Murphy, Kate Radkewich Burkowski

## The 2018 Legends

**Emily Infeld** – We have been notified by Emily that she will be unable to attend the Legends Meet. We are happy to have Michelle Sikes as her replacement.



**Michelle Sikes** - There rarely was a challenge – either in the classroom or on the track or cross country course – that was too much for Michelle Sikes. During her years at Lakewood High School and Wake Forest University, Michelle continued to raise standards of excellence for herself and others who would follow her as a student-athlete. Her hall of fame career included All-American athletic honors in high school and college and receipt of one of the most prestigious international academic scholarships.

It did not take long for Michelle to make her mark, finishing 10<sup>th</sup> in the Division I cross country final as a freshman in 1999.

That performance proved to be the only time she would finish outside of the top four in any OHSAA championship race.

In the spring of 2000, Michelle claimed her first state title, leading a parade of six under 11:00 with her 3,200 time of 10:48.29.

She also finished second in the 1,600 at Columbus.

As a Ranger sophomore, Michelle was second in the OHSAA cross country final and then fourth in the Foot Locker Midwest regional to advance to the championship in San Diego. She finished 22<sup>nd</sup> in her first of two trips to Balboa Park for the national final. In track, she added a fourth in the 3,200 and third in the 4x800 relay to her growing list of podium finishes at the state meet.

Michelle captured the Division I title in cross country at Scioto Downs in November 2001 before closing out her junior year with a flourish at the state track meet. She claimed her second state gold medal in the 3,200 after finishing second in both the 4x800 relay and the 1,600.

As a senior at Lakewood, Michelle finished third in the state cross country meet before claiming the same place in the Foot Locker Midwest regional in Wisconsin. In San Diego at the Foot Locker final, she earned All-American honors by finishing 15<sup>th</sup> in 18:03.1. In track, Michelle wrapped up her high school career with a second in the 3,200 and fourth in the 1,600.

A National Merit Commended Scholar at Lakewood, Michelle immediately put her athletic and academic talents to use as a Demon Deacon in the Atlantic Coast Conference. Four years later, she was one of the most decorated student-athletes in Wake Forest history.

Michelle was a five-time All-American and an eight-time All-ACC honoree, earning all-league honors three times in cross country, three times in outdoor track and twice in indoor track. She was the ACC indoor 5,000 champ in 2007 and won the outdoor 5,000 and 10,000 the same year.

She also won the NCAA outdoor title in the 5,000 in 2007 with a meet and school record, becoming the first Demon Deacon female student-athlete to win an NCAA individual track championship. Her winning time of 15:16.76 is No. 9 all-time among collegians and the sixth-best time for an American college runner.

Michelle still holds outdoor school records at Wake Forest in the 1,500, mile, 5,000 and 10,000. She was the ACC Performer of the Year at the 2007 outdoor championships and a four-time All-ACC Academic honoree.

Her lifetime best of 15:09.28 at the 2007 USATF championships earned Michelle a spot on Team USA and a berth in the IAAF World Championships at Osaka, Japan. Michelle was ranked No. 5 in the U.S. in 2007 by Track and Field News.

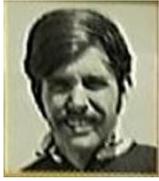
A mathematical economics major, she received the Rhodes Scholarship in 2007, becoming just the third student-athlete in Wake Forest history to earn the award. Sikes was the 2006-07 Marge Crisp Award winner as Wake Forest's female student-athlete of the year. She earned the Edwin G. Wilson Scholar-Athlete of the Year award from Wake Forest in 2007 and was the recipient of the ACC Award for Excellence in Academics and Athletics that same year. Besides the Rhodes Scholarship, Sikes received the Weaver-James-Corrigan Postgraduate Scholarship from the ACC.

Earlier this year, she was inducted into the university's sports hall of fame in her first year of eligibility.

Currently, Michelle is an assistant professor of Kinesiology, African Studies and History at Penn State University.

## Legends of the 60's

Year in and year out, the Buckeye state has produced some of the finest prep and collegiate track and cross country athletes in the country. The late 1960s and early '70s were no exception as this year's *Legends of the 60's* honorees excelled then as runners and later as coaches.

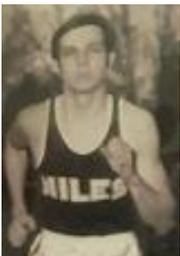


**Sid Sink** - Sid Sink's accomplishments in pure oval races indoors and out would be enough to warrant his inclusion in any conversation about the best Ohio distance runners ever. However, what the Greenville, Ohio, native did in the steeplechase and over 10,000 meters of cross country terrain leaves little doubt about his lofty position in Buckeye State running lore, setting collegiate and American records during a hall of fame career. Sid was a 10-time All-American while wearing the colors of Bowling Green State University, earning the distinction in each of the three years he could compete in the NCAA finals for the Falcons as freshmen were not allowed in varsity competition through much of the 1960s.

In his first NCAA steeplechase final, Sid was fourth in 1969 before scoring victories in meet record times in 1970 and '71, concluding his BGSU career with the then top collegiate time of 8:30.9. In 1971, he also completed the NCAA and U.S. nationals (now USATF) double in the steeple, being one of only five men ever to record the same year sweep in the event. Sid's double was the second, and fellow Legend Marc Croghan did it most recently in 1991. In that 1971 U.S. final, Sid set a then meet and American record of 8:26.4. In NCAA cross country, Sid was ninth as a sophomore. During his final two harrier seasons at BGSU, he was the No. 1 runner on one of the top teams in the country, leading the Falcons to a pair of top 10 finishes against the likes of national powers Villanova, UTEP and Oregon by claiming 12<sup>th</sup> overall in 1969 and eighth in 1970. In other outdoor NCAA finals, Sid was eighth in the three mile in 1969 and moved up to fifth in 1971. In the 1971 NCAA indoor meet, he was fifth in the two mile before claiming the top spot in 1972. In 1971, Sid was the top American in the steeplechase, according to the annual rankings by Track & Field News. The two previous years he was 10<sup>th</sup> and fourth in the steeple and ranked No. 3 in the 5,000 in 1972 behind the late Steve Prefontaine and 1968 Olympic steeple medalist George Young. As a standout for Fairview Park High School, Sid was the 1966 Ohio Class AA champion in cross country. In 1965, he was fourth in the final year of a single classification for the season finale. In the 1966 state track meet, Sid finished fifth in the AA two mile. Only five years after he graduated from BGSU, Sid was inducted into the university's Athletic Hall of Fame. The lifelong Ohioan also is a member of the Ohio Association of Track and Cross Country Coaches Hall. After he retired from competition, Sid returned to BGSU as an award-winning head track and cross country coach and then the director of compliance and certification at his alma mater where he currently resides.



**Sam Bair** was a two-time state track champion in his native Pennsylvania, but the middle distance star shattered records and barriers during a hall of fame career at Kent State University. Sam was the second Ohio-based runner (and 24<sup>th</sup> American) ever to break 4 minutes in the mile en route to being a seven-time All-American for the Golden Flashes. Sam was inducted into Kent's Varsity K Athletics Hall of Fame in the second-ever class as the first athlete whose focus was solely track/cross country. Sam later turned to coaching, leading Allegheny Community College to numerous junior college national team and individual titles and records that still stand today.



**Les Nagy – Niles McKinley / Villanova** - Truly rare is the runner who is among Ohio's and the nation's best in both high school distance races on the track. And Les Nagy was just that at Niles McKinley in 1970, finishing in the top 10 in the country (and the fastest Ohioan) in the mile and 2 mile along with the 3 mile. Les also was a vital part of the last NCAA cross country title won by legendary coach Jumbo Elliott and the Villanova Wildcats in 1970 over Oregon and the late Steve Prefontaine. Les later returned to his alma mater as track and cross country coach, leading numerous Dragons to state championship meets.



**Paul Talkington – Springfield Local / Bowling Green** - Paul was a two-time all-state miler for Springfield Local High School before becoming a teammate of 2018 Legend Sid Sink and 2016 honoree Dave Wottle at Bowling Green State University. Paul's career as a Falcon includes school records, Mid-American championships and NCAA meet appearances. After graduating from BGSU, Paul won four national AAU titles as his running focus turned to longer distances including the marathon. A member of the BGSU athletic hall, Paul's efforts as a coach also have been recognized on the high school and collegiate level, including serving as assistant coach on Malone's first NAIA national title in 1972.

# The 2018 Legends Cross Country Meet Information

## Date and Location

Saturday, October 6<sup>th</sup>, 2018 - The Legends 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 High School will be the host school for The Legends Meet.

## Awards

The top four teams in the high school races and the top three teams in the middle school races will receive team picture plaque awards. The top seven members of the winning high school teams and the coach will receive individual awards. The top 25 individuals in all races will receive individual awards. Individual champions in each race will receive picture plaques. Team awards will be presented by The Legends on the stage in front of the grandstands one hour after the scheduled start time of each race. Individual awards are presented on the stage by The Legends immediately after the finish of each race.

## Entry

Any school may enter the meet through Baum's Page beginning August 15th - [www.baumspage.com](http://www.baumspage.com)

## Fees

- \$85 HS Boys (unlimited entries; \$10 per individual if less than 8 runners)
- \$85 HS Girls (unlimited entries; \$10 per individual if less than 8 runners)
- \$60 MS Boys (unlimited entries; \$10 per individual if less than 6 runners)
- \$60 MS Girls (unlimited entries; \$10 per individual if less than 6 runners)

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

\* **IMPORTANT - PLEASE NOTE** - Entry fee checks **MUST** be made payable to: **Maplewood Running Rockets**  
(Do NOT make checks payable to Maplewood HS) and be mailed to:

**Legends Meet**  
**Maplewood Running Rockets**  
**312 Golf Drive**  
**Cortland, OH 44410**

## Schedule of Events – note the change in Division 1 Middle School Race

- 9:00 Division 2-3 Middle School Boys Race - 2 Mile
- 9:30 Division 2-3 Middle School Girls Race - 2 Mile
- 10:00 Division 3 High School Boys Race - 5K
- 10:30 Division 3 High School Girls Race - 5K
- 11:00 Division 2 High School Boys Race - 5K
- 11:30 Division 2 High School Girls Race - 5K
- 12:00 Presentation of The 2018 Legends / National Anthem
- 12:15 Elementary Kids 1 Mile - Individual awards given to the top ten boys and top ten girls
- 12:30 Division 1 High School Boys Race - 5K
- 1:00 Division 1 High School Girls Race - 5K
- 1:30 Division 1 Middle School Boys Race - 2 Mile
- 2:00 Division 1 Middle School Girls Race - 2 Mile
- 2:30 Division 1 Open Race Only if necessary due to numbers

### Points of Interest

- **Race Divisions** - For 2018 the Legends Meet will host three divisions for high school races according to OHSAA standards (Division 3 is for the smallest schools, Division 1 is for the largest). Since the meet is two weeks prior to tournaments and coaches often need to see head to head competition, all runners from a team will be permitted in the team race with the first 5 runners as scorers and the next two as displacers. As we get close to the meet, if it is deemed that numbers in a race are too large for safety, an open race will be added at 2:30. Coaches would be notified in advance of this.
- **Timing** - We will be using a chip timing system with 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 chips for those athletes at the registration area. Schools will be charged \$15 for each missing chip.
- **Digital Clocks** will be available at the 1 and 2 mile marks for each race.
- **Results** will be available at [baumspage.com](http://baumspage.com) and on [gopherarun.com](http://gopherarun.com)
- **Concessions** and other vendors will be available beneath the grandstands.
- **Legends Meet T-shirts** will be sold at the registration area.
- **Restrooms** are available under the grandstands and in adjacent buildings.
- **Parking** - There will be a \$3 parking fee per non-team vehicle that will be charged in accordance with fairground policy.
- **Coaches** are asked to please cooperate in advance by:
  - Submitting rosters online at [baumspage.com](http://baumspage.com) by the 5:00 PM deadline on the Tuesday before the meet.
  - Ensuring correct chips are securely placed on runners shoes... and all chips returned after race.