



Chiefs Cross Country



Fort Lauderdale, Fla.

Cardinal Gibbons High School

January 11, 2009

Heifers Champions of BCAA, County, Region

The girls returned six of seven from last year's varsity squad, so expectations were high for this year. The Heifers didn't disappoint. They defeated nearly every team they faced, going 35 and one in the regular season, losing only to St. Thomas Aquinas in the season opener (by one point, and without Jenna). The girls then won the John I. Leonard Invitational in West Palm Beach and the Westminster Academy Invitational (in Lauderdale Lakes) in dominant fashion. Macy won four races, and broke Heather Williams' school record at our County Championship. The team won its first Broward County Athletic Association title since the conference-only championships started in 1999. Gibbons, and Coach Lee, have won more girls' cross country county titles than any other school, but none from 1996 until last year. The girls repeated as county champions at Mills Pond Park, cementing their place as the best team in Broward with a 28-point win. Back at Mills Pond the next week, the girls finished District Runner-Up by two points to Lincoln Park, and two points ahead of Palm Beach County Champion St. Andrew's. At the Regional Championship the next week, they knocked off Lincoln Park and won their first regional title since 2000 by one point. Returning to Dade City for State, the girls matched their finish from last year—sixth in the state.



Boys Make State Finals Third Year in a Row

The Running Chiefs were faced with several challenges this season. The boys graduated three of their top runners in May. Co-Captain Shamus Flavin fought injuries all year. And, number two runner Alex Alghussain got hurt. Some things went right even early on though. Sean Pulver won races at Tradewinds Park and Quiet Waters Park in the regular season, then won the district title at Mills Pond. He is Gibbons' first boys individual champion in twenty years.

By season's end the boys were aiming to return to the state finals, and more impressively with a lineup made up of very improved runners. Pat Cummings and Mike Keleher were on JV last year. Jeb Thomas was number seven. Jon Martin wasn't on the team. Sean Mulcahey is our most promising freshman in at least five years.

In the days leading up to the regional meet, the boys could read the numbers on the wall (literally): state was a long-shot. So, every boy dug deep, ran well, and dropped significant time, finishing a shocking fifth and qualifying for state. At state, all seven boys set major personal records, and Pulver dropped 36 seconds on a cold course to run a 16:09 that makes him the third-fastest runner in Cardinal Gibbons history.



Team Race Results

Date	Race	Results:	Boys	Girls
10/10	John I. Leonard Invitational		5th	1st
10/18	Westminster Invitational		2nd	1st
	<i>Final Conference Record</i>		27-9	35-1
10/24	Conference Championship		7th	1st
10/30	County Championship		6th	1st
11/6	District Championship		3rd	2nd
11/14	Regional Championship		5th	1st
11/22	State Championship		21st	6th

Individual Honors

Sun-Sentinel & Miami Herald All-County

First Team

Macy Huskey — Sean Pulver

Second Team

Courtney Perry

Third Team

Alex Macedo, Jenna Ludwick, Madison Willis

Honorable Mention

Lauren Holsinger, Lauren Griffin, Pat Cummings, Jeb Thomas,

Alex Alghussain, Trenton Fehl, Jon Martin, Sean Mulcahey

All-State

Second Team — Sean Pulver

State Senior All-Star

Sean Pulver

***Sun-Sentinel* Girls Coach of the Year**

Coach Glenn Lee

Second Straight Year



Pizza Box Predictions

—Year 3—

Dade City

Coach Lee gets intense when making his picks

So Many to Thank...

The many aspects of our program run smoothly thanks in large part to the generosity of many of our parents. The **Thomas family** (sponsoring our team), the **Flavin family and Bahia Cabana Beach Resort** (sponsoring the county meet), and **Offerdahl's Café Grill** (sponsoring our shirts and concessions) contributed significantly. In his work for Offerdahl's, Gibbons alumnus **John May** designed the team logo for this year which graces this booklet's cover and our annual shirts. Our runners receive a discount at any of their locations. **Ms. Donna Pulver** spearheaded our concession and t-shirt sales. Since our move to Mills Pond Park last season, Ms. Pulver has been our 'team mom' organizing parents' concession donations and volunteer efforts for our home meets. She's often chipped in supplies of her own. Many of our parents will be receiving service hours for their contributions at our home and away meets. Many made the overnight trip to Dade City to watch the runners race at state. As we've undertaken the hosting of ten meets (including six championship meets) over the past two years, the local running community has taken a larger role in our program. **Don Wennerstrom**, owner of **Running Wild**, brings and works the large race clock. **Cynthia Raes-Barnard** (President of the GFLRRC) offered prizes at the County meet this season. **Mr. Mike Fehl**, the regular ice man for many of the local road races, keeps all of our drinks cool, while **Coach Lyons** makes our county t-shirts. **Mrs. Jan Cairnes** does an outstanding job scoring the several hundred runners who compete at County.



The Dudziak family is acting as hosts for today's banquet and brunch, the ninth consecutive year it has been held at the **Lighthouse Point Yacht Club**. **Mr. Dan Perry** has put together an extraordinary movie, available for sale for \$20 on DVD at the conclusion of the banquet. All profits will go towards the new track. DVD's from 2007-08 are still available for sale. For a complete collection of pictures from this season (including the ones in this program and on the display board), checkout our team blog. Team photographers included Dan Perry, Br. Michael, **Mrs. Jalima Huskey**, **Mrs. Darlene Ludwick**, **Mr. Sal Biviano '78**, **Mrs. Tish Flavin**, **Mrs. Laura Motsett**, and **Mr. Patrick Scott**.

www.cghsfl.org/blogs/cctf

Ice Man McCann: College Runner

Ryan McCann '08 has taken his running career to the next level. He earned a spot on the Florida Atlantic University cross country team in August and has proven himself even more competitive at the longer race distances. He ran a 28:56 8K at the Disney Classic in October. Eight kilometers is roughly equal to five miles. Ryan is only the third Gibbons boy to run in college in the past twenty years. He was named MVP last year after one of the most stunning individual improvements in team history. Ryan ran a 21:39 at regionals his sophomore year, then a 17:17 his senior year. Classmate David Bonner dropped significant time as well. Ryan was nicknamed the "Ice Man" for his encounter with a frigid Brooksville pool at state. Some of this year's boys made it a tradition, taking the plunge at the hotel the night before the big race. Ryan accompanied Sean Pulver to this year's Foot Locker South meet in Charlotte and ran in the open race. Numerous alumni, now spanning 37 years, run road races, cheer at meets, and run at practice.



at UM's meet (Tropical Park)

Our other recent team alumni attend a variety of colleges: **Jake Dighton '07** (Penn State), **Zach Smith '07** (Vermont), **Lance Legel '07** (UF), **Eric Barth '07** (UF), **David Bonner '08** (UF), **Joe Esposito '08** (FAU), **Ariel Urban '08** (UF), **Nicole Tegge '08** (UF), **Sasha Formica '08** (FSU), and **Katie Anderson '08** (UF).



Do we ever stop running?

Yes. Right after each season for a week or so. Cross country runners train year-round. The summer is always the ideal time to build their mileage "base." With busy summer vacations, jobs, and school, the truly dedicated student-athlete often must find the motivation to run on his or her own. However, that's not always necessary. This past summer, for the second straight year, the coaching staff offered free conditioning sessions, meeting at least three days a week. While a good offseason would consist of 6-7 days a week, these sessions help the runners stay on track. The Greater Ft. Lauderdale Road Runners Club partners with us each Summer, helping fulfill our insurance requirements. Their road races in the Winter and Summer also help spice up our training. Some runners head to camp for some fun and a change of scenery: Courtney Perry attended the Brevard Distance Runners Camp in the North Carolina Mountains last Summer. ... Remember, **championships are won with summer running.**

Spotted at Meets

We'd like to thank the many teachers and staff who came to our meets this season: **Ms. Kathleen Blyth** (Guidance Director), **Br. Michael Brickman** (Admissions), **Mr. John Coyle** (History), **Mr. Jason Hamilton** (History/Baseball), **Mrs. Angela Hamilton** (Math and a team alumna), **Mr. Mark Zmuda** (Math), **Mrs. Margo Flack** (PE/Soccer), **Mr. Carlos Perez-Cubas** (Religion/Activities), **Mr. John Kelley** (Lacrosse), and **Ms. Paula Ferrante** (Athletics). Thanks to our Principal, **Mr. Ott**, and our Athletic Director, **Ms. Crocco**, for their support at our meets, and all that you do. Ms. Blyth was instrumental in nominating us for the FHSAA's Academic Team Champions program for the first time. Our girls (3.464) and boys (3.384) combined have the highest GPA's in the athletic department so far this year.

Former Dolphin Pro Bowl linebacker **John Offerdahl** offered a motivational speech at our parents breakfast in September. Awards presenters **Brian Baer '89** and **Lindsay Simpson '01** injected some extra meaning into already special days. Brian, presenting Sean Pulver the individual district title, was our last district champion. Lindsay, our most recent girls champion, helped at regionals. She was co-captain of our last regional championship team (2000).

Versus Catholic Rivals

	BOYS	GIRLS
St. Thomas Aquinas	Lost	Won
Archbishop McCarthy	Lost	Won
Chaminade	Won	Won
Archbishop Carroll	Won	Won
Monsignor Pace	—	—
St. Brendan	Won	Won
Carrollton (G)	—	Won
Lourdes (G)	—	—
LaSalle	Won	Won
Belen Jesuit Prep (B)	Lost	—
Columbus (B)	—	—
Pope John Paul II	Won	Won
Cardinal Newman	Won	Won
Archbishop Curley	Won	Won
	7-3	10-0

Finishes based on head to head results in the following order: State, Region, District, County, BCAA, and Westminster. Belen and Columbus (4A) won state titles.

Coach Glenn Lee

Coach Lee, cross country's local dean, is in his 32nd season as the program's head coach (36th year of coaching overall). A native of Connecticut, he is a graduate of St. Francis College (Penn.) and St. John's University with a masters. While Coach Lee ran in high school, it was his tennis game that earned him a college scholarship. He returned to running when he started his coaching career at St. Andrew's in 1973, then took his first head coaching job at Gulliver Prep, where he started their teams in 1975. At St. Andrew's he was an assistant on their 1974 boys' state title-winning squad, and had immediate success at Gulliver with two of his girls winning individual state track titles. When Coach Lee was hired at Gibbons in the Fall of 1977 to teach English, he was also hired as the boys team's fourth head coach, and the girls team's first. In the thirty-plus seasons that have followed, the program has produced many of Gibbons' best students, a number of whom have gone on to run in college. As South Florida's most consistent program, Lee's Redskin/Chief harriers and 'Heifers' have produced numerous championships while sending a team to the State finals every year between 1977 and 2004: a streak that stands as the state record. Coach Lee has won numerous Coach of the Year awards, is a member of the FACA (Coaches) Hall of Fame, and was inducted into the CGHS Athletic Hall of Fame in the class of 2005. He coached the track teams from 1977 through 2000, and guided Gibbons athletes to six individual state track titles. He continues to work as an assistant with the track & field program, working with distance runners and vaulters. He spends his remaining free time playing chess. He's married to a fellow English teacher (Joann '71) and they have three daughters: Amy ('04), Jessica ('06), and Allison ('08). Boys and girls combined, Coach Lee has amassed over 800 wins (**840-109**), and that's not including the track teams or his tenure at Gulliver. His longevity and win total are believed to be county records.

Coach Santamarina is in his fourth year of coaching at Gibbons. He ran for Gibbons in 1984, his wife is an alumna, and his son (Jordan) is a senior on the team. Coach Santamarina works as a fireman and paramedic in downtown Ft. Lauderdale. He also just completed his third season as an assistant track coach. Coach Santamarina competes in triathlons and marathons. Last year he ran, biked, and swam a double-ironman triathlon.

Coach Peter Santamarina

Coach Austin Scott

Coach Scott is in his third season as a coach at CGHS. A Gibbons graduate from 2002, he is a former team MVP (2001-02) and captain (2000-02). Coach Scott graduated from Belmont Abbey College (NC), where he ran cross country. He is also an assistant track coach. Coach Scott is a member of USA Track & Field and the Greater Ft. Lauderdale Road Runners Club. He is one of only a handful of runners in team history to run in four state meets.

Coach Sheena is in her second season coaching at Gibbons. A graduate of Key West High, she is a financial services professional with New York Life. She ran cross country and track in high school, spending half of each school year in her native Baileys Harbor, Wisconsin, and then graduated from Stetson University. Her mom (Mindy Keough '71) is a Gibbons alumna. Coach Sheena also helps with the track team.

Coach Sheena Kwaterski

Multi-Sport Chiefs

Many of the runners run track in the Spring. The team starts meeting January 20th in Bayview Park, with the first official practice on the track January 26th. With a coaching staff of ten, a roster of over a hundred, and 17 events to choose from, our Track & Field program has something for everyone. The girls are defending district champions.

Many of our runners represent Gibbons on other teams. This year there should be cross country runners on the tennis, soccer, softball, lacrosse, and boys' volleyball teams. In the past couple of years we've had the captains of the girls basketball and baseball teams on our roster. For many years we've had a strong relationship with Gibbons' successful wrestling program.

Team History

BOYS

Year	Record	District	Region	State
1977	8 - 4	2nd	1st	9th
1978	14 - 0	2nd	3rd	14th
1979	14 - 1	3rd	2nd	15th
1980	13 - 1	3rd	6th	—
1981	13 - 0	1st	2nd	13th
1982	10 - 0	2nd	5th	—
1983	13 - 0	3rd	4th	14th
1984	8 - 0	3rd	6th	—
1985	6 - 0	2nd	3rd	12th
1986	7 - 0	3rd	6th	—
1987	3 - 4	8th	—	—
1988	4 - 3	6th	8th	—
1989	8 - 0	2nd	2nd	12th
1990	8 - 0	1st	1st	13th
1991	10 - 0	2nd	3rd	12th
1992	8 - 2	2nd	4th	16th
1993	8 - 2	4th	5th	—
1994	9 - 1	3rd	6th	—
1995	12 - 1	4th	6th	—
1996	12 - 3	4th	6th	—
1997	19 - 2	2nd	3rd	12th
1998	15 - 5	3rd	4th	17th
1999	11 - 8	3rd	6th	20th
2000	18 - 2	3rd	6th	20th
2001	18 - 2	3rd	4th	18th
2002	20 - 2	5th	6th	22nd
2003	14 - 6	3rd	4th	22nd
2004	14 - 6	5th	6th	20th
2005	14 - 6	4th	7th	—
2006	19 - 3	1st	4th	13th
2007	21 - 3	1st	4th	12th
2008	27 - 9	3rd	5th	21st

GIRLS

Year	Record	District	Region	State
1977	10 - 2	5th	10th	—
1978	12 - 2	2nd	6th	—
1979	13 - 2	2nd	6th	—
1980	13 - 1	2nd	4th	16th
1981	12 - 1	3rd	5th	—
1982	10 - 0	1st	3rd	16th
1983	13 - 0	1st	1st	4th
1984	8 - 0	1st	4th	7th
1985	6 - 0	1st	2nd	7th
1986	6 - 1	1st	2nd	3rd
1987	7 - 0	1st	1st	3rd
1988	7 - 0	1st	1st	13th
1989	7 - 1	2nd	4th	13th
1990	8 - 0	2nd	3rd	13th
1991	10 - 0	1st	1st	2nd
1992	10 - 0	1st	1st	2nd
1993	10 - 0	1st	1st	2nd
1994	10 - 0	1st	1st	6th
1995	13 - 0	2nd	2nd	4th
1996	13 - 2	3rd	2nd	6th
1997	19 - 2	1st	1st	5th
1998	19 - 1	1st	1st	2nd
1999	19 - 1	1st	1st	2nd
2000	19 - 1	1st	1st	2nd
2001	19 - 1	2nd	3rd	8th
2002	20 - 2	3rd	4th	14th
2003	19 - 1	2nd	6th	14th
2004	19 - 1	2nd	5th	19th
2005	16 - 4	4th	7th	—
2006	18 - 4	5th	7th	—
2007	22 - 2	1st	3rd	6th
2008	35 - 1	2nd	1st	6th

Boys' Team Highlights

WHY DO SOME RUNNERS ACHIEVE MORE THAN OTHERS?

It would seem that when people are equal in intelligence, in desire and opportunity, they should be reasonably equal in achievement. But it doesn't work that way. Often one person will accomplish much more than another with about the same potential. It isn't the capacity that makes the difference. Virtually everyone has far more capacity than he or she will ever use. The real difference is that the achievers come to recognize their hidden resources and actively develop them into practical, useful skills and abilities which they can use each day for greater achievement. So it's what you do with what you have that makes the difference.

DUAL MEET RECORD _____ 398 WINS, 76 LOSSES (since 1977)

COUNTY CHAMPS

INDIVIDUAL _____ Micah Gardner, 1987

TEAM _____

DISTRICT CHAMPS

INDIVIDUAL _____ Mike Brooks, 1981

Chris Brooks, 1982, 1983

Micah Gardner, 1986, 1987

Brian Baer, 1988

Sean Pulver, 2008

TEAM _____ 1981, 1990, 2006, 2007

REGIONAL CHAMPS

INDIVIDUAL _____ Micah Gardner, 1986, 1987

Chris Brooks, 1983

TEAM _____ 1977, 1990

STATE TOP TEN FINISHES _____ 1975 (7th), 1977 (9th)

STATE CHAMPS

INDIVIDUAL _____ Micah Gardner, 1987

TEAM _____

Girls' Team Highlights

DUAL MEET RECORD ————— 442 WINS, 33 LOSSES

COUNTY CHAMPS

INDIVIDUAL ————— Lisa Fuchs, 1993, 1994
Jessica Noguera, 1995
Nicole McCarthy, 1996

TEAM ————— 1983, 1985, 1986, 1987, 1991, 1992,
1993, 1994, 1995, 1996, 2007, **2008**

DISTRICT CHAMPS

INDIVIDUAL ————— Libet Giltz, 1981
Lisa Fuchs, 1993
April Lawrence, 1997
Christina Lawrence, 1998
Lindsay Simpson, 2000

TEAM ————— 1981, 1982, 1983, 1984, 1985, 1986,
1987, 1988, 1991, 1992, 1993, 1994,
1997, 1998, 1999, 2000, 2007

REGIONAL CHAMPS

INDIVIDUAL ————— Peggy Keough, 1988
Lisa Fuchs, 1994
Nicole McCarthy, 1996
Nikki Spann, 1997
Samantha Peck, 2000

TEAM ————— 1983, 1985, 1986, 1987, 1988, 1991,
1992, 1993, 1994, 1997, 1998, 1999,
2000, **2008**

STATE TOP TEN ————— 1984, 1985, 1994, 1996, 1997, 2001
2007, 2008

STATE FINAL FOUR ————— 1983, 1986, 1987, 1995

STATE RUNNER-UP ————— 1991, 1992, 1993, 1998, 1999, 2000

STATE CHAMPS

INDIVIDUAL ————— Nicole McCarthy, 1996

TEAM —————

All-Time Roster

Boys' Varsity Letter Winners

Tim Alper	1971	Tim Fischer	1979	Chris Putnam	1999-2000
Brady Anguilli	1998	James (Shamus) Flavin	2007-2008	Jerry Quinn	1980-1981
Brian Attis	1983-1984-1985	Matt Flynn	2000-2001	Sean Reilly	1990-1991-1992-1993
Brian Baer	1988	Angel Franco	1997	Mike Reilly	1992
Eric Barth	2003-2004-2005-2006	Tim Gabrielle	1985-1986	Baron Renneisen	2002-2003-2004-2005
Jim Beiter	1983	Micah Gardner	1985-1986-1987	Cory Rhoads	1992
Jason Beiter	1984	Tim Gillespie	1976-1977	Andrew Rode	1977-1978-1979
Jamie Belcher	1985	Danny Gomez	1996-1997	Matt Rogers	1998
Nick Beveridge	1997-1998	Paul Greely	1971	Mike Rose	1992-1993
Andrew Biviano	2007-2008	Greg Hagbery	1989-1990	Frank Saloum	1986
Sal Biviano	1974-1975-1976-1977	Joey Helkowski	1989	Jordan Santamarina	2007-2008
Greg Blanc	1978-1979	Rusty Henstien	1971	Mark Schoenfeld	1971
Jeff Blanc	1978-1979-1980	Charles Holck	1987-1988	Austin Scott	1998-1999-2000-2001
Charles Blyth	1999-2000-2001	Marty Hynes	1984-1985-1986	Ian Shakelton	1989-1990-1991
David Bonner	2004-2005-2006-2007	Jeff Jackson	1987-1988	Bryan Shartrand	2001
Joe Breza	1997-1998	Danny James	1997-1998	Tim Sheahan	1971
Chris Brooks	1980-1981-1982-1983	Ian Jenkins	1992	Bob Shearman	1979
Mike Brooks	1979-1980-1981	George Keough	1983	Nick Shulman	2002-2003-2004-2005
Pat Brooks	1982-1983-1984	Kevin King	2005	Greg Sinclair	1986
Mike Brown	1987-1988-1989-1990	Jason Kirkland	1986	Clayton Stark	2007
Paul Burkhead	1991-1992-1993	Kyle Korelishn	2002-2003-2004-2005	Adrian Smith	1984
Guy Bury	1997-1998	Pat Lank	1996-1997	Paul Smith	1988
James Campanella	1984-1985-1986-1987	Chris Lansdale	1982	Ryan Smith	1990-1991
Troy Canavan	1986-1987	Lance Legel	2006	Zach Smith	2004-2005-2006
Bryan Carter	2000-2001	Anthony Lepore	1985	Marty Sullivan	1985
Anthony Catino	1976-1977-1978	Ted Lescher	1982-1983-1984	Ken Taylor	1980-1981
Greg Chaney	1979	Francois Lucas	1979	Jeb Thomas	2007-2008
Guillaume Charron	1998	T.C. Ludwig	2007	Laurent Vauthrin	1996-1997
Francois Chidiac	1996-1997-1998-1999	Carlos Lujan	1990-1991-1992	Robert Waters	1988
Anthony Chie-for	1997-1998-1999	Scott Lyons	2000-2001	Tom Watson	1982
Chris Chie-for	2001	Jack Macaloso	1992	Sadel Watterson	2000-2001
Jon Clerk	1985	Kevin Mannifield	1983-1984-1985	Mike Werle	1993
Robert Conti	1980-1981-1982	Joe Massarella	1971	Alex White	2008
Tim Cooney	2000	Joe Mateis	1971	Peter Williams	1976-1977
Jeremy Cox	1997	Ryan McCann	2005-2006-2007	Michael Yurina	1971-1972-1973
Pat Cummings	2008	Brian McMurray	1971	Andy Zeller	1988
Robert Cummings	1980-1981-1983	Mark Meyers	1986-1987-1988-1989	Bryan Zielinski	1978-1979
Mark Cusmano	1978-1979	Eli Moebius	1986		
Mike Cusmano	1974-1975-1976-1977	Manny Nazon	1998		
Angel Delgado	1997	John Newstreet	1992		
Lorenzo Dell'Api	1996-1997-1998-1999	Keith Nolen	1984		
Adam Dick	2001	Matt Novak	1988-1989-1990-1991		
Jake Dighton	2003-2004-2005-2006	Chris O'Brien	1988-1989-1990		
J.P. Dyal	1989-1990-1991	Steve Obeck	1987		
George Eckerle	1971	Mark Olsen	1976-1977		
Gavin Elliot	1989-1990-1991-1992	Dan Ott	2000-2001		
Mark Elliott	1983	Matt Ott	1992		
Joe Esposito	2007	Jas Pannu	1986		
Matt Fiorello	1999	Rob Pascal	1979-1980-1981-1982		
Carl Fischer	1971	Richard Peereboom	1985		
Jim Fischer	1971	Frankie Pettineo	2006		
John Fischer	1979	Brian Pfeifer	1990-1991-1992-1993		
Kevin Fischer	1971	Jim Phillips	1993		
Mark Fischer	1979	Sean Pulver	2006-2007-2008		
				Claudia Abreu	1995
				Elizabeth Aleman	1995
				Christina Allison	1988
				Katie Anderson	2005-2006-2007
				Jennifer Baker	1988
				Kris Barrett	1978-1979-1980
				Georgia Beale	1999
				Jodi Bech	1995
				Jen Bennett	1997
				Queenie Berriz	1995
				Julietta Bianchi	1986-1987
				Vivian Blanco	1993-1994-1995

Boy letter-winners from the mid-70's and mid-90's are incomplete. For both, missing the classes of 2003-05.

All-Time Roster

Girls' Varsity Letter Winners

Aimee Blouin	1989	Kristina Holloway	1995-1996-1997	Mary O'Donnell	1977
Michelle Blouin	1990	Stephanie Hotte	1998-1999-2000	Katie O'Neill	2001
Bridget Blyth	2001	Michelle Hovorka	1995	Kelly O'Neill	2001
Shannon Blyth	2003-2004-2005-2006	Amanda Hynes	1992-1993-1994	Jen Overgard	1995-1996-1997-1998
Ashley Bomarito	2001	Missy Hynes	1990-1991-1992-1993	Jen Owens	1992-1993-1994-1995
Michaele Bradford	2001	Helene Iachetta	1985	Samantha Peck	1997-1998-1999-2000
Gretchen Brennison	1987-1988-1989	Cinthia Iannino	1988	Courtney Perry	2005-2006-2007-2008
Tracy Broadwater	1981-1982	Kerrie Ironman	1999-2000	Monica Pfeifer	1989-1990-1991
Abby Burnham	1989	Alex Jiminez	1997-1998-1999	Kerri Phagan	1993
Lauren Cascio	2003-2004-2005	Mary K. Donoghue	1980	Khristen Pietrucha	1991
Yvonne Catino	1978-1979	Amy Keough	1984-1985-1986-1987	Susan Pizzoferrato	1982-1983-1984
Glenda Catron	1996-1997-1998	Ann Keough	1989-1990-1991	Tricia Porraro	1983
Jennifer Chasko	1985-1986	Peggy Keough	1985-1986-1987-1988	Laura Posey	1987
Marsha Cherup	1978-1979	Teresa Keough	1982-1983-1984	Carrie Quinn	1981
Mary Christopher	2001	Amanda King	1991	Maresa Quinn	1981
Andrea Chmielewski	1994	Heather Kneer	1986-1987-1988	Afton Rastatter	1999-2000-2001
Casie Clymer	1996	Tammy Kneer	1987-1988	Ghilia Remite	1980
Nicole Craig	1997	Jen Koepfinger	1999	Jennifer Riddle	1987
Laura DiBella	1993-1994-1995-1996	Lauren Komara	1997	Liz Roberts	1997
Beth DiNonno	1989-1990	Anju Kottoor	1994	Kim Rockwell	1994-1995-1996
Ashley Eckers	2003-2004-2005-2006	Amanda Kovacs	2005-2006	Melissa Rogers	2001
Heather Eckers	1995	Terrie Lansdale	1985	Danielle Ruggieri	2005-2006
Tiffany Eckers	1998-1999	April Lawrence	1994-1995-1996-1997	Ellen Saal	1984
Julie Elder	1977-1978-1979-1980	Christina Lawrence	1996-1997-1998	Ayumi Saito	1998
Megan Ewing	2001	Kristen Lord	1997-1998	Anna Salzano	1997-1998
Rosa Ferrara	1996	Jackie Ludwick	2005-2006	Joanna Sandager	2006
Laura Findlan	2001	Megan Machuca	1997-1999-2000	Andrea Sarandes	1989
Michelle Fischer	1980	Judy Malley	1982-1983-1984	Tracey Schadeberg	1981
Lauren Formica	2006	Kathie Malley	1982-1983	Holly Schell	2000-2001
Sasha Formica	2006-2007	Nicole Mariler	1986	Nikki Schell	1999
Chelsea Forum	1998	Kelly Marshall	1992-1993	Heidi Schlicte	1993-1994
Kalynn Foster	2008	Francisca Martinez	1986-1987	Courtney Schriever	1991-1992
Carolyn Fox	1997-1998	Olivia Matos	1993	Lindsay Schriever	1992-1993
Cexri Fraser	1993	Diana Mazuelas	1986-1987-1988	Lisa Seiler	1980
Jami Frushour	1991-1992-1993	Mary McCarthy	1979	Liz Shaw	1984-1985-1986
Lisa Fuchs	1992-1993-1994-1995	Nicole McCarthy	1995-1996	Laura Sherman	1999
Kristin Furdella	2002-2003-2004-2005	Nancy McKee	1986	Lindsay Simpson	1997-1998-1999-2000
Gina Gabrielle	1984-1985-1986-1987	Molly McKenna	1998	Sarah Slagle	2002-2003-2004-2005
Pauline Galley	1996	Tessa McKenna	1998	Nikki Spann	1995-1996-1997-1998
Carolina Garcia	1986	Megan McLaughlin	1990-1991-1992-1993	Maria Stabley	1981-1982
Danielle Genticlore	1990	Molly McOwen	1995-1996-1997-1998	Kristin Swaim	1983
Heather Gilchrist	1993-1994	Claudine Mesnil	1993	Aimee Tapia	1998
Shannon Gilchrist	1988-1989-1990-1991	Julie Michael	1995-1996	Kelly Taylor	1981-1982-1983
Rebecca Gillette	1983	Shannon Michael	1994-1995-1996	Nicole Tegge	2006-2007
Tammy Gillette	1994-1995-1996	Amy Miller	1993-1994-1995	Kim Thibault	2005
Leslie Gillis	1983	Stephanie Miller	1993-1994-1995	Jamie Trent	1995
Libet Giltz	1980	Monica Chiarini	1984	Allison Truesdell	1999-2000
Jill Goldman	1980	Molly Moore	1978-1979	Ariel Urban	2004-2005-2006-2007
Lisa Gorski	1987	Megan Moran	2003-2004-2005	April Vallee	1997
Angela Grant	1995-1996	Celeste Morrison	1993	Pam Vandercook	1985-1986
Karen Green	1990	Laura Muschany	1989	Autumn Williams	1993-1994-1995
Peggy Gustafson	1984-1985-1986	Rodka Netauskova	1994	Heather Williams	1990-1991-1992
Orlantha Heethawakage	2003-2004-2005	Jessica Noguera	1992-1993-1994-1995	Courtney Williamson	1982-1984
Vivian Hernandez	1985-1986	Megan O'Connor	2001	Cornelia Zimmerli	1990

Individual Race Times-Boys

	9/16	9/23	10/1	10/7	10/10	10/14	10/18	10/24	10/30	11/6	11/14	11/22	2008	2007
Pulver	17:55	17:37	17:06	17:30	17:19	17:24	17:25	17:33	17:03	16:46	16:45	16:09	16:09	16:54
Cummings	20:34	20:17	19:27	19:06	19:08	19:11	20:02	19:35	18:48	18:53	18:32	17:51	17:51	20:29
Thomas	19:31	18:33	17:42	18:31	18:19	18:58	18:43	18:37	18:25	18:17	18:05	17:52	17:52	18:27
Alghussain	20:16	----	----	----	----	DNF	DNF	DNF	----	----	----	17:58	17:58	17:08
Fehl	21:02	19:59	18:25	18:57	19:09	19:13	19:25	18:44	19:15	18:51	18:25	18:15	18:15	18:23
Martin	21:51	----	19:28	20:03	19:10	19:28	20:00	----	18:57	19:12	18:41	18:19	18:19	----
Mulcahey	23:30	21:17	23:33	21:22	----	21:25	21:28	21:06	19:19	19:29	19:17	19:00	19:00	----
Flavin	19:29	----	----	----	----	DNF	DNF	DNF	----	----	----	----	19:29	18:52
Santa	22:16	21:20	----	20:31	----	20:28	20:52	22:29	19:36	----	----	----	19:36	20:24
Keleher	21:48	20:58	20:21	20:14	19:50	20:45	20:40	20:25	20:11	19:54	19:52	----	19:50	20:56
Gohagen	22:16	----	----	21:06	20:21	20:57	21:44	20:50	20:30	----	----	----	20:21	----
Biviano	22:39	21:57	----	21:54	----	21:20	21:44	22:08	21:43	----	----	----	21:20	22:15
Bonner	22:03	21:36	20:25	21:34	----	----	----	24:23	22:33	----	----	----	21:34	22:29
White, A.	25:11	24:17	----	23:02	----	22:48	24:29	23:11	22:16	----	----	----	22:16	25:08
Peterson	----	----	----	----	----	23:30	22:18	----	24:54	----	----	----	22:18	24:45
Halverson	22:39	----	----	----	----	----	----	----	----	----	----	----	22:39	20:38
Nicholson	----	----	----	----	----	----	----	23:58	22:48	----	----	----	22:48	----
Regan, P.	----	25:22	----	24:02	----	23:48	----	24:16	22:58	----	----	----	22:58	27:23
Barth	23:06	24:15	----	----	----	----	----	----	----	----	----	----	23:06	23:15
Vogel	----	25:58	----	25:42	----	----	----	----	----	----	----	----	25:42	28:19
Suglio	----	----	----	26:02	----	----	----	----	----	----	----	----	26:02	----
Campenni	----	26:50	----	----	----	----	----	----	----	----	----	----	26:50	29:42
Regan, B.	----	----	----	27:35	----	----	----	----	----	----	----	----	27:35	----

9/16—Conference Meet @ Mills Pond
 9/23—Conference Meet @ Tradewinds
 10/1—Conference Meet @ Quiet Waters
10/7—Conference Meet @ Mills Pond
 10/10—John I. Leonard Invit. @ Okeehelée
 10/14—Conference Meet @ Tradewinds
 10/18—Westminster Invit. @ Westminster
 10/24—BCAA Championship @ Markham
10/30—County Champ. @ Mills Pond
11/6—District Champ. @ Mills Pond
11/14—Regional Champ. @ Mills Pond
 11/22—State Championship @ Dade City



Individual Race Times-Girls

	9/16	9/23	10/1	10/7	10/10	10/14	10/18	10/24	10/30	11/6	11/14	11/22	2008	2007
Huskey	21:03	21:12	20:04	20:14	20:30	20:01	21:03	20:28	19:23	19:59	19:57	19:26	19:23	19:57
Perry	22:21	21:40	20:20	21:22	21:14	21:47	22:00	21:23	20:32	20:50	21:04	20:07	20:07	20:35
Macedo	22:58	21:51	21:05	21:16	21:05	21:30	22:02	20:53	20:33	20:38	20:33	20:34	20:33	22:38
Ludwick	----	----	----	----	----	24:28	23:28	22:25	21:58	22:04	21:20	20:52	20:52	20:32
Willis	24:04	----	22:00	23:33	22:39	22:28	22:39	21:55	21:21	21:07	21:13	20:55	20:55	20:58
Holsinger	23:45	22:53	22:16	22:37	22:12	22:31	22:36	22:00	21:19	21:19	21:14	21:18	21:14	20:13
Griffin	24:03	23:45	22:01	22:59	22:18	23:14	23:18	23:02	22:36	22:41	22:25	21:42	21:42	23:10
Dudziak	25:26	24:31	23:22	23:43	23:16	23:34	24:13	23:58	23:00	----	----	----	23:00	20:59
Bogdan	23:29	23:09	22:06	----	----	----	----	----	----	----	----	----	23:09	22:34
Seiler, M.	26:38	24:58	23:36	24:28	----	24:24	24:40	24:01	23:14	----	----	----	23:14	23:59
Flynn	----	24:33	23:50	24:55	----	24:47	24:41	25:14	23:48	----	----	----	23:48	27:11
Alessi	26:38	24:34	23:51	24:56	----	24:38	25:15	25:16	23:58	----	----	----	23:58	26:03
Cardia	----	26:11	----	24:51	----	24:18	----	----	----	----	----	----	24:18	----
Motta	----	----	----	24:32	----	----	----	----	----	----	----	----	24:32	----
Silberstein	----	24:48	25:02	26:58	----	----	----	----	----	----	----	----	24:48	24:47
Halder	----	26:01	25:36	----	----	25:34	26:35	----	24:59	----	----	----	24:59	26:02
Champin	----	25:01	----	----	----	----	----	----	----	----	----	----	25:01	----
Meadows	29:21	----	----	27:09	----	26:26	26:52	27:30	25:10	----	----	----	25:10	----
Budd	----	----	----	30:07	----	28:34	----	27:57	25:11	----	----	----	25:11	27:13
Motsett	29:43	28:12	25:55	----	----	26:10	27:22	----	25:16	----	----	----	25:16	----
Hampel	26:42	26:02	24:53	25:58	----	26:01	25:25	25:35	----	----	----	----	25:25	26:03
Cruzpino	29:35	27:11	27:06	27:01	----	26:45	27:41	28:03	25:52	----	----	----	25:52	----
McCann	29:57	28:45	27:14	28:36	----	28:54	27:54	27:46	26:47	----	----	----	26:47	30:53
Oberer	----	30:06	----	29:41	----	29:18	28:28	----	27:26	----	----	----	27:26	26:22
Munoz	----	----	----	30:42	----	30:14	----	----	28:08	----	----	----	28:08	----
Seiler, J.	32:02	28:52	----	28:36	----	28:44	----	28:26	----	----	----	----	28:26	----
White	33:05	30:03	----	29:36	----	----	----	----	----	----	----	----	29:36	----
Tight	----	----	----	29:37	----	----	----	----	----	----	----	----	29:37	----
McGowan	----	30:10	----	31:33	----	----	----	----	----	----	----	----	30:10	----
Keiler	----	35:31	----	36:02	----	----	36:39	----	31:11	----	----	----	31:11	----
Greene	----	32:30	----	----	----	----	----	----	----	----	----	----	32:30	----
Todd	----	----	----	----	----	32:36	----	----	----	----	----	----	32:36	----
Lipton	----	----	----	35:51	----	----	----	----	----	----	----	----	35:51	----

Conference Meet #1

September 16, 2008
at Mills Pond Park

GIRLS 7-1

1. St. Thomas 36
2. GIBBONS 37
3. Cypress Bay 67
4. Douglas 94
5. A. McCarthy 145
6. Lauderdale 168
7. B. Anderson 217
8. Pompano 222
Stranahan Inc.

BOYS 5-3

1. Douglas 46
2. St. Thomas 58
3. A. McCarthy 74
4. GIBBONS 91
5. Cypress Bay 114
6. Pompano 196
Lauderdale Inc.
B. Anderson Inc.
Stranahan Inc.

Conference Meet #2

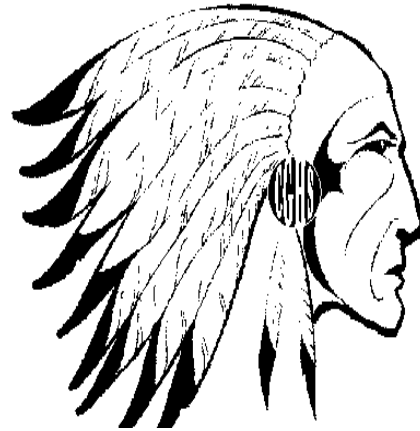
September 23, 2008
at Tradewinds Park

GIRLS 14-1

1. GIBBONS 18
2. Taravella 64
3. Pompano 101
4. Deerfield 116
5. Ely 120
6. McArthur 128
7. Northeast 168
C. Creek Inc.

BOYS 11-4

1. Taravella 20
2. GIBBONS 67
3. Ely 70
4. McArthur 124
5. Deerfield 144
6. C. Creek 164
7. Pompano 169
Northeast Inc.



Conference Meet #3

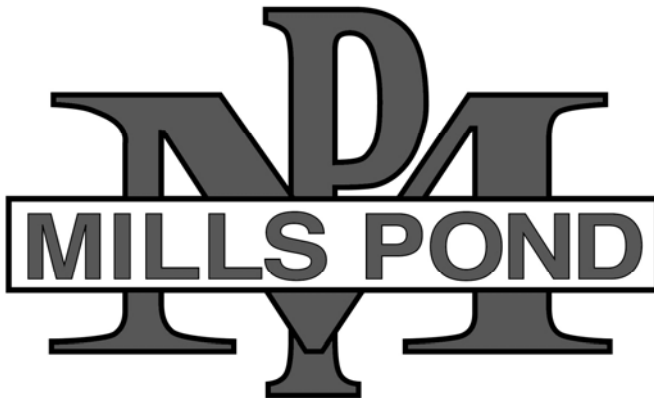
October 1, 2008
at Quiet Waters Park

GIRLS 20-1

1. GIBBONS 15
2. Flanagan 68
3. Pompano 100
4. B. Anderson 108
5. Deerfield 127
6. Ely 137
Northeast Inc.

BOYS 15-6

1. Flanagan 50
2. Ely 54
3. GIBBONS 57
4. B. Anderson 78
5. Pompano 135
6. Deerfield 145
Northeast Inc.



Conference Meet #4

October 8, 2008
at Mills Pond Park

GIRLS 28-1

1. GIBBONS 16
2. W. Broward 57
3. Deerfield 115
4. CS Charter 124
5. Coral Glades 128
6. CS Christian 138
7. Northeast 156
- C. Creek Inc.
- S. Broward Inc.

BOYS 23-6

1. GIBBONS 45
2. W. Broward 47
3. Coral Glades 105
4. S. Broward 112
5. C. Creek 132
6. Deerfield 136
7. CS Christian 142
8. CS Charter 202
- Northeast Inc.

Conference Meet #5

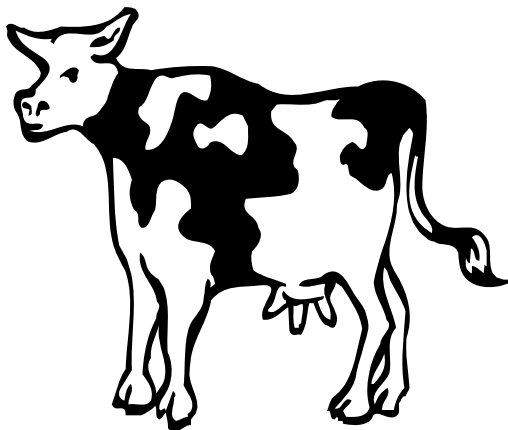
October 14, 2008
at Tradewinds Park

GIRLS 35-1

1. GIBBONS 24
2. Pine Crest 41
3. C. Springs 75
4. Lauderdale 95
5. S. Plantation 138
- C. Creek Inc.
- PP Charter Inc.
- Western Inc.

BOYS 27-9

1. S. Plantation 43
2. C. Springs 61
3. Pine Crest 62
4. GIBBONS 75
5. PP Charter 129
6. C. Creek 146
- Western Inc.
- Lauderdale Inc.



YEAR BOYS' TEAM

1971 Carl Fischer
1972 not available
1973 Mike Yurina
Dave Sprissler
1974 Jim Hill
George Sanchez
1975 not available
1976 Mark Olsen
1977 Tim Gillespie
Mark Olsen
Mike Cusmano
1978 not available
1979 not available
1980 not available
1981 not available
1982 Rob Conti
1983 Chris Brooks
1984 Brian Attis
1985 Brian Attis
1986 Micah Gardner
1987 Micah Gardner
1988 Brian Baer
1989 Mike Brown
1990 Mike Brown
1991 J.P. Dyal
1992 Gavin Elliot

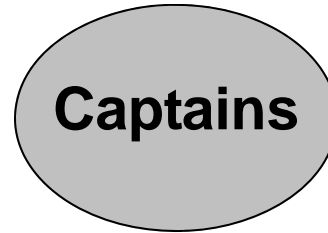
1993 Paul Burkhead
1994 Paul Burkhead
1995 not available
1996 Rob Arrowsmith
1997 Patrick Lank
1998 Francois Chidiac
1999 Lorenzo Dell'Api
2000 Austin Scott

2001 Austin Scott
2002 Adam Dick

2003 Scott Lyons
Bryan Shartrand

2004 Bryan Shartrand
2005 Kyle Korelishn
2006 Jake Dighton
2007 David Bonner
Ryan McCann

2008 Sean Pulver
Jeb Thomas
Shamus Flavin



GIRLS' TEAM

Julie Elder

Mary McCarthy
Kris Barrett
Libet Giltz
Tracey Schadeberg
Tracey Broadwater
Kathie Malley
Teresa Keough
Gina Gabrielle
Vivian Hernandez
Amy Keough
Peggy Keough
Gretchen Brennison
Beth Dinnono
Monica Pfeifer
Courtney Schriever
Heather Williams
Megan McLaughlin
Amy Miller
Amy Miller
Laura DiBella
April Lawrence
Christina Lawrence
Alexandra Jiminez
Lindsay Simpson
Samantha Peck
Stephanie Hotte
Holly Schell
Afton Rastatter
Michaele Bradford
Justine Keenan
Gina Pettineo
Meghan Ewing

Lauren Cascio

Ariel Urban
Nicole Tegge
Sasha Formica
Katie Anderson
Courtney Perry
Lauren Griffin



**Most
Valuable
Award**



	BOYS' TEAM	YEAR
	Carl Fischer	1971
	Kevin Fischer	1972
	Dave Sprissler	1973
	George Sanchez	1974
	Jim Hill	
	George Sanchez	1975
	Jim Hill	
	Mark Olsen	1976
	Tim Gillespie	1977
	Anthony Catino	1978
	Greg Blanc	1979
	Mike Brooks	1980
	Mike Brooks	1981
	Chris Brooks	1982
	Chris Brooks	1983
	Brian Attis	1984
	Brian Attis	1985
	Micah Gardner	1986
	Micah Gardner	1987
	Brian Baer	1988
	Mark Meyers	1989
	J.P. Dyal	1990
	J.P. Dyal	1991
	Gavin Elliot	
	Gavin Elliot	1992
	Paul Burkhead	1993
	Paul Burkhead	1994
	not available	1995
	not available	1996
	Francois Chidiac	1997
	Francois Chidiac	1998
	Francois Chidiac	1999
	no award	2000
	Austin Scott	2001
	Sadel Watterson	2002
	no award	2003
	no award	2004
	no award	2005
	Zach Smith	2006
	Ryan McCann	2007
	Sean Pulver	2008

GIRLS' TEAM

Julie Elder
 Mary McCarthy
 Kris Barrett
 Libet Giltz
 Tracey Schadeberg
 Kathie Malley
 Kathie Malley
 Teresa Keough
 Gina Gabrielle
 Vivian Hernandez
 Amy Keough
 Peggy Keough
 Beth DiNonno
 Cornelia Zimmerli
 Courtney Schriever
 Monica Pfeifer
 Heather Williams
 Courtney Schriever
 Lisa Fuchs
 Lisa Fuchs
 Jessica Noguera
 Nicole McCarthy
 Nikki Spann
 Christina Lawrence
 Lindsay Simpson
 no award
 Afton Rastatter
 Afton Rastatter
 no award
 no award
 no award
 Jackie Ludwick
 Ariel Urban
 Macy Huskey

Grade Level Records—Girls

9th Grade	1. Macy Huskey	19:57	2007
	2. Afton Rastatter	20:03	1999
	3. Lauren Holsinger	20:13	2007
	4. Madison Willis	20:58	2007
	5. Lindsay Simpson	21:10	1997
	6. Kim Harter	21:37	2005
	7. Kelly O'Neill	21:52	2000
	8. Vanessa Ricatti	22:01	2003
	9. Megan O'Connor	22:05	2001
	10. Bridget Blyth	22:32	2001



Alex Macedo

10th Grade	1. Macy Huskey	19:23	2008
	2. Nicole McCarthy	19:49	1995
	3. Lindsay Simpson	19:51	1998
	4. Samantha Peck	20:01	1998
	5. Afton Rastatter	20:02	2000
	6. Heather Kneer	20:11	1990
	7. Jenna Ludwick	20:32	2007
	8. Alex Macedo	20:33	2008
	9. Madison Willis	20:55	2008
	10. Nicole Dudziak	20:59	2007

11th Grade	1. Nicole McCarthy	19:33	1996
	2. Lisa Fuchs	19:59	1995
	3. Lindsay Simpson	20:03	1999
	4. Jackie Ludwick	20:29	2006
	5. Courtney Perry	20:35	2007
	6. Samantha Peck	20:39	1999
	7. Afton Rastatter	20:42	2001
	8. Christina Lawrence	20:52	1997
	8. Jenna Ludwick	20:52	2008
9. Nikki Spann	20:55	1997	



Courtney Perry

12th Grade	1. Heather Williams	19:25	1992
	2. Afton Rastatter	19:40	2002
	3. Peggy Keough	19:48	1988
	4. Christina Lawrence	19:50	1998
	5. Courtney Schriever	19:57	1992
	6. Lindsay Simpson	20:06	2000
	7. Courtney Perry	20:07	2008
	8. Samantha Peck	20:13	2000
	8. Nikki Spann	20:13	1998
8. Ariel Urban	20:13	2007	

Grade Level Records—Boys

9th Grade	1. Greg Hagbery	17:33	1989
	2. Rob Cummings	17:41	1980
	3. Chris Brooks	17:45	1980
	4. Scott Lyons	18:03	2000
	5. Billy Zenga	18:04	2003
	6. Jake Dighton	18:11	2003
	7. Ted Lescher	18:14	1982
	8. Francois Chidiac	18:26	1996
	9. Mark Myers	18:33	1986
	10. Mike Werle	18:41	1993

10th Grade	1. Chris Brooks	15:57	1981
	2. Billy Zenga	16:33	2004
	3. Micah Gardner	16:40	1985
	4. Francois Chidiac	16:53	1997
	5. Rob Cummings	17:03	1981
	6. Greg Hagbery	17:05	1990
	7. Alex Alghussain	17:08	2007
	8. Gavin Elliot	17:14	1990
	9. Rob Pascal	17:15	1980
	10. Zach Smith	17:16	2004

11th Grade	1. Micah Gardner	15:57	1986
	2. Chris Brooks	15:59	1982
	3. Brian Attis	16:43	1984
	4. Billy Zenga	16:53	2005
	5. Sean Pulver	16:54	2007
	6. Francois Chidiac	16:56	1998
	7. Rob Conti	16:57	1981
	8. Greg Sinclair	16:58	1986
	9. Mike Brooks	17:05	1980
	10. Rob Pascal	17:07	1981

12th Grade	1. Micah Gardner	15:24	1987
	2. Chris Brooks	15:43	1983
	3. Sean Pulver	16:09	2008
	4. Tim Gillespie	16:23	1977
	5. Mike Brooks	16:24	1981
	6. Mark Olsen	16:32	1977
	7. Brian Baer	16:34	1988
	8. Brian Attis	16:46	1985
	9. Greg Blanc	16:52	1979
	9. Zach Smith	16:52	2006



Alex Alghussain



Sean Pulver

A True Champion

Micah Gardner '88 Micah is the fastest and most accomplished distance runner the school has had. After finishing second at the cross country state finals his junior year, he dominated the meet in 1987 with a time of 14:52 for 3 miles and became Gibbons' first cross country state champion. He led wire-to-wire, winning by more than fifteen seconds over the defending champion. That time still stands as the school record and no Gibbons boy has run within a minute of it since. He went undefeated that season running major invitationals, including the County, District, and Regional meets. Micah finished the season an Honorable Mention All-American and both major newspapers' Runner of the Year. On the track he and Vince Powell led the boys to a fourth place finish at state, a high-water mark for the program. He holds the mile school record at 4:22 and is the second-fastest 2-miler in team history behind Chris Brooks. Micah went on to run for the University of Miami on a full scholarship, where he was their cross country team's top runner all four years and set school track records in the 10K, indoor 5K, and as part of the 4 x mile relay. He was also the track team's academic captain, tutoring his teammates. Micah later returned to Gibbons to teach history and coach from 1995 to 2000, even serving a stint as the boys track and cross country head coach. He coached Greg Walker to a county triple jumping title and a school record. Micah's dedication and passion for his sport have been the model for a generation of Gibbons runners. Even after several years away from Gibbons pursuing his music career in Islamorada, his notes of encouragement mean the world to young runners, some who've never met him. At banquets and awards ceremonies, runners want their picture taken with him. At meets all over the state opposing coaches ask about him, calling him one of the greats. Micah Gardner is, without a doubt, the standard-bearer for Gibbons running. He was inducted into Gibbons' Athletic Hall of Fame on January 26th 2008.

The Best of the Best

Nicole McCarthy.

She is the only girls' individual cross country state champion Cardinal Gibbons has ever had. She transferred to Gibbons her sophomore year from Douglas. Unfortunately, Douglas refused to sign her athletic transfer waiver until after the cross country season had ended. Her junior year, McCarthy bore the pressure of replacing Jessica Noguera and Lisa Fuchs, both Runners of the Year, as the team's top runner, and the team hadn't lost a county championship in six years. Nicole stepped up to the challenge and went undefeated, leading her teammates to a near-perfect season...through invitationals and the county meet. At the District meet that year (1996), Coach Lee decided to rest his top runners, a gamble that paid off in full when McCarthy won the Regional Championship the following week, leading the team to a runner-up finish. At the state championship, she ran an 11:46.3, close to her PR of 11:45, to win the championship in the last year Florida girls would run 2 miles for cross country. The following Spring, she won the 3200 meter state track title. Before her senior year, Nicole and her family moved upstate, where she continued to run cross country (now 3 miles) and track. And, while she never repeated the success she had running for Gibbons, she was awarded a full scholarship to the University of South Florida in Tampa. Currently, Nicole lives in Clermont and is one of the state's top triathletes.



All-Time Fastest Runners

BOYS

1. Micah Gardner 15:24 1987
2. Chris Brooks 15:43 1983
3. **Sean Pulver 16:09 2008**
4. Tim Gillespie 16:23 1977
5. Mike Brooks 16:24 1981
6. Mark Olsen 16:32 1977
7. Billy Zenga 16:33 2004
8. Brian Baer 16:34 1988
9. Brian Attis 16:43 1984
10. Greg Blanc 16:52 1979
10. Zach Smith 16:52 2006

GIRLS

1. **Macy Huskey 19:23 2008**
2. Heather Williams 19:25 1992
3. Nicole McCarthy 19:33 1996
4. Afton Rastatter 19:40 2002
5. Peggy Keough 19:48 1988
6. Christina Lawrence 19:50 1998
7. Lindsay Simpson 19:51 1998
8. Lindsay Schriever 19:57 1992
9. Lisa Fuchs 19:59 1995
10. Samantha Peck 20:01 1998



CARDINAL GIBBONS CROSS COUNTRY

School Founded 1961

Mills Pond Park — Home Course

Broward County Athletic Association — Conference

Florida High School Athletic Association — Affiliation

Msgr. Vincent T. Kelly
Supervising Principal

Mr. Paul D. Ott
Principal

Sr. Marie Schramko, OSF
Assistant Principal

Ms. Louise A. Crocco
Athletic Director

Mr. Glenn Lee
Head Coach

Mr. Austin Scott
Assistant Coach

Mr. Peter Santamarina
Assistant Coach

Ms. Sheena Kwaterski
Assistant Coach

Mr. Steve Lyons
Track & Field Head Coach

Mr. Michael Morrill
Assistant Athletic Director

Ms. Paula Ferrante
Administrative Assistant

Mr. Matt Dubuc
Associate Assistant

Ms. Christine Ferwerda
Athletic Trainer

Mr. Craig Probst
Head Coach, 1971-74

Mr. Ed Kozol
Head Coach, 1974-76

Mr. Bob Layton
Head Coach, 1976-77