

# All-Area CrossCountry

## BOYS RUNNER OF THE YEAR



**JIM MILLER**  
**URBANA**  
JUNIOR

### The MILLER File

- Took over as Urbana's top harrier, using consistency to pace the Hawks despite being a rare one-season runner (he also plays ice hockey and lacrosse).
- He captured the Frederick County individual championship, for his first major victory.
- He went on to finish the season with a third-place effort in the 3A West Region and an eighth-place finish in the 3A state with a time of 17:22 — the best among county finishers.

## BOYS COACH OF THE YEAR



**NICK SNYDER**  
**THOMAS JOHNSON**

### The SNYDER File

- After taking over the program four years ago and setting the tone with his dedication and demanding style, Snyder saw his efforts culminate with a convincing win in the county championship that snapped Urbana's six-year reign.
- Snyder's Patriots — who also won the MVAL Chesapeake and 4A North Region meets — possessed one of the tightest packs around, capable of finishing within less than 30 seconds of one another.

## BOYS FIRST TEAM



**BRADEN BRUNING**  
**LINGANORE**  
FRESHMAN

■ Started making a name for himself by taking 5th in county, 10th 4A North.



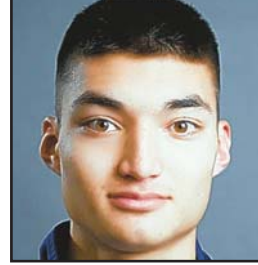
**ANDREW CANTOR**  
**THOMAS JOHNSON**  
SENIOR

■ One of the Patriots' most reliable runners was 9th in county, 9th in 4A North.



**BEN EBERT-ZAVOS**  
**THOMAS JOHNSON**  
SENIOR

■ The steady senior and leader was 7th in county, 8th in 4A North for strong Patriots.



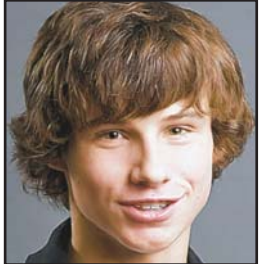
**NICK HUANG**  
**URBANA**  
SENIOR

■ Battled vocal chord problem to take 11th in county and win the 3A West title, was 22nd in 3A state.



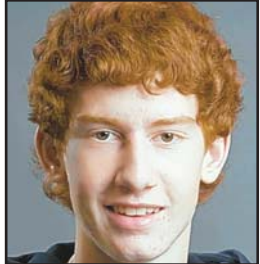
**DAN JOHNSON**  
**THOMAS JOHNSON**  
SENIOR

■ An invaluable member of Patriots' pack was 6th in county, 7th in 4A North.



**STEPHEN KEITH**  
**WALKERSVILLE**  
SOPHOMORE

■ Continued his ascension by taking 2nd in county, 9th in 2A West, 25th in 2A state.



**ADAM RUDY**  
**LINGANORE**  
JUNIOR

■ Showed promise with 4th-place county finish; took 15th in 4A North.



**SCOTT SHATTO**  
**THOMAS JOHNSON**  
SENIOR

■ Consistently helped pace the powerful Patriots; was 3rd in county; 2nd in 4A North.

### HONORABLE MENTION

**Linganore**—Rusty Martin, senior; Lyndon Novotny, senior. **Middletown**—Hank Binzer, senior; Brady Dailey, sophomore; Andy Drum, sophomore. **St. John's-PH**—Taylor McDowell, senior. **Thomas Johnson**—Brian McShea, senior; Andrew Edland, senior; Matt Healy, junior. **Urbana**—Ellery Murdock, senior; Josh Allwardt, sophomore; Garet Strouse, sophomore. **Walkersville**—Christian Blackner, junior; Mike Patschak, senior; Luke Zeller, senior; Edward Hong, sophomore; Colin Hartman, senior.

## GIRLS RUNNER OF THE YEAR



**SARA FISHER**  
**BRUNSWICK**  
SENIOR

### The FISHER File

- A nonchalant star, Fisher came into her own in her final season with the Railroaders.
- She won every major meet she entered, running to victory at the MVAL Antietam, Frederick County, 1A West and 1A state — the last of which she notched with a heavy heart after the death of a childhood friend. Her state win came in 20 minutes, 11 seconds.
- The senior also took invitational wins at the Don Stoner and Brunswick races.

## GIRLS COACH OF THE YEAR



**CHRIS LEWIS**  
**THOMAS JOHNSON**

### The LEWIS File

- Made the switch from Urbana girls assistant to TJ head coach and helped take the Patriots to the next level in his first season at the helm of a program.
- The Patriots halted Urbana's seven-year vice-grip on the county championship, using a pack of runners that was deep and talented.
- His team also won the MVAL Chesapeake title, placed third in the 4A North and 10th in the 4A state.

## GIRLS FIRST TEAM



**STEPHANIE BRYAN**  
**THOMAS JOHNSON**  
JUNIOR

■ Top runner on county's top squad won 4A North; 2nd in county; 31st in 4A state; won MVAL Chesapeake.



**KAYLA COLEMAN**  
**URBANA**  
FRESHMAN

■ Another in a long line of strong Hawks; was 8th in county, 3rd 3A West.



**KATHRYN FOSSACECA**  
**URBANA**  
JUNIOR

■ Hawks leader was the area's best again; was 4th in county; 2nd in 3A West.



**KELSEY IGO**  
**THOMAS JOHNSON**  
JUNIOR

■ Helped provide depth to county champs; 7th in county, 11th in 4A North.



**KRISTIN LUTTRELL**  
**THOMAS JOHNSON**  
JUNIOR

■ Turned in another strong campaign; was 3rd in county, 3rd 4A North, 17th 4A state.



**BRIDGET NOLAN**  
**LINGANORE**  
JUNIOR

■ Lancers' top harrier was 5th in county, 10th in 4A North; 37th 4A state.



**SAVANNA PLOMBON**  
**THOMAS JOHNSON**  
SOPHOMORE

■ Important part of Patriots' pack; placed 6th in county; 15th in 4A North.

### HONORABLE MENTION

**Brunswick**—Becky Kaler, junior. **Catoctin**—Kristy Steiner, senior. **Middletown**—Katie Busard, sophomore. **Tuscarora**—Joy Johnstone, sophomore; Katie Clark, freshman; Caroline Delaney, sophomore. **Thomas Johnson**—Kristen Galligan, sophomore; Katie Levine, sophomore; Amanda Caudle, senior. **Urbana**—Leslie Aird, senior; Kelly Ramsburg, senior. **Walkersville**—Megan Kaczor, freshman.