

FOR IMMEDIATE RELEASE:



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## HIGH SCHOOL SENIORS HONORED AT FACA ALL STAR CROSS COUNTRY MEET

**Tallahassee, FL, December 6, 2008** – Just when we thought cross country season had come to a close, over 50 athletes plus their parents and the all star team coaches traveled to Tallahassee to compete on the truest cross country course of the season at the Maclay School. Florida's top high school seniors were honored at the Florida Athletic Coaches Association (FACA) All Star Meet. Teams were divided into the four FHSAA regions. Region 2 won the boys race and region 1 won the girls race.

The region 3 girls ran very well, especially since most of them stopped training after the State meet two weeks prior. Even though they might not have been in top shape, some impressive times were run on this two and a quarter loop race over tough terrain. Gary Droze, meet director, put on a great meet and the course was truly cross country over grass, through woods, up a hill, and through a holding pond. The conditions of the holding pond vary depending on the weather and with the heavy rains the weekend before, it made for an exciting race through several inches of water and mud. The course was unlike any course the athletes from southwest Florida have seen. "This was the type of course I ran on in high school and college," reported region 3 all star coach Rae Ann Darling Reed. "I sometimes feel bad for the athletes in our area because they don't get to experience real cross country courses. I would love to take a group to Northfield Mountain in Massachusetts where I ran State in high school. Then the *hills* at Little Everglades Ranch in Dade City would no longer be called hills."

### Region 3 Girls Results:

Place	Time	Name	School
3 <sup>rd</sup>	18:45.42	Mariana Lucena	Cypress Bay HS
17 <sup>th</sup>	21:18.17	Mason Gardberg	Lemon Bay HS
20 <sup>th</sup>	21:50.44	Jessica Pate	Manatee HS
21 <sup>st</sup>	21:55.96	Sara Allen	Boca Ciega HS
22 <sup>nd</sup>	22:06.66	Megan Reuss	Lakewood Ranch HS
23 <sup>rd</sup>	22:42.11	Allison Corder	Boca Ciega HS

Race photos: <http://www.runnergirl.com/team.shtml>



Left to Right: **Coach Rae Ann Darling Reed** (Region 3 All Star Girls' Coach & Manatee High Coach), **Mariana Lucena** of Cypress Bay HS, **Jessica Pate** of Manatee HS, **Megan Reuss** of Lakewood Ranch HS, **Mason Gardberg** of Lemon Bay HS, **Sara Allen** of Boca Ciega HS, **Allison Corder** of Boca Ciega HS

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