

## Indiana place third overall in Mid-East Meet in Ohio Fout breaks course record to pace Indiana All-Stars

KETTERING, OH

Mike Fout's record run paced the Indiana All-Star cross country team to a combined third place finish Saturday at the Mid East All-Star meet in Kettering, Ohio.

Fout out-ran the best of the midwest in winning the boy's race in a course-record time of 14 minutes, 59 seconds. He helped the Indiana boy's finish third (56 points) behind Ohio (41) and Michigan (51). Pennsylvania (111), Illinois (119) and Kentucky (244) rounded out the field.

In the girl's race, Jasper's Lacey Oeding led the Indiana team with a ninth-place finish in 18:37. The Indiana team was also third with 69 points. Michigan won with 40 points and Ohio was second with 43. Also, Pennsylvania (105), Illinois (134) and Kentucky (239) rounded out the field.

In the combined scoring, Ohio won with 84 points and Michigan was second with 91 points. Indiana was third with 125 points, easily out-distancing the rest of the field. Pennsylvania (216), Illinois (253) and Kentucky (483) completed the field.

"I felt strong," said Fout, the recent IHSA champion. "One of the great Michigan runners (Maverick Darling) was here and I knew he'd take it out hard. I just wanted to run my race." Fout did just that, hounding Darling through the first 4 kilometers of the 5 kilometer race (3.1 miles). And with 400 meters to go, Fout passed Darling and raced to a 6-second win. "The competition was really tough," Fout said. "I'm sure I'll see a lot of these guys next week at the Footlocker meet in Wisconsin." Fout was happy with his teammates. "Everyone ran well," Fout said. "It was great to meet the night before and hang out with everyone. It's tough to take three weeks off and run well." Fout was referring to the three-week lapse between the Indiana state meet and Saturday's all-star meet. Most other states had only one week between races.

Oeding was also pleased with her teammates. Behind Oeding, the Indiana girl's team had 5 more runners place in the top 19. Indiana state champion Alexandra Banfich struggled with the flu, placing 18th. "I was surprised," Oeding said of the quality of competition. "It was crazy. The competition was intense. I've never started a race that fast."