

YAIAA Div. I boys' cross-country all-stars

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Dec 7, 2007 — The York Daily Record/Sunday News has named its 2007 YAIAA Div. I boys' cross-country all-stars.

Runner of the year

Greg Kareis, Red Lion: The senior capped a sensational career on area courses with his second runner of the year honor and third overall all-star nod.

After leading the Lions to a 16-2 overall record and a second-place finish in Division I, Kareis won his second straight YAIAA championship with a 21-second victory over Eastern York's James McBride at John C. Rudy County Park. His winning time was 16:02.75.

Kareis then finished second in the District 3 Class AAA race in Hershey with a time of 16:57, and he wrapped up the season with a seventh-place finish at states.

In other big meets, the Red Lion runner won the Carlisle Invitational and finished third in the

Gettysburg Invitational.

All-stars

The 2007 York Daily Record/Sunday News YAIAA Div. I varsity boys' cross-country all-stars include, top row from left, Chuck Lockwood, Dallastown; and Tim Moyer, Dallastown. Bottom row, Josh Reeve, Dover; and Jeremy Saur, York Suburban.

Chuck Lockwood, Dallastown: The sophomore helped the Wildcats to a 13-5 overall record, then went on to finish fourth at the YAIAA meet, in 16:58.47. A two-time all-star, Lockwood was

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also 17th at districts, qualifying for the PIAA meet.



Red Lion's Greg Kareis is the 2007 York Daily Record/Sunday News YAIAA Div. I varsity boys' cross-country runner of the year. (Submitted)

sophomore trifecta (with Jacob Jones and Nick Schrading) who led the Trojans to an 18-0 season (including 6-0 in Division I) and a third-place team finish at the district Class AA meet. Saur finished fifth at the YAIAA championships in 17:04.78.

Coach of the year

Ron Herman, York Suburban: Herman earns this honor after leading his Trojans to a perfect 18-0 regular-season record and a third-place team finish in the District 3 Class AA meet, and a 14th-place finish at states. Two of his runners (Saur and Schrading) finished in the top 10 at the league meet, while two (Schrading and Jones) were in the district top 20.

Tim Moyer, Dallastown: The senior was the top runner for the Wildcats, finishing third in the YAIAA meet in 16:42.24 - just ahead of his teammate Lockwood and just behind a pair of runners of the year (Kareis and McBride). A two-time all-star, Moyer finished seventh at districts and 25th at states in Class AAA.

Josh Reeve, Dover: Reeve paced the Eagles to a 13-5 overall record. The junior then finished eighth in the YAIAA meet in 17:18.2, qualifying for districts.

Jeremy Saur, York Suburban: Part of a

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