



Katherine Frey/Journal

Quince Orchard's Karen Pulliam completed her second consecutive sweep of the county, region and state cross country meets Saturday. She completed the state course at Hereford High in 19:26.90 to lead the Cougars to a team title.

# Pulliam, QO girls take state

## St. Denis stuns 3A, NW boys finish sweep

By **JIM CROWLEY**  
Journal staff writer

HEREFORD — Karen Pulliam's five-month journey came to fruition in a matter of minutes during the state cross country championship meet Saturday at Hereford High School.

The Quince Orchard senior, who had surgery in June to remove bone spurs from her heels, repeated cross country's triple crown by winning her second straight 4A individual state title. This marks the second consecutive year Pulliam has won county, region and state titles.

Pulliam finished the three-mile course in 19:26.90 Saturday, 30 seconds faster than runner-up Lauren Centrowitz of Broadneck, and her effort helped the QO girls cross country team win its first-ever state title. The Cougars ran away with a 55-98 win over C. Milton Wright. Rose Overbey (seventh), Beth Bower (12th), Lindsey Schneider (13th) and freshman Lina Aybinder scored for QO.

Pulliam was relieved, ecstatic and even sad-

### STATE CROSS COUNTRY CHAMPIONSHIPS

dened after her personal and team victories. The day marked the end of her and Schneider's cross country careers.

"All we wanted was a team title," Pulliam said. "And for it to be in our senior year of our favorite sport with such a great team that we have, there's nothing more we can ask for."

"All I could think was this is my senior year, and my team needs me to win because those points could come back at us. If that's one more point I could save us, then that's what I'd do."

Walter Johnson received a vital point from sophomore Ashley St. Denis in a heated 3A girls championship race.

After cutting her hair last Wednesday, the St. Denis decided maybe she should go for a new look. The Wildcat sophomore changed her hair from light brown to red, just like her three

Please see **RUN, B4**

# NW boys finish run

RUN from B1

ed-headed sisters.

"I just said, 'Hey, how about a change? Maybe I'll shock a few people,'" St. Denis said.

She did, and it wasn't just her new haircut that turned heads.

St. Denis defeated Dulaney senior Tenke Zoltani, the state's top-ranked runner and defending 3A state champion, by 22 seconds. St. Denis opened her sizeable lead with a mile remaining. She carried it to a 19:26.98 finish — the second fastest girls run with exception of Pulliam.

St. Denis was surprised to win, though. With Zoltani a senior shooting for Pulliam's state course record, St. Denis expected a fight. She got one.

"I didn't think I could do it," St. Denis said. "But after the race started, I thought, 'Hey if she could do it, why can't I? We're not so different.'"

Zoltani led Dulaney (55 points) to a blowout state championship, as St. Denis led Walter Johnson (97) to third, four points shy of second-place North Carroll (93) and three points ahead of fourth-place Mt. Hebron (100).

The Northwest boys cross country team saved its best for last. After winning county and region championships, the Jags' top five finished a season-best 41 seconds apart Saturday, as Northwest

(101) edged Dulaney (103) and Mt. Hebron (108) for the 3A boys state title.

Northwest followed the same script it has used all year and didn't overpower teams with one or two individuals. It instead hit them with five almost all at once. Northwest scored its top five within the state's top 30. Kelly Griser led the attack by finishing in 17:07.72 for 12th place, while Tom Rathbone (18th), Matt Logie (19th), Matt Walenciak (25th) and Kevin Lebkicher (27th) sealed Northwest's sweep this season.

"You couldn't expect anything better than to go county, region and then state champions," Griser said.

Gaithersburg placed runner-up in the 4A boys race, led by third- and sixth-place finishes by Maksudal Ali and Eric Pauley, respectively. C. Milton Wright tied 1973's Middletown team for the second lowest score in boys state championship history, 20 points, in winning its first-ever boys title. Wright standout, Pat Bailey, took the individual title in 16:38.04.

Churchill's boys and girls teams both finished third. The Bulldogs' boys team was led by a ninth-place finish by Matthew Hard, while the girls were led by Karen Mayer (third) and Esther Lee (10th).

Complete state cross country results will run in tomorrow's Journal.

## GC wins WCAC

JUMP from B1

With about 14 minutes left in the contest, the Falcons were awarded a direct kick from about 50 yards out. Golibart launched the ball toward the Ireton goal, and as Morrison came out to play it, Curran headed the ball in off one hop with 13:41 left.

The team combined for another

## JOURNAL FOOTBALL POLL

Below is the 10th Journal Football Poll of 2001.

Sports editor Jake Schaller, staff writers Kevin Dunleavy and Jim Crowley, columnist Montgomery Marty and correspondent Nathan Max all vote in *The Journal Football Poll*. First-place votes in parentheses.

Team	record	last rank
1. Georgetown Prep (3).....	10-0	1
<i>Outscored opponents 690-139 in last two seasons</i>		
2. Seneca Valley (2).....	9-0	2
<i>Screaming Eagles wrap up 3A's top spot</i>		
3. Gaithersburg.....	7-2	3
<i>Has not allowed a touchdown in 13 quarters</i>		
4. Richard Montgomery.....	9-0	5
<i>Outscored opponents 324-49</i>		
5. Bullis.....	8-1	4
<i>19-game winning streak ended by Hoyas</i>		
6. Wheaton.....	8-1	6
<i>Eight straight wins don't equal playoff berth</i>		
7. Damascus.....	7-2	7
<i>Will face powerhouse Roosevelt squad in first round</i>		
8. Good Counsel.....	6-4	8
<i>Falcons consider what could have been</i>		
9. Paint Branch.....	7-2	9
<i>Panthers' third-quarter explosion keys win</i>		
10. Northwest.....	6-3	10
<i>Jaguars 24-7 in last three years</i>		
11. Whitman.....	6-3	11
<i>Two consecutive winning records for first time since '88-'89</i>		
12. Sherwood.....	5-4	13
<i>Warriors avoid 1st losing season since '92</i>		
13. Quince Orchard.....	4-5	12
<i>Outgained Gaithersburg but couldn't find end zone</i>		
14. Magruder.....	5-4	16
<i>Up-and-down Colonels finish up</i>		
15. Watkins Mill.....	4-5	17
<i>Rines finish with three straight losses</i>		
16. Landon.....	4-5	14
<i>First non-winning season in 29 years</i>		
17. Blair.....	5-4	15
<i>First winning season since '94</i>		
18. Blake.....	4-5	18
<i>Can't get school's first winning football record</i>		
19. Kennedy.....	4-5	19
<i>Two-game winning streak snapped</i>		
20. Churchill.....	1-8	20
<i>Three on-field victories this year</i>		
21. Wootton.....	3-6	21
<i>Triples win total from previous two years</i>		
22. Walter Johnson.....	3-6	22
<i>Wildcats drop four of last five</i>		
23. B. CC.....	3-6	23

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