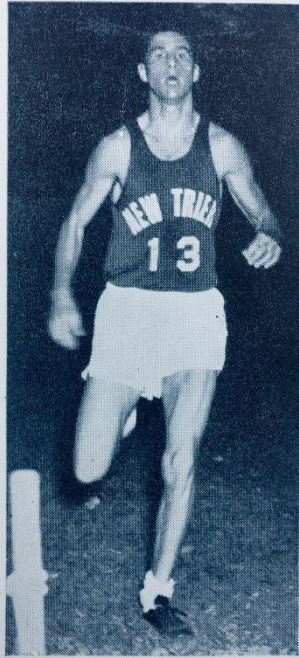


New Trier Cross Country

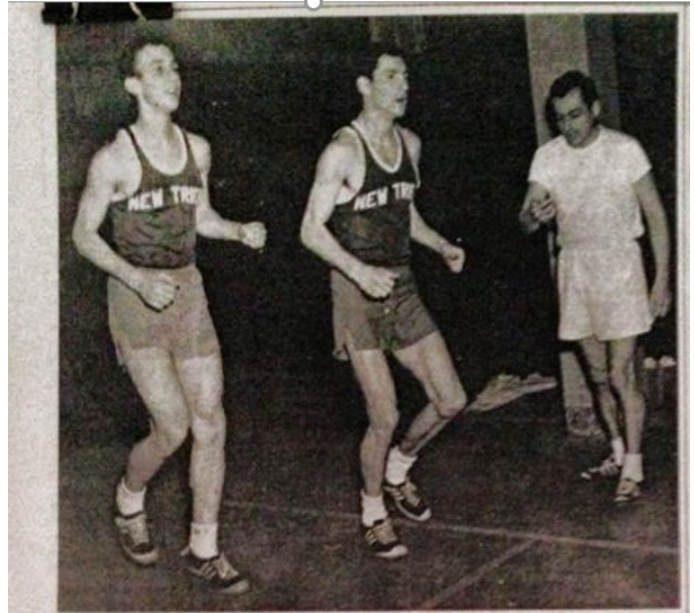
Appendix I: History & Legends of New Trier XC!!!

Legends of New Trier



*State Champ
Kirkland*

Weymouth Kirkland (left & below center) – was IHSAA State Cross Country Champion in 1959 & 1960!!! He was also 2nd as a sophomore in 1958.
Ben Almaguer (below right) – New Trier’s first XC coach, times his athletes.



CHASE STATE CHAMPIONSHIP—New Trier and Weymouth Kirkland will compete for New Trier Track Coach Ben Almaguer (right) checks out two tomorrow and Saturday. A squad of eight individual of his state final qualifiers in preparation for the qualifiers and two relay teams will leave today for weekend's meet at Champaign. Chuck Brock (left) the meet with races starting tomorrow at 7 p.m.

**Indians Running Express Track,
Highball to Last Stop: Champaign**

1959-60 State Champion XC Team and photo of Coach Ben Almaguer and me in 1986 at a XC meet taken during my 25th HS Reunion.



“Ability is what you are capable of doing, motivation determines what you do, and attitude determines how well you do it.”

– Lou Holtz

New Trier Cross Country

Legends of New Trier (cont)



2011 3A State Cross Country Champion. School Record Holder at 1600m (4:09.95 – State Champion 2012. #2 All-time in the 3200m (8:55.61) & #3 in the 3-mile (14:17)

Winnetka (New Trier) – All-State Athletes

Name	Place	Year	Class
Weymouth Kirkland	2	1958-1959	
	1	1959-1960	
	1	1960-1961	
Tim Renn	5	1961-1962	
Mike Collins	1	1965-1966	
Jerome Hines	5	1969-1970	
Richard Curley	4	1982-1983	AA
Matt Lockwood	21	1989-1990	AA
Erik Sloan	16	2000-2001	AA
David Wishart	20	2002-2003	AA
Mike Schmidt	25	2007-2008	3A
Tommy King	21	2009-2010	3A
Noah Graboys	22	2009-2010	3A
Leland Later	1	2011-2012	3A
Peter Cotsirilos	17	2013-2014	3A
Josh Derrick	15	2015-2016	3A
Nick Falk	2	2021-2022	3A
Ben Crane	3	2023-2024	3A
	1	2024-2025	3A

Northfield (New Trier West)

Name	Place	Year	Class
Rob Savage	16	1975-1976	

BEN CRANE
2024 IHSA STATE CHAMPION!!!

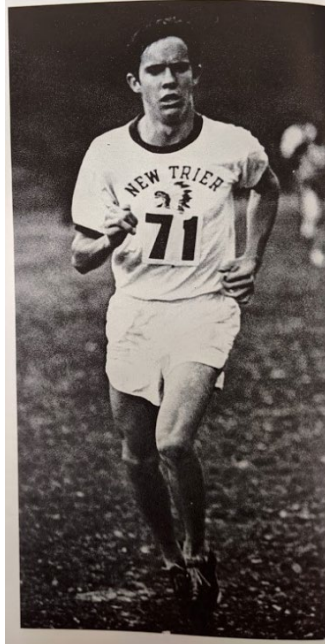
Throws down a 14:03.4 for a NEW NT School Record & #13 All-Time for the IHSA State meet



New Trier Cross Country

Tim Renn

1961 All-State Cross Country (5th place)



Jerome "Jere" Hines

1969 All-State Cross Country (5th place – NT East)



Rob Savage

1975 All-State Cross Country (16th Place, 14:41 - NT West)



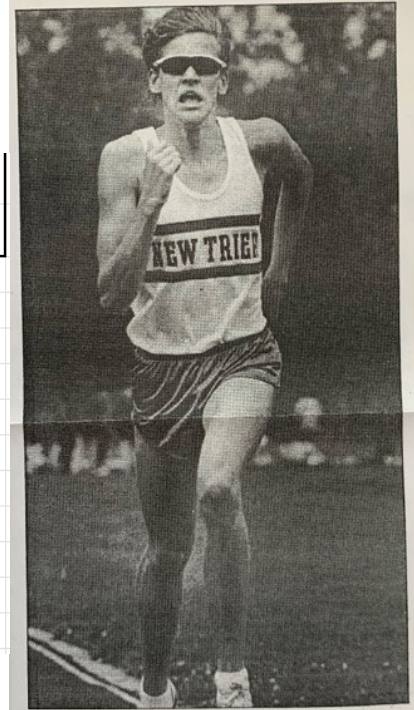
Richard Curley

1982 All-State Cross Country (4th place, 14:43)

New Trier Cross Country

All-Time Top 3-Mile Performances

	Athlete	Time	Year	Grade
1	Ben Crane	14:03.40	2024	12
2	Nick Falk	14:14.0	2021	12
3	Leland Later	14:17.0	2010	12
4	Robert Savage	14:41.0	1975	11
5	Josh Derrick	14:41.1	2015	12
6	Rich Curley	14:43.0	1982	12
7	Erik Sloan	14:44.0	2000	11
8	Oscar Dueno Alda	14:45.6	2022	12
9	Tommy King	14:46.1	2010	12
10	Josh Rosenkranz	14:50.8	2014	12



Bob Dicker/NewsViews Chicago
Matt Lockwood of New Trier races toward the finish line during Monday's 1,600 at the Glenbrook South Sectional. He finished fourth in the race, failing to qualify for State. He did, however, qualify in the 3,200.

Matt Lockwood

1989 All-State Cross Country (21st place, 15:06)

1999 Sports PIONEER PRESS



Trevian upset leaves CSL run up for grabs

By DENNIS MAHOREY
 STAFF WRITER

Saturday's Central Suburban League South Division cross country meet in Waukegan might still turn out to be just another reaffirmation of the strength of Evanston's boys team.

After all, the Wildkit runners are ranked third in the state and have already established a reputation as a solid "big meet" team.

But the outcome of the team race is still very much in doubt after New Trier's stunning 25-23 dual meet victory over the Kits Oct. 5.

Now there's a three-way tie (among Evanston, New Trier and Maine South) as far as the point standings go, and that sets up a winner-take-all scenario Saturday. The crown might not fit Evanston.

Injuries to Kevin Richards and Kyle Lesmes, the heart and soul of Evanston's pack behind front-runners William Artope and Tristan Roche, enabled the Trevians to spring the upset in the regular season finale.

Lesmes was held out while his bad hip mends and Richards developed back problems in the middle of the race and limped home at the back of the field. And the Trevians recognized an opportunity and seized the win, capturing seven of the next eight places after the 1-2 finish by Artope (15:34) and Roche (15:32).

Evanston coach Don Michelin hopes his team learned a lesson and hopes it didn't come at the expense of a league championship.

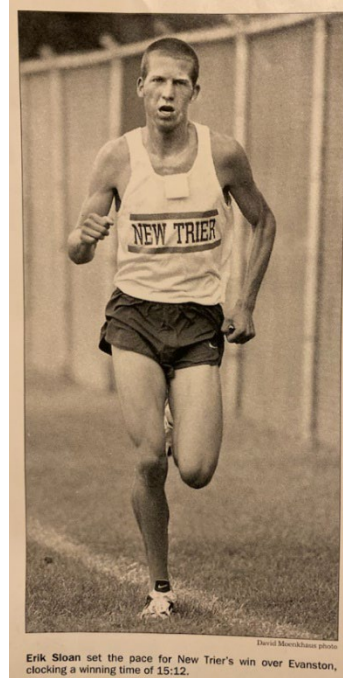
"We probably would've gone 1-2-3 and we would've won the meet if Kevin hadn't been hurt," Michelin said. "Now it's straight out, winner-take-all Saturday. At least we got another crack at it. What bothered me was New Trier got up for this race, and we didn't get up for them. We were stunned by New Trier's pack and now we've put a lot of undue pressure on ourselves."

Sophomore Jason Toussaint, seventh in 16:11, was the only Evanston runner-up to break up New Trier's pack. The Trevians were paced by Erik Sloan, third in 15:47; John Gaines, fourth in 16:06; Geoff Struggles, fifth in 16:07; and Nick Digani, sixth in 16:10.

David Kerastas, Jon Lebovitz and Chris Yanaga also scored top 10 finishes.

Joe Cappasano/Pioneer Press

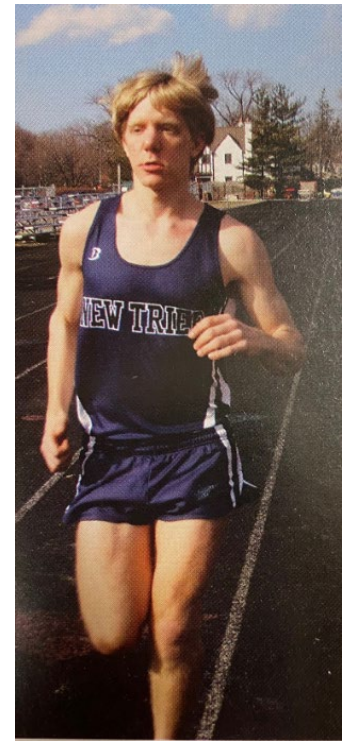
New Trier's Erik Sloan kicks in to the finish line during last week's Trevian victory at Evanston.



Erik Sloan
 2000 All-State Cross Country (16th place, 14:44)



David Wishart
 2002 All-State Cross Country
 (20th place, 14:57)



Mike Schmidt
 2007 All-State Cross Country
 (25th place, 14:58)

New Trier Cross Country



Tommy King & Noah Graboys
2009 All-State Cross Country
King (21st place, 14:57)
Graboys (22nd place, 14:57)



Peter Cotsirilos
2013 All- State Cross Country (17th place, 14:57)

Top 10 Team Finishes by the Trevians at the IHSA State Meet

	Year	Place	Coach
NT	1959-1960	1st	Ben Almaguer
NT	1960-1961	2nd	Ben Almaguer
NT	1962-1963	3rd	Ben Almaguer
NT	1963-1964	5th	Ben Almaguer
NTE	1964-1965	7th	Ben Almaguer
NTE	1965-1966	5th	Ben Almaguer
NTE	1968-1969	7th	Ben Almaguer
NT	1990-1991	7th	Doug Chase
NT	1992-1993	8th	Doug Chase
NT	2002-2003	5th	Doug Chase
NT	2003-2004	9th	Doug Chase
NT	2009-2010	8th	Dave Wisner
NT	2010-2011	7th	Dave Wisner
NT	2013-2014	6th	Dave Wisner
NT	2014-2015	9th	Dave Wisner
NT	2015-2016	10th	Dave Wisner
NT	2019-2020	10th	Dave Wisner
NT	2021-2022	4th	Matt Sloan
NT	2022-2023	10th	Matt Sloan
NT	2023-2024	7th	Matt Sloan
NT	2024-2025	6th	Matt Sloan



Josh Derrick
2015 All-State Cross Country (15th place, 14:42)

Onward Trevians!!!

New Trier Cross Country



Nick Falk
2021 IHSA 3A State Cross Country Runner-up!
#2 All-Time at New Trier in the 3-mile (14:14.11 & 3200 (8:53.44))!!



3x All-Conference '19-20-21

- Just the 13th athlete since the 1981 merger to earn this achievement!
- CSL Conference Champion in 2020 & 2021!



Nick is introduced @ Eastbay Nationals where he would go on to finish 19th overall!!!! (photo by John Nepolitan)



Nick Falk leads the 2021 Eastbay Midwest Region XC Race en route to his 4th place finish becoming the first Trevian male to qualify for the Eastbay (formerly Footlocker) XC Championships!!!
(Photo credit = Mcapapas)



Nick punched his ticket to San Diego running an incredible 14:55.4, which is #4 All-Time by an IL athlete on the challenging Wayne E. Dannehl National Cross Country Course, Kenosha, WI. His time is only seconds behind IL XC legends Lukas Verzbicas, Danny Kilrea, and Matt Withrow. (Photo credit = elizabethschreiber98)



2021 - 2022 ILLINOIS
BOYS CROSS COUNTRY
PLAYER OF THE YEAR
NICK FALK
DISTANCE RUNNER



CHICAGO (Jan. 31, 2022) — In its 37th year of honoring the nation's best high school athletes, Gatorade today announced **Nick Falk** of New Trier High School is the **2021-22 Gatorade Illinois Boys Cross Country Player of the Year**. Falk is the first Gatorade Illinois Boys Cross Country Player of the Year to be chosen from New Trier High School.

"[I am] super grateful to run for this program. This award is just as much the program's as it is mine." – Nick Falk

New Trier Cross Country



Ben Crane

2023 All-State
(3rd Place, 14:20.16)
NT Jr Class record!



Ben Crane

2024 IHSA 3A State
CHAMPION!!!
(14:03.4)
NT School Record!!!



Ben finished 24th at the 2023 Footlocker Nationals on the grounds of historic Balboa Park in San Diego. He was the only male IL representative and one of just a handful of juniors competing. Onward Ben!!! (photo credit = footlockercc.com)



As a Junior in 2023, Ben punched his ticket to San Diego running a great 15:10 to finish 8th on the challenging Wayne E. Dannehl National Cross Country Course, Kenosha, WI. (Photo credit = footlockercc.com)

Ben Crane's Achievements:

- **3x All-Conference '22-23-24. Conference Champion '23 & '24** (Just the 13th NTXC athlete to earn the accolade since the 1981 merger of NTW & NTE!)
- **2022, 2023, 2024 IHSA Regional Champion!**
- **2023 & 2024 IHSA 3A Hoffman Estates Sectional Champion!**
- **2023 All-State Cross Country (3rd Place, 14:20.2)**
- **2024 IHSA STATE CHAMPION (14:03.4)!!!!**
- **#1 All-Time @ NT in the 3-mile 14:03.4 (#13 All-Time @ the IHSA State Meet)**
- **#1 All-Time @ NT for the 5k (14:49)**
- **New Trier Record Holder for the Sophomore (14:48) and Junior Classes (14:20.2)!**

Who will be next????

New Trier Cross Country

2024 IHSA 3A State Meet - 6th Place!
CSL Conference, GBS Regional, and Hoffman Estates Sectional Champions!
 Ben Crane (Sr. **STATE CHAMPION!!!**), Jordan Kreiner (Jr. 112th), Walter Garrett (Sr. 106th), Joey Papanicholas (Sr. 105th), Cooper Hazday (Sr. 119th), Evan Shu (Sr. 146th)



Hazday, Crane, Garrett, Swanson, Papanicholas, Kreiner, Shu

2023 IHSA 3A State Meet - 7th Place!
CSL Conference, Loyola Regional, and Hoffman Estates Sectional Champions!
 Ben Crane (Jr. 3rd), Atticus Miller (Sr. 59th), Walter Garrett (Jr. 87th), Jordan Kreiner (So. 112th), Joey Papanicholas (Jr. 148th), Michael Moran (Sr. 157th), Felix Hekster (Sr. 232nd)



New Trier Cross Country

2022 IHSA 3A State Meet - 10th Place!

CSL Conference, Loyola Regional Champs! 3rd Place Hoffman Estates Sectional
 Gabe Nosek (Sr 73rd), Atticus Miller (Jr. 112th), Oscar Dueno Alda (Sr. 216th), Ben Crane (So. 30th),
 Joey Papanicholas (Jr. 88th), Sam Teppo (Sr. 60th), Sam Werts Hekster (Sr. 163rd)



2021 IHSA 3A State Meet - 4th Place (best finish since 1962)

CSL Conference, GBS Regional, and Hoffman Estates Sectional Champs!
 Nick Falk (Sr. 2nd), George Cahill (Sr. 47th), Oscar Dueno Alda (Jr. 54th), Patrick Jamieson (Sr. 64th), Blake
 Deger (Sr. 65th), Jack Moran (Sr. 113th), Atticus Miller (So. 143rd)



New Trier Cross Country

2020 Covid Season

2020 ShaZam "State Meet" – 4th Place Team

Undefeated regular season, CSL-South Conference, Regional, and Sectional Champs!

From left: Noah Rush (Sr.), Andrew Flynn (Sr.), Conor O'Neill (Sr.), George Esteve (Sr.), Charlie Siebert (Sr.), Patrick Jamieson (Jr.), Nick Falk (Jr.), & George Cahill (Jr.)



Nick Falk



Charlie Siebert



2020 "State Meet" All-ShaZam

Nick Falk – 4th Place

Charlie Siebert – 15th Place

3x All-Conference

Andrew Flynn (719) '18-19-20

Charlie Siebert (723) '18-19-20

(Became the 10th and 11th athletes to earn this accolade since the 1981 Merger of NTW & NTE)



New Trier Cross Country

History of Head Coaches (1955-Present)

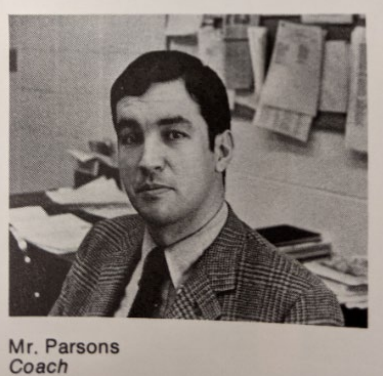


Ben Almaguer
Head Coach
New Trier 1955-1964
New Trier East 1965-1980

Varsity. FRONT: B. Rozner, E. Goodman, S. Fine, J. Primer. MIDDLE: R. Deusch, T. Cadden, W. Herman, T. Hall, M. Patis. REAR: Mr. Kates—coach; S. Mitchel, T. Mooney, G. Londrigan, S. Platt, S. Fargo, Mr. Chase—coach.



Jerry Kates (above left)
Head Coach
New Trier West 1965-1970



Jerry Parsons
Head Coach
New Trier West 1971-1974



Doug Chase
Head Coach
New Trier West 1975-1980
New Trier 1981-2005



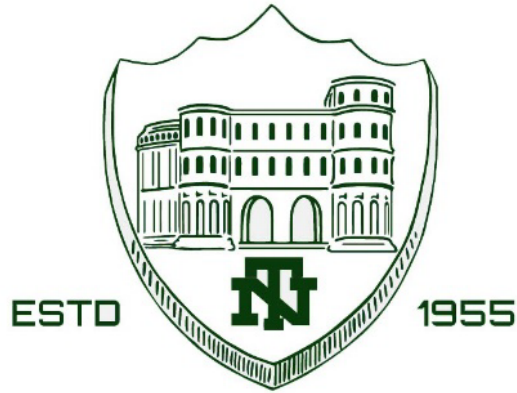
Dave Wisner
Head Coach
2006-2019



Matt Sloan
Head Coach
2020-Present



New Trier Cross Country



NEW TRIER
CROSS COUNTRY

NEVER GIVE UP!
NEVER GIVE IN!

