

Indiana High School Athletic Association

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Blake Ress, Commissioner

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WESTFIELD, CULVER ACADEMIES' BANFICH ARE 2005 STATE CHAMPIONS

Westfield had two runners among the top four to earn the team crown while sophomore Alexandra Banfich of the Culver Academies ran away with the individual title during the Silver Anniversary of the IHSAA Girls Cross Country State Finals on Saturday in Terre Haute.

Westfield sophomore Maggie Bingham (14:18.4) and junior Kristina Krasich (14:18.6) finished three-four, respectively, to help the Shamrocks to the school's second state title (1998). In the process, Westfield, with 88 points, unseated three-time defending state champion Valparaiso which finished second with 126. They had finished as the runner-up to Valpo in 2004.

Rounding out the champs' five were sophomore Breanne Ehrman in 22nd (14:34.8), freshman Kaitlyn Love in 24th (14:39.1) and senior Katlin Luter who was key with her 65th place overall finish in 15:15.0. Westfield was coached by Scott Lidskin.

Carmel (128 points), Northridge (136) and Lawrence North (163) closed out this year's top five teams.

Banfich grabbed the lead between the 2,500 and 3,000 meter mark and built a margin she wouldn't relinquish the rest of the way finishing in a time of 14:05.1. The sophomore was the top returning finisher from a year ago after a third place run as a frosh and became her school's first cross country state champion. She beat out Chesterton senior Sarah Kehe in second place (14:15.7), Bingham, Krasich and Valparaiso junior Amanda Hardesty (14:20.0) was the fifth place finisher.

This year's 4,000 meter event was contested for the second year at the LaVern Gibson Championship Cross Country Course in Terre Haute and was hosted by Terre Haute North High School.

BROWN COUNTY'S KULOW NAMED MENTAL ATTITUDE WINNER

Brown County senior Jennifer Kulow, who finished 10th overall, was announced as the winner of the Mental Attitude Award following the race.

The IHSAA Executive Committee presents the award annually to the senior who best demonstrates excellence in the areas of mental attitude, scholarship, leadership and athletic ability and is nominated by her principal and coach.

Kulow is involved in several activities both in and out of school including serving as National Honor Society President, Spanish Club Vice President, Key Club Treasurer and the school yearbook. She also has been active in her church youth group and the Indiana Track Club. She has participated as a member of her school's track team competing in the 800, 1600, 3200 and 3200 relay events.

Academically, Kulow ranks a top her senior class of 164 students and is a Wendy's High School Heisman nominee for the state of Indiana. She intends to study biology at Indiana University of DePauw University and is the daughter of Carl Kulow and Ruellen Fessenbecker of Nashville.

Indiana Farm Bureau Insurance, the IHSAA's corporate partner, presented a scholarship check for \$1,000.00 to Brown County High School in the name of Kulow.

VSN MEANS ACTION PHOTOGRAPHY

Visit our friends at [Visual Sports Network](http://VisualSportsNetwork.com), the IHSAA's official photographer for all state championship events and one of the leading action photographers in the Midwest. VSN, which was on site on Saturday, has captured hundreds of images from this year's Cross Country State Finals and will have them ready for viewing and purchase beginning Tuesday.

STATE FINALS PROGRAMS AVAILABLE

Couldn't be in Terre Haute for the state finals? You can still purchase a copy of the official souvenir program while supplies last! Programs are \$3.00 if you purchase in person at the IHSAA Office (9150 N. Meridian Street in Indianapolis) or \$5.00 by mail (postage included). To order, have your Visa or MasterCard ready and call us at 317-846-6601 during business hours (Monday-Friday, 8 a.m.-4 p.m. EST).