

# Ohio High School State Mile Champions: The Ultimate Guide to the Greatest Runners in Buckeye State History



**Ohio High School State Mile Champions: What They Did To Win the State Title** by Steve Mascord

★★★★☆ 4.2 out of 5



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Step into the annals of Ohio high school track and field history and witness the extraordinary achievements of the state's most elite mile runners. Ohio High School State Mile Champions chronicles the captivating journeys of these exceptional athletes, whose speed, endurance, and unwavering determination fueled their rise to the pinnacle of the sport.

### **Trailblazing Legends: Pioneers of the Mile**

Ohio's rich running heritage is adorned with a tapestry of legendary distance runners, each leaving an indelible mark on the track. From the early days of the sport to the modern era, these pioneers pushed the boundaries of human performance, inspiring generations to come.

- **Lloyd "Bill" Diehl** (1924) - The first Ohioan to break the 5-minute mile, a groundbreaking feat at the time.
- **Charles "Charlie" Paddock** (1922) - A versatile sprinter and hurdler, Paddock dominated the mile in his senior year, setting a state record that stood for over two decades.
- **John Borican** (1960) - A distance running prodigy, Borican captured three state titles in the mile and set a national prep record that

remained unchallenged for years.

## **Golden Generations: The Rise of Running Powerhouses**

The mid-20th century witnessed an explosion of talent in Ohio high school distance running. Led by coaching luminaries and fueled by intense rivalries, teams across the state produced a remarkable succession of mile champions.

- **Findlay High School** (1950s and 1960s) - Coached by the legendary Bob Hershberger, Findlay became a distance running powerhouse, producing multiple state champions.
- **Columbus East High School** (1970s) - Led by the inspirational Coach Bob Grieve, East emerged as a formidable force, claiming four consecutive state mile titles.
- **Centerville High School** (1980s) - With a deep talent pool and a rigorous training regimen, Centerville dominated the decade, winning five state mile championships.

## **Modern Marvels: The Next Generation of Champions**

The tradition of excellence in Ohio high school mile running continues today, with new stars emerging and pushing the boundaries of the sport to even greater heights.

- **Brandon Kidwell** (2019) - A prodigy from Clermont Northeastern High School, Kidwell shattered the state mile record with a breathtaking time of 4:02.22.
- **Abby Steiner** (2019) - A multi-talented track and field sensation, Steiner set a new Ohio girls' mile record of 4:44.19, becoming the

fourth-fastest high school girl in U.S. history.

- **Cole Hunter** (2022) - Following in the footsteps of Kidwell, Hunter from Bellbrook High School broke the state mile record once again with a remarkable time of 4:01.67.

## **Beyond the Track: The Legacy of Ohio's Mile Champions**

The impact of Ohio's mile champions extends far beyond the racetrack. Their unwavering determination, resilience, and pursuit of excellence serve as inspiration to athletes and non-athletes alike.

Many former state mile champions have gone on to achieve success at the collegiate, professional, and international levels. They have represented Ohio and the United States on the world stage, bringing pride and recognition to their home state.

## **Free Download Your Copy Today!**

Ohio High School State Mile Champions is a captivating read that celebrates the extraordinary achievements and enduring legacy of the state's greatest mile runners. This comprehensive book features:

- In-depth profiles of every state mile champion since 1922
- Historical records, race results, and statistical breakdowns
- Exclusive interviews with former champions, coaches, and historians
- Stunning photography and captivating storytelling

Free Download your copy today and immerse yourself in the captivating world of Ohio high school mile running. Discover the triumphs, setbacks,

and enduring legacies of the athletes who have left an indelible mark on the sport and the state.

## Testimonials

"A captivating and inspiring account of Ohio's most iconic runners. Ohio High School State Mile Champions is a must-read for anyone passionate about track and field history." - **Mike Mussina, Former MLB Pitcher and Sports Analyst**

"This book is a testament to the power of human spirit and the pursuit of excellence. Ohio's mile champions are true role models for aspiring athletes and anyone who dreams big." - **John Anderson, Former Governor of Ohio**

"As a lifelong Ohioan, I am thrilled to see the release of this book. Ohio High School State Mile Champions is a fitting tribute to the extraordinary athletes who have brought so much pride to our state." - **Shannon Theilig, Olympic Silver Medalist in Track and Field**

Free Download your copy today and join the chorus of readers who are captivated by the remarkable journeys of Ohio's high school state mile champions!

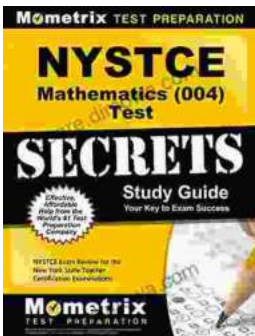
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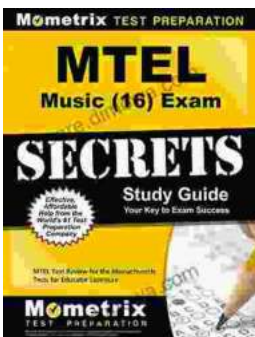


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