

## Maria Frigo

### St. Henry

This record-setting performer has a formidable running resume in cross country and track. Entering her senior year, Maria already has won 7 Kentucky state championships in individual, relay and team categories. In cross country,

Maria along with her running mates have brought home two consecutive Class A state titles. In track, Maria was last year's state champ in the 1,600 run, and has been part of three straight state title

3,200 relay teams. Her cross

country honors are numerous,

including last year being

named NKY Cross Country

Runner of the Year and 1st team

all-state for the 2nd time, and 1st team all-NKY

for the third time. She has also been named

1st team all-NKY three times and 1st team

all-state in track and holds regional track

records in the 3,200 and 1,600 runs. A

good student active in community

service, Maria's favorite athlete is

runner Bernard Lagat, and her

favorite entertainer and

most-like-to-meet is

Johnny Depp.



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**SPORT(S):** Cross Country-Track

**GRADUATING YEAR:** 2010

**GREATEST ACHIEVEMENT:**  
Breaking 18 min. in the 5K

**BIRTHDATE:** 4-25-92

**HEIGHT/WEIGHT:** 5'2" - 95 lbs.

**RESIDENCE:** Union, KY

**PARENTS:** Fred & Candy

**BIGGEST INFLUENCE:** Family

**FUTURE GOAL:** Win 2009 state championship

COACH'S QUOTE -- "Maria has been the face of St. Henry girls' cross country for the past 3 years. Maria is a very talented runner that gives 100% day in and day out." -- Tony Hardin, Cross Country Coach