

Michelle Thomas

Glen Este High School



One of the area's super runners, senior Michelle Thomas last season in cross country was FAVC Buckeye champ, district champ, regional champ and finished 4th at state. Her numerous honors included FAVC Buckeye Runner of the Year (third time), Cincinnati Cross Country Runner of the Year (Enquirer and the local Women's Sport Association), and 1st team All-Ohio (third time.) Holding numerous school running records, Michelle competed in the Nike Cross Country Nationals in Portland, Oregon, and finishing 37th out of 200+ runners. In track, Michelle is the defending Ohio state champion in the 3,200 run (10:46.59) and was Ohio state runner-up as a sophomore. She earned 1st team all-city and all-state honors.

Her favorite athlete is Steve Prefontaine, favorite movie is The Blindside, favorite book is Twilight and most-like-to-meet is Taylor Lautner. A great student (Academic All-Ohio), active in community service, Michelle plans to run at the next level, but has not yet committed to a college.



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SPORT(S): Cross Country/Track
GRADUATING YEAR: 2011
GREATEST ACHIEVEMENT:
Qualifying for Nike CC Nationals
in Oregon
BIRTHDATE: 11-8-92
HEIGHT/WEIGHT: 5'3"-109 lbs.
RESIDENCE: Union Township
PARENTS: Michael & Sharon
BIGGEST INFLUENCE: "My dad"
FUTURE GOAL: Run in college,
earn degree in education

COACH'S QUOTE – "Michelle Thomas is a true student-athlete. She is focused, hardworking, and has great determination. She shows the willingness to achieve, sportsmanship, and helps others." – Angie Carson, Cross Country Coach