

Good-Ramsey friendship flourishes on and off the track



Xander Ramsey & Devin Good

By Kevin Gordon

Devin Good and Xander Ramsey first met in the third grade.

The two immediately clicked, and the friendship has flourished ever since.

They've always shared the same interests, been involved in the same activities, the same sports and the same events once in track and field.

Ramsey and Good are Eastwood High School seniors now.

As graduation on May 29 quickly approaches, the two are enjoying their final days as distance runners and captains for the Eagles.

"We've always done the same things, and we've always done them together," Good said. "We build off each other, humor-wise, academic-wise. That's definitely a big thing. We have the same funny bone."

"We love to laugh and have fun," Ramsey said. "We see humor in things that other people don't see. We can find humor in anything. We enjoy each other's company."

First meeting

The two first met at Pemberville Elementary School after Webster Elementary School was closed by the district in 2012. Good already was attending school in Pemberville, but the closing meant Ramsey was transferred from Webster to Pemberville.

They admit the friendship took a brief break as seventh graders when Ramsey left the group of friends they hung out with for another friend group, but Ramsey returned to his original group the following year.

"Our friendship really took off in eighth grade," Ramsey said.

"We've hung out with the same group of friends ever since that," Good said.

Good and Ramsey were four-year teammates on the Eastwood soccer team, and are finishing their fourth-year as track and field teammates. The two were captains on the soccer team last fall.

They have many of the same classes this year, and they're both members of Student Council, Key Club, and National Honor Society. Ramsey is president of Student Council, and Good is a member of Tri-M, a music leadership group. Both are Eagle Scouts.

Prior to high school, they played youth soccer together and ran cross country in middle school.

One of the few times they aren't together is when they're working.

Good works in the dairy department at Kroger in Perrysburg. Ramsey is a crew trainer at McDonald's in Bowling Green.

"He'll make fun of you with sarcasm, but he's not trying to be mean. He's trying to get under your skin," Ramsey said of Good. "It's just to have a good time. He keeps things

light, but, as a captain on the soccer and track teams, he knows when to be funny and when to be serious, when to be a leader, when to be a captain. And he knows when to goof off and have fun with your friends. That's really valuable, to be a captain with him and to be a friend with him. He knows the difference between work and play."

The two enjoy playing board games, including Munchkin and zombie games. Good and Ramsey and their group of friends often spend time at Ramsey's house, although they admit they often find other places to meet since they all have cars now.

"I can't crack a joke worth a darn, and he knows how to make people laugh," Good said of Ramsey. "He's always finding us new games. He's always inquisitive, exposing us to new cultures, new things. His family is always trying new things."

Good said one of the benefits of hanging out at the Ramsey house has been the chance to enjoy European foods, including dishes from Hungary and the Ukraine.

"Xander sees a lot of stuff I don't, when it comes to being a captain," Good said. "He's able to articulate things even better than I am. When we're with our friends, he's always able to crack a joke and keep things light."



Devin Good

The same events

Good and Ramsey compete in the same events. Their best event is the 800, whether it be the open 800 or the 4x800 relay. They also can run the 1,600 and the 400.

"The 4x800 is our favorite race. That's what we've always focused on," Ramsey said.

The two are always running together as their personal-record times are similar.

They shared the same PR in the 4x800 relay entering the season, a 2:08.6 clocking last season. Both have lowered their PR in the event this season, Good to 2:07 and Ramsey to 2:07.5.

In the 1,600, Good's PR is 5:23.23, and Ramsey's is 5:25.83. In the open 800, Good's PR is 2:08.25, and Ramsey's is 2:13.70. In the 400, Ramsey's PR is 56.34, and Good's is 56.60.

The two shared the track and field team's most improved award last season.

Both scored in the NBC meet last season, Good finished fifth in the 800, and Ramsey was eighth in the 400.

During the NBC Cross Country Championships as eighth grader, Good finished sixth in 12:27.69, with Ramsey right behind in seventh in 12:29.68

"When you have someone right next you to compete against, you're going to run faster," Good said.

"We push each other to get better, and that's made both of us improve," Ramsey said.

Leadership

Ramsey and Good prefer to lead by example, although both can be vocal when needed.

"I like to lead by example, not just tell people what to do, but show them to do so they see



Xander Ramsey

it," Ramsey said. "I don't want to be that boss who everybody hates because you tell them what to do. I want to be the guy who is showing people how to do it the right way and teach people how to do it on their own."

In addition to the everyday leadership this season, Good and Ramsey stayed at the track to help pick up trash last season after the Eastwood Relays.

"Being soccer captains, we got to hear feedback from our teammates at the end of the year, so we got to hear the good, the bad and the ugly, and we've learned from that," Good said. "The big thing for me has been to lead by example. One thing we learned is they want us to show what we expect from them."

"Another part of leadership is bringing energy every day," Good added. "There's a sense of brotherhood, we're all going to suffer together as distance runners. Being a leader, you have to keep the morale up, especially at the end of the hard workouts. Do the next one and get back on the starting line, it's almost over."

Slowly but surely the workout gets done."

The leadership has paid off for the Eagles, who have a deep and talented stable of middle distance and distance runners. The group includes an excellent mix of youth and experience among the runners.

"They understand what we want from them as coaches, and they go above and beyond what is expected of them," said Eastwood assistant coach T.J. Tuttamore, who is in his second season of working with the distance runners. "I've never had to ask them to work hard. They were always willing to learn last year. This year, they're running with it. They're always giving their best effort, and going above and beyond."

"They lead by example, and they have an expectation, and they let the guys know this is the way we're going to do things, and they do it in a good way," Sabo said. "They work really hard. They'll run anything you want. They're bringing the leadership this year."

Team and individual goals

The Eagles saw their streak of 19 straight conference championships ended last season when they finished second to Genoa by seven points.

"Our goal is to win the league," Ramsey said.

Good and Ramsey also are striving to qualify for state in the 4x800 relay. Good and Ramsey return from the relay last season, and they're joined by senior Cory Jay and freshman Hayden Hoelter this season

"Everyone is running well," Ramsey said.

Good, Jay and Ramsey all have their split under 2:08, and hope to be at or below 2:00 by the end of the season. Jay's best this season is 2:05.2, followed by Good 2:07, Ramsey 2:07.5 and Hoelter 2:14.5.

"(Hoelter) is running times now that we didn't run until early in our junior year, and he's had some massive time drops already this season," Good said. "He'll get to where we're at eventually."

They'd also like to win the 4x800 in the NBC meet and then qualify for state.

"We have to keep getting better. We can't slack off," Ramsey said. "If we keep improving, we can make a push for state. That would be cool. We thought breaking 2:10 was impossible as freshman. Now, our goal is to break 2:00. If we can do that, we can achieve some good things."

"We have a lot of room to grow," Good said. "We have everything we need to hit the times we want."

Ramsey and Good also would like the 4x800 team to crack Eastwood's Top 10 list. A time of 8:12.04 or faster is needed to make the list. They'd also like to do well in the open 800, both in the league, and during the district and regional meets.

"Their potential is endless," Tuttamore said. "I'm super excited for them. We want them to get as close as they can to 2:00 as possible, and they'll get there."

The long runs for their distance events also helps their friendship

"The longer the run, the deeper the conversation," Ramsey said. "We can talk about anything. The longer the run, we can really in depth and psychological."

What's next

Good and Ramsey said they're committed to making sure the friendship remains strong in the future, even though they're headed to different schools in the fall. They're planning on continuing the annual winter ski trip they've been taking.

Ramsey, who has a 4.5 grade-point average, is going to Purdue where he will study genetics with a goal of becoming a genetics counselor. A genetics counselor studies the DNA results from a baby and discusses what diseases the baby might be susceptible to. Good, who has a 4.5 gpa, is going to Ohio State where he plans to major in biochemistry. He hopes to become an athletic trainer or a forensic pathologist.

"They like to have fun. They'll talk to anybody," Sabo said. "They're good guys. I'm glad to have them this year, but I wish I could have them longer."