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# Cross Country



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## Howard's Grove High School 2007 Cross Country Results

Head Coach: Gary Kalk  
Assistant Coach: Andy Buffington

## Howards Grove High School Girls Cross Country 2007 Team Record

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite		- INC -	
Green Bay Preble Relays @ UWGB		- INC -	
Cedar Grove Invite	0	6	
Manitowoc Roncalli Invite	0	5	
Sheboygan Lutheran Invite	3	17	
Valders Invite		- INC -	
Plymouth Relays	0	7	
Kewaskum Invite	2	5	
County Meet @ Sheboygan Lutheran	1	8	
Campbellsport Invite	0	9	
Conference @ Sheboygan Lutheran	1	5	
Sectional @ Sheboygan Lutheran		- INC -	
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Varsity Totals	7	62	0

**Howards Grove High School  
Boys Cross Country  
2007 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	3	11	
Green Bay Preble Relays @ UWGB	2	3	
Cedar Grove Invite	3	2	
Manitowoc Roncalli Invite	1	4	
Sheboygan Lutheran Invite	11	6	
Valders Invite	7	0	
Plymouth Relays	2	5	
Kewaskum Invite	3	1	1
County Meet @ Sheboygan Lutheran	3	5	
Campbellsport Invite	6	3	
Conference @ Sheboygan Lutheran	3	1	
Sectional @ Sheboygan Lutheran	10	3	
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Varsity Totals	54	44	1



## Howards Grove Cross Country 2007 Girls and Boys Individual Meet Times

Name	Grade	Kiel	Green Bay Preble	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Campbellsport	Conference	Sectional	State	Personal Best (Career)
		8/30	9/1 @ UWGB	9/6	9/8	9/11	9/13	9/18	9/20 3.1 Miles	9/25 @ Lutheran	10/4	10/11 @ Lutheran	10/20 @ Lutheran	10/27 @ WI Rapids	
Christina Larson	9	23:52	----	22:34	21:29	20:04	21:17	19:47	25:13	19:58	19:03	<b>18:42</b>	19:25	----	18:42
Brittney Palm	9	----	----	22:52	20:04	21:05	----	20:56	26:42	20:27	20:29	<b>19:37</b>	----	----	19:37
Rachel Rooker	9	22:14	20:23	22:01	20:11	20:35	22:05	20:44	26:40	20:32	20:24	<b>19:31</b>	20:14	----	19:31
Ashley Ryan	9	----	----	24:08	<b>21:26</b>	22:03	----	----	----	----	----	----	----	----	21:26
Lindsay Schnelle	9	21:20	23:21	25:12	21:26	23:40	24:52	23:16	27:45	21:14	20:25	<b>19:49</b>	20:48	----	19:49
Amy Thieleke	9	17:05	17:51	17:39	16:54	17:19	17:52	17:32	21:50	16:53	17:00	16:40	16:37	<b>16:21.2</b>	16:21.2
60th Percentile		19:14	18:10	20:20	19:54	19:28	21:09	18:24	25:15	18:04	18:47	18:25	19:28	17:25.3	

Zach Glaser	9	<b>20:20</b>	<b>20:20</b>	20:58	----	21:41	----	----	----	21:16	----	20:21	20:40	----	20:20
Trevor Schueler	9	----	21:55	21:44	21:05	----	21:50	----	21:44	----	21:02	<b>20:57</b>	22:51	----	20:57
Mike Wleklinski	9	28:19	28:03	27:24	25:27	25:32	27:15	28:35	26:39	25:49	----	<b>24:50</b>	----	----	24:50
Collin VerVelde	10	20:48	20:33	19:54	21:01	20:31	21:07	21:10	20:08	20:36	20:46	19:30	19:59	----	19:20
Matt Ackley	11	20:51	20:19	19:18	19:01	19:30	19:28	19:29	19:17	18:24	18:28	<b>18:05</b>	18:32	----	18:05
Kyle Finstad	11	24:06	24:50	23:02	23:03	23:59	23:09	24:38	22:48	23:28	<b>22:27</b>	22:32	----	----	22:27
Kevin Gries	11	20:11	19:47	19:13	19:34	20:10	19:34	20:22	19:21	19:26	19:10	<b>18:51</b>	19:14	----	18:51
Brent Kiesau	11	19:51	19:53	19:00	19:42	19:42	19:28	19:27	19:13	19:19	18:55	<b>18:36</b>	19:32	----	18:36
Eric VerStraate	11	20:20	20:25	20:27	20:17	21:04	21:16	21:20	19:56	20:40	19:56	<b>19:40</b>	20:27	----	19:40
60th Percentile		20:51	20:26	20:42	20:23	21:04	22:02	20:10	20:53	20:06	20:20	19:39	21:15	18:26.1	



## Howards Grove Cross Country 2007 Girls and Boys Varsity Letter Points

Name	Grade	Kiel	Green Bay Preble	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Campbellsport	Conference	Sectional	State	Individual Point Totals (Season)
		8/30	9/1 @ UWGB	9/6	9/8	9/11	9/13	9/18	9/20 3.1 Miles	9/25 @ Lutheran	10/4	10/11 @ Lutheran	10/20 @ Lutheran	10*27 @ WI Rapids	
Christina Larson	9	1	----	1	1	1	1	1	1	1	1	1	2	----	12
Brittney Palm	9	----	----	1	1	1	----	1	1	1	1	1	----	----	8
Rachel Rooker	9	1	1	1	1	1	1	1	1	1	1	1	1	----	12
Ashley Ryan	9	----	----	1	1	1	----	----	----	----	----	----	----	----	3
Lindsay Schnelle	9	1	1	1	1	1	1	1	1	1	1	1	1	----	12
Amy Thieleke	9	1	1	1	1	1	1	1	1	1	1	2	2	2	16
															0
															0
<b>TOTALS</b>		4	3	6	6	6	4	5	5	5	5	6	6	2	63

Zach Glaser	9	1	1	1	----	1	----	----	----	1	----	JV	2	----	7
Trevor Schueler	9	----	JV	1	1	1	1	----	1	----	1	1	1	----	8
Mike Wleklinski	9	1	1	JV	1	JV	1	1	1	JV	----	JV	----	----	6
Collin VerVelde	10	1	1	1	1	1	1	1	1	1	1	2	2	----	14
Matt Ackley	11	1	1	1	1	1	1	1	1	1	1	2	2	----	14
Kyle Finstad	11	1	1	1	1	1	1	1	1	1	1	1	----	----	11
Kevin Gries	11	1	1	1	1	1	1	1	1	1	1	2	2	----	14
Brent Kiesau	11	1	1	1	1	1	1	1	1	1	1	2	2	----	14
Eric VerStraate	11	1	1	1	1	1	1	1	1	1	1	1	2	----	13
															0
<b>TOTALS</b>		8	8	8	8	8	8	7	8	7	7	11	13	0	101

**Howards Grove High School  
Cross Country  
2007 Awards**

<b>"Will-to-Win" Athletes</b>	Amy Thieleke Matt Ackley
<b>Rookie-of-the-Year</b>	Christina Larson
<b>Most Improved Runner</b>	Kyle Finstad
<b>Male Runner-of-the-Year</b>	Matt Ackley
<b>Female Runner-of-the-Year</b>	Amy Thieleke
<b>All-Conference Athletes</b>	Amy Thieleke Matt Ackley
<b>State Athlete</b>	Amy Thieleke

# Howards Grove High School

## Boys Cross Country

### 5000 Meter Records

Records Kept Since 1992

Updated October 20, 2007

Rank	Name	Time	Meet/Invite	Year
1	Kyle Bahr	16:43	Cedar Grove	2005
2	Pat Buffington	16:46	Cedar Grove	2002
3	Pat Buffington	16:46	Cedar Grove	2003
4	Chris Wickesburg	17:01	Sectional	1995
5	Pat Buffington	17:02	Kewaskum	2003
6	Pat Buffington	17:05.5	State	2003
7	Pat Buffington	17:09	Valders	2003
	Pat Buffington	17:09	Plymouth	2003
9	Pat Buffington	17:11	Reedsville	2001
10	Eric Lefeber	17:13	Cedar Grove	2001
11	Pat Buffington	17:14	Cedar Grove	2001
12	Pat Buffington	17:16	County	2003
13	Pat Buffington	17:20	State	2002
	Pat Buffington	17:20	Campbellsport	2003
15	Pat Buffington	17:23	Reedsville	2002
16	Chris Wickesburg	17:28	Reedsville	1995
17	Rob Mentink	17:32	Reedsville	1993
18	Pat Buffington	17:33	Plymouth	2002
	Pat Buffington	17:33	Green Bay Preble	2003
	Pat Buffington	17:33	Conference	2003
	Kyle Bahr	17:33	Cedar Grove	2004
22	Andy Buffington	17:36	Cedar Grove	2005
23	Steve Grunewald	17:39	Reedsville	1995
24	Pat Buffington	17:41	Sectional	2003
25	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
27	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
29	Eric Lefeber	17:46	Cedar Grove	2002
	Pat Buffington	17:46	Kiel	2003
	Kyle Bahr	17:46	Conference	2004
32	Pat Buffington	17:47	Sectional	2001
	Kyle Bahr	17:47	Valders	2005
1	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
	Pat Buffington	17:49	Sheboygan Lutheran	2003
37	Joe Holzgart	17:50	St. Francis	1999
38	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefeber	17:51	Reedsville	2002
41	Pat Buffington	17:52	Kiel	2002
	Pat Buffington	17:52	Sectional	2002
43	Rob Mentink	17:53	Conference	1992
	Chris Wickesburg	17:53	Plymouth	1993
	Kyle Bahr	17:53	Conference	2005
46	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
48	Chris Wickesburg	17:55	Cedar Grove	1995
	Eric Lefeber	17:55	Reedsville	2001
50	Rob Mentink	17:56	Sectional	1992

Rank	Name	Time	Meet/Invite	Year
51	Rob Mentink	17:57	Conference	1993
52	Eric Lefeber	17:58	Plymouth	2001
53	Pat Buffington	17:59	County	2002
	Adam Post	17:59	Cedar Grove	2004
55	Chris Wickesburg	18:00	County	1993
	Pat Buffington	18:00	Conference	2001
	Eric Lefeber	18:00	Conference	2002
	Kyle Bahr	18:00	Green Bay Preble	2005
59	Tyler Biederwolf	18:02	Conference	2004
60	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
62	Pat Buffington	18:04	Sheboygan Lutheran	2002
	Josh Schwinn	18:04	Cedar Grove	2005
64	Chris Wickesburg	18:05	Plymouth	1995
	Tyler Biederwolf	18:05	Campbellsport	2005
	Matt Ackley	18:05	Conference	2007
67	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
69	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004
72	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
75	Rob Mentink	18:09	County	1992
	Joe Holzgart	18:09	Conference	1998
77	Joe Holzgart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
79	Kyle Bahr	18:11	Manitowoc Roncalli	2005
	Tyler Biederwolf	18:11	Valders	2005
81	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
84	Eric Lefeber	18:13	Sheboygan Lutheran	2001
85	Andy Buffington	18:14	Campbellsport	2005
86	Chris Wickesburg	18:15	Cedar Grove	1993
	Chris Wickesburg	18:15	Valders	1995
	Adam Post	18:15	Cedar Grove	2003
	Andy Buffington	18:15	Kewaskum	2005
90	Chris Wickesburg	18:16	Sheboygan Lutheran	1995
	Tyler Biederwolf	18:16	Conference	2005
92	Ben Wilson	18:17	State	1992
	Brian Cudworth	18:17	County	1995
	Pat Buffington	18:17	Campbellsport	2000
	Eric Lefeber	18:17	County	2001
96	Joe Holzgart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
98	Joe Holzgart	18:19	County	1999
	Joe Holzgart	18:19	Conference	1999
	Pat Buffington	18:19	Kewaskum	2000





# Howards Grove High School

## Girls Cross Country

### 4000 Meter Records

Records Kept Since 1993

Updated October 27, 2007

Rank	Name	Time	Meet/Invite	Year
1	Emily Post	15:08.6	State	2003
2	Emily Post	15:09	Campbellsport	2003
3	Emily Post	15:17	Plymouth	2003
	Emily Post	15:17	Conference	2003
5	Emily Post	15:21	Sectional	2003
6	Emily Post	15:22	Green Bay Preble	2003
7	Emily Post	15:29	Campbellsport	2002
	Emily Post	15:29	County	2003
9	Emily Post	15:31	State	2002
10	Emily Post	15:34	Cedar Grove	2003
11	Anna Holzwart	15:39.8	State	2004
12	Anna Holzwart	15:40	Green Bay Preble	2006
13	Emily Post	15:41	State	2001
14	Anna Holzwart	15:42	Plymouth	2004
15	Anna Holzwart	15:45	County	2004
16	Emily Post	15:46	County	2002
	Emily Post	15:46	Sheboygan Lutheran	2003
18	Emily Post	15:48	Plymouth	2002
19	Anna Holzwart	15:50	Conference	2004
20	Emily Post	15:51	Conference	2002
21	Anna Holzwart	15:52	Campbellsport	2004
22	Emily Post	15:53	Sheboygan Lutheran	2002
23	Emily Post	15:55	Cedar Grove	2002
	Emily Post	15:55	Kiel	2003
25	Emily Post	15:59	Sectional	2002
26	Emily Post	16:02	Conference	2001
	Anna Holzwart	16:02	Green Bay Preble	2004
28	Emily Post	16:03	Sectional	2001
	Anna Holzwart	16:03	Sheboygan Lutheran	2004
30	Emily Post	16:04	Reedsville	2001
31	Anna Holzwart	16:07	Cedar Grove	2004
32	Anna Holzwart	16:08	Green Bay Preble	2005
33	Emily Post	16:10	Valders	2003
34	Anna Holzwart	16:12.98	Sectional	2004
35	Emily Biederwolf	16:17	Sectional	2005
36	Emily Biederwolf	16:18	Campbellsport	2005
37	Anna Holzwart	16:19	Campbellsport	2005
	Anna Holzwart	16:19	Manitowoc Roncalli	2006
39	Emily Post	16:21	Kiel	2002
	Emily Biederwolf	16:21	Plymouth	2004
41	Amy Thieleke	16:21.2	State	2007
42	Anna Holzwart	16:22	Kiel	2006
43	Anna Holzwart	16:24	Manitowoc Roncalli	2005
	Anna Holzwart	16:24	Conference	2006
45	Anna Holzwart	16:28	Campbellsport	2003
46	Anna Holzwart	16:29	Plymouth	2006
	Anna Holzwart	16:29	Campbellsport	2006
48	Rachel Moir	16:33	County	1993
	Emily Post	16:33	Plymouth	2001
	Emily Post	16:33	Campbellsport	2001

Rank	Name	Time	Meet/Invite	Year
51	Emily Biederwolf	16:35	Campbellsport	2006
52	Rachel Moir	16:36	Sheboygan Falls	1993
53	Amy Thieleke	16:37	Sectional	2007
54	Emily Post	16:38	Howards Grove	2003
	Anna Holzwart	16:38	County	2006
56	Rachel Moir	16:39	Plymouth	1993
57	Emily Biederwolf	16:39.1	State	2005
58	Emily Post	16:40	Sheboygan Falls @LTC	2002
	Amy Thieleke	16:40	Conference	2007
60	Anna Holzwart	16:41	Cedar Grove	2005
61	Anna Holzwart	16:42	Plymouth	2005
62	Anna Holzwart	16:43	Conference	2003
63	Anna Holzwart	16:44	Sheboygan Lutheran	2005
64	Anna Holzwart	16:46	Plymouth	2003
	Emily Biederwolf	16:46	Cedar Grove	2005
66	Emily Biederwolf	16:46.14	Sectional	2004
67	Emily Post	16:47	Sheboygan Lutheran	2001
	Emily Post	16:47	County	2001
	Emily Biederwolf	16:47	Campbellsport	2004
	Emily Biederwolf	16:47	Conference	2005
71	Emily Biederwolf	16:48	County	2004
72	Anna Holzwart	16:48.1	State	2003
73	Anna Holzwart	16:51	County	2003
	Anna Holzwart	16:51	County	2005
75	Amy Thieleke	16:53	County	2007
76	Emily Biederwolf	16:54	Conference	2004
	Amy Thieleke	16:54	Manitowoc Roncalli	2007
78	Emily Biederwolf	16:55	County	2005
	Anna Holzwart	16:55	Conference	2005
	Anna Holzwart	16:58	Sheboygan Lutheran	2006
81	Rachel Moir	16:59	Valders	1993
82	Anna Holzwart	17:00	Kiel	2004
	Emily Biederwolf	17:00	Kiel	2006
	Amy Thieleke	17:00	Campbellsport	2007
85	Anna Holzwart	17:01	Cedar Grove	2006
86	Emily Biederwolf	17:03	Conference	2006
87	Amy Thieleke	17:05	Kiel	2007
88	Emily Biederwolf	17:07	Plymouth	2005
89	Laurie Taylor	17:08	Conference	1995
90	Laurie Taylor	17:11	County	1995
91	Anna Holzwart	17:12	Valders	2005
	Anna Holzwart	17:12	Valders	2006
93	Laurie Taylor	17:13	Sheboygan Lutheran	1995
	Emily Biederwolf	17:13	Sheboygan Lutheran	2006
95	Emily Biederwolf	17:14	Kiel	2005
96	Rachel Moir	17:15	Campbellsport	1993
	Anna Holzwart	17:15	Sectional	2003
98	Laurie Taylor	17:18	Plymouth	1995
	Emily Biederwolf	17:18	Plymouth	2006
100	Amy Thieleke	17:19	Sheboygan Lutheran	2007

Rank	Name	Time	Meet/Invite	Year
101	Emily Biederwolf	17:20	Manitowoc Roncalli	2006
102	Laurie Taylor	17:21	Campbellsport	1995
103	Emily Biederwolf	17:22	Sheboygan Lutheran	2005
104	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004
	Anna Holzwart	17:23	Sectional	2005
107	Rachel Moir	17:24	Sheboygan Lutheran	1993
108	Emily Biederwolf	17:26	Sectional	2006
109	Emily Biederwolf	17:28	Cedar Grove	2004
	Emily Biederwolf	17:28	Green Bay Preble	2005
111	Laurie Taylor	17:32	Cedar Grove	1995
	Amy Thieleke	17:32	Plymouth	2007
113	Rachel Moir	17:33	Conference	1993
	Anna Holzwart	17:33	Valders	2004
	Anna Holzwart	17:33	Kiel	2005
116	Rachel Moir	17:34	Sectional	1993
	Anna Holzwart	17:34	Sheboygan Lutheran	2003
	Emily Biederwolf	17:34	Green Bay Preble	2006
119	Kelly Bonde	17:35	Sectional	1995
120	Ashley Koenig	17:37	County	2003
	Emily Biederwolf	17:37	County	2006
122	Laurie Taylor	17:38	Reedsville	1995
123	Emily Post	17:39	Cedar Grove	2001
	Ashley Koenig	17:39	Conference	2003
	Emily Biederwolf	17:39	Valders	2005
	Amy Thieleke	17:39	Cedar Grove	2007
127	Ashley Koenig	17:39.2	State	2003
128	Emily Biederwolf	17:41	Manitowoc Roncalli	2005
	Anna Holzwart	17:41	Sectional	2006
130	Kelly Bonde	17:42	Cedar Grove	1995
131	Anna Holzwart	17:43	Kiel	2003
132	Anna Holzwart	17:44	Cedar Grove	2003
	Ashley Koenig	17:44	Sectional	2003
134	Emily Post	17:45	Valders	2001
	Anna Holzwart	17:45	Valders	2003
	Emily Biederwolf	17:45	Cedar Grove	2006
137	Laurie Taylor	17:47	Campbellsport	1994
	Stacy Wiedemann	17:47	Reedsville	2001
	Ashley Koenig	17:47	Campbellsport	2003
	Heidi Rooker	17:47	County	2004
141	Rachel Moir	17:48	Cedar Grove	1993
	Kelly Bonde	17:49	Sheboygan Lutheran	1995
143	Amy Thieleke	17:51	Green Bay Preble	2007
144	Bethany Tutas	17:53	Plymouth	2003
145	Kelly Bonde	17:54	Campbellsport	1995
	Emily Biederwolf	17:54	Kiel	2004
	Amy Thieleke	17:54	Valders	2007
148	Farrah Winter	17:55	Sheboygan Falls	1993
149	Ashley Koenig	17:56	Plymouth	2003
150	Amy Greske	18:01	Conference	2000

Rank	Name	Time	Meet/Invite	Year
	Anna Holzwart	18:01	Kewaskum Meet	2004
152	Emily Post	18:02	Conference	2000
153	Laurie Taylor	18:03	Sectional	1995
154	Kelly Bonde	18:04	Kiel	1995
155	Heidi Rooker	18:06	Conference	2004
156	Laurie Taylor	18:08	Valders	1995
	Bethany Tutas	18:08	Sectional	2003
158	Rachel Moir	18:09	Kiel	1993
	Laurie Taylor	18:09	Kewaskum	1995
160	Felicia Bolz	18:09.2	State	2003
161	Ashley Koenig	18:10	Green Bay Preble	2003
162	Laurie Taylor	18:11	County	1994
	Deanna Dragan	18:11	Sectional	1998
	Jenny Bonde	18:11	Campbellsport	1998
	Ashley Koenig	18:11	Cedar Grove	2003
166	Bethany Tutas	18:12	Campbellsport	2003
167	Deanna Dragan	18:13	Sheboygan Lutheran	1998
	Ashley Koenig	18:13	Sheboygan Lutheran	2003
169	Kelly Bonde	18:15	County	1995
	Emily Post	18:15	County	2000
171	Jenny Bonde	18:16	Campbellsport	1997
172	Kelly Bonde	18:17	Kewaskum	1995
	Laurie Taylor	18:17	Kiel	1995
174	Jenny Bonde	18:18	Conference	1997
	Emily Post	18:18	Kiel	2001
	Deanna Dragan	18:18	Campbellsport	2000
177	Kelly Bonde	18:20	Campbellsport	1994
	Jenny Bonde	18:20	Sectional	1997
179	Kelly Bonde	18:21	Valders	1995
	Emily Biederwolf	18:21	Valders	2006
181	Felicia Bolz	18:22	Conference	2003
182	Deanna Dragan	18:23	Conference	2000
183	Deanna Dragan	18:24	Conference	1998
184	Kelly Bonde	18:25	Plymouth	1995
	Liz Thielke	18:25	Reedsville	2001
186	Jenny Bonde	18:28	County	1997
187	Heidi Rooker	18:29	Conference	2003
188	Amy Greske	18:30	County	2000
	Kelly Bonde	18:30	Plymouth	1996
	Heidi Rooker	18:30	Campbellsport	2003
	Heidi Rooker	18:30	Plymouth	2004
192	Emily Post	18:31	Plymouth	2000
	Laurie Taylor	18:31	Plymouth	1996
194	Emily Biederwolf	18:32	Green Bay Preble	2004
195	Deanna Dragan	18:33	Campbellsport	1998
	Emily Biederwolf	18:33	Kewaskum Meet	2004
197	Kelly Bonde	18:34	Conference	1995
198	Bethany Tutas	18:34.8	State	2003
199	Jenny Bonde	18:35	Plymouth	1997
200	Stacy Wiedemann	18:36	Conference	2000







**Howards Grove High School**  
**2007 Cross Country**  
**Gatorade "Will to Win" Athletes**

Gatorade realizes that many athletes are talented. This award is designed for those few who consistently push themselves to excel at practice and on game day. These athletes see horizons rather than boundaries. They are truly committed to the sport, the competition and to giving their all. To them, sports run a gamut of emotions from the challenge faced in the pursuit of excellence to the joy experienced in moments of triumph. They truly are "Will To Win" athletes.

<b>Week of Season/Meet/Invite</b>	<b>Female Winner</b>	<b>Male Winner</b>
Weeks #1 and #2 (Practice)	Amy Thieleke	Kyle Finstad
Week #3 (Kiel Invite and G.B. Preble)	Lindsay Schnelle	Kevin Gries
Week #4 (Cedar Grove and Manit. Roncalli)	Rachel Rooker	Matt Ackley
Week #4 (Sheb. Lutheran and Valders)	Christina Larson	Mike Wleklinski
Week #5 (Plymouth and Kewaskum)	Amy Thieleke	Brent Kiesau
Week #6 (Sheboygan County)	Brittney Palm	Collin VerVelde
Week #7 (Campbellsport)	Christina Larson	Eric VerStraate
Week #8 (Conference)	Brittney Palm	Trevor Schueler
Week #9 (Sectionals)	Christina Larson	Kevin Gries

**"Will To Win"**  
**Athlete-of-the-Year**

Amy Thieleke	Matt Ackley
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# Cross Country

# Alumni



# 2007

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# Howards Grove Cross Country

Leaving a Legacy Behind  
- One Stride at a Time -

## Head Coaches

Mark Hinterberg	1984-1995
Art VanDerWahl	1995
Chris Barry	1996-1997
Gary Kalk	1998-Present

## Assistant Coaches

Art VanDerWahl	1994-1995
Mandy DeBruin	2001
Mark Buffington	2003-2005
Andy Buffington	2007

# Male Alumni

1984-2007

Athletes Name	Year(s)		
Andrews, Nathan	94	Horness, Chris	97
Ackley, Matt	07	Jaberg, Tim	96
Bahr, Kyle	03, 04, 05	Jahnke, Mathew	02
Biederwolf, Tyler	02, 03, 04, 05	Johannes, Brad	91, 92, 93
Bilgo, Riley	02, 03	Kalmerton, Jerrad	90, 91
Boehm, Lucas	02, 03	Kestell, Ben	91, 92, 93, 94
Bower, Bryan	01	Kestell, Josh	91, 92, 93
Bramstedt, Darin	85, 86	Kestell, Travis	94, 95
Brunmeier, Brad	86, 87	Kiesau, Brent	07
Buffington, Andy	02, 03, 04, 05	Knuth, Jason	86
Buffington, Pat	00, 01, 02, 03	Kramer, Ryan	89, 90, 91, 92
Burkart, Tom	91, 92	Krueger, Jamie	93
Cudworth, Brian	92, 93, 94, 95	Krueger, Jessie	85, 87
DeRyter, Kurt	90	Krutzik, Brad	85
DesArmo, Corey	99	Lau, Brian	90, 91, 92
Didan, Firas (AFS-Jordan)	87	Lefeber, Eric	01, 02
Dreier, Adam	03	Lindorfer, Charlie	97
Drueck, Josh	98, 99, 00, 01	Luecke, Jon	95, 96, 97
Eisenschenk, Jochen (AFS-Germany)	89	Mansker, Derek	96, 97
Elzinga, Eliot	98, 99, 00	Mansker, Shaun	01
Englebert, Ben	90, 91, 92	Mayer, Bryan	03
Finstad, Kyle	06, 07	Mentink, Robb	92, 93, 94
Frantz, Chris	90, 91, 92	Milbrath, Tim	95, 96
Glaser, Zach	07	Monte, Ryan	96
Gonzales, R	91	Morris, Eric	87, 88, 89, 90
Gosse, Corey	90	Murphy, Dan	85
Greske, Ryan	98	Nichols, Shawn	85, 86, 87, 88
Gries, Kevin	07	Olson, Bryan	92
Grosshuesch, Dave	86, 87, 88	Pahl, Jason	88, 89
Grunewald, Jeff	97, 00	Paweski, Bryan	06
Grunwald, Steve	93, 94, 95	Penny, R	91
Hafele, Brent	93, 94	Petrie, Evan	03
Hafele, Craig	97	Philipps, Billy	04, 05, 06
Hahn, Aaron	01	Plate, Dan	85, 86
Hahn, Adam	00, 02, 03	Plate, Steve	88, 89, 90, 91
Hahn, Eric	03	Platz, Jamie	92, 93
Heili, Adam	03, 04	Plocar, Travis	02
Holler, Greg	90	Poirier, Brian	96, 97, 98, 99
Holmes, Scott	87, 88, 89, 90	Post, Adam	03, 04
Holzward, Joe	96, 97, 98, 99	Pratt, Scott	84
Holzward, Paul	97, 98, 99, 00	Prueter, Doug	86, 87, 88, 89
Horneck, Chris	88	Reseburg, N	91



# Male Alumni

(Continued)

Athletes Name	Year(s)		
Rietbrock, Ben	91, 92		
Roehrig, Brad	90, 91		
Scheele, Steve	02, 03		
Schueler, Trevor	07		
Schuette, C	91		
Schwinn, Corey	90, 91		
Schwinn, Josh	02, 03, 04, 05		
Schwinn, Mark	88		
Seibel, Dan	86		
Siebel, Mike	84		
Sixel, Dean	90, 92		
Sonnenberg, Andrew	03, 04, 05, 06		
Sonnenberg, Brian	98, 99, 00, 01		
Steltenpohl, Jon	01, 02		
Thieleke, Matt	96, 97		
Thill, Chris	96, 97, 98, 99		
Traas, Eric	90, 91		
Valenstein, Justin	02		
VanDeKreeke, Bryan	02, 03, 04		
VanWyk, Mike	99, 00, 01, 02		
VanWyk, Zak	97, 98, 99, 00		
VerStraate, Eric	05, 06, 07		
VerVelde, Collin	06, 07		
Voelker, Mike	85		
Voss, David	94, 95, 96		
Wagner, Jon	93, 94, 95		
Weber, P.J.	94, 95		
Wetherell, Mike	86, 87, 88, 89		
Wickesberg, Chris	94, 95		
Wieland, T	91		
Wilson (Fleischfresser), Jeff	86, 87, 89		
Wilson, Adam	90		
Wilson, Ben	90, 91, 92		
Winter, Marc	95		
Wleklinski, Mike	07		
Woepse, Craig	94, 95, 96, 97		
Zittel, Jacob	92, 93, 94		
Zore, Kurt	96		

# Female Alumni

1984-2007

Athletes Name	Year(s)
Akright, Sarah	91, 92
Albert, Sarah	06
Arnoelter, Angie	91, 92
Bassuener, Amy	95
Bauer, Kelsey	06
Beck, Jeni	89
Bergemann, Jenny	89
Biederwolf, Emily	04, 05, 06
Bitter, Allison	99
Bolz, Felicia	02, 03
Bonde, Jenny	96, 97, 98
Bonde, Kelly	94, 95, 96
Brendel, Lisa	90
Brunmeier, Brenda	86
Dahm, Betty	90, 91, 92
Dekker, Jenny	92
DeRuyter, Lisa	89
Dragan, Deanna	97, 98, 00
Eichhorst, Skyler	06
Elzinga, Celine	02, 03, 04
Fleischfresser, Jenny	89
Frantz, Sarah	97
Greske, Amy	00
Gries, Holly	97
Gries, Laura	01, 02, 03, 04
Grunewald, Jeanette	95
Grunwald, Laura	90, 91
Grunwald, Sue	89
Gumm, Dana	93
Havlinek, Tammy	84
Hedstrom, Andrea	01
Heiling, Elissa	91
Heling, Heidi	97
Herbold, Wiebke (AFS-Germany)	00
Holzward, Anna	03, 04, 05, 06
Horness, Lindsay	02, 03
Kirsch, Jessica	05, 06
Kisiolek, Emily	04
Koenig, Ashley	03
Koleno, Kim	01
Kraemer, Ashley	95, 96
Landwehr, Lori	89, 90, 91

Larson, Christina	07
Lutzke, Heather	94
Mansker, Kortney	04
Mihm, Tracy	91, 92
Moir, Rachel	92, 93
Moore, Ashley	02, 03
Morris, Rachel	91, 92, 93
Olderman, Jena	03, 04
Oskey, Leslie	03, 04, 05
Palm, Brittney	07
Phillips, Amanda	97, 98, 99
Phillips, Lacey	01
Plate, Donna	85
Plate, Patty	84
Post, Emily	00, 01, 02, 03
Probst, Alison	05
Rietbrock, Carrie	90
Rietbrock, Michelle	91, 92
Roehrig, Stacy	89, 90
Roethel, Amy	90
Rooker, Heidi	01, 02, 03, 04
Rooker, Rachel	07
Rose, Kris	85, 86
Ryan, Ashley	07
Schnelle, Lindsay	07
Souчек, Anne	89
Steines, Alyssa	00, 01
Steltenpohl, Kelsey	01
Taylor, Laurie	94, 95, 96
Thiel, Cassie	01, 02, 03
Thieleke, Amy	07
Thieleke, Liz	00, 01
Todd, Heather	91, 92
Tonn, Jessica	91, 92
Tutas, Bethany	03
Verhage, Kristi	89, 90, 91
Voelker, Debra	86
Wagner, Stacy	99, 00
Weber, Abby	03, 04, 05, 06
Westdorp, Pam	01
Wetherell, Treva	90, 91, 92
Wiedemann, Lisa	98, 99, 00



# Howards Grove Cross Country

## CLC Team Championships

### Boys

### Girls

1987, 1990, 1991, 1992

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## State Team Qualifiers

### Boys

### Girls

#### 1992 -- 10th place -- Division 3

#### 2003 -- 12th Place -- Division 3

Name	Time	Place
(Athlete names and times not found)		

Name	Time	Place
Emily Post	15:08.6	1
Anna Holzward	16:48.1	57
Ashley Koenig	17:39.2	97
Felicia Bolz	18:09.2	112
Bethany Tutas	18:34.8	117
Heidi Rooker	18:39.6	121
Lindsay Horness	18:57.2	127

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## State Individual Qualifiers

### Boys

### Girls

Division	Name	Year	Time	Place
3	Ryan Kramer	1991	Not Found	23
3	Chris Wickesberg	1995	Not Found	Not Found
3	Pat Buffington	2001	18:03	67
3	Pat Buffington	2002	17:20	24
3	Pat Buffington	2003	17:05	20

Division	Name	Year	Time	Place
3	Emily Post	2001	15:41	9
3	Emily Post	2002	15:31	2
2	Anna Holzward	2004	15:39	16
3	Emily Biederwolf	2005	16:39.1	42
3	Amy Thieleke	2007	16:21.2	33