



Cross Country



Howard's Grove High School 2008 Cross Country Results

Head Coach: Gary A. Kalk

Howards Grove High School

Girls Cross Country

2008 Team Record

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	2	14	
Manitowoc Roncalli Invite		Incomplete	
Cedar Grove Invite		Incomplete	
Sheboygan Lutheran Invite		Incomplete	
Valders Invite		Incomplete	
Plymouth Relays		Incomplete	
Kewaskum Invite		Incomplete	
County Meet @ Sheboygan Lutheran	1	8	
Brillion	2	8	
Campbellsport Invite	1	8	
Conference @ Sheboygan Lutheran	1	5	
Sectional @ Sheboygan Lutheran	3	9	
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Varsity Totals	10	52	0

**Howards Grove High School
Boys Cross Country
2008 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	11	5	
Manitowoc Roncalli Invite	4	1	
Cedar Grove Invite	5	2	
Sheboygan Lutheran Invite	17	3	
Valders Invite	4	2	
Plymouth Relays	4	5	
Kewaskum Invite	4	0	
County Meet @ Sheboygan Lutheran	5	4	
Brillion	6	3	
Campbellsport Invite	7	1	
Conference @ Sheboygan Lutheran	3	1	1
Sectional @ Sheboygan Lutheran	10	2	
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Varsity Totals	80	29	1



Howards Grove Cross Country 2008 Girls and Boys Individual Meet Times

Name	Grade	Kiel	Manitowoc Roncolli	Cedar Grove	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State	Personal Best (Career)
		9/4	9/6 @ Lincoln Park	9/11	9/16	9/18	9/23	9/25 3.1 Miles	9/30 @ Lutheran	10/7	10/9	10/16 @ Lutheran	10/25 @ Lutheran	11/1 @ WI Rapids	
Carmen Conrad	9	20:21	20:29	----	20:28	21:03	19:56	24:50	19:06	19:24	19:04	19:28	20:14	----	19:04
Christina Larson	10	20:14	----	20:25	19:50	19:58	19:27	24:28	19:48	19:16	18:52	18:45	18:32	----	18:32
Brittney Palm	10	21:08	21:46	20:26	19:57	21:18	21:12	25:54	----	20:07	20:38	19:37	21:21	----	19:37
Rachel Rooker	10	21:20	22:37	----	DNF	----	----	----	20:55	21:02	20:57	----	20:47	----	19:31
Lindsay Schnelle	10	20:31	24:11	----	----	----	----	----	21:20	21:05	----	21:13	21:14	----	19:49
Amy Thieleke	10	16:46	----	17:04	17:11	17:33	17:00	21:22	16:24	17:06	16:48	16:17	16:35	16:31.2	16:17
60th Percentile		19:14	19:58	20:10	19:49	20:43	18:40	25:43	17:54	19:23	18:41	18:18	19:04	17:15.0	

Jared Meidl	9	23:04	22:47	22:11	24:34	22:48	23:30	21:35	21:54	21:55	21:21	21:48	----	----	21:21
Phillip Gessler	10	21:38	21:28	21:19	21:59	21:36	21:52	20:42	21:10	20:12	20:10	20:27	20:38	----	19:52
Trevor Schueler	10	21:54	----	21:08	----	21:23	----	20:48	20:58	----	20:15	20:44	----	----	20:15
Mike Wleklinski	10	26:44	----	25:37	26:36	25:10	26:22	26:36	25:00	----	26:05	24:59	----	----	24:50
Matt Bahr	11	19:41	20:00	19:12	----	----	20:37	19:17	19:27	19:22	19:30	19:16	19:05	----	19:05
Collin VerVelde	11	19:31	----	18:56	19:37	20:08	19:45	18:54	19:13	18:35	18:56	18:36	18:55	----	18:35
Matt Ackley	12	18:15	19:02	17:23	18:39	18:27	18:03	17:57	17:39	17:28	17:35	17:41	18:09	17:55.0	17:23
Kyle Finstad	12	24:41	----	----	----	----	----	----	----	----	----	----	----	----	22:27
Kevin Gries	12	----	----	18:18	18:48	18:25	18:41	18:32	17:40	17:39	----	17:57	18:16	----	17:39
Brent Kiesau	12	19:27	19:59	18:37	19:32	19:02	19:49	19:07	18:41	18:53	18:45	18:29	19:14	----	18:29
Eric VerStraate	12	19:46	21:04	19:21	20:23	19:48	21:08	19:39	19:24	19:00	18:54	21:05	22:07	----	18:54
60th Percentile		21:15	20:51	20:31	21:32	18:52	20:16	20:41	19:21	19:24	20:08	19:28	20:32	18:07.8	



Howards Grove Cross Country 2008 Girls and Boys Varsity Letter Points

Name	Grade	Kiel	Manitowoc Roncolli	Cedar Grove	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State	Individual Point Totals (Season)
		9/4	9/6 @ Lincoln Park	9/11	9/16	9/18	9/23	9/25 3.1 Miles	9/30 @ Lutheran	10/7	10/9	10/16 @ Lutheran	10/25 @ Lutheran	11/1 @ WI Rapids	
Carmen Conrad	9	1	1		1	1	1	1	1	1	1	1	1		11
Christina Larson	10	1		1	1	1	1	1	1	1	1	1	2		12
Brittney Palm	10	1	1	1	1	1	1	1		1	1	1	1		11
Rachel Rooker	10	1	1		1				1	1	1		1		7
Lindsay Schnelle	10	1	1						1	1		1	1		6
Amy Thieleke	10	1		1	1	1	1	1	1	1	1	2	2	2	15
TOTALS		6	4	3	5	4	4	4	5	6	5	6	8	2	62

Jared Meidl	9		1		1	1	1			1					5
Phillip Gessler	10	1	1	1	1	1			1	1	1	1	1		10
Trevor Schueler	10	1		1		1		1			1		1 ^{ALT}		6
Mike Wleklinski	10						1								1
Matt Bahr	11	1	1	1			1	1	1	1	1	2	2		12
Collin VerVelde	11	1		1	1	1	1	1	1	1	1	2	2		13
Matt Ackley	12	1	1	1	1	1	1	1	1	1	1	2	2	2	16
Kyle Finstad	12	1													1
Kevin Gries	12			1	1	1	1	1	1	1		2	2		11
Brent Kiesau	12	1	1	1	1	1	1	1	1	1	1	2	2		14
Eric VerStraate	12	1	1	1	1	1	1	1	1	1	1	1	1		12
TOTALS		8	6	8	7	8	8	7	7	8	7	12	13	2	101

**Howards Grove High School
Cross Country
2008 Awards**

"Will-to-Win" Athletes	Kevin Gries Amy Thieleke
Rookie-of-the-Year	Carmen Conrad
Most Improved Runner	Kevin Gries
Male Runner-of-the-Year	Matt Ackley
Female Runner-of-the-Year	Amy Thieleke
All-Conference Athletes	Matt Ackley Kevin Gries Amy Thieleke
State Athlete	Matt Ackley Amy Thieleke

Howards Grove High School Boys Cross Country 5000 Meter Records

Records Kept Since 1992

Updated November 1, 2008

Rank	Name	Time	Meet/Invite	Year
1	Kyle Bahr	16:43	Cedar Grove	2005
2	Pat Buffington	16:46	Cedar Grove	2002
	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
	Matt Ackley	17:23	Cedar Grove	2008
17	Chris Wickesburg	17:28	Reedsville	1995
	Matt Ackley	17:28	Brillion	2008
19	Rob Mentink	17:32	Reedsville	1993
20	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
24	Matt Ackley	17:35	Campbellsport	2008
25	Andy Buffington	17:36	Cedar Grove	2005
26	Steve Grunewald	17:39	Reedsville	1995
	Matt Ackley	17:39	County	2008
	Kevin Gries	17:39	Brillion	2008
29	Kevin Gries	17:40	County	2008
30	Pat Buffington	17:41	Sectional	2003
	Matt Ackley	17:41	Conference	2008
32	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
34	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
36	Eric Lefeber	17:46	Cedar Grove	2002
	Pat Buffington	17:46	Kiel	2003
	Kyle Bahr	17:46	Conference	2004
39	Pat Buffington	17:47	Sectional	2001
	Kyle Bahr	17:47	Valders	2005
41	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
	Pat Buffington	17:49	Sheboygan Lutheran	2003
44	Joe Holzwart	17:50	St. Francis	1999
45	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefeber	17:51	Reedsville	2002
48	Pat Buffington	17:52	Kiel	2002
	Pat Buffington	17:52	Sectional	2002
50	Rob Mentink	17:53	Conference	1992

Rank	Name	Time	Meet/Invite	Year
	Chris Wickesburg	17:53	Plymouth	1993
	Kyle Bahr	17:53	Conference	2005
53	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
55	Matt Ackley	17:55.0	State	2008
	Chris Wickesburg	17:55	Cedar Grove	1995
	Eric Lefeber	17:55	Reedsville	2001
58	Rob Mentink	17:56	Sectional	1992
59	Rob Mentink	17:57	Conference	1993
	Matt Ackley	17:57	Kewaskum	2008
	Kevin Gries	17:57	Conference	2008
62	Eric Lefeber	17:58	Plymouth	2001
63	Pat Buffington	17:59	County	2002
	Adam Post	17:59	Cedar Grove	2004
65	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
69	Tyler Biederwolf	18:02	Conference	2004
	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
	Matt Ackley	18:03	Plymouth	2008
73	Pat Buffington	18:04	Sheboygan Lutheran	2002
	Josh Schwinn	18:04	Cedar Grove	2005
75	Chris Wickesburg	18:05	Plymouth	1995
	Tyler Biederwolf	18:05	Campbellsport	2005
	Matt Ackley	18:05	Conference	2007
78	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
80	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004
83	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
86	Rob Mentink	18:09	County	1992
	Joe Holzwart	18:09	Conference	1998
	Matt Ackley	18:09	Sectional	2008
89	Joe Holzwart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
91	Kyle Bahr	18:11	Manitowoc Roncalli	2005
	Tyler Biederwolf	18:11	Valders	2005
93	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
96	Eric Lefeber	18:13	Sheboygan Lutheran	2001
97	Andy Buffington	18:14	Campbellsport	2005
98	Chris Wickesburg	18:15	Cedar Grove	1993
	Chris Wickesburg	18:15	Valders	1995
	Adam Post	18:15	Cedar Grove	2003

**Howards Grove High School
Girls Cross Country
4000 Meter Records**

Records Kept Since 1993

Updated November 1, 2008

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
	Amy Thieleke	16:17	Conference	2008
37	Emily Biederwolf	16:18	Campbellsport	2005
38	Anna Holzwart	16:19	Campbellsport	2005
	Anna Holzwart	16:19	Manitowoc Roncalli	2006
40	Emily Post	16:21	Kiel	2002
	Emily Biederwolf	16:21	Plymouth	2004
42	Amy Thieleke	16:21.2	State	2007
43	Anna Holzwart	16:22	Kiel	2006
44	Anna Holzwart	16:24	Manitowoc Roncalli	2005
	Anna Holzwart	16:24	Conference	2006
	Amy Thieleke	16:24	County	2008
47	Anna Holzwart	16:28	Campbellsport	2003
48	Anna Holzwart	16:29	Plymouth	2006
	Anna Holzwart	16:29	Campbellsport	2006
50	Amy Thieleke	16:31.2	State	2008

Rank	Name	Time	Meet/Invite	Year
51	Rachel Moir	16:33	County	1993
	Emily Post	16:33	Plymouth	2001
	Emily Post	16:33	Campbellsport	2001
54	Emily Biederwolf	16:35	Campbellsport	2006
	Amy Thieleke	16:35	Sectional	2008
56	Rachel Moir	16:36	Sheboygan Falls	1993
57	Amy Thieleke	16:37	Sectional	2007
58	Emily Post	16:38	Howards Grove	2003
	Anna Holzwart	16:38	County	2006
60	Rachel Moir	16:39	Plymouth	1993
61	Emily Biederwolf	16:39.1	State	2005
62	Emily Post	16:40	Sheboygan Falls @LTC	2002
	Amy Thieleke	16:40	Conference	2007
64	Anna Holzwart	16:41	Cedar Grove	2005
65	Anna Holzwart	16:42	Plymouth	2005
66	Anna Holzwart	16:43	Conference	2003
67	Anna Holzwart	16:44	Sheboygan Lutheran	2005
68	Anna Holzwart	16:46	Plymouth	2003
	Emily Biederwolf	16:46	Cedar Grove	2005
	Amy Thieleke	16:46	Kiel	2008
71	Emily Biederwolf	16:46.14	Sectional	2004
72	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
76	Emily Biederwolf	16:48	County	2004
	Amy Thieleke	16:48	Campbellsport	2008
78	Anna Holzwart	16:48.1	State	2003
79	Anna Holzwart	16:51	County	2003
	Anna Holzwart	16:51	County	2005
81	Amy Thieleke	16:53	County	2007
82	Emily Biederwolf	16:54	Conference	2004
	Amy Thieleke	16:54	Manitowoc Roncalli	2007
84	Emily Biederwolf	16:55	County	2005
	Anna Holzwart	16:55	Conference	2005
86	Anna Holzwart	16:58	Sheboygan Lutheran	2006
87	Rachel Moir	16:59	Valders	1993
88	Anna Holzwart	17:00	Kiel	2004
	Emily Biederwolf	17:00	Kiel	2006
	Amy Thieleke	17:00	Campbellsport	2007
	Amy Thieleke	17:00	Plymouth	2008
92	Anna Holzwart	17:01	Cedar Grove	2006
93	Emily Biederwolf	17:03	Conference	2006
94	Amy Thieleke	17:04	Cedar Grove	2008
95	Amy Thieleke	17:05	Kiel	2007
96	Amy Thieleke	17:06	Brillion	2008
97	Emily Biederwolf	17:07	Plymouth	2005
98	Laurie Taylor	17:08	Conference	1995
99	Laurie Taylor	17:11	County	1995
	Amy Thieleke	17:11	Sheboygan Lutheran	2008

Rank	Name	Time	Meet/Invite	Year
101	Anna Holzwart	17:12	Valders	2005
	Anna Holzwart	17:12	Valders	2006
103	Laurie Taylor	17:13	Sheboygan Lutheran	1995
	Emily Biederwolf	17:13	Sheboygan Lutheran	2006
105	Emily Biederwolf	17:14	Kiel	2005
106	Rachel Moir	17:15	Campbellsport	1993
	Anna Holzwart	17:15	Sectional	2003
108	Laurie Taylor	17:18	Plymouth	1995
	Emily Biederwolf	17:18	Plymouth	2006
110	Amy Thieleke	17:19	Sheboygan Lutheran	2007
111	Emily Biederwolf	17:20	Manitowoc Roncalli	2006
112	Laurie Taylor	17:21	Campbellsport	1995
113	Emily Biederwolf	17:22	Sheboygan Lutheran	2005
114	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004
	Anna Holzwart	17:23	Sectional	2005
117	Rachel Moir	17:24	Sheboygan Lutheran	1993
118	Emily Biederwolf	17:26	Sectional	2006
119	Emily Biederwolf	17:28	Cedar Grove	2004
	Emily Biederwolf	17:28	Green Bay Preble	2005
121	Laurie Taylor	17:32	Cedar Grove	1995
	Amy Thieleke	17:32	Plymouth	2007
123	Rachel Moir	17:33	Conference	1993
	Anna Holzwart	17:33	Valders	2004
	Anna Holzwart	17:33	Kiel	2005
	Amy Thieleke	17:33	Valders	2008
127	Rachel Moir	17:34	Sectional	1993
	Anna Holzwart	17:34	Sheboygan Lutheran	2003
	Emily Biederwolf	17:34	Green Bay Preble	2006
130	Kelly Bonde	17:35	Sectional	1995
131	Ashley Koenig	17:37	County	2003
	Emily Biederwolf	17:37	County	2006
133	Laurie Taylor	17:38	Reedsville	1995
134	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
138	Ashley Koenig	17:39.2	State	2003
139	Emily Biederwolf	17:41	Manitowoc Roncalli	2005
	Anna Holzwart	17:41	Sectional	2006
141	Kelly Bonde	17:42	Cedar Grove	1995
142	Anna Holzwart	17:43	Kiel	2003
143	Anna Holzwart	17:44	Cedar Grove	2003
	Ashley Koenig	17:44	Sectional	2003
145	Emily Post	17:45	Valders	2001
	Anna Holzwart	17:45	Valders	2003
	Emily Biederwolf	17:45	Cedar Grove	2006
148	Laurie Taylor	17:47	Campbellsport	1994
	Stacy Wiedemann	17:47	Reedsville	2001
150	Ashley Koenig	17:47	Campbellsport	2003

Rank	Name	Time	Meet/Invite	Year
	Heidi Rooker	17:47	County	2004
152	Rachel Moir	17:48	Cedar Grove	1993
153	Kelly Bonde	17:49	Sheboygan Lutheran	1995
154	Amy Thieleke	17:51	Green Bay Preble	2007
155	Bethany Tutas	17:53	Plymouth	2003
156	Kelly Bonde	17:54	Campbellsport	1995
	Emily Biederwolf	17:54	Kiel	2004
	Amy Thieleke	17:54	Valders	2007
159	Farrah Winter	17:55	Sheboygan Falls	1993
160	Ashley Koenig	17:56	Plymouth	2003
161	Amy Greske	18:01	Conference	2000
	Anna Holzwart	18:01	Kewaskum Meet	2004
163	Emily Post	18:02	Conference	2000
164	Laurie Taylor	18:03	Sectional	1995
165	Kelly Bonde	18:04	Kiel	1995
166	Heidi Rooker	18:06	Conference	2004
167	Laurie Taylor	18:08	Valders	1995
	Bethany Tutas	18:08	Sectional	2003
169	Rachel Moir	18:09	Kiel	1993
	Laurie Taylor	18:09	Kewaskum	1995
171	Felicia Bolz	18:09.2	State	2003
172	Ashley Koenig	18:10	Green Bay Preble	2003
173	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
177	Bethany Tutas	18:12	Campbellsport	2003
178	Deanna Dragan	18:13	Sheboygan Lutheran	1998
	Ashley Koenig	18:13	Sheboygan Lutheran	2003
180	Kelly Bonde	18:15	County	1995
	Emily Post	18:15	County	2000
182	Jenny Bonde	18:16	Campbellsport	1997
183	Kelly Bonde	18:17	Kewaskum	1995
	Laurie Taylor	18:17	Kiel	1995
185	Jenny Bonde	18:18	Conference	1997
	Emily Post	18:18	Kiel	2001
	Deanna Dragan	18:18	Campbellsport	2000
188	Kelly Bonde	18:20	Campbellsport	1994
	Jenny Bonde	18:20	Sectional	1997
190	Kelly Bonde	18:21	Valders	1995
	Emily Biederwolf	18:21	Valders	2006
192	Felicia Bolz	18:22	Conference	2003
193	Deanna Dragan	18:23	Conference	2000
194	Deanna Dragan	18:24	Conference	1998
195	Kelly Bonde	18:25	Plymouth	1995
	Liz Thielke	18:25	Reedsville	2001
197	Jenny Bonde	18:28	County	1997
198	Heidi Rooker	18:29	Conference	2003
199	Amy Greske	18:30	County	2000
	Kelly Bonde	18:30	Plymouth	1996

**Howards Grove High School
2008 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.

Week of Season/Meet/Invite	Female Winner	Male Winner
Weeks #1 and #2 (Practice)	Amy Thieleke	Phillip Gessler
Week #3 (Kiel Invite and Manit. Roncalli)	Carmen Conrad	Matt Ackley
Week #4 (Cedar Grove)	Brittney Palm	Kevin Gries
Week #5 (Sheb. Lutheran and Valders)	Christina Larson	Mike Wleklinski
Weeks #6 and 7 (Ply, Kew and County)	Amy Thieleke	Brent Kiesau
Week #8 (Brillion and Campbellsport)	Carmen Conrad	Eric VerStraate
Week #9 (Conference)	Brittney Palm	Matt Bahr
Week #10 (Sectionals)	Christina Larson	Collin VerVelde
"Will To Win" Athlete-of-the-Year	Amy Thieleke	Kevin Gries

Cross Country History



1984-2008

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

Howards Grove Cross Country Program Record

Under Coach Gary Kalk

1998 - Present

GIRLS						
WIN	LOSE	TIE	# of Athletes	CLC Place	Sectional Place	State Qualifiers
1	12		5	INC	INC	
0	9		5	INC	INC	
35	63		9	4th	8th	
21	69		12	6th	10th	1
22	67		10	4th	10th	1
74	38		13	2nd	2nd	Team
60	67		10	3rd	11th	1
20	51		6	4th	12th	1
30	66		7	4th	9th	
7	62		6	6th	INC	1
10	52		6	6th	10th	1

280	556	0	89
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BOYS						
WIN	LOSE	TIE	# of Athletes	CLC Place	Sectional Place	State Qualifiers
25	73	1	9	4th	11th	
21	63		10	5th	13th	
27	55	1	9	5th	9th	
49	55	1	10	4th	6th	1
47	42		16	3rd	6th	1
62	35		17	3rd	5th	1
40	51		9	2nd	10th	
48	51		7	3rd	6th	
2	38		6	6th	11th	
54	44	1	9	2nd	4th	
80	29	1	11	2nd	3rd	1

TOTALS	455	536	5	113
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Male Alumni

1984-2008

Athletes Name	Year(s)
Andrews, Nathan	94
Ackley, Matt	07, 08
Bahr, Kyle	03, 04, 05
Bahr, Matt	08
Biederwolf, Tyler	02, 03, 04, 05
Bilgo, Riley	02, 03
Boehm, Lucas	02, 03
Bower, Bryan	01
Bramstedt, Darin	85, 86
Brunmeier, Brad	86, 87
Buffington, Andy	02, 03, 04, 05
Buffington, Pat	00, 01, 02, 03
Burkart, Tom	91, 92
Cudworth, Brian	92, 93, 94, 95
DeRyter, Kurt	90
DesArmo, Corey	99
Didan, Firas (AFS-Jordan)	87
Dreier, Adam	03
Drueck, Josh	98, 99, 00, 01
Eisenschenk, Jochen (AFS-Germany)	89
Elzinga, Eliot	98, 99, 00
Englebert, Ben	90, 91, 92
Finstad, Kyle	06, 07, 08
Frantz, Chris	90, 91, 92
Gessler, Phillip	08
Glaser, Zach	07
Gonzales, R	91
Gosse, Corey	90
Greske, Ryan	98
Gries, Kevin	07, 08
Grosshuesch, Dave	86, 87, 88
Grunewald, Jeff	97, 00
Grunwald, Steve	93, 94, 95
Hafele, Brent	93, 94
Hafele, Craig	97
Hahn, Aaron	01
Hahn, Adam	00, 02, 03
Hahn, Eric	03
Heili, Adam	03, 04
Holler, Greg	90
Holmes, Scott	87, 88, 89, 90
Holzward, Joe	96, 97, 98, 99

Holzward, Paul	97, 98, 99, 00
Horneck, Chris	88
Horness, Chris	97
Jaberg, Tim	96
Jahnke, Mathew	02
Johannes, Brad	91, 92, 93
Kalmerton, Jerrad	90, 91
Kestell, Ben	91, 92, 93, 94
Kestell, Josh	91, 92, 93
Kestell, Travis	94, 95
Kiesau, Brent	07, 08
Knuth, Jason	86
Kramer, Ryan	89, 90, 91, 92
Krueger, Jamie	93
Krueger, Jessie	85, 87
Krutzik, Brad	85
Lau, Brian	90, 91, 92
Lefeber, Eric	01, 02
Lindorfer, Charlie	97
Luecke, Jon	95, 96, 97
Mansker, Derek	96, 97
Mansker, Shaun	01
Mayer, Bryan	03
Meidl, Jared	08
Mentink, Robb	92, 93, 94
Milbrath, Tim	95, 96
Monte, Ryan	96
Morris, Eric	87, 88, 89, 90
Murphy, Dan	85
Nichols, Shawn	85, 86, 87, 88
Olson, Bryan	92
Pahl, Jason	88, 89
Paweski, Bryan	06
Penny, R	91
Petrie, Evan	03
Philipps, Billy	04, 05, 06
Plate, Dan	85, 86
Plate, Steve	88, 89, 90, 91
Platz, Jamie	92, 93
Plocar, Travis	02
Poirier, Brian	96, 97, 98, 99
Post, Adam	03, 04

Male Alumni

(Continued)

Athletes Name	Year(s)		
Pratt, Scott	84		
Prueter, Doug	86, 87, 88, 89		
Reseburg, N	91		
Rietbrock, Ben	91, 92		
Roehrig, Brad	90, 91		
Scheele, Steve	02, 03		
Schueler, Trevor	07, 08		
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, 08		
VerVelde, Collin	06, 07, 08		
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, 08		
Woepse, Craig	94, 95, 96, 97		
Zittel, Jacob	92, 93, 94		
Zore, Kurt	96		

Female Alumni

1984-2008

Athletes Name	Year(s)		
Akright, Sarah	91, 92	Landwehr, Lori	89, 90, 91
Albert, Sarah	06	Larson, Christina	07, 08
Arnoelter, Angie	91, 92	Lutzke, Heather	94
Bassuener, Amy	95	Mansker, Kortney	04
Bauer, Kelsey	06	Mihm, Tracy	91, 92
Beck, Jeni	89	Moir, Rachel	92, 93
Bergemann, Jenny	89	Moore, Ashley	02, 03
Biederwolf, Emily	04, 05, 06	Morris, Rachel	91, 92, 93
Bitter, Allison	99	Olderman, Jena	03, 04
Bolz, Felicia	02, 03	Oskey, Leslie	03, 04, 05
Bonde, Jenny	96, 97, 98	Palm, Brittney	07, 08
Bonde, Kelly	94, 95, 96	Phillips, Amanda	97, 98, 99
Brendel, Lisa	90	Phillips, Lacey	01
Brunmeier, Brenda	86	Plate, Donna	85
Conrad, Carmen	08	Plate, Patty	84
Dahm, Betty	90, 91, 92	Post, Emily	00, 01, 02, 03
Dekker, Jenny	92	Probst, Alison	05
DeRuyter, Lisa	89	Rietbrock, Carrie	90
Dragan, Deanna	97, 98, 00	Rietbrock, Michelle	91, 92
Eichhorst, Skyler	06	Roehrig, Stacy	89, 90
Elzinga, Celine	02, 03, 04	Roethel, Amy	90
Fleischfresser, Jenny	89	Rooker, Heidi	01, 02, 03, 04
Frantz, Sarah	97	Rooker, Rachel	07, 08
Greske, Amy	00	Rose, Kris	85, 86
Gries, Holly	97	Ryan, Ashley	07
Gries, Laura	01, 02, 03, 04	Schnelle, Lindsay	07, 08
Grunewald, Jeanette	95	Souчек, Anne	89
Grunwald, Laura	90, 91	Steines, Alyssa	00, 01
Grunwald, Sue	89	Steltenpohl, Kelsey	01
Gumm, Dana	93	Taylor, Laurie	94, 95, 96
Havlinek, Tammy	84	Thiel, Cassie	01, 02, 03
Hedstrom, Andrea	01	Thieleke, Amy	07, 08
Heiling, Elissa	91	Thieleke, Liz	00, 01
Heling, Heidi	97	Todd, Heather	91, 92
Herbold, Wiebke (AFS-Germany)	00	Tonn, Jessica	91, 92
Holzward, Anna	03, 04, 05, 06	Tutas, Bethany	03
Horness, Lindsay	02, 03	Verhage, Kristi	89, 90, 91
Kirsch, Jessica	05, 06	Voelker, Debra	86
Kisiolek, Emily	04	Wagner, Stacy	99, 00
Koenig, Ashley	03	Weber, Abby	03, 04, 05, 06
Koleno, Kim	01	Westdorp, Pam	01
Kraemer, Ashley	95, 96	Wetherell, Treva	90, 91, 92

Howards Grove Cross Country

CLC Team Championships

Boys

1987, 1990, 1991, 1992

Girls

State Team Qualifiers

Boys

1992 -- 10th place -- Division 3

Name	Time	Place
(Athlete names and times not found)		

Girls

2003 -- 12th Place -- Division 3

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

State Individual Qualifiers

Boys

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

Girls

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