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# Cross Country



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## Howards Grove High School 2009 Cross Country Results

Head Coach: Gary A. Kalk

# Howards Grove High School

## Girls Cross Country

### 2009 Team Record

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite		Incomplete	
Cedar Grove Invite	0	6	
Manitowoc Roncalli Invite		Incomplete	
Sheboygan Lutheran Invite	1	18	
Valders Invite	0	6	
Plymouth Relays	0	8	
Kewaskum Invite	1	6	
County Meet @ Sheboygan Lutheran		Incomplete	
Brillion Invite		Incomplete	
Campbellsport Invite		Incomplete	
Conference @ Sheboygan Lutheran	0	6	
Sectional @ Sheboygan Lutheran		Incomplete	
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Varsity Totals	2	50	0

**Howards Grove High School  
Boys Cross Country  
2009 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	7	11	
Cedar Grove Invite	4	5	
Manitowoc Roncalli Invite	1	3	
Sheboygan Lutheran Invite	8	14	
Valders Invite	3	4	
Plymouth Relays	3	4	
Kewaskum Invite	1	4	
County Meet @ Sheboygan Lutheran	2	6	
Brillion Invite	3	8	
Campbellsport Invite	3	4	
Conference @ Sheboygan Lutheran	2	3	
Sectional @ Sheboygan Lutheran	7	5	
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Varsity Totals	44	71	0



## Howards Grove Cross Country 2009 Girls and Boys Individual Meet Times

Name	Grade	Kiel 9/3	Cedar Grove 9/10	Manitowoc Roncolli 9/12 @ Lincoln Park	Sheboygan Lutheran 9/15	Valders 9/17	Plymouth 9/22	Kewaskum 9/24	County 9/29 @ Lutheran	Brillion 10/6	Campbellsport 10/8	Conference 10/15 @ Lutheran	Sectional 10/24 @ Lutheran	State 10/31 @ WI Rapids	Personal Best (Career)
CARMEN CONRAD	10	----	21:24	----	20:47	----	21:28	20:43	----	23:53	21:04	21:01	21:22	----	19:04
CHRISTINA LARSON	11	21:52	21:34	21:48	20:46	21:10	19:44	19:04	19:27	19:58	<b>18:29</b>	19:39	19:46	----	18:29
BRITTNEY PALM	11	----	24:21	22:02	21:30	22:25	21:38	21:13	----	23:55	21:18	21:19	22:52	----	19:37
RACHEL PROBST	11	22:19	22:36	23:45	22:33	22:36	21:40	21:14	<b>20:53</b>	----	----	21:38	----	----	20:53
LINDSAY SCHNELLE	11	24:01	----	----	24:36	26:20	----	----	----	----	----	----	----	----	19:49
AMY THIELEKE	11	16:50	16:39	17:06	16:36	17:14	17:54	<b>16:15</b>	16:49	17:55	16:37	16:37	17:15	----	16:15
60th Percentile		19:16	19:29	19:24	19:12	21:14	19:35	19:57	17:59	19:28	18:21	18:11	19:06	17:30.3	

MACH CARSTENS	9	<b>20:59</b>	----	----	----	----	----	----	----	----	----	----	----	----	20:59
JARED MEIDL	10	22:31	22:10	22:01	24:18	----	22:35	21:45	21:31	----	----	23:04	<b>21:16</b>	----	21:16
BRIAN ESCHEN	11	23:51	----	----	----	----	25:51	24:38	24:42	25:32	23:58	23:11	<b>22:50</b>	----	22:50
PHILLIP GESSLER	11	20:55	20:46	20:24	20:39	20:00	20:28	19:32	19:38	20:32	19:15	<b>19:13</b>	19:28	----	19:13
TREVOR SCHUELER	11	21:08	21:38	21:22	20:46	20:16	21:13	19:46	20:13	20:36	19:59	<b>19:32</b>	20:47	----	19:32
GARRETT WHITEHEAD	11	26:23	28:54	26:34	26:54	26:34	26:12	<b>25:00</b>	25:12	----	----	26:17	----	----	25:00
MIKE WLEKLINSKI	11	28:50	28:34	25:22	25:57	26:14	25:24	24:37	24:32	26:52	<b>23:58</b>	25:05	----	----	23:58
MATT BAHR	12	19:13	18:46	19:04	18:21	19:12	18:52	<b>17:42</b>	18:13	19:10	17:46	17:56	18:04	18:13.4	17:42
COLLIN VERVELDE	12	19:52	19:40	20:23	19:44	19:59	20:32	18:59	19:35	20:29	19:14	19:11	19:26	----	18:35
60th Percentile		20:49	21:35	21:22	21:15	20:59	20:57	21:01	19:38	21:25	19:59	19:32	20:26	18:25.2	



## Howards Grove Cross Country 2009 Girls and Boys Varsity Letter Points

Name	Grade	Kiel 9/3	Cedar Grove 9/10	Manitowoc Roncolli 9/12 @ Lincoln Park	Sheboygan Lutheran 9/15	Valders 9/17	Plymouth 9/22	Kewaskum 9/24	County 9/29 @ Lutheran	Brillion 10/6	Campbellsport 10/8	Conference 10/15 @ Lutheran	Sectional 10/24 @ Lutheran	State 10/31 @ WI Rapids	Individual Point Totals (Season)
CARMEN CONRAD	10	----	1	----	1	----	1	1	----	1	1	1	1	----	8
CHRISTINA LARSON	11	1	1	1	1	1	1	1	1	1	1	1	1	----	12
BRITTNEY PALM	11	----	1	1	1	1	1	1	----	1	1	1	1	----	10
RACHEL PROBST	11	1	1	1	1	1	1	1	1	----	----	1	----	----	9
LINDSAY SCHNELLE	11	1	----	----	1	1	----	----	----	----	----	----	----	----	3
AMY THIELEKE	11	1	1	1	1	1	1	1	1	1	1	2	2	----	14
TOTALS		4	5	4	6	5	5	5	3	4	4	6	5	0	56

MACH CARSTENS	9	1	----	----	----	----	----	----	----	----	----	----	----	----	1
JARED MEIDL	10	1	1	1	1	----	1	1	1	----	----	1	1	----	9
BRIAN ESCHEN	11	1	----	----	----	----	1	1	1	1	1	1	1	----	8
PHILLIP GESSLER	11	1	1	1	1	1	1	1	1	1	1	2	2	----	14
TREVOR SCHUELER	11	1	1	1	1	1	1	1	1	1	1	2	1	----	13
GARRETT WHITEHEAD	11	JV	1	1	1	1	1	1	JV	----	----	JV	----	----	6
MIKE WLEKLINSKI	11	1	1	1	1	1	1	1	1	1	1	1	----	----	11
MATT BAHR	12	1	1	1	1	1	1	1	1	1	1	2	2	2	16
COLLIN VERVELDE	12	1	1	1	1	1	1	1	1	1	1	2	2	----	14
TOTALS		8	7	7	7	6	8	8	7	6	6	11	9	2	92

**Howards Grove High School  
Cross Country  
2009 Awards**

<b>"Will-to-Win" Athletes</b>	Rachel Probst Matt Bahr
<b>Rookie-of-the-Year</b>	Rachel Probst
<b>Most Improved Runner</b>	Phillip Gessler
<b>Male Runner-of-the-Year</b>	Matt Bahr
<b>Female Runner-of-the-Year</b>	Amy Thieleke
<b>All-Conference Athletes</b>	Amy Thieleke
<b>State Athlete</b>	Matt Bahr

**Howards Grove High School  
Boys Cross Country  
5000 Meter Records**

Records Kept Since 1992

Updated October 31, 2009

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	Matt Bahr	17:42	Kewaskum	2009
33	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
35	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
37	Eric Lefeber	17:46	Cedar Grove	2002
	Pat Buffington	17:46	Kiel	2003
39	Kyle Bahr	17:46	Conference	2004
	Matt Bahr	17:46	Campbellsport	2009
41	Pat Buffington	17:47	Sectional	2001
	Kyle Bahr	17:47	Valders	2005
43	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
	Pat Buffington	17:49	Sheboygan Lutheran	2003
46	Joe Holzwart	17:50	St. Francis	1999
47	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefeber	17:51	Reedsville	2002
50	Pat Buffington	17:52	Kiel	2002

Rank	Name	Time	Meet/Invite	Year
	Pat Buffington	17:52	Sectional	2002
52	Rob Mentink	17:53	Conference	1992
	Chris Wickesburg	17:53	Plymouth	1993
	Kyle Bahr	17:53	Conference	2005
55	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
57	Matt Ackley	17:55.0	State	2008
	Chris Wickesburg	17:55	Cedar Grove	1995
	Eric Lefeber	17:55	Reedsville	2001
60	Rob Mentink	17:56	Sectional	1992
	Matt Bahr	17:56	Conference	2009
62	Rob Mentink	17:57	Conference	1993
	Matt Ackley	17:57	Kewaskum	2008
	Kevin Gries	17:57	Conference	2008
65	Eric Lefeber	17:58	Plymouth	2001
66	Pat Buffington	17:59	County	2002
	Adam Post	17:59	Cedar Grove	2004
68	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
72	Tyler Biederwolf	18:02	Conference	2004
73	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
	Matt Ackley	18:03	Plymouth	2008
76	Pat Buffington	18:04	Sheboygan Lutheran	2002
	Josh Schwinn	18:04	Cedar Grove	2005
	Matt Bahr	18:04	Sectional	2009
79	Chris Wickesburg	18:05	Plymouth	1995
	Tyler Biederwolf	18:05	Campbellsport	2005
	Matt Ackley	18:05	Conference	2007
82	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
84	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004
87	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
90	Rob Mentink	18:09	County	1992
	Joe Holzwart	18:09	Conference	1998
	Matt Ackley	18:09	Sectional	2008
93	Joe Holzwart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
95	Kyle Bahr	18:11	Manitowoc Roncalli	2005
	Tyler Biederwolf	18:11	Valders	2005
97	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
100	Eric Lefeber	18:13	Sheboygan Lutheran	2001





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

Records Kept Since 1993

Updated October 31, 2009

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	Amy Thieleke	16:15	Kewaskum	2009
36	Emily Biederwolf	16:17	Sectional	2005
	Amy Thieleke	16:17	Conference	2008
38	Emily Biederwolf	16:18	Campbellsport	2005
39	Anna Holzwart	16:19	Campbellsport	2005
	Anna Holzwart	16:19	Manitowoc Roncalli	2006
41	Emily Post	16:21	Kiel	2002
	Emily Biederwolf	16:21	Plymouth	2004
43	Amy Thieleke	16:21.2	State	2007
44	Anna Holzwart	16:22	Kiel	2006
45	Anna Holzwart	16:24	Manitowoc Roncalli	2005
	Anna Holzwart	16:24	Conference	2006
	Amy Thieleke	16:24	County	2008
48	Anna Holzwart	16:28	Campbellsport	2003
49	Anna Holzwart	16:29	Plymouth	2006
	Anna Holzwart	16:29	Campbellsport	2006

Rank	Name	Time	Meet/Invite	Year
51	Amy Thieleke	16:31.2	State	2008
52	Rachel Moir	16:33	County	1993
	Emily Post	16:33	Plymouth	2001
	Emily Post	16:33	Campbellsport	2001
55	Emily Biederwolf	16:35	Campbellsport	2006
	Amy Thieleke	16:35	Sectional	2008
57	Rachel Moir	16:36	Sheboygan Falls	1993
	Amy Thieleke	16:36	Sheboygan Lutheran	2009
59	Amy Thieleke	16:37	Sectional	2007
	Amy Thieleke	16:37	Campbellsport	2009
	Amy Thieleke	16:37	Conference	2009
62	Emily Post	16:38	Howards Grove	2003
	Anna Holzwart	16:38	County	2006
64	Rachel Moir	16:39	Plymouth	1993
	Amy Thieleke	16:39	Cedar Grove	2009
66	Emily Biederwolf	16:39.1	State	2005
67	Emily Post	16:40	Sheboygan Falls @LTC	2002
	Amy Thieleke	16:40	Conference	2007
69	Anna Holzwart	16:41	Cedar Grove	2005
70	Anna Holzwart	16:42	Plymouth	2005
71	Anna Holzwart	16:43	Conference	2003
72	Anna Holzwart	16:44	Sheboygan Lutheran	2005
73	Anna Holzwart	16:46	Plymouth	2003
	Emily Biederwolf	16:46	Cedar Grove	2005
	Amy Thieleke	16:46	Kiel	2008
76	Emily Biederwolf	16:46.14	Sectional	2004
77	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
81	Emily Biederwolf	16:48	County	2004
	Amy Thieleke	16:48	Campbellsport	2008
83	Anna Holzwart	16:48.1	State	2003
84	Amy Thieleke	16:49	County	2009
85	Amy Thieleke	16:50	Kiel	2009
86	Anna Holzwart	16:51	County	2003
	Anna Holzwart	16:51	County	2005
88	Amy Thieleke	16:53	County	2007
89	Emily Biederwolf	16:54	Conference	2004
	Amy Thieleke	16:54	Manitowoc Roncalli	2007
91	Emily Biederwolf	16:55	County	2005
	Anna Holzwart	16:55	Conference	2005
93	Anna Holzwart	16:58	Sheboygan Lutheran	2006
94	Rachel Moir	16:59	Valders	1993
95	Anna Holzwart	17:00	Kiel	2004
	Emily Biederwolf	17:00	Kiel	2006
	Amy Thieleke	17:00	Campbellsport	2007
	Amy Thieleke	17:00	Plymouth	2008
99	Anna Holzwart	17:01	Cedar Grove	2006
100	Emily Biederwolf	17:03	Conference	2006

Rank	Name	Time	Meet/Invite	Year
101	Amy Thieleke	17:04	Cedar Grove	2008
102	Amy Thieleke	17:05	Kiel	2007
103	Amy Thieleke	17:06	Brillion	2008
	Amy Thieleke	17:06	Manitowoc Roncalli	2009
105	Emily Biederwolf	17:07	Plymouth	2005
106	Laurie Taylor	17:08	Conference	1995
107	Laurie Taylor	17:11	County	1995
	Amy Thieleke	17:11	Sheboygan Lutheran	2008
109	Anna Holzwart	17:12	Valders	2005
	Anna Holzwart	17:12	Valders	2006
111	Laurie Taylor	17:13	Sheboygan Lutheran	1995
	Emily Biederwolf	17:13	Sheboygan Lutheran	2006
113	Emily Biederwolf	17:14	Kiel	2005
	Amy Thieleke	17:14	Valders	2009
115	Rachel Moir	17:15	Campbellsport	1993
	Anna Holzwart	17:15	Sectional	2003
	Amy Thieleke	17:15	Sectional	2009
118	Laurie Taylor	17:18	Plymouth	1995
	Emily Biederwolf	17:18	Plymouth	2006
	Amy Thieleke	17:18	Plymouth	2009
121	Amy Thieleke	17:19	Sheboygan Lutheran	2007
122	Emily Biederwolf	17:20	Manitowoc Roncalli	2006
123	Laurie Taylor	17:21	Campbellsport	1995
124	Emily Biederwolf	17:22	Sheboygan Lutheran	2005
125	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004
	Anna Holzwart	17:23	Sectional	2005
128	Rachel Moir	17:24	Sheboygan Lutheran	1993
129	Emily Biederwolf	17:26	Sectional	2006
130	Emily Biederwolf	17:28	Cedar Grove	2004
	Emily Biederwolf	17:28	Green Bay Preble	2005
132	Laurie Taylor	17:32	Cedar Grove	1995
	Amy Thieleke	17:32	Plymouth	2007
134	Rachel Moir	17:33	Conference	1993
	Anna Holzwart	17:33	Valders	2004
	Anna Holzwart	17:33	Kiel	2005
	Amy Thieleke	17:33	Valders	2008
138	Rachel Moir	17:34	Sectional	1993
	Anna Holzwart	17:34	Sheboygan Lutheran	2003
	Emily Biederwolf	17:34	Green Bay Preble	2006
141	Kelly Bonde	17:35	Sectional	1995
142	Ashley Koenig	17:37	County	2003
	Emily Biederwolf	17:37	County	2006
144	Laurie Taylor	17:38	Reedsville	1995
145	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
149	Ashley Koenig	17:39.2	State	2003
150	Emily Biederwolf	17:41	Manitowoc Roncalli	2005

Rank	Name	Time	Meet/Invite	Year
	Anna Holzwart	17:41	Sectional	2006
152	Kelly Bonde	17:42	Cedar Grove	1995
153	Anna Holzwart	17:43	Kiel	2003
154	Anna Holzwart	17:44	Cedar Grove	2003
	Ashley Koenig	17:44	Sectional	2003
156	Emily Post	17:45	Valders	2001
	Anna Holzwart	17:45	Valders	2003
	Emily Biederwolf	17:45	Cedar Grove	2006
159	Laurie Taylor	17:47	Campbellsport	1994
	Stacy Wiedemann	17:47	Reedsville	2001
	Ashley Koenig	17:47	Campbellsport	2003
	Heidi Rooker	17:47	County	2004
163	Rachel Moir	17:48	Cedar Grove	1993
164	Kelly Bonde	17:49	Sheboygan Lutheran	1995
165	Amy Thieleke	17:51	Green Bay Preble	2007
166	Bethany Tutas	17:53	Plymouth	2003
167	Kelly Bonde	17:54	Campbellsport	1995
	Emily Biederwolf	17:54	Kiel	2004
	Amy Thieleke	17:54	Valders	2007
170	Farrah Winter	17:55	Sheboygan Falls	1993
	Amy Thieleke	17:55	Brillion	2009
172	Ashley Koenig	17:56	Plymouth	2003
173	Amy Greske	18:01	Conference	2000
	Anna Holzwart	18:01	Kewaskum Meet	2004
175	Emily Post	18:02	Conference	2000
176	Laurie Taylor	18:03	Sectional	1995
177	Kelly Bonde	18:04	Kiel	1995
178	Heidi Rooker	18:06	Conference	2004
179	Laurie Taylor	18:08	Valders	1995
	Bethany Tutas	18:08	Sectional	2003
181	Rachel Moir	18:09	Kiel	1993
	Laurie Taylor	18:09	Kewaskum	1995
183	Felicia Bolz	18:09.2	State	2003
184	Ashley Koenig	18:10	Green Bay Preble	2003
185	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
189	Bethany Tutas	18:12	Campbellsport	2003
190	Deanna Dragan	18:13	Sheboygan Lutheran	1998
	Ashley Koenig	18:13	Sheboygan Lutheran	2003
192	Kelly Bonde	18:15	County	1995
	Emily Post	18:15	County	2000
194	Jenny Bonde	18:16	Campbellsport	1997
195	Kelly Bonde	18:17	Kewaskum	1995
	Laurie Taylor	18:17	Kiel	1995
197	Jenny Bonde	18:18	Conference	1997
	Emily Post	18:18	Kiel	2001
	Deanna Dragan	18:18	Campbellsport	2000
200	Kelly Bonde	18:20	Campbellsport	1994







**Howards Grove High School  
2009 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	Mach Carstens
Week #3 (Kiel Invite)	Christina Larson	Matt Bahr
Week #4 (Cedar Grove and Roncalli)	Brittney Palm	Mike Wleklinski
Week #5 (Sheb. Lutheran and Valders)	Rachel Probst	Phillip Gessler
Week #6 (Plymouth and Kewaskum)	Carmen Conrad	Trevor Schueler
Week #7 (County)	Christina Larson	Collin Ver Velde
Week #8 (Brillion and Campbellsport)	Brittney Palm	Phillip Gessler
Week #9 (Conference)	Rachel Probst	Brian Eschen

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

Rachel Probst	Matt Bahr
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# Cross Country History



# 1984-2009

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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

# 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	7
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
2	50		6	7th	INC	

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
44	71		8	4th	6th	1

1998  
1999  
2000  
2001  
2002  
2003  
2004  
2005  
2006  
2007  
2008  
2009

282	606	0	95
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13
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TOTALS

499	607	5	121
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5
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# Male Alumni

1984-2009

Athletes Name	Year(s)		
Andrews, Nathan	94	Holmes, Scott	87, 88, 89, 90
Ackley, Matt	07, 08	Holzward, Joe	96, 97, 98, 99
Bahr, Kyle	03, 04, 05	Holzward, Paul	97, 98, 99, 00
Bahr, Matt	08, 09	Horneck, Chris	88
Biederwolf, Tyler	02, 03, 04, 05	Horness, Chris	97
Bilgo, Riley	02, 03	Jaberg, Tim	96
Boehm, Lucas	02, 03	Jahnke, Mathew	02
Bower, Bryan	01	Johannes, Brad	91, 92, 93
Bramstedt, Darin	85, 86	Kalmerton, Jerrad	90, 91
Brunmeier, Brad	86, 87	Kestell, Ben	91, 92, 93, 94
Buffington, Andy	02, 03, 04, 05	Kestell, Josh	91, 92, 93
Buffington, Pat	00, 01, 02, 03	Kestell, Travis	94, 95
Burkart, Tom	91, 92	Kiesau, Brent	07, 08
Carstens, Mach	09	Knuth, Jason	86
Cudworth, Brian	92, 93, 94, 95	Kramer, Ryan	89, 90, 91, 92
DeRyter, Kurt	90	Krueger, Jamie	93
DesArmo, Corey	99	Krueger, Jessie	85, 87
Didan, Firas (AFS-Jordan)	87	Krutzik, Brad	85
Dreier, Adam	03	Lau, Brian	90, 91, 92
Drueck, Josh	98, 99, 00, 01	Lefeber, Eric	01, 02
Eisenschenk, Jochen (AFS-Germany)	89	Lindorfer, Charlie	97
Elzinga, Eliot	98, 99, 00	Luecke, Jon	95, 96, 97
Englebert, Ben	90, 91, 92	Mansker, Derek	96, 97
Eschen, Brian	09	Mansker, Shaun	01
Finstad, Kyle	06, 07, 08	Mayer, Bryan	03
Frantz, Chris	90, 91, 92	Meidl, Jared	08, 09
Gessler, Phillip	08, 09	Mentink, Robb	92, 93, 94
Glaser, Zach	07	Milbrath, Tim	95, 96
Gonzales, R	91	Monte, Ryan	96
Gosse, Corey	90	Morris, Eric	87, 88, 89, 90
Greske, Ryan	98	Murphy, Dan	85
Gries, Kevin	07, 08	Nichols, Shawn	85, 86, 87, 88
Grosshuesch, Dave	86, 87, 88	Olson, Bryan	92
Grunewald, Jeff	97, 00	Pahl, Jason	88, 89
Grunwald, Steve	93, 94, 95	Paweski, Bryan	06
Hafele, Brent	93, 94	Penny, R	91
Hafele, Craig	97	Petrie, Evan	03
Hahn, Aaron	01	Philipps, Billy	04, 05, 06
Hahn, Adam	00, 02, 03	Plate, Dan	85, 86
Hahn, Eric	03	Plate, Steve	88, 89, 90, 91
Heili, Adam	03, 04	Platz, Jamie	92, 93
Holler, Greg	90	Plocar, Travis	02

## Male Alumni

(Continued)

Athletes Name	Year(s)		
Poirier, Brian	96, 97, 98, 99	Zittel, Jacob	92, 93, 94
Post, Adam	03, 04	Zore, Kurt	96
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, 09		
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, 09		
Voelker, Mike	85		
Voss, David	94, 95, 96		
Wagner, Jon	93, 94, 95		
Weber, P.J.	94, 95		
Wetherell, Mike	86, 87, 88, 89		
Whitehead, Garrett	09		
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, 09		
Woepse, Craig	94, 95, 96, 97		

# Female Alumni

1984-2009

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
Conrad, Carmen	08, 09
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, 08, 09
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, 08, 09
Phillips, Amanda	97, 98, 99
Phillips, Lacey	01
Plate, Donna	85
Plate, Patty	84
Post, Emily	00, 01, 02, 03
Probst, Alison	05
Rachel Probst	09
Rietbrock, Carrie	90
Rietbrock, Michelle	91, 92
Roehrig, Stacy	89, 90
Roethel, Amy	90
Rooker, Heidi	01, 02, 03, 04
Rooker, Rachel	07, 08
Rose, Kris	85, 86
Ryan, Ashley	07
Schnelle, Lindsay	07, 08, 09
Souчек, Anne	89
Steines, Alyssa	00, 01
Steltenpohl, Kelsey	01
Taylor, Laurie	94, 95, 96
Thiel, Cassie	01, 02, 03
Thieleke, Amy	07, 08, 09
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



# Howards Grove Cross Country

## CLC Team Championships

### Boys

1987, 1990, 1991, 1992

### Girls

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## State Team Qualifiers

### Boys

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

Name	Time	Place
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(Athlete names and times not found)

### Girls

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

Name	Time	Place
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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

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