



Cross Country



Howards Grove High School 2010 Cross Country Results

Head Coach: Gary A. Kalk
Assistant Coach: Whitney Diedrich

**Howards Grove High School
Girls Cross Country
2010 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	8	9	
Cedar Grove Invite	5	2	
Manitowoc Roncalli Invite	0	3	
Sheboygan Lutheran Invite	10	8	
Valders Invite	6	0	
Plymouth Relays	3	3	
Kewaskum Invite	4	2	
County Meet @ Sheboygan Lutheran	3	6	
Brillion Invite	4	6	
Campbellsport Invite	5	2	
Conference @ Sheboygan Lutheran	3	3	
Sectional @ Sheboygan Lutheran	6	6	
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Varsity Totals	57	50	0

Howards Grove High School Boys Cross Country 2010 Team Record

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	3	11	
Cedar Grove Invite	3	5	
Manitowoc Roncalli Invite		Incomplete	
Sheboygan Lutheran Invite	7	15	
Valders Invite	1	6	
Plymouth Relays	1	6	
Kewaskum Invite	1	4	
County Meet @ Sheboygan Lutheran	3	6	
Brillion Invite	1	7	
Campbellsport Invite	2	4	
Conference @ Sheboygan Lutheran	1	4	
Sectional @ Sheboygan Lutheran	6	6	
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Varsity Totals	29	74	0



Howards Grove Cross Country 2010 Girls Individual Meet Times

Name	Grade	Kiel 9/2	Cedar Grove 9/9	Manitowoc Roncolli 9/11 @ Lincoln Park	Sheboygan Lutheran 9/14	Valders 9/16	Plymouth 9/21	Kewaskum 9/23	County 9/28 @ Lutheran	Brillion 10/5	Campbellsport 10/7	Conference 10/14 @ Lutheran	Sectional 10/23 @ Lutheran	State 10/30 @ WI Rapids	Personal Best (Career)
LAUREN BINVERSIE	9	23:52	----	----	----	----	20:49	21:38	19:39	19:28	19:24	18:27	19:05	----	18:27
MEGAN GRIMMENG	9	----	27:59	----	26:15	25:14	21:00	24:10	20:34	20:31	22:29	21:46	----	----	20:31
KRISTA HACKBARTH	9	24:26	22:00	20:59	20:33	21:17	20:43	21:19	DNF	20:40	20:21	----	----	----	20:21
MARIA KEBERLY	9	21:20	20:52	20:16	20:35	20:58	21:01	21:06	20:28	20:29	20:25	19:29	19:58	----	19:29
HAYLEY REINKE	9	25:24	25:01	24:04	24:28	24:34	22:49	----	22:53	22:10	22:32	22:17	----	----	22:10
MELISSA WILDMAN	9	----	----	----	----	27:17	23:46	24:47	23:18	----	22:42	22:03	----	----	22:03
JESSICA LARSON	10	21:38	19:57	20:29	20:10	20:19	20:32	21:33	19:43	19:25	20:13	19:05	20:10	----	19:05
CASSIE MARVER	10	18:01	17:13	17:40	16:51	17:36	16:53	17:05	16:35	16:27	16:49	16:18	16:18	----	16:18
CARMEN CONRAD	11	----	21:26	22:10	20:27	----	21:27	22:18	22:47	21:32	21:02	21:32	----	----	19:04
MELANIE CYR	11	----	24:38	----	----	27:18	22:09	24:12	----	----	----	22:27	----	----	22:09
RACHEL HARTLAUB	11	----	21:13	20:31	20:31	21:32	20:27	21:20	----	20:18	----	20:11	20:41	----	20:11
KARISSA KIDDER	11	22:23	21:53	22:00	21:16	21:39	21:22	21:55	21:04	20:55	20:33	20:29	----	----	20:29
CHRISTINA LARSON	12	19:30	19:17	19:20	18:38	19:42	18:44	19:00	18:25	----	18:24	17:53	18:51	----	17:53
BRITTNEY PALM	12	----	20:44	----	20:02	----	21:01	----	----	20:48	----	20:37	----	----	19:37
RACHEL PROBST	12	----	22:17	22:05	21:13	21:58	----	----	21:32	21:34	----	20:43	----	----	20:43
AMY THIELEKE	12	18:17	17:37	----	17:06	18:16	16:56	17:08	17:00	17:13	17:20	16:35	16:40	----	16:15
60th Percentile		20:20	20:29	20:23	19:27	21:09	19:19	21:38	18:27	19:25	19:57	18:27	18:51	17:16.84	



Howards Grove Cross Country 2010 Boys Individual Meet Times

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State	Personal Best (Career)
		9/3	9/10	9/12 @ Lincoln Park	9/15	9/17	9/22	9/24	9/29 @ Lutheran	10/6	10/8	10/15 @ Lutheran	10/24 @ Lutheran	10/31 @ WI Rapids	
MARQUIS BOLZ	9	29:15	26:20	24:52	24:28	23:05	24:11	25:25	23:36	24:16	23:51	23:04	23:48	----	23:04
DALE HODGSON	9	25:37	----	----	----	----	----	----	----	----	----	----	----	----	25:37
CODY STANGE	10	24:23	23:20	----	23:24	22:23	22:43	22:14	23:13	22:24	----	21:18	21:13	----	21:13
BRIAN ESCHEN	12	25:28	----	----	23:13	----	24:17	24:58	22:08	21:10	23:04	21:55	21:08	----	21:08
PHILLIP GESSLER	12	19:57	18:57	19:47	18:58	18:26	18:41	19:22	18:22	18:01	18:43	17:55	17:43	----	17:43
RYAN MUGAN	12	17:38	17:10	17:55	16:56	18:07	16:57	18:10	16:53	16:27	17:31	16:45	16:49	16:39.93	16:27
TREVOR SCHUELER	12	21:18	----	21:36	20:55	20:57	20:35	21:02	19:38	----	19:53	19:39	----	----	19:32
GARRETT WHITEHEAD	12	31:36	29:53	----	26:35	27:16	28:02	26:04	24:19	23:03	----	----	----	----	23:03
MIKE WLEKLINSKI	12	29:29	27:39	----	24:22	----	25:24	26:23	22:40	----	23:58	21:53	21:26	----	21:26
60th Percentile		21:01	21:11	20:47	21:00	20:57	20:15	23:35	19:38	19:44	21:17	19:39	20:03	18:17.69	



Howards Grove Cross Country 2010 Girls Varsity Letter Points

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State	Individual Point Totals (Season)
		9/2	9/9	9/11 @ Lincoln Park	9/14	9/16	9/21	9/23	9/28 @ Lutheran	10/5	10/7	10/14 @ Lutheran	10/23 @ Lutheran	10/30 @ WI Rapids	
LAUREN BINVERSIE	9	1	----	----	----	----	JV	1	JV	1	1	2	1	----	7
MEGAN GRIMMENGGA	9	----	JV	----	JV	JV	JV	1	JV	1	1	JV	----	----	3
KRISTA HACKBARTH	9	1	1	JV	JV	1	1	1	1	JV	1	----	----	----	7
MARIA KEBERLY	9	1	1	1	1	1	1	1 _{JV}	1	1	1	1	1	----	12
HAYLEY REINKE	9	JV	1	JV	JV	JV	JV	----	JV	JV	JV	JV	----	----	1
MELISSA WILDMAN	9	----	----	----	----	JV	JV	JV	JV	----	JV	JV	----	----	0
JESSICA LARSON	10	1	1	1	1	1	1	1	1	1	1	1	1	----	12
CASSIE MARVER	10	1	1	1	1	1	1	1	1	1	1	2	2	----	14
CARMEN CONRAD	11	----	JV	1	JV	----	1	JV	JV	JV	JV	JV	----	----	2
MELANIE CYR	11	----	JV	----	----	JV	JV	JV	----	----	----	JV	----	----	0
RACHEL HARTLAUB	11	----	JV	1	1	1	JV	1	----	JV	----	JV	1	----	5
KARISSA KIDDER	11	1	1	1	JV	JV	JV	JV	1	1	JV	1	----	----	6
CHRISTINA LARSON	12	1	1	1	1	1	1	1	1	----	1	2	2	----	13
BRITTNEY PALM	12	----	JV	----	1	----	1	----	----	1	----	JV	----	----	3
RACHEL PROBST	12	----	JV	JV	JV	1	----	----	JV	JV	----	JV	----	----	1
AMY THIELEKE	12	1	1	----	1	1	1	1	1	1	1	2	2	----	13
TOTALS		8	8	7	7	8	8	9	7	8	8	11	10	0	99



Howards Grove Cross Country 2010 Boys Varsity Letter Points

Name	Grade	Kiel 9/2	Cedar Grove 9/9	Manitowoc Roncolli 9/11 @ Lincoln Park	Sheboygan Lutheran 9/14	Valders 9/16	Plymouth 9/21	Kewaskum 9/23	County 9/28 @ Lutheran	Brillion 10/5	Campbellsport 10/7	Conference 10/14 @ Lutheran	Sectional 10/23 @ Lutheran	State 10/30 @ WI Rapids	Individual Point Totals (Season)
MARQUIS BOLZ	9	1	1	1	1	1	1	1	1	1	1	1	1	----	12
DALE HODGSON	9	1	----	----	----	----	----	----	----	----	----	----	----	----	1
CODY STANGE	10	1	1	----	1	1	1	1	1	1	----	1	1	----	10
BRIAN ESCHEN	12	JV	1	----	JV	----	1	1	1	1	1	1	1	----	8
PHILLIP GESSLER	12	1	1	1	1	1	1	1	1	1	1	2	2	----	14
RYAN MUGAN	12	1	1	1	1	1	1	1	1	1	1	2	2	2	16
TREVOR SCHUELER	12	1	----	1	1	1	1	1	1	----	1	2	----	----	10
GARRETT WHITEHEAD	12	JV	1	----	1	1	1	1	1	1	----	----	----	----	7
MIKE WLEKLINSKI	12	1	1	----	1	----	1	1	JV	----	1	1	1	----	8
TOTALS		7	7	4	7	6	8	8	7	6	6	10	8	2	86

**Howards Grove High School
Cross Country
2010 Awards**

"Will-to-Win" Athletes	Ryan Mugan Lauren Binversie
Rookie-of-the-Year	Lauren Binversie
Most Improved Runner	Christina Larson
Male Runner-of-the-Year	Ryan Mugan
Female Runner-of-the-Year	Cassie Marver
All-Conference Athletes	Ryan Mugan Cassie Marver Amy Thieleke
All-County Athletes	Ryan Mugan Phillip Gessler Cassie Marver Amy Thieleke
State Athlete	Ryan Mugan

Howards Grove High School

Boys Cross Country

5000 Meter Records

Records Kept Since 1992

Updated October 31, 2010

Rank	Name	Time	Meet/Invite	Year
1	Ryan Mугan	16:27	Brillion	2010
	Ryan Mугan	16:39.93	State	2010
3	Kyle Bahr	16:43	Cedar Grove	2005
4	Ryan Mугan	16:45	Conference	2010
5	Pat Buffington	16:46	Cedar Grove	2002
	Pat Buffington	16:46	Cedar Grove	2003
7	Ryan Mугan	16:49	Sectional	2010
8	Ryan Mугan	16:53	County	2010
9	Ryan Mугan	16:56	Sheboygan Lutheran	2010
10	Ryan Mугan	16:57	Plymouth	2010
11	Chris Wickesburg	17:01	Sectional	1995
12	Pat Buffington	17:02	Kewaskum	2003
13	Pat Buffington	17:05.5	State	2003
14	Pat Buffington	17:09	Valders	2003
	Pat Buffington	17:09	Plymouth	2003
16	Ryan Mугan	17:10	Cedar Grove	2010
17	Pat Buffington	17:11	Reedsville	2001
18	Eric Lefeber	17:13	Cedar Grove	2001
19	Pat Buffington	17:14	Cedar Grove	2001
20	Pat Buffington	17:16	County	2003
21	Pat Buffington	17:20	State	2002
	Pat Buffington	17:20	Campbellsport	2003
23	Pat Buffington	17:23	Reedsville	2002
	Matt Ackley	17:23	Cedar Grove	2008
25	Chris Wickesburg	17:28	Reedsville	1995
	Matt Ackley	17:28	Brillion	2008
27	Ryan Mугan	17:31	Campbellsport	2010
28	Rob Mentink	17:32	Reedsville	1993
29	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
33	Matt Ackley	17:35	Campbellsport	2008
34	Andy Buffington	17:36	Cedar Grove	2005
35	Ryan Mугan	17:38	Kiel	2010
36	Steve Grunewald	17:39	Reedsville	1995
	Matt Ackley	17:39	County	2008
	Kevin Gries	17:39	Brillion	2008
39	Kevin Gries	17:40	County	2008
40	Pat Buffington	17:41	Sectional	2003
	Matt Ackley	17:41	Conference	2008
42	Matt Bahr	17:42	Kewaskum	2009
43	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
	Phillip Gessler	17:43	Sectional	2010
46	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
48	Eric Lefeber	17:46	Cedar Grove	2002
	Pat Buffington	17:46	Kiel	2003
	Kyle Bahr	17:46	Conference	2004

Rank	Name	Time	Meet/Invite	Year
	Matt Bahr	17:46	Campbellsport	2009
52	Pat Buffington	17:47	Sectional	2001
	Kyle Bahr	17:47	Valders	2005
54	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
	Pat Buffington	17:49	Sheboygan Lutheran	2003
57	Joe Holzwart	17:50	St. Francis	1999
58	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefeber	17:51	Reedsville	2002
61	Pat Buffington	17:52	Kiel	2002
	Pat Buffington	17:52	Sectional	2002
63	Rob Mentink	17:53	Conference	1992
	Chris Wickesburg	17:53	Plymouth	1993
	Kyle Bahr	17:53	Conference	2005
66	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
68	Chris Wickesburg	17:55	Cedar Grove	1995
	Matt Ackley	17:55.0	State	2008
	Eric Lefeber	17:55	Reedsville	2001
	Ryan Mугan	17:55	Manitowoc Roncalli	2010
	Phillip Gessler	17:55	Conference	2010
73	Rob Mentink	17:56	Sectional	1992
	Matt Bahr	17:56	Conference	2009
75	Rob Mentink	17:57	Conference	1993
	Matt Ackley	17:57	Kewaskum	2008
	Kevin Gries	17:57	Conference	2008
78	Eric Lefeber	17:58	Plymouth	2001
79	Pat Buffington	17:59	County	2002
	Adam Post	17:59	Cedar Grove	2004
81	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
85	Phillip Gessler	18:01	Brillion	2010
86	Tyler Biederwolf	18:02	Conference	2004
87	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
	Matt Ackley	18:03	Plymouth	2008
90	Pat Buffington	18:04	Sheboygan Lutheran	2002
	Josh Schwinn	18:04	Cedar Grove	2005
	Matt Bahr	18:04	Sectional	2009
93	Chris Wickesburg	18:05	Plymouth	1995
	Tyler Biederwolf	18:05	Campbellsport	2005
	Matt Ackley	18:05	Conference	2007
96	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
98	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004

Rank	Name	Time	Meet/Invite	Year
	Ryan Muga	18:07	Valders	2010
102	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
105	Rob Mentink	18:09	County	1992
	Joe Holzwart	18:09	Conference	1998
	Matt Ackley	18:09	Sectional	2008
108	Joe Holzwart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
	Ryan Muga	18:10	Kewaskum	2010
111	Kyle Bahr	18:11	Manitowoc Roncalli	2005
	Tyler Biederwolf	18:11	Valders	2005
113	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
116	Eric Lefeber	18:13	Sheboygan Lutheran	2001
	Matt Bahr	18:13	County	2009
118	Matt Bahr	18:13.4	State	2009
119	Andy Buffington	18:14	Campbellsport	2005
120	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
	Matt Ackley	18:15	Kiel	2008
125	Chris Wickesburg	18:16	Sheboygan Lutheran	1995
	Tyler Biederwolf	18:16	Conference	2005
	Kevin Gries	18:16	Sectional	2008
128	Ben Wilson	18:17	State	1992
	Brian Cudworth	18:17	County	1995
	Pat Buffington	18:17	Campbellsport	2000
	Eric Lefeber	18:17	County	2001
132	Joe Holzwart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
	Kevin Gries	18:18	Cedar Grove	2008
135	Joe Holzwart	18:19	County	1999
	Joe Holzwart	18:19	Conference	1999
	Pat Buffington	18:19	Kewaskum	2000
	Tyler Biederwolf	18:19	Cedar Grove	2003
	Tyler Biederwolf	18:19	Green Bay Preble	2004
	Kyle Bahr	18:19	Sheboygan Lutheran	2004
	Andy Buffington	18:19	Conference	2005
142	Steve Grunewald	18:20	Conference	1994
	Steve Grunewald	18:20	County	1995
	Brian Sonnenberg	18:20	Reedsville	2001
	Eric Lefeber	18:20	Conference	2001
	Kyle Bahr	18:20	Sectional	2005
147	Pat Buffington	18:21	County	2001
	Andy Buffington	18:21	Sectional	2005
	Matt Bahr	18:21	Sheboygan Lutheran	2009
150	Joe Holzwart	18:22	County	1998

Rank	Name	Time	Meet/Invite	Year
	Eric Lefeber	18:22	Sectional	2002
	Josh Schwinn	18:22	Kewaskum	2005
	Phillip Gessler	18:22	County	2010
154	Tyler Biederwolf	18:23	Green Bay Preble	2005
	Kyle Bahr	18:23	Sheboygan Lutheran	2005
156	Rob Mentink	18:24	Valders	1992
	Rob Mentink	18:24	Plymouth	1993
	Joe Holzwart	18:24	Sheboygan Lutheran	1998
	Joe Holzwart	18:24	Plymouth	1998
	Kyle Bahr	18:24	Cedar Grove	2003
	Kyle Bahr	18:24	Conference	2003
	Tyler Biederwolf	18:24	Conference	2003
	Tyler Biederwolf	18:24	Kewaskum	2005
	Matt Ackley	18:24	County	2007
165	Kevin Gries	18:25	Valders	2008
166	Ben Wilson	18:26	Conference	1992
	Phillip Gessler	18:26	Valders	2010
168	Brian Cudworth	18:27	Reedsville	1994
	Matt Thielke	18:27	Conference	1997
	Matt Ackley	18:27	Valders	2008
171	Rob Mentink	18:28	Conference	1994
	Eric Lefeber	18:28	County	2002
	Matt Ackley	18:28	Campbellsport	2007
174	Chris Wickesburg	18:29	Kiel	1993
	Chris Wickesburg	18:29	Conference	1994
	Andy Buffington	18:29	Valders	2005
	Brent Kiesau	18:29	Conference	2008
178	Joe Holzwart	18:30	Sectional	1999
	Kyle Bahr	18:30	Plymouth	2004
180	Adam Post	18:31	Plymouth	2004
	Josh Schwinn	18:31	Campbellsport	2005
182	Ben Wilson	18:32	County	1992
	Steve Grunewald	18:32	Sheboygan Lutheran	1995
	Pat Buffington	18:32	Reedsville	2000
	Pat Buffington	18:32	Howards Grove	2003
	Matt Ackley	18:32	Sectional	2007
	Kevin Gries	18:32	Kewaskum	2008
188	Ben Wilson	18:33	Conference	1993
	Joe Holzwart	18:33	Reedsville	1998
	Pat Buffington	18:33	Conference	2000
	Kyle Bahr	18:33	Kewaskum	2004
192	Brian Sonnenberg	18:34	Cedar Grove	2001
193	Ben Wilson	18:35	Cedar Grove	1992
	Ben Wilson	18:35	County	1993
	Rob Mentink	18:35	Cedar Grove	1993
	Matt Thielke	18:35	Cedar Grove	1997
	Joe Holzwart	18:35	St. Francis	1998
	Eric Lefeber	18:35	Valders	2001
	Kyle Bahr	18:35	County	2004
	Collin VerVelde	18:35	Brillion	2008

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

Records Kept Since 1993

Updated October 31, 2010

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	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
	Cassie Marver	16:18	Conference	2010
	Cassie Marver	16:18	Sectional	2010
41	Anna Holzwart	16:19	Campbellsport	2005
	Anna Holzwart	16:19	Manitowoc Roncalli	2006
43	Emily Post	16:21	Kiel	2002
	Emily Biederwolf	16:21	Plymouth	2004
45	Amy Thieleke	16:21.2	State	2007
46	Anna Holzwart	16:22	Kiel	2006
47	Anna Holzwart	16:24	Manitowoc Roncalli	2005
	Anna Holzwart	16:24	Conference	2006
	Amy Thieleke	16:24	County	2008
50	Cassie Marver	16:27	Brillion	2010

Rank	Name	Time	Meet/Invite	Year
51	Anna Holzwart	16:28	Campbellsport	2003
52	Anna Holzwart	16:29	Plymouth	2006
	Anna Holzwart	16:29	Campbellsport	2006
54	Amy Thieleke	16:31.2	State	2008
55	Rachel Moir	16:33	County	1993
	Emily Post	16:33	Plymouth	2001
	Emily Post	16:33	Campbellsport	2001
58	Emily Biederwolf	16:35	Campbellsport	2006
	Amy Thieleke	16:35	Sectional	2008
	Cassie Marver	16:35	County	2010
	Amy Thieleke	16:35	Conference	2010
62	Rachel Moir	16:36	Sheboygan Falls	1993
	Amy Thieleke	16:36	Sheboygan Lutheran	2009
64	Amy Thieleke	16:37	Sectional	2007
	Amy Thieleke	16:37	Campbellsport	2009
	Amy Thieleke	16:37	Conference	2009
67	Emily Post	16:38	Howards Grove	2003
	Anna Holzwart	16:38	County	2006
69	Rachel Moir	16:39	Plymouth	1993
	Amy Thieleke	16:39	Cedar Grove	2009
71	Emily Biederwolf	16:39.1	State	2005
72	Emily Post	16:40	Sheboygan Falls @LTC	2002
	Amy Thieleke	16:40	Conference	2007
	Amy Thieleke	16:40	Sectional	2010
75	Anna Holzwart	16:41	Cedar Grove	2005
76	Anna Holzwart	16:42	Plymouth	2005
77	Anna Holzwart	16:43	Conference	2003
78	Anna Holzwart	16:44	Sheboygan Lutheran	2005
79	Emily Biederwolf	16:46	Sectional	2004
	Anna Holzwart	16:46	Plymouth	2003
	Emily Biederwolf	16:46	Cedar Grove	2005
	Amy Thieleke	16:46	Kiel	2008
83	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
87	Emily Biederwolf	16:48	County	2004
	Amy Thieleke	16:48	Campbellsport	2008
89	Anna Holzwart	16:48.1	State	2003
90	Amy Thieleke	16:49	County	2009
	Cassie Marver	16:49	Campbellsport	2010
92	Amy Thieleke	16:50	Kiel	2009
93	Anna Holzwart	16:51	County	2003
	Anna Holzwart	16:51	County	2005
	Cassie Marver	16:51	Sheboygan Lutheran	2010
96	Amy Thieleke	16:53	County	2007
	Cassie Marver	16:53	Plymouth	2010
98	Emily Biederwolf	16:54	Conference	2004
	Amy Thieleke	16:54	Manitowoc Roncalli	2007
100	Emily Biederwolf	16:55	County	2005

Rank	Name	Time	Meet/Invite	Year
	Anna Holzwart	16:55	Conference	2005
102	Amy Thieleke	16:56	Plymouth	2010
103	Anna Holzwart	16:58	Sheboygan Lutheran	2006
104	Rachel Moir	16:59	Valders	1993
105	Anna Holzwart	17:00	Kiel	2004
	Emily Biederwolf	17:00	Kiel	2006
	Amy Thieleke	17:00	Campbellsport	2007
	Amy Thieleke	17:00	Plymouth	2008
	Amy Thieleke	17:00	County	2010
110	Anna Holzwart	17:01	Cedar Grove	2006
111	Emily Biederwolf	17:03	Conference	2006
112	Amy Thieleke	17:04	Cedar Grove	2008
113	Amy Thieleke	17:05	Kiel	2007
	Cassie Marver	17:05	Kewaskum	2010
115	Amy Thieleke	17:06	Brillion	2008
	Amy Thieleke	17:06	Manitowoc Roncalli	2009
	Amy Thieleke	17:06	Sheboygan Lutheran	2010
118	Emily Biederwolf	17:07	Plymouth	2005
119	Laurie Taylor	17:08	Conference	1995
	Amy Thieleke	17:08	Kewaskum	2010
121	Laurie Taylor	17:11	County	1995
	Amy Thieleke	17:11	Sheboygan Lutheran	2008
123	Anna Holzwart	17:12	Valders	2005
	Anna Holzwart	17:12	Valders	2006
125	Laurie Taylor	17:13	Sheboygan Lutheran	1995
	Emily Biederwolf	17:13	Sheboygan Lutheran	2006
	Cassie Marver	17:13	Cedar Grove	2010
	Amy Thieleke	17:13	Brillion	2010
129	Emily Biederwolf	17:14	Kiel	2005
	Amy Thieleke	17:14	Valders	2009
131	Rachel Moir	17:15	Campbellsport	1993
	Anna Holzwart	17:15	Sectional	2003
	Amy Thieleke	17:15	Sectional	2009
134	Laurie Taylor	17:18	Plymouth	1995
	Emily Biederwolf	17:18	Plymouth	2006
	Amy Thieleke	17:18	Plymouth	2009
137	Amy Thieleke	17:19	Sheboygan Lutheran	2007
138	Emily Biederwolf	17:20	Manitowoc Roncalli	2006
	Amy Thieleke	17:20	Campbellsport	2010
140	Laurie Taylor	17:21	Campbellsport	1995
141	Emily Biederwolf	17:22	Sheboygan Lutheran	2005
142	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004
	Anna Holzwart	17:23	Sectional	2005
145	Rachel Moir	17:24	Sheboygan Lutheran	1993
146	Emily Biederwolf	17:26	Sectional	2006
147	Emily Biederwolf	17:28	Cedar Grove	2004
	Emily Biederwolf	17:28	Green Bay Preble	2005
149	Laurie Taylor	17:32	Cedar Grove	1995
	Amy Thieleke	17:32	Plymouth	2007

Rank	Name	Time	Meet/Invite	Year
151	Rachel Moir	17:33	Conference	1993
	Anna Holzwart	17:33	Valders	2004
	Anna Holzwart	17:33	Kiel	2005
	Amy Thieleke	17:33	Valders	2008
155	Rachel Moir	17:34	Sectional	1993
	Anna Holzwart	17:34	Sheboygan Lutheran	2003
	Emily Biederwolf	17:34	Green Bay Preble	2006
158	Kelly Bonde	17:35	Sectional	1995
159	Cassie Marver	17:36	Valders	2010
160	Ashley Koenig	17:37	County	2003
	Emily Biederwolf	17:37	County	2006
	Amy Thieleke	17:37	Cedar Grove	2010
163	Laurie Taylor	17:38	Reedsville	1995
164	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
168	Ashley Koenig	17:39.2	State	2003
169	Cassie Marver	17:40	Manitowoc Roncalli	2010
170	Emily Biederwolf	17:41	Manitowoc Roncalli	2005
	Anna Holzwart	17:41	Sectional	2006
172	Kelly Bonde	17:42	Cedar Grove	1995
173	Anna Holzwart	17:43	Kiel	2003
174	Anna Holzwart	17:44	Cedar Grove	2003
	Ashley Koenig	17:44	Sectional	2003
176	Emily Post	17:45	Valders	2001
	Anna Holzwart	17:45	Valders	2003
	Emily Biederwolf	17:45	Cedar Grove	2006
179	Laurie Taylor	17:47	Campbellsport	1994
	Stacy Wiedemann	17:47	Reedsville	2001
	Ashley Koenig	17:47	Campbellsport	2003
	Heidi Rooker	17:47	County	2004
183	Rachel Moir	17:48	Cedar Grove	1993
184	Kelly Bonde	17:49	Sheboygan Lutheran	1995
185	Amy Thieleke	17:51	Green Bay Preble	2007
186	Bethany Tutas	17:53	Plymouth	2003
	Christina Larson	17:53	Conference	2010
188	Kelly Bonde	17:54	Campbellsport	1995
	Emily Biederwolf	17:54	Kiel	2004
	Amy Thieleke	17:54	Valders	2007
191	Farrar Winter	17:55	Sheboygan Falls	1993
	Amy Thieleke	17:55	Brillion	2009
193	Ashley Koenig	17:56	Plymouth	2003
194	Amy Greske	18:01	Conference	2000
	Anna Holzwart	18:01	Kewaskum Meet	2004
	Cassie Marver	18:01	Kiel	2010
197	Emily Post	18:02	Conference	2000
198	Laurie Taylor	18:03	Sectional	1995
199	Kelly Bonde	18:04	Kiel	1995
200	Heidi Rooker	18:06	Conference	2004

**Howards Grove High School
2010 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# (Meet/Invite)	Female Winner	Male Winner
Weeks #1 & #2 (Practice)	Cassie Marver	Dale Hodgson
Week #3 (Kiel Invite)	Jessica Larson	Marquis Bolz
Weeks #4 & #5 (CG, Roncalli, Luth., Vald.)	Maria Keberly	Ryan Mugan
Week #6 (Plymouth and Kewaskum)	Rachel Hartlaub	Cody Stange
Week #7 (County)	Lauren Binversie	Brian Eschen
Weeks #8 & #9 (Brillion, Campbellsport, CLC)	Rachel Probst	Mike Wleklinski

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

Lauren Binversie	Ryan Mugan
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Cross Country History



1984-2010

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
Whitney Diedrich	2010

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 _{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
2	50		6	7th	INC	
57	50		16	4th	7th	

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
29	74		9	5th	7th	1

1998
1999
2000
2001
2002
2003
2004
2005
2006
2007
2008
2009
2010
2011

339	656	0	111
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13

TOTALS

528	681	5	130
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6

Male Alumni

1984-2010

Athletes Name	Year(s)		
Andrews, Nathan	94	Hodgson, Dale	10
Ackley, Matt	07, 08	Holler, Greg	90
Bahr, Kyle	03, 04, 05	Holmes, Scott	87, 88, 89, 90
Bahr, Matt	08, 09	Holzward, Joe	96, 97, 98, 99
Biederwolf, Tyler	02, 03, 04, 05	Holzward, Paul	97, 98, 99, 00
Bilgo, Riley	02, 03	Horneck, Chris	88
Boehm, Lucas	02, 03	Horness, Chris	97
Bolz, Marquis	10	Jaberg, Tim	96
Bower, Bryan	01	Jahnke, Mathew	02
Bramstedt, Darin	85, 86	Johannes, Brad	91, 92, 93
Brunmeier, Brad	86, 87	Kalmerton, Jerrad	90, 91
Buffington, Andy	02, 03, 04, 05	Kestell, Ben	91, 92, 93, 94
Buffington, Pat	00, 01, 02, 03	Kestell, Josh	91, 92, 93
Burkart, Tom	91, 92	Kestell, Travis	94, 95
Carstens, Mach	09	Kiesau, Brent	07, 08
Cudworth, Brian	92, 93, 94, 95	Knuth, Jason	86
DeRyter, Kurt	90	Kramer, Ryan	89, 90, 91, 92
DesArmo, Corey	99	Krueger, Jamie	93
Didan, Firas (AFS-Jordan)	87	Krueger, Jessie	85, 87
Dreier, Adam	03	Krutzik, Brad	85
Drueck, Josh	98, 99, 00, 01	Lau, Brian	90, 91, 92
Eisenschenk, Jochen (AFS-Germany)	89	Lefeber, Eric	01, 02
Elzinga, Eliot	98, 99, 00	Lindorfer, Charlie	97
Englebert, Ben	90, 91, 92	Luecke, Jon	95, 96, 97
Eschen, Brian	09, 10	Mansker, Derek	96, 97
Finstad, Kyle	06, 07, 08	Mansker, Shaun	01
Frantz, Chris	90, 91, 92	Mayer, Bryan	03
Gessler, Phillip	08, 09, 10	Meidl, Jared	08, 09
Glaser, Zach	07	Mentink, Robb	92, 93, 94
Gonzales, R	91	Milbrath, Tim	95, 96
Gosse, Corey	90	Monte, Ryan	96
Greske, Ryan	98	Morris, Eric	87, 88, 89, 90
Gries, Kevin	07, 08	Mugan, Ryan	10
Grosshuesch, Dave	86, 87, 88	Murphy, Dan	85
Grunewald, Jeff	97, 00	Nichols, Shawn	85, 86, 87, 88
Grunwald, Steve	93, 94, 95	Olson, Bryan	92
Hafele, Brent	93, 94	Pahl, Jason	88, 89
Hafele, Craig	97	Paweski, Bryan	06
Hahn, Aaron	01	Penny, R	91
Hahn, Adam	00, 02, 03	Petrie, Evan	03
Hahn, Eric	03	Philipps, Billy	04, 05, 06
Heili, Adam	03, 04	Plate, Dan	85, 86

Male Alumni

(Continued)

Athletes Name	Year(s)		
Plate, Steve	88, 89, 90, 91	Wilson, Ben	90, 91, 92
Platz, Jamie	92, 93	Winter, Marc	95
Plocar, Travis	02	Wleklinski, Mike	07, 08, 09, 10
Poirier, Brian	96, 97, 98, 99	Woepse, Craig	94, 95, 96, 97
Post, Adam	03, 04	Zittel, Jacob	92, 93, 94
Pratt, Scott	84	Zore, Kurt	96
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, 10		
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		
Stange, Cody	10		
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, 10		
Wickesberg, Chris	94, 95		
Wieland, T	91		
Wilson (Fleischfresser), Jeff	86, 87, 89		
Wilson, Adam	90		

Female Alumni

1984-2010

Athletes Name	Year(s)
Akright, Sarah	91, 92
Albert, Sarah	06
Arnhoelter, Angie	91, 92
Bassuener, Amy	95
Bauer, Kelsey	06
Beck, Jeni	89
Bergemann, Jenny	89
Biederwolf, Emily	04, 05, 06
Binversie, Lauren	10
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, 10
Cyr, Melanie	10
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
Grimmenga, Megan	10
Grunewald, Jeanette	95
Grunwald, Laura	90, 91
Grunwald, Sue	89
Gumm, Dana	93
Hackbarth, Krista	10
Hartlaub, Rachel	10
Havlinek, Tammy	84
Hedstrom, Andrea	01
Heiling, Elissa	91
Heling, Heidi	97
Herbold, Wiebke (AFS-Germany)	00
Holzwart, Anna	03, 04, 05, 06
Horness, Lindsay	02, 03

Keberly, Maria	10
Kidder, Karissa	10
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, 10
Larson, Jessica	10
Lutzke, Heather	94
Mansker, Kortney	04
Marver, Cassie	10
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, 10
Phillips, Amanda	97, 98, 99
Phillips, Lacey	01
Plate, Donna	85
Plate, Patty	84
Post, Emily	00, 01, 02, 03
Probst, Alison	05
Probst, Rachel	09, 10
Reinke, Hayley	10
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

Howards Grove Cross Country

CLC Team Championships

BOYS

GIRLS

1987, 1990, 1991, 1992

State Team Qualifiers

BOYS

GIRLS

1992 -- 10th place -- Division 3

Name	Time	Place
(Athlete names and times not found)		

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

GIRLS

Division	Name	Year	Time	Place	Division	Name	Year	Time	Place
3	Ryan Kramer	1991	Not Found	23	3	Emily Post	2001	15:41	9
3	Chris Wickesberg	1995	Not Found	Not Found	3	Emily Post	2002	15:31	2
3	Pat Buffington	2001	18:03	67	2	Anna Holzward	2004	15:39	16
3	Pat Buffington	2002	17:20	24	3	Emily Biederwolf	2005	16:39.1	42
3	Pat Buffington	2003	17:05	20	3	Amy Thieleke	2007	16:21.2	33
3	Matt Ackley	2008	17:55.0	68	3	Amy Thieleke	2008	16:31.2	41
3	Matt Bahr	2009	18:13.4	77					
3	Ryan Mugan	2010	16:39.93	4					