

CROSS COUNTRY HISTORY



1984-2018

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	2010-2011

Female Alumni

1984-2018

Athletes Name	Year(s)
Akright, Sarah	91, 92
Albert, Sarah	06
Arnhoeelter, Angie	91, 92
Athorp, Sara	11
Bassuener, Amy	95
Bauer, Kelsey	06
Beck, Jeni	89
Bell, Kara	12, 13, 14
Bergemann, Jenny	89
Betke, Lizzy	16, 17
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, 11
Cyr, Melanie	10
Dahm, Betty	90, 91, 92
Dehne, Emma	16, 17, 18
Dekker, Jenny	92
DeRuyter, Lisa	89
Dragan, Deanna	97, 98, 00
Edge, Morgan	11, 12, 13, 14
Eichhorst, Skyler	06
Elzinga, Celine	02, 03, 04
Englebert, Natalie	15,16,17,18
Eschen, Emily	11, 12, 13
Eschen, Noelle	12, 13, 14, 15
Fleischfresser, Jenny	89
Frantz, Sarah	97
Froelich, Ellen	18
Fry, Becca	15
Fry, Heather	15,18
Goedeke, Elly	16
Greske, Amy	00
Gries, Holly	97
Gries, Laura	01, 02, 03, 04
Grimmenga, Megan	10, 11, 12, 13
Grunewald, Jeanette	95

Grunwald, Laura	90, 91
Grunwald, Sue	89
Gumm, Dana	93
Guse, Katie	13, 14, 15, 16
Hackbarth, Krista	10
Hartlaub, Rachel	10, 11
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
Jump, Ruby	18
Keberly, Maria	10, 11, 12
Kidder, Karissa	10, 11
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, 11, 12
Lutzke, Heather	94
Mansker, Kortney	04
Marver, Cassie	10, 11, 12
Mihm, Tracy	91, 92
Milz, Carleigh	18
Milz, Mattie	16, 17
Mitchler, Alexandra	15,16
Moir, Rachel	92, 93
Moore, Ashley	02, 03
Morris, Rachel	91, 92, 93
Mueller, Zayla	16, 17
Mueller, Zyta	14, 15
Near, Kaitlyn	13, 14
Olderman, Jena	03, 04
Oskey, Leslie	03, 04, 05
Oxtoby, Melissa	13, 14, 15, 16
Palm, Brittney	07, 08, 09, 10
Phillips, Amanda	97, 98, 99

Male Alumni

1984-2018

Athletes Name	Year(s)
Andrews, Nathan	94
Ackley, Matt	07, 08
Bahr, Kyle	03, 04, 05
Bahr, Matt	08, 09
Beeck, Brandon	17, 18
Bell, John	16, 17, 18
Biederwolf, Tyler	02, 03, 04, 05
Bilgo, Riley	02, 03
Boehm, Lucas	02, 03
Bolz, Marquis	10, 11, 12, 13
Bower, Bryan	01
Bramstedt, Darin	85, 86
Bruckschen, Eric	13, 14
Bruckschen, Ryan	15
Brunmeier, Brad	86, 87
Buffington, Andy	02, 03, 04, 05
Buffington, Pat	00, 01, 02, 03
Burkart, Tom	91, 92
Carstens, Mach	09
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
Dvorachek, Eric	11, 12, 13, 14
Eilers, Dustin	15, 16, 17, 18
Eisenschenk, Jochen (AFS-Germany)	89
Elzinga, Eliot	98, 99, 00
Englebert, Ben	90, 91, 92
Eschen, Brian	09, 10
Finstad, Kyle	06, 07, 08
Frantz, Chris	90, 91, 92
Gessler, Phillip	08, 09, 10
Glaser, Zach	07
Gonzales, R	91
Gosse, Corey	90
Greske, Ryan	98
Gries, Kevin	07, 08
Grosshuesch, Dave	86, 87, 88
Grubisic, Connor	18
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
Halverson, Ethan	15
Heili, Adam	03, 04
Hodgson, Dale	10, 13
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
Lilyquist, Jack	18
Lindorfer, Charlie	97
Loomis, Drew	18
Luecke, Jon	95, 96, 97
Mansker, Derek	96, 97
Mansker, Shaun	01
Marten, Charlie	18
Mayer, Bryan	03
Meidl, Jared	08, 09
Mentink, Robb	92, 93, 94
Meyer, Arthur	12, 13, 14
Meyer, Fred	11, 12, 13, 14

