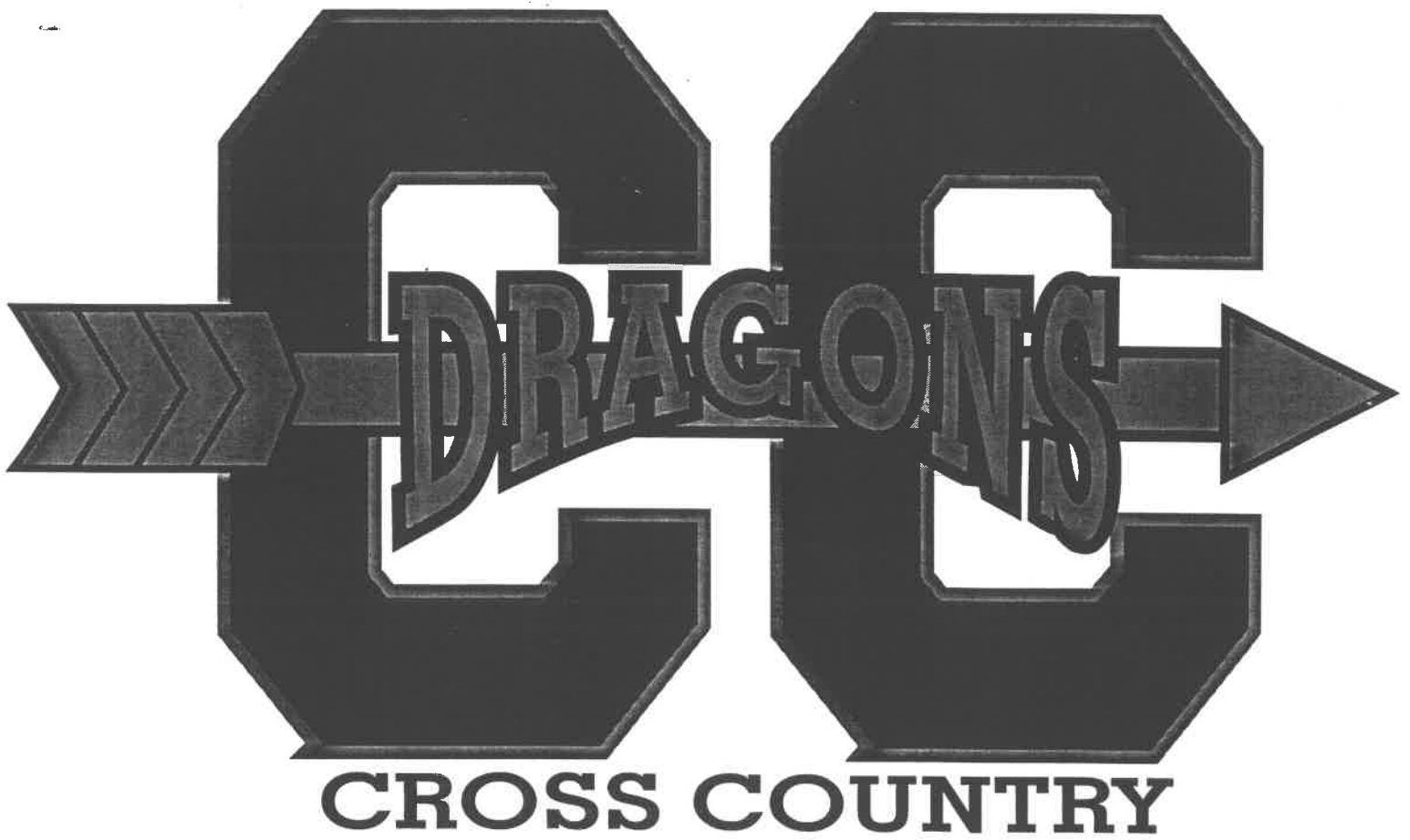


1996



*To believe,
to reach,
to strive,
is to keep a dream
alive.*

A CROSS COUNTRY RUNNER IS

Between the innocence of youth and the dignity of adulthood, one finds an extraordinarily dedicated creature called a cross-country runner.

He/she is generally a composite of the American boy/girl - skinny or heavy, short-legged or long-legged, long-haired or short-haired, bubbly or shy, wise-cracking or stammering.

Whatever he/she looks like he/she lives by the creed of every genuine cross-country runner: "To run every race to the very best of my ability."

The cross-country runner is found everywhere . . . slipping through the halls . . . wallowing through the crowded winter traffic. . . taking in a beautiful sunrise on the local golf course . . . disappearing in the dust of cars on a lonely, dry summer road . . . running softly along the painfully hot tar roads of July . . . whipping into whirlpool baths . . . intervallating on indoor tracks . . . loping around lakes.

Motorists chastise them, teammates rib them, coaches criticize them, students cheer them, kid sisters idolize them, football players don't understand them, fathers encourage them, and moms worry about them.

A cross-country runner eats like UCLA . . . sleeps like Oregon . . . thinks about distance running like the University of Texas-El Paso . . . but often runs like Pumpkin Center Unified.

He/she can be observed in a host of unusual activities . . . fartleking . . . over-distancing . . . intervallating . . . speed working. . . hilling . . . circuiting . . . peaking . . . weight-lifting . . . and, when the pain of it all becomes too much, simply "walking" or "sitting" . . .

When he/she's not running well, he/she has too many other interests, like girls/boys . . . chemistry . . . girls/boys . . . physics . . . girls/boys . . . algebra . . . girls/boys . . . just can't concentrate . . . can't dedicate . . . or is just a bag of injuries.

When he/she's running well he/she is one of the hardest-working, most coachable athletes in school . . . is totally dedicated . . . will undoubtedly be a state champion . . . and is just a "physically tough" kid.

To the opponents' public relations man, he/she is sure to be a national leader and is probably the best distance runner in the history of the conference. She is Miki Gormann, Francie Lareau, Susie Hamilton, Frank Shorter, Bob Kennedy, and Todd Williams wrapped up in one.

To the coach, for press purposes, he/she lacks the real killer instinct demanded by great runners . . . he/she has the emotional stability of a playful cricket . . . the sprinting ability of a large snail . . . and is as coachable as a mule (though the coach knows all the time he/she will win the state).

To the alumnus, the cross-country runner is a nice kid who simply doesn't have the background . . . has not developed the distance base . . . will not go with the competition . . . can't run uphill . . . and hasn't the ability to kick like the five great runners on the 1967 team that finished second in the conference and almost qualified for state.

The cross-country runner likes news releases, "video tapes of winning efforts", recognition of a victory in the morning announcements . . . medals . . . ribbons . . . flat courses . . . overnight trips . . . new shoes . . . rub-downs . . . pictures in the yearbook . . . new uniforms . . . practice sessions the night before the meets . . . conference championships . . . trips to the state meet . . . and school records.

He/she is especially fond of blisters . . . shorts that rub . . . heavy running shirts . . . time-trials . . . team warm-ups, especially calisthenics . . . weight- training . . . circuit training . . . washing sweats . . . obnoxious motorists . . . hilly courses . . . big dogs . . . waiting for the race (but he/she lives with these things and has fond memories of them).

No one else looks forward as much to fall or so little to November . . . No one else can look at a field of 150 runners and know that he will finish 67th . . . No one else can have so many aches and pains and yet turn in excellent performances when the name of the game is "the big meet" . . . No one else feels defeat as deeply or as personally as the cross-country runner who had devoted 500 miles of training in preparation for the big race . . . No one else finds the same satisfaction and exhilaration in forcing every part of his/her body to the limit.

The cross-country runner is a wonderful creature . . . You can criticize him/her, but you can't discourage him/her . . . You can beat him/her, but you can't make him/her quit . . . You can take him/her out of cross-country, but you can't take cross-country out of him/her . . .

You might as well admit it - - - alumnus, fan, coach - - - he/she is your representative in the great international sport of American competitiveness . . . your totem of fair play and determination.

He/she may not be a state champion or qualifier for the Olympic team . . . He/she is not judged by color, religion, or social standing . . . he/she is measured simply by the democratic yardstick of how fast he/she can run, how far he/ she can run, and how much the sacrifice for the good of his her team and school.

The cross-country runner is a hard-working, untiring, and determined young person. When you leave the cross-country course moaning about a second or third place finish in a quality meet; he/she is the youngster, who, with a smudge of dirt on his/her cheek, sweat of his/her brow, pain in his/her body, and a tear in his/her eye, humbles and enriches you with a few simple words: "You tried!"

**OLSON INVITATIONAL CROSS COUNTRY MEET
AT MILACA GOLF COURSE**

AUGUST 26, 1996

warm, partly cloudy

PINE CITY GIRLS' RESULTS:

Varsity - Jr. Varsity - 4000 m - 81 runners

- 36 runners

1. Becky Haavisto	43 V	19:03 (BTC)
2. Bree Fischer	51 V	19:13
3. Jessica Ammann	16 JV	21:08
4. Jenny Johnson	24 JV	22:21

#1 runner: B. Druley - St. Francis 15:56

Jr High - 2500 m - 50 runners

1. Nikki Carlson	20 jh - 9 (8th)	11:23 (PB)
2. Jaime Kozisek	21 jh - 12 (7th)	11:28
3. Jamie Johnson	24 jh - 11 (8th)	11:32 (PB)
4. Megan Merrick	36 jh - 15 (8th)	12:14 (PB)
5. Melissa Kubat	42 jh	12:54
6. Michelle Dillenburg	44 jh	13:31
7. Sara Mans	48 jh	16:05

PINE CITY BOYS' RESULTS:

Varsity - Jr Varsity - 5000 m - 78 runners

- 50 runners

1. J.R. Anderson	33 V	18:45 (BTC)
2. Billy Runyan	44 V	19:28 (PB)
3. Ryan Anderson	46 V	19:33
4. Quent Patzoldt	59 V	20:44
5. John Hanson	68 V	22:04 (PB)
6. Sam France	69 V	22:04
7. Jamie Stephan	26 JV	22:41
8. Ben Mettling	34 JV	23:45
9. Jerud Udelhofen	43 JV	25:09

#1 runner : Justin Stoltman - St. Francis 16:30

Jr High - 2500 m - 55 runners

1. Joe Bombard	10 jh - 6 (8th)	9:35 (PB)
2. Kyle Ammann	53 jh	11:32

GIRLS' TEAM RESULTS:

1. Pierz	26
2. St. Francis	98
3. Ch Lakes	112
4. Little Falls	129
5. Sauk Rapids	152
6. Cambridge	161
7. Hinckley/Fin	226
8. Hermantown	238
9. Mora	258
10. St. Michael/A	310
Pine City	Inc
Milaca	Inc
Foley	Inc
N. Branch	Inc

JH:

1. St. Francis	72	Milaca	Inc
2. Cambridge	84	Mora	Inc
3. Hermantown	85	Piera	Inc
4. St. Michael/Alb	103		
5. Pine City	143		

BOYS' TEAM RESULTS:

1. St. Francis	60
2. Sauk Rapids	70
3. St. Michael/Alb	103
4. Ch. Lakes	103
5. N. Branch	128
6. Cambridge	174
7. Pierz	225
8. Hermantown	225
9. Pine City	250
10. Foley	251
11. Mora	328
Hinckley	Inc
Little Falls	Inc
Foley	Inc

JH:

1. St. Francis	48	Pine City	Inc
2. Ch Lks	52	Cambridge	Inc
3. Mora	100	Milaca	Inc
4. Hermantown	162	Foley	Inc
5. N. Branch	174	St. MA	Inc

**GRANTSBURG INVITATIONAL
CROSS COUNTRY MEET
Thursday, August 29, 1996
sunny, hot, humid**

GIRLS' RESULTS:

Varsity - 4000 m - 72 runners

1. Becky Haavisto	17	19:46 (BTC)
2. Bree Fischer	18	19:47 (BTC)
3. Jessica Ammann	53	22:12
4. Jenny Johnson	60	22:55

#1 runner: Barnum - 17:00

Junior high - 2500 m - 33 runners

1. Jaime Kozisek	7	12:19
2. Nikki Carlson	14	12:57
3. Jamie Johnson	16	13:05
4. Megan Merrick	18	13:18
5. Melissa Kubat	21	13:23
6. Michelle Dillenburg	32	15:29
7. Sara Mans	33	15:47

#1 time: 11:07

BOYS' RESULTS:

Varsity - 5000 m - 108 runners

1. J.R. Anderson	8	19:12 (BTC)
2. Ricky Wasson	12	19:55
3. Billy Runyan	19	20:26 (BTC)
4. Quent Patzoldt	26	20:48
5. Ryan Anderson	32	21:06
6. John Hanson	54	22:41
5. Sam France	70	24:02
7. Ben Mettling	76	24:17
9. Jamie Stephan	89	25:39
10. Jerud Udelhofen	96	26:38

#1 runner: Frederick - 18:31

Junior high - 2500 m - 33 runners

1. Joe Bombard	9	10:49
2. Kyle Ammann	31	15:10

#1 time: 10:06

* BTC - Best time this course

CAMBRIDGE INVITATIONAL CROSS COUNTRY MEET

September 6, 1996
warm, humid, windy

PINE CITY GIRLS' RESULTS:

Varsity - 4000 m - 59 runners

1. Becky Haavisto	24	18:48	BTC & BTY
2. Bree Fischer	35	19:22	
3. Jessica Ammann	46	21:19	
4. Jenny Johnson	47	21:20	PB
5. Nicolette Geisler	56	23:50	

#1 runner: K. Faris, Columbia Hts, 16:05

Jr High - 2000 m - 73 runners

1. Jaime Kozisek	16	9:00	
2. Nikki Carlson	34	9:29	
3. Jamie Johnson	35	9:30	
4. Megan Merrick	38	9:37	
5. Melissa Kubat	51	9:56	
6. Michelle Dillenburg	61	10:18	

#1 runner: K. Derzan, Centennial, 7:56

GIRLS' TEAM RESULTS:

1. Proctor	52	
2. Mora	99	
3. Brooklyn Center	115	
4. Hinkley-Finlayson	122	
5. North Branch	165	
6. Columbia Heights	193	
7. Pine City	208	
8. Minnehaha Academy	209	
Fridley	Inc	
Milaca	Inc	
Rush City	Inc	
Princeton	Inc	

J. H.

1. Proctor	80	
2. Cambridge	90	
3. Sibley	117	Elk River Inc
4. St. Francis	146	Forest Lk Inc
5. Centennial	163	Irondale Inc
6. Pine City	174	
7. Mora	205	
8. Spring Lk Pk	218	

PINE CITY BOYS' RESULTS:

Varsity - Jr Varsity - 5000 m - 61 runners

1. J.R. Anderson	15	18:51	
2. Ryan Anderson	26	19:28	PB
3. Billy Runyan	41	20:33	
4. Quent Patzoldt	43	20:37	PB
5. John Hanson	50	22:07	

117 runners

1. Ricky Wasson	17JV	19:56	
2. Sam France	69JV	22:01	PB
3. Jamie Stephan	70JV	22:02	PB
4. Ben Mettling	105JV	24:01	
5. Jerud Udelhofen	107JV	24:13	

#1 runner : M. Rosendahl, Fridley, 16:51

Jr High - 2000 m - 125 runners

1. Joe Bombard	54	8:21	
2. Kyle Ammann	115	9:54	

#1 runner: C. Olson, Centennial, 6:42

BOYS' TEAM RESULTS:

1. Proctor	36	
2. North Branch	78	
3. Fridley	96	
4. Milaca	116	
5. Brooklyn Center	151	
6. Minnehaha Academy	162	
7. Pine City	175	
8. Mora	223	
Hinckley	Inc	
Princeton	Inc	
Rush City	Inc	
Columbia Hts	Inc	

J.V.

1. Henry Sibley	66	9. St. Francis	237
2. Centennial	85	10. Irondale	250
3. Chisago Lks	120	11. Fridley	298
4. Forest Lks	141	12. Park Ctr	328
5. Elk River	161	13. Pine City	368
6. Proctor	171	14. Maple Grove	435
7. Rice Lake	204	R C, Mora, NB, Br Ctr,	
8. Cambridge	232	Henry	Inc

MORA INVITATIONAL CROSS COUNTRY MEET

at Trailview Elementary

September 10, 1996

warm, windy

PINE CITY GIRLS' RESULTS:

Varsity - Jr. Varsity - 4000 m

26 runners - 15 runners

1. Becky Haavisto	10	18:55
2. Bree Fischer	16	19:31
3. Jenny Johnson	5JV	21:22
4. Nicolette Geisler	12JV	22:51 PB
5. Jessica Ammann	13JV	22:52

#1 runner: Mary Molton, Rush City, 16:31

Jr High - 2500 m - 20 runners

1. Jaime Kozisek	4	11:53
2. Jamie Johnson	5	11:57
3. Nikki Carlson	6	11:59
4. Megan Merrick	7	12:18
5. Melissa Kubat	12	12:57
6. Michelle Dillenburg	16	13:23 PB

#1 runner: Rush City, 10:45

PINE CITY BOYS' RESULTS:

Varsity - Jr Varsity - 5000 m

35 runners - 15 runners

1. J.R. Anderson	5	18:49
2. Ryan Anderson	9	19:35
3. Ricky Wasson	11	19:45 PB
4. Quent Patzoldt	14	19:53 PB
5. Billy Runyan	23	20:59
6. Jamie Stephan	3JV	21:54 PB
7. Sam France	5JV	22:08
8. Joe Bombard	31	22:09
9. John Hanson	6JV	22:21
10. Jerud Udelhofen	7JV	22:28 BTY
11. Ben Mettling	9JV	23:09 PB

#1 runner : Eric Dahlstrom, Milaca, 17:45

Jr High - 2500 m - 34 runners

1. Kyle Ammann	32	14:29
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GIRLS' TEAM RESULTS:

1. Mora	56
2. Hinckley/Finlayson	62
3. Foley	95
Pine City	Inc
Milaca	Inc
Rush City	Inc

J. H.

1. Pine City	34
2. Mora	
Rush City	Inc
Hinckley	Inc
E. Central	Inc
Foley	Inc
Milaca	Inc

BOYS' TEAM RESULTS:

1. Foley	54
2. Milaca	61
3. Pine City	62
4. Rush City	71
5. Mora	113

J. V.

1, Pine City	30
Mora	Inc
Milaca	Inc
Hinckley	Inc
E. Central	Inc
Rush City	Inc

PINE CITY INVITATIONAL CROSS COUNTRY MEET

September 12, 1996
cool, sunny, windy

PINE CITY GIRLS' RESULTS:

Varsity - 4000 m - 51 runners

1. Becky Haavisto	15	18:24	PB
2. Bree Fischer	21	18:39	BTC- BTY
3. Jenny Johnson	34	20:14	PB
4. Jessica Ammann	43	20:54	BTC-BTY
5. Nicolette Geisler	50	21:58	PB

#1 runner: M. Moulton, Rush City, 16:04

Jr High - 2000 m - 54 runners

1. Nikki Carlson	6	8:58	BTY
2. Jaime Kozisek	8	9:01	
3. Jamie Johnson	10	9:02	PB
4. Megan Merrick	30	9:40	
5. Melissa Kubat	43	10:15	
6. Michelle Dillenburg	45	10:21	

#1 runner: M. Engstrom, Siren, 8:00

PINE CITY BOYS' RESULTS:

Varsity - Jr Varsity - 5000 m 57 runners - 79 runners

1. J.R. Anderson	2	18:04	PB
2. Ricky Wasson	14	19:11	PB
3. Ryan Anderson	15	19:13	PB
4. Quent Patzoldt	24	19:58	
5. Billy Runyan	28	20:11	
6. Sam France	30	20:21	PB
7. Jamie Stephan	44	21:29	PB
8. John Hanson	51JV	22:14	
9. Jerud Udelhofen	52JV	22:14	BTY
10. Ben Mettling	61JV	22:50	PB

#1 runner : Chris Volezke, Hermantown, 17:40

Jr High - 2000 m - 108 runners

1. Joe Bombard	19	7:46	PB
2. Kyle Ammann	107	9:50	PB

#1 runner: J. Henes, Centennial, 7:09

GIRLS' TEAM RESULTS:

1. Hinckley	70
2. Rush City	86
3. Barnum	86
4. Mora	87
5. Hermantown	92
6. Foley	124
7. Grantsburg	157
8. Pine City	163
Siren	Inc
Moose Lk	Inc

J.H.

1. Hermantown	69
2. Henry Sibley	79
3. Pine City	97
4. Spr Lk Park	106
5. Mora	156
6. Centennial	162
Foley, Hinckley, Siren, Rush City, Grantsburg, Ch Lks	Inc

BOYS' TEAM RESULTS:

1. Foley	63
2. Hermantown	75
3. Pine City	83
4. Grantsburg	118
5. Rush City	124
6. Hinckley	140
7. Mora	161
8. Moose Lk	193
Cromwell	Inc
Siren	Inc

PB - Personal Best
BTY-Best this year

RUSH CITY INVITATIONAL CROSS COUNTRY MEET

September 19, 1996
cool, windy

PINE CITY GIRLS' RESULTS:

**Varsity - Jr. Varsity - 4000 m - 27 runners
- 15 runners**

1. Becky Haavisto	14	18:51
2. Bree Fischer	2 JV	19:01
3. Jessica Ammann	6 JV	20:19 BTY
4. Lena Filler	9 JV	21:14
5. Nicolette Geisler	13 JV	21:43
6. Jenny Johnson		injured

#1 runner: Mary Moulton, Rush City, 16:28

Jr High - 1600 m - 14 runners

1. Jaime Kozisek	4	7:15
2. Nikki Carlson	5	7:19
3. Jamie Johnson	7	7:23
4. Megan Merrick	10	7:36
5. Michelle Dillenburg	13	8:01
6. Melissa Kubat	14	8:39

#1 runner: J. Mold, Rush City, 6:31

PINE CITY BOYS' RESULTS:

**Varsity - Jr Varsity - 5000 m - 33 runners
- 16 runners**

1. J.R. Anderson	3	17:57	PB
2. Ricky Wasson	10	18:53	PB
3. Ryan Anderson	17	19:21	
4. Quent Patzoldt	4 JV	19:55	
5. Sam France	22	20:34	
6. Jamie Stephan	27	22:19	
7. Jerud Udelhofen	12 JV	22:46	
8. Cory Fedder	14 JV	24:31	

9th Grade - 4000 m - 8 runners

1. John Hanson	2	17:06
2. Ben Mettling	6	17:50

#1 runner : Mike Brown, North Branch, 17:45

Jr High - 1600 m - 36 runners

1. Joe Bombard	9	6:10
2. Kyle Ammann	36	8:06

#1 runner: A. Chapin, Rush City, 5:45

GIRLS' TEAM RESULTS:

1. Chisago Lakes	29
2. Barnum	40
3. North Branch	83
Pine City	Inc
Rush City	Inc

J.H.

1. Pine City	52
Rush City	Inc
Chisago Lks	Inc
N Branch	Inc
Barnum	Inc

BOYS' TEAM RESULTS:

1. North Branch	37
2. Chisago Lakes	45
3. Rush City	76
4. Pine City	79
5. Moose Lk/Willow R	122
East Central	Inc
Siren	Inc

CHISAGO LAKES INVITATIONAL CROSS COUNTRY MEET

Kichi-Saga Park
September 24, 1996
cool, sunny - perfect

PINE CITY GIRLS' RESULTS:

Varsity - Jr. Varsity - 4000 m - 36 runners

			- 15 runners
1. Becky Haavisto	16	18:40	BTC
2. Bree Fischer	19	18:51	BTC
3. Jenny Johnson	5 JV	20:35	
4. Nicolette Geisler	8 JV	20:42	PB

GIRLS' TEAM RESULTS:

1. Chisago Lakes	25
2. Mora	77
3. Milaca	82
4. North Branch	103
5. Brooklyn Center	119
Pine City	Inc
Princeton	Inc

PINE CITY BOYS' RESULTS:

Varsity - Jr Varsity - 5000 m - 42 runners

			-40 runners
1. J.R. Anderson	3	18:01	BTC
2. Ricky Wasson	16	19:08	
3. Ryan Anderson	21	19:31	
4. Quent Patzoldt	27	19:59	
5. Sam France	34	20:45	
6. Jerud Udelhofen	13 JV	21:38	PB
7. Billy Runyan	38	21:47	
8. Jamie Stephan	24 JV	22:38	
9. Cory Fedder	30 JV	24:57	

BOYS' TEAM RESULTS:

1. North Branch	45
2. Chisago Lakes	46
3. Brooklyn Center	93
4. Pine City	101
5. Milaca	105
6. Mora	127

#1 runner : Mike Brown, North Branch, 17:41

CHISAGO LAKES INVITATIONAL JUNIOR HIGH CROSS COUNTRY MEET

September 26, 1996
warm, sunny

PINE CITY GIRLS' RESULTS:

9th Grade - 3200 m

1. Jessica Ammann 10 16:00

8th Grade - 1600 m

1. Jamie Johnson 6 7:01
2. Nikki Carlson 7 7:19
3. Megan Merrick 8 7:38
4. Michelle Dillenburg 9 7:58

7th Grade - 1600 m

1. Jaime Kozisek 4 7:09 PB
2. Melissa Kubat 9 8:12 PB
2. Sara Mans 10 8:21

PINE CITY BOYS' RESULTS:

9th Grade - 3200 m

1. John Hanson 12 13:19
2. Ben Mettling 18 13:50

8th Grade - 1600 m

1. Joe Bombard 11 5:59 PB

7th Grade - 1600 m

1. Kyle Ammann 26 8:45

Girls' team results:

1. Forest Lake 13
2. North Branch 14
 Chisago Lakes Inc
 Pine City Inc

1. Chisago Lakes 9
2. Pine City 21
 Siren Inc

1. Forest Lake 20
2. Pine City 23

Boys' team results:

1. Forest Lake 10
2. North Branch 16
3. Chisago Lakes 22
 Pine City Inc
 Rush City Inc

1. White Bear Lake 10
2. Chisago Lakes 31
3. Forest Lake 33
4. Rush City 45
5. North Branch 58
 Pine City Inc

1. Chisago Lakes 13
2. White Bear Lake 14
3. Forest Lake 20
4. Siren 51
 Pine City Inc

FOLEY INVITATIONAL CROSS COUNTRY MEET

October 1, 1996

warm, sunny, very windy

PINE CITY GIRLS' RESULTS:

Varsity - 4000 m

1. Becky Haavisto	12	19:57
2. Bree Fischer	13	20:08
3. Jenny Johnson	17	21:28
4. Nicolette Geisler	18	21:31
5. Jessica Ammann	22	24:46

#1 runner: Sarah Pollema, Milaca, 17:23

Jr High - 3200 m

1. Jaime Kozisek	3	16:29
2. Jamie Johnson	4	16:33 PB
3. Nikki Carlson	5	16:48
4. Megan Merrick	8	17:22
5. Melissa Kubat	10	18:05

#1 runner: Amy Figin, Mora, 15:49

PINE CITY BOYS' RESULTS:

Varsity - Jr Varsity - 5000 m

1. J.R. Anderson	3	19:44
2. Ricky Wasson	7	20:03
3. Ryan Anderson	11	20:48
4. Jason Larson	19	22:24
5. Sam France	20	22:28
6. Jerud Udelhofen	22	23:01
7. John Hanson	6 JV	23:37
8. Richie Fennern	7 JV	23:39
9. Ben Mettling	11 JV	25:20
10. Bob Teich	15 JV	30:33

#1 runner : Eric Dahlstrom, Milaca, 18:33

Jr High - 3200 m

1. Joe Bombard	3	13:30
2. Kyle Ammann	21	17:47

#1 runner: Jed Hollemkemp, Mora, 13:11

GIRLS' TEAM RESULTS:

1. Milaca	33
2. Mora	35
3. Foley	68
4. Pine City	82

JH

1. Pine City	30
2. Mora	35

BOYS' TEAM RESULTS:

1. Foley	49
2. Milaca	52
3. Pine City	60
Mora	60

SWAIN INVITATIONAL CROSS COUNTRY MEET

Saturday, October 5, 1996
beautiful fall day- very hilly course
1500 runners - 69 schools

GIRLS' RESULTS:

Junior Varsity - 4000 m - 198 runners

	<u>place</u>	<u>time</u>	
1. Becky Haavisto	23	18:56	BTC
2. Bree Fischer	26	19:07	
3. Jenny Johnson	96	20:38	
4. Nicolette Geisler	106	20:49	

#1 runner: Karen Seitz, MIB, 16:25 *new course record

Team results:

<u>top 5 varsity -of 15</u>		<u>top 5 Jr. Varsity-of 15</u>	
1. Lake City	98	1. Duluth E	34
2. Northland	130	2. Mountain I B	57
3. United S C	156	3. Lake City	78
4. Perham	168	4. Jefferson	213
5. Int'l Falls	184	5. Northwestern	233

Sophomore - 4000 m - 98 runners

1. Jessica Ammann	80	21:03
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1 runner: Tasha Pike, Elgin-Millville, 16:51

BOY'S RESULTS:

Varsity - 5000 m - 175 runners

	<u>place</u>	<u>time</u>
1. Billy Runyan	133	21:30
2. Jerud Udelhofen	144	22:07
3. Jamie Proctor	161	24:24

#1 runner: United South Central, 16:50

Sophomore: 4000 m - 85 runners

1. Ryan Anderson	16	15:36
2. Jason Larson	18	15:41
3. Ricky Wasson	21	15:45
4. Richie Fennern	57	17:26
5. John Hanson	61	17:40
6. Ben Mettling	74	18:33
7. Bob Teich	83	22:11

#1 runner: Riley Conway, Lake City, 14:23

Team results:

<u>sophomore</u>	
1. Elgin Millville	59
2. Lake City	70
3. Mesabi East	72
4. Northwestern	129
5. Int'l Falls	141
6. Ironwood	149
7. Pine City	173
8. Montevideo	204
9. Rush City	216
10. Hermantown	231
11. Duluth Marshall	324
12. Rockford	324

JH RESULTS:

Girls- 2500 m - 113 runners

1. Jaime Kozisek	44	12:17	
3. Jamie Johnson	48	12:19	BTC
2. Nikki Carlson	56	12:36	
4. Megan Merrick	84	13:38	
5. Michelle Dillenburg	91	13:56	
6. Melissa Kubat	93	13:59	
7. Sara Mans	111	16:22	

#1 runner: Molly Engstrom, Siren, 10:17* new course record

Boys - 2500 m - 166 runners

1. Joe Bombard	36	10:23	BTC
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#1 runner: Bjorn Baldorf, Marshall, 9:18

Team Results:

<u>Girls</u>		<u>Boys</u>	
1. St. Francis	54	1. Proctor	145
2. Hermantown	125	2. St. Francis	169
3. Proctor	127	3. Mesabi East	186
4. Elgin Millville	139	4. Rockford	193
5. Grand Rapids	162	5. Marshall	199
6. Hinckley	179	6. Grand Rapids	241
7. Rockford	200	7. Cloquet	255
8. Marshall	214	8. Hibbing	268
9. Spring Lk Pk	318	9. Wrenshall	287
10. Esko	325	10. Mesabi East	324
11. Pine City	326	11. Hinckley	326

Competition

is the greatest thing in our lives.

***The tougher the opponent,
the more you should love him.***

***The better he is,
the more he will bring out in you.***

There is only one way to go -

You've gotta reach.

John Wooden

RUM-RIVER CONFERENCE CROSS COUNTRY MEET

Princeton - Camp-in-the-Woods

Tuesday, October 8, 1996

cool, no wind - perfect

GIRLS' RESULTS:

Varsity - 4000 m - 45 runners

	<u>place</u>	<u>time</u>	
1. Becky Haavisto	22	17:51	PB
2. Bree Fischer	27	18:07	BTY
3. Jessica Ammann	38	19:17	BTY
4. Jaime Kozisek	41	19:27	
5. Nicolette Geisler	43	19:43	PB
Jenny Johnson	injury		

Girls' team scores:

1. Sauk Rapids	34
2. Chisago Lakes	46
3. Milaca	92
4. Mora	110
5. North Branch	131
6. Foley	155
7. Pine City	171
8. Princeton	206

#1 runner: T. Guennigan, SR, 15:25

Jr High - 2000 m - 14 runners

1. Jamie Johnson	3	8:47	PB
2. Nikki Carlson	4	9:00	
3. Melissa Kubat	8	9:27	PB
4. Megan Merrick	9	9:28	
5. Michelle Dillenburg	12	9:50	PB

J.H.

1. Pine City	36
2. Mora	38
3. Sauk Rapids	71
4. Milaca	77
5. Chisago Lks	78
6. Foley	79

#1 runner: Amy Elgin, Mora, 8:29

BOY'S RESULTS:

Varsity-Junior Varsity -5000 m - 53 runners - 41 runners (JV)

	<u>place</u>	<u>time</u>	
1. J. R. Anderson	20	18:31	All Conference Honorable mention
2. Jason Larson	25	18:41	PB
3. Ricky Wasson	26	18:41	PB
4. Ryan Anderson	27	18:42	PB
5. Quent Patzoldt	32	19:31	PB
6. Billy Runyan	35	19:40	
7. Jerud Udelhofen	15JV	20:31	PB
8. Richie Fennern	20JV	20:59	PB
9. John Hanson	27JV	21:40	PB
10. Jamie Proctor	30JV	21:48	PB
11. Ben Mettling	35JV	22:19	PB
12. Cory Fedder	37JV	23:34	PB
13. Bob Teich	40JV	27:24	PB

Boys' team scores:

<u>Varsity</u>		<u>Jr. Varsity</u>	
1. Sauk Rapids	19	1. Ch Lks	17
2. N Branch	61	2. Sauk Rapids	62
3. Ch Lks	73	3. Mora	105
4. Milaca	120	4. Pine City	127
5. Pine City	130	5. Foley	152
6. Foley	150	6. N Branch	164
7. Mora	171	7. Princeton	Inc
8. Princeton	232	8. Milaca	Inc

#1 runner: Chris Raabe, SR, 16:27

Jr High- 2000 m - 47 runners

1. Joe Bombard	6	7:28	PB
2. Kyle Ammann	47	10:34	

#1 runner - Chad Anderson, CL, 6:51

JH

1. Ch Lks	34
2. N Branch	64
3. Mora	69
4. Foley	140
5. Pine City	200
6. Princeton	211
7. Sauk Rapids	219
8. Milaca	220

***To achieve
all that is possible
we must attempt
the impossible - - -***

***To be
as much as
we can be,
we must dream
of being more.***

SECTION 7A

CROSS COUNTRY MEET - CLOQUET

Thursday, October 24, 1996
cloudy-40's - wet ground

GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>
1. Becky Haavisto	22	17:20 PB
2. Bree Fischer	43	18:14
3. Jamie Johnson	58	18:48 PB
4. Jenny Johnson	63	19:06 PB
5. Jaime Kozisek	64	19:12 PB
6. Nicolette Geisler	65	19:42 PB
7. Jessica Ammann	69	20:58

Top five runners:

1. Mary Moulton	Rush City	15:26
2. Holly Fetters	Barnum	15:33
3. Krista Anderson	Crosby Ironton	15:39
4. Sarah Bernier	Crosby Ironton	15:42
5. Melissa Genereau	Barnum	15:54

Girls' team scores:

1. International Falls	44
2. Barnum	70
3. Mesabi East	94
4. Duluth Marshall	128
5. Crosby Ironton	136
6. Rush City	162
7. Ely	179
8. Hermantown	199
9. Mora	202
10. Hinckley-Finlayson	242
11. Pine City	251

BOY'S RESULTS:

5000 m

	<u>place</u>	<u>time</u>
1. J. R. Anderson	28	19:06 BTC
2. Ricky Wasson	34	19:14
3. Ryan Anderson	42	19:46
4. Jason Larson	45	19:50
5. Billy Runyan	50	20:04 BTC
6. Quent Patzoldt	51	20:07
7. Sam France	57	20:17 PB

Top five runners:

1. Matt Roberg	Mesabi East	17:12
2. Ebassa Borhanu	Babbitt	17:31
3. Chris Voeltzke	Hermantown	17:40
4. Tim Weier	Eveleth	17:41
5. Fred Swanson	Int'l Falls	17:44

Boys' team scores:

1. Mesabi East	61
2. Duluth Marshall	69
3. International Falls	77
4. Hermantown	153
5. Pine City	179
6. Hinckley-Finlayson	210
7. Wrenshall-Carlton	213
8. Crosby-Ironton	223
9. Rush City	232
10. Chisholm	238
11. Cromwell	247
12. Mora	257
13. Eveleth	268
14. Moose Lk-Willow R	315

*BTC Best time on this course

*PB Best time ever

CROSS COUNTRY HISTORY -

GIRLS' MEET TIMES

	gr	yr	Milaca	Grantsburg	Cambridge	Mora	Pine City	Rush City	Chisago Lks	Foley	Swain	Conference	Section	PB	Ave
Bree Fischer	12	96	*19:13 (4000)	*19:47 (4000)	19:22 (4000)	*19:31 (4000)	18:39 (4000)	19:01 (4000)	18:51 (4000)	20:08 long	19:02 (4000)	18:07 (4000)	18:14 (4000)	18:07	19:05
		95			19:00 (4000)	*19:33 (4000)	*18:44 (4000)	18:35 (4000)	19:25 (4000)	18:56 (4000)	19:16 (4000)	19:16 (4000)	17:55 (4000)	17:55	18:58
		94	14:01 (4000)	19:53 (4000)	20:34 (4000)	18:25 (4000)	18:47 (4000)	19:04 (4000)	18:48 (4000)		18:47 (4000)	18:32 (4000)	19:33 (4000)	18:25	19:09
		93	14:24 (3200)		14:53 (3200)	14:58 (3200)	15:31 (3200)	14:35 (3200)	7:22 (1600)		15:21 (3200)	13:47 (3200)	14:06 (3200)		
		92	7:40 (1600)		7:46 (1600)	9:09 (1600)	16:02 (3200)	14:32 (3200)	6:59 (1600)		15:37 (3200)	7:01 (1600)	14:41 (3200)		
		91	8:18 (1600)		7:32 (1600)	7:56 (1600)	7:20 (1600)				15:20 (3200)	6:56 (1600)	14:49 (3200)		
Becky Haavisto	11	96	*19:03 (4000)	*19:46 (4000)	18:48 (4000)	*18:55 (4000)	18:24 (4000)	18:51 (4000)	18:40 (4000)	19:57 long	18:56 (4000)	17:51 (4000)	17:20 (4000)	17:20	18:46
		95	*19:42 (4000)	20:43 (4000)				19:45 (4000)	20:19 (4000)	19:40 (4000)	19:51 (4000)	19:46 (4000)	18:31 (4000)	18:31	19:47
		94	14:15 (3200)	9:11 (2000)	20:39 (4000)		18:35 (4000)	19:05 (4000)	18:56 (4000)		19:22 (4000)	18:10 (4000)	19:52 (4000)	18:10	19:14
		93	7:16 (1600)		14:54 (3200)	14:31 (3200)	14:23 (3200)	13:52 (3200)	14:06 (3200)		14:41 (3200)	13:18 (3200)	13:14 (3200)		
		92	7:14 (1600)		7:46 (1600)	9:09 (1600)	14:23 (3200)	14:09 (3200)	6:41 (1600)		14:17 (3200)	6:22 (1600)	13:18 (3200)		
Jenny Johnson	11	96	22:21 (4000)	22:55 (4000)	21:20 (4000)	21:22 (4000)	20:14 (2000)		20:35 (4000)	21:28 long	20:38 (4000)		19:06 (4000)	19:06	21:07
Nicollette Geisler	10	96			23:50 (4000)	22:52 (4000)	21:58 (4000)	21:43 (4000)	20:42 (4000)	21:31 long	20:49 (4000)	19:43 (4000)	19:42 (4000)	19:42	21:26
Jessica Ammann	9	96	21:08 (4000)	22:12 (4000)	21:09 (4000)	22:52 (4000)	20:54 (4000)	20:19 (4000)	16:00 (3200)	24:46 long	21:03 (4000)	19:17 (4000)	20:58 (4000)	19:17 (4000)	21:28
		95		13:53 (2600)	9:06 (2000)	9:11 (2000)	8:50 (2000)	7:02 (1600)	10:32 (2000)	15:05 (3200)	12:17 (2500)	8:45 (2000)	18:18 (4000)	8:45 (2000)	
		94	9:54 (2000)	10:05 (2000)	9:54 (2000)	22:01 (4000)	7:33 (1600)	7:24 (1600)	9:09 (1600)		12:56 (2500)	16:09 (3200)	24:53 (4000)		
Lena Filler	9	96						21:14 (4000)							
Nikki Carlson	8	96	11:23 (2500)	12:57 (2500)	9:29 (2000)	11:59 (2500)	8:58 (2000)	7:19 (1600)	7:19 (1600)	16:48 (3200)	12:36 (2500)	9:00 (2000)	19:41 (4000)	8:58 (2000)	
		95	9:59 (2000)	12:49 (2600)		9:57 (2000)	8:51 (2000)	7:19 (1600)	9:17 (2000)		12:15 (2500)	9:08 (2000)		8:51 (2000)	
Michelle Dillenburg	8	96	13:31 (2500)	15:29 (2500)	10:18 (2000)	13:23 (2500)	10:21 (2000)	8:01 (1600)	7:58 (1600)		13:56 (2500)	9:50 (2000)		9:50 (2000)	
Jamie Johnson	8	96	11:32 (2500)	13:05 (2500)	9:30 (2000)	11:57 (2500)	9:02 (2000)	7:23 (1600)	7:01 (1600)	16:33 (3200)	12:19 (2500)	8:47 (2000)	18:48 (4000)	8:47 (2000)	
		95		14:04 (2600)	9:26 (2000)					16:45 (3200)	13:17 (2500)	9:22 (2000)	19:40 (4000)	9:22 (2000)	
Megan Merrick	8	96	12:14 (2500)	13:18 (2500)	9:37 (2000)	12:18 (2500)	9:40 (2000)	7:36 (1600)	7:38 (1600)	17:22 (3200)	13:38 (2500)	9:28 (2000)		9:28 (2000)	
		95	10:13 (2000)	13:38 (2600)	9:09 (2000)	9:26 (2000)	9:21 (2000)	7:20 (1600)	9:18 (2000)	15:57 (3200)	13:02 (2500)	9:24 (2000)		9:09 (2000)	
Jaime Kozisek	7	96	11:28 (2500)	12:19 (2500)	9:00 (2000)	11:53 (2500)	9:01 (2000)	7:15 (1600)	7:09 (1600)	16:29 (3200)	12:17 (2500)	19:27 (4000)	19:12 (4000)	9:00 (2000)	
Melissa Kubat	7	96	12:54 (2500)	13:23 (2500)	9:56 (2000)	12:57 (2500)	10:15 (2000)	8:39 (1600)	8:12 (1600)	18:05 (3200)	13:59 (2500)	9:27 (2000)		9:27 (2000)	
Sara Mans	7	96	16:05 (2500)	15:47 (2500)					8:21 (1600)		16:22 (2500)			15:47 (2500)	

* new course

CROSS COUNTRY HISTORY -

BOYS' MEET TIMES

	gr	yr	Milaca	Grantsburg	Cambridge	Mora	Pine City	Rush City	Chs LKs	Foley	Swain	Conference	Section	PB	Ave
Quent Patzoldt	12	96	20:44 (5000)	20:48 (5000)	20:37 (5000)	19:53 (5000)	19:58 (5000)	19:55 (5000)	19:59 (5000)			19:31 (5000)	20:07 (5000)	19:31	20:10
Jamie Proctor	12	96 95		26:10 (5000)	23:31 (5000)			23:04 (5000)		20:21 (short)	24:24 (5000) 23:28 (5000)	21:48 (5000)		21:48 23:04	23:06 23:19
Billy Runyan	12	96 95 94	*19:28 (5000) *20:02 (5000) 22:00 (5000)	20:26 (5000) 20:28 (5000) 22:42 (5000)	20:33 (5000) 19:33 (5000) 22:42 (5000)	*20:59 (5000) 21:06 (5000)	20:11 (5000) 21:31 (5000)	21:43 (5000)	21:19 (5000)	18:14 (short)	21:30 (5000) 21:04 (5000) 17:23 (4000)	19:40 (5000) 20:08 (5000) 21:41 (5000)	20:04 (5000) 20:11 (5000) 24:25 (5000)	19:28 19:33 21:06	20:30 19:57 22:10
J.R. Anderson	11	96 95 94 93 92	*18:45 (5000) *19:06 (5000) 19:10 (5000) 20:07 (5000) 24:37 (5000)	*19:12 (5000) 19:46 (5000) 7:30 (2000)	18:51 (5000) 18:36 (5000) 20:12 (5000) 5:53 (1600) 6:13 (1600)	*18:49 (5000) *19:57(5000) 6:00 (1600) 7:26 (1600)	18:04 (5000) *19:08 (5000) 19:07 (5000) 5:53 (1600) 21:57 (5000)	17:57 (5000) 19:12 (5000) 20:34 (5000) 19:00 (5000) 20:11 (5000)	18:01 (5000) 19:47 (5000) 20:00 - 15:41 (4000) 23:34 (5000) 21:02 (5000)	19:44 (long) 17:51 (short)	15:34 (4000) 15:36 (4000) 13:35 (3200) 13:04 (3200)	18:31 (5000) 19:38 (5000) 19:40 (5000) 21:45 (5000)	19:06 (5000) 20:08 (5000) 22:01 (5000) 19:46 (5000) 20:33 (5000)	17:57 18:36 19:07	18:42 19:17 20:06
Jerud Udelhofen	11	96 95 94	*25:09 (5000) *23:46 (5000) 14:04 (3200)	*26:38 (5000) 24:03 (5000) 8:58 (2000)	24:13 (5000) 22:34 (5000) 24:12 (5000)	*22:28 (5000) *23:03(5000) 24:16 (5000)	22:14 (5000) *22:17 (5000) 23:11 (5000)	22:46 (5000) 22:06 (5000) 18:46 (3200)	21:38 (5000) 22:51 (5000) 19:07 (4000)	23:01 (long) 20:44 (short)	22:07 (5000) 17:29 (4000)	20:31 (5000) 22:18 (5000) 22:17 (5000)	22:05 (5000) 24:55 (5000)	20:31 22:05 23:11	23:05 22:47 23:46
Ryan Anderson	10	96	19:33 (5000)	21:06 (5000)	19:28 (5000)	19:35 (5000)	19:13 (5000)	19:21 (5000)	19:31 (5000)	20:48 (long)	15:36 (4000)	18:42 (5000)	19:46 (5000)	18:42	19:42
Cory Fedder	10	96						24:31 (5000)	24:57 (5000)			23:34 (5000)		23:34	24:21
Richie Fennern	10	96								23:34 (long)	17:26 (4000)	20:59 (5000)		20:59	22:17
Sam France	10	96 95	22:04 (5000)	24:02 (5000)	22:01 (5000)	22:08 (5000)	20:21 (5000)	20:34 (5000) 18:17 (4000)	20:45 (5000) 18:01 (4000)	22:28 (long) 20:36 (sh 5000)	18:24 (4000)		20:17 (5000)	20:17 (5000) 18:01 (4000)	21:38
Jason Larson	10	96								22:24 (long)	15:41 (4000)	18:41 (5000)	19:50 (5000)	18:41	20:18
Jamie Stephan	10	96 95	22:41 (5000)	25:39 (5000)	22:02 (5000)	21:54 (5000)	21:29 (5000)	22:19 (5000) 18:40 (4000)	22:38 (5000)	20:34 (sh 5000)	18:41 (4000)			21:29 (5000) 18:40 (4000)	22:40
Bob Teich	10	96								30:33 (long)	22:11 (4000)	27:24 (5000)		27:24	28:59
Ricky Wasson	10	96		19:55 (5000)	19:56 (5000)	19:45 (5000)	19:11 (5000)	18:53 (5000)	19:08 (5000)	20:03 (long)	15:45 (4000)	18:41 (5000)	19:14 (5000)	18:41	19:25
John Hanson	9	96 95	22:04 (5000) 13:28 (3000)	22:41 (5000) 12:09 (2600)	22:07 (5000) 7:28 (2000)	22:21 (5000) 7:53 (2000)	22:14 (5000) 7:44 (2000)	17:06 (4000) 5:59 (1600)	13:19 (3200) 7:58 (2000)	23:37 (5000) 13:47 (3200)	17:40 (4000) 11:08 (2500)	21:40 (5000) 8:12 (2000)	23:14 (5000)	21:40 (5000) 7:28 (2000)	22:23
Ben Mettling	9	96	23:45 (5000)	24:17 (5000)	24:01 (5000)	23:09 (5000)	22:50 (5000)	17:50 (4000)	13:50 (3200)	25:20 (5000)	18:33 (4000)	22:19 (5000)		22:19 (5000)	23:40
Joe Bombard	8	96 95	9:35 (2500)	10:49 (2500) 12:26 (2600)	8:21 (2000) 8:13 (2000)	22:09 (5000) 8:22 (2000)	7:46 (2000) 8:13 (2000)	6:10 (1600) 6:31 (1600)	5:59 (1600) 8:16 (2000)	13:30 (3200) 14:03 (3200)	10:23 (2500) 11:20 (2500)	7:28 (2000) 8:13 (2000)	22:07 (5000)	7:28 (2000) 8:13 (2000)	
Kyle Ammann	7	96	11:32 (2500)	15:10 (2500)	9:54 (2000)	14:29 (2500)	9:50 (2000)	8:06 (1600)	8:45 (1600)	17:47 (3200)		10:34 (2000)		9:50 (2000)	

* new course

GIRLS' TEAM POSITIONS -1996

	Milaca	Grants- burg	Cam- bridge	Mora	Pine City	Rush City	ChLks	Foley	Swain	Conf	Section		Average
Bree Fischer (12)	2	2	2	2	2	2	2	2	2	2	2		2
Becky Haavisto (11)	1	1	1	1	1	1	1	1	1	1	1		1
Jenny Johnson (11)	4	4	4	3	3		3	3	3		4		3.4
Nicollette Geisler (10)			5	4	5	5	4	4	4	4	6		4.6
Jessica Ammann (9)	3	3	3	5	4	3	1-9th	5	5	3	7		4.1
Lena Filler (9)						4							
Nikki Carlson (8)	1 jh	2 jh	2 jh	3 jh	1 jh	2 jh	2-8th	3jh	3jh	2jh			2.1 jh
Michelle Dillenburg (8)	6 jh	6 jh	6 jh	6 jh	6 jh	5 jh	4-8th		5jh	5jh			5.4 jh
Jamie Johnson (8)	3 jh	3 jh	3 jh	2 jh	3 jh	3 jh	1-8th	2jh	2jh	1jh			2.3 jh
Megan Merrick (8)	4 jh	4 jh	4 jh	4 jh	4 jh	4 jh	3-8th	4jh	4jh	4jh			3.9 jh
Jaime Kozisek (7)	2 jh	1 jh	1 jh	1 jh	2 jh	1 jh	1-7th	1jh	1jh	5 V	5 V		1.2 jh
Melissa Kubat (7)	5 jh	5 jh	5 jh	5 jh	5 jh	6 jh	2-7th	5jh	6jh	3jh			4.1 jh
Sara Mans (7)	7 jh	7 jh					3-7th		7jh				6 jh

BOYS' TEAM POSITIONS at MEETS - 1996

	Milaca	Grants burg	Camb bridge	Mora	Pine City	Rush City	ChLks	Foley	Swain	Conf	Section	Ave
Quent Patzoldt (12)	4	4	5	4	4	4	4			5	6	5.3
Jamie Proctor (12)									9	10		9.5
Billy Runyan (12)	2	3	4	5	5		7		4	6	5	4.4
J.R. Anderson (11)	1	1	1	1	1	1	1	1		1	1	1
Jerud Udelhofen (11)	9	10	10	10	9	7	6	6	7	7		8.2
Ryan Anderson (10)	3	5	2	2	3	3	3	3	1	4	3	2.9
Cory Fedder (10)						8	9			12		9.6
Richie Fennern (10)								8	5	8		7
Sam France (10)	6	7	6	7	6	5	5	5			7	6
Jason Larson (10)								4	2	2	4	3
Jamie Stephan (10)	7	9	7	6	7	6	8					7.1
Bob Teich (10)								10	10	13		11
Ricky Wasson (10)		2	3	3	2	2	2	2	3	3	2	2.4
John Hanson (9)	5	6	8	9	8	1-9th	1-9th	7	6	9		7.3
Ben Mettling (9)	8	7	9	11	10	2-9th	2-9th	9	8	11		9.1
Joe Bombard (8)	1 jh	1 jh	1 jh	8V	1 jh	1 jh	1-8th	1jh	1jh	1jh		1 jh
Kyle Ammann (7)	2 jh	2 jh	2 jh	2 jh	2 jh	2 jh	1-7th	2jh		2jh		2 jh

GIRLS' PLACE FINISHES at MEETS - 1996

	Grants- Milaca	Cam- burg	Cam- bridge	Mora	Pine City	Rush City	ChLks	Foley	Swain	Conf	Section	Ave
Bree Fischer (12)	51	18	35	16	21	2 JV	19	13	26	27	43	26.9
Becky Haavisto (11)	43	17	24	10	15	14	16	12	23	22	22	19.9
Jenny Johnson (11)	24 JV	60	47	5 JV	34		5 JV	17	96		63	52.8
Nicollette Geisler (10)			56	12 JV	50	13 JV	8 JV	18	106	43	65	56.3
Jessica Ammann (9)	16 JV	53	46	13 JV	43	6 JV	10-9th	22	80-10th	38	69	45.2
Lena Filler (9)						9 JV						
Nikki Carlson (8)	29jh	14 jh	34 jh	6 jh	6 jh	5jh	7-8th	5-jh	56-jh	4-jh		16.6 jh
Michelle Dillenburg (8)	44 jh	32 jh	61 jh	16 jh	45 jh	13 jh	9-8th		91-jh	12-jh		35.9 jh
Jamie Johnson (8)	24 jh	16 jh	35 jh	5 jh	10 jh	7 jh	6-8th	4-jh	48-jh	3-jh	58 V	15.8 jh
Megan Merrick (8)	36 jh	18 jh	38 jh	7 jh	30 jh	10 jh	8-8th	8-jh	84-jh	9-jh		24.8 jh
Jaime Kozisek (7)	21 jh	7 jh	16 jh	4 jh	8 jh	4 jh	4-7th	3-jh	44-jh	41-V	64 V	7.9 jh
Melissa Kubat (7)	42 jh	21 jh	51 jh	12 jh	43 jh	14 jh	9-7th	10 jh	93-jh	8-jh		30.3 jh
Sara Mans (7)	48 jh	33 jh					10-7th		111-jh			50.5

BOYS' PLACE FINISHES at MEETS - 1996

	Milaca	Grantsburg	Cambridge	Mora	Pine City	Rush City	ChLks	Foley	Swain	Conf	Section	Ave
Quent Patzoldt (12)	59	26	43	14	24	4 JV	27			32	51	34.5
Jamie Proctor (12)									161	30JV		
Billy Runyan (12)	44	19	41	23	28		38		133	35	50	45.7
J.R. Anderson (11)	33	8	15	5	2	3	3	3		20	28	12.0
Jerud Udelhofen (11)	43 JV	96	107 JV	7 JV	52 JV	12 JV	13 JV	22	144	15-JV		35.6 JV
Ryan Anderson (10)	46	32	26	9	15	17	21	11	16-10th	27	42	24.6
Cory Fedder (10)						14 JV	24 JV			37-JV		25 JV
Richie Fennern (10)								7JV	57-10th	20JV		13.5 JV
Sam France (10)	69	70	69 JV	5 JV	30	22	34	20			57	43.1
Jason Larson (10)								19	18-10th	25	45	29.6
Jamie Stephan (10)	26 JV	89	70 JV	3 JV	44	27	24 JV					30.8 JV
Bob Teich (10)								15JV	83-10th	40JV		27.5 JV
Ricky Wasson (10)		12	17 JV	11	14	10	16	7	21-10th	26	34	16.3
John Hanson (9)	68	54	50	6 JV	51 JV	2 -9th	12-9th	6JV	61-10th	27JV		27.2 JV
Ben Mettling (9)	34 JV	76	105 JV	9 JV	61 JV	6-9th	18-9th	7JV	74-10th	35JV		42.9 JV
Joe Bombard (8)	10 jh	9 jh	54 jh	31 V	19 jh	9 jh	11-8th	3 jh	36 jh	6 jh		18.8 jh
Kyle Ammann (7)	53 jh	31 jh	115 jh	32 jh	109 jh	36 jh	26-7th	21 jh		47 jh		52.2 jh

SUCCESS

IS

THE RESULT OF

HARD WORK

AND

HONEST EFFORT.

GIRLS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loop -4.5	34:31	October 18, 1995	Amy Johnson
2. 580th Street - 4	34:14	September 25, 1996	Becky Haavisto
3. Connaker's loop - 2.7	21:10	August 22, 1996	Becky Haavisto
4. Campground - 3.2	27:14	August 23, 1995	Bree Fischer
5. Cty Rd 110 west - 3	22:35	October 16, 1996	Becky Haavisto
6. Track - 3200 m	15:06	August 16, 1996	Becky Haavisto
7. Golf course - 2000 m	8:57	October 9, 1995	Amy Johnson
8. G C loop - 1.1	7:09	September 25, 1995	Amy Johnson
9. Cty Rd 117 - 1	6:41	October 18, 1996	Bree Fischer
10. 2000-1000-600	15:29	September 26, 1996	Becky Haavisto
11. Track - 8 x 400	11:41 1:28 ave.	September 4, 1995	Becky Haavisto
12. 800,1000,1200,1400,1600	26:47	September 28, 1995	Amy Johnson
13. 2 x 1200	9:32 4:46 ave.	October 21, 1996	Becky Haavisto
14. 4 x 400	5:30 1:23 ave.	October 5, 1995	Amy Johnson
15. 2 x 400, 2 x 800, 2 x 400	11:31	October 16, 1995	Amy Johnson
16. 2 x 1 mi, 1 x 800, 2 x 400	20:45	August 21, 1995	Bree Fischer

BOYS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loops -5.6	40:44	August 12, 1996	J. R. Anderson
2. Golf Course loop - 4.5	28:50	October 18, 1995	J.R. Anderson
3. 580th Street - 4	27:29	August 29, 1995	J. R. Anderson
4. Connaker's loops - 3.8	24:18	August 22, 1996	J. R. Anderson
5. Campground - 3.2	19:53	August 23, 1995	J. R. Anderson
6. Cty Rd 110 west - 3	19:12	October 16, 1996	J. R. Anderson
7. Track - 3200 m	10:47	August 16, 1996	J. R. Anderson
8. Golf Course - 3000 m	12:41	October 9, 1995	Bill Runyan
9. G C loop - 1.1	5:57	Sept 6, 1995	J. R. Anderson
10. Cty Rd 117 - 1	5:26	October 18, 1996	J. R. Anderson
11. 2000-1000-600	11:59	Sept 26, 1996	J. R. Anderson
12. Track - 8 x 400	9:04 1:08 ave.	Sept 4, 1995	J. R. Anderson
13. 800, 1000, 1200, 1400, 1600	21:46	Sept. 28, 1995	J. R. Anderson
14. 2 x 1200	8:06 4:03 ave.	October 21, 1996	J. R. Anderson
15. 4 x 400	4:32 1:08 ave.	October 5, 1995	J. R. Anderson
16. 2 x 400, 2 x 800, 2 x 400	11:03	October 16, 1995	Jerud Udelhofen
17. 2 x 1 mi, 1 x 800, 2 x 400	15:45	August 21, 1995	J. R. Anderson

Be

a champion

in practice,

that's where

champions

are made.

1996 CROSS COUNTRY MILEAGE

	<u>total miles</u>
1. J. R. Anderson	199.0
2. Ryan Anderson	176.2
3. Becky Haavisto	167.2
4. John Hanson	167.0
5. Ben Mettling	165.6
6. Bree Fischer	164.1
7. Quent Patzoldt	154.4
8. Jenny Johnson	140.7
9. Jaime Kozisek	138.2
10. Sam France	136.5
11. Joe Bombard	134.9
12. Ricky Wasson	131.8
13. Nikki Carlson	129.0
14. Jerud Udelhofen	127.1
15. Jamie Johnson	122.4
16. Billy Runyan	120.6
17. Michelle Dillenburg	119.9
18. Jessica Ammann	113.2
19. Nicolette Geisler	112.4
20. Megan Merrick	102.1
21. Jamie Stephan	94.8
22. Melissa Kubat	85.9
23. Kyle Ammann	81.0
24. Bob Teich	80.9
25. Jason Larson	75.5
26. Richie Fennern	74.7
27. Sara Mans	57.3
28. Jamie Proctor	54.9
29. Cory Fedder	53.8

1996 PINE CITY CROSS COUNTRY

AWARDS:

MOST VALUABLE RUNNER	J. R. Anderson	Becky Haavisto
MOST IMPROVED RUNNER	Sam France	Nicolette Geisler
SPORTSMANSHIP AWARD	Quent Patzoldt	Bree Fischer
ROOKIE OF THE YEAR	Ryan Anderson	Jenny Johnson

LETTERWINNERS:

J. R. Anderson

Becky Haavisto

Ryan Anderson

Bree Fischer

Ricky Wasson

Jenny Johnson

Quent Patzoldt

Nicolette Geisler

Sam France

Billy Runyan

WORDS TO LIVE BY
FOR THE
CROSS COUNTRY RUNNER

When you put them all together they mean the difference between being just average and being great!

DESIRE

DEDICATION

PRIDE

FAITH

PAIN

ENTHUSIASM

SPIRIT

CHARACTER

COURAGE

GOALS

TOUGHNESS

MODESTY

GUTS

SACRIFICE

HEART

IDEALS

LEADERSHIP

PERSERVERENCE

CONFIDENCE

WILL POWER

HOPE

DURABILITY

HUMBLENESS

EXCELLENCE

DISTANCE RUNNING

IS

MORE

THAN A SPORT.

IT IS

A WAY OF LIFE.

George Sheehan

DON'T QUIT

When things go wrong as they sometimes will
When the road you're trudging seems all uphill;
When the funds are low and the debts are high,
And when you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must---BUT DON'T QUIT.
Life is weird with its twists and turns,
As every one of us learns,
And many a failure turns about
When he/she might of won had he/she stuck it out.
Don't give up though the pace seems slow---
You might succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man.
Often the struggler has given up
When he/she might have capture the victor's cup.
And he/she learned to late,when the night's slipped
down,
How close he was to the golden crown.

WHATEVER

YOUR

GOALS

MAY BE,

WORK

AT THEM

EVERY

DAY.

*“Life’s battles don’t always go
to the strongest and fastest
runner.*

*But, sooner or later, the runner
who WINS*

*is the runner who THINKS
he/she CAN.”*

NO GOAL IS TOO HIGH

IF WE CLIMB WITH

CARE AND

CONFIDENCE.

WINNERS AND LOSERS

A winner says, "Let's find out"; a loser says, "Nobody knows".

When a winner makes a mistake he/she says, "I was wrong"; when a loser makes a mistake, he/she says, "It wasn't my fault".

A winner credits his/her "good luck" for winning - even though it isn't good luck; a loser blames his/her "bad luck" for losing - even though it isn't bad luck.

A winner knows how and when to say "Yes" and "No"; a loser says, "Yes, but" and "Perhaps not" at the wrong times for the wrong reasons.

A winner isn't nearly as afraid of losing as a loser is secretly afraid of winning.

A winner works harder than a loser, and has more time; a loser is always "too busy" to do what is necessary.

A winner goes through a problem; a loser goes around it, and never gets past it.

A winner makes commitments; a loser makes promises.

A winner shows he/she's sorry by making up for it; a loser says "I'm sorry", but does the same thing the next time.

A winner knows what to fight for, and what to compromise on; a loser compromises on what she shouldn't, and fights for what isn't worthwhile fighting about.

A winner says, "I'm good but not as good as I ought to be", a loser says, "I'm not as bad as a lot of other people".

A winner listens; a loser just waits until it's his/her turn to talk.

A winner would rather be admired than liked, although he/she would prefer both; a loser would rather be liked than admired, and is even willing to pay the price of mild contempt for it.

Sydney J. Harris

CROSS COUNTRY HISTORY -

	gr	yr	Milaca	Grantsburg	Cambridge	Mora	Pine City	
Bree Fischer	12	96	*19:13 (4000)	*19:47 (4000)	19:22 (4000)	*19:31 (4000)	18:39 (4000)	
		95			19:00 (4000)	*19:33 (4000)	*18:44 (4000)	
		94	14:01 (4000)	19:53 (4000)	20:34 (4000)	18:25 (4000)	18:47 (4000)	
		93	14:24 (3200)		14:53 (3200)	14:58 (3200)	15:31 (3200)	
		92	7:40 (1600)		7:46 (1600)	9:09 (1600)	16:02 (3200)	
		91	8:18 (1600)		7:32 (1600)	7:56 (1600)	7:20 (1600)	
Becky Haavisto	11	96	*19:03 (4000)	*19:46 (4000)	18:48 (4000)	*18:55 (4000)	18:24 (4000)	
		95	*19:42 (4000)	20:43 (4000)				
		94	14:15 (3200)	9:11 (2000)	20:39 (4000)		18:35 (4000)	
		93	7:16 (1600)		14:54 (3200)	14:31(3200)	14:23 (3200)	
		92	7:14 (1600)		7:46 (1600)	9:09 (1600)	14:23 (3200)	
Jenny Johnson	11	96	22:21 (4000)	22:55 (4000)	21:20 (4000)	21:22 (4000)	20:14 (2000)	
Nicollette Geisler	10	96			23:50 (4000)	22:52 (4000)	21:58 (4000)	
Jessica Ammann	9	96	21:08 (4000)	22:12 (4000)	21:09 (4000)	22:52 (4000)	20:54 (4000)	
		95		13:53 (2600)	9:06 (2000)	9:11 (2000)	8:50 (2000)	
		94	9:54 (2000)	10:05 (2000)	9:54 (2000)	22:01 (4000)	7:33 (1600)	
Lena Filler	9	96						
Nikki Carlson	8	96	11:23 (2500)	12:57 (2500)	9:29 (2000)	11:59 (2500)	8:58 (2000)	
		95	9:59 (2000)	12:49 (2600)		9:57 (2000)	8:51 (2000)	
Michelle Dillenburg	8	96	13:31 (2500)	15:29 (2500)	10:18 (2000)	13:23 (2500)	10:21 (2000)	
Jamie Johnson	8	96	11:32 (2500)	13:05 (2500)	9:30 (2000)	11:57 (2500)	9:02 (2000)	
		95		14:04 (2600)	9:26 (2000)			
Megan Merrick	8	96	12:14 (2500)	13:18 (2500)	9:37 (2000)	12:18 (2500)	9:40 (2000)	
		95	10:13 (2000)	13:38 (2600)	9:09 (2000)	9:26 (2000)	9:21 (2000)	
Jaime Kozisek	7	96	11:28 (2500)	12:19 (2500)	9:00 (2000)	11:53 (2500)	9:01 (2000)	
Melissa Kubat	7	96	12:54 (2500)	13:23 (2500)	9:56 (2000)	12:57 (2500)	10:15 (2000)	
Sara Mans	7	96	16:05 (2500)	15:47 (2500)				

* new course

GIRLS' MEET TIMES

	Rush City	Chisago Lks	Foley	Swain	Conference	Section	PB	Ave
	19:01 (4000) 18:35 (4000) 19:04 (4000) 14:55 (3200) 14:35 (3200) 14:32 (3200)	18:51 (4000) 19:25 (4000) 18:48 (4000) 15:02 (3200) 7:22 (1600) 6:59 (1600)	20:08 long 18:56 (4000)	19:02 (4000) 19:16 (4000) 18:47 (4000) 15:21 (3200) 15:37 (3200) 15:20 (3200)	18:07 (4000) 19:16 (4000) 18:32 (4000) 13:47 (3200) 7:01 (1600) 6:56 (1600)	18:14 (4000) 17:55 (4000) 19:33 (4000) 14:06 (3200) 14:41 (3200) 14:49 (3200)	18:07 17:55 18:25	19:05 18:58 19:09
	18:51 (4000) 19:45 (4000) 19:05 (4000) 13:52 (3200) 14:09 (3200)	18:40 (4000) 20:19 (4000) 18:56 (4000) 14:06 (3200) 6:41 (1600)	19:57 long 19:40 (4000)	18:56 (4000) 19:51 (4000) 19:22 (4000) 14:41 (3200) 14:17 (3200)	17:51 (4000) 19:46 (4000) 18:10 (4000) 13:18 (3200) 6:22 (1600)	17:20 (4000) 18:31 (4000) 19:52 (4000) 13:14 (3200) 13:18 (3200)	17:20 18:31 18:10	18:46 19:47 19:14
		20:35 (4000)	21:28 long	20:38 (4000)		19:06 (4000)	19:06	21:07
	21:43 (4000)	20:42 (4000)	21:31 long	20:49 (4000)	19:43 (4000)	19:42 (4000)	19:42	21:26
	20:19 (4000) 7:02 (1600) 7:24(1600)	16:00 (3200) 10:32 (2000) 9:09(1600)	24:46 long 15:05 (3200)	21:03 (4000) 12:17 (2500) 12:56 (2500)	19:17 (4000) 8:45 (2000) 16:09 (3200)	20:58 (4000) 18:18 (4000) 24:53 (4000)	19:17 (4000) 8:45 (2000)	21:28
	21:14 (4000)							
	7:19 (1600) 7:19 (1600)	7:19 (1600) 9:17 (2000)	16:48 (3200)	12:36 (2500) 12:15 (2500)	9:00 (2000) 9:08 (2000)	19:41 (4000)	8:58 (2000) 8:51 (2000)	
	8:01 (1600)	7:58 (1600)		13:56 (2500)	9:50 (2000)		9:50 (2000)	
	7:23 (1600)	7:01 (1600)	16:33 (3200) 16:45 (3200)	12:19 (2500) 13:17 (2500)	8:47 (2000) 9:22 (2000)	18:48 (4000) 19:40 (4000)	8:47 (2000) 9:22 (2000)	
	7:36 (1600) 7:20 (1600)	7:38 (1600) 9:18 (2000)	17:22 (3200) 15:57 (3200)	13:38 (2500) 13:02 (2500)	9:28 (2000) 9:24 (2000)		9:28 (2000) 9:09 (2000)	
	7:15 (1600)	7:09 (1600)	16:29 (3200)	12:17 (2500)	19:27 (4000)	19:12 (4000)	9:00 (2000)	
	8:39 (1600)	8:12 (1600)	18:05 (3200)	13:59 (2500)	9:27 (2000)		9:27 (2000)	
		8:21 (1600)		16:22 (2500)			15:47 (2500)	

BOYS' MEET TIMES

	Rush City	Chs LKs	Foley	Swain	Conference	Section	PB	Ave
	19:55 (5000)	19:59 (5000)			19:31 (5000)	20:07 (5000)	19:31	20:10
	23:04 (5000)		20:21 (short)	24:24 (5000) 23:28 (5000)	21:48 (5000)		21:48 23:04	23:06 23:19
	21:43 (5000)	21:42 (5000) 21:19 (5000)	18:14 (short)	21:30 (5000) 21:04 (5000) 17:23 (4000)	19:40 (5000) 20:08 (5000) 21:41 (5000)	20:04 (5000) 20:11 (5000) 24:25 (5000)	19:28 19:33 21:06	20:30 19:57 22:10
	17:57 (5000) 19:12 (5000) 20:34 (5000) 19:00 (5000) 20:11 (5000)	18:01 (5000) 19:47 (5000) 20:00 - 15:41 (4000) 23:34 (5000) 21:02 (5000)	19:44 (long) 17:51 (short)	15:34 (4000) 15:36 (4000) 13:35 (3200) 13:04 (3200)	18:31 (5000) 19:38 (5000) 19:40 (5000) 21:45 (5000)	19:06 (5000) 20:08 (5000) 22:01 (5000) 19:46 (5000) 20:33 (5000)	17:57 18:36 19:07	18:42 19:17 20:06
	22:46 (5000) 22:06 (5000) 18:46 (3200)	21:38 (5000) 22:51 (5000) 19:07 (4000)	23:01 (long) 20:44 (short)	22:07 (5000) 17:29 (4000)	20:31 (5000) 22:18 (5000) 22:17 (5000)	22:05 (5000) 24:55 (5000)	20:31 22:05 23:11	23:05 22:47 23:46
	19:21 (5000)	19:31 (5000)	20:48 (long)	15:36 (4000)	18:42 (5000)	19:46 (5000)	18:42	19:42
	24:31 (5000)	24:57 (5000)			23:34 (5000)		23:34	24:21
			23:34 (long)	17:26 (4000)	20:59 (5000)		20:59	22:17
	20:34 (5000) 18:17 (4000)	20:45 (5000) 18:01 (4000)	22:28 (long) 20:36 (sh 5000)	18:24 (4000)		20:17 (5000)	20:17 (5000) 18:01 (4000)	21:38
			22:24 (long)	15:41 (4000)	18:41 (5000)	19:50 (5000)	18:41	20:18
	22:19 (5000) 18:40 (4000)	22:38 (5000)	20:34 (sh 5000)	18:41 (4000)			21:29 (5000) 18:40 (4000)	22:40
			30:33 (long)	22:11 (4000)	27:24 (5000)		27:24	28:59
	18:53 (5000)	19:08 (5000)	20:03 (long)	15:45 (4000)	18:41 (5000)	19:14 (5000)	18:41	19:25
	17:06 (4000) 5:59 (1600)	13:19 (3200) 7:58 (2000)	23:37 (5000) 13:47 (3200)	17:40 (4000) 11:08 (2500)	21:40 (5000) 8:12 (2000)	23:14 (5000)	21:40 (5000) 7:28 (2000)	22:23
	17:50 (4000)	13:50 (3200)	25:20 (5000)	18:33 (4000)	22:19 (5000)		22:19 (5000)	23:40
	6:10 (1600) 6:31 (1600)	5:59 (1600) 8:16 (2000)	13:30 (3200) 14:03 (3200)	10:23 (2500) 11:20 (2500)	7:28 (2000) 8:13 (2000)	22:07 (5000)	7:28 (2000) 8:13 (2000)	
	8:06 (1600)	8:45 (1600)	17:47 (3200)		10:34 (2000)		9:50 (2000)	