

**Pine City**

**Cross Country**



**2001**

## 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 . . . intervallling 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 . . . intervallling . . . 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.

# GRANTSBURG INVITATIONAL CROSS COUNTRY MEET

Memory Lake Park  
Thursday, August 23, 2001  
hot, humid

## PINE CITY GIRLS' RESULTS:

4000 m - 32 runners

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	4	18:47	
2. Meleia Johnson	5	19:06	BTC
3. Heidi Larsen	7	19:24	
4. Miki Anderson	10	19:36	
5. Deanna Dickey	11	19:42	
6. Nikki Plasek	13	19:45	

#1 runner: Nancy McConkey, Webster - 17:46

### Junior High - 2000 m

1. Steph Gregoire	1	9:14	
2. Abby Olson	2	9:30	
2. Krista Hill	34	14:11	BTC

#1 runner: Steph Gregoire, Pine City - 9:14

## PINE CITY BOYS' RESULTS:

5000 m - 48 runners

	<u>place</u>	<u>time</u>	
1. Jared Clementson	6	18:48	BTC
2. David Hansen	8	19:14	BTC
3. Chris Lutz	9	19:19	
4. Rob Arola	18	20:42	BTC
5. Trent Laugerman	22	20:49	BTC
6. Karl Greden	31	21:57	BTC
7. Adam Lee	40	24:09	BTC

#1 runner: Roscoe Sopiwnik, Frederick - 17:48

### Junior High - 2000 m

1. Brady Anderson	7	9:01	
2. Justin Palmer	8	9:03	
3. Jordan Clementson	12	9:17	

#1 runner: Shell Lake - 7:26

## GIRLS' TEAM RESULTS:

1. Pine City	27
2. Grantsburg	50
3. Hinckley-Finlayson	71
4. Shell Lake	77
Frederick	Inc
Webster	Inc
St. Croix Falls	Inc

## BOYS' TEAM RESULTS:

1. Pine City	63
2. Grantsburg	68
3. Hinckley-Finlayson	77
4. Frederick	90
Webster	90
6. Spooner	97
St. Croix Falls	Inc

**OLSON INVITATIONAL CROSS COUNTRY MEET**  
**Milaca Golf Course**  
**Monday, August 27, 2001**  
**hot, sunny**

**PINE CITY GIRLS' RESULTS:**

4000 m - 83 runners -new course

	<u>place</u>	<u>time</u>	
1. Meleia Johnson	28	18:42	BTY
2. Heidi Larsen	29	18:48	BTY
3. Nikki Plasek	34	19:19	BTY
4. Miki Anderson	37	19:34	BTY
5. Deanna Dickey	39	19:56	

**#1 runner:** Rachel Stangler, Albany - 15:53

**Junior High** - 2000 m - 62 runners

1. Jacki Gregoire	3	8:03	PB
2. Steph Gregoire	6	8:32	PB
3. Abby Olson	34	9:56	
4. Krista Hill	57	13:44	BTY

**#1 runner:** Jamie Talberg, Pierz - 7:55

**GIRLS' TEAM RESULTS:**

1. Little Falls	64
2. STMA	123
3. North Branch	144
4. Cambridge	157
<b>5. Pine City</b>	<b>167</b>
6. Rush City	172
7. North St. Paul	215
8. Mora	236
Pierz	Inc
Milaca	Inc
Princeton	Inc
Chisago Lks	Inc
Monticello	Inc
Albany	Inc
St. Francis	Inc
Hinckley/Finlayson Inc	Inc

**PINE CITY BOYS' RESULTS:**

5000 m - 105 runners -new course

	<u>place</u>	<u>time</u>	
1. David Hansen	14	18:26	PB
2. Chris Lutz	20	18:49	BTY
3. Rob Arola	40	19:57	BTY
4. Trent Laugerman	44	20:04	BTY
5. Seth Peterson	62	20:52	
6. Karl Greden	63	20:58	BTY
7. Mike Defenbaugh	79	22:00	

**#1 runner :** Justin Tuomela, North St. Paul - 17:25

**Junior High** - 2000 m - 75 runners

1. Justin Palmer	13	7:51	PB
2. Tom Miche	15	7:58	PB
3. Jordan Clementson	27	8:35	PB
4. Brady Anderson	29	8:42	PB

**#1 runner:** Cyrus Raivo, Mora - 6:59

**BOYS' TEAM RESULTS:**

1. North St. Paul	64
2. Little Falls	86
3. Mora	124
4. Chisago Lks	160
5. North Branch	177
6. St. Francis	177
<b>7. Pine City</b>	<b>180</b>
8. Hinckley	192
9. Cambridge	204
10. Monticello	206
11. Pierz	213
12. Albany	259
13. STMA	304
14. Princeton	368
Milaca	Inc
Pierz	Inc

# PINE CITY CROSS COUNTRY MEET

Thursday, September 6, 2001

windy, overcast, humid

## PINE CITY GIRLS' RESULTS

4000 m - 51 runners

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	13	18:09	BTY
2. Meleia Johnson	17	18:28	BTY-BTC
3. Rebecca Craighead	23	18:49	
4. Heidi Larsen	25	19:07	
5. Deanna Dickey	30	19:20	PB
6. Miki Anderson	31	19:26	BTY

#1 runner: Samantha Smith, Cromwell - 16:15

## GIRLS' TEAM RESULTS

1. Hermantown	38
2. <b>Pine City 73</b>	
3. Concordia Ac	78
4. Rush City	79
6. Grantsburg	107
7. Mora	130
Cromwell	Inc
Foley	Inc
Hinckley/Fin	Inc
Milaca	Inc

## JUNIOR HIGH - 2000 m - 43 runners

1. Steph Gregoire	2	8:56	
2. Abby Olson	6	9:09	PB
3. Hannah Espeseth	7	9:21	
3. Krista Hill	43	14:44	BTC

#1 runner: Becky Ruis, Milaca - 8:34

## PINE CITY BOYS' RESULTS

5000 m - 58 runners

	<u>place</u>	<u>time</u>	
1. Jared Clementson	2	17:58	BTY-BTC
2. David Hansen	7	18:32	BTC
3. Chris Lutz	15	18:59	BTC
4. Rob Arola	26	20:11	
5. Charlie Zak	2 JV	20:24	
6. Trent Laugerman	31	20:36	BTC
7. Karl Greden	32	20:37	BTY-BTC
8. Seth Peterson	34	20:44	BTY
9. Michael Defenbaugh	4 JV	21:13	BTY
10. Adam Lee	13 JV	22:24	BTY-BTC

#1 runner: Sam Hauck, Concordia Academy - 17:34

## BOYS' TEAM RESULTS

1. Mora	65
2. Grantsburg	74
3. <b>Pine City</b>	77
4. Hinckley/Fin	86
5. Concordia Ac	89
6. Hermantown	130
7. Milaca	170
8. Cromwell	201
East Central	Inc
MLWR	Inc

## JUNIOR HIGH - 2000 m - 51 runners

1. Justin Palmer	19	8:38	
2. Brady Anderson	20	8:40	PB
3. Jordan Clementson	24	8:54	

**CAMBRIDGE INVITATIONAL CROSS COUNTRY MEET**  
**Friday, September 7, 2001**  
 not, overcast

**PINE CITY GIRLS' RESULTS**

4000 m -

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	11	18:16	
2. Meleia Johnson	12	18:47	
3. Deanna Dickey	14	19:08	PB
4. Heidi Larsen	15	19:10	
5. Rebecca Craighead	16	19:11	
6. Miki Anderson	DNR	injury	

**GIRLS' TEAM RESULTS**

1. Minnehaha Academy	21
2. North Branch	66
<b>3. Pine City</b>	<b>68</b>
4. Brooklyn Center	127
Meadow Lake	Inc
Princeton	Inc
Hinckley/Finlayson	Inc

#1 runner: Lauren Brueberg, Minnehaha Academy - 14:58

**JUNIOR HIGH - 2000 m -**

1. Steph Gregoire	1	8:51
2. Abby Olson	19	9:42
3. Hannah Espeseth	22	9:47
4. Krista Hill	52	15:09

#1 runner: Steph Gregoire, Pine City - 8:51

**PINE CITY BOYS' RESULTS**

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	1	17:59	BTC
2. David Hansen	5	18:17	PB
3. Chris Lutz	7	18:35	BTY-BTC
4. Charlie Zak	20	19:42	PB
5. Rob Arola	21	19:42	BTY-BTC
6. Seth Peterson	10 JV	19:42	BTY-BTC
7. Trent Laugerman	24	19:45	BTY-BTC
8. Karl Greden	25	19:50	PB
9. Michael Defenbaugh	28 JV	20:38	BTY-BTC
10. Adam Lee	77 JV	22:41	

#1 runner: Jared Clementson, Pine City - 17:59

**BOYS' TEAM RESULTS**

<b>1. Pine City</b>	<b>54</b>
2. Minnehaha Academy	55
3. Hinckley - Fin	59
4. North Branch	70
5. Princeton	131
Brooklyn Center	Inc

**JUNIOR HIGH - 2000 m**

1. Justin Palmer	17	8:25
2. Brady Anderson	29	8:48
3. Jordan Clementson	30	8:51

# NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET

Thursday, September 13, 2001

beautiful fall day - flat course

## PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	5	17:05	BTY-BTC
2. Rebecca Craighead	8	17:37	BTY-BTC
3. Meleia Johnson	9	17:40	BTY-BTC
4. Jenna Fore	1 JV	17:54	PB
5. Heidi Larsen	12	17:56	BTY
6. Deanna Dickey	17	18:33	PB
7. Miki Anderson	20	18:35	BTY
8. Nikki Plasek	21	18:45	BTY-BTC

#1 runner: Megan O'Hearne, North Branch - 15:46

#1 jv runner: Jenna Fore, Pine City - 17:54

Junior High - 2000 m -

1. Steph Gregoire	3	8:36
2. Abby Olson	5	9:09 PB
3. Hannah Espeseth	9	9:17 PB
4. Ashley Jackson	27	12:52
2. Krista Hill	28	13:40 BTY

#1 runner: Amber H., Rush City - 8:31

## PINE CITY BOYS' RESULTS:

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	2	17:18	PB
2. David Hansen	6	17:48	PB
3. Rob Arola	13	18:30	PB (tie)
4. Charlie Zak	19	18:53	PB
5. Karl Greden	21	18:57	PB
6. Seth Peterson	24	19:01	BTY
7. Trent Laugerman	26	19:18	BTY-BTC
8. Michael Defenbaugh	5 jv	19:54	BTY-BTC
9. Jeremy Lord	7 jv	20:06	
10. Adam Lee	12 jv	20:48	BTY-BTC
11. Matt Brandl	21 jv	23:58	
12. Jonny Samuelson	23 jv	26:01	

#1 runner: Tom Linden, Hinckley/Finlayson - 17:14

#1 JV: Jared Dahlberg, Rush City - 19:08

Junior High - 2000 m -

1. Justin Palmer	2	7:49	PB
2. Brady Anderson	4	8:01	PB
3. Tom Miche	7	8:14	
4. Jordan Clementson	9	8:19	PB

#1 runner: Justin Gustafson, Hinckley - 7:48

## GIRLS' TEAM RESULTS

1. North Branch	44
2. Pine City	51
3. Rush City	75
4. Hinckley/Finlayson	101
5. Mora	106
Princeton	Inc

## Junior High Results:

1. Rush City	38
2. North Branch	52
3. Mora	70
4. Pine City	72

## BOYS' TEAM RESULTS

1. Mora	47
2. Hinckley/Finlayson	51
3. Pine City	61
4. North Brach	64
5. Princeton	126

## Junior Varsity Results

1. Rush City	60
2. Pine City	68
3. Mora	75

**PIERZ PIONEER STAMPEDE CROSS COUNTRY MEET**  
**Monday, September 17, 2001**  
**cool, overcast - hilly course**

**PINE CITY GIRLS' RESULTS**

4000 m -

	<u>place</u>	<u>time</u>
1. Jackie Gregoire	18	17:07
2. Rebecca Craighead	41	17:47 BTC
3. Meleia Johnson	45	17:57
4. Jenna Fore	47	17:59
5. Heidi Larsen	53	18:26
6. Miki Anderson	60	18:59
7. Nikki Plasek	61	19:02 BTC

#1 runner: Brenna Carey, Big Lake - 15:03

**JUNIOR HIGH - 3200 m**

1. Steph Gregoire	9	15:01
2. Abby Olson	22	15:56
3. Hannah Espeseth	35	16:46
4. Krista Hill	59	23:25 BTC
5. Ashley Jackson	60	25:06

#1 runner: Jenna Roberts, Brainerd - 14:00

**PINE CITY BOYS' RESULTS**

5000 m -

	<u>place</u>	<u>time</u>
1. Jared Clementson	13	17:30 BTC
2. David Hansen	14	17:34 PB
3. Chris Lutz	18	17:41 PB
4. Charlie Zak	50	18:35 PB
5. Rob Arola	52	18:47 BTC
6. Seth Peterson	59	19:04 BTC
7. Trent Laugerman	12 jv	19:26 BTC
8. Karl Greden	79	19:49 BTC
9. Michael Defenbaugh	14 jv	19:51 BTC BTY
10. Jeremy Lord	31 jv	20:27
11. Adam Lee	jv	21:02 BTC
12. Jonny Samuelson	96 jv	26:36

#1 runner: Sam Anderson, C-I - 15:54

#1 jv runner: Brian Zawacki, Cathedral - 18:18

**JUNIOR HIGH - 3200 m**

1. Tom Miche	41	14:12
2. Justin Palmer	42	14:12
3. Jordan Clementson	45	14:28
4. Brady Anderson	54	14:51

#1 runner: Davey Hellman, Long Prairie - 12:11

**GIRLS' TEAM RESULTS**

1. Big Lake	41
2. St. Cloud Cath	69
3. Pierz	109
4. Brainerd	139
5. Rockford	173
6. Crosby-Ironton	181
<b>7. Pine City</b>	<b>204</b>
8. Becker	225
9. St. John's Prep	298
10. Long Prairie	319
12. Mora	320
13. Maple Lake	398
14. Pillager	404
5 teams	inc

JH girls team results: Cathedral - 26,  
 Brainerd - 72, Long Prairie -135,  
 Becker-167, Mora-168, CI-180,  
 Pine City-185

**BOYS' TEAM RESULTS**

1. Brainerd	72
2. St. Cloud Cath	90
3. Crosby-Ironton	93
4. Mora	126
<b>5. Pine City</b>	<b>147</b>
6. Hinckley	179
7. LPGE	187
8. Big Lake	194
9. Albany	243
10. Rockford	261
11. St. John's Prep	306
12. Becker	317
13. Pierz	340
14. Princeton	359
15. Maple Lake	426
4 teams	inc

**JV team results:**

1. Cathedral	15
2. Brainerd	106
3. Big Lake	186
4. Pine City	200
5. Becker	323
6. St. John's	415



**PRINCETON INVITATIONAL CROSS COUNTRY MEET**  
**at Milaca - 120 teams - over 3400 runners**

**Saturday, September 22, 2001**

**cold, rainy, windy**

**PINE CITY GIRLS' RESULTS:**

**Varsity- 10th grade -9th gr - 4000 m**

	place	time	
1. Rebecca Craighead	103	17:42	BTC
2. Jenna Fore	22-9th	17:48	PB
3. Meleia Johnson	38-10th	17:54	
3. Heidi Larsen	134	18:09	
4. Deanna Dickey	144	18:21	PB
5. Miki Anderson	148	18:27	BTY
6. Nikki Plasek	149	18:28	BTY-BTC

**#1 runner:** Lauren Brueberg, Minnehaha - 14:13  
**#1-10th gr runner:** Kayla Witte, Rush City-15:57  
**#1-9th gr runner:** Katie Anderson, Blaine-15:52

**7th grade - 8th grade - 3230 m**

1. Jacki Gregoire	12-8th	13:45	
2. Steph Gregoire		15:08	
3. Abby Olson	56-7th	15:35	PB
4. Hannah Espeseth	63-7th	15:43	PB
5. Krista Hill			

**#1-8th gr runner:** A. Glowacki, MIBV - 12:43  
**#1-7th gr runner:** A. Griffith, Owattona -

**GIRLS' TEAM RESULTS:**

1. Staples	97	16. Redwood Val	450
2. Paynesville	128	17. St. Mary's	508
3. Minnehaha	151	18. Wadena	539
4. New London	160	19. Mayer Luth	555
5. Visitation	199	20. Conc Ac	594
6. Cathedral	204	21. Plainview	603
7. Blue Earth	249	22. Chisholm	673
8. Canby	291	23. <b>Pine City</b>	<b>678</b>
9. Madelia	310	24. Bagley	719
10. Mesabi	326	25. Minnewaska	729
11. Lake City	339	26. Lk Crystal	759
12. Murray Co	404	27. Eveleth	807
13. Chatfield	428	28. Cook Co	834
14. Perham	429	29. Delano	864
15. United SC	444		

**"Old Timers Race" - 3230 m**

1. Jeremy Lee	10	11:56
2. Ryan Hammill	14	12:19
3. J.R. Anderson	25	13:22
4. Jason Oare	29	13:45
5. Kim Connaker	35	14:07 (#1 female)

**PINE CITY BOYS' RESULTS:**

**Varsity - JV - 5000 m**

	place	time	
1. Chris Lutz	52	17:58	BTC
2. Seth Peterson	107	18:49	BTY
3. Charlie Zak	112	18:55	
4. Karl Greden	144	19:17	
5. Rob Arola	145	19:18	
6. Michael Defenbaugh	181	20:14	
7. Jeremy Lord	212-jv	20:24	
8. Jonny Samuelson	480-jv	27:58	

**#1 runner:** Pat Lehmann, Plainview - 16:01

**10th grade boys - 4000 m**

1. Jared Clementson	5	14:14	
2. David Johnson	10	14:27	PB
3. Adam Lee	91	16:26	PB
4. Matt Brandl	134	17:42	PB

**#1 runner:** Tony Krum, LCWM - 14:00

**7th grade - 8th grade- 3230 m**

1. Jordan Clementson	77-7th	14:22	PB
2. Brady Anderson	80-7th	14:34	PB
3. Justin Palmer	138-8th	14:40	

**#1-8th gr runner:** G. Ramsay, Centennial-11:19  
**#1-7th gr runner:** P. Helsen, Lakeville - ?

**BOYS' TEAM RESULTS:**

1. Canby	128	17. Minnehaha	537
2. Staples	130	18. Lake City	552
3. Cathedral	191	19. <b>Pine City</b>	<b>560</b>
4. Plainview	222	20. Albany	573
5. Paynesville	233	21. Chisholm	581
6. Mayer Luth	295	22. Madelia	608
7. NL Sp	324	23. Bagley	626
8. Eveleth	330	24. Adrian	637
9. Perham	367	25. Redwood Val	677
10. SS	385	26. Blue Earth	700
11. Mesabi	445	27. Delano	716
12. Kingston	464	28. Blue Earth	759
13. Mora	477	29. Lk Crystal	829
14. Mont Lon	487	30. Dilworth	861
15. Chatfield	517	31. St. Mary's	972
16. Conc Ac	520		

**CHISAGO LAKES INVITATIONAL CROSS COUNTRY MEET**  
**Ki-Chi-Saga Park**  
**Tuesday, September 25, 2001**  
**perfect fall day - rough, hilly course**

**PINE CITY GIRLS' RESULTS - 4000 m**

	place	time	
1. Jenna Fore	9	17:47	PB
2. Jacki Gregoire	11	17:53	
3. Rebecca Craighead	13	18:09	BTC
4. Heidi Larsen	15	18:14	
5. Meleia Johnson	16	18:16	BTC
6. Miki Anderson	17	18:28	
7. Deanna Dickey	18	18:41	
8. Nikki Plasek	3 jv	18:49	BTC

**TEAM RESULTS**

1. Pine City	64
2. North Branch	64
3. Rush City	90
4. Mora	112
5. Chisago Lakes	144
6. Brooklyn Center	197
Milaca	Inc
Foley	Inc
Princeton	Inc
Fridley	Inc

**#1 runner:** Ariel Perkins, Chisago Lks - 15:52

**Junior High - 2000 m**

1. Steph Gregoire	5	9:27
2. Abby Olson	7	9:38
3. Hannah Espeseth	11	9:48
2. Krista Hill	37	14:25 PB

**PINE CITY BOYS' RESULTS - 5000 m**

	place	time	
1. Jared Clementson	4	18:23	BTC
2. Chris Lutz	8	18:44	BTC
3. Charlie Zak	17	19:17	
4. Rob Arola	22	19:25	BTC
5. Karl Greden	24	19:30	BTC
6. Seth Peterson	30	19:50	BTC
7. Michael Defenbaugh	6 jv	20:34	
8. Adam Lee	7 jv	20:53	BTC
9. Jeremy Lord	26 jv	24:36	
10. Jonny Samuelson	28 jv	25:46	PB
11. David Hansen	DNF		

**TEAM RESULTS**

1. Mora	56
2. North Branch	69
3. Pine City	73
4. Chisago Lakes	76
5. Fridley	124
6. Milaca	135
Foley	Inc
Rush City	Inc
Princeton	Inc
Brooklyn Cntr	Inc

**#1 runner:** Ryan Smith, North Branch - 17:49

**Junior High - 1600 m**

1. Justin Palmer	12	8:00
2. Jordan Clementson	13	8:02
3. Tom Miche	16	8:10
4. Brady Anderson	22	8:25

**CENTENNIAL INVITATIONAL CROSS COUNTRY MEET**  
**Thursday, October 4, 2001**  
 cool - partly cloudy - windy

**PINE CITY GIRLS' RESULTS - 4000 m**

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	13	17:13	
2. Meleia Johnson	16	17:22	BTY
3. Jenna Fore	18	17:25	PB
4. Rebecca Craighead	21	17:50	
5. Heidi Larsen	22	17:52	BTY
6. Miki Anderson	23	17:52	BTY
7. Nikki Plasek	4 jv	18:32	
8. Deanna Dickey	25	18:41	

**GIRLS' TEAM RESULTS**

1. Centennial	27
2. SLP/SA	69
3. Concordia Academy	80
<b>4. Pine City</b>	<b>90</b>
5. Chisago Lks	121
6. Fridley	158

#1 runner: Rachael Edine, Centennial - 14:44

**JUNIOR HIGH - 2400 m**

1. Steph Gregoire	1	10:10
2. Abby Olson	5	10:46
3. Hannah Espeseth	9	11:50
4. Krista Hill	11	15:30

JH Team Results:

1. Centennial	12
<b>2. Pine City</b>	<b>15</b>
3. SLP/SA	20

#1 runner: Steph Gregoire, Pine City - 10:10

**PINE CITY BOYS' RESULTS - 5000 m**

	<u>place</u>	<u>time</u>	
1. Chris Lutz	9	18:09	
2. David Hansen	11	18:12	
3. Jared Clementson	22	18:49	
4. Karl Greden	32	19:17	
5. Charlie Zak	35	19:32	
6. Rob Arola	36	19:34	
7. Adam Lee	12 jv	20:19	PB
8. Michael Defenbaugh	45	20:20	
9. Seth Peterson	18 jv	21:16	
10. Jeremy Lord	23 jv	22:07	
11. Matt Brandl	28 jv	23:26	BTY
12. Jonny Samuelson	34 jv	26:28	

**BOYS' TEAM RESULTS**

1. Centennial	26
2. SLP/SA	86
3. Fridley	103
<b>4. Pine City</b>	<b>109</b>
5. Chisago Lks	117
6. Concordia Academy	140
7. NLA	177
CHOF	Inc

JV Team results:

1. Centennial	20
2. SLP/SA	48
3. Concordia Ac	86
<b>4. Pine City</b>	<b>115</b>
5. Fridley	136
Chisago Lks	Inc

#1 runner: Renato Otten, CHOF - 16:51

#1 jv runner: Nick McNamera, Centennial - 18:27

**JUNIOR HIGH - 2400 m -**

1. Justin Palmer	9	9:40
2. Tom Miche	12	9:46
3. Brady Anderson	15	9:58
4. Jordan Clementson	17	10:07

#1 runner: Ira Bratzel, CHOF - 8:45

JH Team Results:

1. SLP/SA	17
2. Centennial	19
3. Fridley	31
<b>4. Pine City</b>	<b>36</b>
5. Chisago Lks	50

# RUM-RIVER CONFERENCE CROSS COUNTRY MEET

**at North Branch**

Thursday, October 11, 2001  
warm, sunny

## GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Jenna Fore	10	16:45 PB	<b>All-Conference</b>
2. Jacki Gregoire	14	17:56	BTY-BTC <b>Ali-Conference</b>
3. Meleia Johnson	16	17:11 PB	<b>Honorable mention</b>
4. Rebecca Craighead	17	17:12 PB	<b>Honorable mention</b>
5. Miki Anderson	27	17:55	
6. Heidi Larsen	28	18:03	
7. Deanna Dickey	29	18:30	

## Girls' team scores:

1. Sauk Rapids	25
2. North Branch	68
<b>3. Pine City</b>	<b>78</b>
4. Mora	126
5. Chisago Lks	128
6. Princeton	145
7. Milaca	146
Foley	Inc

**#1 runner:** Gia Dickinson, Sauk Rapids - 15:12

### **Junior High: 2000 m**

1. Steph Gregoire	1	8:15 PB
2. Abby Olson	2	8:28 PB
3. Hannah Espeseth	6	8:38 PB
4. Krista Hill	31	11:41 PB

**#1 runner:** Steph Gregoire, Pine City - 8:15

## BOYS' RESULTS:

5000 m

	<u>place</u>	<u>time</u>	
1. Chris Lutz	6	17:39 PB	<b>All-Conference</b>
2. David Hansen	11	17:54	<b>All-Conference</b>
3. Charlie Zak	15	18:09 PB	<b>All-Conference</b>
4. Jared Clementson	16	18:13	<b>Honorable Mention</b>
5. Rob Arola	24	18:34	<b>Honorable Mention</b>
6. Seth Peterson	7 jv	19:04	
7. Karl Greden	34	19:20	
8. Michael Defenbaugh	12 jv	19:42	BTY-BTC
9. Adam Lee	39	19:44	PB
10. Jeremy Lord	19 jv	20:19	
11. Matt Brandl	25 jv	21:28	PB
12. Jonny Samuelson	29 jv	24:04	PB

## Boys' team scores:

1. Sauk Rapids	31
<b>2. Pine City</b>	<b>72</b>
3. Mora	82
4. Chisago Lks	98
5. North Branch	98
6. Milaca	160
7. Princeton	171
Foley	Inc

### JV Boys Results:

1. Sauk Rapids	15
2. Pine City	92

**#1 runner:** Nate Haeney, Sauk Rapids - 16:29

### **Junior High: 2000 m**

1. Justin Palmer	5	7:27 PB
2. Tom Miche	13	8:01
3. Jordan Clementson	15	8:10 PB
4. Brady Anderson	16	8:13

**#1 runner:** Billy McGee, Foley - 7:07

## SUB SECTION CROSS COUNTRY MEET

@ Pierz

Tuesday, October 16, 2001

cool - sunny- hilly course

### PINE CITY GIRLS' RESULTS:

-4000 m -

	place	time	
1. Jacki Gregoire	11	16:50	BTY
2. Jenna Fore	15	17:05	BTC
3. Rebecca Craighead	23	17:34	BTC
4. Meleia Johnson	24	17:36	BTC
5. Heidi Larsen	30	17:46	BTY
6. Miki Anderson	33	17:50	BTY
7. Nikki Plasek	35	18:04	PB
8. Deanna Dickey	3 jv	18:10	PB

#1 runner: K. Beeman, C-I, 15:39

Junior High - 3200 m

1. Steph Gregoire	1	13:51	PB
2. Abby Olson	4	14:39	PB
3. Hannah Espeseth	9	15:19	PB
4. Krista Hill	27	20:26	PB

### TEAM RESULTS:

1. Rockford	45
2. Pierz	81
3. Crosby Ironton	89
4. <b>Pine City</b>	<b>94</b>
5. Rush City	110
6. Becker	131
7. Milaca	169
8. Hinckley	170
Foley	Inc

The top 4 teams advance  
to the Section Meet

### PINE CITY BOYS' RESULTS:

5000 m -

	place	time	
1. Chris Lutz	5	17:16	PB
2. David Hansen	14	17:43	
3. Charlie Zak	15	17:55	PB
4. Rob Arola	18	18:07	PB
5. Jared Clementson	22	18:19	
6. Seth Peterson	23	18:23	PB
7. Karl Greden	33	18:51	PB
8. AdamLee	2 jv	19:20	PB
9. Michael Defenbaugh	3 jv	19:24	PB
10. Jeremy Lord	8 jv	20:06	PB (tie)
11. Matt Brandl	12 jv	20:55	PB
12. Jonny Samuelson	26 jv	24:16	

#1 runner: S. Anderson, C- I , 16:13

### TEAM RESULTS

1. Crosby Ironton	40
2. Hinckley	67
3. <b>Pine City</b>	<b>74</b>
4. Pierz	104
5. Rockford	117
6. Becker	137
7. Milaca	152
8. Rush City	224
Foley	Inc

The top 4 teams advance  
to the Section Meet

Junior High - 3200 m

1. Justin Palmer	9	13:09	PB
2. Tom Miche	13	13:30	PB
3. Jordan Clementson	15	13:41	PB
4. Brady Anderson	16	13:53	PB

# SECTION 5A CROSS COUNTRY MEET - BECKER

**Thursday, October 25, 2001**  
overcast, 38 degrees, 24 to 40 mph wind

## PINE CITY GIRLS' RESULTS:

4000 m -

	<u>place</u>	<u>time</u>	
1. Jenna Fore	21	16:50	
2. Jacki Gregoire	23	16:57	
3. Meleia Johnson	34	17:39	
4. Heidi Larsen	35	17:40	BTY
5. Miki Anderson	45	18:09	
6. Rebecca Craighead	47	18:15	
7. Nikki Plasek	49	18:29	

### Top seven runners (qualifying for state):

1. Jenn Hess (12)	Paynesville	15:02
2. Rachel Strangler (11)	Albany	15:25
3. Beth Tacl (8)	St. Cloud Cath	15:48
4. Jamie Talberg (8)	Pierz	15:49
5. Emma Bahe (10)	St. Cloud Cath	15:52
6. Kim Hess (9)	Paynesville	15:53
7. Kim Beaman (9)	Crosby-Ironton	15:56

## Girls' team scores:

1. Paynesville	48
2. St. Cloud Cathedral	48
3. Pierz	107
4. Rockford	111
5. Albany	121
6. Crosby-Ironton	135
7. <b>Pine City</b>	<b>138</b>
8. EV-W-K	176
Milaca	Inc
Foley	Inc
Rush City	Inc
St. John's Prep	Inc

**The top 2 teams qualify  
for the state meet**

## PINE CITY BOYS' RESULTS:

5000 m -

	<u>place</u>	<u>time</u>
1. Chris Lutz	19	18:15
2. Jared Clementson	25	18:23
3. Charlie Zak	30	18:36
4. David Hansen	32	18:39
5. Seth Peterson	45	19:16
6.. Rob Arola	47	19:35
7. Karl Greden	53	19:50

### Top seven runners (qualifying for state):

1. Sam Anderson (12)	Crosby Ironton	16:48
2. Joe Radinovich (10)	Crosby Ironton	16:57
3. Zack Solinger (9)	Pierz	17:12
4. Max Leither (11)	St. Cloud Cath	17:14
5. Jeff Laing (12)	Albany	17:16
6. Chris Yotter (11)	Annandale	17:26
7. Jesse Rein (12)	Paynesville	17:28

## Boys' team scores:

1. St. Cloud Cathedral	53
2. Crosby Ironton	58
3. Paynesville	78
4. Albany	118
5. Hinckley-Finlayson	127
6. Annandale	132
7. <b>Pine City</b>	<b>138</b>
8. Pierz	201
Milaca	Inc
Becker	Inc
Rockford	Inc

### CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Name	gr	year	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Pierz
Miki Anderson	12	2001	19:36 (4k)	*19:34 (4k)	19:26 (4k)	DNR		18:59 (4k)
	11	2000	*19:31 (4k)	*17:52 (4k-)	18:49 (4k)	18:38 (4k)	17:53 (4k)	18:33 (4k)
	10	1999	19:40 (4k)	DNF	19:21 (4k)	19:05 (4k)	19:42 (4k)	
	9	1998					19:47 (4k)	
Rebecca Craighead	12	2001			18:49 (4k)	19:11 (4k)		17:47 (4k)
	11	2000					19:07 (4k)	19:03 (4k)
	10	1999	*20:43 (4k)	20:08 (4k)	18:49 (4k)	19:00 (4k)	19:45 (4k)	
	9	1998			24:50 (4k)	22:47 (4k)	19:41 (3.5l)	
Nikki Plasek	12	2001	19:45 (4k)	*19:19 (4k)	DNR	DNR		19:02 (4k)
	11	2000		18:33 (4k-)	19:25 (4k)	19:32 (4k)	18:15 (4k)	19:05 (4k)
	10	1999	22:09 (4k)		20:27 (4k)	19:55 (4k)	20:08 (4k)	
	9	1998			25:34 (4k)	DNF	19:38 (3.5k)	
Deanna Dickey	11	2001	19:42 (4k)	19:56 (4k)	19:20 (4k)	19:08 (4k)		DNR
Heidi Larsen	11	2001	19:24 (4k)	*18:48 (4k)	19:07 (4k)	19:10 (4k)		18:26 (4k)
	10	2000	*19:00 (4k)	*18:20 (4k-)	18:36 (4k)	18:22 (4k)	17:54 (4k)	18:14 (4k)
	9	1999		DNF	injury	injury	19:04 (4k)	
	8	1998		19:03 (4k)	19:26 (4k)	8:28 (2k)	6:30 (1.6k)	
	7	1997	11:39 (2.5k)	10:56 (2.5k)	8:15 (2k)	7:25 (2k)	6:52 (1.6k)	
Meleia Johnson	10	2001	19:06 (4k)	*18:42 (4k)	18:28 (4k)	18:47 (4k)		17:57 (4k)
	9	2000	*19:27 (4k)	*18:17 (4k-)	19:02 (4k)	18:38 (4k)	injury	DNR
	8	1999	11:26 (2.5 k)	*11:32 (2.5k)	8:40 (2k)	8:35 (2k)	18:55 (4k)	
	7	1998	11:18 (2.5k)	10:34 (2.5k)	8:23 (2k)	8:35 (2k)	6:33 (1.6k)	
Jenna Fore	9	2001			DNR	DNR		17:59 (4k)
	8	2000	*20:07 (4k)	*11:58 (2.5k)	9:14 (2k)	injury	injury	injury
	7	1999	12:17 (2.5 k)	11:59 (2.5k)	8:58 (2k)	8:58 (2k)	6:57 (1.6k)	
Jacki Gregoire	8	2001	18:47 (4k)	8:03 (2k)	18:09 (4k)	18:16 (4k)		17:07 (4k)
	7	2000	9:12 (2k)	12:19 (2.5k)	8:34 (2k)	8:23 (2k)	8:20 (2k)	13:39 (3.2k)
Steph Gregoire	8	2001	9:14 (2k)	8:32 (2k)	8:56 (2k)	8:51 (2k)		15:01 (3.2k)
Krista Hill	8	2001	14:11 (2k)	13:44 (2k)	14:44 (2k)	15:09 (2k)		23:25 (3.2k)
	7	2000	16:59 (2k)	21:52 (2.5k)	16:18 (2k)	14:27 (2k)	14:28 (2k)	23:27 (3.2k)
Hannah Espeseth	7	2001			9:21 (2k)	9:47 (2k)		16:46 (3.2k)
Ashley Jackson	7	2001						25:06 (3.2k)
Abby Olson	7	2001	9:30 (2k)	9:56 (2k)	9:09 (2k)	9:42 (2k)		15:56 (3.2k)
* new course								

### CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Princeton	Chs Lks	N. Branch	Centennial	Conference	Subsection	Section	PB	Average
18:27 (4k)	18:28 (4k)	18:35 (4k)	17:52 (4k)	NB-17:55 (4k)	Pz-17:50 (4k)	Bec-18:09	17:50	18:37
17:27 (4k)	18:00 (4k)	17:30 (4k)		Fo-17:54 (4k)	Pz-17:37 (4k)	Bec-18:27	17:27	18:11
*18:43 (4k)	*19:31 (4k)	17:52 (4k)		Mi-18:06 (4k)	Mi-18:12 (4k)	Bec-18:08	17:52	18:50
?	19:22 (4k)	18:10 (4k)		CL-19:22 (4k)		Clo-17:58	17:58	18:51
17:42 (4k)	18:09 (4k)	17:37 (4k)	17:50 (4k)	NB-17:12 (4k)	Pz-17:34 (4k)	Bec-18:15	17:12	18:01
18:10 (4k)	18:30 (4k)			Fo-18:04 (4k)	Pz-17:35 (4k)	Bec-18:24	17:35	18:25
		18:56 (4k)		Mi-18:16 (4k)	Mi-18:22 (4k)	Bec-17:57	17:57	19:06
?	20:54 (4k)	19:59 (4k)		CL-19:20 (4k)			19:20	21:24
18:28 (4k)	18:49 (4k)	18:45 (4k)	18:32 (4k)		DNR	Pz-18:04 (4k)	Bec-18:29	18:04
18:36 (4k)	18:57 (4k)	19:02 (4k)		sick		Pz-18:26 (4k)	Bec-18:20	18:15
	*20:01 (4k)	19:37 (4k)		Mi-19:21 (4k)	Mi-19:10 (4k)		19:10	20:06
?	22:48 (4k)			CL-22:09 (4k)			22:09	23:31
18:21 (4k)	18:41 (4k)	18:33 (4k)	18:41 (4k)	NB-18:30 (4k)	Pz-18:10 (4k)		18:10	18:54
18:09 (4k)	18:14 (4k)	17:56 (4k)	17:52 (4k)	NB-18:03 (4k)	Pz-17:46 (4k)	Bec-17:40	17:40	18:23
17:28 (4k)	18:01 (4k)	17:30 (4k)		Fo-17:32 (4k)	Pz-17:40 (4k)	Bec-17:35	17:28	18:01
	*18:21 (4k)	17:34 (4k)		Mi-17:42 (4k)	Mi-17:23 (4k)	Bec-17:01	17:01	17:51
11:10 (2.7k)	18:19 (4k)	17:21 (4k)		CL-17:52 (4k)		Clo-17:08	17:08	18:02
7:51 (2k)	8:19 (2k)			SR-18:37 (4k)		Clo-17:57	17:57	18:21
17:54 (4k)	18:16 (4k)	17:40 (4k)	17:22 (4k)	NB-17:11 (4k)	Pz-17:36 (4k)	Bec-17:39	17:11	18:03
injury	18:50 (4k)	18:44 (4k)		Fo-18:51 (4k)	Pz-18:39 (4k)	Bec-18:23	18:23	18:46
?	18:21 (4k)	17:52 (4k)		Mi-17:50 (4k)	Mi-17:59 (4k)	Bec-17:20	17:20	18:03
11:10 (2.7k)	8:28 (2k)	8:03 (2k)		8:27 (2k)		Clo-17:25	8:03(2k)	
17:48 (4k)	17:47 (4k)	17:54 (4k)	17:25 (4k)	NB-16:45 (4k)	Pz-17:05 (4k)	Bec-16:50	16:45	17:27
injury	9:00 (2k)	8:32 (2k)					8:32 (2k)	
14:16 (3.2k)	8:45 (2k)	8:20 (2k)		Mi-10:38 (2.5k)	Mi-14:29 (3.2k)		8:20 (2k)	
13:45 (3.2k)	17:53 (4k)	17:05 (4k)	17:13 (4k)	NB-16:56 (4k)	Pz-16:50 (4k)	Bec-16:57	16:56	17:31
13:41 (3.2k)	17:51 (4k)	17:25 (4k)		Fo-17:09 (4k)	Pz-16:48 (4k)	Bec-16:35	16:35	17:10
15:08 (3.2k)	9:27 (2k)	8:36 (2k)	10:10 (2.4k)	NB-8:15 (2k)	Pz-13:51 (3.2k)		8:15(2k)	8:50 (2k)
	DNR	14:25 (2k)	13:40 (2k)	15:30 (2.4k)	NB-11:41 (2k)	Pz-20:26 (3.2k)	11:41(2k)	13:56 (2)
23:19 (3.2k)	13:39 (2k)	12:57 (2k)		Fo-29:55 (4k)	Pz-22:00 (3.2k)		12:57(2k)	
15:43 (3.2k)	9:48 (2k)	9:17 (2k)	11:50 (2.4k)	NB-8:38 (2k)	Pz-15:19 (3.2k)		8:38(2k)	9:22 (2k)
	DNR	DNR	12:52 (2k)	DNR	DNR		12:52(2k)	
15:35 (3.2k)	9:38 (2k)	9:09 (2k)	10:46 (2.4k)	NB-8:26 (2k)	Pz-14:39 (3.2k)		8:26(2k)	9:21 (2k)



## CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	gr	year	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Pierz	Princeton
Rob Arola	12	2001	20:42 (5k)	*19:57 (5k)	20:11 (5k)	19:42 (5k)		18:47 (5k)	19:18 (5k)
	11	2000	21:31 (5k)	20:28 (5k)	20:01 (5k)	19:53 (5k)	18:53 (5k)	19:22 (5k)	19:09(5k)
Jeremy Lord	12	2001						20:27 (5k)	20:24 (5k)
Jonny Samuelson	12	2001						26:36 (5k)	27:58 (5k)
	9	1998	29:33 (5k)	33:41 (5k)		26:35 (4k)	25:33 (4k)		23:15 (4k)
Charlie Zak	12	2001			20:24 (5k)	19:42 (5k)		18:35 (5k)	18:55 (5k)
Mike Defenbaugh	11	2001		*22:00 (5k)	21:13 (5k)	20:38 (5k)		19:51 (5k)	20:14 (5k)
	10	2000	*23:19 (5k)	*21:04 (5k)	20:54 (5k)	20:51 (5k)	20:00 (5k)	21:22 (5k)	15:45 (4k)
	9	1999	25:40 (5k)	*24:48 (5k)	22:09 (5k)	21:26 (5k)	22:27 (5k)		16:27 (4k)
Karl Greden	11	2001	21:57 (5k)	*20:58 (5k)	20:37 (5k)	19:50 (5k)		19:49 (5k)	19:17 (5k)
	10	2000	*25:12 (5k)	*22:30 (5k)	23:22 (5k)	23:28 (5k)	22:03 (5k)	22:38 (5k)	17:34 (4k)
	9	1999	27:17 (5k)	*26:24 (5k)	23:23 (5k)	18:33 (4k)	24:26 (5k)		17:41 (4k)
	8	1998	11:35 (2.5k)	12:28 (2.5k)	8:59 (2k)	9:10 (2k)	6:46 (1.6k)		12:13 (2.72k)
Trent Laugerman	11	2001	20:49 (5k)	*20:04 (5k)	20:36 (5k)	19:45 (5k)		19:26 (5k)	DNR
	10	2000	*22:24 (5k)	*21:21 (5k)	22:21 (5k)	20:40 (5k)	19:44 (5k)	20:21 (5k)	15:11 (4k)
	9	1999	26:30 (5k)	*23:44 (5k)	21:53 (5k)	21:30 (5k)	injury		16:19 (4k)
	8	1998	11:59 (5k)	11:09 (2.5k)	8:51 (2k)	8:32 (2k)	6:43 (1.6k)		10:57 (2.72k)
Chris Lutz	11	2001	19:19 (5k)	*18:49 (5k)	18:59 (5k)	18:35 (5k)		17:41 (5k)	17:58 (5k)
	10	2000		22:02 (5k)	20:59 (5k)	21:02 (5k)	19:53 (5k)	19:02 (5k)	19:08 (5k)
Seth Peterson	11	2001		*20:52 (5k)	20:44 (5k)	19:42 (5k)		19:04 (5k)	18:49 (5k)
	10	2000	*21:20 (5k)	20:23 (5k)	20:03 (5k)	19:52 (5k)	18:52 (5k)	19:45 (5k)	
	9	1999	22:27 (5k)			16:34 (4k)	18:02 (4k)		injury
Matt Brandl	10	2001						DNR	17:42 (4k)
	9	2000					23:39 (5k)	24:04 (5k)	18:00 (4k)
	8	1999	14:24 (2.5k)		8:54 (2k)	9:05 (2k)	7:19 (1.6k)		14:27 (3.2k)
	7	1998	12:34 (2.5k)	13:10 (2.5k)			7:00 (1.6k)		
Jared Clementson	10	2001	18:48 (5k)		17:58 (5k)	17:59 (5k)		17:30 (5k)	14:14 (4k)
	9	2000	*21:27 (5k)	18:56 (5k)	18:44 (5k)	18:51 (5k)	19:03 (5k)	19:16 (5k)	13:46 (4k)
	8	1999	9:53 (2.5k)	*9:21 (2.5k)	6:59 (2k)	7:05 (2k)	20:34 (5k)		11:37 (3.2k)
	7	1998	10:27 (2.5k)	9:42 (2.5k)	7:59 (2k)	7:55 (2k)	5:55 (1.6k)		9:18 (2.72k)
David Hansen	10	2001	19:14 (5k)	*18:26 (5k)	18:32 (5k)	18:17 (5k)		17:34 (5k)	14:27 (4k)
	9	2000	*22:44 (5k)	21:08 (5k)	20:57 (5k)	16:34 (4k)	20:28 (5k)	20:23 (5k)	15:36 (4k)
	8	1999	11:25 (2.5k)	11:29 (2.5k)	8:26 (2k)	8:47 (2k)	6:47 (1.6k)		13:59 (3.2k)
Adam Lee	10	2001	24:09 (5k)		22:24 (5k)	22:41 (5k)		21:02 (5k)	16:26 (4k)
	9	2000	*28:41 (5k)	27:09 (5k)	23:22 (5k)	18:51 (4k)	22:07 (5k)	22:43 (5k)	17:23 (4k)
	8	1999	13:29 (2.5k)	13:46 (2.5k)	8:44 (2k)	8:56 (2k)	6:54 (1.6k)		14:09 (3.2k)
Justin Palmer	8	2001	9:03 (2k)	7:51 (2k)	8:38 (2k)	8:25 (2k)		14:12(3.2k)	14:40(3.2k)
Brady Anderson	7	2001	9:01 (2k)	8:42 (2k)	8:40 (2k)	8:48 (2k)		14:51(3.2k)	14:34(3.2k)
Jordan Clementson	7	2001	9:17 (2k)	8:35 (2k)	8:54 (2k)	8:51 (2k)		14:28(3.2k)	14:22(3.2k)
Tom Miche	7	2001		7:58 (2k)				14:12(3.2k)	DNR
* new course									

## CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Chs Lks	N Branch	Centennial	Conference	Subsection	Section	State	PB	Average
19:25 (5k)	18:30 (5k)	19:34 (5k)	NB-18:34 (5k)	Pz-18:07 (5k)	Bec-19:35		18:07	19:22
19:35 (5k)	19:06 (5k)		Fo-19:05 (5k)	Pz-18:36 (5k)	Bec-18:32	18:30	18:30	19:26
24:36 (5k)	20:06 (5k)	22:07 (5k)	NB-20:19 (5k)	Pz-20:06 (5k)			20:06	21:09
25:46 (5k)	26:01 (5k)	26:28 (5k)	NB-24:04 (5k)	Pz-24:16 (5k)			24:04	25:52
23:09 (4k)	28:16 (5k)		CL-28:05 (5k)				28:05	29:45
19:17 (5k)	18:53 (5k)	19:32 (5k)	NB-18:09 (5k)	Pz-17:55 (5k)	Bec-18:36		17:55	19:00
20:34 (5k)	19:54 (5k)	20:20 (5k)	NB-19:42 (5k)	Pz-19:24 (5k)			19:24	20:23
20:09 (5k)	19:57 (5k)		Fo-20:18 (5k)	Pz-19:35 (5k)			19:35	20:45
22:12 (5k)	20:40 (5k)		Mi-20:03 (5k)	Mi-20:24 (5k)	Bec-19:56		19:56	21:59
19:30 (5k)	18:57 (5k)	19:17 (5k)	NB-19:20 (5k)	Pz-18:51 (5k)	Bec-19:50		18:51	19:51
21:35 (5k)	20:33 (5k)		Fo-21:19 (5k)	Pz-20:22 (5k)			20:22	22:18
23:09 (5k)	21:10 (5k)		Mi-21:20 (5k)	Mi-22:07 (5k)			21:10	23:40
8:35 (2k)	8:26 (2k)		CL-8:46 (2k)				8:26 (2k)	
	DNR	19:18 (5k)		DNR			19:18	20:08
20:02 (5k)	19:43 (5k)		Fo-19:43 (5k)	Pz-18:45 (5k)			18:45	20:30
21:23 (5k)	20:44 (5k)		Mi-20:18 (5k)	Mi-20:28 (5k)			20:18	22:04
8:09 (2k)	8:20 (2k)		CL-8:10 (2k)				8:10 (2k)	
18:44 (5k)		DNR	18:09 (5k)	NB-17:39 (5k)	Pz-17:16 (5k)	Bec-18:15	17:16	18:19
19:29 (5k)	18:58 (5k)		Fo-18:51 (5k)	Pz-18:34 (5k)			18:34	19:48
19:50 (5k)	19:01 (5k)	21:16 (5k)	NB-19:04 (5k)	Pz-18:23 (5k)	Bec-19:16		18:23	19:38
20:05 (5k)	18:49 (5k)		Fo-19:16 (5k)	Pz-18:25 (5k)	Bec-18:50	19:17	18:25	19:35
20:16 (5k)	19:35 (5k)		Mi-19:50 (5k)	Mi-19:36 (5k)	Bec-19:34		19:34	20:13
	DNR	23:58 (5k)	23:26 (5k)	NB-21:28 (5k)	Pz-20:55 (5k)		20:55	22:27
25:15 (5k)	22:58 (5k)		Fo-22:30 (5k)	Pz-22:02 (5k)			22:02	23:25
8:53 (2k)	8:12 (2k)		Mi-10:18 (2.5k)	Mi-14:37(3.2k)			8:12 (2k)	
9:16 (2k)	8:47 (2k)		CL-9:03 (2k)				8:47 (2k)	
18:23 (5k)	17:18 (5k)	18:49 (5k)	NB-18:13 (5k)	Pz-18:19 (5k)	Bec-18:23		17:18	18:09
18:27 (5k)	17:41 (5k)		Fo-17:50 (5k)	Pz-17:22 (5k)	Bec-17:25	17:57	17:22	18:35
19:14 (5k)	18:36 (5k)		Mi-18:23 (5k)	Mi-18:44 (5k)	Bec-18:26		18:23	18:59
7:37 (2k)	7:15 (2k)		CL-7:34 (2k)				7:15 (2k)	
	DNF	17:48 (5k)	18:12 (5k)	NB-17:54 (5k)	Pz-17:43 (5k)	Bec-18:39	17:34	18:14
20:02 (5k)	19:56 (5k)		Fo-19:47 (5k)	Pz-18:54 (5k)			18:54	20:29
8:42 (2k)	8:03 (2k)		Mi-9:45 (2.5k)	Mi-13:56 (3.2k)			8:03 (2k)	
20:53 (5k)	20:48 (5k)	20:19 (5k)	NB-19:44 (5k)	Pz-19:20 (5k)			19:20	21:15
22:58 (5k)	22:08 (5k)		Fo-21:20 (5k)	Pz-20:46 (5k)			20:46	23:28
8:57 (2k)	8:27 (2k)		Mi-10:10 (2.5k)	Mi-14:38 (3.2k)			8:27 (2k)	
8:00 (1.6k)	7:49 (2k)	9:40 (2.4k)	NB-7:27 (2k)	Pz-13:09 (3.2k)			7:27 (2k)	8:12 (2k)
8:25 (1.6k)	8:01 (2k)	9:58 (2.4k)	NB-8:13 (2k)	Pz-13:53 (3.2k)			8:01 (2k)	8:28 (2k)
8:02 (1.6k)	8:19 (2k)	10:07 (2.4k)	NB-8:10 (2k)	Pz-13:41 (3.2k)			8:10 (2k)	8:41 (2k)
8:10 (1.6k)	8:14 (2k)	9:46 (2.4k)	NB-8:01 (2k)	Pz-13:30 (3.2k)			7:58 (2k)	8:04 (2k)



## AVERAGE MILE TIMES AT MEETS - 2001

	PB - 00	Grntsbrg	Milaca	Pine City	Cambridg	N. Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Rob Arola - 12	5:57	6:39	6:25	6:29	6:20	5:57	6:02
Jeremy Lord - 12						6:28	6:35
Jonny Samuelson - 12						8:24	8:33
Charlie Zak - 12						6:05	5:59
Mike Defenbaugh - 11	6:18		7:04	6:49	6:38	6:24	6:23
Karl Greden - 11	6:33	7:03	6:45	6:38	6:23	6:06	6:22
Trent Laugerman - 11	6:02	6:42	6:27	6:37	6:21	6:12	DNR
Chris Lutz - 11	5:58	6:13	6:03	6:06	5:59	DNR	5:41
Seth Peterson - 11	5:55		6:43	6:40	6:20	6:07	6:08
Matt Brandl - 10	7:05					7:44	DNR
Jared Clementson - 10	5:35	6:03		5:47	5:47	5:34	5:38
David Hansen - 10	6:05	6:11	5:56	5:58	5:53	5:43	5:39
Adam Lee - 10	6:40	7:46		7:12	7:18	6:41	6:46
		2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Justin Palmer - 8		7:14	6:17	6:54	6:44	6:15	7:08
Brady Anderson - 7		7:13	6:58	6:56	7:02	6:25	7:28
Jordan Clementson - 7		7:26	6:52	7:07	7:05	6:39	7:16
Tom Miche - 7			6:22			6:35	7:08
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Miki Anderson - 12	6:59	7:50	7:50	7:46	DNR	7:26	7:36
Rebecca Craighead - 12	7:02			7:32	7:40	7:03	7:07
Nikki Plasek - 12	7:18	7:54	7:44	DNR	DNR	7:30	7:37
Deanna Dickey - 11		7:53	7:58	7:44	7:39	7:25	DNR
Heidi Larsen - 11	6:59	7:46	7:31	7:39	7:40	7:10	7:22
Meleia Johnson - 10	7:16	7:38	7:29	7:23	7:31	7:04	7:11
Jenna Fore - 9	8:03					7:10	7:12
Jacki Gregoire - 8	6:40	7:26		7:16	7:18	6:50	6:51
		2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Jacki Gregoire - 8			6:26				
Steph Gregoire - 8		7:23	6:50	7:09	7:05	6:53	7:33
Krista Hill - 8		11:21	10:59	11:47	12:07	10:56	11:46
Hannah Espeseth - 7				7:29	7:50	7:25	8:26
Ashley Jackson - 7						10:18	12:37
Abby Olson - 7		7:36	7:57	7:19	7:46	7:19	8:00

## AVERAGE MILE TIMES AT MEETS - 2001

Princeton	Chs Lks	Centenial	RRC	Sub-Section	Section	Average	PB-2001
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	
6:12	6:15	6:18	5:58	5:50	6:19	6:14	5:50
6:36	7:55	7:07	6:32	6:28		6:49	6:28
8:59	8:17	8:31	7:44	7:48		8:19	7:44
6:05	6:12	6:17	5:51	5:46	6:00	6:02	5:46
6:30	6:37	6:32	6:20	6:14		6:33	6:14
6:12	6:16	6:12	6:13	6:04	6:24	6:23	6:04
DNR	DNR	DNR	DNR	DNR		6:28	6:12
5:47	6:01	5:50	5:41	5:33	5:53	5:53	5:33
6:03	6:23	6:50	6:08	5:55	6:13	6:19	5:55
7:05	DNR	7:32	6:54	6:44		7:12	6:44
5:42	5:55	6:03	5:51	5:53	5:56	5:50	5:34
5:47		5:51	5:45	5:42	6:01	5:51	5:39
6:34	6:43	3:32	6:21	6:13		6:49	6:13
3230 m	1600 m	2400 m	2000 m	3200 m		Misc	2000 m
7:20	8:03	6:26	5:58	6:36		6:49	5:58
7:17	8:28	6:39	6:34	6:59		7:00	6:25
7:11	8:03	6:45	6:32	6:53		7:04	6:32
DNR	8:13	6:39	6:25	6:47		6:53	6:22
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
7:23	7:23	7:09	7:10	7:08	7:16	7:27	7:08
7:05	7:16	7:08	6:53	7:02	7:18	7:12	6:53
7:23	7:32	7:25	DNR	7:14	7:24	7:31	7:14
7:20	7:28	7:28	7:24	7:16		7:33	7:16
7:16	7:18	7:09	7:13	7:06	7:04	7:21	7:04
7:10	7:18	6:57	6:52	7:02	7:04	7:14	6:52
7:07	7:07	6:58	6:42	6:50	6:44	6:59	6:42
	7:09	6:53	6:46	6:44	6:47	7:00	6:44
3230 m	2000 m	2000 m	2000 m	3200 m		Misc	2000 m
6:53							
7:34	7:34	6:47	6:36	6:58		7:07	6:36
DNR	11:32	10:20	9:21	10:16		11:02	9:21
7:52	7:50	7:53	6:54	7:42		7:36	6:54
DNR	DNR	DNR	DNR	DNR		11:27	10:18
7:48	7:42	7:11	6:46	7:22		7:31	6:46

**TEAM POSITIONS AT MEETS - 2001**

	Grntsbrg	Milaca	Pine City	Cambridge	N. Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Rob Arola - 12	4	3	4	5	3	5
Jeremy Lord - 12	DNR	DNR	DNR	DNR	9	10
Jonny Samuelson - 12	DNR	DNR	DNR	DNR	12	12
Charlie Zak - 12	DNR	DNR	5	4	4	4
Mike Defenbaugh - 11	DNR	7	9	9	8	9
Karl Greden - 11	6	6	7	8	5	8
Trent Laugerman - 11	5	4	6	7	7	7
Chris Lutz - 11	3	2	3	3	DNR	3
Seth Peterson - 11	DNR	5	8	6	6	6
Matt Brandl - 10	DNR	DNR	DNR	DNR	11	DNR
Jared Clementson - 10	1	DNR	1	1	1	1
David Hansen - 10	2	1	2	2	2	2
Adam Lee - 10	7	DNR	10	10	10	11
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Justin Palmer - 8	2	1	1	1	1	2
Brady Anderson - 7	1	4	2	2	2	4
Jordan Clementson - 7	3	3	3	3	4	3
Tom Miche - 7		2			3	1
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Miki Anderson - 12	4	4	6	DNR	7	6
Rebecca Craighead - 12	DNR	DNR	3	5	2	2
Nikki Plasek - 12	6	3	DNR	DNR	8	7
Deanna Dickey - 11	5	5	5	3	6	DNR
Heidi Larsen - 11	3	2	4	4	5	5
Meleia Johnson - 10	2	1	2	2	3	3
Jenna Fore - 9	DNR	DNR	DNR	DNR	4	4
Jacki Gregoire - 8	1		1	1	1	1
	2000 m	2000 m			2000 m	
Jacki Gregoire - 8		1				
Steph Gregoire - 8	1	2	1	1	1	1
Krista Hill - 8	3	4	4	4	5	4
Hannah Espeseth - 7			3	3	3	3
Ashley Jackson - 7					4	5
Abby Olson - 7	2	3	2	2	2	2

**TEAM POSITIONS AT MEETS - 2001**

Princeton	Chs. Lks	Centennial	Conference	Sub-Section	Section	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
5	4	6	5	4	6	4.50
7	9	10	10	10		9.29
8	10	12	12	12		11.14
3	3	5	3	3	3	3.70
6	7	8	8	9		8.00
4	5	4	7	7	7	6.17
DNR	DNR	DNR	DNR	DNR		6.00
1	2	1	1	1	1	1.91
2	6	9	6	6	5	5.91
4	DNR	11	11	11		9.60
1	1	3	4	5	2	1.91
2	11	2	2	2	4	2.83
3	8	7	9	8		8.30
3230 m	2000 m	2400 m	2000 m	3200 m		JH
3	1	1	1	1		1.36
2	4	3	4	4		2.91
1	2	4	3	3		2.91
DNR	3	2	2	2		2.14
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
5	6	6	5	6	5	5.45
1	3	4	4	3	6	3.30
6	8	7		7	7	6.56
4	7	8	7	8		5.80
3	4	5	6	5	4	4.17
3	5	2	3	4	3	2.75
2	1	3	1	2	1	2.25
	2	1	2	1	2	1.30
	2000 m	2400 m	2000 m	3200 m		JH
1						1.00
2	1	1	1	1		1.18
DNR	4	4	4	4		4.00
4	3	3	3	3		3.11
DNR	DNR	DNR	DNR	DNR		4.50
3	2	2	2	2		2.18

**PLACE FINISHES AT MEETS - 2001**

	Grantsburg	Milaca	Pine City	Cambridge	North Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Rob Arola - 12	18	40	26	21	13	52
Jeremy Lord - 12					7-JV	31-JV
Jonny Samuelson - 12					23-JV	96-JV
Charlie Zak - 12			2-JV	20	19	50
Mike Defenbaugh - 11		79	4-JV	28-JV	5-JV	14-JV
Karl Greden - 11	31	63	32	25	21	79
Trent Laugerman - 11	22	44	31	24	26	12-JV
Chris Lutz - 11	9	20	15	7	DNR	18
Seth Peterson - 11	DNR	62	34	10-JV	24	59
Matt Brandl - 10					21-JV	DNR
Jared Clementson - 10	6		2	1	2	13
David Hansen - 10	8	14	7	5	6	14
Adam Lee - 10	40		13-JV	77-JV	12-JV	40-JV
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Justin Palmer - 8	8	13	19	17	2	42
Brady Anderson - 7	7	29	20	29	4	54
Jordan Clementson - 7	12	27	24	30	9	45
Tom Miche - 7		15			7	41
	4000 m	4000 m	4000 m	4000 m	4000 m	
Miki Anderson - 12	10	37	31		20	60
Rebecca Craighead - 12			23	16	8	41
Nikki Plasek - 12	13	34			21	61
Deanna Dickey - 11	11	39	30	14	17	DNR
Heidi Larsen - 11	7	29	25	15	12	53
Meleia Johnson - 10	5	28	17	12	9	45
Jenna Fore - 9					1-JV	47
Jacki Gregoire - 8	4		13	11	5	18
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Jacki Gregoire - 8		3				
Steph Gregoire - 8	1	6	2	1	3	9
Krista Hill - 8	34	57	43	52	28	59
Hannah Espeseth - 7			7	22	9	35
Ashley Jackson - 7					27	60
Abby Olson - 7	2	34	6	19	5	22

**PLACE FINISHES AT MEETS - 2001**

Princeton	Chisago Lks	Centennial	Conference	Sub-Section	Section	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
145	22	36	24	18	47	38.5
212-JV	26-JV	23-JV	19-JV	8-JV		46.6-JV
480-JV	28-JV	34-JV	29-JV	26-JV		102.3-JV
112	17	35	15	15	30	34.8
181	6-JV	45	12-JV	3-JV		37.7-JV
144	24	32	34	33	53	47.6
DNR	DNR	DNR	DNR	DNR		29.4
52	8	9	6	5	19	15.3
107	30	18-JV	7-JV	23	45	38.1-JV
134-10th	DNR	28-JV	25-JV	12-JV		44.0-JV
5-10th	4	22	16	22	25	11.3
10-10th	DNF	11	11	14	32	12.2
91-10th	7-JV	12-JV	39	2-JV		33.3-JV
3230 m	1600 m	2400 m	2000 m	3200 m		
138	12	9	5	9		24.9
80	22	15	16	13		26.3
77	13	17	15	15		25.8
DNR	16	12	13	13		16.7
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
148	17	23	27	33	45	41.0
103	13	21	17	23	47	31.2
149	3-JV	4-JV	DNR	35	49	51.7
144	18	25	29	3-JV		36.3
134	15	22	28	30	35	33.8
38-10th	16	16	16	24	34	20.2
22-9th	9	18	10	15	21	20.0
	11	13	14	11	23	12.3
3230 m	2000 m	2400 m	2000 m	3200 m		
12						7.5
35	5	1	1	1		5.9
DNR	37	11	31	27		37.9
63	11	9	6	9		19.0
DNR	DNR	DNR	DNR	DNR		43.5
56	7	5	2	4		14.7

*Be*

*a champion*

*in practice,*

*that's where*

*champions*

*are made.*

## 2001 CROSS COUNTRY SEASON MILEAGE

	<u>total miles</u>
1. Chris Lutz	223.8
2. Karl Greden	223.8
3. Jared Clementson	218.5
4. David Hansen	217.0
5. Jacki Gregoire	213.4
6. Charlie Zak	210.5
7. Rob Arola	208.0
8. Heidi Larsen	205.7
9. Miki Anderson	204.7
10. Meleia Johnson	204.7
11. Nikki Plasek	195.5
12. Deanna Dickey	186.4
13. Adam Lee	183.5
14. Michael Defenbaugh	181.4
15. Seth Peterson	179.3
16. Steph Gregoire	173.5
17. Jonny Samuelson	169.2
18. Justin Palmer	152.6
19. Jeremy Lord	151.4
20. Rebecca Craighead	150.2
21. Jenna Fore	144.3
22. Jordan Clementson	142.2
23. Abby Olson	141.7
24. Brady Anderson	132.9
25. Hannah Espeseth	121.6
26. Krista Hill	120.4
27. Matt Brandl	111.7
28. Tom Miche'	111.4
29. Justin Sweeney	110.5
30. Trent Laugerman	104.5
31. Jeremy Buckingham	38.1
32. Ashley Jackson	37.5

*MILES AND MILES.....*

## 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	32:52	September 23, 1998	Heidi Larsen
3. The loop x 3 - 3.3	23:42	August 30, 1996	Becky Haavisto
4. Cty Rd 110 west - 3	22:35	October 16, 1996	Becky Haavisto
5. H.S. Loops - 4800 m	23:19	September 21, 2000	Miki Anderson
6. Connaker's loop - 2.7	20:38	October 6, 1997	Heidi Larsen
7. The loop x 2 - 2.2	15:28	September 4, 1998	Kim Connaker
8. Track - 3200 m	15:06	August 16, 1996	Becky Haavisto
9. H.S. loops - 3200 m	15:36	September 15, 2000	Heidi Larsen, Miki Anderson
10. G .C. loop - 1.1	7:09	September 25, 1995	Amy Johnson
11. Cty Rd 117 - 1	6:41	October 18, 1996	Bree Fischer
12. H.S. loop - 1600 m	7:23	September 29, 1998	Heidi Larsen, Jaime Kozisek
13. 2000-1000-600	14:54	October 21, 1999	Heidi Larsen
14. 2000-1000-500	14:21	October 19, 2000	Miki Anderson
15. Track - 8 x 400	11:32 (1:26.5 ave)	September 30, 1999	Heidi Larsen, Meleia Johnson, Jaime Kozisek
16. 800,1000,1200,1400,1600	26:47	September 28, 1995	Amy Johnson
17. 2 x 1200	9:32 (4:46 ave)	October 21, 1996	Becky Haavisto
18. 1 x 2000	8:47	October 20, 1997	Becky Haavisto
19. 800, 600, 400	7:19	September 12, 1997	Becky Haavisto
20. 6 x 400	8:18 (1:23 ave)	October 15, 1998	Jenelle Stahlke
21. 4 x 400	5:30 (1:23 ave)	October 5, 1995	Amy Johnson
22. 2 x 400, 2 x 800, 2 x 400	10:18	September 15, 1998	Jenelle Stahlke
23. 2 x 1 mi, 1 x 800, 2 x 400	20:45	August 21, 1995	Bree Fischer
24. Connaker's Loops - 1.6	11:02	August 25, 1999	Heidi Larsen
25. 3 x 500	5:12 (1:44 ave)	October 24, 2000	Kim Connaker
26. 5 x 500	9:11(1:50 ave)	October 22, 2001	Jacki Gregoire
27. 6 x 500	10:59 (1:50 ave)	September 12, 2000	Kim Connaker
28. 8 x 500	15:56 (1:59 ave)	October 5, 2000	Kim Connaker
29. 4 x 1000	16:24 (4:01 ave)	October 13, 2000	Kim Connaker
30. 6 x 1000	27:38 (4:38 ave)	September 27, 2000	Miki Anderson
31. 2x1000, 2x500, 2x1000	29:15	September 27, 2001	Jacki Gregoire

## BOYS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loops -5.6	38:42	August 11, 1997	J. R. Anderson
2. Golf Course loop - 4.5	26:56	September 14, 1998	Dan Pangerl
3. 580th Street - 4	25:56	September 23, 1998	Ryan Hammill
4. Connaker's loops - 3.8	23:00	August 20, 1997	J. R. Anderson
5. Connaker's loops - 3.5	20:56	August 25, 1998	Ryan Hammill
6. The loop x 3 - 3.3	18:15	Sept. 8, 1997	J. R. Anderson
7. Cty Rd 110 west - 3	19:12	October 16, 1996	J. R. Anderson
8. H.S. loops - 4800 m	19:43	October 21, 2000	Peter Johnson
9. Connaker's loop - 2.7	15:40	October 26, 1998	Ryan Hammill
10. 5 x 800	12:47 (2:33 ave)	September 21, 1999	Jeremy Lee
11. The loop x 2 - 2.2	11:59 (5:59 ave)	September 4, 1998	Dan Pangerl
12. Track - 3200 m	10:47	August 16, 1996	J. R. Anderson
13. H.S. Loops - 3200 m	11:37	August 22, 1997	J. R. Anderson
14. G C loop - 1.1	5:48	Sept 22, 1997	J. R. Anderson
15. Cty Rd 117 - 1	5:26	October 18, 1996	J. R. Anderson
16. H.S. loop - 1600 m	5:30	September 25, 1997	J. R. Anderson
17. 2000-1000-600	11:29	September 29, 1998	J. R. Anderson
18. 2000-1000-500	12:03	October 19, 2000	Ryan Hammill
19. Track - 8 x 400	9:04 (1:08 ave)	September 4, 1995	J. R. Anderson
20. 800, 1000, 1200, 1400, 1600	21:46	September 28, 1995	J. R. Anderson
21. 2 x 1200	7:27 (3:43 ave)	October 2, 1997	J. R. Anderson
22. 1 x 2000	6:50	October 20, 1997	Jason Larsen
23. 800, 600, 400	5:11	September 12, 1997	J. R. Anderson
24. 6 x 400	6:53 (1:09 ave)	September 7, 1999	Jeremy Lee
25. 4 x 400	4:14 (1:03.5 Ave)	October 16, 1997	J. R. Anderson
26. 2 x 400, 2 x 800, 2 x 400	9:28	September 15, 1997	J. R. Anderson
27. 2 x 1 mi, 1 x 800, 2 x 400	15:45	August 21, 1995	J. R. Anderson
28. Connaker's loops - 1.6	8:52	October 25, 1999	Ryan Hammill
29. 3 x 500	4:08 (1:23 ave)	October 23, 2001	Jared Clementson, David Hansen
30. 4 x 500	6:06 (1:31 ave)	October 30, 2000	Jeremy Lee
31. 5 x 500	7:28 (1:29 ave)	October 22, 2001	David Hansen
32. 6 x 500	8:59 (1:29 ave)	September 11, 2001	Jared Clementson
33. 8 x 500	12:27 (1:31 ave)	October 5, 2000	Ryan Hammill
34. 4 x 1000	13:10 (3:17 ave)	October 13, 2000	Ryan Hammill
35. 6 x 1000	22:01 (3:40 ave)	September 27, 2000	Ryan Hammill
36. 2x1000, 2x500, 2x1000	16:43	September 27, 2001	Jared Clementson

Ability is what you're  
capable of doing.

Motivation

determines what you  
do.

Attitude determines  
how well you do it.



# Pine City High School Cross Country 2001

## Awards:

MOST VALUABLE RUNNER	Jacki Gregoire	Jared Clementson Chris Lutz
MOST IMPROVED RUNNER	Meleia Johnson Rebecca Craighead	David Hansen Karl Greden
ROOKIE OF THE YEAR	Jenna Fore	Charlie Zak
SENIOR LEADERSHIP AWARD	Miki Anderson	
COACHES' AWARD	Rob Arola	Nikki Plasek

## ALL-CONFERENCE:

Jacki Gregoire Chris Lutz Charlie Zak	Jenna Fore David Hansen
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## ALL CONFERENCE HONORABLE MENTION:

Rebecca Craighead Jared Clementson	Meleia Johnson Rob Arola
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## LETTERWINNERS:

Miki Anderson Nikki Plasek Heidi Larsen Jared Clementson Karl Greden Jenna Fore	Rob Arola Charlie Zak Chris Lutz Meleia Johnson Deanna Dickey	Rebecca Craighead Trent Laugerman Seth Peterson Jacki Gregoire David Hansen
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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**









# AVERAGE MILE TIMES AT MEETS - 2001

	PB - 00	Grntsbrg	Milaca	Pine City	Cambridg	N. Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Rob Arola - 12	5:57	6:39	6:25	6:29	6:20	5:57	6:02
Jeremy Lord - 12						6:28	6:35
Jonny Samuelson - 12						8:24	8:33
Charlie Zak - 12						6:05	5:59
Mike Defenbaugh - 11	6:18		7:04	6:49	6:38	6:24	6:23
Karl Greden - 11	6:33	7:03	6:45	6:38	6:23	6:06	6:22
Trent Laugerman - 11	6:02	6:42	6:27	6:37	6:21	6:12	DNR
Chris Lutz - 11	5:58	6:13	6:03	6:06	5:59	DNR	5:41
Seth Peterson - 11	5:55		6:43	6:40	6:20	6:07	6:08
Matt Brandl - 10	7:05					7:44	DNR
Jared Clementson - 10	5:35	6:03		5:47	5:47	5:34	5:38
David Hansen - 10	6:05	6:11	5:56	5:58	5:53	5:43	5:39
Adam Lee - 10	6:40	7:46		7:12	7:18	6:41	6:46
		2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Justin Palmer - 8		7:14	6:17	6:54	6:44	6:15	7:08
Brady Anderson - 7		7:13	6:58	6:56	7:02	6:25	7:28
Jordan Clementson - 7		7:26	6:52	7:07	7:05	6:39	7:16
Tom Miche - 7			6:22			6:35	7:08
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Miki Anderson - 12	6:59	7:50	7:50	7:46	DNR	7:26	7:36
Rebecca Craighead - 12	7:02			7:32	7:40	7:03	7:07
Nikki Plasek - 12	7:18	7:54	7:44	DNR	DNR	7:30	7:37
Deanna Dickey - 11		7:53	7:58	7:44	7:39	7:25	DNR
Heidi Larsen - 11	6:59	7:46	7:31	7:39	7:40	7:10	7:22
Meleia Johnson - 10	7:16	7:38	7:29	7:23	7:31	7:04	7:11
Jenna Fore - 9	8:03					7:10	7:12
Jacki Gregoire - 8	6:40	7:26		7:16	7:18	6:50	6:51
		2000 m	2000 m	2000 m	2000 m	2000m	3200 m
Jacki Gregoire - 8			6:26				
Steph Gregoire - 8		7:23	6:50	7:09	7:05	6:53	7:33
Krista Hill - 8		11:21	10:59	11:47	12:07	10:56	11:46
Hannah Espeseth - 7				7:29	7:50	7:25	8:26
Ashley Jackson - 7						10:18	12:37
Abby Olson - 7		7:36	7:57	7:19	7:46	7:19	8:00



# AVERAGE MILE TIMES AT MEETS - 2001

Princeton	Chs Lks	Centenial	RRC	Sub-Section	Section	Average	PB-2001
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	
6:12	6:15	6:18	5:58	5:50	6:19	6:14	5:50
6:36	7:55	7:07	6:32	6:28		6:49	6:28
8:59	8:17	8:31	7:44	7:48		8:19	7:44
6:05	6:12	6:17	5:51	5:46	6:00	6:02	5:46
6:30	6:37	6:32	6:20	6:14		6:33	6:14
6:12	6:16	6:12	6:13	6:04	6:24	6:23	6:04
DNR	DNR	DNR	DNR	DNR		6:28	6:12
5:47	6:01	5:50	5:41	5:33	5:53	5:53	5:33
6:03	6:23	6:50	6:08	5:55	6:13	6:19	5:55
7:05	DNR	7:32	6:54	6:44		7:12	6:44
5:42	5:55	6:03	5:51	5:53	5:56	5:50	5:34
5:47		5:51	5:45	5:42	6:01	5:51	5:39
6:34	6:43	3:32	6:21	6:13		6:49	6:13
3230 m	1600 m	2400 m	2000 m	3200 m		Misc	2000 m
7:20	8:03	6:26	5:58	6:36		6:49	5:58
7:17	8:28	6:39	6:34	6:59		7:00	6:25
7:11	8:03	6:45	6:32	6:53		7:04	6:32
DNR	8:13	6:39	6:25	6:47		6:53	6:22
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
7:23	7:23	7:09	7:10	7:08	7:16	7:27	7:08
7:05	7:16	7:08	6:53	7:02	7:18	7:12	6:53
7:23	7:32	7:25	DNR	7:14	7:24	7:31	7:14
7:20	7:28	7:28	7:24	7:16		7:33	7:16
7:16	7:18	7:09	7:13	7:06	7:04	7:21	7:04
7:10	7:18	6:57	6:52	7:02	7:04	7:14	6:52
7:07	7:07	6:58	6:42	6:50	6:44	6:59	6:42
	7:09	6:53	6:46	6:44	6:47	7:00	6:44
3230 m	2000 m	2000 m	2000 m	3200 m		Misc	2000m
6:53							
7:34	7:34	6:47	6:36	6:58		7:07	6:36
DNR	11:32	10:20	9:21	10:16		11:02	9:21
7:52	7:50	7:53	6:54	7:42		7:36	6:54
DNR	DNR	DNR	DNR	DNR		11:27	10:18
7:48	7:42	7:11	6:46	7:22		7:31	6:46



## TEAM POSITIONS AT MEETS - 2001

	Grntsbrg	Milaca	Pine City	Cambridge	N. Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Rob Arola - 12	4	3	4	5	3	5
Jeremy Lord - 12	DNR	DNR	DNR	DNR	9	10
Jonny Samuelson - 12	DNR	DNR	DNR	DNR	12	12
Charlie Zak - 12	DNR	DNR	5	4	4	4
Mike Defenbaugh - 11	DNR	7	9	9	8	9
Karl Greden - 11	6	6	7	8	5	8
Trent Laugerman - 11	5	4	6	7	7	7
Chris Lutz - 11	3	2	3	3	DNR	3
Seth Peterson - 11	DNR	5	8	6	6	6
Matt Brandl - 10	DNR	DNR	DNR	DNR	11	DNR
Jared Clementson - 10	1	DNR	1	1	1	1
David Hansen - 10	2	1	2	2	2	2
Adam Lee - 10	7	DNR	10	10	10	11
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Justin Palmer - 8	2	1	1	1	1	2
Brady Anderson - 7	1	4	2	2	2	4
Jordan Clementson - 7	3	3	3	3	4	3
Tom Miche - 7		2			3	1
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Miki Anderson - 12	4	4	6	DNR	7	6
Rebecca Craighead - 12	DNR	DNR	3	5	2	2
Nikki Plasek - 12	6	3	DNR	DNR	8	7
Deanna Dickey - 11	5	5	5	3	6	DNR
Heidi Larsen - 11	3	2	4	4	5	5
Meleia Johnson - 10	2	1	2	2	3	3
Jenna Fore - 9	DNR	DNR	DNR	DNR	4	4
Jacki Gregoire - 8	1		1	1	1	1
	2000 m	2000 m			2000 m	
Jacki Gregoire - 8		1				
Steph Gregoire - 8	1	2	1	1	1	1
Krista Hill - 8	3	4	4	4	5	4
Hannah Espeseth - 7			3	3	3	3
Ashley Jackson - 7					4	5
Abby Olson - 7	2	3	2	2	2	2

## TEAM POSITIONS AT MEETS - 2001

Princeton	Chs. Lks	Centennial	Conference	Sub-Section	Section	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
5	4	6	5	4	6	4.50
7	9	10	10	10		9.29
8	10	12	12	12		11.14
3	3	5	3	3	3	3.70
6	7	8	8	9		8.00
4	5	4	7	7	7	6.17
DNR	DNR	DNR	DNR	DNR		6.00
1	2	1	1	1	1	1.91
2	6	9	6	6	5	5.91
4	DNR	11	11	11		9.60
1	1	3	4	5	2	1.91
2	11	2	2	2	4	2.83
3	8	7	9	8		8.30
3230 m	2000 m	2400 m	2000 m	3200 m		JH
3	1	1	1	1		1.36
2	4	3	4	4		2.91
1	2	4	3	3		2.91
DNR	3	2	2	2		2.14
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
5	6	6	5	6	5	5.45
1	3	4	4	3	6	3.30
6	8	7		7	7	6.56
4	7	8	7	8		5.80
3	4	5	6	5	4	4.17
3	5	2	3	4	3	2.75
2	1	3	1	2	1	2.25
	2	1	2	1	2	1.30
	2000 m	2400 m	2000 m	3200 m		JH
1						1.00
2	1	1	1	1		1.18
DNR	4	4	4	4		4.00
4	3	3	3	3		3.11
DNR	DNR	DNR	DNR	DNR		4.50
3	2	2	2	2		2.18

## PLACE FINISHES AT MEETS - 2001

	Grantsburg	Milaca	Pine City	Cambridge	North Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Rob Arola - 12	18	40	26	21	13	52
Jeremy Lord - 12					7-JV	31-JV
Jonny Samuelson - 12					23-JV	96-JV
Charlie Zak - 12			2-JV	20	19	50
Mike Defenbaugh - 11		79	4-JV	28-JV	5-JV	14-JV
Karl Greden - 11	31	63	32	25	21	79
Trent Laugerman - 11	22	44	31	24	26	12-JV
Chris Lutz - 11	9	20	15	7	DNR	18
Seth Peterson - 11	DNR	62	34	10-JV	24	59
Matt Brandl - 10					21-JV	DNR
Jared Clementson - 10	6		2	1	2	13
David Hansen - 10	8	14	7	5	6	14
Adam Lee - 10	40		13-JV	77-JV	12-JV	40-JV
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Justin Palmer - 8	8	13	19	17	2	42
Brady Anderson - 7	7	29	20	29	4	54
Jordan Clementson - 7	12	27	24	30	9	45
Tom Miche - 7		15			7	41
	4000 m	4000 m	4000 m	4000 m	4000 m	
Miki Anderson - 12	10	37	31		20	60
Rebecca Craighead - 12			23	16	8	41
Nikki Plasek - 12	13	34			21	61
Deanna Dickey - 11	11	39	30	14	17	DNR
Heidi Larsen - 11	7	29	25	15	12	53
Meleia Johnson - 10	5	28	17	12	9	45
Jenna Fore - 9					1-JV	47
Jacki Gregoire - 8	4		13	11	5	18
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Jacki Gregoire - 8		3				
Steph Gregoire - 8	1	6	2	1	3	9
Krista Hill - 8	34	57	43	52	28	59
Hannah Espeseth - 7			7	22	9	35
Ashley Jackson - 7					27	60
Abby Olson - 7	2	34	6	19	5	22

## PLACE FINISHES AT MEETS - 2001

Princeton 5000 m	Chisago Lks 5000 m	Centennial 5000 m	Conference 5000 m	Sub-Section 5000 m	Section 5000 m	Average 5000 m
145	22	36	24	18	47	38.5
212-JV	26-JV	23-JV	19-JV	8-JV		46.6-JV
480-JV	28-JV	34-JV	29-JV	26-JV		102.3-JV
112	17	35	15	15	30	34.8
181	6-JV	45	12-JV	3-JV		37.7-JV
144	24	32	34	33	53	47.6
DNR	DNR	DNR	DNR	DNR		29.4
52	8	9	6	5	19	15.3
107	30	18-JV	7-JV	23	45	38.1-JV
134-10th	DNR	28-JV	25-JV	12-JV		44.0-JV
5-10th	4	22	16	22	25	11.3
10-10th	DNF	11	11	14	32	12.2
91-10th	7-JV	12-JV	39	2-JV		33.3-JV
3230 m	1600 m	2400 m	2000 m	3200 m		
138	12	9	5	9		24.9
80	22	15	16	13		26.3
77	13	17	15	15		25.8
DNR	16	12	13	13		16.7
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
148	17	23	27	33	45	41.0
103	13	21	17	23	47	31.2
149	3-JV	4-JV	DNR	35	49	51.7
144	18	25	29	3-JV		36.3
134	15	22	28	30	35	33.8
38-10th	16	16	16	24	34	20.2
22-9th	9	18	10	15	21	20.0
	11	13	14	11	23	12.3
3230 m	2000 m	2400 m	2000 m	3200 m		
12						7.5
35	5	1	1	1		5.9
DNR	37	11	31	27		37.9
63	11	9	6	9		19.0
DNR	DNR	DNR	DNR	DNR		43.5
56	7	5	2	4		14.7