

**DRAGON
CROSS
COUNTRY**

A stylized dragon logo in black and white, featuring a dragon's head with horns and a cross-like shape on its forehead. The dragon is surrounded by a circular, textured pattern resembling a dragon's scale or a circular stamp.

2009

*“A winner is someone who sets their goals,
commits themselves to those goals
and then pursues their goals
with all the ability that is given to them.
That requires someone
who believes in themselves,
who will make self-sacrifices,
work hard,
and maintain the determination
to perform
at the best
of their ability.”*

“Running
is the
greatest
metaphor
for life,
because
you get out of it
what you put
into it.”

Mora Fun Run
August 27, 2009
sunny, hot

PINE CITY GIRLS' RESULTS

3200 m

	<u>1st mile</u>	<u>2nd mile</u>	<u>total time</u>	<u>projected 4000 m</u>
1. Sherry Rike	7:22	7:27	14:49	18:30
2. Megan Miesner	7:30	8:04	15:34	19:45
3. Abby Cummins	7:45	7:54	15:39	19:50
4. Erin Mitchell	8:20	8:31	16:51	20:32
5. Morgan Richardson	8:20	8:47	17:07	20:59

#1 Runner: Cambridge - 13:10

Junior High Girls - 1600 m

1. Gillian Kolling	7:44
2. Brenna Richardson	8:05
3. Jackie Westeren	8:31
4. Maria Carpenter	8:52
5. Terra Shermer	10:47

#1 runner: Mora - 7:04

PINE CITY BOYS' RESULTS

3200 m

	<u>1st mile</u>	<u>2nd mile</u>	<u>total time</u>	<u>projected 5000 m</u>
1. Nick Bremer	5:52	6:39	12:31	19:35
2. Cody Hanson	6:11	6:40	12:51 PB	20:00
3. Zain Hunter	6:32	6:23	12:55	20:12
4. John Dedic	6:20	6:37	12:57	20:13
5. Mike Chouanard	6:34	6:34	13:08	20:25
6. Joey Emslander	6:24	7:11	13:35	21:15
7. Devin Braatz	7:14	6:59	14:13 PB	22:16
8. Ben Wirth	7:14	7:02	14:16	22:17
9. Derek Lutz	7:14	7:03	14:17	22:18
10. Jordan Sparling	7:53	8:16	16:09	24:41
11. Nathan Thiesen	8:02	8:22	16:24	24:58
12. Joe Wolf	8:02	8:23	16:25 PB	25:59

#1 Runner: Cambridge - 11:11

Junior High Boys - 1600 m

1. Chris Maki	6:52
2. Paul Skalicky	7:03
3. TJ Gross	7:24
4. James Pixley	7:49
5. Elijah Johnson	7:50
6. Jonah Spahr	7:55
7. Russ Westeren	8:05
8. Tony Pitzen	8:23
9. Nolan Montague	8:31
10. Jared Montague	9:11
11. Scott Kleppe	10:21
12. Travis Husik	10:34
13. Sam Rogers	12:23

#1 runner: Chris Maki, Pine City - 6:52

MILACA EARLY BIRD INVITATIONAL CROSS COUNTRY MEET

Monday, August 31, 2009

sunny, cool

PINE CITY GIRLS' RESULTS:

2950 m - 117 runners

	<u>place</u>	<u>time</u>
1. Sherry Rike	49	12:37
2. Abby Cummins	67	13:01
3. Megan Miesner	81	13:13
4. Erin Mitchell	107	14:14
5. Morgan Richardson	108	14:38

#1 runner: J. Harrison, Mound Westonka - 10:57

JUNIOR HIGH GIRLS:

2000 m - 134 runners

1. Brenna Richardson	49	8:47
2. Gillian Kolling	66	9:14
3. Jackie Westeren	85	9:41
4. Maria Carpenter	103	10:10
5. Terra Shermer	126	11:23

#1 runner: K. Mehr, Rocori - 7:16

GIRLS' TEAM RESULTS:

1. Monticello	34
2. Mora	92
3. North Branch	126
4. Chisago Lakes	141
5. Little Falls	187
6. STMA	230
7. Rocori	241
8. Crosby-Ironton	244
9. Mound Westonka	270
10. Albany	275
11. Becker	277
12. Rush City	277
13. Cambridge	278
14. Big Lake	288
15. Milaca	391
16. Pine City	405
17. Braham	418
18. Foley	442
Princeton	Inc

PINE CITY BOYS' RESULTS:

5000 m - 113 runners

	<u>place</u>	<u>time</u>
1. Cody Hanson	45	18:54 PB
2. John Dedic	61	19:51
3. Joey Emslander	62	19:52 BTC
4. Zain Hunter	91	21:06
5. Ben Wirth	103	22:05
6. Mike Chouanard	104	22:06
7. Jordan Sparling	112	24:23 BTC

#1 runner: J. Autio, STMA - 16:13

JUNIOR HIGH BOYS:

2000 m - 122 runners

1. Chris Maki	33	7:43 PB
2. Paul Skalicky	53	8:17
3. TJ Gross	55	8:19
4. Russ Westeren	58	8:29 PB
5. James Pixley	81	9:06
6. Tony Pitzen	82	9:06
7. Elijah Johnson	83	9:08
8. Nolan Montague	89	9:17
9. Jonah Spahr	106	9:54
10. Scott Kleppe	118	11:33 PB
11. Sam Rogers	119	12:39
12. Travis Husnik	120	12:41

#1 runner: C. O'Neil, Becker - 6:36

BOYS' TEAM RESULTS:

1. Cambridge	63
2. STMA	115
3. Mound Westonka	128
4. Albany	131
5. Monticello	136
6. Little Falls	188
7. Mora	189
8. Milaca	205
9. Big Lake	208
10. North Branch	238
11. Crosby-Ironton	288
12. Princeton	342
13. Pine City	351
14. Foley	377
15. Rocori	389
16. Chisago Lakes	422
17. Hinckley/Finlaysor	452
Rush City, Braham	Inc
Inc	Inc

**PINE CITY INVITATIONAL
CROSS COUNTRY MEET
Thursday, September 10, 2009
sunny, warm, humid**

PINE CITY GIRLS' RESULTS:

4000 m - 70 runners

	<u>place</u>	<u>time</u>
1. Sherry Rike	19	17:36
2. Megan Miesner	32	18:53
3. Abby Cummins	33	19:01
4. Morgan Richardson	46	20:22
5. Erin Mitchell	50	20:54

#1 runner: Emma Johnson, Mora - 16:10

JUNIOR HIGH GIRLS:

2000 m - 66 runners

1. Gillian Kolling	16	9:23
2. Brenna Richardson	31	9:57
3. Jackie Westernen	36	10:12
4. Terra Shermer	55	11:43
5. Maria Carpenter	58	11:49

#1 runner: Haley Huset, North Branch - 8:11

PINE CITY BOYS' RESULTS:

5000 m - 61 varsity & 48 jv runners

	<u>place</u>	<u>time</u>
1. Cody Hanson	13	18:47 PB
2. Nick Bremer	1 jv	19:53 BTC
3. John Dedic	23	19:54 BTC
4. Devin Braatz	30	20:19 BTC
5. Mike Chouanard	34	20:37 PB
6. Zain Hunter	37	21:02 PB
7. Joey Emslander	46	21:43
8. Derek Lutz	11 jv	21:44 BTC
9. Thomas Pitzen	12 jv	21:45
10. Ben Wirth	13 jv	21:46
11. Jordan Sparling	32 jv	24:20 BTC
12. Joe Wolf	41 jv	27:30

#1 runner: Austin Bauer, Milaca - 16:40

#1 jv runner: Nick Bremer, Pine City - 19:52

JUNIOR HIGH BOYS:

2000 m - 55 runners

1. Chris Maki	3	8:03 BTC
2. Paul Skalicky	7	8:17
3. Russ Westernen	14	8:34 PB
4. TJ Gross	22	8:49
5. Tony Pitzen	24	8:54 PB
6. James Pixley	28	9:03 PB
7. Elijah Johnson	35	9:34
8. Nolan Montague	43	10:28
9. Jared Montague	45	10:43
10. Scott Kleppe	51	12:35
11. Sam Rogers	52	14:24
12. Travis Husnik	54	15:21

#1 runner: Alex Schmies, Hermantown - 7:48

GIRLS' TEAM RESULTS:

1. North Branch	32
2. Mora	39
3. Hermantown	85
4. Rush City	127
5. Pine City	176
6. Milaca	177
7. Braham	193
8. Foley	206
9. MLWR	222
10. East Central	228

JH Team Results:

1. North Branch	36
2. Hermantown	92
3. Mora	93
4. Mille Lacs	95
5. Hinckley	118
6. Foley	122
7. Braham	145
8. Pine City	149
9. East Central	185

BOYS' TEAM RESULTS:

1. Mora	55
2. Rush City	66
3. Milaca	73
4. North Branch	98
5. Hermantown	104
6. Pine City	137
7. Foley	185
8. Hinckley	221
9. East Central	225
10. MLWR	259

JV Team Results

1. Hermantown	45
2. Mora	48
3. Pine City	65
4. North Branch	90
5. Milaca	108
6. Foley	127

JH Team Results:

1. Hermantown	25
2. Pine City	51
3. Mora	51
4. MLWR	83

NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET

Thursday, September 17, 2009
sunny, warm

PINE CITY GIRLS' RESULTS:

4000 m - 42 runners

	<u>place</u>	<u>time</u>
1. Sherry Rike	12	18:04
2. Megan Miesner	18	18:35 BTY-BTC
3. Abby Cummins	19	18:40 PB
4. Erin Mitchell	29	20:00 PB
5. Morgan Richardson	38	22:04

GIRLS' TEAM RESULTS:

1. North Branch	15
2. Rush City	70
3. Braham	89
4. Pine City	108
5. MLWR	149

#1 runner: Ali Zimmerman, North Branch - 16:35

JUNIOR HIGH GIRLS:

2000 m - 28 runners

1. Brenna Richardson	11	9:23 BTC
2. Gillian Kolling	12	9:57
3. Jackie Westeren	15	10:12
4. Maria Carpenter	22	11:43
5. Terra Shermer	24	11:49

JH Team Results:

1. North Branch	15
2. Pine City	61
3. East Central	68

#1 runner: Alexis Hasleit, North Branch - 8:22

PINE CITY BOYS' RESULTS:

5000 m - 51 runners

	<u>place</u>	<u>time</u>
1. Cody Hanson	6	18:40 PB
2. Nick Bremer	8	19:02 PB
3. Mike Chouanard	9	19:32 PB
4. Joey Emslander	12	19:55 BTC
5. John Dedic	13	19:56
6. Zain Hunter	15	20:23 PB
7. Thomas Pitzen	17	20:25 PB
8. Derek Lutz	22	21:24 BTY-BTC
9. Ben Wirth	24	21:36 BTY
10. Devin Braatz	27	21:43
11. Jordan Sparling	39	23:39 BTY-BTC
12. Beau Peterson	40	23:50
13. Joe Wolf	47	26:24 BTY-BTC
14. Nathan Thiesen	48	26:35

BOYS' TEAM RESULTS:

1. Rush City	25
2. Pine City	48
3. North Branch	50
4. East Central	129
5. MLWR	149

#1 runner: Josh Wurdemann, Rush City - 17:43

JUNIOR HIGH BOYS:

2000 m - 28 runners

1. TJ Gross	5	8:20
2. Paul Skalicky	6	8:21
3. Russ Westeren	7	8:25 PB
4. Nick Kehren	12	9:03
5. James Pixley	15	9:20
6. Tony Pitzen	16	9:34
7. Elijah Johnson	18	9:42
8. Nolan Montague	20	10:01
9. Jonah Spahr	23	10:18
10. Jared Montague	24	11:14
11. Scott Kleppe	25	11:14 PB
12. Anthony Olson	26	11:34
13. Sam Rogers	27	12:17 PB
14. Travis Husnik	28	14:26

JH Team Results:

1. Pine City	26
2. MLWR	32

#1 runner: Alex Began, MLWR - 7:49

**PIERZ PIONEER STAMPEDE
CROSS COUNTRY MEET
Monday, September 21, 2009
warm, overcast**

PINE CITY GIRLS' RESULTS:

4000 m - 97 runners

	<u>place</u>	<u>time</u>
1. Sherry Rike	43	17:35 BTY
2. Megan Miesner	57	18:06 BTY-BTC
3. Abby Cummins	59	18:14 PB
4. Morgan Richardson	83	19:55 BTY
5. Erin Mitchell	84	20:01

#1 runner: Greta Danielson, St. Cloud Cathedral - 15:35

JUNIOR HIGH GIRLS:

3200 m - 104 runners

1. Gillian Kolling	36	15:16
2. Brenna Richardson	49	15:49 PB
3. Jackie Westeren	64	16:34
4. Maria Carpenter	82	18:25
5. Terra Shermer	89	19:06

#1 runner: Abby Selisker, Brainerd - 13:33

PINE CITY BOYS' RESULTS:

5000 m - 109 varsity runners, 119 JV runners

	<u>place</u>	<u>time</u>
1. Cody Hanson	34	18:30 PB
2. Nick Bremer	41	18:44 PB
3. Mike Chouanard	51	19:34
4. Joey Emslander	57	19:50 BTY
5. Zain Hunter	59	19:51 PB
6. Thomas Pitzen	70	20:19 PB
7. John Dedic	73	20:20
8. Ben Wirth	47 jv	21:27 BTY
9. Michael Bremer	83 v	23:42
10. Jordan Sparling	84 lv	23:45 BTC
11. Beau Peterson	89 jv	24:42
12. Nathan Thiesen	99 jv	25:42 PB
13. Joe Wolf	101 jv	25:51 BTY

#1 varsity runner: Austin Bauer, Milaca - 16:21

#1 jv runner: Brandon Chandler, St. Cloud Cathedral- 18:24

JUNIOR HIGH BOYS:

3200 m - 103 runners

1. Russ Westeren	22	13:48 PB
2. TJ Gross	23	13:50
3. Nick Kehren	38	14:35
4. James Pixley	55	15:37
5. Elijah Johnson	59	15:48
6. Tony Pitzen	60	15:52
7. Nolan Montague	81	17:00
8. Jared Montague	84	17:20
9. Travis Husnik	99	21:14
10. Scott Kleppe	100	21:17 BTC
11. Sam Rogers	101	21:21
12. Anthony Olson	102	21:38

#1 runner: David Supinski, Brainerd - 12:11

GIRLS' TEAM RESULTS:

1. Mora	73
2. Brainerd	74
3. St. Cloud Cathedral	100
4. Pierz	106
5. Annandale	118
6. Albany	130
7. Maple Lake	200
8. Maranatha	217
9. St. Cloud Christian	229
10. Braham	256
11. Milaca	260
12. Pine City	285
13. St. John's Prep	315
14. Royalton	400

JH Team Results:

1. Brainerd - 35, 2. Albany - 98, 3. Annandale-115
4. Maple Lake-123 5. Foley-123, 6. Mora-133. 7
7. Hinckley-139, 8. Mille Lacs-144, 9. Pine City-225, 10. EC-296

BOYS' TEAM RESULTS:

1. Long Prairie	63
2. St. Cloud Cathedral	70
3. Brainerd	101
4. Albany	108
5. Mora	144
6. Milaca	148
7. Annandale	186
8. Royalton	238
9. Pine City	242
10. Pierz	294
11. Rockford	324
12. Cromwell	326
13. Foley	348
14. Maple Lake	358
15. Maranatha	381
16. Hinckley	390
17. St. John's Prep	476

JV Team Results:

1. Cathedral-39, 2. Brainerd-67, 3. Mora-75
4. Long Prairie-87, 5. Albany-98, 6. EC-179
7. Milaca-194, 8. Annandale-216, 9. Rockford-274
10. Pine City-284, 11. St. Johns Prep-295

JH Team Results:

1. Brainerd-49, 2. Cathedral-62, 3. Annandale-73
4. Long Prairie-88, 5. Mora-122, 6. Albany
7. Pine City-184, 8. Maple Lake-192, 9. Pierz - 235
10. Foley-285

MILACA MEGA INVITATIONAL CROSS COUNTRY MEET

PINE CITY GIRLS' RESULTS:

4000 m - 133 runners

	<u>place</u>	<u>time</u>	
1. Sherry Rike	32	16:48	PB
2. Abby Cummins	52	17:09	PB
3. Megan Miesner	71	17:40	BTY-BTC
4. Erin Mitchell	101	19:02	PB
5. Morgan Richardson	108	19:27	BTY

#1 runner: Jordin Koplow, Adrian - 15:07

JUNIOR HIGH GIRLS:

3200 m - 155- 8th graders & 144- 7th graders

	<u>place</u>	<u>time</u>	
1. Gillian Kolling	40	15:05	PB
2. Brenna Richardson	71-8thgr	15:41	PB
3. Jackie Westernen	70	15:45	PB
4. Maria Carpenter	124	18:09	PB
5. Terra Shermer	125	18:22	PB

#1-8th grade runner: Molly Eastman, Holy Fam- 12:13

#1-7th grade runner -Jenna Truedson, Bemidji - 12:33

PINE CITY BOYS' RESULTS:

5000 m - 150 runners

	<u>place</u>	<u>time</u>	
1. Cody Hanson	40	18:10	PB
2. John Dedic	113	19:53	
3. Mike Chouanard	117	20:10	
4. Zain Hunter	128	20:28	
5. Thomas Pitzen	131	20:41	
6. Ben Wirth	136	20:51	BTY
7. Jordan Sparling	148	24:16	
8. Joe Wolf	215-10thgr	26:30	

#1 runner: Mason Ferlic, Mounds Park Academy - 16:44

JUNIOR HIGH BOYS:

2500 m - 156-8th grade runners

	<u>place</u>	<u>time</u>	
1. Russ Westernen	87	9:03	
2. Paul Skalicky	99	9:10	
3. Chris Maki	102	9:15	
4. Nolan Montague	139	10:17	
5. Scott Kleppe	154	12:16	
6. Anthony Olson	155	12:45	

#1- 8th grade runner: Andy Magnuson, Chisago Lakes-7:18

3200 m - 153- 7th grade runners

1. James Pixley	51	14:09	PB
2. Tony Pitzen	54	14:13	PB
3. TJ Gross	57	14:16	
4. Elijah Johnson	120	16:35	
5. Jonah Spahr	125	16:46	
6. Jared Montague	128	16:54	PB
7. Sam Rogers	152	22:08	
8. Travis Husnik	153	22:08	

#1 -7th grade runner: Alec Anderson, Hutchinson-11:24

GIRLS' TEAM RESULTS:

1. Holy Family Catholic	38
2. St. Cloud Cathedral	88
3. Park Rapids	111
4. Adrian	147
5. Farmont	168
6. Mora	195
7. New London-Spicer	205
8. Cook Cty-2 Harbors	215
9. Sauk Centre	233
10. Blue Earth	287
11. Esko	291
12. Redwood Valley	309
13. Byron	331
14. East Grand Forks	333
15. Pine City	368
16. Mounds Park Acad	388
17. Ottertail Central	397
18. Maple River	

BOYS' TEAM RESULTS:

1. Long Prairie	97
2. St. Cloud Cathedral	102
3. Holy Family Catholic	110
4. Fairmont	177
5. Adrian	193
6. Mounds Park Acad	194
7. Mora	213
8. Byron	227
9. Sauk Centre	250
10. Pequot Lakes	261
11. Virginia	264
12. Esko	311
13. New London-Spicer	315
14. Redwood Valley	372
15. Bagley/Fosston	378
16. Watertown-Mayer	382
17. Cook Cty/2 Harbors	385
18. Blue Earth	434
19. Pine City	464
20. Maple River	496

**PRINCETON INVITATIONAL
CROSS COUNTRY MEET**

**Tuesday, October 20, 2009
cloudy, cold, rainy**

PINE CITY GIRLS' RESULTS:

4000 m - 49 varsity and 28 jv runners

	<u>place</u>	<u>time</u>
1. Sherry Rike	11	16:58
2. Abby Cummins	12	16:59 PB
3. Megan Miesner	24	17:38
4. Brenna Richardson 6 jv		19:19 PB
5. Erin Mitchell	46	19:37
6. Morgan Richardson	47	19:47
7. Gillian Kolling 13 jv		20:24
8. Jackie Westeren 18 jv		20:49

#1 varsity runner: Kaitlyn Yoerg, Becker - 15:20

#1 jv runner: Jessica Westman, Braham - 17:45

JUNIOR HIGH GIRLS:

3000 m - 30 runners

1. Maria Carpenter	27	15:56
2. Terra Shermer	30	18:57

#1 runner: Haley Sandin, Princeton - 12:39

PINE CITY BOYS' RESULTS:

5000 m - 54 runners

	<u>place</u>	<u>time</u>
1. Cody Hanson	6	17:49 PB
2. Nick Bremer	21	19:02 BTC
3. John Dedic	32	19:31
4. Mike Chouanard	35	19:41
5. Thomas Pitzen	40	20:10 PB
6. Zain Hunter	43	20:27
7. Ben Wirth	45	20:41
8. Jordan Sparling	53	22:43 BTC
9. Joe Wolf	54	24:36 BTY

#1 runner: Jacob Siekmeier, Math and Science Ac - 16:51

JUNIOR HIGH BOYS:

3000 m - 29 runners

1. Chris Maki	7	12:34 PB
2. TJ Gross	8	12:34 PB
3. Russ Westeren	9	12:52
4. Nick Kehren	13	13:12
5. Paul Skalicky	14	13:13
6. James Pixley	16	13:23
7. Tony Pitzen	18	14:13
8. Nolan Montague	22	14:58
9. Jonah Spahr	23	15:15
10. Jared Montague	25	16:06
11. Sam Rogers	27	18:00
12. Anthony Olson	28	18:26
13. Travis Husnik	29	22:26

#1 runner: Luke Lahr, Becker - 11:07

GIRLS' TEAM RESULTS:

1. Becker	56
2. Big Lake	69
3. Maranatha Christian	71
4. Rush City	81
5. Math and Science Academy	101
6. Pine City	113

BOYS' TEAM RESULTS:

1. Rogers	51
2. Math and Science Academy	61
3. Big Lake	77
4. Rush City	86
5. Princeton	115
6. Pine City	128
7. Maranatha Christian	163

JH Team Results:

1. Pine City	24
2. Big Lake	34

The Ten Commandments of Running

1. Train Hard
2. Make Sacrifices
3. Make Positive Choices
4. Seek your potential
5. Set High Goals
6. Relax Under Pressure
7. Attack Pain
8. Push the Pace
9. Work As a Team
10. Run To Win

GREAT RIVER CONFERENCE CROSS COUNTRY MEET
at Pine City
Tuesday October 13, 2009
partly sunny, cool

PINE CITY GIRLS' RESULTS:

4000 m - 31 varsity and 12 jv runners

	<u>place</u>	<u>time</u>
1. Sherry Rike	1	16:26 PB
**** NEW SCHOOL RECORD****		
2. Abby Cummins	5	17:17 BTC
3. Megan Miesner	6	17:19 BTY
4. Erin Mitchell	17	19:03 BTC
5. Morgan Richardson	18	19:09 BTY-BTC
6. Brenna Richardson	1 jv	20:03

#1 runner: Sherry Rike, Pine City - 16:26

#1 jv runner: Brenna Richardson, Pine City - 20:03

JUNIOR HIGH GIRL: 2000 m - 26 runners

1. Gillian Kolling	7	9:20 BTC
2. Jackie Westernen	10	9:32 PB
3. Maria Carpenter	13	10:03 PB
4. Terra Shermer	15	10:32 PB

#1 runner: Jenny Rensvold, Hinckley - 8:16

GIRLS' TEAM RESULTS:

ALL CONFERENCE	1. Rush City	29
	2. Pine City	43
	3. Braham	86
ALL CONFERENCE	4. Mille Lacs	91
ALL CONFERENCE	5. East Central	104
	Hinckley	Inc

JH TEAM RESULTS:

1. Hinckley	9
2. Rush City	12
3. Pine City	29
4. Graham	42
5. East Central	48

PINE CITY BOYS' RESULTS:

5000 m - 25 varsity & 9 jv runners

	<u>place</u>	<u>time</u>
1. Cody Hanson	3	18:05 PB
2. Mike Chouanard	9	19:17 PB
3. John Dedic	10	19:17 PB
4. Nick Bremer	1 jv	19:33 BTC
5. Devin Braatz	11	19:50 PB
6. Thomas Pitzen	15	20:12 PB
7. Zain Hunter	16	20:14 BTC
8. Ben Wirth	19	20:38 BTY
9. Jordan Sparling	3 jv	22:33 PB
10. Joe Wolf	6 jv	26:19

#1 runner: Josh Wurdemann, Rush City - 17:14

#1 jv runner: Nick Bremer, Pine City - 19:33

JUNIOR HIGH BOYS 2000 m - 19 runners

1. Russ Westernen	6	8:05 PB
2. Chris Maki	7	8:12
3. TJ Gross	8	8:13 PB
4. Paul Skalicky	9	8:35
5. James Pixley	10	8:38 PB
6. Nick Kehren	11	8:44 PB
7. Tony Pitzen	12	8:48 PB
8. Jonah Spahr	13	9:23 PB
9. Elijah Johnson	14	9:27 BTC
10. Nolan Montague	15	9:32 BTC
11. Jared Montague	17	10:32 PB
12. Anthony Olson	18	10:51 PB
13. Sam Rogers	19	11:44 PB

#1 runner: Garrett Larson, Rush City - 7:38

BOYS' TEAM RESULTS:

ALL CONFERENCE	1. Rush City	19
	2. Pine City	48
ALL CONFERENCE	3. Hinckley/Fink	75
ALL CONFERENCE	4. East Central	82
	Braham	Inc

HONORABLE MENTION

JH TEAM RESULTS:

1. Hinckley	6
2. Pine City	15

Divide the race into thirds.

*Run the first part with your head,
the middle part with your
personality,
and the last part with your heart.*

Mike Fanelli

SECTION 5A CROSS COUNTRY MEET
@ PIERZ
Thursday, October 29, 2009
breezy, rainy, cool

PINE CITY GIRLS' RESULTS:

4000 m - 132 runners

	place	time	
1. Abby Cummins	13	16:43.0	PB
2. Sherry Rike	18	16:52.9	BTC
3. Megan Miesner	40	17:30.7	
4. Gillian Kolling	94	19:36.2	PB
5. Brenna Richardson	102	19:52.6	
6. Erin Mitchell	110	20:05.8	
7. Morgan Richardson	123	22:02.8	

Top 10 runners (qualifying for state):

1. Elena Danielson (9)	St. Cloud Cath	15:12.8
2. Courtney Alama (8)	Annandale	15:15.7
3. Taylor Alama (10)	Annandale	15:34.1
4. Lexi Fritz (8)	Meadow Creek	15:39.3
5. McKenzie Holt (8)	St. Cloud Chris	15:47.6
6. Hannah Johnson (9)	Wtrtn-Mayer	15:51.1
7. Kennedy Jurek (9)	Foley	16:08.5
8. Emma Johnson (10)	Mora	16:13.7
9. Caitlan Keskey (11)	Dassal-Cokato	16:16.1
10. Rosie Simonse (9)	Providence Ac	16:22.7

GIRLS' TEAM RESULTS:

1. Annandale	71
2. St. Cloud Cathedral	89
3. Pierz	110
4. Mora	112
5. Dassel Cokato	142
6. Providence Academy	192
7. Maranatha Christian	198
8. Rush City	223
9. Milaca	248
10. Pine City	254
11. Maple Lake	268
12. Foley	327
13. Rockford	373
14. Watertown-Mayer	379
15. Meadow Creek Christia	382
16. Braham	386
17. Hinckley-Finlayson	455
18. Royalton	535

PINE CITY BOYS' RESULTS

5000 m -138 runners

	place	time	
1. Cody Hanson	15	17:47.2	PB
2. Mike Chouanard	48	19:03.7	PB
3. Nick Bremer	52	19:15.9	
4. John Dedic	55	19:23.9	
5. Thomas Pitzen	62	19:44.5	PB
6. Zain Hunter	83	20:31.0	
7. Jordan Sparling	128	23:01.1	

Top 10 runners (qualifying for state):

1. Connor Gjevre (12)	Annandale	16:37.0
2. Grant Wintheiser (11)	St. Cloud Cath	16:54.9
3. Troy Koivisto (10)	Dassel-Cokato	16:58.4
4. Brian Sakksa (11)	Dassel-Cokato	17:09.8
5. Devin Kerbaugh (11)	Annandale	17:16.2
6. Josh Wurdemann (11)	Rush City	17:18.6
7. Austin Bauer (12)	Milaca	17:22.2
8. Jimmy Fitzgerald (12)	Maranatha	17:26.4
9. Charlie Lawrence (9)	Foley	17:28.8
10. Nick Golebiowski (8)	St. Cloud Cath	17:30.1

BOYS' TEAM RESULTS:

1. St. Cloud Cathedral	54
2. Mora	100
3. Annandale	137
4. Rush City	145
5. Milaca	150
6. Watertown Mayer	193
7. Pine City	232
8. Dassel-Cokato	245
9. Royalton	245
10. Providence Academy	255
11. Howard Lake-Waverly	324
12. Foley	335
13. Meadow Creek	341
14. Rockford	347
15. Maranatha	367
16. Hinckley/Finlayson	389
17. Maple Lake	390
18. Holy Trinity-Lester	402
19. Pierz	419

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Name	Gr	Year	Milaca	Pine City	N. Branch	Pierz	Milaca Mega
Megan Miesner	10	2009	13:13 (2.95k)	18:53 (4k)	18:35 (4k)	18:06 (4k)	17:40 (4k)
	9	2008		DNR	19:10 (4k)	18:22 (4k)	18:05 (4k)
	8	2007	13:38 (2.8k)	8:37 (2k)	8:36 (2k)	14:46 (3.2k)	DNR
	7	2006			8:57 (2k)	14:44 (3.2k)	13:30 (3.2k)
Abby Cummins	9	2009	13:01 (2.95k)	19:01 (4k)	18:40 (4k)	18:14 (4k)	17:09 (4k)
Erin Mitchell	9	2009	14:14 (2.95k)	20:54 (4k)	20:00 (4k)	20:01 (4k)	19:02 (4k)
Morgan Richardson	9	2009	14:38 (2.95k)	20:22 (4k)	22:04 (4k)	19:55 (4k)	19:27 (4k)
	8	2008	15:27 (2.8k)	9:40 (2k)	9:09 (2k)	15:01 (3.2k)	15:33 (3.2k)
Sherry Rike	9	2009	12:37 (2.95k)	17:36 (4k)	18:04 (4k)	17:35 (4k)	16:48 (4k)
	8	2008	14:30 (2.8k)	8:33 (2k)	8:53 (2k)	14:47 (3.2k)	14:13 (3.2k)
Brenna Richardson	8	2009	8:47 (2k)	9:57 (2k)	9:23 (2k)	15:49 (3.2k)	15:41 (3.2k)
	7	2008	16:30 (2.8k)	10:45 (2k)	10:45 (2k)	17:32 (3.2k)	16:52 (3.2k)
Maria Carpenter	7	2009	10:10 (2k)	11:49 (2k)	11:43 (2k)	18:25 (3.2k)	18:03 (3.2k)
Gillian Kolling	7	2009	9:14 (2k)	9:23 (2k)	9:57 (2k)	15:16 (3.2k)	15:05 (3.2k)
Terra Shermer	7	2009	11:23 (2k)	11:43 (2k)	11:49 (2k)	19:06 (3.2k)	18:22 (3.2k)
Jackie Westeren	7	2009	9:41 (2k)	10:12 (2k)	10:12 (2k)	16:34 (3.2k)	15:45 (3.2k)

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Becker	Swain	Conference	Princeton	Section	State	PB	Average
		PC-17:19 (4k)	17:38 (4k)	Pierz - 17:30		17:19	17:57
17:39 (4k)	19:01 (4k)	PC-17:18 (4k)	17:20 (4k)	Pierz - 17:06		17:06	18:00
17:43 (4k)	11:01 (2.5k)	PC-17:33 (4k)				17:30	17:34
14:14 (3.2k)	11:42 (2.5k)	PC-9:00 (2k)				8:57(2k)	8:58 (2k)
		PC-17:17 (4k)	16:59 (4k)	Pierz - 16:43		16:43	17:43
		PC-19:03 (4k)	19:37 (4k)	Pierz - 20:05		19:02	19:49
		PC-19:09 (4k)	19:47 (4k)	Pierz - 22:02		19:09	20:24
19:01 (4k)	14:16 (2.6k)	PC-19:41 (4k)	20:05 (4k)	Pierz - 19:29		19:01	19:34
		PC-16:26 (4k)	16:58 (4k)	Pierz - 16:52		16:26	17:10
18:34 (4k)	12:50 (2.6k)	PC-17:15 (4k)	17:36 (4k)	Pierz - 17:06		17:06	17:38
		PC-20:03 (4k)	19:19 (4k)	Pierz - 19:52		19:19	19:44
16:28 (3.2k)	15:34 (2.6k)	PC-9:51 (2k)	15:27 (3k)			9:51 (2k)	10:27 (2k)
		PC-10:03 (2k)	15:56 (3k)			10:03 (2k)	10:56 (2k)
		PC-9:20 (2k)	20:24 (4k)	Pierz - 19:36		19:36	9:28 (2k)
		PC-10:32 (2k)	18:57 (3k)			10:32 (2k)	11:22 (2k)
		PC-9:32 (2k)	20:49 (4k)			9:32 (2k)	9:54 (2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	Gr	Year	Milaca	Pine City	N Branch	Pierz	Milaca Mega	Becker
Devin Braatz	12	2009		20:19 (5k)	21:43 (5k)	DNR	DNR	
	11	2008	21:59 (5k)	21:18 (5k)	21:41 (5k)	21:56 (5k)	22:53 (5k)	20:10
	10	2007	23:09(5k)	22:09(5k)	DNR	21:43 (5k)	21:29 (5k)	DNR
Mike Chouanard	12	2009	22:06 (5k)	20:37 (5k)	19:32 (5k)	19:34 (5k)	20:10 (5k)	
Derek Lutz	12	2009		21:44 (5k)	21:24 (5k)	DNR	DNR	
	11	2008		DNR	22:24 (5k)	DNR	21:23 (5k)	20:10 (5k)
	10	2007	22:15(5k)	21:51(5k)	20:41(5k)	20:15(5k)	20:26 (5k)	20:29(5k)
Jordan Sparling	12	2009	24:23 (5k)	24:20 (5k)	23:39 (5k)	23:45 (5k)	24:16 (5k)	
	11	2008	26:02 (5k)	24:33 (5k)	24:24 (5k)	23:54 (5k)	23:49 (5k)	23:15
	10	2007	28:37(5k)	28:23(5k)	27:39(5k)	26:21 (5k)	26:33(5k)	25:59(5k)
	9	2006	37:49 (5k)	38:56 (5k)	36:17 (5k)	35:01 (5k)	27:00 (4k)	35:10 (5k)
	8	2005		13:00 (2k)	12:19 (2k)	22:52 (3.2k)		
	7	2004		14:10 (2k)	13:37 (2k)		21:56(3.2k)	
Nathan Thiesen	12	2009		DNR	26:35 (5k)	25:42 (5k)	DNR	
	8	2005		12:44 (2k)	12:16 (2k)	21:16 (3.2k)		
Beau Peterson	12	2009		DNR	23:50 (5k)	24:42 (5k)	DNR	
	10	2007		23:17 (5k)	23:18(5k)	22:15 (5k)		
	9	2006		24:32 (5k)	24:35 (5k)	21:34 (5k)	18:06 (4k)	
	8	2005		8:38 (2k)	8:34 (2k)	DNR		
	7	2004		9:32 (2k)	9:27 (2k)	15:15 (3.2k)	14:21(3.2k)	
Ben Wirth	12	2009	22:05 (5k)	21:46 (5k)	21:36 (5k)	21:27 (5k)	20:51 (5k)	
	11	2008	21:04 (5k)	20:32 (5k)	20:28 (5k)	20:03 (5k)	20:03 (5k)	19:27 (5k)
	10	2007	21:26(5k)	21:30(5k)	20:35 (5k)	20:10 (5k)	20:27 (5k)	20:19 (5k)
Nick Bremer	11	2009		19:53 (5k)	19:02 (5k)	18:44 (5k)	DNR	
	10	2008		20:03 (5k)	20:11 (5k)	21:04 (5k)	20:16 (5k)	DNR
	9	2007	24:18(5k)	23:43(5k)	20:55 (5k)	21:57 (5k)	22:17 (5k)	22:05 (5k)
	8	2006		9:32 (2k)	8:51 (2k)	15:34 (3.2k)	14:44 (3.2k)	14:51 (3.2k)
John Dedic	11	2009	19:51 (5k)	19:54 (5k)	19:56 (5k)	20:20 (5k)	19:53 (5k)	
Joey Emslander	11	2009	19:52 (5k)	21:43 (5k)	19:55 (5k)	19:50 (5k)		
	10	2008	22:01 (5k)	21:32 (5k)	20:06 (5k)	20:54 (5k)	19:59 (5k)	19:19 (5k)
Cody Hanson	11	2009	18:54 (5k)	18:47 (5k)	18:40 (5k)	18:30 (5k)	18:10 (5k)	
	10	2008	22:03 (5k)	20:22 (5k)	20:13 (5k)	20:16 (5k)	DNR	19:33 (5k)
Thomas Pitzen	11	2009		21:45 (5k)	20:25 (5k)	20:19 (5k)	20:41 (5k)	
	9	2007		DNR	DNR	24:32 (5k)	22:24 (5k)	23:03 (5k)
	8	2006		8:21 (2k)	8:23 (2k)	14:28 (3.2k)	13:17 (3.2k)	13:53 (3.2k)
	7	2005		8:59 (2k)	8:47 (2k)	14:33 (3.2k)		
	10	2009		27:30 (5k)	26:24 (5k)	25:51 (5k)	26:30 (5k)	
Joe Wolf	9	2008	28:14 (5k)	25:32 (5k)	26:41 (5k)	25:37 (5k)	24:30 (5k)	25:07 (5k)
	8	2007	22:37(2.8k)	11:58(2k)	10:39 (2k)	18:32 (3.2k)	17:37 (3.2k)	18:53 (3.2k)
	7	2006	12:16 (2k)	11:03 (2k)	11:02 (2k)	19:27 (3.2k)	17:43 (3.2k)	18:57 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Swain	Conference	Princeton	Section	State	PB	Average
	PC-19:50 (5k)	DNR			19:50	20:37
21:54 (5k)	DNR	DNR			20:10	21:41
18:15 (4k)	PC-21:04 (5k)				21:04	21:51
	PC-19:17 (5k)	19:41 (5k)	Pierz - 19:03		19:03	20:00
	DNR	DNR			21:24	21:34
20:36 (5k)	PC-20:18 (5k)	20:33 (5k)			20:10	20:54
16:48 (4k)	PC-20:40 (5k)				20:15	20:52
	PC-22:33 (5k)	22:43 (5k)	Pierz - 23:01		22:33	23:35
23:04 (5k)	PC-23:13 (5k)	23:26 (5k)			23:04	23:58
21:29 (4k)	PC-25:28 (5k)				25:28	26:49
27:57 (4k)	PC-32:44 (5k)				32:44	35:59
18:33 (2.5k)	PC-11:44 (2k)	20:56 (3.2k)			11:44(2k)	12:36(2k)
20:13(2.6k)	PR-20:02 (3k)				12:56(2k)	14:02(2k)
	DNR	DNR			25:42	26:08
17:10 (2.5k)	PC-11:42 (2k)				11:42 (2k)	12:27 (2k)
	DNR	DNR			23:50	24:16
					22:15	22:57
					21:34	23:33
11:37 (2.5k)	PC-8:02 (2k)				8:02(2k)	8:29(2k)
12:13(2.6k)	PR-13:37 (3k)				8:53(2k)	9:22(2k)
	PC-20:38 (5k)	20:41 (5k)			20:38	21:17
19:46 (5k)	PC-19:57 (5k)	19:29 (5k)	Pierz - 19:08		19:08	20:00
16:28 (4k)	PC-20:06 (5k)				20:06	20:36
	PC-19:33 (5k)	19:02 (5k)	Pierz - 19:15		18:44	19:15
16:36 (4k)	PC-19:44 (5k)	19:40 (5k)	Pierz - 19:10		19:10	20:01
17:43 (4k)	PC-21:43 (5k)				20:55	22:22
11:38 (2.5k)	PC-8:47 (2k)				8:47(2k)	9:03(2k)
	PC-19:17 (5k)	19:31 (6k)	Pierz - 19:23		19:17	19:45
					19:50	20:20
15:34 (4k)	PC-19:16 (5k)	20:13 (5k)	Pierz - 18:53		18:53	20:15
	PC-18:05 (5k)	17:49 (5k)	Pierz - 17:47		17:47	18:20
15:46 (4k)	PC-19:19 (5k)	18:56 (5k)	Pierz - 19:11		18:56	19:59
	PC-20:12 (5k)	20:10 (5k)	Pierz - 19:44		19:44	20:28
18:17 (4k)	PC-23:11 (5k)	23:00 (5k)			22:24	23:14
11:16 (2.5k)	PC-8:08 (2k)				8:08 (2k)	8:17 (2k)
11:33 (2.5k)	PC-8:21 (2k)				8:21 (2k)	8:45 (2k)
	PC-26:19 (5k)	24:36 (5k)			24:36	26:12
19:23 (4k)	PC-25:18 (5k)	23:37 (5k)			23:37	25:35
14:20 (2.5k)	PC-10:20 (2k)				10:20 (2k)	10:59 (2k)
15:31 (2.5k)	PC-11:25 (2k)				11:02 (2k)	11:26 (2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Mike Bremer	9	2009				23:42 (5k)	DNR	
	7	2007		10:03 (2k)	DNR	16:38 (3.2k)	16:58 (3.2k)	15:48 (3.2k)
Zain Hunter	9	2009	21:06 (5k)	21:02 (5k)	20:23 (5k)	19:51 (5k)	20:28 (5k)	
Scott Kleppe	8	2009	11:33 (2k)	12:35 (2k)	11:14 (2k)	21:17 (3.2k)	12:16 (2.5k)	
	7	2008	24:32 (2.8k)	12:01 (2k)	DNR	23:26 (3.2k)	20:46 (3.2k)	23:03 (3.2k)
Chris Maki	8	2009	7:43 (2k)	8:03 (2k)	DNR	DNR	9:15 (2.5k)	
	7	2008		10:21 (2k)	DNR	16:37 (3.2k)	15:50 (3.2k)	16:05 (3.2k)
Nolan Montague	8	2009	9:17 (2k)	10:28 (2k)	10:01 (2k)	17:00 (3.2k)	10:17 (2.5k)	
Paul Skalicky	8	2009	8:17 (2k)	8:17 (2k)	8:21 (2k)	DNR	9:10 (2.5k)	
Anthony Olson	8	2009			11:34 (2k)	21:38 (3.2k)	12:45 (2.5k)	
Russ Westernen	8	2009	8:29 (2k)	8:34 (2k)	8:25 (2k)	13:48 (3.2k)	9:03 (2.5k)	
	7	2008	17:44 (2.8k)	9:48 (2k)	10:31 (2k)	16:25 (3.2k)	15:14 (3.2k)	14:49 (3.2k)
TJ Gross	7	2009	8:19 (2k)	8:49 (2k)	8:20 (2k)	13:50 (3.2k)	14:16 (3.2k)	
Travis Husnik	7	2009	12:41 (2k)	15:21 (2k)	14:26 (2k)	21:14 (3.2k)	22:08 (3.2k)	
Nick Kehren	7	2009			9:03 (2k)	14:35 (3.2k)	DNR	
Elijah Johnson	7	2009	9:08 (2k)	9:34 (2k)	9:42 (2k)	15:48 (3.2k)	16:35 (3.2k)	
Tony Pitzen	7	2009	9:06 (2k)	8:54 (2k)	9:32 (2k)	15:52 (3.2k)	14:13 (3.2k)	
James Pixley	7	2009	9:06 (2k)	9:03 (2k)	9:20 (2k)	15:37 (3.2k)	14:09 (3.2k)	
Jared Montague	7	2009		10:43 (2k)	11:14 (2k)	17:20 (3.2k)	16:54 (3.2k)	
Sam Rogers	7	2009	12:39 (2k)	14:24 (2k)	12:17 (2k)	21:21 (3.2k)	22:08 (3.2k)	
Jonah Spahr	7	2009	9:54 (2k)	DNR	10:18 (2k)	DNR	16:46 (3.2k)	

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

						23:42	23:42	
12:59 (2.5k)	PC 8:45 (2k)	14:50 (3k)			8:45 (2k)	9:24 (2k)		
	PC-20:14 (5k)	20:27 (5k)	Pierz - 20:31		19:51	20:30		
	DNR	DNR			12:23 (2k)	11:47 (2k)		
19:34 (2.6k)	PC-12:23 (2k)	17:48 (3k)			12:01 (2k)	12:12 (2k)		
	PC-8:12 (2k)	12:34 (3k)			7:43 (2k)	7:59 (2k)		
15:18 (2.6k)	PC-9:51 (2k)	13:52 (3k)			9:51 (2k)	10:06 (2k)		
	PC-9:32 (2k)	14:58 (3k)			9:17 (2k)	9:49 (2k)		
	PC-8:35 (2k)	13:13 (3k)			8:17 (2k)	8:22 (2k)		
	PC-10:51 (2k)	18:26 (3k)			10:51 (2k)	11:12 (2k)		
	PC-8:05 (2k)	12:52 (3k)			8:05 (2k)	8:23 (2k)		
14:02 (2.6k)	PC-8:58 (2k)	13:46 (3k)			8:58 (2k)	9:46 (2k)		
	PC-8:13 (2k)	12:34 (3k)			8:13 (2k)	8:25 (2k)		
	DNR	22:26 (3k)			12:41 (2k)	14:09 (2k)		
	PC-8:44 (2k)	13:12 (3k)			8:44 (2k)	8:53 (2k)		
	PC-9:27 (2k)	DNR			9:08 (2k)	9:28 (2k)		
	PC-8:48 (2k)	14:13 (3k)			8:48 (2k)	9:05 (2k)		
	PC-8:38 (2k)	13:23 (3k)			8:38 (2k)	9:02 (2k)		
	PC-10:32 (2k)	16:06 (3k)			10:32 (2k)	10:50 (2k)		
	PC-11:44 (2k)	18:00 (3k)			11:44 (2k)	12:46 (2k)		
	PC-9:23 (2k)	15:15 (3k)			9:23 (2k)	9:52 (2k)		

AVERAGE MILE TIMES AT MEETS - 2009

	PB - 2008	Milaca	Pine City	North Branch	Pierz	Milaca Mega
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Devin Braatz - 12	6:59		6:33	7:00		
Mike Chouanard		7:07	6:39	6:18	6:18	6:30
Derek Lutz	6:44		7:00	6:54		
Beau Peterson				7:41	7:58	
Jordan Sparling	7:43	7:51	7:50	7:37	7:39	7:49
Nathan Thiessen				8:34	8:17	
Ben Wirth	6:27	7:07	7:01	6:58	6:55	6:43
Nick Bremer - 11	6:28		6:24	6:08	6:02	
John Dedic		6:24	6:25	6:25	6:33	6:24
Joey Emslander	6:29	6:24	7:00	6:25	6:23	
Cody Hanson	6:25	6:05	6:03	6:01	5:58	5:51
Thomas Pitzen			7:00	6:35	6:33	6:40
Joe Wolf - 10	8:11		8:52	8:30	8:20	8:32
Mike Bremer - 9					7:38	
Zain Hunter		6:48	6:47	6:34	6:24	6:36
	2000 m	2000 m	2000 m	2000 m	3200 m	2500/3200 m
Scott Kleppe - 8	11:09	9:14	10:04	8:59	10:42	7:53
Chris Maki	8:13	6:10	6:26			5:57
Nolan Montague		7:25	8:22	8:00	8:33	6:37
Anthony Olson				9:15	10:52	8:12
Paul Skalicky		6:37	6:37	6:40		5:54
Russ Westernen	8:07	6:47	6:51	6:43	6:56	5:49
TJ Gross - 7		6:39	7:03	6:40	6:57	7:10
Travis Husnik		10:08	12:16	11:32	10:40	11:08
Elijah Johnson		7:18	7:39	7:45	7:56	8:20
Nick Kehren				7:14	7:20	
Jared Montague			8:34	8:59	8:43	8:30
Tony Pitzen		7:16	7:07	7:39	7:58	7:09
James Pixley		7:16	7:14	7:28	7:51	7:07
Sam Rogers		10:07	11:31	9:49	10:44	11:08
Jonah Spahr		7:55		8:14		8:26
	4000 m	2950 m	4000 m	4000 m	4000 m	4000 m
Megan Miesner - 10	7:12	7:12	7:33	7:25	7:14	7:04
Abby Cummins - 9		7:06	7:36	7:28	7:17	6:51
Erin Mitchell		7:45	8:21	8:00	8:00	7:36
Morgan Richardson	7:50	7:58	8:08	8:49	7:58	7:46
Sherry Rike	7:04	6:52	7:02	7:13	7:01	6:43
Brenna Richardson - 8						
Gillian Kolling - 7						
Jacki Westernen						
	2000 m	2000 m	2000 m	2000 m	3200 m	3200 m
Brenna Richardson -8	8:41	7:01	7:57	7:30	7:57	7:53
Maria Carpenter - 7		8:07	9:27	9:22	9:15	9:07
Gillian Kolling		7:23	7:30	7:57	7:40	7:35
Terra Shermer		9:06	9:22	9:27	9:36	9:14
Jacki Westernen		7:44	8:09	8:09	8:19	7:55

AVERAGE MILE TIMES AT MEETS - 2009

	Becker	Conference	Princeton	Section 5A	State	Average
		5000 m	5000 m	5000 m	5000 m	5000 m
		6:23				6:39
		6:13	6:21	6:08		6:27
						6:57
						7:50
		7:16	7:19	7:25		7:36
						8:26
		6:39	6:40			6:52
		6:18	6:08	6:12		6:12
		6:13	6:17	6:15		6:22
						6:33
		5:49	5:45	5:44		5:54
		6:30	6:30	6:21		6:35
		8:29	7:56			8:26
						7:38
		6:31	6:35	6:37		6:36
		2000 m	3000 m			
						9:22
		6:33	6:45			6:22
		7:37	8:02			7:59
		8:40	9:54			9:40
		6:52	7:06			6:46
		6:28	6:54			6:46
		6:34	6:45			6:46
			12:02			11:20
		7:33				7:38
		6:59	7:05			7:09
		8:25	8:02			8:32
		7:02	7:38			7:26
		6:54	7:11			7:19
		9:25	9:39			10:12
		7:30	8:11			7:57
		4000 m	4000 m	4000 m	4000 m	4000 m
		6:55	7:06	7:00		7:11
		6:54	6:50	6:41		7:05
		7:37	7:54	8:01		7:54
		7:39	7:58	8:48		8:06
		6:34	6:50	6:44		6:52
		8:01	7:46	7:56		7:58
			8:13	7:50		8:01
			8:23			8:23
		2000 m	3000 m			
						7:39
		8:02	8:33			8:50
		7:28				7:35
		8:25	10:10			9:28
		7:37				7:59

Rain - Meet Canceled

TEAM POSITIONS AT MEETS - 2009

	Milaca 5000 m	Pine City 5000 m	North Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m
Devin Braatz - 12		4	10		
Mike Chouanard	6	5	3	3	3
Derek Lutz		8	8		
Beau Peterson			12	11	
Jordan Sparling	7	11	11	10	7
Nathan Thiessen			14	12	
Ben Wirth	5	10	9	8	6
Nick Bremer - 11		2	2	2	
John Dedic	2	3	5	7	2
Joey Emslander	3	7	4	4	
Cody Hanson	1	1	1	1	1
Thomas Pitzen		9	7	6	5
Joe Wolf - 10		12	13	13	8
Mike Bremer - 9				9	
Zain Hunter	4	6	6	5	4
	2000 m	2000 m	2000 m	3200 m	2500/3200 m
Scott Kleppe - 8	10	10	11	10	5
Chris Maki	1	1			3
Nolan Montague	8	8	8	7	4
Anthony Olson			12	12	6
Paul Skalicky	2	2	2		2
Russ Westeren	4	3	3	1	1
TJ Gross - 7	3	4	1	2	3
Travis Husnik	12	12	14	9	8
Elijah Johnson	7	7	7	5	4
Nick Kehren			4	3	
Jared Montague		9	10	8	6
Tony Pitzen	6	5	6	6	2
James Pixley	5	6	5	4	1
Sam Rogers	11	11	13	11	7
Jonah Spahr	9		9		5
	2950 m	4000 m	4000 m	4000 m	4000 m
Megan Miesner - 10	3	2	2	2	3
Abby Cummins - 9	2	3	3	3	2
Erin Mitchell	4	5	4	5	4
Morgan Richardson	5	4	5	4	5
Sherry Rike	1	1	1	1	1
Brenna Richardson - 8					
Gillian Kolling - 7					
Jacki Westeren					
	2000 m	2000 m	2000 m	3200 m	3200 m
Brenna Richardson -8	1	2	1	2	2
Maria Carpenter - 7	4	5	4	4	4
Gillian Kolling	2	1	2	1	1
Terra Shermer	5	4	5	5	5
Jacki Westeren	3	3	3	3	3

TEAM POSITIONS AT MEETS - 2009

	Becker	Conference 5000 m	Princeton 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
		5				6.33
		2	4	2		3.50
						8.00
						11.50
		9	8	7		8.75
		8	7			13.00
		4	2	3		7.57
		3	3	4		2.50
						3.63
						4.50
		1	1	1		1.00
		6	5	5		6.14
		10	9			10.83
						9.00
		7	6	6		5.50
		2000 m	3000 m			
						9.20
		2	1			1.60
		10	7			7.43
		12	11			10.60
		4	5			2.83
		1	3			2.29
		3	2			2.57
			12			11.17
		9				6.50
		6	4			4.25
		11	9			8.83
		7	7			5.57
		5	6			4.57
		13	10			10.86
		8	8			7.80
		4000 m	4000 m	4000 m	4000 m	4000 m
		3	3	3		2.63
		2	2	1		2.25
		4	5	6		4.63
		5	6	7		5.13
		1	1	2		1.13
		6	4	5		5.00
			7	4		5.50
			8			8.00
		2000 m	3000 m			
						1.60
		3	1			3.57
		1				1.33
		4	2			4.29
		2				2.83

Rain - Meet Canceled

PLACE FINISHES AT MEETS - 2009

	Milaca 5000 m	Pine City 5000 m	North Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m
Devin Braatz - 12		30	27 - jv		
Mike Chouanard	104	34	9	51	117
Derek Lutz		11 - jv	22 - jv		
Beau Peterson			40 - jv	89 - jv	
Jordan Sparling	112	32 - jv	39 - jv	84 - jv	148
Nathan Thiessen			48 - jv	99 - jv	
Ben Wirth	103	13 - jv	24 - jv	47 - jv	136
Nick Bremer - 11		1 - jv	8	41	
John Dedic	61	23	13	73	113
Joey Emslander	62	46	12	57	
Cody Hanson	45	13	6	34	40
Thomas Pitzen		12 - jv	17	70	131
Joe Wolf - 10		41 - jv	47 - jv	101 - jv	215 - 10th
Mike Bremer - 9				83 - jv	
Zain Hunter	91	37	15	59	128
	2000 m	2000 m	2000 m	3200 m	2500/3200 m
Scott Kleppe - 8	118	51	25	100	154
Chris Maki	33	3			102
Nolan Montague	89	43	20	81	139
Anthony Olson			26	102	155
Paul Skalicky	53	7	6		99
Russ Westernen	58	14	7	22	87
TJ Gross - 7	55	22	5	23	57
Travis Husnik	120	54	28	99	153
Elijah Johnson	83	35	18	59	120
Nick Kehren			12	38	
Jared Montague	89	45	24	84	128
Tony Pitzen	82	24	16	60	54
James Pixley	81	28	15	55	51
Sam Rogers	119	52	27	10	152
Jonah Spahr	106		23		125
	2950 m	4000 m	4000 m	4000 m	4000 m
Megan Miesner - 10	81	32	18	57	71
Abby Cummins - 9	67	33	19	59	52
Erin Mitchell	107	50	29	84	101
Morgan Richardson	108	46	38	83	108
Sherry Rike	49	19	12	43	32
Brenna Richardson - 8					
Gillian Kolling - 7					
Jacki Westernen					
	2000 m	2000 m	2000 m	3200 m	3200 m
Brenna Richardson - 8	49	31	11	49	71
Maria Carpenter - 7	103	58	11	82	124
Gillian Kolling	66	16	12	36	40
Terra Shermer	126	55	24	89	125
Jacki Westernen	85	36	15	64	70

PLACE FINISHES AT MEETS - 2009

	Becker	Conference 5000 m	Princeton 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
		11				20.50
		9	35	48		50.88
						16.5 - jv
						64.5 - jv
		3 - jv	53	128		39.5 - jv
						73.5 - jv
		19	45			75.75
		1 - jv	21	52		30.50
		10	32	55		47.50
						44.25
		3	6	15		20.25
		15	40	62		55.83
		6 - jv	54			48.8 - jv
						83.0 - jv
		16	43	83		59.00
		2000 m	3000 m			
						89.60
		7	7			30.40
		15	22			58.43
		18	28			65.80
		9	14			31.33
		6	9			29.00
		8	8			25.43
			29			80.50
		14				54.83
		11	13			18.50
		17	25			58.86
		12	18			38.00
		10	16			36.57
		19	27			58.00
		13	23			58.00
		4000 m	4000 m	4000 m	4000 m	4000 m
		6	24	40		41.13
		5	12	13		32.50
		17	46	110		68.00
		18	47	123		71.38
		1	11	18		23.13
		1 - jv	6 - jv	102		3.5 - jv
			13 - jv	94		13 - jv
			18 - jv			18 - jv
		2000 m	3000 m			
						42.20
		13	27			59.71
		7				29.50
		15	30			66.29
		10				46.67

Rain - Meet Canceled

TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>MILACA</u>		<u>PINE CITY</u>		<u>NORTH BRANCH</u>		<u>PIERZ</u>					
17:46	Kim Connaker	2000	17:04	Emily Branzovsky	2003	16:19	Emily Branzovsky	2004	16:34	Emily Branzovsky	2003
17:52	Miki Anderson	2000	17:09	Meleia Johnson	2002	16:24	Emily Branzovsky	2003	17:00	Emily Branzovsky	2004
18:01	Hannah Espeseth	2006	17:19	Meleia Johnson	2003	16:51	Kim Connaker	2000	17:07	Jacki Gregoire	2002
18:06	Meleia Johnson	2002	17:21	Emily Branzovsky	2004	16:59	Meleia Johnson	2003	17:21	Kim Connaker	2000
18:17	Meleia Johnson	2000	17:30	Jenna Fore	2002	17:00	Meleia Johnson	2002	17:35	Sherry Rike	2009
18:20	Heidi Larsen	2000	17:36	Sherry Rike	2009	17:05	Jacki Gregoire	2001	17:40	Jacki Gregoire	2004
18:23	Jacki Gregoire	2005	17:46	Amy Johnson	1995	17:09	Jenna Fore	2002	17:43	Jacki Gregoire	2003
18:26	Emily Branzovsky	2007	17:55	Jacki Gregoire	2002	17:21	Heidi Larsen	1998	17:47	Rebecca Craighead	2001
18:33	Nikki Plasek	2000	17:57	Kim Connaker	2000	17:25	Jacki Gregoire	2000	17:48	Jenna Fore	2002
18:35	Karissa Lange	2007	17:59	Jacki Gregoire	2002	17:26	Jacki Gregoire	2002	17:49	Jacki Gregoire	2003
<u>SWAIN</u>			<u>BECKER</u>			<u>CONFERENCE</u>			<u>SECTION</u>		
18:07	Emily Branzovsky	2004	15:56	Emily Branzovsky	2003	16:25	Emily Branzovsky	2003 SM	15:45	Emily Branzovsky	2003 CL
18:10	Becky Haavisto	1994	16:50	Jacki Gregoire	2003	16:26	Sherry Rike	2009 PC	16:16	Jacki Gregoire	2002 BK
18:20	Jacki Gregoire	2005	17:04	Jenna Fore	2002	16:34	Emily Branzovsky	2004 PR	16:29	Emily Branzovsky	2004 CL
18:26	Amy Johnson	1995	17:08	Jenna Fore	2003	16:45	Jenna Fore	2001 NB	16:35	Jacki Gregoire	2000 BK
18:35	Amy Johnson	1994	17:14	Jacki Gregoire	2002	16:53	Kim Connaker	2000 FO	16:37	Jenna Fore	2002 BK
18:47	Bree Fischer	1994	17:39	Megan Miesner	2008	16:53	Meleia Johnson	2002 PC	16:40	Emily Branzovsky	2002 BK
18:56	Becky Haavisto	1996	17:44	Megan Miesner	2007	16:56	Jacki Gregoire	2001 NB	16:43	Abby Cummins	2009 PZ
19:01	Megan Miesner	2008	18:02	Hannah Espeseth	2006	16:58	Jacki Gregoire	2004 PR	16:43	Jacki Gregoire	2004 CL
19:02	Bree Fischer	1996	18:04	Karissa Lange	2006	17:05	Jacki Gregoire	2002 PC	16:47	Kim Connaker	2000 BK
19:03	Hannah Espeseth	2006	18:07	Steph Gregoire	2003	17:08	Emily Branzovsky	2002 PC	16:50	Jenna Fore	2002 BK
<u>PRINCETON</u>			<u>MILACA MEGA</u>			<u>STATE</u>			<u>ALL-TIME BESTS</u>		
16:58	Sherry Rike	2009	16:48	Sherry Rike	2009	15:50	Emily Branzovsky	2003	15:45	Emily Branzovsky	2003 SECT
16:59	Abby Cummins	2009	17:09	Abby Cummins	2009				15:50	Emily Branzovsky	2003 STA
17:20	Megan Miesner	2008	17:40	Megan Miesner	2009				16:16	Jacki Gregoire	2002 SECT
17:31	Megan Miesner	2007	18:03	Kendra Motyl	2008				16:19	Emily Branzovsky	2004 NB
17:36	Sherry Rike	2008	18:05	Megan Miesner	2008				16:25	Emily Branzovsky	2003 CONF
17:38	Megan Miesner	2009	18:24	Kendra Motyl	2007				16:26	Sherry Rike	2009 CONF
17:50	Etta Clementson	2008	18:42	Etta Clementson	2007				16:29	Emily Branzovsky	2004 SECT
17:54	Kendra Motyl	2008	18:45	Karissa Lange	2007				16:34	Emily Branzovsky	2003 PZ
17:54	Etta Clementson	2007	18:51	Shauna Palmer	2007				16:34	Emily Branzovsky	2004 CONF
18:04	Kendra Motyl	2007	19:01	Erin Mitchell	2009				16:35	Jacki Gregoire	2000 SECT

TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>MILACA</u>		<u>PINE CITY</u>		<u>NORTH BRANCH</u>		<u>PIERZ</u>					
17:17	Zach Swanson	2008	17:14	John Blom	1988	17:03	Jared Clementson	2003	16:58	Trevor McNally	2006
17:27	Trevor McNally	2006	17:14	Trevor McNally	2006	17:18	Jared Clementson	2001	17:10	Jared Clementson	2003
18:03	Dan Pangerl	1998	17:16	Zach Swanson	2008	17:22	Trevor McNally	2006	17:14	Zach Swanson	2008
18:10	David Hambly	2007	17:21	Jared Clementson	2003	17:33	Zach Swanson	2008	17:14	Jared Clementson	2002
18:15	Trevor McNally	2007	17:28	Jared Clementson	2002	17:36	Ryan Hammill	2000	17:20	Tom Miche'	2005
18:20	David Hambly	2006	17:53	Clay Fischer	2005	17:41	Jared Clementson	2000	17:30	Jared Clementson	2001
18:26	David Hansen	2001	17:56	Tom Miche'	2006	17:44	Chris Lutz	2002	17:33	Trevor McNally	2004
18:37	Andrew Lutz	2007	17:58	Jared Clementson	2001	17:44	David Hambly	2007	17:34	Ryan Hammill	2000
18:40	Clay Fischer	2007	18:02	Chris Lutz	2002	17:48	David Hansen	2001	17:34	David Hansen	2001
18:45	JR Anderson	1996	18:03	Trevor McNally	2007	17:50	Ryan Hammill	1999	17:36	Tom Miche'	2006
<u>SWAIN</u>		<u>BECKER</u>		<u>CONFERENCE</u>		<u>SECTION</u>					
17:25	Trevor McNally	2006	16:31	Jared Clementson	2002	16:39	Jared Clementson	2003 SM	16:20	Jared Clementson	2002 BK
17:54	Trevor McNally	2005	16:49	Trevor McNally	2006	17:15	Trevor McNally	2006 PC	16:57	Jared Clementson	2003 CL
17:57	Tom Miche'	2006	16:54	Zach Swanson	2008	17:26	Jared Clementson	2002 PC	17:03	Trevor McNally	2005 CL
18:23	Tom Miche'	2005	17:18	David Hambly	2006	17:28	Zach Swanson	2008 PC	17:03	Trevor McNally	2007 PZ
18:26	David Hambly	2006	17:33	Tom Miche'	2006	17:28	Trevor McNally	2005 PC	17:04	Trevor McNally	2006 CL
18:31	Trevor McNally	2007	17:35	David Hambly	2007	17:35	Tom Miche'	2005 PC	17:05	Tom Miche'	2004 CL
18:48	John Hansen	1997	17:48	Trevor McNally	2007	17:35	Trevor McNally	2007 PC	17:10	Tom Miche'	2005 CL
19:00	David Hambly	2007	17:49	Jared Clementson	2002	17:36	Ryan Hammill	1999 ML	17:17	Zach Swanson	2007 PZ
19:06	Clay Fischer	2005	17:52	Zach Swanson	2007	17:37	Ryan Hammill	2000 FO	17:25	Jared Clementson	2000 BK
19:07	Clay Fischer	2007	18:25	Andrew Lutz	2006	17:37	Clay Fischer	2003 SM	17:25	Trevor McNally	2004 CL
<u>PRINCETON</u>		<u>MILACA MEGA</u>		<u>STATE</u>		<u>ALL-TIME BESTS</u>					
17:19	Zach Swanson	2008	17:06	Zach Swanson	2008	16:32	Trevor McNally	2006	16:20	Jared Clementson	2002 SECT
17:49	Cody Hanson	2009	17:21	Trevor McNally	2007	16:49	Jared Clementson	2003	16:32	Trevor McNally	2006 STA
0:00	Zach Swanson	2007	17:29	David Hambly	2007	16:50	Tom Miche'	2006	16:39	Jared Clementson	2003 CONF
18:19	Dallas Hansen	2008	17:59	Zach Swanson	2007	16:55	Trevor McNally	2005	16:49	Jared Clementson	2003 STA
18:52	Dallas Hansen	2007	18:08	Clay Fischer	2007	16:55	Trevor McNally	2007	16:50	Tom Miche'	2006 STA
18:56	Cody Hanson	2008	18:10	Cody Hanson	2009	17:00	Tom Miche'	2005	16:54	Zach Swanson	2008 BKR
19:02	Nick Bremer	2009	18:11	Andrew Lutz	2007	17:01	Jared Clementson	2002	16:55	Trevor McNally	2005 STA
19:29	Ben Wirth	2009	18:25	Dallas Hansen	2008	17:05	David Hambly	2006	16:55	Trevor McNally	2007 STA
19:31	John Dedic	2009	18:38	Dallas Hansen	2007	17:05	David Hambly	2007	16:57	Jared Clementson	2003 SECT
19:40	Nick Bremer	2008	18:56	Derek Arnsdorf	2007	17:13	Zach Swanson	2007	16:58	Trevor McNally	2006 PZ

The Essence of Running

Running is a road to
self-awareness and reliance. . .

You can push yourself to extremes
and learn the harsh reality
of your physical and mental
limitations

or coast quietly
down a solitary path
watching the earth spin
beneath your feet.

But when you are through,
exhilarated and exhausted,
at least for a moment
everything seems right
with the world...

TOP 10 FIRST PLACE FINISHERS at Pine City Meets

PINE CITY INVITATIONAL

Melissa Engelmeier	Hermantown	2003	15:03
Melissa Engelmeier	Hermantown	2004	15:40
Jenny Agnew	Mille Lacs	2008	15:54
Mary Molton	Rush City	1996	16:04
Melissa Engelmeier	Hermantown	2002	16:08
Emma Johnson	Mora	2009	16:10
Kelly Farris	Columbia Hts	1995	16:11
Samantha Smith	Cromwell	2001	16:15
A. Bahlman	Mora	2007	16:22
Holly Fellers	Barnum	1997	16:24
Pine City Best:			
Emily Branzovsky	Pine City	2003	17:04

CONFERENCE MEET @ PINE CITY

Brenna Carey	Big Lake	2002	15:27
Melissa Agnew	Mille Lacs	2007	15:41
Jenny Agnew	Mille Lacs	2008	15:54
Trisha Guenningsman	Sauk Rapids	1995	16:23
Melissa Agnew	Mille Lacs	2006	16:25
Sherry Rike	Pine City	2009	16:26
Mary Virnig	Mille Lacs	2005	16:33
Pine City Best:			
Sherry Rike	Pine City	2009	16:26

PINE CITY INVITATIONAL

Chris Anderson	Chisago Lakes	1995	15:50
Austin Bauer	Milaca	2009	16:40
Austin Bauer	Milaca	2008	16:54
Brett Ausmus	Hinckley	2006	17:02
Brian Granholm	CW	1995	17:05
Eric Dahlstrom	Milaca	1997	17:05
Evan Eliason	Concordia Academy	2005	17:07
Eric Dahlstrom	Milaca	1998	17:09
Kyle Schmidt	Hermantown	2003	17:09
Jason Callander	Mora	2004	17:09
Pine City Best:			
Trevor McNally	Pine City	2006	17:14

CONFERENCE MEET @ PINE CITY

Chris Anderson	Chisago Lakes	1995	16:37
Brett Ausmus	Hinckley	2005	16:55
Josh Wurdemann	Rush City	2009	17:14
Brett Ausmus	Hinckley	2006	17:14
Neil Larsen	Milaca	2007	17:17
Jared Clementson	Pine City	2002	17:26
Zach Swanson	Pine City	2008	17:28
Pine City Best:			
Trevor McNally	Pine City	2006	17:15

Running
is real
and
relatively simple
-
but it ain't easy.

Mark Will-Weber

TOTAL MILES

1	Sherry Rike	228.1
2	Abby Cummins	226.8
3	Cody Hanson	223.6
4	Zain Hunter	221.7
5	Mike Chouanard	220.5
6	Erin Mitchell	217.9
7	John Dedic	214.6
8	Morgan Richardson	207.7
9	Jordan Sparling	196.7
10	Megan Miesner	195.8
11	Joe Wolf	195.3
12	Brenna Richardson	188.2
13	Nick Bremer	177.9
14	Thomas Pitzen	173.3
15	Gillian Kolling	169.1
16	Ben Wirth	159.1
17	Derek Lutz	152.2
18	Jackie Westernen	148.2
19	Devin Braatz	136.1
20	TJ Gross	137.1
21	Chris Maki	134.6
22	Tony Pitzen	134.1
23	James Pixley	131.0
24	Joey Emslander	130.6
25	Elijah Johnson	126.7
26	Nolan Montague	125.3
27	Russ Westernen	120.0
28	Maria Carpenter	119.7
29	Paul Skalicky	118.7
30	Sam Rogers	116.3
31	Jonah Spahr	112.9
32	Nathan Thiesen	107.4
33	Jared Montague	99.0
34	Travis Husnik	97.8
35	Terra Shermer	93.7
36	Scott Kleppe	88.8
37	Anthony Olson	81.6
38	Nick Kehren	81.5
39	Beau Peterson	74.6
40	Mike Bremer	37.0



2009 BESTS - 500/1000's

	2009	2009	2008	2008
	500	1000	500	1000
John Fitzgerald			1:31	3:17
Devin Braatz	1:34	3:22	1:41	3:55
Mike Chouanard	1:29	3:24		
Isaac Johnson			1:52	4:15
Derek Lutz		3:53	1:43	4:06
Beau Peterson	1:56	4:13		
Jordan Sparling	1:58	4:09	1:58	4:22
Nathan Theisen	1:52	4:09		
Ben Wirth	1:36	3:36	1:34	3:36
Nick Bremer	1:26	3:17	1:30	3:37
Trevor Clune		3:20	2:03	3:58
John Dedic	1:29	3:29		
Joey Emslander	1:49	3:39	1:35	3:38
Jacob Guttormson			1:41	3:54
Dallas Hansen			1:29	3:14
Cody Hanson	1:26	3:05	1:44	3:46
Thomas Pitzen	1:35	3:38		
Zach Swanson			1:29	3:04
Zain Hunter	1:31	3:33		
David Kleppe			2:48	5:35
Mitch Ringness			1:38	3:55
Joe Wolf	2:00	4:31	2:02	4:27
Scott Kleppe	2:45	6:33	2:36	6:00
Chris Maki	1:46	4:06	2:09	5:00
Paul Skalicky	1:48	4:27		
Nolan Montague	2:08	4:54		
Russ Westernen	1:47	4:06	2:07	4:48
TJ Gross	1:46	4:02		
Elijah Johnson	2:05	4:42		
Nick Kehren	2:04	4:18		
Tony Pitzen	1:51	4:28		
James Pixley	1:53	4:33		
Jonah Spahr	2:05	4:39		
Sam Rogers	2:26	6:15		
Travis Husnik	2:20	6:48		
Jared Montague	2:12	5:45		
Anthony Olson	2:12	5:53		
Brietta Clementson			1:52	4:04
Laura Kleppe			2:03	4:23
Kendra Motyl			1:56	4:03
Ashley Harrington			2:15	4:41
Megan Miesner	1:52	4:05	1:45	4:06
Megan Aadland			2:00	4:35
Abby Cummins	1:55	4:09		
Erin Mitchell	1:58	4:23		
Morgan Richardson	2:03	4:19	1:53	4:34
Sherry Rike	1:38	3:41	1:42	4:33
Brenna Richardson	1:59	4:12	2:19	5:11
Sarah Sharp		4:13		
Gillian Kolling	1:54	4:22		
Maria Carpenter	2:14	5:10		
Terra Shermer	2:19	5:35		
Jackie Westernen	1:57	4:32		

1000/500 Best Times

	1000 times	year		500 times	year
Trevor McNally	3:00	2007	Tom Miche'	1:20	2005
Jared Clementson	3:03	2002	Clay Fischer	1:21	2005
Tom Miche'	3:03	2006	Tom Miche'	1:21	2004
Zach Swanson	3:04	2008	David Hambly	1:23	2006
Cody Hanson	(t) 3:05	2009	Trevor McNally	1:24	2006
Trevor McNally	3:06	2006	Clay Fischer	1:24	2007
David Hambly	3:07	2004	David Hambly	1:25	2005
Tom Miche'	3:07	2005	Josh Boland	1:25	2005
Tom Miche'	3:08	2005	David Hambly	1:25	2007
Trevor McNally	3:08	2005	Andrew Lutz	1:26	2005
Andrew Lutz	3:08	2007	Andrew Lutz	1:26	2006
David Hambly	3:11	2006	Cody Hanson	1:26	2009
Andrew Lutz	3:11	2006	Nick Bremer	1:26	2009
Cody Hanson	3:11	2009	Trevor McNally	1:27	2005
Chris Lutz	3:11	2002	Andrew Lutz	1:27	2007
Sherry Rike	3:49	2009	Sherry Rike	1:36	2008
Jackie Gregoire	3:51	2005	Sherry Rike	1:38	2009
Emily Branzovsky	3:51	2007	Kendra Motyl	1:40	2008
Jackie Gregoire	3:55	2002	Meleia Johnson	1:44	2002
Meleia Johnson	3:55	2002	Jacke Gregoire	1:45	2002
Jenna Fore	3:57	2002	Brietta Clementson	1:45	2008
Emily Branzovsky	4:00	2004	Megan Miesner	1:45	2008
Jenna Fore	4:01	2004	Jenna Fore	1:46	2002
Hannah Espeseth	4:02	2004	Jacki Gregoire	1:47	2005
Kendra Motyl	4:03	2008	Hannah Espeseth	1:49	2005
Brietta Clementson	4:04	2008	Megan Miesner	1:49	2007
Sherry Rike	4:04	2008	Abby Olson	1:51	2005
Megan Miesner	4:06	2009	Emily Branzovsky	1:51	2002
Emily Branzovsky	4:07	2006	Emily Branzovsky	1:51	2007
Brietta Clementson	4:07	2007	Steph Gregoire	1:52	2005
			Megan Miesner	1:52	2009

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	22:26	October 4, 2003	EmilyBranzovsky
4. Cty Rd 110 west - 3	22:13	August 23, 2002	Jacki Gregoire
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. 2 mile on mile loop	14:45	August 25, 2005	Jacki Gregoire
10. G.C. loop - 1.1	6:52	September 22, 2003	EmilyBranzovsky
11. Cty Rd 117 - 1	6:41	October 18, 1996	Bree Fischer
12. 1 x mile loop	6:46	August 20, 2003	Meleia Johnson
13. 2000-1000-600 (track)	14:37	October 16, 2008	Sherry Rike
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	Meleia Johnson
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	7:57 (1:19 ave)	August 14, 2003	Jenna Fore
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	5:11 (1:41 ave)	October 22, 2003	Jenna Fore
26. 4 x 500	6:55(1:44 ave)	October 27, 2009	Sherry Rike
27. 5 x 500	9:11(1:50 ave)	October 22, 2001	Jacki Gregoire
28. 6 x 500	10:59 (1:50 ave)	September 12, 2000	Kim Connaker
29. 8 x 500	14:28 (1:49 ave)	September 23, 2005	Jacki Gregoire
30. 4 x 800	14:54 (3:44 ave)	September 21, 2005	Jacki Gregoire
31. 2 x 1000	7:59 (4:00 ave)	October 9, 2009	Sherry Rike
32. 3 x 1000	12:56 (4:19 ave)	August 23, 2005	Jacki Gregoire
33. 4 x 1000	16:24 (4:01 ave)	October 13, 2000	Kim Connaker
34. 5 x 1000	21:02 (4:12 ave)	September 14, 2009	Sherry Rike
35. 6 x 1000	25:12 (4:12 ave)	September 23, 2009	Sherry Rike
36. 7 x 1000	28:06 (4:01 ave)	September 17, 2003	Em Branzovsky
37. 8 x 1000	32:23 (4:03 ave)	September 18, 2002	Jacki Gregoire
38. 2x1000, 2x500, 2x1000	29:15	September 27, 2001	Jacki Gregoire
39. 1 x 1000, 4 x 500, 1 x 1000	15:51	October 7, 2002	Jacki Gregoire
40. 3 x 1000, 2 x 500	16:23	August 26, 2003	EmilyBranzovsky
41. Co 8 cut-across - 6.2	55:20	August 16, 2002	Meleia Johnson
42. 1 x mile loop, 2 x 1000	15:56	October 11, 2004	Em Branzovsky
43. 1 x mile loop, 2 x 800	12:49	October 10, 2005	Jacki Gregoire
44. 1 x mile loop, 1 x 1000	10:35	October 25, 2004	Em Branzovsky
45. 2 mile on mile loop, 2 x 400	17:59	October 17, 2005	Jacki Gregoire
46. 2 mile on mile loop	14:45 (7:22 ave)	August 25, 2005	Jacki Gregoire
47. 1 x mile loop, 3 x 500	13:00	October 15, 2007	Kendra Motyl
48. 2 x 1000, 6 x 500	19:57	September 28, 2009	Sherry Rike
49. 2 x 1000, 2 x 500	11:21	October 22, 2009	Sherry Rike

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	18:11	October 6, 2005	Clay Fischer
7. Cty Rd 110 west - 3	17:47	August 23, 2002	Chris Lutz
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	11:32 (5:46 ave)	September 27, 2006	Trevor McNally
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	5:24	September 27, 2008	Zach Swanson
15. Cty Rd 117 - 1	5:26	October 18, 1996	J. R. Anderson
16. 1 x mile loop	5:24	October 1, 2007	Trevor McNally
17. 2000-1000-600 (track)	11:29	September 29, 1998	J. R. Anderson
18. 2000-1000-500	11:11	October 19, 2006	Trevor McNally
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	6:31 (1:05 ave)	August 14, 2003	Jared Clementson
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	4:07 (1:22 ave)	October 21, 2003	Jared Clementson
30. 4 x 500	5:46 (1:27 ave)	October 25, 2005	Tom Miche'
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 800	11:28 (2:52 ave)	September 21, 2005	Tom Miche'
35. 6 x 200	3:01 (30.2 ave)	October 31, 2002	Chris Lutz
36. 2 x 1000	6:06 (3:03 ave)	August 17, 2006	Tom Miche'
37. 3 x 1000	9:25 (3:08 ave)	August 22, 2006	Tom Miche'
38. 4 x 1000	12:58 (3:14 ave)	August 31, 2006	Trevor McNally
39. 5 x 1000	16:34 (3:19 ave)	September 5, 2006	Trevor McNally
40. 6 x 1000	19:35 (3:16 ave)	September 11, 2006	Trevor McNally
41. 7 x 1000	23:28 (3:21 ave)	September 17, 2003	Jared Clementson
42. 8 x 1000	25:28 (3:11 ave)	September 23, 2003	Jared Clementson
43. 2x1000, 2x500, 2x1000	16:43	September 27, 2001	Jared Clementson
44. 3 x 1000, 2 x 500	12:56	August 26, 2003	Jared Clementson
45. Co 8 cut across - 6.2	48:20	August 16, 2002	David Hansen
46. 1 x mile loop, 2 x 1000	11:38	October 9, 2006	Trevor McNally
47. 1 x mile loop, 1 x 1000	8:14	October 30, 2006	Trevor McNally
48. 1 x mile loop, 2 x 800	10:04	October 10, 2005	Tom Miche'
49. 3 mile on mile loop	17:00 (5:40 ave)	August 24, 2006	Trevor McNally
50. 2 mile on mile loop, 2 x 400	13:41	October 17, 2005	Tom Miche'
52. 2 mile on mile loop	11:17 (5:38 ave)	October 17, 2006	Trevor McNally
53. 2 x 1000, 2 x 500	9:16	October 22, 2009	Cody Hanson
54. 1 x mile loop, 3 x 500	10:13	October 15, 2007	David Hambly
55. 2 x 1000, 6 x 500	16:09	September 28, 2009	Cody Hanson

"Running
makes you an athlete
in all areas of life...
trained in the basics,
prepared for whatever comes,
ready to fill each hour
and deal with
the decisive moment."

Dr. George Sheehan

Pine City High School Cross Country 2009

Awards:

MOST VALUABLE RUNNER

Sherry Rike
16:26

Cody Hanson
17:47

PERSEVERANCE AWARD

Jordan Sparling
22:33

ROOKIE OF THE YEAR

Abby Cummins
16:43

John Dedic
19:17

“GOLDEN GOOSE” AWARD
(Inspiration, Encouragement)

Megan Miesner
17:19

COACHES’ LEADERSHIP AWARD

(Courage, Optimism, Attitude, Character, Heart, Ethics, Spirit)

Mike Chouanard
19:04

ALL-CONFERENCE:

Cody Hanson
Mike Chouanard
John Dedic

Sherry Rike
Abby Cummins
Megan Miesner

ALL-CONFERENCE HONORABLE MENTION

Devin Braatz

LETTER WINNERS:

Cody Hanson
Sherry Rike
John Dedic
Erin Mitchell

Nick Bremer
Mike Chouanard
Thomas Pitzen
Morgan Richardson

Megan Miesner
Jordan Sparling
Abby Cummins
Zain Hunter

The Makeup of a Champion

Champions share many characteristics, none of which are determined by their running speeds.

- * A champion has the courage to risk failure, knowing that set-backs are lessons to learn from.
- * A champion uses a race to gain greater self-knowledge as well as feedback on physical improvement.
- * A champion trains thought processes as well as the body to produce a total approach to performance.
- * A champion understands his athletic weaknesses and trains to strengthen them.
- * A champion actively creates a life of balance, moderation, and simplicity - values that help improve running and life.
- * A champion views competitors as partners who provide challenge and the chance to improve.
- * A champion understands that running performances are like a roller coaster, with many ups and downs, and that you have to accept both the good and the bad.
- * A champion enjoys running for the simple pleasures it provides.
- * A champion has vision. A champion dreams of things that haven't been and believes they are possible. A champion says, "I can."

**SOME
WISH
FOR IT
WE
WORK
FOR IT**