


PINE CITY

20  **10**
XXC

CROSS COUNTRY

Champions do not become
champions when they win
the event, but in the
hours, weeks, months
and years they spend
preparing for it.

The victorious
performance itself is
merely the demonstration
of their championship
character.

T. Alan Armstrong

The five S's of sports training are:

Stamina,
Speed,
Strength,
Skill
and Spirit;

but the greatest of these
is Spirit.

Ken Doherty

Mora Fun Run August 26, 2010

PINE CITY GIRLS' RESULTS

	3200 m				
	<u>1st mile</u>	<u>2nd mile</u>	<u>total time</u>		<u>projected 4000 m</u>
1. Abby Cummins	6:45	7:01	13:46	PB	17:12
2. Megan Miesner	6:44	7:50	14:34	PB	18:11
3. Morgan Richardson	7:08	8:12	15:20	PB	19:10
4. Brenna Richardson	7:37	8:05	15:42		19:38
5. Jordan Vaudrin	8:00	8:05	16:05		20:06
6. Sherry Rike	8:04	8:48	16:49		21:01
7. Greta Foster	8:05	8:45	16:50		21:03

#1 runner: Mora - 12:50

Junior High Girls - 1600 m

1. Jackie Westernen	7:02	PB
2. Kaylyn Utecht	7:09	
3. Allison Gusk	7:11	
4. Gillian Kolling	7:29	PB
5. Tiffany Schmidt	8:35	

#1 runner: Jackie Westernen, Pine City - 7:02

PINE CITY BOYS' RESULTS

	3200 m				
	<u>1st mile</u>	<u>2nd mile</u>	<u>total time</u>		<u>projected 5000 m</u>
1. Cody Hanson	5:14	5:43	10:57	PB	17:05
2. John Dedic	5:36	6:13	11:49	PB	18:30
3. Jake Guttormson	6:03	6:13	12:16		19:10
4. Nick Bremer	5:48	6:36	12:24	PB	19:22
5. Chris Maki	6:18	6:31	12:49		20:00
6. Russ Westernen	6:40	6:44	13:24		20:52
7. Paul Skalicky	6:55	7:10	14:05		21:54
8. Thomas Pitzen	7:00	7:34	14:34		22:42
9. Joe Wolf	7:25	7:40	15:05	PB	23:34
10. Nolan Montague	7:33	7:56	15:29		24:12
11. Christian Mische'	7:41	7:53	15:34		24:19
12. Anthony Olson	8:05	8:39	16:44		26:09

#1 runner: Cambridge - 10:32

Junior High Boys - 1600 m

1. TJ Gross	6:25	PB
2. Danny Pitzen	6:33	
3. Tony Pitzen	6:39	PB
4. Nolen Yehlik	6:51	
5. Gunnar Nilsson	6:52	
6. Jonah Spahr	7:01	PB
7. James Pixley	7:01	PB
8. Nick Kehren	7:22	
9. Robert Pigeon	7:23	
10. Jared Montague	7:30	PB
11. Kyle Peters	7:43	
12. Victor Rogers	9:08	

#1 runner: Mora - 5:57

MILACA EARLY BIRD INVITATIONAL CROSS COUNTRY MEET

Monday, August 30, 2010

sunny, hot, humid

PINE CITY GIRLS' RESULTS:

4000 m - 115 runners

	<u>place</u>	<u>time</u>
1. Megan Miesner	18	17:18.4
2. Abby Cummins	39	18:10.3
3. Sherry Rike	72	20:00.0
4.. Morgan Richardson	88	20:49.1
5. Brenna Richardson	93	21:04.5
6. Jordan Vaudrin	104	21:59.9
7. Greta Foster	110	22:09.1

#1 runner: Erica Seidenkranz, Monticello - 15:04.1

JUNIOR HIGH GIRLS:

2900 m - 93 runners

1. Allison Gusk	8	13:42.8
2. Jackie Westernen	12	14:01.6
3. Gillian Kolling	45	15:40.0
4. Tiffany Schmidt	91	21:03.8

#1 runner: Kalley Paulsen, Mille Lacs - 12:46.0

GIRLS' TEAM RESULTS:

1. Monticello	29
2. Little Falls	83
3. STMA	108
4. Albany	113
5. Pierz	152
6. Mora	155
7. Becker	205
8. North Branch	205
9. Rocori	252
10. Big Lake	274
11. Chisao Lakes	275
12. Pine City	278
13. Cambridge	306
14. Braham	405
15. Mille Lacs	418
Hinckley/Fin	Inc
Milaca	Inc
Mound Westonka	Inc
Princeton	Inc
Rush City	Inc

PINE CITY BOYS' RESULTS:

5000 m - 110 varsity and 168 JV runners

	<u>place</u>	<u>time</u>	
1. Cody Hanson	9	17:53.2	BTC
2. John Dedic	38	19:46.7	BTC
3. Jacob Guttormson	43	19:59.3	PB
4. Nick Bremer	14 jv	21:36.3	BTC
5. Russ Westernen	83	22:01.5	
6. Paul Skalicky	92	22:53.0	
7. Thomas Pitzen	105	25:42.5	
8. Joe Wolf	107	26:46.4	BTC
9. Nolan Montague	132 jv	27:30.3	
10. Christian Miche'	158 jv	30:01.2	
11. Anthony Olson	164 jv	32:32.5	

#1 runner: Matt Berens, North St. Paul - 16:39.2

JUNIOR HIGH BOYS:

2900 m - 122 runners

1. Danny Pitzen	11	12:42.4
2. Gunnar Nilsson	17	13:15.1
3. Tony Pitzen	35	14:05.1
4. Nick Kehren	37	14:08.0
5. James Pixley	38	14:08.2
6. TJ Gross	49	14:29.8
7. Jonah Spahr	50	14:31.9
8. Nolan Yehlik	57	0:14:48
9. Jared Montague	72	0:15:33
10. Robert Pigeon	83	0:16:13
11. Victor Rogers	98	0:23:14
12. Kyle Peters	99	0:23:50

#1 runner: Like Lahr, Becker - 10:58.6

BOYS' TEAM RESULTS:

1. North St. Paul	54
2. Mound Westoka	106
3. STMA	110
4. Cambridge	114
5. Little Falls	135
6. Mora	157
7. Rocori	214
8. Pine City	240
9. Big Lake	242
10. Milaca	249
11. North Branch	266
12. Princeton	276
13. Chisago Lakes	320
14. Foley	347
15. Pierz	366
16. Hinckley/Finlaysor	370
Albany	Inc
Braham	Inc
Rush City	Inc

JH Team Results:

1. Rocori	69
2. Mora	100
3. Little Falls	106
4. Becker	107
5. Pine City	119
6. Albany	126
7. Big Lake	139
8. Cambridge	158
9. Mound Westonka	196
10. Milaca	253

PINE CITY INVITATIONAL CROSS COUNTRY MEET

Thursday, September 9, 2010
cool, partly sunny, breezy

PINE CITY GIRLS' RESULTS:

4000 m - 55 runners

	<u>place</u>	<u>time</u>
1. Megan Miesner	8	17:01 PB
*****NEW SCHOOL RECORD*****		
2. Abby Cummins	17	17:44 BTY-BTC
3. Sherry Rike	27	18:07 BTY
4. Brenna Richardson	42	19:50 BTY
5. Morgan Richardson	43	20:11 BTY-BTC
6. Greta Foster	45	20:24 PB
7. Jordan Vaudrin	46	20:25 PB

#1 runner: Nikki Roach, Hermantown - 16:09

JUNIOR HIGH GIRLS:

2000 m - 41 runners

1. Jordan Kotek	2	8:11
2. Allison Gusk	7	8:44
3. Jackie Westernen	12	9:11 PB
4. Gillian Kolling	24	10:17
5. Kaylyn Utecht	27	10:27
6. Tiffany Schmidt	36	11:05

#1 runner: Breezy Schultz, Hinckley - 8:06

GIRLS' TEAM RESULTS:

1. Mora	37
2. North Branch	37
3. Hermantown	87
4. Pine City	120
5. Braham	136
6. Rush City	141
7. Mille Lacs	175
8. East Central	179
Milaca	Inc
MLWR	Inc
Hinckley/Finlayson	Inc
Foley	Inc

JH Girls' Results:

1. Pine City	25
2. Mora	36
3. East Central	61
Hinckley, Milaca	Inc
Rush City, MLWR	Inc
Hermantown	Inc
Mille Lacs	Inc

PINE CITY BOYS' RESULTS:

5000 m - 63 varsity and 46 JV runners

	<u>place</u>	<u>time</u>
1. Cody Hanson	5	17:33 PB
2. John Dedic	11	18:34 PB
3. Nick Bremer	21	19:23 BTY-BTC
4. Jacob Guttormson	31	19:47 PB
5. Chris Maki	1 jv	20:18
6. Russ Westernen	44	21:30 PB
7. Paul Skalicky	49	21:48 PB
8. Thomas Pitzen	55	23:42 BTY
9. Joe Wolf	35 jv	24:24 BTY-BTC
10. Christian Miche'	42 jv	26:33 PB
11. Anthony Olson	44 jv	28:30 PB

#1 runner: Charlie Lawrence, Foley - 16:49

#1 JV runner: Chris Maki, Pine City - 20:18

JUNIOR HIGH BOYS:

2000 m - 58 runners

1. TJ Gross	11	8:09 PB
2. Danny Pitzen	16	8:27
3. Gunnar Nilsson	17	8:28
4. Nolan Yehlik	27	8:47
5. Tony Pitzen	30	8:49 BTC
6. Nick Kehren	31	8:50
7. Jonah Spahr	32	8:51 PB
8. Aaron Brown	35	8:55
9. James Pixley	36	8:56 BTC
10. Matthew Scott	45	9:20
11. Kyle Peters	46	9:22
12. Jared Montague	48	9:26 PB
13. Victor Rogers	57	10:48

#1 runner: Noah Morvec, Mora - 7:22

BOYS' TEAM RESULTS:

1. Mora	43
2. North Branch	86
3. Milaca	97
4. Pine City	102
5. Hermantown	113
6. Rush City	129
7. Foley	159
8. MLWR	202
Hinckley	Inc
Braham	Inc
East Central	Inc

JH Team Results:

1. Hermantown	35
2. Mora	43
3. Milaca	69
4. Pine City	72
Rush City, EC	Inc
Foley, Braham	Inc

**NORTH BRANCH INVITATIONAL
CROSS COUNTRY MEET**
Thursday, September 16, 2010
cloudy and cool

PINE CITY GIRLS' RESULTS:

4000 m - 45 runners

	<u>place</u>	<u>time</u>
1. Megan Miesner	2	16:35 PB
2. Abby Cummins	6	16:59 BTY-BTC
3. Sherry Rike	10	17:41 BTY-BTC
4. Morgan Richardson	27	19:28 BTY-BTC
4. Brenna Richardson	28	19:35 BTY
6. Jordan Vaudrin	29	19:42 PB
7. Greta Foster	34	20:07 PB

#1 runner: Megan Zimmerman, North Branch - 16:33

JUNIOR HIGH GIRLS:

2000 m - 18 runners

1. Jordan Kotek	2	8:25
2. Allison Gusk	5	8:48
3. Jackie Westeren	6	9:18 BTC
4. Kaylyn Utecht	8	9:37 PB
5. Gillian Kolling	11	9:54 BTY
6. Tiffany Schmidt	12	10:31 PB

#1 runner: Payton Ramberg, Rush City - 8:22

GIRLS' TEAM RESULTS:

1. North Branch	25
2. Pine City	45
3. East Central	64
Rush City	Inc
Braham	Inc
MLWR	Inc

JH Girls' Results:

1. Pine City	15
2. East Central	40
Rush City	Inc
MLWR	Inc
North Branch	Inc

PINE CITY BOYS' RESULTS:

5000 m - 77 runners

	<u>place</u>	<u>time</u>
1. Cody Hanson	2	17:30 PB
2. John Dedic	6	18:44 BTC
3. Chris Maki	7	19:04 PB
4. Nick Bremer	10	19:13 BTY
5. Jacob Guttormson	12	19:28 PB
6. Russ Westeren	27	20:52 PB
7. Paul Skalicky	28	21:13 PB
8. Thomas Pitzen	38	22:39 BTY
9. Joe Wolf	44	23:41 BTY-BTC
10. Nolan Montague	48	23:54 PB
11. Christian Miche'	49	23:59 PB
12. Anthony Olson	56	26:59 PB

#1 runner: Dan Taylor, Rush City - 17:15

BOYS' TEAM RESULTS:

1. Pine City	36
2. North Branch	56
3. Rush City	56
4. MLWR	99
Braham	Inc
East Central	Inc

JUNIOR HIGH BOYS:

2000 m - 29 runners

1. TJ Gross	5	8:12 BTC
2. Gunnar Nilsson	6	8:21 PB
3. Danny Pitzen	9	8:26 PB
4. James Pixley	11	8:30 PB
5. Jonah Spahr	15	8:40 PB
6. Nolan Yehlik	16	8:40 PB
7. Tony Pitzen	17	8:46 PB
8. Nick Kehren	19	9:00 BTC
9. Kyle Peters	20	9:07 PB
10. Matthew Scott	22	9:13 PB
11. Jared Montague	23	9:16 PB
12. Aaron Brown	24	9:20
13. Victor Rogers	29	11:11

#1 runner: Kevin Nelson, Rush City - 7:36

JH Team Results:

1. Pine City	15
Rush City	Inc
MLWR	Inc
North Branch	Inc
East Central	Inc

PIERZ INVITATIONAL CROSS COUNTRY MEET

Monday, September 20, 2010
cloudy, humid, cold, windy

PINE CITY GIRLS' RESULTS:

4000 m - 88 runners

	<u>place</u>	<u>time</u>
1. Megan Miesner	28	17:07.3 BTC
2. Abby Cummins	38	17:23.1 BTC
3. Sherry Rike	65	18:53.3
4. Brenna Richardson	79	20:14.7
5. Greta Foster	80	20:24.0
6. Morgan Richardson	84	21:01.3
7. Jordan Vaudrin	88	21:20.0

#1 runner: Elena Danielson, Cathedral - 15:01.4

JUNIOR HIGH GIRLS:

3200 m - 94 runners

1. Jordan Kotek	8	13:57.3
2. Jackie Westernen	35	15:17.5 PB
3. Gillian Kolling	75	17:19.6
4. Tiffany Schmidt	85	18:20.8

#1 runner: M. Zastrow, Long Prairie - 13:26.6

PINE CITY BOYS' RESULTS:

5000 m - 105 varsity and 107 jv runners

	<u>place</u>	<u>time</u>
1. Cody Hanson	5	17:37.2 BTC
2. John Dedic	28	18:43.7 BTC
3. Chris Maki	43	19:21.3
4. Jacob Guttormson	57	19:43.1
5. Paul Skalicky	87	21:25.3
6. Russ Westernen	91	21:34.9
7. Christian Mische'	67 jv	23:24.7 PB
8. Thomas Pitzen	102	23:49.1
9. Joe Wolf	69 jv	23:26.8 PB
10. Nolan Montague	101 jv	26:35.0
11. Anthony Olson	104 jv	28:15.8

#1 runner: Grant Wintheiser, St. Cloud Cathedral - 16:28.3

JUNIOR HIGH BOYS:

3200 m - 136 runners

1. Gunnar Nilsson	32	13:17.90
2. Danny Pitzen	37	13:35.20
3. TJ Gross	45	13:50.70
4. Nolan Yehlik	61	14:18.30
5. Aaron Brown	69	14:35.70
6. James Pixley	70	14:36.00 BTC
7. Tony Pitzen	75	14:46.50 BTC
8. Jonah Spahr	81	14:54.50 BTC
9. Nick Kehren	83	14:59.00
10. Matthew Scott	102	15:39.60
11. Jared Montague	113	16:10.60 PB
12. Kyle Peters	120	16:39.30
13. Victor Rogers	125	17:40.30

#1 runner: Noah Moravec, Mora - 11:51.6

GIRLS' TEAM RESULTS:

1. St. Cloue Cathedral	38
2. Albany	47
3. Brainerd	56
4. Mora	118
5. Annandale	121
6. Pierz	171
7. Holdingford	197
8. Maple Lake	252
9. Pine City	253
10. St. Cloud Tech	286
11. Rockford	302

Incomplete teams:

Braham, East Central, Hinckley,
St. Cloud Christian, Maranatha
Long Prairie, Milaca, Royalton,

BOYS' TEAM RESULTS:

1. St. Cloud Cathedral	35
2. Albany	81
3. Mora	97
4. Long Prairie	123
5. Brainerd	134
6. Annandale	148
7. St. Cloud Tech	196
8. Pine City	208
9. Maple Lake	264
10. Milaca	277
11. Royalton	283
12. Hinckley	331
13. Pierz	334
14. Rockford	403
15. Braham	441

Incomplete teams:

East Central, Foley, St. Cloud Chris
Maranatha

JH Team Results:

1. St. Cloud Tech	57
2. St. Cloud Cathedral	71
3. Rockford	86
4. Mora	133
5. Brainerd	138
6. Maple Lake	139
7. Holdingford	156
8. Annandale	200
9. Pine City	206
10. Albany	233
11. Milaca	252
12. Pierz	334

MILACA MEGA INVITATIONAL CROSS COUNTRY MEET

PINE CITY GIRLS' RESULTS:

4000 m - 137 runners

	<u>place</u>	<u>time</u>	
1. Megan Miesner	42	16:35.6	
2. Abby Cummins	43	16:35.7	PB
3. Sherry Rike	84	17:51.2	
4. Morgan Richardson	117	19:18.2	BTY-BTC
5. Brenna Richardson	119	19:23.9	BTY
6. Jordan Vaudrin	120	19:26.3	PB

#1 runner: Elena Danielson, St. Cloud Cathedral - 14:33.3

JUNIOR HIGH GIRLS:

3200 m - 147 -8th graders and 111 -7th graders runners

	<u>place</u>	<u>time</u>	
1. Jordan Kotek	4 - 7th gr	13:27.4	PB
2. Allison Gusk	23 - 7th gr	14:31.0	
3. Jackie Westeren	55 - 8th gr	14:49.4	PB
4. Kaylyn Utecht	69 - 8th gr	15:21.0	

#1-8th grade runner: A. Kleinschmidt, Dulth Marshall -12:46.1

#1-7th grade runner: Taylor Hooker, Minot, ND - 14:13.5

PINE CITY BOYS' RESULTS:

5000 m - 145 varsity and 223 - 9th grade runners

	<u>place</u>	<u>time</u>	
1. Cody Hanson	9	17:10.6	PB
2. Chris Maki	17 - 9th gr	18:38.1	PB
3. Jacob Guttormson	82	19:10.8	PB
4. Russ Westeren	69 - 9th gr	20:32.3	PB
5. Paul Skalicky	92 - 9th gr	21:05.0	PB
6. Thomas Pitzen	134	22:01.5	BTY
7. Christian Miche'	135	22:10.8	PB
8. Joe Wolf	140	22:32.0	PB
9. Nolan Montague	191 -9th gr	24:51.9	
10. Anthonly Olson	206 -9th gr	26:25.3	PB

#1 runner: Grant Wintheiser, St. Cloud Cathedral - 16:17.3

#1-9th gr runner: Tayler Arness, Stillwater - 17:05.6

JUNIOR HIGH BOYS:

3200 m - 184-8th grade and 163-7th grade runners

	<u>place</u>	<u>time</u>	
1. Gunnar Nilsson	28 - 7th gr	13:14.1	PB
2. Danny Pitzen	32 - 7th gr	13:21.8	PB
3. Nolen Yehlik	56 - 7th gr	14:03.7	PB
4. Tony Pitzen	102 - 8th gr	14:12.0	PB
5. Jonah Spahr	111 - 8th gr	14:23.4	PB
6. Aaron Brown	71 - 7th gr	14:24.7	PB
7. James Pixley	113 - 8th gr	14:24.9	BTY
8. Matthew Scott	129 - 8th gr	14:55.5	PB
9. Jared Montague	141 - 8th gr	15:15.9	PB
10. Kyle Peters	127 - 8th gr	15:45.5	PB

#1 -8th grade runner: Rob Johnson, Park Center - 11:03.9

#1- 7th grade runner: Noah Moravec, Mora - 11:44.5

GIRLS' AA TEAM RESULTS:

1. Adrian	58
2. St. Cloud Cathedral	59
3. Holy Family Catholic	121
4. Fairmont	132
5. Mora	191
6. Minnehaha Academy	201
7. Park Rapids Area	234
8. Blue Earth Area	240
9. Sauk Centre	267
10. Pequot Lakes	289
11. Redwood Valley	318
12. Watertown-Mayer	320
13. Warroad	330
14. Pine City	374
15. Cook Cty/2 Harbors	383
16. New London-Spicer	383
17. Byron	410
18. Watrvi-Elysn-Morstr	443
19. St. Croix Lutheran	479
7 incomplete teams	

BOYS' AA TEAM RESULTS:

1. St. Cloud Cathedral	52
2. Minnehaha Academy	80
3. Fairmont	123
4. Holy Family Catholic	142
5. Byron	161
6. Mora	202
7. Long Prairie-Grey Eag	205
8. Redwood Valley	267
9. Ottertail Central	280
10. Sauk Centre	304
11. Cook Cty/2 Harbors	309
12. Blue Earth Area	311
13. Warroad	343
14. Watertown-Mayer	375
15. Watrvi-Elysn-Morstr	417
16. Bagley/Fosston	418
17. Milaca	431
18. Park Rapids Area	471
19. Pine City	474
20. Pequot Lakes	484
21. St. Croix Lutheran	515
4 incomplete teams	

9th grade boys' results:

Pine City - 13th of 16 complete teams

8th grade boys' results:

Pine City - 12th of 12 complete teams

7th grade boys' results:

Pine City - 6th of 11 complete teams

BECKER INVITATIONAL CROSS COUNTRY MEET

Tuesday, October 5, 2010

sunny, warm, windy

PINE CITY GIRLS' RESULTS:

4000 m - 35 varsity and 36 JV runners

	<u>place</u>	<u>time</u>	
1. Megan Miesner	4	16:30.8	PB
2. Abby Cummins	5	16:35.5	PB
3. Sherry Rike	16	17:44.7	BTC
4. Jordan Kotek	6 jv	18:30.4	
5. Jackie Westernen	13 jv	19:07.1	PB
6. Morgan Richardson	28	19:24.4	
7. Allison Gusk	17 jv	19:25.5	
8. Greta Foster	29	19:46.7	PB
9. Brenna Richardson	31	19:50.8	
10. Kaylyn Utecht	22 jv	20:31.1	
11. Jordan Vaudrin	32	20:33.5	
12. Gillian Kolling	23 jv	20:36.5	

#1 runner: Kaitlyn Yoerg, Becker - 16:03.0

#1 jv runner: Kara Steele, Monticello - 16:45.0

JUNIOR HIGH GIRLS:

3200 m - 31 runners

	<u>place</u>	<u>time</u>
1. Tiffany Schmidt	31	18:32.5

#1 runner: Patty Bray, Monticello - 13:43.2

PINE CITY BOYS' RESULTS:

5000 m - 43 varsity and 58 jv runners

	<u>place</u>	<u>time</u>	
1. Cody Hanson	5	17:29.9	BTC
2. John Dedic	16	18:48.8	
3. Chris Maki	4 jv	19:04.5	
4. Nick Bremer	17	19:07.5	BTC
5. Jacob Guttormson	18	19:09.1	PB
6. Russ Westernen	34	20:46.0	
7. Paul Skalicky	36	20:52.8	PB
8. Christian Miche'	25 jv	21:44.6	PB
9. Thomas Pitzen	42	22:19.5	BTC
10. Nolan Montague	49 jv	24:18.8	
11. Joe Wolf	53 jv	24:52.8	BTC
12. Anthony Olson	55 jv	25:47.9	PB

#1 runner: Philip LaVallee, Monticello - 16:49

#1 jv runner: Luke Gruhlke, Monticello - 18:31.3

JUNIOR HIGH BOYS:

3200 m - 39 runners

	<u>place</u>	<u>time</u>	
1. Danny Pitzen	7	13:23.6	
2. Gunnar Nilsson	10	13:35.0	
3. TJ Gross	11	13:49.1	PB
4. Nolen Yehlik	14	14:26.7	
5. Matthew Scott	19	14:42.8	PB
6. Tony Pitzen	20	14:48.5	
7. James Pixley	22	14:55.1	
8. Jonah Spahr	23	14:58.2	
9. Nick Kehren	25	15:11.4	
10. Jared Montague	26	15:15.1	PB
11. Aaron Brown	28	15:25.1	
12. Kyle Peters	31	16:20.1	
13. Victor Rogers	36	18:11.0	

#1 runner: Andrew Mergen, Monticello - 12:12.9

GIRLS' TEAM RESULTS:

1. North Branch	32
2. Becker	43
3. Pine City	82
4. Big Lake	89
5. Spectrum	147
6. Legacy Christian Acad	Inc

Girls' JV Team Results:

1. Monticello	15
2. Pine City	81
3. Becker	94
4. North Branch	98
5. Big Lake	Inc

BOYS' TEAM RESULTS:

1. Monticello	18
2. Big Lake	72
3. Pine City	90
4. North Branch	105
5. Becker	138
6. Legacy Christian Acad	143
7. Spectrum	Inc

JV Boys' Team Results:

1. Monticello	17
2. North Branch	81
3. Big Lake	89
4. Pine City	186
5. Becker	211
6. Spectrum	248

JH Boys' Team Results:

1. Monticello	49
2. Pine City	61
3. Big Lake	69
4. Becker	85
5. North Branch	Inc
6. Legacy Christian Acader	Inc

**Ability is what you
are capable of
doing.**

**Motivation
determines what
you do.**

**Attitude determines
how well you do it.**

Lou Holtz

GREAT RIVER CONFERENCE CROSS COUNTRY MEET at Pine City

Thursday October 14, 2010
sunny, cool, windy

PINE CITY GIRLS' RESULTS:

4000 m - 35 varsity and 10 jv runners

	<u>place</u>	<u>time</u>	
1. Abby Cummins	1	16:39	
2. Megan Miesner	2	16:53	
3. Sherry Rike	4	17:08	BTY
4. Jordan Kotek	14	17:46	PB
5. Jackie Westeren	21	18:41	PB
6. Allison Gusk	23	18:57	PB
7. Morgan Richardson	27	19:27	
8. Jordan Vaudrin	1 jv	20:06	
9. Brenna Richardson	3 jv	20:50	

#1 runner: Abby Cummins, Pine City - 16:39

#1 jv runner: Jordan Vaudrin, Pine City - 20:06

JUNIOR HIGH GIRL! 2000 m - 15 runners

1. Gillian Kolling	4	9:04	PB
2. Kaylyn Utecht	5	9:15	PB
3. Tiffany Schmidt	9	9:56	PB

#1 runner: Megan Swanson, Rush City - 8:27

PINE CITY BOYS' RESULTS:

5000 m - 22 varsity & 12 jv runners

	<u>place</u>	<u>time</u>	
1. Cody Hanson	1	17:20	BTC
2. John Dedic	4	18:27	PB
3. Nick Bremer	6	18:49	BTY-BTC
4. Chris Maki	9	19:13	
5. Jacob Guttormson	11	19:39	
6. Russ Westeren	12	20:11	PB
7. Paul Skalicky	17	20:52	PB
8. Christian Miche'	1 jv	21:40	PB
9. Thomas Pitzen	3 jv	22:15	
10. Nolan Montague	8 jv	23:27	PB
11. Anthony Olson	12 jv	26:29	

#1 runner: Cody Hanson, Pine City - 17:20

#1 jv runner: Christian Miche', Pine City - 21:40

JUNIOR HIGH BOYS 2000 m - 26 runners

1. Danny Pitzen	4	7:54	PB
2. Gunnar Nilsson	5	7:55	PB
3. TJ Gross	8	8:08	PB
4. James Pixley	12	8:16	PB
5. Tony Pitzen	13	8:17	PB
6. Nick Kehren	14	8:18	PB
7. Johan Spahr	15	8:19	PB
8. Nolen Yelik	17	8:30	PB
9. Jared Montague	18	8:34	PB
10. Matthew Scott	19	8:37	PB
11. Aaron Brown	20	8:44	PB
12. Kyle Peters	21	9:09	
13. Victor Rogers	23	9:40	PB

#1 runner: Kevin Nelson, Rush City - 7:23

GIRLS' TEAM RESULTS:

ALL CONFERENCE	1. Pine City	39
ALL CONFERENCE	2. Rush City	49
ALL CONFERENCE	3. Braham	75
HONORABLE MENTION	4. Hinckley/Finl	85
	5. Mille Lacs	90
	East Central	Inc

JH TEAM RESULTS:

1. Pine City	11
2. Mille Lacs	15
3. East Central	20
Rush City	Inc
Hinckley	Inc

BOYS' TEAM RESULTS:

ALL CONFERENCE	1. Pine City	19
ALL CONFERENCE	2. Rush City	48
ALL CONFERENCE	3. Hinckley/Finl	75
ALL CONFERENCE	East Central	Inc
HONORABLE MENTION	Braham	Inc
HONORABLE MENTION		

JH TEAM RESULTS:

1. Rush City	17
2. Pine City	17
3. Braham	19
4. East Central	39

"I run because it's so symbolic of life.

You have to drive yourself to overcome the obstacles.

You might feel that you can't.

But then you find your inner strength, and realize you're capable of so much more than you thought."

Arthur Blank

PRINCETON INVITATIONAL CROSS COUNTRY MEET

Tuesday, October 19, 2010

sunny, cool

PINE CITY GIRLS' RESULTS:

4000 m - 86 varsity runners

	<u>place</u>	<u>time</u>	
1. Megan Miesner	5	16:25	PB
2. Abby Cummins	10	16:42	
3. Jordan Kotek	27	17:21	PB
4. Jackie Westernen	52	18:03	PB
5. Allison Gusk	64	18:38	PB
6. Morgan Richardson	68	18:53	PB
7. Brenna Richardson	73	19:03	PB
8. Jordan Vaudrin	76	19:22	PB

#1 runner: Kaitlyn Yoerg, Becker - 15:41

JUNIOR HIGH GIRLS

3000 m - 26 runners

	<u>place</u>	<u>time</u>
1. Gillian Kolling	9	14:26
2. Kaylyn Utecht	13	14:38
3. Tiffany Schmidt	18	15:22

#1 runner: Renee Bragg, Princeton - 13:02

PINE CITY BOYS' RESULTS:

5000 m - 94 varsity and 81 jv runners

	<u>place</u>	<u>time</u>	
1. Cody Hanson	4	17:07	PB
2. John Dedic	38	18:35	
3. Nick Bremer	40	18:42	PB
4. Chris Maki	60	19:33	
5. Christian Miche'	68	20:09	PB
6. Russ Westernen	73	20:28	
7. Paul Skalicky	82	21:20	
8. Thomas Pitzen	85	21:38	BTY
9. Nolan Montague	55 jv	22:21	PB
10. Anthony Olson	78 jv	25:34	PB

#1 runner: Jacob Siekmeier, Math & Science Academy - 16:52

JUNIOR HIGH BOYS

3000 m - 49 runners

	<u>place</u>	<u>time</u>	
1. Danny Pitzen	7	12:12	
2. Gunnar Nilsson	12	12:28	
3. Nick Kehren	14	12:40	BTC
4. TJ Gross	16	12:47	
5. Tony Pitzen	17	12:51	BTC
6. Matthew Scott	19	13:02	
7. Nolen Yehlik	25	13:19	
8. Jonah Spahr	27	13:20	BTC
9. Seth Thornton	28	13:20	
10. James Pixley	29	13:24	
11. Jared Montague	33	13:37	BTC
12. Aaron Brown	37	13:55	
13. Kyle Peters	46	16:23	
14. Victor Rogers	47	16:36	

#1 runner: Chase Arens, Princeton - 11:24

GIRLS' TEAM RESULTS:

1. Becker	58
2. Math & Science Ac	70
3. Princeton	82
4. Big Lake	112
5. Providence Academy	118
6. Pine City	140
7. Rush City	168
8. Cambridge	181
9. Rogers	230
10. Mille Lacs	247

BOYS' TEAM RESULTS:

1. Coon Rapids	44
2. Cambridge	90
3. Rogers	93
4. Math & Science Ac	107
5. Big Lake	115
6. Princeton	180
7. Pine City	186
8. Providence	190
9. Rush City	209
10. Legacy Christian	254
11. Becker	259

JH Boys' Team Results:

1. Rogers	28
2. Pine City	48
3. Becker	49
4. Cambridge	108

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

**SECTION 5A CROSS COUNTRY MEET
@ PIERZ
Friday, October 29, 2010
partly sunny, cool**

PINE CITY GIRLS' RESULTS:

4000 m - 137 runners

	<u>place</u>	<u>time</u>	
1. Abby Cummins	12	16:02.8	PB
2. Megan Miesner	19	16:24.6	PB
3. Jordan Kotek	36	16:56.9	PB
4. Sherry Rike	45	17:19.7	
5. Jacki Westernen	76	18:10.9	
6. Allison Gusk	78	18:15.4	PB
7. Morgan Richardson	121	20:17.5	BTC

Top 10 runners (qualifying for state):

1. Elena Danielson (10)	St Cloud Cathedral	14:43.7
2. McKenzie Holt (9)	St Cloud Christian	15:12.7
3. Courtney Alama (9)	Annandale	15:16.8
4. Greta Danielson (11)	St Cloud Cathedral	15:21.1
5. Taylor Alama (11)	Annandale	15:43.6
6. Morgan Durbin (9)	St Cloud Cathedral	15:44.8
7. Paige Danielson (8)	St Cloud Cathedral	15:46.0
8. Julia Putz (10)	Milaca	15:47.1
9. Kristen Heinen (9)	St Cloud Christian	15:47.4
10. Brigid Brew (9)	St Cloud Cathedral	15:50.2

PINE CITY BOYS' RESULTS

5000 m - 141 runners

	<u>place</u>	<u>time</u>	
1. Cody Hanson	6	17:05.7	PB
2. Nick Bremer	27	18:15.3	PB
3. John Dedic	35	18:33.4	
4. Jake Guttormson	60	19:16.9	
5. Christian Mische'	69	19:36.4	PB
6. Paul Skalicky	107	20:35.3	PB
7. Thomas Pitzen	127	21:37.4	BTY

Top 10 runners (qualifying for state):

1. Grant Wintheiser (12)	St Cloud Cathedral	16:26.3
2. Charlie Lawrence (10)	Foley	16:37.7
3. Troy Koivisto (11)	Dassel-Cokato	16:44.8
4. Andrew Coop (12)	Mora	16:52.2
5. Nick Golebiowski (9)	St Cloud Cathedral	16:57.6
6. Cody Hanson (12)	Pine City	17:05.7
7. Dan Taylor (11)	Rush City	17:07.4
8. Daniel Borash (11)	Royalton	17:15.7
9. Thomas Friebe (11)	St Cloud Cathedral	17:22.0
10. Cole Wintheiser (10)	St Cloud Cathedral	17:23.7

GIRLS' TEAM RESULTS:

1. St. Cloud Cathedral	28
2. Annandale	81
3. Mora	116
4. Dassel Cokato	125
5. Pierz	147
6. Pine City	178
7. Providence Academy	247
8. Watertown-Mayer	250
9. Rush City	258
10. Maple Lake	274
11. St. Cloud Christian	298
12. Hinckley-Finlayson	346
13. Braham	359
14. Foley	361
15. Milaca	365
16. Mille Lacs	397
17. Rockford	439
18. Howrd Lk-Wavrly-Winsl	466
19. Royalton	543
4 incomplete teams	

BOYS' TEAM RESULTS:

1. St. Cloud Cathedral	33
2. Mora	84
3. Providence Academy	154
4. Annandale	156
5. Dassel-Cokato	187
6. Pine City	187
7. Milaca	214
8. Watertown Mayer	226
9. Royalton	245
10. Rush City	250
11. Maple Lake	264
12. Howard Lk-Waverly	265
13. Pierz	340
14. Legacy Christian Acad	350
15. Hinckley/Finlayson	363
16. Rockford	415
17. Heritage Christian Acar	417
18. St. Cloud Christian	524
19. Braham	552
4 incomplete teams	

*“We all have dreams. But
in order to make dreams
come into reality,
it takes an awful lot of
determination, dedication,
self-discipline,
and effort.”*

Jesse Owens

STATE CROSS COUNTRY MEET
at St. Olaf College in Northfield
Saturday, November 6, 2010
cool, very windy

PINE CITY BOYS' RESULTS:

5000 m - 161 runners

	<u>place</u>	<u>time</u>	
Cody Hanson	31	16:53.6	PB
(5:05, 5:25 (10:30), 5:40)			

Team Results:

1. Perham	78
2. Plainview-Elgin Millv	98
3. St. Cloud Cathedral	102
4. Minnehaha Academy	187
5. Waseca	187
6. Esko	193
7. Holy Family Catholic	197
8. Mora	202
9. Fairmont	206
10. Albany	221
11. LaCrescent	240
12. Thief River Falls	256
13. Sauk Centre	206
14. Crosby-Ironton	336
15. Redwood Valley	355
16. Canby/Minneota/Linc	357

Top 10 Finishers:

1. Mason Ferlic (12)	Mounds Park Academy	15:47.6
2. Matt Jergenson (12)	Caledonia	16:00.1
3. Mubarik Musa (11)	Worthington	16:00.9
4. Brandon Clark (11)	Blake	16:08.2
5. Johnathon Surber (10)	St. James	16:08.5
6. Bryon Schuldt (11)	Nevis	16:10.8
7. Jensen Orlow (11)	Holy Family Catholic	16:13.2
8. Justin Cook (12)	Jackson Co Central	16:17.2
9. Brenden Skime (12)	Thief River Falls	16:17.9
10. Oj Ojullu (12)	Worthington	16:20.3

Area runners:

19. Andrew Coop (12)	Mora	16:37.2
24. Charlie Lawrence (10)	Foley	16:40.3
48. Dan Taylor (11)	Rush City	17:16.0

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2010

Name	Gr	Year	Millaca	Pine City	N. Branch	Pierz	Millaca Mega
Megan Miesner	11	2010	17:18 (4k)	17:01 (4k)	16:35 (4k)	17:07 (4k)	16:35 (4k)
	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	10	2010	18:10 (4k)	17:44 (4k)	16:59 (4k)	17:23 (4k)	16:35 (4k)
	9	2009	13:01 (2.95k)	19:01 (4k)	18:40 (4k)	18:14 (4k)	17:09 (4k)
Morgan Richardson	10	2010	20:49 (4k)	20:11 (4k)	19:28 (4k)	21:01 (4k)	19:18 (4k)
	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)
Greta Foster	10	2010	22:09 (4k)	20:24 (4k)	20:07 (4k)	20:24 (4k)	DNR
Sherry Rike	10	2010	20:00 (4k)	18:07 (4k)	17:41 (4k)	18:53 (4k)	17:51 (4k)
	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	9	2010	21:04 (4k)	19:50 (4k)	19:35 (4k)	20:14 (4k)	19:23 (4k)
	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)
Jordan Vaudrin	9	2010	22:00 (4k)	20:25 (4k)	19:42 (4k)	21:20 (4k)	19:26 (4k)
Gillian Kolling	8	2010	15:40 (2.9 k)				
	7	2009	9:14 (2k)	9:23 (2k)	9:57 (2k)	15:16 (3.2k)	15:05 (3.2k)
Kaylyn Utecht	8	2010					
Jackie Westernen	8	2010	14:02 (2.9 k)				
	7	2009	9:41 (2k)	10:12 (2k)	10:12 (2k)	16:34 (3.2k)	15:45 (3.2k)
Allison Gusk	7	2010	13:43 (2.9 k)				
Jordan Kotek	7	2010					
Tiffany Schmidt	7	2010	21:04 (2.9 k)				

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2010

Becker	Swain	Conference	Princeton	Section	State	PB	Average
16:30 (4k)		PC-16:53 (4k)	16:25 (4k)	Pierz - 16:24		16:24	16:45
		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)
16:35 (4k)		PC-16:39 (4k)	16:42 (4k)	Pierz - 16:02		16:02	16:59
		PC-17:17 (4k)	16:59 (4k)	Pierz - 16:43		16:43	17:43
19:24 (4k)		PC-19:27 (4k)	18:53 (4k)	Pierz - 20:17		18:53	19:52
		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
19:46 (4k)		DNR	DNR			19:46	20:34
17:44 (4k)		PC-17:08 (4k)	DNR	Pierz -17:19		17:08	18:05
		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
19:50 (4k)		PC-20:50 (4k)	19:03 (4k)			19:03	19:59
		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)
20:33 (4k)		PC-20:06 (4k)	19:22 (4k)			19:22	20:22
20:36 (4k)		PC-9:04 (2k)	14:26 (3k)			20:36	9:45 (2k)
		PC-9:20 (2k)	20:24 (4k)	Pierz - 19:36		19:36	9:28 (2k)
20:31 (4k)		PC-9:15 (2k)	14:38 (3k)			9:15 (2k)	9:46 (2k)
19:07 (4k)		PC-18:41 (4k)	18:03 (4k)	Pierz - 18:10		18:03	18:30 (4k)
		PC-9:32 (2k)	20:49 (4k)			9:32 (2k)	9:54 (2k)
19:25 (4k)		PC-18:57 (4k)	18:38 (4k)	Pierz - 18:15		18:15	18:49 (4k)
18:30 (4k)		PC-17:46 (4k)	17:21 (4k)	Pierz - 16:56		16:56	17:38 (4k)
18:31 (3.2k)		PC-9:56 (2k)	15:22 (3k)			9:56 (2k)	10:31 (2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2010

Name	Gr	Year	Milaca	Pine City	N Branch	Pierz	Milaca Mega	Becker
Nick Bremer	12	2010	21:36 (5k)	19:23 (5k)	19:13 (5k)	DNR	DNR	19:07 (5k)
	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	12	2010	19:47 (5k)	18:34 (5k)	18:44 (5k)	18:43 (5k)	DNR	18:48 (5k)
	11	2009	19:51 (5k)	19:54 (5k)	19:56 (5k)	20:20 (5k)	19:53 (5k)	
Jacob Guttormson	12	2010	19:59 (5k)	19:47 (5k)	19:28 (5k)	19:43 (5k)	19:10 (5k)	19:09 (5k)
	10	2008	22:24 (5k)	22:15 (5k)	21:45 (5k)	DNR	21:08 (5k)	21:32 (5k)
	9	2007		22:19 (5k)	20:47 (5k)	21:29 (5k)	20:50 (5k)	21:51 (5k)
	8	2006	8:22 (2k)	8:17 (2k)	8:19 (2k)	13:26 (3.2k)	13:13 (3.2k)	12:57 (3.2k)
	7	2005		9:12 (2k)	8:55 (2k)	14:43 (3.2k)		
Cody Hanson	12	2010	17:53 (5k)	17:33 (5k)	17:30 (5k)	17:37 (5k)	17:10 (5k)	17:29 (5k)
	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	12	2010	25:42 (5k)	23:42 (5k)	22:39 (5k)	23:49 (5k)	22:01 (5k)	22:19 (5k)
	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)		
Joe Wolf	11	2010	26:46 (5k)	24:24 (5k)	23:41 (5k)	23:26 (5k)	22:32 (5k)	24:52 (5k)
	10	2009		27:30 (5k)	26:24 (5k)	25:51 (5k)	26:30 (5k)	
	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)
Christian Miche'	10	2010	30:01 (5k)	26:33 (5k)	23:59 (5k)	23:34 (5k)	22:10 (5k)	21:44 (5k)
	7	2007					21:45 (3.2k)	DNF
Chris Maki	9	2010		20:18 (5k)	19:04 (5k)	19:21 (5k)	18:38 (5k)	19:04 (5k)
	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	9	2010	27:30 (5k)	DNR	23:54 (5k)	26:35 (5k)	24:51 (5k)	24:18 (5k)
	8	2009	9:17 (2k)	10:28 (2k)	10:01 (2k)	17:00 (3.2k)	10:17 (2.5k)	
Anthony Olson	9	2010	32:32 (5k)	28:30 (5k)	26:59 (5k)	28:15 (5k)	26:25 (5k)	25:47 (5k)
	8	2009			11:34 (2k)	21:38 (3.2k)	12:45 (2.5k)	
Paul Skalicky	9	2010	22:53 (5k)	21:48 (5k)	21:13 (5k)	21:25 (5k)	21:05 (5k)	20:52 (5k)
	8	2009	8:17 (2k)	8:17 (2k)	8:21 (2k)	DNR	9:10 (2.5k)	
Russ Westeren	9	2010	22:01 (5k)	21:30 (5k)	20:52 (5k)	21:24 (5k)	20:32 (5k)	20:46 (5k)
	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)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2010

Swain	Conference	Princeton	Section	State	PB	Average
	PC-18:49 (5k)	18:42 (5k)	Pierz - 18:15		18:15	19:15
	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-18:27 (5k)	18:35 (5k)	Pierz - 18:33		18:27	18:46
	PC-19:17 (5k)	19:31 (5k)	Pierz - 19:23		19:17	19:45
	PC-19:13 (5k)	DNR	Pierz - 19:16		19:09	19:28
17:06 (4k)	PC-21:11 (5k)	20:35 (5k)			20:35	21:37 (5k)
17:30 (4k)	PC-21:03 (5k)	21:20 (5k)			20:47	21:23 (5k)
10:48 (2.5k)	PC-8:00 (2k)				8:00 (2k)	8:14 (2K)
11:31 (2.5k)	PC-8:21 (2k)				8:21 (2k)	8:58 (2k)
	PC-17:20 (5k)	17:07 (5k)	Pierz - 17:05	16:53	16:53	17:22
	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-22:14 (5k)	21:38 (5k)	Pierz - 21:37		21:37	22:51
	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)
	DNR	DNR			22:32	24:17
	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)
	PC-21:40 (5k)	20:09 (5k)	Pierz - 19:36		19:36	21:48
18:45 (2.5k)	PC-12:57 (2k)	21:59 (3k)			12:57 (2k)	
	PC-19:05 (5k)	19:33 (5k)			18:38	19:18
	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-23:27 (5k)	22:21 (5k)			22:21	24:47
	PC-9:32 (2k)	14:58 (3k)			9:17 (2k)	9:49 (2k)
	PC-26:29 (5k)	25:34 (5k)			1:34	3:34
	PC-10:51 (2k)	18:26 (3k)			10:51 (2k)	11:12 (2k)
	PC-20:52 (5k)	21:20 (5k)	Pierz - 20:35		20:35	21:30
	PC-8:35 (2k)	13:13 (3k)			8:17 (2k)	8:22 (2k)
	PC-20:11 (5k)	20:28 (5k)			20:11	20:58
	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)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2010

Name	Gr	Year	Milaca	Pine City	N Branch	Pierz	Milaca Mega	Becker
TJ Gross	8	2010	14:30 (2.9k)	8:09 (2k)	8:12 (2k)	13:50 (3.2k)	DNR	13:49 (3.2k)
	7	2009	8:19 (2k)	8:49 (2k)	8:20 (2k)	13:50 (3.2k)	14:16 (3.2k)	
Nick Kehren	8	2010	14:08 (2.9k)	8:50 (2k)	9:00 (2k)	14:59 (3.2k)	DNR	15:11 (3.2k)
	7	2009			9:03 (2k)	14:35 (3.2k)	DNR	
Jared Montague	8	2010	15:33 (2.9k)	9:25 (2k)	9:16 (2k)	16:10 (3.2k)	15:15 (3.2k)	15:15 (3.2k)
	7	2009		10:43 (2k)	11:14 (2k)	17:20 (3.2k)	16:54 (3.2k)	
Tony Pitzen	8	2010	14:05 (2.9k)	8:49 (2k)	8:46 (2k)	14:46 (3.2k)	14:12 (3.2k)	14:48 (3.2k)
	7	2009	9:06 (2k)	8:54 (2k)	9:32 (2k)	15:52 (3.2k)	14:13 (3.2k)	
James Pixley	8	2010	14:08 (2.9k)	8:56 (2k)	8:30 (2k)	14:36 (3.2k)	14:24 (3.2k)	14:55 (3.2k)
	7	2009	9:06 (2k)	9:03 (2k)	9:20 (2k)	15:37 (3.2k)	14:09 (3.2k)	
Mathew Scott	8	2010		9:20 (2k)	9:13 (2k)	15:39 (3.2k)	14:55 (3.2k)	14:42 (3.2k)
Jonah Spahr	8	2010	14:32 (2.9k)	8:51 (2k)	8:40 (2k)	14:54 (3.2k)	14:23 (3.2k)	14:58 (3.2k)
	7	2009	9:54 (2k)	DNR	10:18 (2k)	DNR	16:46 (3.2k)	
Aaron Brown	7	2010		8:55 (2k)	9:20 (2k)	14:35 (3.2k)	14:24 (3.2k)	15:25 (3.2k)
Gunnar Nilsson	7	2010	13:15 (2.9k)	8:28 (2k)	8:21 (2k)	13:17 (3.2k)	13:14 (3.2k)	13:35 (3.2k)
Kyle Peters	7	2010	23:50 (2.9k)	9:22 (2k)	9:07 (2k)	16:39 (3.2k)	15:45 (3.2k)	16:20 (3.2k)
Danny Pitzen	7	2010	12:42 (2.9k)	8:27 (2k)	8:26 (2k)	13:35 (3.2k)	13:21 (3.2k)	13:23 (3.2k)
Victor Rogers	7	2010	23:14 (2.9k)	10:48 (2k)	11:11 (2k)	17:40 (3.2k)	DNR	18:11 (3.2k)
Nolen Yehlik	7	2010	14:48 (2.9k)	8:47 (2k)	8:40 (2k)	14:18 (3.2k)	14:03 (3.2k)	14:26 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2010

Swain	Conference	Princeton	Section	State	PB	Average
	PC-8:08 (2k)	12:47 (3k)			8:08 (2k)	8:10 (2k)
	PC-8:13 (2k)	12:34 (3k)			8:13 (2k)	8:25 (2k)
	PC-8:18 (2k)	12:40 (3k)			8:18 (2k)	8:43 (2k)
	PC-8:44 (2k)	13:12 (3k)			8:44 (2k)	8:53 (2k)
	PC-8:34 (2k)	13:37 (3k)			8:34 (2k)	9:05 (2k)
	PC-10:32 (2k)	16:06 (3k)			10:32 (2k)	10:50 (2k)
	PC-8:17 (2k)	12:51 (3k)			8:17 (2k)	8:37 (2k)
	PC-8:48 (2k)	14:13 (3k)			8:48 (2k)	9:05 (2k)
	PC-8:17 (2k)	13:24 (3k)			8:17 (2k)	8:34 (2k)
	PC-8:38 (2k)	13:23 (3k)			8:38 (2k)	9:02 (2k)
	PC-8:37 (2k)	13:02 (3k)			8:37 (2k)	9:03 (2k)
	PC-8:19 (2k)	13:20 (3k)			8:19 (2k)	8:37 (2k)
	PC-9:23 (2k)	15:15 (3k)			9:23 (2k)	9:52 (2k)
	PC-8:44 (2k)	13:55 (3k)			8:44 (2k)	9:00 (2k)
	PC-7:55 (2k)	12:28 (3k)			7:55 (2k)	8:15 (2k)
	PC-9:09 (2k)	16:23 (3k)			9:07 (2k)	9:13 (2k)
	PC-7:54 (2k)	12:12 (3k)			7:54 (2k)	8:16 (2k)
	PC-9:40 (2k)	16:36 (3k)			9:40 (2k)	10:33 (2k)
	PC-8:30 (2k)	13:19 (3k)			8:30 (2k)	8:39 (2k)

AVERAGE MILE TIMES AT MEETS - 2010

	PB - 2009	Milaca	Pine City	North Branch	Pierz	Milaca Mega
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Nick Bremer-12	6:02	6:58	6:15	6:11		
John Dedic	6:13	6:22	5:59	6:02	6:02	
Jake Guttormson		6:26	6:22	6:16	6:21	6:10
Cody Hanson	5:44	5:46	5:39	5:38	5:40	5:32
Thomas Pitzen	6:21	8:17	7:38	7:18	7:40	7:06
Joe Wolf-11	7:56	8:38	7:52	7:38	7:33	7:16
Christian Miche'-10		9:40	8:33	7:44	7:32	7:09
Chris Maki -9			6:32	6:09	6:14	6:00
Nolan Montague		8:52		7:42	8:34	8:00
Anthony Olson		10:29	9:11	8:42	9:06	8:31
Paul Skalicky		7:22	7:01	6:50	6:54	6:48
Russ Westernen		7:06	6:56	6:43	6:57	6:37
	2000 m	2000 m	2000 m	2000 m	3200 m	3200 m
TJ Gross-8	6:34	8:02	6:31	6:33	6:59	
Nick Kehren	6:59	7:51	7:04	7:12	7:34	
Jared Montague	8:02	8:38	7:32	7:24	8:09	7:42
Tony Pitzen	7:02	7:49	7:03	7:00	7:27	7:10
James Pixley	6:54	7:51	7:07	6:47	7:22	7:16
Matthew Scott			7:28	7:22	7:54	7:32
Jonah Spahr	7:30	8:03	7:04	6:55	7:31	7:15
Aaron Brown - 7			7:07	7:28	7:21	7:16
Gunnar Nilsson		7:21	6:46	6:40	6:42	6:41
Kyle Peters		13:14	7:29	7:17	8:24	7:57
Danny Pitzen		7:03	6:45	6:44	6:51	6:44
Victor Rogers		12:54	8:38	8:56	8:55	
Nolen Yehlik		8:13	7:01	6:55	7:13	7:05
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Megan Miesner - 11	6:55	6:55	6:48	6:37	6:50	6:37
Abby Cummins - 10	6:41	7:16	7:05	6:47	6:57	6:37
Greta Foster		8:51	8:09	8:02	8:09	
Morgan Richardson	7:39	8:19	8:04	7:47	8:24	7:43
Sherry Rike	6:34	8:00	7:14	7:04	7:33	7:08
Brenna Richardson-9	7:46	8:25	7:55	7:49	8:05	7:45
Jordan Vaudrin		8:47	8:09	7:52	8:31	7:46
Gillian Kolling - 8	7:50					
Kaylyn Utecht	8:23					
Jackie Westernen						
Allison Gusk - 7						
Jordan Kotek						
	2000 m	2900 m	2000 m	2000 m	3200 m	3200 m
Gillian Kolling - 8	7:23	8:42	8:13	7:55	8:44	
Kaylyn Utecht			8:21	7:41		7:45
Jackie Westernen	7:37	7:47	7:20	7:26	7:43	7:28
Allison Gusk - 7		7:36	6:59	7:02		7:19
Jordan Kotek			6:32	6:43	7:02	6:47
Tffany Schmidt		11:41	8:52	8:24	9:15	

AVERAGE MILE TIMES AT MEETS - 2010

Becker 5000 m	Conference 5000 m	Princeton 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
6:09	6:04	6:02	5:53		6:13
6:03	5:57	5:59	5:59		6:03
6:10	6:11		6:12		6:16
5:38	5:35	5:31	5:30	5:26	5:35
7:11	7:10	6:58	6:58		7:20
8:00					7:50
7:04	6:59	6:29	6:19		7:30
6:08	6:09	6:18			6:13
7:50	7:33	7:12			7:58
8:18	8:32	8:14			8:53
6:43	6:43	6:52	6:38		6:50
6:41	6:30	6:36			6:46
3200 m	2000 m	3000 m			
6:56	6:30	6:51			6:55
7:38	6:38	6:47			7:15
7:40	6:51	7:17			7:39
7:26	6:37	6:53			7:11
7:30	6:36	7:11			7:13
7:24	6:53	6:59			7:22
7:31	6:39	7:08			7:15
7:45	6:59	7:27			7:20
6:49	6:19	6:41			6:32
8:12	7:19	8:47			8:35
6:44	6:19	6:32			6:43
9:08	7:43	8:54			9:18
7:16	6:47	7:08			7:12
4000 m	4000 m	4000 m	4000 m		4000 m
6:38	6:45	6:37	6:33		6:42
6:40	6:39	6:43	6:24		6:48
7:57					8:14
7:48	7:46	7:36	8:06		7:57
7:08	6:51		6:55		7:14
7:59	8:19	7:40			7:59
8:16	8:02	7:48			8:09
8:17					8:17
8:15					8:15
7:41	7:28	7:16	7:16		7:25
7:49	7:34	7:30	7:17		7:33
7:26	7:06	6:59	6:46		7:04
3200 m	2000 m	3000 m			
	7:15	7:45			8:06
	7:24	7:51			7:48
					7:33
					7:14
					6:46
9:19	7:56	8:14			9:09

TEAM POSITIONS AT MEETS - 2010

	Milaca 5000 m	Pine City 5000 m	North Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m
Nick Bremer-12	4	3	4		
John Dedic	2	2	2	2	
Jake Guttormson	3	4	5	4	3
Cody Hanson	1	1	1	1	1
Thomas Pitzen	7	8	8	9	6
Joe Wolf-11	8	9	9	8	8
Christian Miche'-10	10	10	11	7	7
Chris Maki -9		5	3	3	2
Nolan Montague	9		10	10	9
Anthony Olson	11	11	12	11	10
Paul Skalicky	6	7	7	5	5
Russ Westernen	5	6	6	6	4
	2000 m	2000 m	2000 m	3200 m	3200 m
TJ Gross-8	6	1	1	3	
Nick Kehren	4	6	8	9	
Jared Montague	9	12	11	11	9
Tony Pitzen	3	5	7	7	4
James Pixley	5	9	4	6	7
Matthew Scott		10	10	10	8
Jonah Spahr	7	7	5	8	5
Aaron Brown - 7		8	12	5	6
Gunnar Nilsson	2	3	2	1	1
Kyle Peters	12	11	9	12	10
Danny Pitzen	1	2	3	2	2
Victor Rogers	11	13	13	13	
Nolen Yehlik	8	4	6	4	3
	4000 m	4000 m	4000 m	4000 m	4000 m
Megan Miesner - 11	1	1	1	1	1
Abby Cummins - 10	2	2	2	2	2
Greta Foster	7	6	7	5	
Morgan Richardson	4	5	4	6	4
Sherry Rike	3	3	3	3	3
Brenna Richardson-9	5	4	5	4	5
Jordan Vaudrin	6	7	6	7	6
Gillian Kolling - 8					
Kaylyn Utecht					
Jackie Westernen					
Allison Gusk - 7					
Jordan Kotek					
	2000 m	2000 m	2000 m	3200 m	3200 m
Gillian Kolling - 8	3	4	5	3	
Kaylyn Utecht		5	4		4
Jackie Westernen	2	3	3	2	3
Allison Gusk - 7	1	2	2		2
Jordan Kotek		1	1	1	1
Tffany Schmidt	4	6	6	4	

TEAM POSITIONS AT MEETS - 2010

Becker 5000 m	Conference 5000 m	Princeton 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
4	3	3	2		3.29
2	2	2	3		2.13
5	5		4		4.13
1	1	1	1	1	1.00
9	9	8	7		7.89
11					8.83
8	8	5	5		7.89
3	4	4			3.43
10	10	9			9.57
12	11	10			11.00
7	7	7	6		6.33
6	6	6			5.63
3200 m	2000 m	3000 m			
3	3	4			3.00
9	6	3			6.43
10	9	11			10.25
6	5	5			5.25
7	4	10			6.50
5	10	6			8.43
8	7	8			6.88
11	11	12			9.29
2	2	2			1.88
12	12	13			11.38
1	1	1			1.63
13	13	14			12.86
4	8	7			5.50
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
1	2	1	2		1.22
2	1	2	1		1.78
8					6.60
6	7	6	7		5.44
3	3		4		3.13
9	9	7			6.00
11	8	8			7.38
12					12.00
10					10.00
5	5	4	5		4.75
7	6	5	6		6.00
4	4	3	3		3.50
3200 m	2000 m	3000 m			
	1	1			2.83
	2	2			3.40
					2.60
					1.75
					1.00
1	3	3			3.86

PLACE FINISHES AT MEETS - 2010

	Milaca 5000 m	Pine City 5000 m	North Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m
Nick Bremer-12	14 jv	21	10		
John Dedic	38	11	6	28	
Jake Guttormson	43	31	12	57	82
Cody Hanson	9	5	2	5	9
Thomas Pitzen	105	55	38	102	134
Joe Wolf-11	107	35 jv	44	69 jv	140
Christian Miche'-10	158 jv	42 jv	49	67 jv	135
Chris Maki -9		1 jv	7	43	17-9th gr
Nolan Montague	132 jv		48	101 jv	91-9th gr
Anthony Olson	164 jv	44 jv	56	104 jv	206-9th gr
Paul Skalicky	92	49	28	87	92-9th gr
Russ Westernen	83	44	27	91	69-9th gr
	2900 m	2000 m	2000 m	3200 m	3200 m
TJ Gross-8	49	11	5	45	
Nick Kehren	37	31	19	83	
Jared Montague	72	48	23	113	141
Tony Pitzen	35	30	17	75	102
James Pixley	38	36	11	70	113
Matthew Scott		45	22	102	129
Jonah Spahr	50	32	15	81	111
Aaron Brown - 7		35	24	69	71
Gunnar Nilsson	17	17	6	32	28
Kyle Peters	99	46	20	120	127
Danny Pitzen	11	16	9	37	32
Victor Rogers	98	57	29	125	
Nolen Yehlik	57	27	16	61	56
	4000 m	4000 m	4000 m	4000 m	4000 m
Megan Miesner - 11	18	8	2	28	42
Abby Cummins - 10	39	17	6	38	43
Greta Foster	110	45	34	80	
Morgan Richardson	88	43	27	54	117
Sherry Rike	72	27	10	65	84
Brenna Richardson-9	93	42	28	79	119
Jordan Vaudrin	104	46	29	88	120
Gillian Kolling - 8					
Kaylyn Utecht					
Jackie Westernen					
Allison Gusk - 7					
Jordan Kotek					
	2900 m	2000 m	2000 m	3200 m	3200 m
Gillian Kolling - 8	45	24	11	75	
Kaylyn Utecht		27	8		69
Jackie Westernen	12	12	6	35	55
Allison Gusk - 7	8	7	5		23
Jordan Kotek		2	2	8	4
Tffany Schmidt	91	36	12	85	

PLACE FINISHES AT MEETS - 2010

Becker 5000 m	Conference 5000 m	Princeton 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
17	6	40	27		20.2
16	4	38	35		22.0
18	11		60		39.3
5	1	4	6	31	7.7
42	3 jv	85	127		86.0
53 jv					97.0
25 jv	1 jv	68	69		58.6 jv
4 jv	9	60			29.8
49 jv	8 jv	55 jv			69.0 jv
55 jv	12 jv	78 jv			76.2 jv
36	17	82	107		62.3
34	12	73			52.0
3200 m	2000 m	3000 m			
11	8	16			20.7
25	14	14			31.9
26	18	33			59.3
20	13	17			38.6
22	12	29			41.4
19	19	19			50.7
23	15	27			44.3
28	20	37			40.6
10	5	12			15.9
31	21	46			63.8
7	4	7			15.4
36	23	47			59.3
14	17	25			34.1
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
4	2	5	19		14.2
5	1	10	12		19.0
29					59.6
28	27	68	121		63.7
16	4		45		40.4
31	3 jv	73			66.4
32	1 jv	76			70.7
23 jv					23 jv
22 jv					22 jv
13 jv	21	52	76		49.7
17 jv	23	64	78		55.0
6 jv	14	27	36		25.7
3200 m	2000 m	3000 m			
	4	9			28.0
	5	13			24.4
					24.0
					10.8
					4.0
31	9	18			40.3

TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>MILACA</u>			<u>PINE CITY</u>			<u>NORTH BRANCH</u>			<u>PIERZ</u>		
17:18	Megan Miesner	2010	17:01	Megan Miesner	2010	16:19	Emily Branzovsky	2004	16:34	Emily Branzovsky	2003
17:46	Kim Connaker	2000	17:04	Emily Branzovsky	2003	16:24	Emily Branzovsky	2003	17:00	Emily Branzovsky	2004
17:52	Miki Anderson	2000	17:09	Meleia Johnson	2002	16:35	Megan Miesner	2010	17:07	Megan Miesner	2010
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	Abby Cummins	2010	17:21	Kim Connaker	2000
18:10	Abby Cummins	2010	17:30	Jenna Fore	2002	16:59	Meleia Johnson	2003	17:23	Abby Cummins	2010
18:17	Meleia Johnson	2000	17:36	Sherry Rike	2009	17:00	Meleia Johnson	2002	17:35	Sherry Rike	2009
18:20	Heidi Larsen	2000	17:46	Amy Johnson	1995	17:05	Jacki Gregoire	2001	17:40	Jacki Gregoire	2004
18:23	Jacki Gregoire	2005	17:55	Jacki Gregoire	2002	17:09	Jenna Fore	2002	17:43	Jacki Gregoire	2003
18:26	Emily Branzovsky	2007	17:57	Kim Connaker	2000	17:21	Heidi Larsen	1998	17:47	Rebecca Craighead	2001
<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	16:31	Megan Miesner	2010	16:26	Sherry Rike	2009 PC	16:02	Abby Cummins	2010 PZ
18:20	Jacki Gregoire	2005	16:36	Abby Cummins	2010	16:34	Emily Branzovsky	2004 PR	16:16	Jacki Gregoire	2002 BK
18:26	Amy Johnson	1995	16:50	Jacki Gregoire	2003	16:39	Abby Cummins	2010 PC	16:24	Megan Miesner	2010 PZ
18:35	Amy Johnson	1994	17:04	Jenna Fore	2002	16:53	Megan Miesner	2010 PC	16:29	Emily Branzovsky	2004 CL
18:47	Bree Fischer	1994	17:08	Jenna Fore	2003	16:45	Jenna Fore	2001 NB	16:35	Jacki Gregoire	2000 BK
18:56	Becky Haavisto	1996	17:14	Jacki Gregoire	2002	16:53	Kim Connaker	2000 FO	16:37	Jenna Fore	2002 BK
19:01	Megan Miesner	2008	17:39	Megan Miesner	2008	16:53	Meleia Johnson	2002 PC	16:40	Emily Branzovsky	2002 BK
19:02	Bree Fischer	1996	17:44	Megan Miesner	2007	16:56	Jacki Gregoire	2001 NB	16:43	Abby Cummins	2009 PZ
19:03	Hannah Espeseth	2006	17:45	Sherry Rike	2010	16:58	Jacki Gregoire	2004 PR	16:43	Jacki Gregoire	2004 CL
<u>PRINCETON</u>			<u>MILACA MEGA</u>			<u>STATE</u>			<u>ALL-TIME BESTS</u>		
16:25	Megan Miesner	2010	16:36	Megan Miesner	2010	15:50	Emily Branzovsky	2003	15:45	Emily Branzovsky	2003 SECT
16:42	Abby Cummins	2010	16:36	Abby Cummins	2010				15:50	Emily Branzovsky	2003 STA
16:58	Sherry Rike	2009	16:48	Sherry Rike	2009				16:02	Abby Cummins	2010 SECT
16:59	Abby Cummins	2009	17:09	Abby Cummins	2009				16:16	Jacki Gregoire	2002 SECT
17:20	Megan Miesner	2008	17:40	Megan Miesner	2009				16:19	Emily Branzovsky	2004 NB
17:21	Jordan Kotek	2010	17:51	Sherry Rike	2010				16:24	Megan Miesner	2010 SECT
17:31	Megan Miesner	2007	18:03	Kendra Motyl	2008				16:25	Megan Miesner	2010 PRIN
17:36	Sherry Rike	2008	18:05	Megan Miesner	2008				16:25	Emily Branzovsky	2003 CONF
17:38	Megan Miesner	2009	18:23	Kendra Motyl	2007				16:26	Sherry Rike	2009 CONF
17:50	Etta Clementson	2008	18:41	Etta Clementson	2006				16:29	Emily Branzovsky	2004 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
17:53	Cody Hanson	2010	17:16	Zach Swanson	2008	17:22	Trevor McNally	2006	17:14	Zach Swanson	2008
18:03	Dan Pangerl	1998	17:21	Jared Clementson	2003	17:30	Cody Hanson	2010	17:14	Jared Clementson	2002
18:10	David Hambly	2007	17:28	Jared Clementson	2002	17:33	Zach Swanson	2008	17:20	Tom Miche'	2005
18:15	Trevor McNally	2007	17:33	Cody Hanson	2010	17:36	Ryan Hammill	2000	17:30	Jared Clementson	2001
18:20	David Hambly	2006	17:53	Clay Fischer	2005	17:41	Jared Clementson	2000	17:33	Trevor McNally	2004
18:26	David Hansen	2001	17:56	Tom Miche'	2006	17:44	Chris Lutz	2002	17:34	Ryan Hammill	2000
18:37	Andrew Lutz	2007	17:58	Jared Clementson	2001	17:44	David Hambly	2007	17:34	David Hansen	2001
18:40	Clay Fischer	2007	18:02	Chris Lutz	2002	17:48	David Hansen	2001	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	17:20	Cody Hanson	2010 PC	17:03	Trevor McNally	2005 CL
18:23	Tom Miche'	2005	17:18	David Hambly	2006	17:26	Jared Clementson	2002 PC	17:03	Trevor McNally	2007 PZ
18:26	David Hambly	2006	17:30	Cody Hanson	2010	17:28	Zach Swanson	2008 PC	17:04	Trevor McNally	2006 CL
18:31	Trevor McNally	2007	17:33	Tom Miche'	2006	17:28	Trevor McNally	2005 PC	17:05	Cody Hanson	2010 PZ
18:48	John Hansen	1997	17:35	David Hambly	2007	17:35	Tom Miche'	2005 PC	17:05	Tom Miche'	2004 CL
19:00	David Hambly	2007	17:48	Trevor McNally	2007	17:35	Trevor McNally	2007 PC	17:10	Tom Miche'	2005 CL
19:06	Clay Fischer	2005	17:49	Jared Clementson	2002	17:36	Ryan Hammill	1999 ML	17:17	Zach Swanson	2007 PZ
19:07	Clay Fischer	2007	17:52	Zach Swanson	2007	17:37	Ryan Hammill	2000 FO	17:25	Jared Clementson	2000 BK
<u>PRINCETON</u>			<u>MILACA MEGA</u>			<u>STATE</u>			<u>ALL-TIME BESTS</u>		
17:07	Cody Hanson	2010	17:06	Zach Swanson	2008	16:32	Trevor McNally	2006	16:20	Jared Clementson	2002 SECT
17:19	Zach Swanson	2008	17:11	Cody Hanson	2010	16:49	Jared Clementson	2003	16:31	Jared Clementson	2003 BL-BK
17:49	Cody Hanson	2009	17:59	Zach Swanson	2007	16:50	Tom Miche'	2006	16:32	Trevor McNally	2006 STA
17:51	Zach Swanson	2007	18:10	Cody Hanson	2009	16:53	Cody Hanson	2010	16:37	Jared Clementson	2001 FOL
18:19	Dallas Hansen	2008	18:25	Dallas Hansen	2008	16:55	Trevor McNally	2005	16:39	Jared Clementson	2003 CONF
18:35	John Dedic	2010	18:37	Dallas Hansen	2007	16:55	Trevor McNally	2007	16:49	Jared Clementson	2003 STA
18:42	Nick Bremer	2010	18:38	Chris Maki	2010	17:00	Tom Miche'	2005	16:50	Tom Miche'	2006 STA
18:52	Dallas Hansen	2007	19:11	Jacob Guttormson	2010	17:01	Jared Clementson	2002	16:53	Cody Hanson	2010 STA
18:56	Cody Hanson	2008	19:53	John Dedic	2009	17:05	David Hambly	2006	16:54	Zach Swanson	2008 BKR
19:02	Nick Bremer	2009	19:59	Joey Emslander	2008	17:05	David Hambly	2007	16:55	Trevor McNally	2005 STA

"Gold medals aren't
really made of gold.

They're made of
sweat,
determination,
and a hard-to-find
alloy called guts."

-Dan Gable

TOP 10 FIRST PLACE FINISHERS

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
Nikki Roach	Hermantown	2010	16:09
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

Pine City Best:

Megan Miesner	Pine City	2010	17:01
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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
Abby Cummins	Pine City	2010	16:39

Pine City Best:

Sherry Rike	Pine City	2009	16:26
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PINE CITY INVITATIONAL

Chris Anderson	Chisago Lakes	1995	15:50
Austin Bauer	Milaca	2009	16:40
Charlie Lawrence	Foley	2010	16:49
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

Pine City Best:

Trevor McNally	Pine City	2006	17:14
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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
Cody Hanson	Pine City	2010	17:20
Jared Clementson	Pine City	2002	17:26
Zach Swanson	Pine City	2008	17:28

Pine City Best:

Trevor McNally	Pine City	2006	17:15
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"Pain is only
temporary,
Pride is forever,
Pain passes with
time and
Time passes,
therefore
Pain is just a
strain on the Brain
without Refrain,
and that's why
Cross Country
runners are Insane."

TOTAL MILES - 2010

1	Cody Hanson	301.4
2	Jacob Guttormson	258.7
3	Nick Bremer	242.8
4	Christian Miche'	240.5
5	Sherry Rike	232.3
6	Jordan Vaudrin	230.1
7	Thomas Pitzen	227.9
8	Megan Miesner	227.5
9	Abby Cummins	227.4
10	Brenna Richardson	224.9
11	John Dedic	224.6
12	Chris Maki	222.1
13	Morgan Richardson	221.9
14	Paul Skalicky	220.3
15	Russ Westernen	218.7
16	Anthony Olson	205.2
17	Nolan Montague	195.7
18	Joe Wolf	188.4
19	Allison Gusk	177.9
20	Tony Pitzen	172.9
21	Danny Pitzen	172.3
22	Jonah Spahr	172.1
23	Nick Kehren	169.6
24	Kyle Peters	167.4
25	Gunnar Nilsson	166.4
26	James Pixley	164.9
27	Nolen Yehlik	161.8
28	Jackie Westernen	160.9
29	TJ Gross	159.7
30	Jared Montague	156.4
31	Jordan Kotek	154.3
32	Gillian Kolling	151.6
33	Kaylyn Utecht	151.1
34	Tiffany Schmidt	150.2
35	Matthew Scott	148.9
36	Greta Foster	148.1
37	Victor Rogers	133.1
38	Aaron Brown	129.3
39	Robert Pigeon	40.9
40	Seth Thornton	36.7

Run hard,

be strong,

think big!

Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed.

Every morning in Africa, a lion wakes up. It knows that it must run faster than the slowest gazelle, or it will starve.

It doesn't matter whether you're a lion or a gazelle when the sun comes up you'd better be running.

(But, unless you're a runner, you won't understand.)

Anonymous

2010 BESTS - 500/1000's

	2010	2010	2009	2009	2008	2008
	500	1000	500	1000	500	1000
Nick Bremer - 12	1:27	3:14	1:26	3:17	1:30	3:37
John Dedic	1:19	3:03	1:29	3:29		
Jacob Guttormson	1:25	3:22			1:41	3:54
Cody Hanson	1:19	3:02	1:26	3:05	1:44	3:46
Thomas Pitzen	1:42	3:52	1:35	3:38		
Joe Wolf - 11	1:54	4:19	2:00	4:31	2:02	4:27
Christian Miche' - 10	1:37	3:50				
Chris Maki - 9	1:38	3:32	1:46	4:06	2:09	5:00
Nolan Montague	1:50	4:17	2:08	4:54		
Anthony Olson	1:58	4:25	2:12	5:53		
Paul Skalicky	1:27	3:51	1:48	4:27		
Russ Westernen	1:40	3:39	1:47	4:06	2:07	4:48
TJ Gross - 8	1:37	3:48	1:46	4:02		
Nick Kehren	2:04	4:49	2:04	4:18		
Jared Montague	1:54	4:47	2:12	5:45		
Tony Pitzen	1:44	4:17	1:51	4:28		
James Pixley	1:52	4:19	1:53	4:33		
Matthew Scott	1:46	4:33				
Jonah Spahr	1:49	4:15	2:05	4:39		
Seth Thornton	1:46	4:58				
Aaron Brown - 7	1:52	4:08				
Gunnar Nilsson	1:46	4:09				
Kyle Peters	2:07	4:35				
Robert Pigeon	2:16	4:51				
Danny Pitzen	1:39	3:51				
Victor Rogers	2:11	5:19				
Nolen Yehlik	1:42	4:02				
Megan Miesner - 11	1:34	3:40	1:52	4:05	1:45	4:06
Abby Cummins - 10	1:43	3:52	1:55	4:09		
Greta Foster	2:17	4:28				
Morgan Richardson	1:49	4:09	2:03	4:19	1:53	4:34
Sherry Rike	1:38	3:46	1:38	3:41	1:42	4:33
Brenna Richardson - 9	1:59	4:19	1:59	4:12	2:19	5:11
Jordan Vaudrin	1:58	4:23				
Gillian Kolling - 8	1:54	4:22	1:54	4:22		
Kaylyn Utecht	1:56	4:24				
Jackie Westernen	1:52	4:16	1:57	4:32		
Allison Gusk - 7	1:47	4:16				
Jordan Kotek	1:41	4:02				
Tiffany Schmidt	2:07	5:14				

"HE WHO IS NOT
COURAGEOUS
ENOUGH
TO TAKE RISKS
WILL ACCOMPLISH
NOTHING IN LIFE."

Muhammad Ali

1000/500 Best Times ~ 2010

	1000 times	year		500 times	year
Trevor McNally	3:00	2007	Cody Hanson	1:19	2010
Cody Hanson	3:02	2010	John Dedic	1:19	2010
John Dedic	3:03	2010	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			
Chris Lutz	3:11	2002			
Megan Miesner	3:40	2010	Megan Miesner	1:34	2010
Sherry Rike	3:46	2010	Sherry Rike	1:36	2008
Sherry Rike	3:49	2009	Sherry Rike	1:38	2010
Jackie Gregoire	3:51	2005	Sherry Rike	1:38	2009
Emily Branzovsky	3:51	2007	Kendra Motyl	1:40	2008
Abby Cummins	3:52	2010	Jordan Kotek	1:41	2010
Jackie Gregoire	3:55	2002	Abby Cummins	1:43	2010
Meleia Johnson	3:55	2002	Meleia Johnson	1:44	2002
Jenna Fore	3:57	2002	Jacke Gregoire	1:45	2002
Emily Branzovsky	4:00	2004	Brietta Clementson	1:45	2008
Jenna Fore	4:01	2004	Megan Miesner	1:45	2008
Hannah Espeseth	4:02	2004	Jenna Fore	1:46	2002
Kendra Motyl	4:03	2008	Jacki Gregoire	1:47	2005
Brietta Clementson	4:04	2008	Hannah Espeseth	1:49	2005
Sherry Rike	4:04	2008	Megan Miesner	1:49	2007

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	21:15 (7:05 ave)	September 30, 2010	Megan Miesner
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 (7:22 ave)	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	6:37	October 4, 2010	Megan Miesner
13. 2000-1000-600 (track)	14:37	October 16, 2008	Sherry Rike
14. 2000-1000-500	14:08	October 21, 2010	Sherry Rike
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	6:46 (1:41 ave)	October 27, 2010	Megan Miesner
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	12:42 (4:14 ave)	August 24, 2010	Sherry Rike
33. 4 x 1000	14:59 (3:45 ave)	September 2, 2010	Megan Miesner
34. 5 x 1000	21:02 (4:12 ave)	September 14, 2009	Sherry Rike
35. 6 x 1000	24:15 (4:03 ave)	September 22, 20010	Abby Cummins
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	14:30	October 11, 20010	Abby Cummins
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, 2 x 500	17:25	October 18, 2010	Megan Miesner
47. 1 x mile loop, 3 x 500	13:00	October 15, 2007	Kendra Motyl
48. 2 x 1000, 6 x 500	18:49	September 27, 2010	Megan Miesner
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	33:59	September 21, 2010	Cody Hanson
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	17:13 (6:04 ave)	September 30, 2010	Cody Hanson
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	5:23	October 4, 2010	Cody Hanson
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	5:24 (1:21ave)	November 2, 2010	Cody Hanson
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	12:26 (3:06 ave)	September 2, 2010	Cody Hanson
39. 5 x 1000	16:34 (3:19 ave)	September 5, 2006 & 9/13/10	Trevor McNally & Cody Hanson
40. 6 x 1000	19:33 (3:15 ave)	September 22, 2010	Cody Hanson
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	38:45	September 29, 2010	Cody Hanson
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, 2 x 500	13:52	October 18, 2010	Cody Hanson
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	15:01	September 27, 2010	Cody Hanson
56. Mailbox run - 5 mi	33:20 (6:40 ave)	November 3, 2010	Nick Bremer
57. 1 x mile loop, 1000, 500	9:59	November 1, 2010	Cody Hanson

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."

Jesse Owens

Pine City High School Cross Country 2010

Awards:

MOST VALUABLE RUNNER

Megan Miesner
16:24
Abby Cummins
16:02

Cody Hanson
16:53.6

PERSEVERANCE AWARD

Nick Bremer
18:15
Jacob Guttormson
19:09

Thomas Pitzen
21:37

ROOKIE OF THE YEAR

Jordan Kotek
16:57

Russ Westernen
20:11

MOST IMPROVED RUNNER

Jackie Westernen
18:04

Christian Miche'
19:36

"GOLDEN GOOSE" AWARD (Sportsmanship and Encouragement)

John Dedic
18:27

"PC" AWARD (Persistant and Courageous)

Sherry Rike
17:08

NEW SCHOOL RECORD

Megan Miesner

17:01

ALL-CONFERENCE:

Cody Hanson

Sherry Rike

Nick Bremer

Abby Cummins

Chris Maki

Megan Miesner

John Dedic

ALL-CONFERENCE HONORABLE MENTION

Jordan Kotek

Russ Westernen

Jacob Guttormson

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...

LETTER WINNERS:

Cody Hanson
John Dedic
Sherry Rike
Christian Miche'
Russ Westernen
Jackie Westernen

Nick Bremer
Jacob Guttormson
Abby Cummins
Jordan Vaudrin
Jordan Kotek
Allison Gusk

Megan Miesner
Thomas Pitzen
Morgan Richardson
Paul Skalicky
Brenna Richardson

**The will
to win
means nothing
without
the will
to prepare.**

All you need to know about life can be learned from Running!

- * Pace yourself.
- * It's important to keep your feet on the ground.
- * A friend is like a good pair of shoes, a comfortable fit with a lot of sole.
- * Learn to take life in stride.
- * The path of life often takes a peculiar turn.
- * Celebrate each and every milestone.
- * Getting there is half the fun.
- * Life is a marathon, get in shape.