

1995

AWARDS

| YR.       | NAME              | # | VARISITY | ALL-CONF. | ALL-ACADEMIC |
|-----------|-------------------|---|----------|-----------|--------------|
| 12        | Jeremy Brown      | 2 |          | -         | H.M.         |
| 12        | David Cryder      | 2 |          | -         | H.M.         |
| 12        | Chris Farmer      | 2 |          | -         | H.M.         |
| 12        | Jenny Grier       | 1 |          | -         | -            |
| 12        | Adam Fleming      | 1 |          | -         | -            |
| 12        | Sara Rutledge     | 4 |          | 2         | H.M.         |
| 12        | Eric Verplaetse   | 1 |          | -         | -            |
| 12        | Dirk Wildemuth    | 1 |          | -         | H.M.         |
| 11        | ✓ Adam Forest     | 2 |          | -         | H.M.         |
| 11        | ✓ Ben Forest      | 1 |          | -         | -            |
| 11        | Nikki Parker      | 1 |          | -         | -            |
| 11        | ✓ Doug Patchin    | 1 |          | -         | *            |
| 11        | ✓ Molly Patten    | 3 |          | -         | H.M.         |
| 11        | Molly Reade       | 3 |          | 3         | -            |
| 11        | Nicki Rocha       | 2 |          | -         | *            |
| 11        | ✓ Sara Verplaetse | 3 |          | 1         | *            |
| 10        | ✓ Jason Gray      | 2 |          | -         | -            |
| 10        | ✓ Natalie Myers   | 2 |          | -         | -            |
| 10        | ✓ Becky Riewerts  | 2 |          | -         | -            |
| 10        | Amy Schneider     | 2 |          | -         | -            |
| 9         | ✓ Justin Fluck    | 1 |          | -         | -            |
| 9         | ✓ Jill Hinrichs   | 1 |          | -         | -            |
| 9         | ✓ Mark Keplinger  | 1 |          | -         | -            |
| 9         | ✓ Rhonda Loftus   | 1 |          | -         | -            |
| 9         | ✓ Chris Studer    | 1 |          |           |              |
| J.V.      |                   |   |          |           |              |
| 11        | ✓ Kate Altermatt  | 1 |          | -         | *            |
| 11        | Katharine Bell    | 1 |          | -         | *            |
| 11        | ✓ Anamika Holke   | 2 |          | -         | *            |
| SOPHOMORE |                   |   |          |           |              |
| 10        | ✓ Jenny Beyerlein | 1 |          |           |              |
| 10        | Bill Heitzler     | 2 |          |           |              |
| 10        | ✓ John Kiss       | 1 |          |           |              |
| 10        | Heather Phelps    | 1 |          |           |              |
| 10        | ✓ Kari Vought     | 1 |          |           |              |
| 9         | ✓ Jared Anderson  | 1 |          |           |              |
| 9         | ✓ Josh Fleming    | 1 |          |           |              |
| 9         | ✓ David Rutledge  | 1 |          |           |              |
| 9         | ✓ Jeremy Sides    | 1 |          |           |              |
| FRESHMEN  |                   |   |          |           |              |
| 9         | ✓ Ryan Gillespie  | 1 |          |           |              |
| 9         | Matt Sullivan     | 1 |          |           |              |

SPECIAL AWARDS

CAPTAINS - Sara Rutledge & Chris Farmer

M.V.P.'S - Molly Reade & Justin Fluck

MOST IMPROVED - Nicki Rocha, Sara Verplaetse, Eric Verplaetse

MOST INSPIRATIONAL - Becky Riewerts & Dirk Wildemuth

# 1995 BOYS' AND GIRLS CROSS COUNTRY





## CROSS COUNTRY

### COACHES:

Mr. Snook  
Mr. Fredrick  
Mr. Murray

### RECORD:

Frosh/Soph Boys

6-6

J.V. Boys

1-1

Varsity Boys

9-3

J.V. Girls

1-1

Varsity Girls:

11-1

### TEAM CAPTAINS:

Chris Farmer  
Sara Rutledge

### OUTSTANDING HONORS:

MVP Boys:

Justin Fluck

MVP Girls:

Molly Reade

Most Improved:

Sara VerPlaetse

Eric VerPlaetse

Most Inspirational:

Becky Riewerts

Dirk Wildermuth

### HIGHLIGHTS:

The dual meet  
with Sterling.

### QUOTE:

"This year's  
team pulled together  
when it mattered most.  
The team was ready for  
any challenge and met  
many of their goals."

-Coach Snook

### Girls' Cross Country

| Opponent                 | Place |
|--------------------------|-------|
| Woodruff Invitational    | 13th  |
| Notre Dame Invitational  | 19th  |
| East Peoria Invitational | 3rd   |
| Sterling Invitational    | 14th  |
| N.C.I.C.                 | 2nd   |
| Regional                 | 5th   |
| Sectional                | 19th  |
| Dual Meets               | 11-1  |



"Yeah, right!" responds Molly Reade to another two miles.

95/96



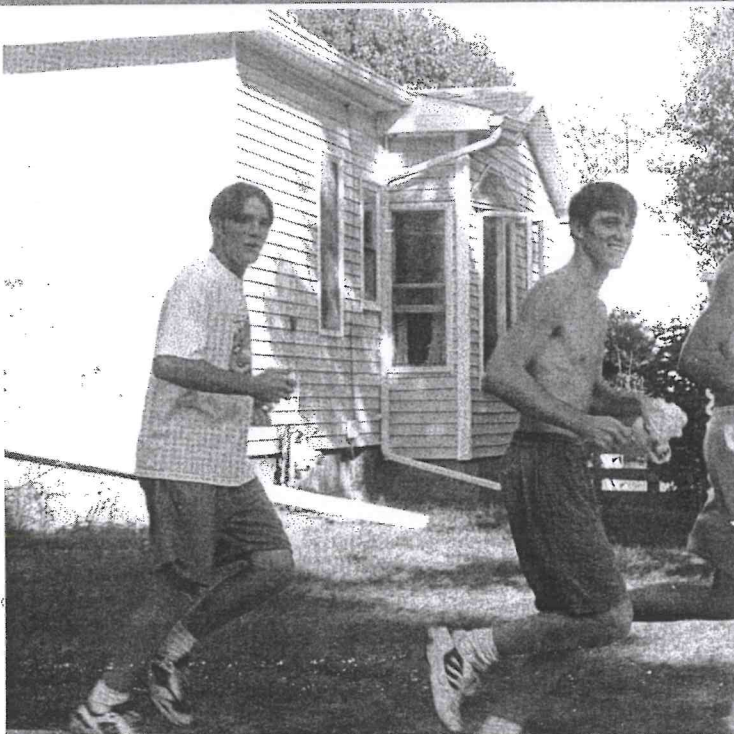
# 1995

Girls' cross-country isn't all work and no play, as displayed here.

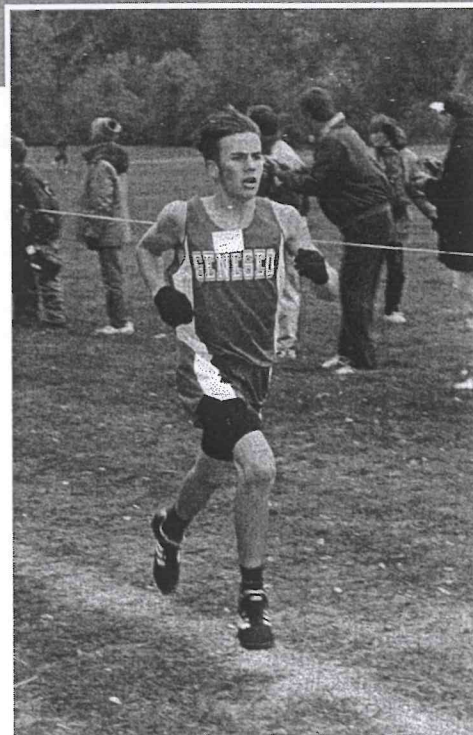


## Boys' Cross-Country

| Opponent                 | Place |
|--------------------------|-------|
| Woodruff Invitational    | 22nd  |
| Notre Dame Invitational  | 39th  |
| East Peoria Invitational | 3rd   |
| Sterling Invitational    | 22nd  |
| N.C.I.C.                 | 4th   |
| Regional                 | 5th   |
| Sectional                | 15th  |
| Dual Meets               | 9-3   |



Run Forest, Run!



Freshman Fluck fights furiously for the finish.

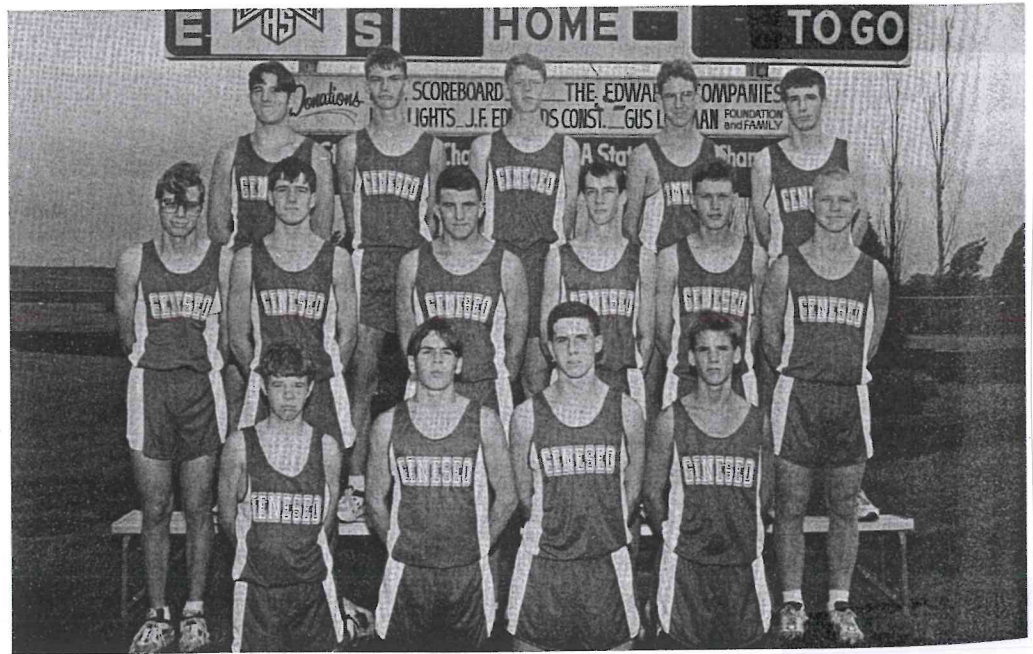
95/96



1995

### Boys' Cross Country:

Front, L to R: J.Fleming, J.Fluck, J.Kiss,  
J.Andersen Middle Row: J.Brown,  
A.Forest, D.Wildermuth, D.Patchin,  
B.Loucks, D.Cryder Back Row:  
B.Forest, E.Verplaetse, B.Heitzler,  
C.Studer, A.Fleming Not Pictured:  
C.Farmer, J.Gray, M.Keplinger,  
D.Rutledge, J.Sides, R.Gillespie,  
M.Sullivan



### Girls' Cross Country:

Front, L to R: D.Miller, R.Loftus,  
J.Hinrichs, A.Holke Middle Row:  
R.Riewerts, N.Parker, S.Verplaetse,  
N.Rocha Back Row: M.Patten,  
M.Reade, K.Bell, S.Rutledge,  
A.Schneider Not Pictured: J.Grier,  
N.Myers, K.Altermatt, J.Beyerlein,  
H.Phelps, K.Vought