

ILLINOIS STATE CROSS COUNTRY



Jeff Cook/QUAD-CITY TIMES

Geneseo sophomore Rachel Wyffels has her sights set on an all-state (top 20) finish at this weekend's state cross country meet at Detweiller Park in Peoria, Ill.

Geneseo soph hopes for some more magic

Wyffels has shaved almost a minute in past few weeks

By Sean Moeller
QUAD-CITY TIMES

What Geneseo sophomore Rachel Wyffels has done the past few weeks would make a magician rub his eyes to assure himself that he saw exactly what he thought he saw.

Rather than sleight of hand, the little, blonde speedster has used her legs to drop almost a minute from her previous best 3-mile time en route to what will be her second Illinois Class AA state meet appearance in as many years.

The four races — two classes each for boys and girls — at Detweiller Park in Peoria, Ill., begin at 9 a.m. Saturday.

"Here she is just exploding the last three weeks," Maple Leaf cross country coach Don Fredericks said. "I've never seen anybody have a breakthrough like she's had."

A breakthrough of 50 seconds for anyone is a big matter. A breakthrough of that magnitude for someone who finished 22nd in the 3,200-meter run at the state track meet in May — and ran a solid 18:44 in last year's state cross country meet — is nothing short of remarkable.

Wyffels won the NCIC title Oct. 18 with a time of 19:03.99, followed that up with a regional clocking of 18:01.40 and then sunk her PR even lower at Saturday's sectional meet with a 17:54, good for second place.

"I was really surprised," Wyffels said. "I never thought I could run that fast."

Quiet and unassuming outside the white lines, Wyffels seems to have a competitive fire raging inside during a race. She has lowered her first-mile times since the postseason schedule of races started to the point where she's now taking off at a 5:37-mile clip — 20 seconds faster than she started at the conference meet.

"There's definitely a ferocious competitor inside of her," Fredericks said. "I'm still trying to figure her out."

Wyffels has made a habit of coming on strong at the end of her first three competitive seasons. This fall's surge has come after a calm summer of training that allowed her plenty of room for improvement. Doing much of her vacation running on her own, Wyffels put in 250 miles of distance running while also working out with a Quad-City sports performance program.

"I probably should have run more, but I just didn't feel like it," she said. "I like running, but sometimes it can be too much."

With so much time already melted away, Wyffels also is hoping for a huge drop from her 92nd-place finish in Peoria in 2002.

"I've already dropped so much time that I don't know if I can drop much more," she said. "All-state (top 20) is a goal, but I don't know how that will turn out."

Fredericks wouldn't be shocked by anything.

"I think she's brought herself to a position where that's a very realistic goal for her," he said. "I don't know if Rachel realizes how much God-given talent she has, but I think she's starting to realize it now."

Joining Wyffels at the Class AA starting line Saturday will be United Township standout freshman Brook Ashcraft, who was fifth at the Sterling sectional. Galesburg's Ashley Alvarez also qualified individually. Sterling qualified as a team with a fifth-place finish. Kewanee and Sherrard will send teams to the Class A division.

Jeff Quick's Moline boys team will be in the AA race but will be without senior Erik Steffens. Steffens, the Western Big Six champion, had a stress fracture in his right leg get the best of him last week, and he had to hang up the spikes for the season. Mike Verre led the Maroons with a 14th-place finish last weekend.

Rock Island Alleman enters the state meet as a sectional champion, with Nathaniel Hird, Alex Kelly and Shane Shemek all finishing in the top 10. Sherrard placed fourth in Oregon to qualify. Dorian Ulrey of Riverdale is in the field as an individual.

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Sherrard boys, girls chasing title dreams

By Stephen Moeller
Staff sports writer

Runnin' down a dream.

More than the title of a 1989 hit by Tom Petty, those words also describe what local cross country runners soon will be chasing Saturday in the Illinois state meet at Detweiller Park in Peoria.

For the Sherrard boys' cross country team, advancing to the state meet as a squad has been a dream since the school last qualified in 1989.

"It's been 14 years since a Sherrard boys' team has gone to state, but this squad has been working its way up and steadily getting better the past few years," Sherrard coach Joel Bohnsack said. "We've been knocking on the door the last couple years, and now this season, we've broken through because we have a great core group of runners who are very balanced."

Armed with such balance, Sherrard finished fourth with 157 points in the Class A Oregon Sectional last Saturday. The Tigers' top five runners all placed among the top 50, and recorded times within 53.2 seconds of each other.

Sherrard, which went to state in 1988 and 1989, just missed making the state cut the past two years. The Tigers concluded sixth at sectionals in 2001, and placed seventh last season.

"This Sherrard boys' team is a very determined and motivated group that has been good from the start of the season," Bohnsack said. "This is a very close team, and our family atmosphere helps breed success."

Savoring similar success is the resurgent Sherrard girls' team that placed fourth in the Class A Oregon Sectional with 191 points.

Like the boys, the girls are making their third state appearance. The girls' squad qualified for state in 1998 and 1999.

"I'm very excited about our girls team because they have developed and progressed so much since the year began," Bohnsack said. "We have a lot of very good individuals who have come together to form a great team."

Sherrard, which failed to advance beyond the regional a year ago, had four runners place among the top 47 and finish within 53.5 seconds of each other at the sectional last week.

"Half of our team is new from last year, so we've had a lot of new runners come in and add a great dynamic to the squad by stepping up," Bohnsack said. "Because our girls have improved so much and our top five runners are so consistent, we have a lot of confidence and momentum heading into the state meet. Our girls are on cloud nine right now."

The Alleman boys' cross country team also is setting its sights sky-high at state after handily capturing the Class A Oregon Sectional title last Saturday with 72 points.

Bolstered by the talented trio of Nathaniel Hird (third), Alex Kelly (ninth) and Shane Shemek (10th), the Pioneers pummeled sectional foes.

The Alleman boys' squad has been to state nine times, and this is the fourth year in a row. The Pioneers placed eighth at state in 2000, 11th in 2001 and 10th last season. Alleman's best finish at state was fourth in 1987.

"We have a real solid group of runners with our top five, but our sixth and seventh runners also have done a great job of contributing," Alleman coach Mike Ethington said. "Everybody knows about our top three runners, but our team success also stems from other guys like sophomore Alex Knobloch, junior James Hogan, sophomore Joe Carlin and senior Kevin Vandevoorde."

Aided by a deep roster, Alleman's top five runners crossed the finish line within 56.4 seconds of each other.

"I would like us to get that split between our first and fifth runner under 50 seconds at state," Ethington said. "I knew we would have a strong nucleus and be a good team this year, but our boys all have worked very hard and done a much better job than even I thought they would."

The state meet is a familiar site for the Moline boys' squad, which is making its sixth straight state appearance after notching a second-place finish in the Class AA Sterling Sectional last Saturday with

146 points.

The boys' team has advanced to state 15 of the past 19 years.

However, senior standout Erik Steffens won't be competing at state because of a multitude of leg injuries. Freshman Colby Schulz will try to fill the sizable shoes of Steffens, who won the Western Big 6 championship.

"I really feel bad for Erik because he has been such a great and dedicated runner for us for a long time," Moline coach Jeff Quick said. "Our chances of placing high are really hurt without Erik running. Therefore, we're just hoping our runners set personal records, and we don't really have any set team goals. If we finish in the top 20 as a team, we'll be doing well."

The stellar Kewanee girls' squad also qualified for state by finishing second with 100 points last Saturday in the Class A Oregon Sectional.

The Boiler Girls will be making their fourth state appearance, and first since 1991.

Riverdale runner Dorian Ulrey, who finished fourth at sectional with a time of 16:10.3, highlights the boys Class A race. The United Township dynamic duo of Chris Matthews and Brian Getz, who concluded eighth and 12th respectively at sectional, are the featured local runners in the boys Class AA race.

Seizing the spotlight in the girls Class AA race are Geneseo skilled speedster Rachel Wyffels, who placed second at sectionals with a mark of 17:54, and United Township freshman Brooke Ashcraft, who finished fifth at sectionals with a time of 18:13.

Other girls to watch are Shea Boehle (Kewanee) and Hannah Hottle (Monmouth) in the Class A race, as well as Ashley Alvarez (Galesburg) in the Class AA race.

■ Local individuals

entered: Class A boys — Dorian Ulrey (Riverdale); Class A girls — Shea Boehle (Kewanee), Hannah Hottle (Monmouth); Class AA boys — Chris Matthews (United Township), Brian Getz (United Township); Class AA girls — Rachel Wyffels (Geneseo), Brooke Ashcraft (United Township), Ashley Alvarez (Galesburg).

■ Directions:

Detweiller Park is located north of Peoria on Illinois 29. From Interstate 74 in downtown Peoria, exit at Adams Street (a one-way) and drive north approximately 5 miles to the park. The course is on the west side of the road.

At a glance

■ When & where:

Saturday at Detweiller Park in Peoria.

■ Schedule (Revised as of Thursday):

The girls' Class A race begins at 9 a.m., and the boys' Class A race is at 10:15 a.m. The Class A awards ceremony will be at 11:15 a.m. at Detweiller Park. The girls' Class AA race starts at noon, and the boys' Class AA race is at 1:15 p.m. The Class AA awards ceremony will be at 2:15 p.m. at Detweiller Park.

■ Local teams

entered: Boys — Alleman (Class A), Sherrard (Class A) and Moline (Class AA); girls — Kewanee (Class A), Sherrard (Class A).

■ About the course:

Detweiller Park is a broad, fairly flat course that is 3 miles long. The course starts slightly downhill from the south edge of the park. The runners then make one nearly complete circuit of the field, ducking through some trees at the end of the lap into a separate field for about a half-mile. Then it's back to the main field on the twisting and turning course for another lap-and-a-half to the finish line.

— By Stephen Moeller

Wyffels named to All-State team

Rachel Wyffels became just the third girl in Geneseo history to earn All-State cross country honors on Saturday with a 24th place finish in the 253 girl field in the IHSA Class AA state championship meet held at Detweiller Park.

Wyffels ran a blistering 17:50 in the biggest race of her young career.

Wyffels started quickly and never let up, with her first mile clocking in at 5:40.

At mile two she was still running strong with a split time of 11:50.

Wyffels entered the race off the heels of a regional championship, running an 18:01, then finishing second in sectionals at 17:54.

As a team, the girls finished seventh in the sectional meet on Nov. 1.

Katie Croegaert was the second Leaf finisher in 70th place

with a time of 20:00.

Allie Minnaert was 77th in the sectional race with a 20:13 and Becky Johnson was right behind in 78th place with a time of 20:14.

Kayla McVetty was 88th on the day, running a 20:19, Erica Brenny ran a 20:41, good for the 101st spot and Megan Matyas was 120th at 20:57.

The boys team finished eighth overall at the sectional meet on Nov. 1.

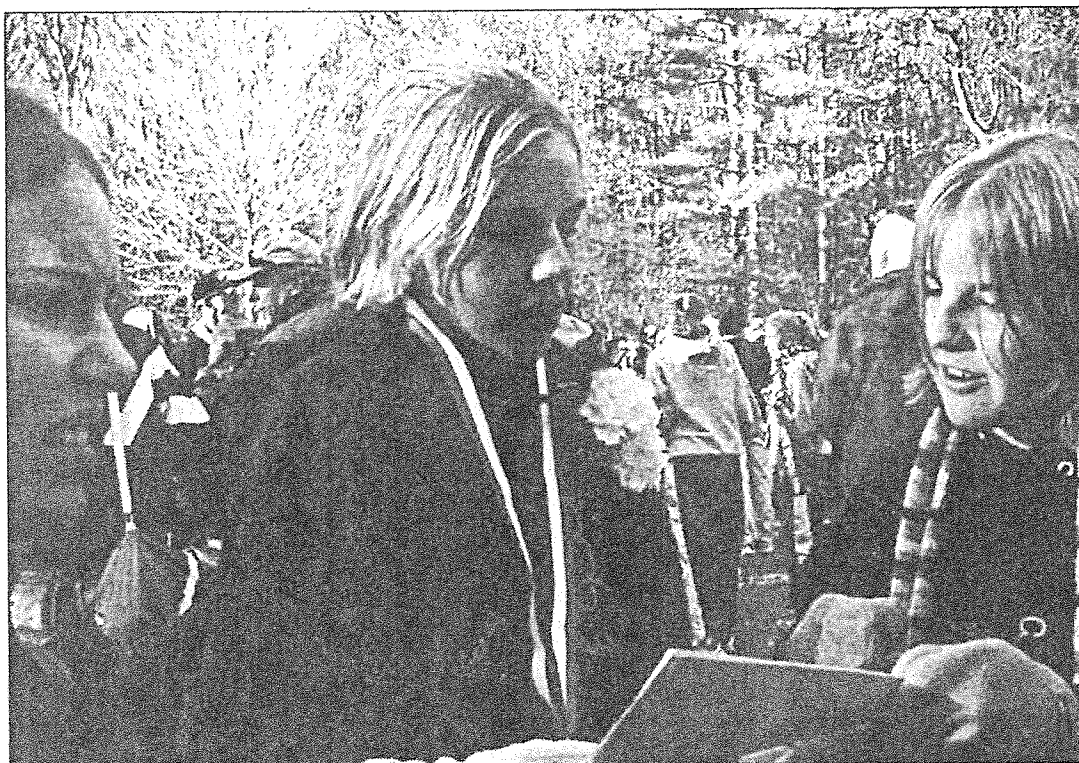
Justin Trujillo again paced the Leafs with a 24th place showing at 16:01 over the three miles.

Nathan Schlindwein was 37th with a time of 16:17 while Christian Rowlands was 41st, running a 16:20.

Justin Goodrich ran a 16:39 for 66th position, and Bill Barton was 73rd with a final time of 16:42.

Brad Mattan ran a 17:13 and





Submitted photo

RACHEL WYFFELS glances over results after her 24th place finish in the state championship meet. Wyffels was named to the All-State cross country team.

finished 107th while T.J. Lyttles was 149th at 18:24.

The cross country team held its awards banquet on Tuesday night with Trujillo, Schlindwein and Wyffels earning the Most

Valuable Athlete honors.

The summer mileage award winners were Trujillo, Mattan, Blake Wyffels, Tim Holevoet, Justin Ogilvie, Jordan Wildermuth, Lyttles, Nate Silver, Tim

Allison, Johnson, Matyasse and Croegaert.

For more on the cross country awards, including photographs of the award winners, please see **B4**.

Believe it!

Geneseo Cross-Country Results

STATE FINALS

Site: Detweiller Park Date: 11/08/03 Conditions: 31° & chilly

Racing Distance: 3.00 Miles

Division: Varsity Girls Race # of Competitors: 253

	<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>Splits</u>
1.	Rachel Wyffels	24	17:50	5:40 / 11:50
		Leader	16:48	5:23 / ???

Congratulations, Rachel!

You are just the third girl in Geneseo history

to

earn

All-State Honors.

Wyffels' strong kick earns her 24th out of 253

By Stephen Moeller
Staff sports writer

PEORIA — Bolstered by a strong kick toward the end, Geneseo sophomore Rachel Wyffels proved Saturday afternoon in the Illinois state meet that having a stronghold on Class AA cross-country counterparts is her strong suit.

On the heels of her regional triumph and second-place finish at sectionals, Wyffels finished 24th on a brisk and breezy Saturday en route to earning All-State honors with a time of 17 minutes, 50 seconds. The top 25 individual runners earn All-State accolades.

Competing on the twisting and turning, fairly flat, three-mile Detweiler Park course, Wyffels adeptly maneuvered around 21 runners during the second mile. Wyffels was positioned 44th after the opening mile, but after two miles, she had advanced to the 23rd slot.

"My start wasn't that great, so I purposefully went out extra hard during that second mile," said Wyffels, who finished 92nd at state last year. "I could have done better. I was nervous before the race, but not as nervous as last year. By the end of the race, my stomach hurt and I was tired."

In a resounding reversal, United Township freshman phenom Brooke Ashcraft started



Rachel Wyffels

strong and struggled during the second mile. As a result, Ashcraft finished 96th out of 253 runners with a mark of 18:42. "I thought I had a pretty good

Cross Country Class AA

start, but my second mile sucked and that really hurt me," said Ashcraft, who placed second at regionals and fifth at sectionals. "I wanted to finish under 18 minutes, but I really didn't know what to expect since this was my first time here.

"This was a great learning experience. I'll train very hard next summer, and be much better next year, because I'll be more comfortable and know what to expect."

Galesburg senior Ashley Alvarez finished 140th with a time of 19:03.

Moline, which qualified as a team in the boys Class AA race, compiled 604 points and finished 25th out of 30 teams.

"Our guys ran very well, and I think the fact that five or six of our runners had their best times of the year shows that," Moline coach Jeff Quick said. "I'm very excited about next year, because we have four guys coming back. From our strong performance today, I think we have a lot of momentum heading into next year."

The Maroons top two runners were junior Alex Hutchins and senior Mike Verre. Hutchins finished 123rd out of 251 runners with a time of 15:45. Verre

placed 137th by recording a mark of 15:49.

"I'm pleased with how I finished, and I think my second mile was pretty good," said Hutchins, who narrowly missed his personal best time of 15:44. "My biggest strengths are my starts and consistent pace throughout the race. I've made some huge improvements, and have added confidence after this race."

Verre overcame several obstacles to register his solid time.

At the two-mile mark, he rolled his right ankle. After suffering severe stomach cramps down the stretch, he inadvertently was tripped by an opposing runner at the finish line and again rolled his right ankle.

"I'm a little disappointed in myself, because I think I could have done better," Verre said. "My second mile was all right, but I should have gone out faster during the first mile. Although things didn't go as well as I would have liked them to, it's still quite an accomplishment just to get here."

Although United Township didn't qualify for state as a squad, sophomore Chris Matthews and senior Brian Getz represented the Panthers as individuals. Matthews finished 88th with a time of 15:33, and Getz was 193rd by notching a mark of 16:14.

"I went out a little too fast at the start, so my second mile was off a little," said Matthews, who eclipsed his previous personal best time by eight seconds. "This was my first time at state, and although I didn't reach my time goal of 15:25, I'm happy with the way I ran. I learned not to go out too fast on this course, because it will get the best of you."

Getz was a UT soccer player for three years, but decided to quit that sport and run cross country this year for the first time.

"I'm not too pleased with my time, and I think my pace was off," said Getz, who established a personal best time of 15:43 at sectionals. "The cold weather bothered me. I got off to a good form during the second mile. My goal was to get to state this year, and I accomplished that."

Armed with three individual runners in the Class AA races, UT coach Russell Boore is pleased with the direction his program is heading.

"Our runners did very well, and I think this experience will serve as an excellent learning tool for them," Boore said. "We're going to further develop and grow as a team from this. The United Township cross-country program is turning around, and definitely is on the rise."

Geneseo's Wyffels makes all-state goal

PEORIA, Ill. — Geneseo cross country coach Don Fredericks knelt down in front of just-out-of-the-chute Rachel Wyffels and wanted to know everything he had missed while sprinting from the far end of the final straight-away at Detweiller Park.

"Did you hang on?" he gravely asked his sophomore.

"I don't know," Wyffels replied.

The last thing Fredericks and Maple Leaf girls distance coach Kelley Timmerman had seen — with about 600 meters left to run — was Wyffels in 21st place in the Class AA girls race at the Illinois state cross country meet. That would have put her well within in the top-25 parameters to get her first all-state designation.

Wyffels, the NCIC and regional champion, was passed by three girls in the final 50 meters, but she managed 24th in the finest race of her career.

"It doesn't always turn out like this here," Fredericks said.

Nettled by a poor start that left her running into the backs of slower runners working around some 180-degree turns in the first mile, Wyffels gradually pried her way from 100th place to as high as 17th before finishing with another personal-best time of 17 minutes, 50 seconds.

Normally as unfazed at the end of a race as she is at the start, Wyffels showed clear signs of full exertion at the end.

"It's happened before," she said. "But this is the first time I was really tired."

A hurried second mile around

a triangle of soccer fields at the far end of the park catapulted Wyffels into that elite upper division. She became the third girl in Geneseo history to earn all-state honors.

Admittedly less nervous then she had been the previous year — where she finished 92nd in 18:44 — Wyffels latched on to United Township qualifier Brook Ashcraft in the first half-mile to help gauge how to attack the rest of the race.

"There were so many people, and she's the only one that I've run against," she said.

Ashcraft, a freshman, found herself unable to tag along with the Maple Leaf as she pulled away for the front right before the first mile marker.

"I didn't stay with her very long," Ashcraft said. "I guess she felt pretty good."

The Panther finished 96th. She ran about 50-seconds slower in the second mile as her position dropped.

"If I would have had a good second mile, I think it would have given me some momentum and I could have held on," she said. "During my warmup I actually felt really good. I don't know what happened, but that's alright. I'm just happy I was here."

Kewanee's Shea Boehle was the highest area Class A finisher, placing 30th in the chilly morning's first race.

"She gave herself a chance to be all-state, and that's all we can ask her to do," said coach Kirk Fristad, whose Boiler-makers finished 16th.

Class AA girls

Metamora senior part of fast pack, led by Streamwood girl

By JANE MILLER
of the Journal Star

PEORIA — Pauline Garcia of Streamwood and Lisa Bonistalli of Naperville North set a blistering pace Saturday in the Class AA girls cross country state race, but Metamora senior Bethany McCoy didn't let them get away.

Garcia ran a course-record 16:48, 10 seconds faster than the time Meghan Braffet ran in the Peoria High Invitational a year ago, to win the state title as a sophomore.

McCoy, who crossed the line in third place, ran her first sub-17:00 race at Detweiller. Her 16:58, dropped her best time on the three-mile course by 51 seconds.

"It was really exciting," said McCoy, who was suffering from anemia last year and didn't get to compete in the state meet. "It felt really fast."

It not only felt fast, it was fast.

Garcia, Bonistalli and McCoy were at or under the course record. Fourth-place Amy Laszkowske of Palatine and Alison Coren of Wheeling were equal to or faster than the meet-record winning time of last year, 17:10 by Samantha Polock of Wheaton North.

"I felt like I gave it everything I had," McCoy said. "I wanted to try to stay with them as long as I could, and that's what I did."

Garcia, a sophomore, was

with the lead pack at the mile and decided at that point to go for the lead.

"Once I took the lead, the race was between me and Lisa," she said. "She took off and I sprinted and passed her and she came back."

It continued that way until the finish. Garcia won by one

second.

"At the beginning of the year, my goal was top five," she said, "and then it became top three. When I got the lead I thought: 'I can't let anyone pass me now.'"

Barrington took the team title, with 91 points, four fewer than Palatine. Naperville North was eight points back, in third.

Metamora, with senior Amanda Knussman also earn-



ing all-state honors in 20th, took fifth as a team.

"We were a little conservative coming into the meet thinking we could get in the top 10," Metamora coach Gene Jones said. "Deep in our hearts, we were hoping for a top five, so this is just fabulous."

Metamora freshman Jessica Husted was 41st, and senior Laura Cross finished in the top

100.

"Amanda dropped from 18:18 to 17:47," Jones said, "and Jessica took a big chunk out of her time and Laura ran well. And our seventh runner beat every other team's seventh runner but one."

Then there was McCoy's performance.

"She did a great, great job," Jones said.

East Peoria freshman Mary Kate Beyer finished 25th, in 17:52, to earn the final all-state spot. It was the best-ever finish by an East Peoria freshman girl.

"I'm really, really happy for her," said East Peoria coach Ed McGraw, whose young team finished 25th. "We only lose one runner next year, and someday we hope to contend for one of those top four spots."

MATT DAYHOFF/Journal

The lead runners in the Class AA girls race cope with their exhaustion at the finish Saturday at Detweiller Park. Shown, from left to right, Shannon Phelan and Lisa Bonistalli of Naperville North, Bethany McCoy of Metamora, Jacquie Aubert of Crystal Lake and Pauline Garcia of Streamwood. McCoy finished third, with Bonistalli second and Garcia the champion.



Home | Site Index | About IHSA | About IHSA.org | Feedback

Girls Class AA Cross Country Results

2003-04

FINAL RESULTS -- *Posted on Saturday, November 8, 2003.*

Team Results

1. Barrington	5	12	14	17	43	(132)	(157)	=	91
2. Palatine (H.S.)	3	10	11	24	47	(75)	(92)	=	95
3. Naperville (North)	1	6	9	22	61	(117)	(141)	=	99
4. Wheeling	4	8	20	34	64	(177)	(202)	=	130
5. Metamora	2	15	31	71	102	(104)	(114)	=	221
6. Naperville (Neuqua Valley)	13	26	56	72	89	(91)	(182)	=	256
7. Roselle (Lake Park)	29	46	52	77	85	(87)	(139)	=	289
8. Lisle (Benet Academy)	23	38	44	95	100	(116)	(153)	=	300
9. Elmhurst (York)	32	33	40	98	110	(125)	(170)	=	313
10. Lake Forest (H.S.)	45	49	57	74	97	(130)	(167)	=	322
11. Orland Park (Sandburg)	16	36	68	107	108	(137)	(156)	=	335
12. Frankfort (Lincoln-Way East)	39	54	59	69	121	(126)	(142)	=	342
13. Naperville (Central)	19	42	48	111	123	(145)	(168)	=	343
14. Hinsdale (Central)	27	58	63	83	113	(115)	(135)	=	344
15. Arlington Heights (Hersey)	21	35	37	124	146	(149)	(154)	=	363
16. LaGrange (Lyons)	7	51	96	128	129	(143)	(150)	=	411
17. Carol Stream (Glenbard North)	30	55	80	90	159	(174)	(176)	=	414
18. Oak Park (O.P.-River Forest)	60	66	82	105	131	(162)	(172)	=	444
19. Batavia	70	73	78	88	140	(151)	(165)	=	449
20. Normal (Community)	65	67	76	103	179	(189)	(205)	=	490
21. Wheaton (North)	41	62	84	120	195	(196)	(200)	=	502
22. Chatham (Glenwood)	25	53	134	173	181	(188)	(192)	=	566
23. Wheaton (W. Warrenville South)	94	106	109	122	155	(161)	(187)	=	586
24. Mt. Vernon (H.S.)	28	79	163	166	169	(183)	(185)	=	605

School Enrollment

(2562)

(2564)

(3004)

(1857)

(924)

(3231)

(2813)

(1288)

(2410)

(1727)

(3341)

(3023)

(2992)

(2372)

(1942)

(3542)

(2857)

(2962)

(1666)

(1455)

(2171)

(1222)

(2417)

(1453)

25. East Peoria	18	99	138	175	191	(198)	(210)	=	621
26. Normal (Community West)	93	101	119	158	180	(190)	(203)	=	651
27. East St. Louis (Sr.)	50	112	148	164	178	(206)	(207)	=	652
28. O'Fallon	81	118	144	184	194	(204)	(208)	=	721
29. Mahomet (M.-Seymour)	86	136	147	160	193	(199)	(201)	=	722
30. Sterling (H.S.)	127	133	152	171	186	(197)	(209)	=	769

(1139)
(1417)
(1997)
(2124)
(863)
(1100)

Individual Results

Place	TmPl	Name	Cl	School	Time
1		Paulina Garcia	So	Streamwood	16:48
2	1	Lisa Bonistalli	Sr	Naperville (North)	16:49
3	2	Bethany McCoy	Sr	Metamora	16:58
4	3	Amy Laskowske	So	Palatine (H.S.)	17:02
5	4	Alison Coren	Sr	Wheeling	17:10
6	5	Christina Fiduccia	Sr	Barrington	17:15
7	6	Shannon Phelan	So	Naperville (North)	17:24
8	7	Lisa Bokios	Jr	LaGrange (Lyons)	17:32
9	8	Jessie Morgenthal	Jr	Wheeling	17:34
10	9	Maggie DeBerge	Fr	Naperville (North)	17:35
11		Jacqui Aubert	Sr	Crystal Lake (South)	17:38
12		Shelby Brice	Sr	Troy (Triad)	17:39
13	10	Suzy Turner	Sr	Palatine (H.S.)	17:44
14	11	Katie O'Brien	Jr	Palatine (H.S.)	17:46
15	12	Erin Robertson	Jr	Barrington	17:46
16		Jennifer Roberts	Jr	Romeoville	17:46
17	13	Amanda Mirochna	So	Naperville (Neuqua Valley)	17:46
18		Erica Mientus	Fr	Libertyville	17:46
19	14	Erin Frommeyer	Sr	Barrington	17:46
20	15	Amanda Knussman	Sr	Metamora	17:47
21	16	Melanie Glander	So	Orland Park (Sandburg)	17:49
22		Stephanie Baliga	So	Rockford (Auburn)	17:50
23	17	Taylor Penrod	Sr	Barrington	17:50
24		Rachel Wyffels	So	Geneseo (Darnall)	17:50
25	18	Mary Kate Beyer	Fr	East Peoria	17:52
26	19	Christina Beaird	Jr	Naperville (Central)	17:54
27	20	Gada Qafisheh	Jr	Wheeling	17:55
28	21	Denisse Valladeres	Sr	Arlington Heights (Hersey)	17:56
29		Kim Ebbesen	So	Bartlett	17:57
30	22	Cindy Wu	Fr	Naperville (North)	17:59
31	23	Abby Higgins	Fr	Lisle (Benet Academy)	18:00
32	24	Carly Bates	So	Palatine (H.S.)	18:01
33		Stephanie Sorn	Sr	Summit (Argo)	18:03
34		Mia Supanich-Winte	Sr	Libertyville	18:07
35	25	Jenna Kruse	So	Chatham (Glenwood)	18:08
36	26	Emily Hartley	So	Naperville (Neuqua Valley)	18:09
37	27	Maggie Barr	Sr	Hinsdale (Central)	18:09
38	28	Summer Owens	Sr	Mt. Vernon (H.S.)	18:09
39	29	Amy Gunnels	Fr	Roselle (Lake Park)	18:09
40	30	Stacey Rosch	Sr	Carol Stream (Glenbard North)	18:10
41	31	Jessica Husted	Fr	Metamora	18:10
42	32	Heidi Tucker	So	Elmhurst (York)	18:11
43	33	Molly Sullivan	So	Elmhurst (York)	18:11

44	34 Val Winkler	Fr Wheeling	18:11
45	Christy Adduci	Sr West Chicago (H.S.)	18:11
46	35 Mara Goodman	So Arlington Heights (Hersey)	18:12
47	Sequoia McKinney	So South Holland (Thornwood)	18:12
48	Katie Krueger	Fr Carpentersville (Dundee-Crown)	18:12
49	36 Sarah Klaczynski	So Orland Park (Sandburg)	18:14
50	Rachel Hernandez	Sr Bensenville (Fenton)	18:14
51	37 Lauren Zielke	So Arlington Heights (Hersey)	18:14
52	Emily Anderson	So Glenview (Glenbrook South)	18:15
53	38 Lisa Schroeck	Sr Lisle (Benet Academy)	18:15
54	39 Lindsay Kotovsky	Fr Frankfort (Lincoln-Way East)	18:15
55	40 Vannesa Pfafflin	Sr Elmhurst (York)	18:15
56	Kelly Vrshek	Jr Rolling Meadows	18:16
57	41 Cassidy Wagner	Fr Wheaton (North)	18:16
58	Kelly Flounders	Sr Lockport (Twp.)	18:17
59	42 Lydia Simanek	So Naperville (Central)	18:18
60	43 Whitney Laurence	Sr Barrington	18:20
61	44 Ruth Swedler	Sr Lisle (Benet Academy)	18:21
62	45 Tiana O'Neill	Jr Lake Forest (H.S.)	18:21
63	46 Kathryn Kohles	Jr Roselle (Lake Park)	18:21
64	Whitney Mays	Sr Bloomington (H.S.)	18:23
65	47 Stephanie Abram	Sr Palatine (H.S.)	18:26
66	48 Emily Fischer	Fr Naperville (Central)	18:27
67	49 Rachel Asher	Jr Lake Forest (H.S.)	18:27
68	Nancy Nieto	Fr Streamwood	18:28
69	50 Brittany Carpenter	Jr East St. Louis (Sr.)	18:28
70	Ashley Rittenbacher	Jr New Lenox (Lincoln-Way Centra	18:29
71	Bekah Aavang	Sr Huntley	18:29
72	51 Lauren Clark	So LaGrange (Lyons)	18:30
73	Stephanie Hughes	Fr Chicago (Lane)	18:31
74	52 Liz Pike	Jr Roselle (Lake Park)	18:31
75	53 Staci Nelson	So Chatham (Glenwood)	18:32
76	Ashley Fratto	So Arlington Heights (St. Viator	18:32
77	54 Nayomi Hourigan	Jr Frankfort (Lincoln-Way East)	18:32
78	Marcy Farrell	Jr Chicago (Mother McAuley)	18:33
79	55 Rachel Barry	Fr Carol Stream (Glenbard North)	18:33
80	56 Glynn Fitzer	Fr Naperville (Neuqua Valley)	18:34
81	57 Regan Grumley	So Lake Forest (H.S.)	18:35
82	58 Danyelle Somerfield	Jr Hinsdale (Central)	18:35
83	59 Amanda Beggs	So Frankfort (Lincoln-Way East)	18:35
84	60 Alison Rack	Fr Oak Park (O.P.-River Forest)	18:35
85	61 Alli Grissom	Jr Naperville (North)	18:35
86	62 Alissa Bugh	Sr Wheaton (North)	18:37
87	63 Jenny Laser	Fr Hinsdale (Central)	18:37
88	64 Jesse Swakow	Sr Wheeling	18:38
89	Jenna Helton	Jr Waterloo (H.S.)	18:38
90	65 Megan Johnson	Jr Normal (Community)	18:40
91	66 Jenny Donley	So Oak Park (O.P.-River Forest)	18:40
92	67 Katie Nelson	So Normal (Community)	18:40
93	Courtney Leeper	Jr Decatur (MacArthur)	18:41
94	Liz Labuz	Jr Wilmette (Regina Dominican)	18:42
95	Christina Schaefer	So Buffalo Grove	18:42
96	Brooke Ashcraft	Fr East Moline (United)	18:42
97	68 Michelle Janosz	So Orland Park (Sandburg)	18:43
98	69 Lauren Brynda	Jr Frankfort (Lincoln-Way East)	18:43
99	70 Morgan Spencer	So Batavia	18:43
100	71 Laura Cross	Sr Metamora	18:43
101	72 Sarah Rodostits	Sr Naperville (Neuqua Valley)	18:44
102	73 Katie Staab	So Batavia	18:44
103	74 Kristine Gallagher	Sr Lake Forest (H.S.)	18:44
104	75 Magy Hoyer	Jr Palatine (H.S.)	18:45
105	Jackie Stillman	So Chicago Heights (Marian Catho	18:45

106	76 Olivia Myers	Fr Normal (Community)	18:46
107	Jessica Chalmers	Jr Palatine (Fremd)	18:46
108	77 Ewalina Wojnowska	So Roselle (Lake Park)	18:47
109	78 Cassie Giese	So Batavia	18:48
110	79 Andrea Hoy	Sr Mt. Vernon (H.S.)	18:49
111	80 Natalie Pawlowicz	Sr Carol Stream (Glenbard North)	18:50
112	81 Kaity Riley	So O'Fallon	18:50
113	82 Lizzie Riff	Jr Oak Park (O.P.-River Forest)	18:50
114	83 Mandy Letizia	Sr Hinsdale (Central)	18:52
115	84 Ashley Bucher	Sr Wheaton (North)	18:52
116	85 Maddie Macekik	Sr Roselle (Lake Park)	18:52
117	A'Seret Dokubo	So Hoffman Estates (Conant)	18:52
118	86 Mary Scott	Sr Mahomet (M.-Seymour)	18:53
119	Sarah Raske	So Chicago (Mother McAuley)	18:53
120	87 Sangeeta Hardy	Fr Roselle (Lake Park)	18:54
121	88 Liz Parisi	So Batavia	18:54
122	89 Marisa Mele	Sr Naperville (Neuqua Valley)	18:54
123	90 Joy Falson	Sr Carol Stream (Glenbard North)	18:54
124	91 Caley Egan	Fr Naperville (Neuqua Valley)	18:55
125	92 Kit Hamlen	Jr Palatine (H.S.)	18:55
126	Courtney Schultz	So Quincy (Sr.)	18:55
127	93 Jenny Nichols	Sr Normal (Community West)	18:56
128	94 Kirsten Bosnak	Sr Wheaton (W. Warrenville South)	18:56
129	95 Rachel Kowalczyk	So Lisle (Benet Academy)	18:56
130	96 Ilma Calite	Fr LaGrange (Lyons)	18:57
131	97 Sara Scarim	Jr Lake Forest (H.S.)	18:57
132	98 Kristin Corbett	Sr Elmhurst (York)	18:57
133	99 Jaclyn Williamson	So East Peoria	18:58
134	100 Abbey Hartmann	Sr Lisle (Benet Academy)	18:58
135	101 Megan Sanders	Sr Normal (Community West)	18:59
136	102 Hannah Griffin	So Metamora	18:59
137	Caitlin Chrisman	Sr Carbondale	19:00
138	103 Whitney Meyer	Jr Normal (Community)	19:01
139	104 Mallory Schlink	So Metamora	19:01
140	Ashley Alvarez	Sr Galesburg (H.S.)	19:03
141	Merry Darrah	Sr Downers Grove (North)	19:03
142	105 Marianne Kirk	Fr Oak Park (O.P.-River Forest)	19:03
143	106 Lydia Snyder	Sr Wheaton (W. Warrenville South)	19:03
144	107 Meghan McGrenera	Jr Orland Park (Sandburg)	19:05
145	108 Amanda Janosz	So Orland Park (Sandburg)	19:06
146	109 Nicole Farr	So Wheaton (W. Warrenville South)	19:06
147	110 Kaellagh Cassidy	Jr Elmhurst (York)	19:06
148	111 Megan McClowry	So Naperville (Central)	19:07
149	112 Lakendra Rodgers	Fr East St. Louis (Sr.)	19:08
150	113 Jessica Roper	Jr Hinsdale (Central)	19:08
151	Meghan O'Malley	Fr Wilmette (Loyola Academy)	19:08
152	114 Kelsey Holsapple	So Metamora	19:08
153	115 Megan Heenan	Jr Hinsdale (Central)	19:08
154	116 Kristie Eickhoff	Fr Lisle (Benet Academy)	19:08
155	117 Mary Prescott	So Naperville (North)	19:08
156	Dana Griffin	Sr Quincy (Sr.)	19:08
157	118 Chelsea Lee	So O'Fallon	19:09
158	119 Megan Zitting	Sr Normal (Community West)	19:09
159	120 Jenna Cerone	So Wheaton (North)	19:10
160	121 Sarah Scanlin	Fr Frankfort (Lincoln-Way East)	19:10
161	122 Rebecca Smith	So Wheaton (W. Warrenville South)	19:11
162	123 Holly DeBuck	Fr Naperville (Central)	19:11
163	124 Janet Koepke	Sr Arlington Heights (Hersey)	19:12
164	125 Shannon Tucker	Sr Elmhurst (York)	19:13
165	126 Kerry Pecho	So Frankfort (Lincoln-Way East)	19:13
166	127 Megan Fliss	So Sterling (H.S.)	19:13
167	128 Jenny Kogut	Sr LaGrange (Lyons)	19:14

HSA Girls Class AA Cross Country Results

Page 5 of 6

168	129	Elizabeth Driscoll	Sr LaGrange (Lyons)	19:14
169		Kim Voiles	Jr Belvidere	19:14
170	130	Katie Taubenheim	So Lake Forest (H.S.)	19:15
171	131	Margaret Stansbury	Jr Oak Park (O.P.-River Forest)	19:15
172	132	Sarah Arnberger	So Barrington	19:15
173	133	Jaclyn Sciacero	Fr Sterling (H.S.)	19:15
174	134	Michelle McMahon	Jr Chatham (Glenwood)	19:16
175	135	Jenny Douglas	So Hinsdale (Central)	19:16
176	136	Megan Scott	Sr Mahomet (M.-Seymour)	19:17
177	137	Kim Archer	Sr Orland Park (Sandburg)	19:17
178	138	Jennifer Jeffers	Sr East Peoria	19:18
179	139	Alison Braun	Sr Roselle (Lake Park)	19:19
180	140	Andrea Dwyer	Jr Batavia	19:20
181	141	Lindsay Hamilton	Sr Naperville (North)	19:20
182		Amy Crabtree	Fr Marion (H.S.)	19:21
183	142	Kari Schneider	So Frankfort (Lincoln-Way East)	19:21
184	143	Brittany Sasek	Jr LaGrange (Lyons)	19:22
185	144	Mallory Kimme	So O'Fallon	19:22
186	145	Megan Marini	Jr Naperville (Central)	19:24
187	146	Vanessa Pajcic	Sr Arlington Heights (Hersey)	19:24
188	147	Jennifer Fall	So Mahomet (M.-Seymour)	19:27
189	148	Camella Moore	Jr East St. Louis (Sr.)	19:28
190	149	Meghan Carney	So Arlington Heights (Hersey)	19:28
191	150	Jessica Lee	So LaGrange (Lyons)	19:29
192	151	Kirsten Pufahl	So Batavia	19:29
193	152	Nicole Williams	Jr Sterling (H.S.)	19:31
194	153	Katie Radasevich	Fr Lisle (Benet Academy)	19:32
195	154	Nicole Shudy	Sr Arlington Heights (Hersey)	19:32
196	155	Alyssa Kupsco	Jr Wheaton (W. Warrenville South)	19:32
197	156	Kerry Brennan	Sr Orland Park (Sandburg)	19:33
198	157	Erin Partridge	Sr Barrington	19:34
199	158	Mary Kenney	Jr Normal (Community West)	19:34
200	159	Dee Kaiser	Jr Carol Stream (Glenbard North)	19:35
201	160	Abby May	Fr Mahomet (M.-Seymour)	19:35
202	161	Brittany Graham	Jr Wheaton (W. Warrenville South)	19:35
203	162	Laura Bach	So Oak Park (O.P.-River Forest)	19:36
204	163	Jodi Arnold	Sr Mt. Vernon (H.S.)	19:36
205	164	Michelle Moore	Jr East St. Louis (Sr.)	19:36
206	165	Stephanie Dredge	Jr Batavia	19:38
207	166	Elizabeth Williams	Jr Mt. Vernon (H.S.)	19:39
208	167	Natalie Darraugh	Sr Lake Forest (H.S.)	19:40
209	168	Christy Bea	Jr Naperville (Central)	19:41
210	169	Bethany Kirkpatrick	Fr Mt. Vernon (H.S.)	19:41
211	170	Danielle Hlavacek	Jr Elmhurst (York)	19:41
212	171	Devon Carbaugh	Fr Sterling (H.S.)	19:42
213	172	Rachel Kessy	So Oak Park (O.P.-River Forest)	19:42
214	173	Rose Pearson	Fr Chatham (Glenwood)	19:43
215	174	Tracy Mattis	Fr Carol Stream (Glenbard North)	19:45
216	175	Brooke Potendyk	Fr East Peoria	19:46
217	176	Klarisa Ontiveros	So Carol Stream (Glenbard North)	19:46
218	177	Alyssa Havlir	Fr Wheeling	19:47
219	178	Meosha Watts	Jr East St. Louis (Sr.)	19:48
220	179	Kristin Wall	Jr Normal (Community)	19:50
221	180	Katherine McKean	Sr Normal (Community West)	19:51
222	181	Ruth Seitz	So Chatham (Glenwood)	19:55
223		Laura Harnish	Jr Pontiac	19:59
224	182	Erin Fortin	Sr Naperville (Neuqua Valley)	20:00
225	183	Amanda Jourdan	Fr Mt. Vernon (H.S.)	20:05
226	184	Julie Cain	Sr O'Fallon	20:06
227	185	Vanessa Welch	Sr Mt. Vernon (H.S.)	20:07
228	186	Tasha Romano	Fr Sterling (H.S.)	20:09
229	187	Sarah Bikulcius	Fr Wheaton (W. Warrenville South)	20:11

423

ISA Girls Class AA Cross Country Results

Page 6 of 6

230	188	Allison Yadron	Jr Chatham (Glenwood)	20:16
231	189	Stacey Turilli	Jr Normal (Community)	20:16
232	190	Cathy Thomas	Sr Normal (Community West)	20:24
233	191	Courtney Cooper	Fr East Peoria	20:26
234		Kelly Smith	Sr Wilmette (Loyola Academy)	20:28
235	192	Caitlin Pyle	Sr Chatham (Glenwood)	20:30
236	193	Maddy Marshall	Fr Mahomet (M.-Seymour)	20:31
237	194	Silvey Britton	So O'Fallon	20:33
238	195	Amanda Laesch	So Wheaton (North)	20:38
239	196	Becky Antas	Sr Wheaton (North)	20:41
240	197	Emily Wolber	Sr Sterling (H.S.)	20:44
241	198	Rachel Underwood	So East Peoria	20:51
242	199	Amy Balek	Jr Mahomet (M.-Seymour)	20:55
243	200	Michelle Maust	Fr Wheaton (North)	20:58
244	201	Tanya Riddle	So Mahomet (M.-Seymour)	20:59
245	202	Kristin Beusse	Jr Wheeling	21:04
246	203	Sarah Lacy	Sr Normal (Community West)	21:05
247	204	Tricia Davis	So O'Fallon	21:10
248	205	Caroline Leighton	Jr Normal (Community)	21:35
249	206	Samilya Nixon	So East St. Louis (Sr.)	21:58
250	207	Kristen Chism	So East St. Louis (Sr.)	21:58
251	208	Perri Gitcho	Sr O'Fallon	22:09
252	209	Kristina Gerhke	Sr Sterling (H.S.)	22:23
253	210	Rachel Minter	Jr East Peoria	22:32

[Home](#) | [Site Index](#) | [About IHSA](#) | [About IHSA.org](#) | [Feedback](#)

[HOME](#)[Track Page](#)[Cross Country Page](#)[Leader Boards](#)[College Signings](#)[Links](#)

STATE REVIEW: GIRLS AA

By: Scott Bush

Race Summary

By the time the Girls AA race rolled around the temperature started to rise and it didn't seem nearly as cold as the class A races earlier in the morning. This race was building in anticipation, and everyone knew it would be close in all aspects (both team and individual).

The gun went off and the race was underway. All the top individuals got out fast and put themselves in the top fifteen of the race. Palatine's pack got out extremely fast like they have all season and early on were the team to beat. Coming up to the first 800m mark there was a pack of five that included Paulina Garcia (Streamwood), Lisa Bonistalli (Naperville North), Christina Fiduccia (Barrington), and a couple others. Top runners Amy Laskowske (Palatine) and Bethany McCoy (Metamora) were a few yards back from that lead pack.

The top girls hit the first mile in a lightning quick 5:20. Garcia, Fiduccia, Bonistalli, McCoy, and Caitlin Chrisman (Carbondale) were all still up there. As the girls headed into the back rectangle it was apparent that Naperville North had a slight advantage over the other teams, as they had three girls in the top twelve, as well as their number four girl in the top 25. Palatine still had a strong pack, as did Barrington, but both were a little further back.

As the girls came out of the back rectangle the lead pack had slipped to three. Garcia, Bonistalli and McCoy were all up front, while a pack consisting of Coren, Fiduccia and Laskowske (the all-MSL pack) was trailing just behind. As the masses passed by it was still apparent that Naperville North was in the lead. They had four girls in the top 32 and were looking very strong up, with three in the top nine. Palatine and Barrington had their packs break off and were now running in groups of two. You could sense that the individual race was going to be a thrilling finish as so many girls were up front.

With 1,000m to go Garcia and Bonistalli made their moves and put a huge space between themselves and the rest of the runners. They were both certain they were going to win this race. At the bottom of the final straight Garcia made a push, then Bonistalli did, and it went back and forth like this throughout the entire final 600m. With about 30m to go Garcia made one last push and the sophomore broke away to win by a couple steps, 16:48 to 16:49. This was one of the most thrilling state finishes in a long time, as both Garcia and Bonistalli smashed the course record. McCoy finished a strong third, as she really showed some people that she was for real this season. McCoy was also under the 17 minute barrier, finishing in a strong 16:58. Then the pack started to thin out as runners came in one at a time. Laskowske, another sophomore, had a fine race to finish fourth, while Coren had a great finish to her fine high school career, finishing fifth. You could tell at the two mile mark that Fiduccia was a little tired after getting out so fast in the race, but she had an excellent finish to her nearly perfect season with a sixth place finish.

Now that a new individual champ was crowned, it was time to decide the team race. Naperville North put three in the top ten, while their number four was at the 30th spot. Palatine put their top three in the top fourteen, and their number four at 32nd. Barrington had four get all state. Junior Erin Robertson had a huge kick over the last 450m to pass nearly 15 girls, as she ran to a 15th place finish. Barrington also ran to 19th and 23rd place finishes. So basically it came down to who had the strongest number five runner. On this day it was Barrington, who had Whitney Laurence come up big and outkick Palatine's number five. Barrington won the team title after a half hour delay on the results, with Palatine and Naperville North both within eight points.

Pre-race favorite Caitlin Chrisman faded badly after the 1.5 mile mark, sighting that her legs got really fatigued and that it was all mental from there on out. She vowed though to make up for the bad race at Footlocker Regionals, so good luck to her. We also received word that both Garcia and Bonistalli will be running Footlocker Regionals, so Illinois will be well represented (we are sure that other top girls will run as well, these are just the ones we heard from).

This had to be the closest team and individual race ever. The top two girls were separated by less than a second, while the top THREE teams were separated by less than ten points. This was a great race, the greatest of the day. Great job to all that competed in this wonderful race.

Top Five Teams

[HOME](#)[Track Page](#)[Cross Country Page](#)[Leader Boards](#)[College Signings](#)[Links](#)

STATE REVIEW: BOYS AA

By: Scott Bush

Race Summary

Like always, this race generated the most excitement for the day. By the time this race rolled around the course was packed with fans and coaches, as well as athletes from all the other prior races. Everyone wanted to get a glimpse of Matt Withrow (Andrew) and the vaunted York squad. The weather was perfect, the course was perfect, everything just seemed right for some special things to happen.

The gun sounded and the runners were off. All the top guys got out wicked fast, since everyone knows if you want to win you have to get out fast to make it around that first turn without getting boxed. Through the first half mile all the top guys made their way up to the front, to get a feel for how everyone was doing. By the mile mark the top group was established and was rolling along. The top guys came through the mile in 4:42.5, which included Withrow, Sean McNamara (York), Will McCann (Decatur MacArthur), Eric MacTaggart (Glenbard South) and Ryan Kuphall and Brad Topol both of Lyons Twp.

Heading into the back rectangle you got a sense that someone was going to try to make a move back there and try to break away, but it didn't really happen. It was apparent however that Withrow put in a surge or two to try to break up the pack right behind him and it worked. Coming out of the rectangle Withrow made a surge and pulled ahead of the field. The next group was packed up well and it consisted of MacTaggart, McCann and McNamara. After that group passed the 1.5 mile mark, there was another group that included Kuphall, Topol, Kyle Saginus (Lockport Twp.), Dan Curran (Naperville North), Jon Popejoy (Wheaton South), and a few others. It was an incredibly close race at this point. As the rest of the mass group ran by it was apparent that York was running very well, but so were Lyons Twp., Palatine, and Neuqua Valley.

Withrow passed the two mile in 9:29 and had built up a big lead over the rest of the field. It seemed as though he was just in cruise control. The crowd was really getting behind him at each turn and you could just sense that he wasn't going to back down at all until he crossed the finish line with his hands raised in victory. By the time the 2.5 mile mark came Withrow had an 80m lead and it was obvious he was going to win.

McCann and McNamara had pulled away from the rest of the field and it was just those two duking it out now for second, while a pack of Saginus, MacTaggart, Popejoy, Napier and Curran were running strong. Heading down the final stretch the fans were screaming for Withrow and cheering so loud it was almost deafening. As Withrow crossed the finish line he shed some tears, and once out of the chute celebrated his victory with a hug from his mother. His run was inspirational and gutsy and you could tell the entire race that he was only focused on winning.

In the last 800m the rest of the lead pack spaced out a little. McCann pulled away from McNamara in the last 200m. Napier had a big kick to finish strong and beat out Saginus for fourth. Topol had a huge kick and passed a few guys in the final stretch to finish sixth, while MacTaggart slowed and finished 13th.

York, you could tell, easily won the team title, but who got the last two trophy spots. Neuqua had the race of their year, Glenbard South faded a bit but still ran strong, while Lyons Twp. and Palatine both had strong groups and looked very good. Well it took a half hour for results just like the girls race, but in the end Lyons and Palatine tied for second and under IHSA both will receive second place trophies. Neuqua finished strong in fourth, while Glenbard South, after a season that seemed to go wrong with illness and injury, still ran great and finished an impressive fifth. Everyone should be proud...great job to all that competed.

Just a few side notes...five of the top twelve runners will be back next year, with three of them being sophomores. The future looks bright in this state, as I believe we have one of the most talented sophomore classes ever coming through the state right now. York looked tough despite their #2 man Matt Fruin falling in the first 400m and not even finishing in the top 100...that just shows how dominant this York squad is. Once again great job to everyone this season and at state! Footlocker is next, hopefully everyone will run it as we need some representation from Illinois up front.

Top Five Teams

Class AA boys

Good time for 'race of my life'

Pekin senior goes below 15 minutes, gets all-state honors

By KIRK WESSLER
of the Journal Star

PEORIA — On a Saturday when Elmhurst York ran away with its 23rd state championship, Class AA boys cross country fans looked elsewhere for drama.

Journal Star-area fans could rejoice with Pekin senior Andy Bloom, who saved the best for his last high school race. He made all-state with an 18th-place finish.

"I ran the race of my life," Bloom said.

His time of 14:53 over the three-mile Detweiller Park layout was his personal best for the distance by 20 seconds.

That put him 39 seconds behind individual champion Matt Withrow of Tinley Park Andrew. Withrow tracked down breakout



Matt Withrow

pulled himself into second.

LaGrange Lyons and Palatine tied for second in the team hunt with 174 points each, well behind York's winning 86.

Bloom's best finish in three previous state trips was 73rd, last year. His goal was to finish in the top 25, to gain all-state recognition. But he knew to accomplish that, he'd probably have to run where he'd never gone: under 15 minutes for three miles.

"My training told me I could

leader Eric MacTaggart of Glen Ellyn Glenbard South at the end of the second mile, then blew past him to win easily.

MacTaggart faded to 10th; William McCann of Decatur MacArthur

do it," Bloom said. "I just had to keep it in my mind not to give up. I knew I had to keep on pushing."

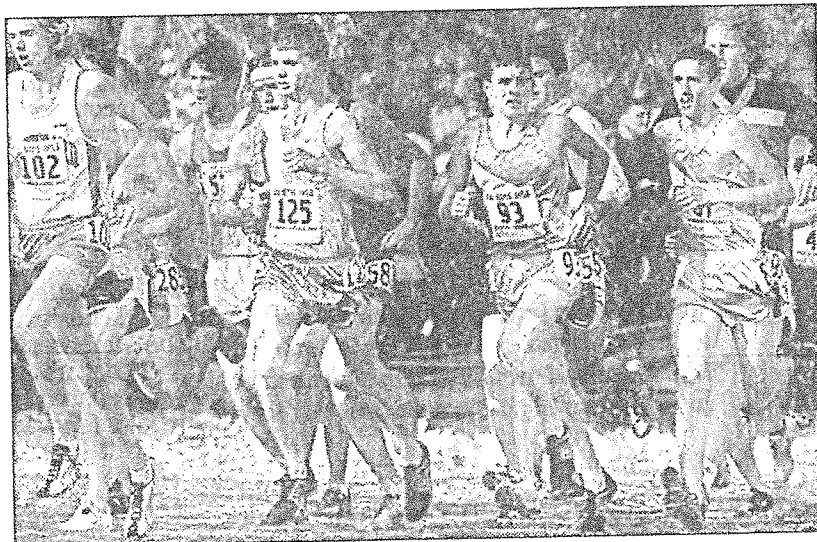
Limestone sophomore Clayton Staley got caught in the pack early and was unable to fight his way out. He finished 186th, in 16:12, well off his best time. Still, he called the experience rewarding, especially since his primary goal this season was to qualify for the state meet.

Metamora was the only area squad in the team race. The Redbirds finished 26th in the 30-team field, with 652 points, and were led by Matt O'Shea, who finished 92nd in 15:34.

"We ran well," Metamora coach Gene Jones said.

Nobody ran as well as York, which had this one all sewed up before the first mile was over, despite its usual No. 2 runner, Matt Fruin, finishing 140th.

"He got knocked down at the half-mile," York coach Joe Newton said. "He was crying, upset,



MATT DAYHOFF/Journal Star

Sean McNamara (93) and Eric Dettman (87) of Elmhurst York stay with the lead pack, including Ryan Kuphal (125) of LaGrange and Eric MacTaggart (102) of Glen Ellyn Glenbard South, in the Class AA boys state cross country race Saturday.

but we still won, so he has a smile on his face now."

Had Fruin run his usual race, York would have had four all-staters instead of three.

Dukes junior Sean McNamara, whom Newton has compared favorably to 1999 state champion Don Sage at the same career stage, placed third.



[Home](#) | [Site Index](#) | [About IHSA](#) | [About IHSA.org](#) | [Feedback](#)

Boys Class AA Cross Country Results

2003-04

FINAL RESULTS -- Posted on Saturday, November 8, 2003.

Team Results

1. Elmhurst (York)	1	15	16	24	30	(37)	(107)	=	86
2. LaGrange (Lyons)	3	6	27	45	93	(97)	(101)	=	174
2. Palatine (H.S.)	9	25	31	48	61	(111)	(163)	=	174
4. Naperville (Neuqua Valley)	8	19	44	51	73	(100)	(105)	=	195
5. Glen Ellyn (Glenbard South)	10	17	56	69	77	(99)	(152)	=	229
6. Naperville (North)	5	12	53	78	84	(110)	(132)	=	232
7. Wheaton (W. Warrenville South)	4	13	52	68	103	(143)	(161)	=	240
8. Villa Park (Willowbrook)	7	20	75	79	86	(135)	(209)	=	267
9. Winnetka (New Trier)	22	36	50	64	120	(136)	(151)	=	292
10. Lincolnshire (Stevenson)	33	57	60	62	106	(130)	(154)	=	318
11. New Lenox (Lincoln-Way Central)	23	55	71	88	113	(126)	(144)	=	350
12. Downers Grove (North)	42	54	80	98	102	(114)	(185)	=	376
13. Aurora (Waubonsie Valley)	21	70	83	90	127	(128)	(159)	=	391
14. Highland Park	38	39	87	119	121	(123)	(153)	=	404
15. Lockport (Twp.)	2	11	95	141	162	(167)	(181)	=	411
16. Orland Park (Sandburg)	18	65	72	116	142	(168)	(180)	=	413
17. Wheaton (North)	35	67	94	109	112	(133)	(146)	=	417
18. Lisle (Benet Academy)	14	81	85	122	129	(169)	(176)	=	431
19. Quincy (Sr.)	49	74	91	96	124	(184)	(197)	=	434
20. Schaumburg (H.S.)	34	47	82	140	160	(194)	(203)	=	463
21. Crystal Lake (Central)	40	43	108	138	139	(150)		=	468
22. Edwardsville (H.S.)	28	29	41	193	199	(205)	(206)	=	490
23. Marion (H.S.)	46	59	89	179	189	(198)	(207)	=	562
24. Normal (Community)	63	76	117	157	177	(190)	(202)	=	590

School Enrollment

(2410)

(3542)

(2564)

(3231)

(1397)

(3004)

(2417)

(2129)

(3806)

(4319)

(2528)

(2134)

(2961)

(1793)

(3180)

(3341)

(2171)

(1288)

(2224(31))

(2591)

(1382)

(2224)

(1194)

(1455)

25. Moline (H.S.)	92	104	125	134	149	(156)	(170)	=	604
26. Metamora	66	118	137	165	166	(186)	(204)	=	652
27. Belvidere	58	131	145	155	173	(187)	(192)	=	662
28. O'Fallon	32	158	172	175	182	(188)	(195)	=	719
29. Bloomington (H.S.)	26	148	174	183	191	(196)	(200)	=	722
30. Champaign (Central)	115	147	164	171	178	(201)	(208)	=	775

(2295)
(924)
(2103)
(2124)
(1599)
(1297)

Individual Results

Place	TmPl	Name	Cl	School	Time
1		Matt Withrow	Sr	Tinley Park (Andrew)	14:14
2		William McCann	Sr	Decatur (MacArthur)	14:27
3	1	Sean McNamara	Jr	Elmhurst (York)	14:29
4		Andy Napier	Sr	Antioch	14:35
5	2	Kyle Saginus	Sr	Lockport (Twp.)	14:38
6	3	Brad Topol	Sr	LaGrange (Lyons)	14:40
7	4	Jon Popejoy	So	Wheaton (W. Warrenville South)	14:40
8	5	Dan Curran	Sr	Naperville (North)	14:40
9	6	Ryan Kuphal	Jr	LaGrange (Lyons)	14:41
10	7	Jesse Luciano	So	Villa Park (Willowbrook)	14:44
11	8	Nick Dunn	Sr	Naperville (Neuqua Valley)	14:46
12	9	Glenn Morris	So	Palatine (H.S.)	14:46
13	10	Eric MacTaggart	Sr	Glen Ellyn (Glenbard South)	14:49
14		Brandon Karcher	Sr	Mt. Vernon (H.S.)	14:51
15	11	Michael Skinner	Sr	Lockport (Twp.)	14:51
16	12	Joe Curran	Sr	Naperville (North)	14:52
17	13	Michael Popejoy	Sr	Wheaton (W. Warrenville South)	14:52
18		Andy Bloom	Sr	Pekin	14:53
19	14	Kyle Mikowski	Sr	Lisle (Benet Academy)	14:54
20	15	Matt Dettman	So	Elmhurst (York)	14:54
21	16	Eric Dettman	So	Elmhurst (York)	14:55
22	17	Bruce MacTaggart	So	Glen Ellyn (Glenbard South)	14:56
23	18	Brian Glaza	Sr	Orland Park (Sandburg)	14:57
24		Eric McClelland	Sr	Decatur (MacArthur)	14:57
25		Mike Prince	Sr	Springfield (Lanphier)	14:58
26		Sinan Khamo	Sr	Des Plaines (Maine West)	14:59
27	19	Geoff Houtman	Sr	Naperville (Neuqua Valley)	14:59
28	20	Dan Klatt	Jr	Villa Park (Willowbrook)	15:01
29	21	Durrell Williams	Jr	Aurora (Waubonsie Valley)	15:05
30	22	Jason Brown	Sr	Winnetka (New Trier)	15:05
31	23	Mike White	Sr	New Lenox (Lincoln-Way Centra	15:05
32	24	Josh Sharko	Sr	Elmhurst (York)	15:07
33	25	Tim Larson	Sr	Palatine (H.S.)	15:08
34		Jeremy Wheeler	Jr	Springfield (Lanphier)	15:09
35	26	Andy Kubiak	Jr	Bloomington (H.S.)	15:09
36	27	Jacob Nachel	So	LaGrange (Lyons)	15:10
37		Matt Fulton	Jr	Arlington Heights (Hersey)	15:10
38		Jim Beatty	Sr	Antioch	15:12
39		Jack Susin	Sr	Naperville (Central)	15:12
40		Matt DeSilva	So	St. Charles (North)	15:13
41	28	Josh Hurford	Jr	Edwardsville (H.S.)	15:14
42		Joe Karas	Jr	Plainfield (Central)	15:14
43	29	Brad Middleton	Sr	Edwardsville (H.S.)	15:16

44	30	John Fry	Sr Elmhurst (York)	15:16
45	31	John Lancaster	Jr Palatine (H.S.)	15:17
46		Nick Palumbo	Sr McHenry	15:17
47	32	Mike Boring	Jr O'Fallon	15:18
48	33	Kevin Quinlan	Jr Lincolnshire (Stevenson)	15:18
49	34	Matt Czarny	Sr Schaumburg (H.S.)	15:18
50		Ryan Craven	So Mt. Prospect (Prospect)	15:19
51		Joe Mahalick	Sr Joliet (Catholic Academy)	15:20
52	35	Ian Clausen	Sr Wheaton (North)	15:20
53		John Krumsee	Sr Chicago (Northside College Pr	15:20
54	36	Alex Mahoney	Sr Winnetka (New Trier)	15:21
55	37	Brian Marchese	So Elmhurst (York)	15:22
56	38	Byron Scott	Sr Highland Park	15:22
57	39	Pat Clark	Jr Highland Park	15:22
58	40	Ryan Fuhs	Jr Crystal Lake (Central)	15:23
59	41	Dustin Davis	So Edwardsville (H.S.)	15:24
60	42	Ed Barron	Jr Downers Grove (North)	15:24
61	43	Justin Fuhs	So Crystal Lake (Central)	15:25
62	44	Dan Box	Sr Naperville (Neuqua Valley)	15:25
63	45	Joe Becszak	Sr LaGrange (Lyons)	15:25
64	46	Brad Reach	Sr Marion (H.S.)	15:25
65	47	Brian Lesiewicz	Sr Schaumburg (H.S.)	15:26
66		Alex Sutphen	Jr Hoffman Estates (H.S.)	15:26
67	48	James Macatangay	Jr Palatine (H.S.)	15:27
68		Jeff Ritzema	Jr Des Plaines (Maine West)	15:27
69	49	Lane Coonrod	Sr Quincy (Sr.)	15:27
70	50	Chas Gillespie	So Winnetka (New Trier)	15:27
71	51	Joe Bergelin	Jr Naperville (Neuqua Valley)	15:28
72	52	J.J. Babb	Jr Wheaton (W. Warrenville South	15:28
73	53	Kyle Sleik	Fr Naperville (North)	15:28
74		Dave Sexton	Jr Oak Lawn (Community)	15:29
75	54	Andrew Kupisch	Jr Downers Grove (North)	15:29
76		Jared Richardson	So Machesney Park (Harlem)	15:29
77	55	Tyler Moore	So New Lenox (Lincoln-Way Centra	15:30
78		Jon Heerdt	Jr Bolingbrook	15:30
79	56	Chris Honig	Sr Glen Ellyn (Glenbard South)	15:30
80	57	David Traphagen	Sr Lincolnshire (Stevenson)	15:30
81	58	Dan Myers	Jr Belvidere	15:31
82	59	Stephen Jones	So Marion (H.S.)	15:31
83	60	Tim Entwistle	So Lincolnshire (Stevenson)	15:31
84	61	Brian Brodeur	Sr Palatine (H.S.)	15:32
85	62	Eric Traphagen	So Lincolnshire (Stevenson)	15:32
86	63	Steven Hurth	Jr Normal (Community)	15:32
87	64	Eamon Monaghan	Sr Winnetka (New Trier)	15:32
88		Chris Matthews	So East Moline (United)	15:33
89		Sam Chwalek	Sr Chicago (Kennedy)	15:33
90	65	Kevin Adamowski	Fr Orland Park (Sandburg)	15:34
91		Drew Hatzold	Sr Roselle (Lake Park)	15:34
92	66	Matt O'Shea	Sr Metamora	15:34
93		Josh Wakeman	So Mt. Zion	15:35
94	67	Clark Benson	Sr Wheaton (North)	15:35
95	68	Randy Weigand	Jr Wheaton (W. Warrenville South	15:35
96	69	Dan Rose	Jr Glen Ellyn (Glenbard South)	15:35
97	70	Kevin Burns	So Aurora (Waubonsie Valley)	15:37
98	71	Dan Baldacci	Sr New Lenox (Lincoln-Way Centra	15:37
99		Alexander Robin	So Evanston (Twp.)	15:37
100	72	Brad LaRocque	Fr Orland Park (Sandburg)	15:37
101	73	Rick Burke	Sr Naperville (Neuqua Valley)	15:37
102	74	Erik Saka	Jr Quincy (Sr.)	15:37
103	75	Brett Ellsworth	Jr Villa Park (Willowbrook)	15:38
104		Matt Leonardo	Sr Burbank (St. Laurence)	15:38
105	76	Chris Zook	So Normal (Community)	15:38

ISA Boys Class AA Cross Country Results

Page 4 of 6

106	77	John Mulrow	Sr Glen Ellyn (Glenbard South)	15:39
107	78	Tom DeBerge	Jr Naperville (North)	15:39
108		Mark Martinez	So Rockford (Guilford)	15:39
109	79	Steve Jackson	Sr Villa Park (Willowbrook)	15:40
110	80	Luke Ryan	Fr Downers Grove (North)	15:41
111	81	Kevin Veselik	Jr Lisle (Benet Academy)	15:41
112	82	Jim Nebl	Jr Schaumburg (H.S.)	15:41
113	83	Pablo Martinez	Jr Aurora (Waubonsie Valley)	15:42
114	84	Dan Walters	Sr Naperville (North)	15:42
115	85	Nick Geyer	Fr Lisle (Benet Academy)	15:42
116	86	Art Klatt	Sr Villa Park (Willowbrook)	15:42
117		James Isbell	Jr Bolingbrook	15:42
118	87	Mario Castrejon	Jr Highland Park	15:43
119	88	Steve Erbeck	So New Lenox (Lincoln-Way Centra	15:44
120	89	Nathan Mattox	Sr Marion (H.S.)	15:44
121	90	Brent Carius	So Aurora (Waubonsie Valley)	15:44
122	91	Carson Smith	Sr Quincy (Sr.)	15:44
123	92	Alex Hutchins	Jr Moline (H.S.)	15:45
124	93	Andy Novak	Sr LaGrange (Lyons)	15:45
125	94	Curt Mademann	Jr Wheaton (North)	15:45
126	95	Alex Mauritz	Sr Lockport (Twp.)	15:46
127	96	Isaiah Robbins	So Quincy (Sr.)	15:46
128	97	Mike Jeter	Sr LaGrange (Lyons)	15:46
129	98	Pat Duke	Sr Downers Grove (North)	15:46
130		Peter Crotty	Sr Wilmette (Loyola Academy)	15:46
131	99	Mark Bowman	Jr Glen Ellyn (Glenbard South)	15:47
132	100	Ryan Miller	Jr Naperville (Neuqua Valley)	15:47
133		Brendan Christian	Jr Chicago (St. Ignatius)	15:47
134	101	Doug Rackow	Sr LaGrange (Lyons)	15:47
135	102	Mark Zycinski	Jr Downers Grove (North)	15:47
136	103	Will Dickinson	Sr Wheaton (W. Warrenville South	15:49
137	104	Mike Verre	Sr Moline (H.S.)	15:49
138	105	David Krist	Sr Naperville (Neuqua Valley)	15:50
139	106	Ryan Ptashkin	Sr Lincolnshire (Stevenson)	15:50
140	107	Matt Fruin	Sr Elmhurst (York)	15:50
141	108	Tim Stanton	Sr Crystal Lake (Central)	15:51
142		Justin Baer	Sr Decatur (Eisenhower)	15:52
143		Sean Angst	So Lombard (Glenbard East)	15:53
144	109	Josh Oreweiler	Jr Wheaton (North)	15:53
145	110	Kirk Baleskie	Sr Naperville (North)	15:54
146	111	Matt Moss	Jr Palatine (H.S.)	15:54
147		Mike Demaj	Jr Burbank (Reavis)	15:55
148	112	Bill Dunn	Jr Wheaton (North)	15:55
149	113	Luke Alvarez	Sr New Lenox (Lincoln-Way Centra	15:55
150	114	Miles Corcoran	Jr Downers Grove (North)	15:55
151	115	Graham Tennant	Jr Champaign (Central)	15:56
152	116	Rob Murphy	Sr Orland Park (Sandburg)	15:57
153	117	Ben Love	Sr Normal (Community)	15:57
154	118	Scott Sabin	Jr Metamora	15:58
155	119	Humberto Palmerin	Sr Highland Park	15:58
156	120	Cliff Strauss	Sr Winnetka (New Trier)	15:58
157	121	Robby Rutkoff	Sr Highland Park	15:58
158	122	Matt McCabe	So Lisle (Benet Academy)	15:59
159	123	Robbie Green	Jr Highland Park	15:59
160	124	Brian Winkeljohn	Jr Quincy (Sr.)	16:00
161	125	Craig Frederiksen	Sr Moline (H.S.)	16:00
162	126	Mike Berkery	So New Lenox (Lincoln-Way Centra	16:00
163		Patrick Greene	Jr Plainfield (South)	16:01
164	127	Jeremy Brown	Jr Aurora (Waubonsie Valley)	16:01
165		Mike Ptack	Sr Oak Park (O.P.-River Forest)	16:01
166	128	Thomas Martino	Jr Aurora (Waubonsie Valley)	16:01
167	129	Scott Williams	Jr Lisle (Benet Academy)	16:01

43

ISA Boys Class AA Cross Country Results

Page 5 of 6

168	130	Tom Egner	Sr Lincolnshire (Stevenson)	16:02
169	131	Shea Maudsley	Sr Belvidere	16:03
170		Chris Jones	Sr Chicago (Mt. Carmel)	16:03
171	132	George Kline	Sr Naperville (North)	16:03
172	133	Tom Fox	Jr Wheaton (North)	16:04
173		Brian Taylor	Sr Sycamore	16:04
174	134	Ted Nocella	Sr Moline (H.S.)	16:04
175	135	Vince Bruno	Sr Villa Park (Willowbrook)	16:05
176	136	Jon Beadle	Jr Winnetka (New Trier)	16:05
177	137	Kyle Schierer	Sr Metamora	16:05
178	138	Josh Simmons	Sr Crystal Lake (Central)	16:05
179	139	Gabe Peters	So Crystal Lake (Central)	16:05
180	140	Andrew Macnider	So Schaumburg (H.S.)	16:06
181	141	Kyle Skinner	So Lockport (Twp.)	16:07
182	142	Colin Nolan	Sr Orland Park (Sandburg)	16:08
183	143	Richard Mordini	Sr Wheaton (W. Warrenville South)	16:10
184	144	Mark Battista	Fr New Lenox (Lincoln-Way Centra	16:11
185	145	Andrew Paul	So Belvidere	16:11
186		Clayton Staley	Sr Bartonville (Limestone)	16:12
187	146	Pat Ahlberg	Sr Wheaton (North)	16:12
188	147	Michael Kesler	So Champaign (Central)	16:13
189	148	Dane Murray	Sr Bloomington (H.S.)	16:13
190	149	Mark Gustafson	So Moline (H.S.)	16:13
191	150	Kevin Clarke	Sr Crystal Lake (Central)	16:13
192	151	Bill O'Hara	Jr Winnetka (New Trier)	16:14
193		Brian Getz	Sr East Moline (United)	16:14
194	152	Michael Adduci	Sr Glen Ellyn (Glenbard South)	16:15
195	153	Jeremy Applebaum	Jr Highland Park	16:16
196	154	Joe Marnell	Sr Lincolnshire (Stevenson)	16:16
197	155	Gerry Dumelle	Sr Belvidere	16:16
198	156	Paul Brown	So Moline (H.S.)	16:18
199	157	Jared Starnes	So Normal (Community)	16:18
200	158	Ted Brushhaber	Sr O'Fallon	16:19
201	159	Adam Yost	Sr Aurora (Waubonsie Valley)	16:20
202	160	Dan Kellermeyer	Jr Schaumburg (H.S.)	16:22
203	161	Matt Hernandez	Jr Wheaton (W. Warrenville South)	16:22
204	162	Dwayne Vera	Jr Lockport (Twp.)	16:22
205	163	Tim Brodner	Sr Palatine (H.S.)	16:23
206	164	Tyler McGill	Jr Champaign (Central)	16:24
207	165	Nate Rauh	Jr Metamora	16:24
208	166	Doug Mason	Sr Metamora	16:24
209	167	Robert Kenney	So Lockport (Twp.)	16:24
210	168	Anthony Girton	Fr Orland Park (Sandburg)	16:25
211	169	Dan Bockrath	Sr Lisle (Benet Academy)	16:25
212	170	Colby Schulz	Fr Moline (H.S.)	16:26
213	171	Thomas Broadrick	Fr Champaign (Central)	16:27
214	172	Tyler Harris	So O'Fallon	16:27
215	173	Derek Larsen	Jr Belvidere	16:27
216	174	Ben Nathan	Fr Bloomington (H.S.)	16:28
217	175	Travis Yeager	Jr O'Fallon	16:29
218	176	Doug Guarascio	So Lisle (Benet Academy)	16:30
219	177	Brent Chatham	Sr Normal (Community)	16:32
220	178	Andrew Chisholm	Jr Champaign (Central)	16:35
221	179	Stephen Price	Sr Marion (H.S.)	16:36
222	180	Jake Gerdes	So Orland Park (Sandburg)	16:39
223	181	Danny Hahn	Fr Lockport (Twp.)	16:40
224	182	Alex Hollenbeck	Jr O'Fallon	16:41
225	183	Matt Christensen	Jr Bloomington (H.S.)	16:42
226	184	Jacob Zimmerman	Sr Quincy (Sr.)	16:43
227	185	Nate Crider	Sr Downers Grove (North)	16:43
228	186	Matt Rego	Jr Metamora	16:44
229	187	Aric Romriell	Jr Belvidere	16:46

230	188	Pat Anderson	Sr O'Fallon	16:47
231	189	Christophe Teich	Fr Marion (H.S.)	16:47
232	190	Evan Riehl	Sr Normal (Community)	16:49
233	191	Joey Waldorf	Fr Bloomington (H.S.)	16:49
234	192	Tom Chambers	Jr Belvidere	16:52
235	193	Bryan Ryan	So Edwardsville (H.S.)	16:52
236	194	Ryan McKay	Jr Schaumburg (H.S.)	16:53
237	195	Tommy Evans	So O'Fallon	16:54
238	196	Rob Barkulis	So Bloomington (H.S.)	16:56
239	197	Matthew Bailey	Jr Quincy (Sr.)	17:00
240	198	Josh Williams	So Marion (H.S.)	17:04
241	199	Jon Ehlman	Jr Edwardsville (H.S.)	17:06
242	200	Brett Litwiller	Jr Bloomington (H.S.)	17:23
243	201	Mario Pulcini	Jr Champaign (Central)	17:23
244	202	Shawn Finlen	Sr Normal (Community)	17:27
245	203	Dylan Lau	Sr Schaumburg (H.S.)	17:35
246	204	Nick Kerker	Sr Metamora	17:37
247	205	Andrew Josselyn	Fr Edwardsville (H.S.)	17:48
248	206	Anthony Flamer	Fr Edwardsville (H.S.)	17:51
249	207	Mike Ward	So Marion (H.S.)	18:36
250	208	Michael Thies	Jr Champaign (Central)	19:13
251	209	Joe Cassidy	Jr Villa Park (Willowbrook)	19:13

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Carthage freshman delivers

Bastert turns Class A
title aspirations into
girls-record reality

By JANE MILLER
of the Journal Star

PEORIA — Great expectations followed Katelyn Bastert to the starting line of the Class A girls cross country state meet Saturday, and the Carthage High School freshman carried every one of them with her across the finish line.

Bastert, the most dominant female runner in the state this year, set a Class A girls meet record in winning the individual championship. She ran 17:10 on the three-mile Detweiller Park course.

Her time was six seconds faster than Sarah Selby of Shelbyville ran to win the 2002 race, the first at this distance.

Bastert, running without a team all year, finished her season undefeated.

"At the beginning of the season, I thought if I could make top 10 at state, that would be great," the Class A eighth-grade state champion said. "I didn't expect anything."

Almost everyone else expected a victory out of Bastert, since she dominated every race she ran this year. In many races, Elmwood/Brimfield senior Maggie Carroll was one of the runners chasing Bastert.

Saturday, however, Carroll decided to forget about trying to keep up with Bastert and ran her own race. She finished second in 17:37, her best effort of the season.

"I'm so happy," said Carroll, who was injured most of last season and finished 53rd at state. "There was no pressure for me here today — nobody was expecting me to come out and win anything."

The frustration of running behind Bastert so many times this season came to a head last week at the sectional meet,



MATT DAYHOFF/Journal Star

**Katelyn Bastert of Carthage
takes the title in the Class A
girls state cross country meet
Saturday at Detweiller Park.**

where Carroll trailed the freshman by 1:12.

"I was so upset at sectionals that she was so far in front that I just quit racing," Carroll said.

After her coach, Tony McCoy, had a talk with her, she changed her mindset.

"Today she made the decision to run her race," McCoy said. "Trying to race with Katelyn shows how stubborn she is, but if she's so stubborn she won't quit."

Breese Mater Dei won the girls team title with 121 points, followed by Winnebago with 149 and Olympia with 181.

"The kids ran real well," Olympia coach Mike Neisler said. "We were wanting to be in the top three and we were. The kids have been looking forward to this all year. I was real confident in the race they would run — the closer we got to today the better I felt."

Olympia senior Jill Floyd earned all-state honors in 21st.

Another four-year state qualifier, Tiffanie York of Delavan, saved her best for last. She finished 10th overall.

"She just went out and grabbed a spot and hung on," said York's coach, Walt Dare. "She really wanted it her senior year. She had enough guts that she faded to 12th late in the race and fought back to 10th."

York said she was inspired by words of wisdom from a friend earlier in the week.

"Someone told me that this is the last race of my career," York said, "and asked me whether I wanted to spend the rest of my life trying to forget it or remembering it. Now I'll remember it."

Elmwood/Brimfield took 10th as a team. Senior Jill Kennelly finished 49th overall to help the cause.

"I have the best team to run with," Carroll said. "And I want to thank my coach because he deserves so much credit."

Eureka finished 15th with sophomore Hannah Ehrenhardt in 55th, and Kewanee was 16th, led by sophomore Shea Boehle in 30th.

Bureau Valley was 21st and Tremont, with sophomore Trish Humphrey in 35th, was 22nd.

Monmouth freshman Hannah Hottle was 40th, Fieldcrest sophomore Molli Springer was 65th and Southern sophomore Theresa Brokaw took 66th.



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Girls Class A Cross Country Results

2003-04

FINAL RESULTS -- *Posted on Saturday, November 8, 2003.*

These results were revised at 5:15, about 30 minutes after the initial post. Final individual places were verified and posted at 8:10.

Team Results

1. Breese (Mater Dei)	2	8	12	36	63	(87)	(116)	=	121
2. Winnebago	6	7	28	53	55	(109)	(112)	=	149
3. Stanford (Olympia)	13	27	32	48	61	(119)	(165)	=	181
4. Petersburg (PORTA)	16	17	18	30	125	(153)		=	206
5. Oregon	22	23	47	59	65	(94)	(144)	=	216
6. West Chicago (Wheaton Academy)	21	31	40	56	83	(113)	(130)	=	231
7. Rochester	10	25	60	90	93	(129)	(149)	=	278
8. Elmhurst (Timothy Christian)	26	42	54	57	102	(111)	(136)	=	281
9. Braidwood (Reed-Custer)	3	14	46	88	142	(163)		=	293
10. Elmwood	1	33	82	91	100	(137)	(166)	=	307
11. Wheaton (St. Francis)	15	50	74	86	96	(105)	(108)	=	321
12. Athens	19	38	69	84	115	(122)	(161)	=	325
13. Decatur (St. Teresa)	9	66	70	98	104	(114)	(128)	=	347
14. Kankakee (McNamara)	4	41	80	106	118	(121)	(162)	=	349
15. Eureka	35	72	76	79	97	(110)	(117)	=	359
16. Kewanee (H.S.)	20	67	68	77	127	(151)	(164)	=	359
17. Robinson	39	49	58	95	131	(140)	(157)	=	372
18. Freeburg	11	51	78	123	126	(135)	(138)	=	389
19. Teutopolis	29	37	62	134	145	(154)	(167)	=	407
20. Toledo (Cumberland)	5	34	99	133	139	(146)	(168)	=	410
21. Manlius (Bureau Valley)	71	73	75	85	107	(155)	(160)	=	411
22. Tremont	24	52	89	92	169			=	426

School Enrollments

(559)

(525)

(707)

(438)

(579)

(525)

(618)

(451)

(514)

(183)

(715)

(274)

(346)

(402)

(517)

(529)

(599)

(660)

(493)

(353)

(437)

(324)

23. Urbana (University)	44	45	81	141	143	(147)	(152)	=	454
24. Sherrard	43	64	101	124	132	(170)		=	464
25. McLeansboro (Hamilton County)	103	120	148	150	156	(158)	(159)	=	677

(239)
(564)
(425)

Individual Results

Place	TmPl	Name	Cl	School	Time
1		Katelyn Bastert	Fr	Carthage	17:10
2	1	Maggie Carroll	Sr	Elmwood	17:37
3	2	Jamie Kuhl	Jr	Breese (Mater Dei)	17:55
4	3	Dina Nacey	Sr	Braidwood (Reed-Custer)	17:59
5		Marlana Haefelin	So	Sandwich	18:03
6		Rachel Brubaker	So	Durand	18:04
7	4	Taylor Bennett	So	Kankakee (McNamara)	18:07
8	5	Chandel Ray	Sr	Toledo (Cumberland)	18:11
9	6	Tracy Lotter	So	Winnebago	18:19
10		Tiffanie York	Sr	Delavan	18:20
11	7	Audra Carlson	So	Winnebago	18:23
12		Stephanie Briggs	Jr	Argenta (A.-Oreana)	18:29
13	8	Emily Toennies	Fr	Breese (Mater Dei)	18:32
14		Brittni Peck	Jr	Sparta	18:34
15	9	Lindsay Moore	So	Decatur (St. Teresa)	18:34
16	10	Abby Shunk	So	Rochester	18:34
17		Britta Helwig	So	Chicago (Luther North)	18:35
18		Megan Holscher	Fr	Effingham (St. Anthony)	18:35
19	11	Brenda Whitworth	So	Freeburg	18:39
20	12	Abbey Quitmeyer	Sr	Breese (Mater Dei)	18:40
21	13	Jill Floyd	Sr	Stanford (Olympia)	18:40
22		Brianna Mueller	So	Harvard	18:40
23		Justine Petras	Sr	Woodstock (Marian)	18:41
24	14	Ryan Eichelberger	Fr	Braidwood (Reed-Custer)	18:42
25	15	Natalie Lyzinski	Jr	Wheaton (St. Francis)	18:44
26	16	Sara Brauer	So	Petersburg (PORTA)	18:45
27	17	Ashley Thomasma	Fr	Petersburg (PORTA)	18:46
28	18	Kayla Brown	So	Petersburg (PORTA)	18:51
29	19	Chelsey Patterson	Jr	Athens	18:53
30	20	Shea Boehle	So	Kewanee (H.S.)	18:55
31		Rebekah Clay	Jr	Normal (University)	18:57
32	21	Elizabeth Frusti	Sr	West Chicago (Wheaton Academy)	19:05
33	22	Kim Brown	So	Oregon	19:07
34	23	Kayla Hanke	So	Oregon	19:08
35	24	Trish Humphrey	So	Tremont	19:08
36		Kristina Giberson	Fr	Maroa (M.-Forsyth)	19:09
37	25	Leann Murphy	Fr	Rochester	19:10
38	26	Tami Wieringa	Jr	Elmhurst (Timothy Christian)	19:12
39	27	Kate Freshour	Jr	Stanford (Olympia)	19:12
40		Hannah Hottle	Fr	Monmouth (H.S.)	19:14
41		Mariel McNay	Fr	Quincy (Notre Dame)	19:15
42	28	Lauren Thomas	So	Winnebago	19:19
43	29	Jill Bloemer	Jr	Teutopolis	19:20
44		Kelsee Viano	Fr	Carlinville	19:21
45		Juli Koenegstein	Jr	Chester	19:21
46	30	Whitney Brauer	Fr	Petersburg (PORTA)	19:21
47	31	Alice Shepro	Sr	West Chicago (Wheaton Academy)	19:21
48	32	Tiffany Prager	Sr	Stanford (Olympia)	19:21
49	33	Jill Kennelly	Jr	Elmwood	19:22

50	Jennifer Regnier	Jr Herscher	19:24
51	34 Cazi Nelson	Jr Toledo (Cumberland)	19:25
52	Sarah Roberts	Jr Champaign (St. Thomas More)	19:25
53	Andrea Fouke	Jr Mendota	19:26
54	Jill Purcell	Fr St. Joseph (S.J.-Ogden)	19:26
55	35 Hannah Ehrenhardt	So Eureka	19:26
56	36 Cassie Von Alst	Fr Breese (Mater Dei)	19:26
57	37 Emily Vahling	Sr Teutopolis	19:27
58	38 Ivy Ingram	So Athens	19:27
59	39 Tiffany Pinkston	Jr Robinson	19:27
60	40 Kerri Aldridge	Fr West Chicago (Wheaton Academy)	19:27
61	Shannon Gilbert	Jr Sterling (Newman Central Cath)	19:30
62	41 Jenna Kick	Sr Kankakee (McNamara)	19:30
63	42 Jenny Zylstra	Sr Elmhurst (Timothy Christian)	19:32
64	43 April Calderone	So Sherrard	19:33
65	Molli Springer	So Minonk (Fieldcrest)	19:34
66	Theresa Brokaw	So Stronghurst (Southern)	19:35
67	44 Teresa Sonka	Sr Urbana (University)	19:35
68	45 Clarabelle Devries	Sr Urbana (University)	19:36
69	Amy Kassebaum	Sr Litchfield	19:37
70	46 Jenny Coronelli	So Braidwood (Reed-Custer)	19:38
71	47 Molly Ulferts	Sr Oregon	19:40
72	48 Michelle Rader	Jr Stanford (Olympia)	19:41
73	Lisey Waters	So Chicago (The Latin School)	19:43
74	Jen Crouse	Fr Seneca	19:45
75	49 Emily Phillippe	So Robinson	19:46
76	50 Abby Travis	Fr Wheaton (St. Francis)	19:47
77	51 Bethany Jennings	Jr Freeburg	19:48
78	52 Kristen Galat	Jr Tremont	19:48
79	53 Allison Johnson	Sr Winnebago	19:48
80	54 Jenny Loerop	Sr Elmhurst (Timothy Christian)	19:49
81	Clair Sack	Jr Mendota	19:50
82	55 Rachael Gortowski	Fr Winnebago	19:51
83	56 Britta Erickson	Sr West Chicago (Wheaton Academy)	19:52
84	Lisa Stolzenbach	Fr Beecher	19:52
85	57 Alexis Euwema	Fr Elmhurst (Timothy Christian)	19:54
86	58 Lindsay Cherry	Sr Robinson	19:59
87	59 Crystin Manis	Fr Oregon	19:59
88	60 Becky Requarth	Jr Rochester	20:01
89	61 Becca Johanson	So Stanford (Olympia)	20:01
90	62 Hilary Cloe	So Teutopolis	20:02
91	63 Sara Huelsmann	Jr Breese (Mater Dei)	20:03
92	64 Niki Lecander	Jr Sherrard	20:04
93	65 Sara Peters	Fr Oregon	20:05
94	66 Emily Sotifoff	Jr Decatur (St. Teresa)	20:05
95	67 Clarissa LaFlora	Fr Kewanee (H.S.)	20:05
96	68 Jessica Hanson	Fr Kewanee (H.S.)	20:05
97	69 Katelyn Davis	Jr Athens	20:06
98	70 Amanda Flesch	So Decatur (St. Teresa)	20:06
99	71 Jill Arnold	So Manlius (Bureau Valley)	20:06
100	72 Amanda Holman	So Eureka	20:08
101	73 Molly VonHolten	Fr Manlius (Bureau Valley)	20:09
102	74 Catie Buresh	Jr Wheaton (St. Francis)	20:13
103	75 Jessica Ries	So Manlius (Bureau Valley)	20:13
104	76 Kari Knapp	Jr Eureka	20:14
105	77 Karyssa Martin	Jr Kewanee (H.S.)	20:14
106	78 Jessica Brisk	So Freeburg	20:15
107	79 Paige Vedell	So Eureka	20:15
108	80 Tiffany Ciaccio	Sr Kankakee (McNamara)	20:15
109	81 Priya Iyer	Sr Urbana (University)	20:16
110	Kathy Vanderjack	So Pinckneyville	20:16
111	82 Kendra Johnson	Fr Elmwood	20:18

112	83 Lauren Kremers	Jr West Chicago (Wheaton Academy)	20:21
113	84 Emily DeLong	Jr Athens	20:22
114	85 Jennifer Stone	Jr Manlius (Bureau Valley)	20:22
115	86 Molly Cosgrove	Sr Wheaton (St. Francis)	20:22
116	87 Aften Jensen	Sr Breese (Mater Dei)	20:23
117	88 Renee Andreina	Jr Braidwood (Reed-Custer)	20:23
118	89 Cindy Wyman	So Tremont	20:24
119	90 Ericha Nowakowski	Fr Rochester	20:25
120	91 Jessi Rosecrans	Fr Elmwood	20:27
121	92 Faith Thompson	Fr Tremont	20:27
122	93 Carli Murphy	Sr Rochester	20:27
123	Kathryn Hague	So Lemont (Mt. Assisi Academy)	20:27
124	94 Sydney Cope	Fr Oregon	20:28
125	95 Emily Schrey	Jr Robinson	20:29
126	96 MaryKate Polzin	Jr Wheaton (St. Francis)	20:29
127	Andrea Edwards	So Olney (East Richland)	20:30
128	97 Marina Santiago	So Eureka	20:31
129	98 Laura Jackson	Jr Decatur (St. Teresa)	20:31
130	99 Ciara Robinson	So Toledo (Cumberland)	20:33
131	100 Lindsey McNamara	Fr Elmwood	20:35
132	101 Tara Hartley	So Sherrard	20:35
133	102 Linda Deddo	Sr Elmhurst (Timothy Christian)	20:36
134	103 Andrea Cross	Jr McLeansboro (Hamilton County)	20:36
135	104 Lucy Good	Fr Decatur (St. Teresa)	20:37
136	105 Vicki Zdon	Sr Wheaton (St. Francis)	20:39
137	Betsy Baldo	Jr Westmont	20:39
138	106 Lindsey Sulzberger	Jr Kankakee (McNamara)	20:41
139	107 Janelle Danielson	Sr Manlius (Bureau Valley)	20:41
140	108 Margaret Coleman	Fr Wheaton (St. Francis)	20:41
141	109 Megan Waggoner	Fr Winnebago	20:41
142	110 Emily Greber	Fr Eureka	20:42
143	111 Danielle Riley	Jr Elmhurst (Timothy Christian)	20:44
144	112 Erin Rehfeldt	Sr Winnebago	20:45
145	113 Jocy Persson	Sr West Chicago (Wheaton Academy)	20:45
146	114 Ella Wayne	So Decatur (St. Teresa)	20:46
147	115 Leslie Dannewitz	So Athens	20:47
148	116 Kara Goesten Kors	Sr Breese (Mater Dei)	20:47
149	117 Lauren Torri	Fr Eureka	20:47
150	118 Erin Moore	Fr Kankakee (McNamara)	20:49
151	119 Karen Coppenbarger	Jr Stanford (Olympia)	20:51
152	120 Autumn Shriver	Sr McLeansboro (Hamilton County)	20:52
153	121 Melanie Meents	Fr Kankakee (McNamara)	20:52
154	122 Amy Tuebner	So Athens	20:53
155	Emily Hayes	Jr Roxana	20:54
156	123 Annie Schwab	So Freeburg	20:54
157	124 Lindsie Pettie	Fr Sherrard	20:55
158	125 Teagan Thomson	So Petersburg (PORTA)	20:55
159	126 Sara Randal	Sr Freeburg	20:57
160	Rebecca Peach	Sr Roxana	20:57
161	127 Kari Findley	So Kewanee (H.S.)	20:59
162	128 Annie Binder	Sr Decatur (St. Teresa)	20:59
163	129 Rachel Damery	Sr Rochester	21:00
164	130 Lauren Tomasik	Jr West Chicago (Wheaton Academy)	21:01
165	131 Mickey Trimble	So Robinson	21:01
166	132 Val Daves	Sr Sherrard	21:02
167	133 Lacey Wellbaum	Jr Toledo (Cumberland)	21:02
168	134 Lauren Runde	Jr Teutopolis	21:10
169	135 Heather Sternau	Sr Freeburg	21:11
170	136 Christine Snoeyink	Jr Elmhurst (Timothy Christian)	21:13
171	137 Lori Barrow	Jr Elmwood	21:15
172	138 Ashley Bauer	Sr Freeburg	21:16
173	139 Chelsea Carlen	Jr Toledo (Cumberland)	21:16

ISA Girls Class A Cross Country Results

174	140	Nicole Grimm	Sr Robinson	21:17
175	141	Leah Imlay	So Urbana (University)	21:17
176	142	Monica Skopick	Sr Braidwood (Reed-Custer)	21:22
177	143	Ellie Goldwasser	Jr Urbana (University)	21:25
178	144	Mindy Anderson	Sr Oregon	21:28
179	145	Katie Althoff	So Teutopolis	21:33
180	146	Amanda Wolke	So Toledo (Cumberland)	21:33
181	147	Hannah Snyder	So Urbana (University)	21:34
182	148	Alisha Blackstone	So McLeansboro (Hamilton County)	21:35
183	149	Jennifer Punke	Fr Rochester	21:38
184	150	Mary York	Sr McLeansboro (Hamilton County)	21:40
185	151	Kim Downs	Jr Kewanee (H.S.)	21:47
186	152	Alexandra Ivanova	Jr Urbana (University)	21:51
187	153	Kelly Buerkett	Sr Petersburg (PORTA)	21:59
188	154	Kelly Hardiek	Jr Teutopolis	22:00
189	155	Erin Nichols	Jr Manlius (Bureau Valley)	22:06
190	156	Ashley Lindsay	Sr McLeansboro (Hamilton County)	22:08
191	157	Lindsey Phillippe	Sr Robinson	22:09
192	158	Miranda Hathaway	So McLeansboro (Hamilton County)	22:23
193	159	Jessica Hastings	Fr McLeansboro (Hamilton County)	22:24
194	160	Katy Ernst	Sr Manlius (Bureau Valley)	22:26
195	161	Margie Mathewson	Jr Athens	22:28
196	162	Andrea Pitts	Sr Kankakee (McNamara)	22:36
197	163	Melissa Lee	Sr Braidwood (Reed-Custer)	22:36
198	164	Emily Wieser	So Kewanee (H.S.)	22:41
199	165	Becky Hieser	Sr Stanford (Olympia)	22:47
200	166	Liz Harlan	Sr Elmwood	22:48
201		Ashley Sermak	Fr Fithian (Oakwood)	22:51
202	167	Annie Meyer	Fr Teutopolis	23:12
203	168	Mariah Bolin	Jr Toledo (Cumberland)	23:21
204	169	Rebecca Koch	So Tremont	24:46
205	170	Kelly Ingold	So Sherrard	26:09

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A race 'Hird' around the state

By Stephen Moeller
Staff sports writer

Cross Country Class A

PEORIA — It was a remarkable race "Hird" around the state.

That's what stellar Alleman junior Nathaniel Hird did on a chilly Saturday morning in the boys' Class A race at DeWeller Park.

Masterfully maintaining a smooth stride and steady pace throughout the three-mile race on the fairly flat, looping course, Hird finished seventh out of 207 runners, posting a time of 15 minutes, 12 seconds.

En route to earning All-State honors, Hird passed two rival runners during the final 20 feet. The top 25 individual runners earn All-State accolades.

"I'm pretty good at the end of races, and I think by passing those two guys right at the end, I showed that I can give you a good fight until the end," said Hird, who finished 80th at state as a freshman and 55th as a sophomore.

"My experience at state the past two years taught me that you can't allow yourself to be boxed in around the first turn because, if you do, then it's over," added Hird, whose personal best time had been 15:23 prior to Saturday. "Because of that first turn, my strategy was to stay up front with the top of the pack

from the outset. Fortunately, I was able to do that."

Propelled by Hird and junior Alex Kelly, who finished 56th with a time of 16:05, Alleman finished eighth out of 25 teams with 253 points.

"I wanted to break 16 minutes, and although I didn't quite do that, I'm still pleased with how I ran," said Kelly, whose personal best had been 16:14 before Saturday. "I have a strong kick at the end, but the fact that I'm strong mentally also contributes to my success."

This was the fourth consecutive year the Pioneers advanced to state as a team. Alleman placed eighth in 2000, 11th in 2001 and 10th last season.

"This team really has exceeded my expectations, and lucky for us, six of our seven guys will be coming back next year," Alleman coach Mike Ethington said. "I

knew we would have a strong nucleus this year, but it has been a pleasant surprise the way our No. 4 through No. 7 runners have developed to augment our top three. Our team and our program is building momentum."

Building momentum is something the Sherrard boys' team has done all year. On Saturday,



Nathaniel Hird

the Tigers finished 11th out of 25 teams with 309 points.

"Our boys team has been working and building up for this moment for a long time, and because four of our top five runners are graduating this year, today was do-or-die time for our boys' program. Our team definitely did it," Sherrard coach

Joel Bohnsack said. "Almost all of our boys had personal records, so you can't ask for any more than that. Overall, this was the best race our boys have run all year."

Chad Bell paced a deep and balanced Sherrard pack. The senior placed 40th and tallied a time of 15:56.

"I thought I could have done better, but I'm pleased overall with how I finished," said Bell, whose personal best time is 15:41.

"My third mile and kick at the end are my biggest strengths," Bell added. "I started strong for the most part, but I was kind of boxed in around that first turn. This team had some really high expectations, and I think we realized our goals."

Riverdale runner Dorian Ulrey missed being distinguished as an All-State performer by just two places. The sophomore standout concluded 27th with a mark of 15:44. Ulrey significantly bettered his time from sectionals, when he finished fourth by posting a mark of 16:10.

In the girls Class A race Saturday morning, Kewanee sophomore Shea Boehle finished 30th out of 205 runners with a time of 16:55, and talented Mommouth freshman Hannah Hottle placed 40th with a mark of 19:14.

Sparked by Boehle, the Boiler

Girls were 16th out of 25 teams with 359 points.

Despite a strong effort from sophomore April Calderone, the Sherrard girls' squad finished 24th out of 25 teams with 464 points. Calderone, whose sister Ashlee ran cross country at state for the Tigers in 1998, 1999 and 2000, was 64th with a time of 19:33.

"My goal was just to set a personal record, and I did that, so I'm pleased," said Calderone, who emphatically eclipsed her previous best time of 20 minutes flat. "My second mile is what really helped me. This is my first year of running cross country, and it has been amazing. I never could have envisioned running at state when the year began."

Despite the disappointing team finish, Bohnsack was anything but disappointed with his squad after its first trip to state in four years.

"It's hard to believe our girls finished 24th and not higher, because they all did a great job, and we had a lot of personal records," Bohnsack said.

"Today was an exciting new beginning for our girls program. Because we have seven of nine girls coming back next year, we have a lot of hope for next season. I'm confident our girls team will be solid for many years to come."

Eureka boys' fifth Class A team state title in six years is delayed but not denied

By JANE MILLER
of the Journal Star

PEORIA — For an excruciating hour Saturday morning, the Eureka High School boys cross country team waited to hear the results of the Class A state team race.

When the word came, the wait was worth it. The Hornets had won their fifth state title in the last six years, by 11 points over Danville Schlarmann, 134-145.

"It was the longest hour of my life," said Eureka junior Sean Houseworth, one of

three members of his team to earn all-state honors. "It made it better once we heard we won."

The wait was longer than previous years because a computer-chip scoring system was used this year for the first time and IHSA officials were working the bugs out of it.

Andrew Northrup of Elmwood/Brimfield took third overall, but complete individual results for the Class A boys race still were not available more than nine hours after it was over.

That delay didn't matter much to Eureka.

"I've never been prouder of my teammates than I was today," ninth-place finisher Alex Gerber said.

Houseworth was 10th overall for Eureka, and Johnny Reel 16th. But it was the fifth, sixth and seventh runners who assured a Eureka victory.

"Those guys won it for us today," Houseworth said of Kevin Martin, Derek Stewart and Brett Stewart. "They may not get all the spotlight, but when it counts,



Jeremy Stevens

they're the ones who pull us through."

Eureka did not lose to a Class A team this season and was the overwhelming favorite to regain the title it lost by six points to Winnebago a year ago.

"The kids really stepped up and ran well today," Eureka coach Brett Charlton said. "We only have one senior, Derek Stewart, and what a way to end his career. And it gives the other guys more to look forward to

next year."

Northrup also ended his high school career in grand style. He finished third individually and helped his team to a ninth-place finish.

"I got to the half-mile and I was sitting about 20th," Northrup said. "Then people started coming back to me because they went out so fast. I made my move on the back straightaway."

Northrup was running second to eventual winner Jeremy Stevens, a Winnebago sophomore, until the last 300 yards. Then Liberty sophomore Eric Obert got past Northrup for second.

Stevens' winning time was 14:58, and Northrup ran 15:05.

"I would have liked to have

broken 15:00, but I'm definitely happy," he said. "I came to race today."

Northrup's coach, Gregg Meyers, couldn't have agreed more.

"He's been working his rear end off all year, and I knew he was going to have a good race," Meyers said. "Nobody else knew how well he was going to run, but if you saw him in practice, you knew."

Farmington senior Josh Ralston finished 11th in his first state meet.

"It was awesome," said Ralston, whose sophomore teammate, Aaron Kepler, was 41st. "At about a mile and a half, I told myself that's when I had to go. It was all about place today."

Delavan junior Brian McConnell was 13th and Macomb senior Ryan Riggins was 19th. Both runners earned all-state honors.

Riggins' time of 15:33 was right in the ballpark of his goal.

"I was looking for a 15:30, but I always set my goals a bit higher than I think I can do," he said. "So I was real happy."

E/B senior Drew Cisel was 38th overall, Havana junior Kirk Atwater took 46th, Tremont sophomore Jared Morr was 53rd and Olympia sophomore John Neisler was 58th.

Eureka celebration: There will be a reception to honor Eureka's state champions at 6 p.m. Monday at the high school.

ILLINOIS CROSS COUNTRY

Hird takes 7th with late kick

Pioneer improves from 55th-place finish in 2002

Stories by Sean Moeller

QUAD-CITY TIMES

PEORIA, Ill. — Nathaniel Hird found himself jammed in the final third of the Class A boys race at the Illinois state cross country meet Saturday.

The headband-clad Rock Island Alleman Pioneer was 10th, and he was doing nothing to alter where he fit into the proceedings. He waited and waited, and just when there was no time left for hesitation, he revealed what he had left in his tank.

It all was according to plan.

"That's just how I race," the junior said. "I'm not really good at a long 200-yard kick. I have confidence in my 100-yard kick."

That's when he cut loose, streaking by Eureka's Sean Houseworth and Alex Gerber and Wheaton St. Francis' Austin Power to hit the finish line in seventh place, two spots from his ideal finish. He was one second behind fifth-place finisher Kyle Cash of Toledo Cumberland.

"I was going for the top five, and I thought (throughout the race) maybe I'd either speed up or they'd slow down," Hird said. "I didn't run my best state meet last year. This year I just relaxed."

Hird was 55th in 2002, but he ran a full minute faster Saturday to break his 3-mile personal best by 10 seconds.

"He's been a good runner since junior high," Alleman coach Mike Ethington said. "He just needed to work hard, and I think he learned that from his older brother (Nick who was fourth at the 2001 state meet)."

The Pioneers, ranked third in Class A in the final coaches poll, ended their season in a school-best eighth place after winning the Oregon sectional last weekend. Sophomore Alex Knobloch and junior Alex Kelly ran PR times and helped make up the difference for fourth runner Shane Shemek, who was weakened by illness.

Three places behind Alleman was Sherrard.

With Chad Bell and Scott Heiar running near each other in the top 50 spots, the Tigers finished 11th with 308 points. Both improved considerably from their sectional performances.

Riverdale's Dorian Ulrey led the Class A race for a brief time at the onset, pedaling out to a 2:20 first half-mile.

"That was exciting," he said. "I went out way too fast. I got caught up in the excitement of the crowd."

Ulrey found himself just out of the reach of all-state placement in 27th. To get to that point, the sophomore who played gold for the Rams last fall ran down five others who had passed him with a mile to go.

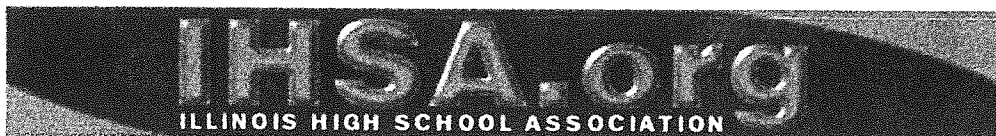
"I was pretty happy with how it went," he said.

United Township individual qualifier Chris Matthews, a sophomore, measured the success of his 88th-place performance before the race had even begun Saturday.

"There were only seven sophomores who qualified (individually)," he said.

Moline, the only area team qualified in Class AA, was 24th. Junior Alex Hutchins was the top runner for the Maroons, followed by senior Mike Verre.

Sean Moeller can be contacted at (563) 383-2288 or at smoeller@qctimes.com.


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Boys Class A Cross Country Results

2003-04

FINAL RESULTS -- Posted on Saturday, November 8, 2003.

Team Results

School Enrollments

1. Eureka	8	9	13	44	60	(72)	(95)	=	134	(517)
2. Danville (Schlarman)	12	16	18	23	76	(103)	(151)	=	145	(220)
3. Normal (University)	3	20	27	28	85	(86)	(145)	=	163	(634)
4. Wheaton (St. Francis)	7	29	33	35	90	(94)	(114)	=	194	(715)
5. Lansing (Illiana Christian)	10	31	50	54	66	(123)	(140)	=	211	(687)
6. Georgetown (G.-Ridge Farm)	14	17	34	74	96	(142)	(167)	=	235	(383)
7. Sparta	25	37	53	63	68	(141)	(150)	=	246	(505)
8. Rock Island (Alleman)	6	38	58	67	84	(116)	(131)	=	253	(497)
9. Elmwood	2	24	46	88	117	(124)	(135)	=	277	(183)
10. Kankakee (McNamara)	36	40	61	62	97	(130)	(136)	=	296	(402)
11. Sherrard	26	30	70	89	93	(152)	(170)	=	308	(564)
12. Rockford (R. Christian)	5	48	65	83	122	(125)	(139)	=	323	(405)
13. Woodstock (Marian)	22	51	57	77	121	(153)	(157)	=	328	(734)
14. Toledo (Cumberland)	4	55	87	91	98	(134)	(159)	=	335	(353)
15. Sandwich	21	32	64	110	113	(128)	(168)	=	340	(739)
16. Rochester	43	47	56	105	111	(118)	(144)	=	362	(618)
17. Olney (East Richland)	42	45	52	99	126	(164)	(171)	=	364	(704)
18. Delavan	11	49	100	104	129	(143)	(163)	=	393	(153)
19. Teutopolis	15	19	101	119	146	(154)	(169)	=	400	(493)
20. Petersburg (PORTA)	41	79	82	109	133	(137)	(165)	=	444	(438)
21. McLeansboro (Hamilton County)	39	102	106	107	108	(147)	(166)	=	462	(425)
22. Benton	59	71	81	115	148	(160)	(162)	=	474	(658)
23. Lisle (Sr.)	78	80	92	127	132	(161)	(172)	=	509	(595)
24. Chicago (Luther North)	69	73	75	138	156	(158)		=	511	(314)

25. Liberty

1 112 120 149 155 (173) = 537

(193)

Individual Results

Place	TmPl	Name	Cl	School	Time
1		Jeremy Stevens	So	Winnebago	14:58
2	1	Eric Obert	So	Liberty	15:03
3	2	Andrew Northrup	Sr	Elmwood	15:05
4	3	Chris George	Sr	Normal (University)	15:07
5	4	Kyle Cash	Jr	Toledo (Cumberland)	15:11
6	5	Brandon Mull	Sr	Rockford (R. Christian)	15:12
7	6	Nathaniel Hird	Jr	Rock Island (Alleman)	15:12
8	7	Austin Power	Sr	Wheaton (St. Francis)	15:13
9	8	Alex Gerber	Jr	Eureka	15:14
10	9	Sean Houseworth	Jr	Eureka	15:16
11		Josh Ralston	Sr	Farmington	15:19
12	10	Andrew Jellema	Jr	Lansing (Illiana Christian)	15:20
13	11	Brian McConnell	Jr	Delavan	15:24
14		Charlie Hatch	So	Nashville	15:24
15	12	Scott Krapf	So	Danville (Schlarman)	15:25
16	13	Johnny Reel	Jr	Eureka	15:28
17	14	Seth Pearson	Sr	Georgetown (G.-Ridge Farm)	15:30
18		Brandon Hii	Sr	Gardner (G.-South Wilmington)	15:30
19		Ryan Riggins	Sr	Macomb	15:33
20		Chad Zeman	Sr	Marengo	15:34
21	15	Matt Repking	Sr	Teutopolis	15:35
22		Kent Worries	Sr	Edwardsville (Metro-East Luth	15:36
23	16	Jeff Miller	Jr	Danville (Schlarman)	15:37
24		Brad Butler	Sr	Monticello	15:38
25		Eric Deters	Jr	Neoga	15:39
26		Tyler Carlson	Sr	Oregon	15:39
27		Dorin Ulrey	So	Port Byron (Riverdale)	15:44
28		Jason Mueller	Sr	Freeburg	15:47
29		Keith Kunz	Sr	Trenton (Wesclin)	15:48
30	17	Nathan Warstler	Fr	Georgetown (G.-Ridge Farm)	15:49
31		David Guarino	Sr	Burlington (Central)	15:49
32	18	Anthony Atchison	Sr	Danville (Schlarman)	15:50
33	19	Josh Schumacher	Jr	Teutopolis	15:50
34	20	Nick Shaver	Sr	Normal (University)	15:50
35	21	Travis Shepherd	Sr	Sandwich	15:51
36	22	Jared Petras	Jr	Woodstock (Marian)	15:53
37	23	Aaron Golden	So	Danville (Schlarman)	15:55
38	24	Drew Cisel	Sr	Elmwood	15:55
39	25	Eric North	Sr	Sparta	15:55
40	26	Chad Bell	Sr	Sherrard	15:56
41		Aaron Kepler	So	Farmington	15:57
42		Tyler Bradford	So	Wayne City	15:58
43	27	Jarell Chavers	Sr	Normal (University)	15:59
44	28	Ben Reeser	Jr	Normal (University)	15:59
45	29	Colin Diamond	Jr	Wheaton (St. Francis)	15:59
46		Kirk Atwater	Jr	Havana	16:00
47	30	Scott Heiar	Sr	Sherrard	16:00
48	31	Dan De Young	Sr	Lansing (Illiana Christian)	16:01
49	32	Steven Sifft	Jr	Sandwich	16:01
50	33	Dave Jaeger	Jr	Wheaton (St. Francis)	16:01
51	34	Jeff Taylor	Sr	Georgetown (G.-Ridge Farm)	16:02
52	35	Bill Travis	Jr	Wheaton (St. Francis)	16:03
53		Jared Morr	So	Tremont	16:03

ISA Boys Class A Cross Country Results

Page 3 of 5

54	36 Micah Dorn	So Kankakee (McNamara)	16:03
55	37 Jeff Baird	So Sparta	16:04
56	38 Alex Kelly	Jr Rock Island (Alleman)	16:05
57	39 Jeremy Wilson	Sr McLeansboro (Hamilton County)	16:05
58	John Neisler	So Stanford (Olympia)	16:06
59	40 Nate Bell	Sr Kankakee (McNamara)	16:06
60	41 Rob Holcomb	Sr Petersburg (PORTA)	16:06
61	42 Joe Eagleson	Sr Olney (East Richland)	16:06
62	43 Jared Cullen	Rochester	16:07
63	44 Jason Beer	Jr Eureka	16:08
64	45 Charlie Butler	Fr Olney (East Richland)	16:10
65	Robert Trimble	Sr Robinson	16:10
66	Erik VanKampen	Jr Elmhurst (Timothy Christian)	16:11
67	46 Joe Klumb	Jr Elmwood	16:12
68	47 Brenden Hahn	Rochester	16:13
69	48 Gusser Carter	Sr Rockford (R. Christian)	16:13
70	49 Cory Winkler	So Delavan	16:13
71	50 Alex Phillips	Sr Lansing (Illiana Christian)	16:14
72	51 Dave Evans	Sr Woodstock (Marian)	16:15
73	52 Ross Petty	Fr Olney (East Richland)	16:16
74	53 Patrick Adams	So Sparta	16:16
75	54 Joel Zandstra	Sr Lansing (Illiana Christian)	16:18
76	55 Josh Bland	Sr Toledo (Cumberland)	16:18
77	56 Ryan Nowakowski	Rochester	16:20
78	57 Tony Lada	Jr Woodstock (Marian)	16:20
79	58 Alex Knobloch	So Rock Island (Alleman)	16:20
80	59 Bart Smith	Sr Benton	16:21
81	Drew Hauffe	Jr Urbana (University)	16:21
82	Brennan O'Connor	Jr Herscher	16:22
83	Jeff Mills	Jr Peru (St. Bede)	16:22
84	60 Brett Stewart	So Eureka	16:22
85	61 Alex Frye	Fr Kankakee (McNamara)	16:23
86	Jonathan O'Brien	So Lombard (Montini)	16:24
87	Keith Tebbe	Sr Gillespie	16:25
88	62 Ben Bruhn	Sr Kankakee (McNamara)	16:25
89	63 Greg McBride	So Sparta	16:25
90	64 Randy Klinger	Sr Sandwich	16:26
91	65 John Deery	Sr Rockford (R. Christian)	16:26
92	Ronald Lavaire	Jr Shelbyville	16:27
93	66 Cameron Blaauw	So Lansing (Illiana Christian)	16:27
94	Apollos Frusti	So West Chicago (Wheaton Academy)	16:28
95	67 Shane Shemek	Jr Rock Island (Alleman)	16:28
96	Kyle Bingham	Sr Chicago (Quigley Prep)	16:28
97	Scott Phelps	So Monticello	16:28
98	68 Greg Baird	Sr Sparta	16:30
99	69 Josh Muench	Sr Chicago (Luther North)	16:31
100	70 Adam Tisue	Jr Sherrard	16:33
101	71 Brice Wilson	Sr Benton	16:33
102	Roger Pinon	Fr Chicago (Quigley Prep)	16:35
103	72 Kevin Martin	Jr Eureka	16:35
104	73 Craig Gehrke	Jr Chicago (Luther North)	16:35
105	74 Wes Hornback	Jr Georgetown (G.-Ridge Farm)	16:36
106	Gene Kostman	Sr Manlius (Bureau Valley)	16:36
107	75 Jeff Franklin	Sr Chicago (Luther North)	16:38
108	76 Brendan Smith	Jr Danville (Schlarman)	16:39
109	Jordan Parsons	Springfield (Lutheran)	16:39
110	77 Paul Evans	Fr Woodstock (Marian)	16:40
111	78 Dan Modaff	Sr Lisle (Sr.)	16:40
112	79 Jordan Stott	Sr Petersburg (PORTA)	16:42
113	80 Steve DeSitter	So Lisle (Sr.)	16:43
114	81 Aaron Walton	Sr Benton	16:44
115	82 Ben Fay	So Petersburg (PORTA)	16:44

116	83	Jordan Groh	Jr Rockford (R. Christian)	16:44
117	84	James Hogan	Jr Rock Island (Alleman)	16:44
118	85	Collin Reeser	Jr Normal (University)	16:44
119	86	Michael Erdman	Jr Normal (University)	16:45
120	87	Matt Sudkamp	So Toledo (Cumberland)	16:45
121	88	Andrew Cote	Sr Elmwood	16:45
122	89	Derek Lemon	Sr Sherrard	16:46
123	90	Mike Brown	Jr Wheaton (St. Francis)	16:46
124	91	Jay Wilson	Jr Toledo (Cumberland)	16:46
125	92	Karl Geweniger	Jr Lisle (Sr.)	16:47
126	93	Andrew Wiehler	Sr Sherrard	16:47
127	94	Ryan Darin	So Wheaton (St. Francis)	16:48
128	95	Derek Stewart	Sr Eureka	16:48
129	96	Alex Mills	Sr Georgetown (G.-Ridge Farm)	16:50
130	97	Houston Wheeler	So Kankakee (McNamara)	16:51
131	98	Challas Ray	So Toledo (Cumberland)	16:51
132	99	Alex Berry	Jr Olney (East Richland)	16:53
133	100	Brock Burrell	So Delavan	16:53
134	101	Michael Schumacher	So Teutopolis	16:54
135		Mark A. DuBose, Jr.	Sr Elgin (Fox Valley Lutheran Ac	16:55
136	102	Caleb Raley	So McLeansboro (Hamilton County)	16:58
137	103	Jake Trimble	So Danville (Schlarman)	16:58
138	104	Grant Lewis	Sr Delavan	17:00
139	105	Nic Atkinson	Rochester	17:01
140	106	Troy Lakin	Sr McLeansboro (Hamilton County)	17:03
141	107	Tim Hart	Sr McLeansboro (Hamilton County)	17:03
142	108	Caleb Miller	So McLeansboro (Hamilton County)	17:04
143	109	Bryan Throckmorton	Sr Petersburg (PORTA)	17:05
144	110	Justin Shopinski	Jr Sandwich	17:05
145	111	Charlie Mooney	Rochester	17:07
146	112	Brian Johnson	Sr Liberty	17:07
147	113	James Merkel	So Sandwich	17:07
148	114	Jacob Nelson	So Wheaton (St. Francis)	17:08
149	115	Ryan Taylor	Jr Benton	17:09
150	116	Joe Carlin	So Rock Island (Alleman)	17:09
151	117	Matt Gorham	Jr Elmwood	17:11
152	118	Jonathan Damery	Rochester	17:11
153	119	Scott Probst	Sr Teutopolis	17:18
154	120	Jared Schmidt	Jr Liberty	17:20
155	121	Paul Bischof	Sr Woodstock (Marian)	17:22
156	122	Ned Wright	Sr Rockford (R. Christian)	17:22
157	123	Anthony Kmetz	Jr Lansing (Illiana Christian)	17:25
158	124	Seth Schultz	Fr Elmwood	17:25
159	125	Jared Carlson	So Rockford (R. Christian)	17:28
160	126	Doug Earp	Fr Olney (East Richland)	17:29
161	127	Nick Orlock	Jr Lisle (Sr.)	17:30
162	128	Jarrett Skorup	Jr Sandwich	17:30
163	129	Gavin Betzelberger	Jr Delavan	17:30
164	130	Andy Lavelle	Sr Kankakee (McNamara)	17:33
165	131	Kevin VandeVoorde	Sr Rock Island (Alleman)	17:34
166	132	Brad Vodicka	Jr Lisle (Sr.)	17:35
167	133	Joel Schirding	Sr Petersburg (PORTA)	17:36
168	134	Brandon Walker	Jr Toledo (Cumberland)	17:36
169	135	Craig Himegarner	So Elmwood	17:37
170	136	Justin Shirley	So Kankakee (McNamara)	17:37
171	137	Matt Spath	So Petersburg (PORTA)	17:38
172	138	Dale Palermo	Jr Chicago (Luther North)	17:41
173	139	Dan Calhoun	Jr Rockford (R. Christian)	17:41
174	140	Keith Koopmans	Jr Lansing (Illiana Christian)	17:44
175	141	Noah Finley	Sr Sparta	17:44
176	142	Reed Morris	Fr Georgetown (G.-Ridge Farm)	17:46
177	143	Jacob Moehring	So Delavan	17:46

178	144	Nate Atkinson	Rochester	17:48
179	145	Jordan Busse	Jr Normal (University)	17:49
180	146	Jason Althoff	Jr Teutopolis	17:51
181	147	Justin Sanders	Sr McLeansboro (Hamilton County)	17:54
182	148	Seiger Shurtz	So Benton	17:56
183	149	Justin Carl	So Liberty	17:57
184	150	Adam Hancock	Sr Sparta	17:58
185	151	Andy Thompson	Jr Danville (Schlarman)	17:58
186	152	John McKeag	Sr Sherrard	18:00
187	153	Chris Shields	Fr Woodstock (Marian)	18:02
188	154	Steve Niemerg	So Teutopolis	18:07
189	155	Justin Obert	So Liberty	18:07
190	156	Marcus Davis	Sr Chicago (Luther North)	18:09
191	157	Alex LaBracke	Fr Woodstock (Marian)	18:09
192	158	Richard Huy	Sr Chicago (Luther North)	18:11
193	159	Dillon Shupe	So Toledo (Cumberland)	18:11
194	160	Trent Harris	Sr Benton	18:12
195	161	Patrick Schau	Jr Lisle (Sr.)	18:31
196	162	Josh Potts	Jr Benton	18:33
197	163	Bill Detmers	So Delavan	18:36
198	164	Drew Schmucker	Jr Olney (East Richland)	18:39
199	165	Pat Pokorny	So Petersburg (PORTA)	18:40
200	166	Jon Lefton	Jr McLeansboro (Hamilton County)	18:42
201	167	Kevin Wright	Sr Georgetown (G.-Ridge Farm)	18:54
202	168	Brent Skorup	Sr Sandwich	18:55
203	169	Alex Niemerg	Fr Teutopolis	19:06
204	170	Josh Thorud	Jr Sherrard	19:23
205	171	Thomas Campbell	Sr Olney (East Richland)	19:23
206	172	Michael O'Neil	So Lisle (Sr.)	19:27
207	173	Jake Ellwood	So Liberty	19:28

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Coach Snook

"Sergeant"

Good Luck in your retirement!



- **15 Years** as Cross Country Coach since 1989 (Both as Head Coach & Assistant)
- 3 Regional Titles in Girls Cross Country
- 1 Regional Titles in Boys Cross Country
- 3 Sectional Titles in Girls Cross Country
- 1 Sectional Titles in Boys Cross Country
- 5 of Geneseo's 8 All-State Performances in Cross Country including the Top Performances School History (Jenny Lake's 8th AND his son, Andy Snook's 11th)
- 9 Varsity NCIC Titles in Girls Cross Country
- 10 Varsity NCIC Titles in Boys Cross Country
- 65 NCIC All-Conference Girls
- 58 NCIC All-Conference Boys