

FOX VALLEY ASSOCIATION CONFERENCE MEET
COUNTRYSIDE GOLF CLUB
THURSDAY, OCTOBER 13, 1994

RUNNER	ONE MILE	TWO MILE	TIME	PLACE
RYAN FREUND	5:01	10:18	16:32	6
DON ALEXANDRONI	4:58	10:35	16:34	8
JEREMY ONDRESKY	5:07	10:42	16:48	11
RICH RASMUSSEN	5:10	10:47	16:56	16
BEN MILLER	5:12	10:54	16:58	17
MIKE HEIDKE	5:13	11:02	17:14	25
JAMIE REMME	5:30	11:20	17:15	27
JV RUNNER				
CHRIS CORE	5:12	11:00	17:05	1
RYAN WATERSTREET	5:16	11:11	17:30	2
MARK KERINS	5:21	11:27	17:53	6
BRIAN KOSLOWSKI	5:31	11:33	17:58	8
ANDY MARKS	5:40	11:48	18:24	20
MATT BERG	5:22	11:38	18:25	21
ERIC SMILTNEEK	5:36	11:50	18:28	22
OPEN RACE				
CHAD GORECTKE	5:09	10:56	17:18	
DAN VACEK	5:45	12:01	18:19	
JAMIE MICHALKIEWICZ	5:46	11:58	18:23	
RYAN HAYES	5:40	12:00	18:40	
JOE NICHOLS	5:45	12:08	18:53	
MATT PAZDERNIK	5:47	12:11	18:56	
RYAN GORECTKE	5:55	12:11	18:59	
PAUL OLSON	5:53	12:40	19:39	
PHIL RUMPF	5:59	12:42	19:47	
TOP TEN	SCHOOL	TIME		
DUGAN WEBSTER	APPLETON E	15:58		
ABE MENDOZA	APPLETON E	15:59		
AARON SASS	APPLETON E	16:01		
RYAN PATSCHKE	APPLETON W	16:02		
CHAD WISKOW	FOND DU LAC	16:28		
RYAN FREUND	NEENAH	16:32		
AARON VANDE SLUNT	FOND DULAC	16:33		
DON ALEXANDRONI	NEENAH	16:34		
SHAWN BURWELL	OSHKOSH W	16:42		
AL RANSOM	FOND DU LAC	16:44		

FOX VALLEY ASSOC. CONFERENCE MEET - CONT'D

VARSITY TEAM	SCORE		JV TEAM	SCORE
APPLETON EAST	41		NEENAH	37
FOND DU LAC	49		FOND DU LAC	50
NEENAH	58		APPLETON W	64
OSHKOSH WEST	118		KAUKAUNA	98
KAUKAUNA	139		APPLETON E	116
APPLETON WEST	141		OSHKOSH W	172
MENASHA	214		KIMBERLY	212
KIMBERLY	227		OSHKOSH N	229
OSHKOSH NORTH	228		MENASHA	238

FVA champions have their day

■ **Appleton East boys and Neenah girls repeat as cross country winners**

By **Chris Speckhard**
Of The Post-Crescent

KAUKAUNA — It was a day for defending champions to retain their titles at the Fox Valley Association cross country meet held at Countryside Golf Course on Tuesday.

The Appleton East boys' squad got a lock on the top three spots to win the team championship for the second year in a row with 41 points. Dugan Webster, Abe Mendoza and Aaron Sass took first, second and third, respectively, giving the Patriots the edge over surprise runnerup Fond du Lac, which had a team score of 49.

In the girls' race, 1993 individual conference champion Kéndra



Webster

Frederick of Fond du Lac successfully defended her title, while Neenah took top team honors for the fourth year in a row.

"Everybody has good days and bad days, and today was my day I guess," said Webster, who had a winning time of 15:58. "It's all of us. If I have a bad day, they're able to pick up my slack. If I have a good day, I pick up their slack."

"We got a good run out of our fourth runner (Mark Schroder)," said East coach Joe Perez. "And

Frederick

"I really don't mind if I was one, two or three as long as the team does good," said Webster, who took third at last year's conference meet. "We wanted to be defending champs and won't let anybody take it away from us."

Neenah came in third, with Ryan Freund and Dan Alexandroni cracking the top 10.

"I'd be lying if I said I wasn't disappointed in the results," said Rockets boys' coach Tom Jensen. "We knew we'd have to run awfully well. They got a tough top three, it'd be an uphill battle for us to beat East. I'm always pleased with the

way the kids compete, they went out and tried to win it and it didn't work out."

Ryan Patschke, who was Appleton West's top finisher, took fourth with a time of 16:02.

In the girls' race, Frederick and Oshkosh West's Bridget Kessen led the pack for the first two miles, but the Cardinals' sophomore pulled away to finish with a winning time of 14:47, a personal record for Frederick.

"I ran against Bridget last Saturday in Wisconsin Rapids and I passed her in the final 200 meters," said Frederick. "I knew she was probably going to go out fast so I just tried to stay with her. I was just going to play it by ear and see when I felt strong."

Neenah's top five runners finished in the top 13 to give the team 45 points.

"We don't have that person there

Please see **RUNNERS**, C-5

Runners defend their titles

From C-1

in the top five, but we run very well together," said Rockets coach Ron Fedenko. "(That) is the way we've been all season and the way we've been actually for the past couple of years. I would like to see somebody break in the front, but we're just that type of team where we're just also very close.

Meghan Patterson and Sara Codner led Neenah's pack at fifth and sixth, but Christy McCutcheon, Jenny Grandone and Krista Erickson all came in within a half a minute.

"Our strength is one through seven," said Fedenko. "Everybody thinks the first five are the only ones who are important, that's totally untrue. If we don't have seven run well then we're in trouble because our six and seven can push other teams back, that's critical to us."

Kimberly's Kim Griesbach took fourth place with a time of 15:33.

BOYS
APPLETON EAST 41, FOND DU LAC 49, NEENAH 55, OSHKOSH WEST 116, KAUKAUNA 139, APPLETON WEST 141, MENASHA 214, KIMBERLY 227, OSHKOSH NORTH 228

1, Dugan Webster AE 15:58; 2, Abe Mendoza AE; 3, Aaron Sass AE; 4, Ryan Patschke AW; 5, Chad Wiskow FDL; 6, Ryan Freund N; 7, Aaron Vande Slunt FDL; 8, Dan Alexandroni N; 9, Shawn Burwell OW; 10, Al Hanson FDL.

Other area finishers

Appleton East: 13, Mark Schroder; 22, Jerry Grogan.
Appleton West: 32, Joe Furness; 33, Jeff Gosse; 35, Jeremy Noack; 37, Peter Post.

Kaukauna: 21, Cory VanDenHeuvel; 24, Dennis Green; 29, Dan Green; 31, Dave Pahl; 34, Todd Sanders.

Kimberly: 30, Bill Drephal; 43, Aaron Opsteen; 49, Jason Sanderfoot; 50, Ryan Hooyman; 55, Joe Lamers.

Menasha: 23, Matt Toeppler; 38, Matt Jansen; 46, Matt Eisele; 51, Kurt Knoll; 56, Jon Karsiny.

Neenah: 11, Jeremy Ondresky; 16, Rich Rasmussen; 17, Ben Miller.

Oshkosh North: 38, Chris Arnold; 40, Bruce Sieloff; 47, Ben Gonsalves; 52, Aaron Terrell; 53, Jesse Reichenberger.

Oshkosh West: 14, Brian Meyer; 19, Nate Uselding; 28, Todd Hanson; 48, Tim Rumlou.

GIRLS

NEENAH 45, FOND DU LAC 68, OSHKOSH WEST 107, KIMBERLY 111, OSHKOSH NORTH 112, APPLETON EAST 135, APPLETON WEST 166, KAUKAUNA 177, MENASHA 237

1, Kéndra Frederick FDL 14:47; 2, Bridget Kessen OW; 3, Gena Johnson FDL; 4, Kim Griesbach KM; 5, Meghan Patterson N; 6, Sara Codner N; 7, Heather Lichtenberg AE; 8, Erin Leroy ON; 9, Christy McCutcheon N; 10, Tonia Habek ON.

Other area finishers

Appleton East: 29, Jessica Hess; 30, Emily Gebheim; 32, Kristy Wydeven; 37, Erica Bauer.

Appleton West: 20, Tracy Yaeger; 23, Sara McGlone; 35, Amy Roznowski; 39, Ann Herscher; 49, Shannon Greening.

Kaukauna: 14, Niki Popp; 24, Katie Baumgart; 38, Martha Sprangers; 46, Valerie Vanervenhoven; 55, Marie Vanervenhoven.

Kimberly: 16, Stacie Kieffer; 19, Leah Van Roy; 31, Ann Kunstman; 41, Amanda Neumeier.

Menasha: 15, Kim Holkens; 52, Christel Dalke; 54, Lara Reddin; 57, Christina Toeppler; 59, Emilie Pawelkaiwicz.

Neenah: 12, Jenny Grandone; 13, Krista Erickson.

Oshkosh North: 27, Manikhone Luangprasrath; 33, Marilyn Bowden; 34, Sarah Goodwin.

Oshkosh West: 17, Missy Tritt; 22, Sara Cox; 26, Angie Gruendemann; 40, Lynn Kusche.

Youth is served at FVA meet

Fond du Lac sophomore Frederick outduels West freshman Kessen

BY JOSEPH VANDEN ACKER
OF THE NORTHWESTERN

KAUKAUNA — It was a battle of youth vs. youth and experience.

Fond du Lac sophomore Kendra Frederick, the defending conference champion, outduelled Oshkosh West freshman Bridget Kessen to win the Fox Valley Association girls' cross country title Thursday at Countryside Golf Club.

Neenah won the girls' title with 45 points and placed three runners in the top 10. Oshkosh West finished third with 107 and Oshkosh North was fifth at 112.

Appleton East swept the top three places to finish with 41 points and edged Fond du Lac by eight points for the boys' crown. Oshkosh West took fourth with 118 and Oshkosh North ninth with 228.

Frederick and Kessen ran away early and then stayed



Kessen

LeRoy

together.

"We were sticking together, but then she seemed to kind of pull away. I tried to stick with her," Kessen said.

"You're talking about two of the top runners in the state," Fond du Lac coach Paul Butzen said. "The advantage Kendra has is she's a sophomore, but she was at state last year. She was conference and sectional champion."

Frederick began pulling away on the back side of the course and won by 11 seconds

WINNECONNE'S APRIL BEARD wins girls' ECC cross country title. **Page D4.**

in 14 minutes, 47 seconds.

"I was feeling pretty strong toward the second half of the race. I felt strong so I thought I might as well start kicking it in," Frederick said.

"I thought Kendra and Bridget were head and shoulders above everyone else in the conference," West coach Russ Hoxtell said. "Bridget ran very, very well. She's got nothing to be ashamed of."

Neenah flexed its collective muscle, placing five runners in the top 13. The Rocks were led by Meghan Patterson and Sara Codner, who placed fifth and sixth.

"We're tough one through seven. They switch positions. I never know who's going to be first," Neenah coach Ron Fedenko said.

Oshkosh North placed two

girls in the top 10 as Erin LeRoy took eighth in 15:39 and Tonia Habeck was 10th in 15:46. Missy Tritt was the next finisher for Oshkosh West, taking 17th in 16:12.

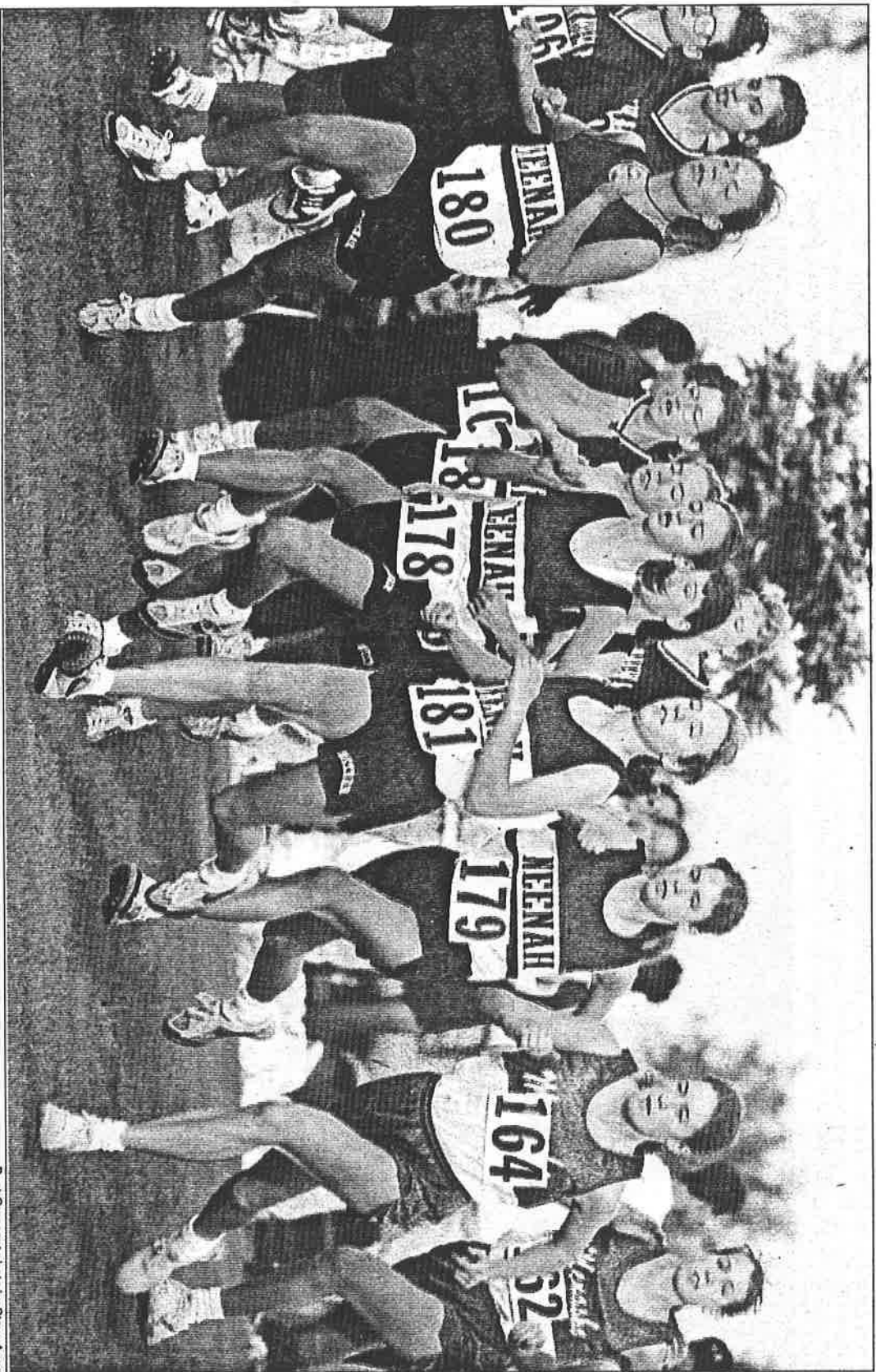
"It's an awfully tough conference — our kids just ran very well," Oshkosh North coach Chuck Reigel said.

Dugan Webster paced the Appleton East contingent in the boys' race. Webster won in 15:58, Abe Mendoza was second one second later and Aaron Sass just three seconds after Webster.

The top Oshkosh West finisher was Shawn Burwell, who took ninth in 16:42. The next West finisher was Brian Meyer, who took 14th in 16:54.

"In the boys, Fond du Lac, Neenah and East are rated. If we're fourth, we're the best of the rest and that's a move up from last year," Hoxtell said.

Chris Arvold led the Oshkosh North boys by taking 36th in 17:43.



OFF TO A GOOD START and a better finish was the Neenah cross country team which won the girls' division in the Fox Valley Association cross country meet Thursday at Countryside Golf Course in Kaukauna. Runners, from left, are Jenny Grandone, 180; Meghan Patterson, 182; Kristi Morris, 178; Krista Erickson, 176; Sara Codner, 181; and Danelle Johnson, 179.

Post-Crescent photo by Steve Apps

Runners, spikers, kickers eye tourneys

■ The WIAA regional and sectional meets will begin Friday

CROSS COUNTRY: The Neenah and Menasha boys and girls squads have been assigned to Saturday's Division 1 sectional at Manitowoc.

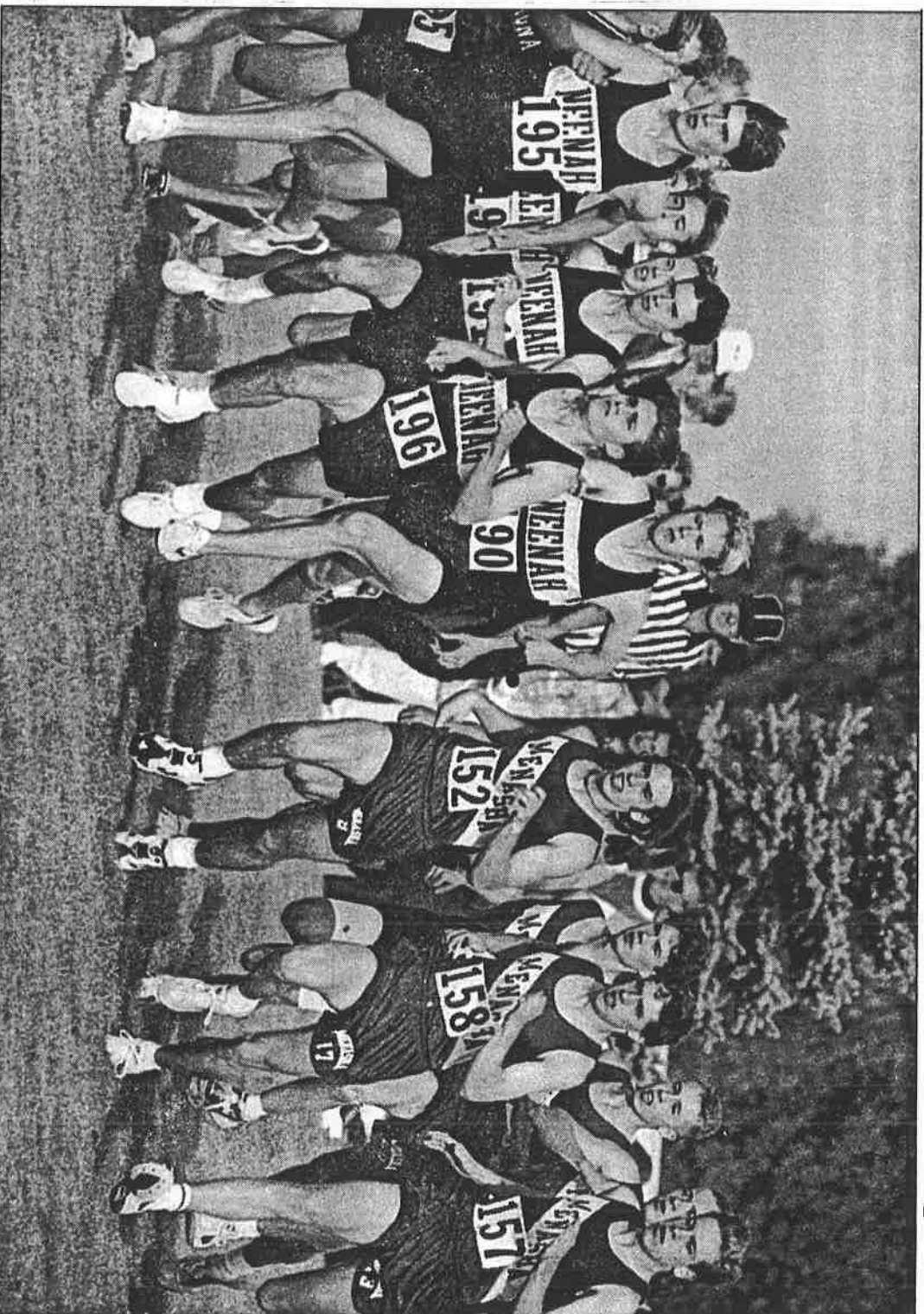
The races will be held at the University of Wisconsin Center-Manitowoc with the boys slated to race at 1:30 p.m. and the girls at 2:10 p.m.

Also running will be Appleton East, Appleton West, Beaver Dam, Fond du Lac, Kaukauna, Manitowoc, Oshkosh North, Oshkosh West, Plymouth, Sheboygan North, Sheboygan South, West Bend East and West Bend West.

First- and second-place teams and the first six individuals from each sectional will qualify for the state meet at Wisconsin Rapids Oct. 29.

The boys meet features Appleton East, Fond du Lac and Neenah, the first three teams in the Fox Valley Association meet; Manitowoc, the Fox River Valley Conference champion; and West Bend West, the 10th-ranked team in the state.

FVA champion Neenah, ranked fourth in the state last week, heads the girls field. The Rockets also are defending sectional champions.



TWIN CITY RUNNERS start their 5,000-meter journey in the Fox Valley Association boys varsity cross country meet Thursday at Kaukauna's Countryside Golf Course. The Neenah runners finished third in the nine-team boys field while the Bluejays wound up seventh. The top finisher in the group was Neenah's Ryan Freund (191), who placed sixth. Appleton East, with 41 points, garnered its second straight and 10th championship in the 25-year history of the meet. Fond du Lac was second with 49 points and the Rockets, who have won 11 titles, totaled 58.

News-Record photo by Steve Apps