

# Rockets ready to defend title with fresh crop of runners

## State champs look to sophomores to fill key varsity roles

By Timothy Coonen  
News-Record staff writer

NEENAH — When the Neenah Rockets beat Stevens Point by one point in the WIAA Division 1 State Meet last year, they immediately got the proverbial 'X' on their backs.

Coach John Morgen knows that whenever his team toes the starting line, each team is going to give it their best effort in trying to overtake the Rockets.

But last year's team was a different team. It was a deeper team, and a more talented one as well. Just don't tell that to the current Rockets' cross country team, because their goals are just as high.

"We basically have the same goals as last season," senior Nick Westphal said. "We want to win conference, win sectionals and if we won state again, it would be great."

Stevens Point is going to get their shot to prove itself early in the season as they will participate in the Neenah Invitational on Friday.

"I think it's going to be about revenge," Westphal said. "I just think they want to prove to themselves that they can do it.

## PREP SPOTLIGHT

We both know that our schools have good programs. It's going to be neck and neck, so we'll see what happens.

When it comes to goals, one senior had a different perspective — one that shows leadership.

"One of the seniors in our goal session said that one of our team goals should be to keep everybody on the team this year," Neenah coach John Morgen said. "We don't want to leave anybody out. We have a lot of young runners this year, so if we win a lot of invitationals, but lose some kids along the way, we've lost a lot as well."

The Rockets are trying to replace four varsity runners, including Jason Miller, the FVA's runner of the year, and first-team all-state selection. Adam Swanson, another first-team all-state runner, also graduated.

"It's going to be hard to replace those guys, because they did so much for our program," Morgen said. "Not only did they lead the team in meets, but off the course as well. Their, along with the other seniors, leadership will be missed."

Despite losing that leadership, Morgen believes that he has some kids that can carry the tradition of quality leaders at

Neenah High School.

"Nick Westphal isn't a guy that will get in front the entire team and do a lot of cheerleading," Morgen said. "But is the kind of guy that, if he sees a kid that is a little down, he'll take him aside and talk to him. He's that kind of leader."

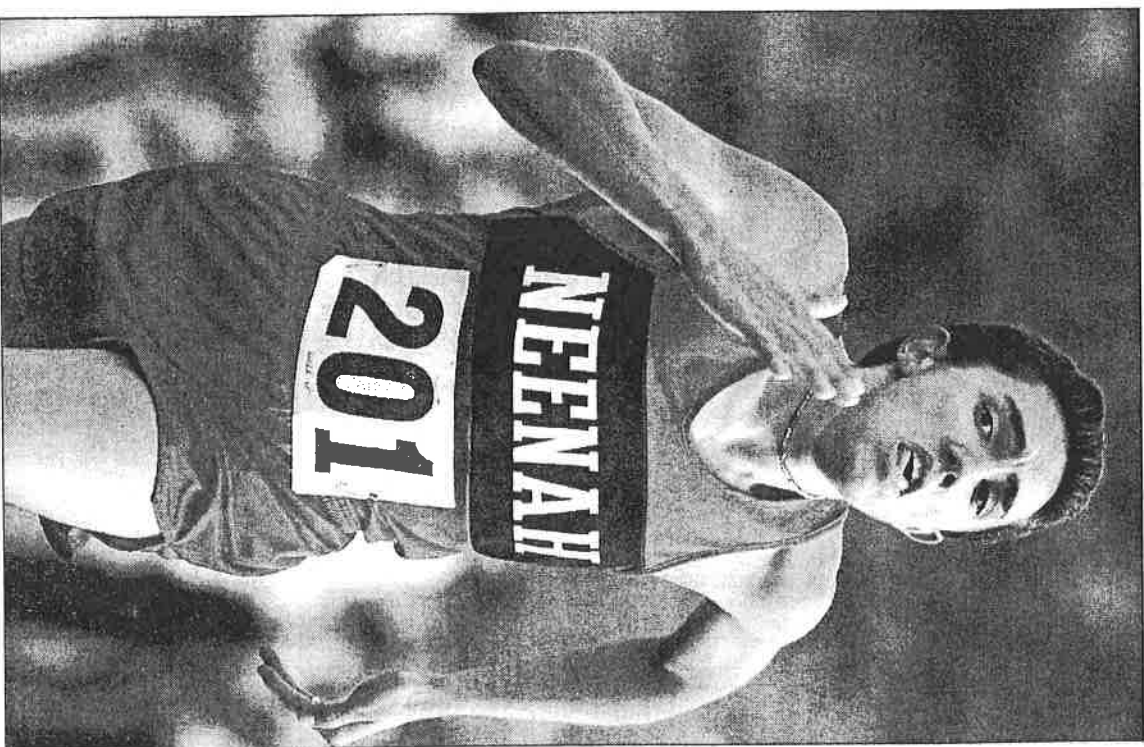
Other runners that will be looked upon to score points for the varsity will be Tim Burns and Will Dorn.

Burns, a first-team all-conference selection, will be looked to finish high in races, while Dorn will try to take the No. 3 varsity runner spot. Another runner that hopes to make an impact is Tim Marta. The junior moved to the Neenah area after running for the Menasha cross country team last season.

Morgen said sophomores Ted Johnson and Kyle Peterson will have to fare well for the Rockets to repeat.

"We lack the depth and experience that some of the other schools have right now," Morgen said. "We will have to make up for that with better preparation. We have a lot of young runners that hopefully can make a significant impact during the season. If that doesn't happen, we don't stand a chance to defend our titles."

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NEENAH SENIOR RUNNER NICK WESTPHAL is being counted on to be a team leader. Despite losing four key varsity runners to graduation, the Neenah High School cross country team sees a state championship within its grasp.

News-Record file photo

PLACE	TIME	NAME	YR	DIV	SCHOOL	TIME
151	111	Eric Ries	12	D1	Sheboygan North	18:57
152	112	Kyle Weisman	10	D1	Brookfield East	19:13

WIAA STATE CROSS COUNTRY MEET  
 Ridges Golf Course  
 Hosted by: Wisconsin Rapids Lincoln High School  
 Division 1 - INDIVIDUAL RESULTS - Boys' 5000m  
 Saturday, November 2, 2002

150	110	Matt Cole	11	D1	Middleton	18:45
149	109	Brian Dahl	10	D1	Hudson	18:43
148	108	Fred Bowen	11	D1	New London	18:36
147	107	Scott Hayden	9	D1	Eau Claire North	18:32
146	106	Tosh Yach	12	D1	Stevens Point	18:30
145	105	Nathan Schlessner	11	D1	Middleton	18:29
144	104	Al Northouse	12	D1	New London	18:22
143	103	Dan Labelle	9	D1	Kenosha Tremper	18:18
142	102	Oscar Naxi	11	D1	Verona Area	18:16
141	101	Austin Moore	10	D1	Waukesha Catholic Memorial	18:12
140	100	Tim Marta	11	D1	Neanah	18:10
139	99	Ramy Goulet	11	D1	Verona Area	18:06
138	98	Kyle Bender	12	D1	New London	18:04
137	97	Brad Winkelman	12	D1	Stevens Point	18:04
136	96	Chris Jerry	12	D1	Hudson	18:02
135	95	Tim Schermetzler	12	D1	Sheboygan North	17:58
134	94	Nick Anderson	10	D1	Verona Area	17:56
133	93	Mark Paulson	10	D1	Neanah	17:56
132	92	Alan Hughes	11	D1	Kaukauna	17:55
131	92	Josh Wohlers	9	D1	Hudson	17:55
130	91	Mark Mitchell	9	D1	South Milwaukee	17:54
129	90	Ben Kiefer	12	D1	New London	17:53
128	89	Kevin Sullivan	9	D1	Whitfish Bay	17:51
127	88	Brandon Koch	12	D1	Middleton	17:48
126	87	Matt Dreifke	9	D1	Kenosha Tremper	17:46
125	86	Ross Sargent	10	D1	Verona Area	17:46
124	85	Derek Palm	12	D1	Sheboygan North	17:44
123	84	Andy Han	10	D1	Madison West	17:43
122	83	Chris Limbach	10	D1	Marquette University H.S.	17:42
121	82	Billy Hudc	11	D1	Marquette University H.S.	17:41
120	81	Patrick O'Neill	11	D1	Marquette University H.S.	17:41
119	80	Ian Brunner	10	D1	Arrowhead	17:40
118	79	Rob Kahn	9	D1	Whitfish Bay	17:39
117	78	Kevin Reschke	12	D1	Madison West	17:37
116	77	Andrew Krjakov	11	D1	Whitfish Bay	17:36
115	76	Chris Lewis	12	D1	Brookfield East	17:35
114	75	Colin Hempel	12	D1	Verona Area	17:33
113	74	Aaron Zutz	11	D1	Middleton	17:32
112	73	Justin Young	12	D1	Stevens Point	17:32
111	72	James Diamond	11	D1	South Milwaukee	17:32
110	71	Ryan Ujich	11	D1	South Milwaukee	17:31
109	70	Jeff Pentek	11	D1	Sheboygan North	17:31
108	69	Adam Kleinaus	11	D1	Waukesha Catholic Memorial	17:30
107		Tom Delaney	12	D1	Milwaukee Plus XI	17:30
106	68	Kidane Dashew	9	D1	Brookfield East	17:29
105	67	Dan Sadjak	12	D1	Brookfield East	17:29
04	66	Tyler Abderhalden	10	D1	Verona Area	17:27
103	65	Justin Lueneburg	12	D1	Brookfield East	17:26
102	64	Mike McFarland	9	D1	Arrowhead	17:26
101	63	Luke Langhorst	11	D1	Stevens Point	17:24

# Neenah's Westphal hitting his stride

Despite taking up cross country just two years ago, senior among area's best

By Timothy Coonen  
Post-Crescent staff writer

It's hard to put into words what Neenah's Nick Westphal accomplished last year in cross country.

All the senior did was win the Fox Valley Association conference meet, capture the WIAA sectional meet and turn in a top-10 finish at state.

It sounds like he's been having success for a long time, but Westphal is just

now coming into his own. After initially not going out for the team as a sophomore, Westphal was persuaded to toward the end of the year to help with the stretch run.

It turned out that Westphal was an integral part in the Rockets' conference championship over a solid Oshkosh West team.

But in that same time frame, Westphal injured his hip, which kept him out of the sectional race. It also forced him to not run 100 percent at the state meet.

During Westphal's junior season, the coaches used caution with him, trying to protect his hip. But Westphal kept running and developed into

## Inside

■ Prep boys' cross country runners, teams to watch: D-7

■ Prep boys' cross country capsules: D-7

one of the area's best.

"Running is something that Nick has only discovered in the last few years," Neenah coach John Morgan said. "Hopefully, we can tap into his talent a little more this year. He's really developed into a really good runner in a short period of time."

Westphal will be one of the leaders for the Neenah



The Post-Crescent photo by Sharon Cakelas

**NICK WESTPHAL**, a Neenah High School senior who won the Fox Valley Association and sectional meets last year, says, "I am not feeling any pressure to lead this team. It's more of a privilege."

See **WESTPHAL**, D-7

## WESTPHAL: Neenah looking to defend FVA, state titles

From D-1

boys' team this year, since most of its varsity roster having graduated.

"I am not feeling any pressure to lead this team," Westphal said. "It's more of a privilege. We have a lot of young guys on this team who I am excited to see what they can do."

Soon, Westphal will be able to see what he can do — against one of the best prep cross country runners in the nation in Stevens Point's Chris Solinski.

Neenah, which beat Stevens Point in last year's WIAA Division 1 state meet by one point, will host the Panthers at the Neenah Invitational on Friday.

It's a good bet Neenah will see the Panthers' best with a little something to prove.

"Running against them will be a good test to see where we're at," Morgen said. "I think they lost two guys from last year, and we lost four. I am sure they are looking forward to running against us, too."

Westphal just wants to gauge himself and find out what the distance is between Solinski and himself.

"I am just going to go out and run my own race," he said. "It would be great to stay with him. I just want to see the distance between us, so I have something to work for."

Despite all the success, Westphal doesn't have a swagger. He

simply goes about his business.

"Nick is just the opposite of somebody who has a big ego," Morgen said. "He's not the type of person who will show somebody up. He's very unassuming and very sincere about his teammates. He has confidence, but lacks the swagger that some athletes have."

After the state meet, Westphal got flooded with mail from college recruiters. He said that it is a little overwhelming at times, but he's just trying to take it in stride.

"I am just taking it all in right now," he said. "I guess I wasn't really expecting to get all those letters like that. I haven't applied for scholarships or anything yet, but I am starting to seriously look into it."

"But right now, college isn't the most important thing to me. It's not on the top of my list."

But defending Neenah's conference, sectional and state titles is something that is on the top of Westphal's and the rest of the team's list.

"I get the sense that winning that state championship last season has really inspired a lot of our young runners," Morgen said. "The kids are working hard to prepare for the season."

"We may not have the talent we did last year, but I do know this: The kids have a lot of pride, and want to represent themselves well."

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Flasher cited in Fritse Park exposure . . . . .Page 6  
TC parade marks SMC homecoming. . . . . Page 14  
Michalkiewicz has huge night in win over Mischicot. . . . . Page 10

Neenah

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# Citizen

Neenah, Wisconsin  
Friday, October 4, 2002

## Showcasing Neenah Pride

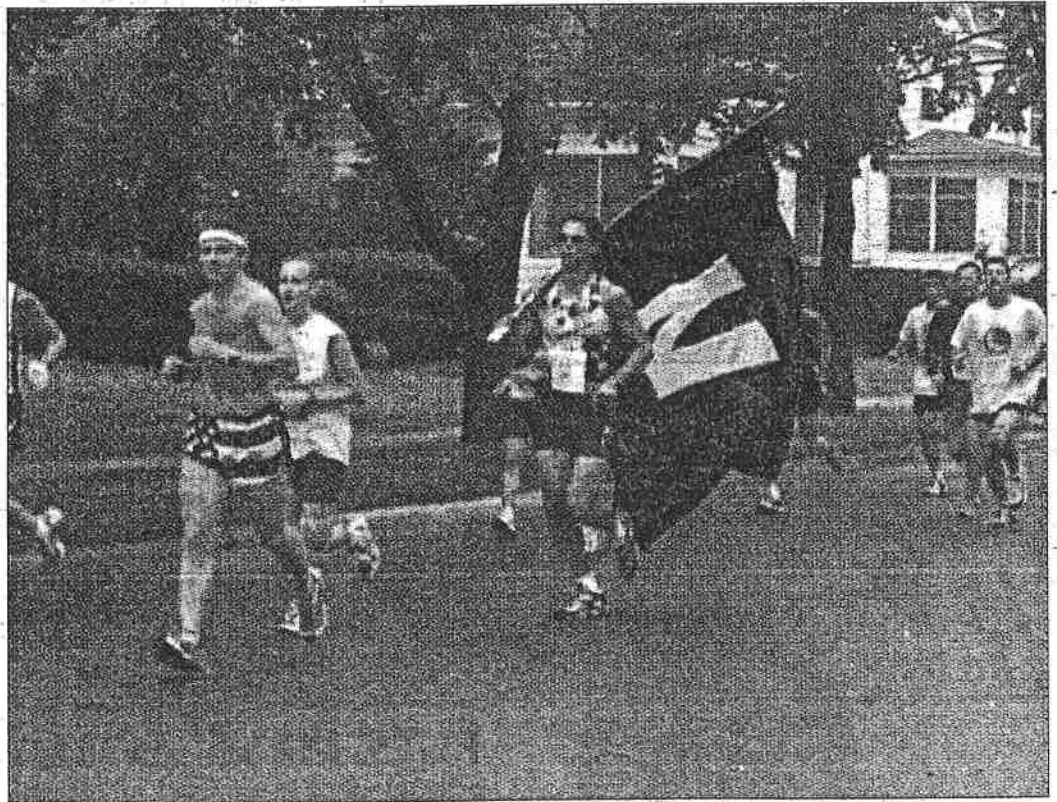


photo by Peter Adams

Neenah boys' varsity cross country coach John Morgen shows off his Rockets pride as he runs with a flag symbolizing Neenah High School during last Sunday's Community First Fox Cities Marathon. Morgan carried the flag throughout the 26.2 mile course.

## **Prep boys' cross country capsules**

### **NEENAH**

**Coach (year at school)**  
John Morgen (eighth).

**Returning letterwinners**  
Nick Westphal, sr.; Tim Burns, jr.; Will  
Dom, sr.; Ted Johnson, so.

### **Top prospects**

Kyle Peterson, jr.; Andrew Borsecnik, jr.;  
Craig Umland, sr.; Erick Lashbrook, so.;  
Greg Rueth, so.; Brett Steir, sr.; Mark Paul-  
son, so.; Chris Lemmers, sr.; Matt Kier-  
stead, so.; Josh Oliver, jr.; Sean Staelens,  
sr.; Tim Marta, jr.

### **Outlook**

Despite losing much of its roster to graduation, Neenah hopes to make a run at a third consecutive FVA title, something that has only happened twice in the history of the conference. Although the Rockets return conference champion Nick Westphal, they lack depth and experience. But coach Morgen said the Rockets have a lot of young runners who he's hoping can make a significant impact.

## CROSS COUNTRY

### BOYS

**Varsity coach:** John Morgen, 8th year.

**Assistant coach:** Mike Jovanovich. Last year's varsity record: Won FVA, sectional titles and WIAA Division 1 state championship.

**Key returning runners: Seniors** — Nick Westphal, Will Dorn. **Juniors** — Tim Burns. **Sophomores** — Ted Johnson.

**Prospects: Seniors** — Craig Umland, Brett Stier, Chris Lemmers, Sean Staelens. **Juniors** — Kyle Peterson, Andrew Borsecnik, Josh Oliver. **Sophomores** — Erick Lashbrook, Greg Rueth, Mark Paulson, Matt Kierstead.

**Strengths:** Talented core returning. **Questions:** Depth, experience.

**Coach speak:** "What we lack this season in experience and talent, we will have to make up for with better preparation. We have a lot of young runners that hopefully can make a significant impact during this season. If that does not happen, we don't stand a chance of defending our titles."

— John Morgen

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## Triathlon

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### IRONMAN WISCONSIN TRIATHLON

Swim 2.4 miles/bike 112 miles/run 26.2 miles

#### Area finishers

81, Ken Kuehn, Oshkosh 10:25.21; 290, Scott Fish, Appleton 11:16.36; 297, Anthony Lelton, Menasha 11:18.10; 402, James Boldra, Menasha 11:38.11; 582, Mike Jovanovich, Neenah 12:02.31; 593, Ryan Langeland, New London 12:04.08; 722, Scott Olson, Neenah 12:22.28; 753, Larry Sobal, Appleton 12:28.14; 754, Jeffrey Virlee, Neenah 12:28.18; 953, Anne Siegrist, Appleton 12:53.36; 1,025, Patrick Froiland, Appleton 13:04.12; 1,169, Elizabeth Weaver, Oshkosh 13:30.29; 1,255, Christine Bouressa, Kaukaun 13:48.24; 1,293, Wolfgang Wallschlaeger, Combined Locks 13:54.23; 1,344, James Fahrbach, Mt. Calvary 14:04.56; 1,347, Lisa Conover, Neenah 14:06.09; 1,412, Michael Meuli, Appleton 14:26.09; 1,437, Gearoid Sexton, Oshkosh 14:32.21; 1,514, Janine Boldra, Menasha 14:52.04; 1,515, Eric Jovanovich, Neenah 14:52.04; 1,516, Norbert West, Appleton 14:52.08; 1,572, Stewart Garson, Hortonville 15:21.36.

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## Prep boys' cross country outlook

### TEAMS TO WATCH

**Neenah:** The defending WIAA Division I state champion is always worth watching, especially in 2002 as the Rockets try to offset graduation losses.

**Appleton North:** The Lightning made its first state trip last year and has excellent depth to make a run at the Fox Valley Association title.

**New London:** The Bulldogs were second in the Bay Conference last season and should battle Pulaski and Marinette for a championship.

**Kaukauna:** The Ghosts have a number of returning letterwinners and will make a run for the top of the FVA if they find enough depth.

**Friesland:** The Irish have an opportunity to knock off Little Chute as Valley 8 champion with their senior-dominated team.

### RUNNERS TO WATCH

**Mick Westphal, sr., Neenah:** The defending FVA and sectional champion, Westphal will have to take over the Rockets' No. 1 slot vacated by the graduated Jason Miller.

**Nathan Orvedahl, jr., Iola-Scandinavia:** He's the area's top returning Division 3 runner, having placed second in sectionals and 15th at state last season. **Andy Van De Hey, sr., Kaukauna:** He placed fourth in the Division I sectionals last year and was an all-FVA pick in 2001.

**David Quinlan, sr., Appleton North:** The senior had a taste of success with a seventh-place finish in the FVA meet and at sectionals last year.

**Ben Uphoff, sr., New London:** Uphoff placed third in the Bay Conference meet last year and is looking to qualify for the state meet.

**Jesse Hunter, sr., Xavier:** The Valley 8 runner of the year in 2001, Hunter returns to attempt to improve upon his 46th-place finish at state last year.

By Dick Knapinski, Post-Crescent staff writer. He can be reached at 920-9953-1000, ext. 238, or by e-mail at [psports@posttrecast.com](mailto:psports@posttrecast.com)



**CROSS COUNTRY**

**West Bend Challenge**

The Neenah boys placed first and the Rockets girls second in the meet, which featured more than a dozen teams.

Neenah's Nick Westphal was the overall boys' winner in 16:17, with Ted Johnson sixth and Tim Burns eighth.

# Cross Country repeatedly annihilates competition

Brett Schilke  
center-spread editor

"Cross Country Cult" is not necessarily a nickname they approve of, but whatever members of the NHS defending state champion boys' cross country team are called, they will be the same persistent, dominating, and accepting group of people.

"The use of "cult" sounds negative but as (a) story pointed out last year, the group is extremely accepting of others," Coach John Morgen said.

This year, the team is comprised of a record-breaking 63 young men, the largest in school history. That group, who must compensate for the loss of four varsity runners from last year, spent a week at a special camp preparing and coming together as a team, Morgen said.

Performing incredibly so far this year, they have won a 15-team invitational and

placed in the top teams at three other invites, challenging the best teams in the state.

As of last week, the Rockets were ranked fifth in the state.

Senior Nick Westphal became a household name last year, being named First-Team All State, and winning the FVA Conference and Sectional meets.

Tim Burns is also one of the top runners in the conference, Morgen said. He was named first team all-conference last year.

Many other team members have emerged as solid varsity runners this year as well,

he added. Ted Johnson, Mark Paulson, Kyle Peterson, Mike Stiff, Will Dorn and Tim Marta were mentioned by their coach as runners who are emerging as solid varsity runners.

"Their development as runners during the course of the season will be critical to accomplishing the team's goals," Morgen said.

Lofty goals are plentiful for the team, including winning the FVA Conference, dominating all their competition, qualifying for the state meet and placing among the top teams there.

To work toward those goals, Morgen has the team using visualization techniques and lactic acid and oxygen delivery workouts.

Anyone interested in cross country can join, and no one gets cut from the team. Participants don't have to be great runners.

Coach Morgen gladly hopes to expand the program in coming years, including as many people as possible.

"Winning on a consistent basis is only one element of the sport," he said. The sense of

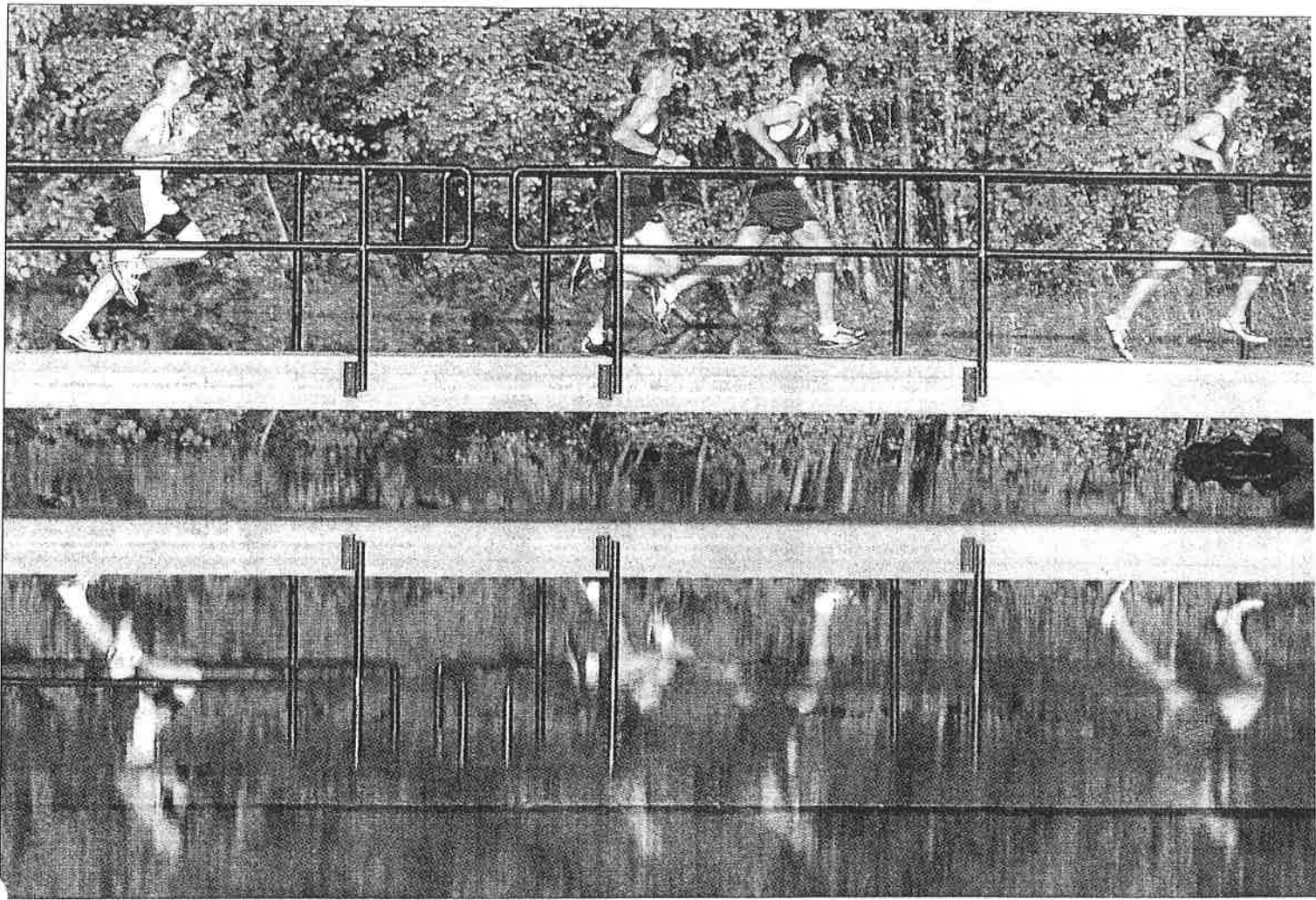
team, challenges, and fun events make cross country an easy sport to say yes to."

Morgen believes that sports like cross country provide much more than physical accomplishments.

"Many students never finding meaning in what they do at Neenah High School," he said. "I'm convinced that cross country provides an environment in which young people find the support and knowledge to accomplish their dreams. I think the cross country program is a model for what co-curricular activities can do for many different young people."



Junior Tim Burns competing in a recent cross country meet



**VARSITY BOYS' CROSS COUNTRY RUNNERS** cross a bridge at Countryside Golf Course in Kaukauna in the FVA meet on Thursday.

Post-Crescent photos by Kristyna Wentz-Gr

# Rockets are winners again in the long run

## Neenah boys' and girls' teams claim FVA titles

**By Dick Knapinski**  
Post-Crescent staff writer

**KAUKAUNA** — As the Neenah boys' cross country team kept busy posting historic numbers Thursday, the Rockets girls' team was making sure its math added up.

Either way, the final sum was a championship.

Neenah swept the Fox Valley Association cross country meets at Countryside Golf Course for the second straight year, as the boys easily captured the team title for the third consecutive year. For the girls, however, there was more sweating it out even after they were done run-

### Inside

- New London boys' capture Bay Conference title: **D-5**
- Papermakers clinch FVA girls' volleyball regular-season title: **D-5**
- Patriots top Rockets in boys' soccer: **D-6**

ning.

"Things had to happen today for us to win," Rockets girls' coach Tara Meinke said. "Each of our girls knew exactly what they had to do."

That included beating Fond du Lac, the other favorite in the FVA meet. The Rockets needed big performances to edge the Cardinals, especially after

Fond du Lac lead runner Rebecca Duley placed third, while Neenah's Tara Schraufnagel led the Rockets with a sixth place.

Neenah followed with runners in seventh, eighth, ninth and 15th, however, finishing ahead of the final three Fond du Lac runners to escape with a one-point win, 59 points to 60. The Rockets also caught a break when a Fond du Lac runner cut inside a turn and had to briefly backtrack, but Meinke was happy that her team made the most of its opportunities.

"This is great, especial-



**KAUKAUNA'S CHRISTY CAZZOLA** (right) hugs team mate Lizzie Grube after winning the FVA girls' individual title, 26 seconds ahead of the second-place Grube.

See **ROCKETS**, D-5

# ROCKETS: They sweep boys', girls' titles in Fox Valley Association cross country

From D-1

ly after the rough workouts we had this week," Meinke said. "We were doing loading work and adding miles. Some of the girls were having a tough time with it."

Kaukauna senior Christy Cazzola had a much easier time capturing her individual championship in the crisp, clear conditions. She cruised to the win in 14:33, a time that was six seconds slower than her runner-up clocking behind Neenah's Betsy McDonald last year.

"It was a tough race and probably wasn't my fastest," Cazzola said. "I was shooting for a 14:07, but I tightened up on the back side of the course."

Kaukauna's Lizzie Grube followed in 14:59, knocking nearly 30 seconds off her fifth-place time last fall.

"Last year, I could always run with Jenna (Mitchler, a teammate who graduated last spring) in sort of a pack," Grube said. "This year, I've been more by myself and had to find my own pace. So now I'm basing my pace off of Christy."

After Duley, Appleton East senior Korah Petrasko and Appleton West sophomore Sarah Hurley rounded out the top five.

On the boys' side, Neenah, the defending WIAA Division I state champion, placed four runners in the top eight and finished with 33 points, easily ahead of Oshkosh West's 84.

Defending FVA champion Nick Westphal led the Rockets by winning his second straight individual title. The senior finished the 5,000 meters in 16:07, nearly 20 seconds slower than last year's winning time but still 19 seconds ahead of the second-place finisher, Andy Van De Hey of Kaukauna.

"This year, I didn't have as good of a race. I could feel the cold air in my lungs."

**NICK WESTPHAL**  
Neenah cross country runner,  
who successfully defended  
his FVA championship

"This year, I didn't have as good of a race," Westphal said. "I could feel the cold air in my lungs."

For the first mile, Van De Hey and Ross Martin of Oshkosh West stayed even with Westphal, but fell back on the hills in the second mile.

"I expected them to be there with me for most of the race," Westphal said of Van De Hey and Martin. "I was kind of surprised at how much I pulled away after the mile mark."

Jon Strong of Fond du Lac, Neenah's Tim Burns and Zach Collins of Oshkosh West completed the top five places.

Neenah, which also won the 2001 FVA title with just 23 points, is ranked in the top five among the state's Division I teams and is again pointing to peak at the sectional and state meets. Rockets coach John Morgan, however, is aware of the importance of his team's third straight conference championship.

"I think the only other team to do that besides us was Appleton East," he said. "We were running against history, running against our opponents and running against themselves today. We were pleased we were able to repeat, but they're hungry and

they want to get better."

Neenah also swept the boys' and girls' junior varsity races, finishing with a perfect score of 15 in the boys' meet.

## BOYS

NEENAH 33, OSHKOSH WEST 84, APPLETON WEST 113, APPLETON NORTH 131, KAUKAUNA 142, FOND DU LAC 142, APPLETON EAST 150, OSHKOSH NORTH 191, MENASHA 217, KIMBERLY 248

1, Nick Westphal N 16:07; 2, Andy Van De Hey KAU 16:26; 3, Jon Strong FDL 16:27; 4, Tim Burns N 16:31; 5, Zach Collins OW 16:33; 6, Ted Johnson N 16:33; 7, David Quinlan AN 16:34; 8, William Dorn N 16:35; 9, Ross Martin OW 16:36; 10, Joe Gerbyshak AW 16:49.

## Other top area finishers

Appleton East: 17, Zach Moureau 17:09; 27, Tyler Sass 17:33; 31, Eric DeSalvo 17:41; 35, Tim Ryan 17:48; 40, Kyle Refinski 17:56.

Appleton North: 16, Nate Dodge 17:09; 28, Dan Altieri 17:36; 39, Eric Reich 17:54; 41, B.J. Reiland 17:59.

Appleton West: 22, Grant O'Connell 17:18; 24, David Pless 17:29; 25, Eric Fieck 17:32; 32, Gary Alford 17:44.

Kaukauna: 11, Alan Hughes 16:56; 33, Mike Mankovecky 17:44; 46, Derek Otto 18:15; 50, Tyler Huss 17:44.

Kimberly: 19, Nathan Anderson 17:15; 44, Ryan Morey 18:11; 60, Jeremy Gritton 18:46; 62, Mike Frassetto 19:08; 63, Troy Romenesko 19:08.

Menasha: 13, Josh Fast 17:04; 36, Corey Otto 17:51; 49, Eric Hoest 18:19; 58, Carl Mueller 18:39; 61, Scott Stephens 18:57.

Neenah: 14, Kyle Peterson 17:06.

Oshkosh North: 26, Andy Piette 17:33; 34, Andy Frazier 17:49; 38, Chris Jetton 17:53; 45, David Rulsch 18:14; 48, Kyle Heinrich 18:18.

Oshkosh West: 20, Jack Willert 17:17; 21, Ian DeKarske 17:18; 20, Matt Rounds 17:37.

## GIRLS

NEENAH 59, FOND DU LAC 60, KAUKAUNA 97, APPLETON NORTH 99, APPLETON EAST 110, MENASHA 142, APPLETON WEST 170, OSHKOSH WEST 216, KIMBERLY 280, OSHKOSH NORTH incomplete team

1, Christy Cazzola KAU 14:33.2; 2, Lizzie Grube KAU 14:59; 3, Rebecca Duley FDL 15:20; 4, Korah Petrasko AE 15:31; 5, Sarah Hurley AW 15:44; 6, Tara Schaufnagel N 15:57; 7, Andrea Stier N 16:02; 8, Pamela Dachelet M 16:03; 9, Katie Berger N 16:04; 10, Bobbie Steger FDL 16:05.

## Other top area finishers

Appleton East: 11, Christina Slatky 16:06; 30, Abby Westphal 16:41; 32, Katie Simo 16:44; 33, Emily Djock 16:45.

Appleton North: 12, Nicole Reich 16:07; 14, Kory Olson 16:08; 20, Claire Buckley 16:25; 26, Morgan Sours 16:37; 27, Lauren Purdy 16:40.

Appleton West: 24, Laura Baptist 16:36; 43, Heather Sassman 17:24; 47, Heather Newhouse 17:39; 55, Emily Naimon 18:40.

Kaukauna: 17, Bridgett Hammen 16:17; 39, Liz Stuyvenberg 17:07; 40, Allison Wotter 17:08.

Kimberly: 48, Kim Vandehey 17:42; 57, Kristin Pynenberg 19:09; 61, Sarah Vandehey 19:35; 62, Emily Neumier 19:41; 63, Michelle Turchan 20:10.

Menasha: 23, Joëne Sell 16:27; 31, Katie Dachelet 16:43; 36, Alissa Almquist 17:05; 44, Amy Allwardt 17:24.

Neenah: 15, Jill Winkler 16:14; 22, Hannah Repenbrink 16:26.

Oshkosh North: 37, Stephanie Frazier 16:59; 53, Laura Musekamp 18:13; 58, Cassie Brayton 19:13.

Oshkosh West: 21, Tessa Schneider 16:25; 46, Trish Hagen 17:37; 49, Sara Giffen 17:43; 51, Steph Minett 17:57; 54, Jenny Swanson 18:24.

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# Necnah sweeps FVA meet

NORTHWESTERN STAFF

**KAUKAUNA** - Neenah proved to be the dominant school Thursday as the Rockets swept both the boys and girls Fox Valley

**FVA Cross Country** Association cross country meets at Countryside Golf Course.

On the boys' side, defending FVA champion Nick Westphal led the Rockets by winning his second straight individual title.

The senior finished the 5,000 meters in 16:07, nearly 20 seconds slower than last year's winning time but still 19 seconds ahead of the second-place

finisher, Andy Van De Hey of Kaukauna.

"This year I didn't have as good of a race," Westphal said.

"I could feel the cold air in my lungs."

Fond du Lac's Jon Strong took third (16:27), while Oshkosh West's Zach Collins was fifth (16:33).

Also leading the way for the Wildcats was Ross Martin, who was ninth in 16:38.

"We ran as well as we could," West coach Russ Hoxtell said. "Neenah's deeper than we are. They're a good champion."

West placed second as a team, while Oshkosh North took eighth. The Spartans' Andy Piette took 26th in 17:33.

Christy Cazzola of Kaukauna won the girls race in 14:33.

Fond du Lac's Rebecca Duley was third in 15:20 as the Cardinals took second as a team.

Oshkosh West finished eighth, while Oshkosh North fielded an incomplete team.

Tessa Schneider led the Wildcats with a 21st-place finish in 16:25.

"The girls ran about as well as they could have," Hoxtell said. "The conference is very difficult."

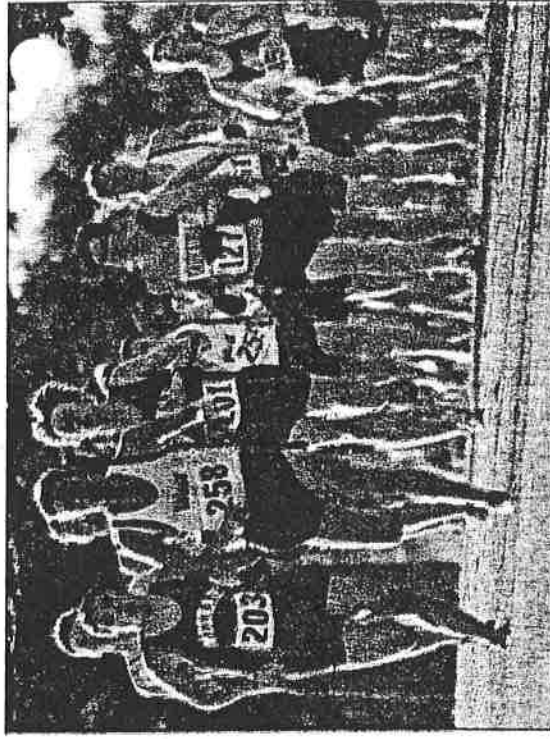
Oshkosh North's top runner was Erin Lennon (24th in 16:28).

## Inside

► Prep roundup.

► Tonight's top football games.

Page D2



FOR THE NORTHWESTERN  
**OSHKOSH WEST'S ROSS MARTIN** (258) keeps pace with Neenah's Nick Westphal (203) during the boys' race of the Fox Valley Association cross country meet Thursday in Kaukauna.

# unsung heroes of the week

## BOYS

**WHO:** Will Dorn  
**SCHOOL:** Neenah High School

**WHAT HE DID:** Will, a senior, has been a solid performer for the Rockets' boys' cross country team this season. He consistently finished as the third- or fourth-place runner on the team and racked up a number of valuable points for the Rockets, who again won the Fox Valley Association title. Will ran on the JV team during his first two years and seasons have helped to buttons over the past two

**WHAT THE COACH SAYS:** "He has really made an impact in many of the last two years. He often doesn't get the recognition or the credit that other runners do. We wouldn't go very far without having five quality runners and Will has been instrumental in our success this season. He has been one of our top five runners. The way he is performing now is a product of how hard he trained over the summer as a junior and senior. He has improved consistently during his career and his hard work in training in the off-season has paid off handsomely. The ultimate success of a cross country team depends on depth, and Will's character and the determination that embodies this season. He has the character and the determination that embodies the spirit of the unsung hero."

— Coach John Morgen



Dorn

seasons have helped to buttons over the past two

# Rockets run their way to league titles

One by one, members of the Neenah boys' and girls' cross country teams streaked across the finish line.

And as each one finished his or her race, it only sewed up tighter the Rockets' quest of winning Fox Valley Association titles on both the boys' and girls' sides.

Dominating from start to finish, Neenah did just that, winning league crowns in both races for the second straight year during the annual FVA meet Oct. 17 at Kaukauna.

Neenah senior Nick Westphal secured his status as the conference's top boys' runner by winning in a time of 16:07, 19 seconds ahead of runner-up Andy Van De Hey of Kaukauna.

Westphal also won the FVA title last year.

Overall, the Rockets — who now have won three straight FVA titles and captured last year's WIAA Division 1 state

## Rockets cross country

championship — finished with 33 points.

Oshkosh West was a distant second with 84 points.

The Rockets had four runners finish in the top 10 overall, including Tim Burns (16:31), Ted Johnson (16:33) and William Dorn (16:35), who wound up fourth, sixth and eighth, respectively.

The Neenah girls, meanwhile, finished with 59 points, just one better than runner-up Fond du Lac.

Senior Tara Schraufnagel placed sixth in a time of 15:57 to pace the Rockets. Sophomore Andrea Stier was next, finishing seventh in a time of 16:02.

Junior Katie Berger grabbed a ninth-place finish in a time of 16:04.

The Neenah boys' and girls'



Rock senior Nick Westphal has his eyes on the finish line during the Fox Valley Association boys' varsity cross country meet Oct. 17. For the second straight year, Westphal won the FVA title, finishing first in a time of 16:07.

photo by Brett Christopherson

junior varsity squads also won conference championships.

Freshman Mike Stiff finished first overall in a time of 17:02 as the Rockets grabbed the first seven spots en route to a perfect 15-point showing.

Junior Rachel Hinkley led the Neenah JV girls, placing second in a time of 16:56 as the Rockets, who also had runners finish third, fourth, fifth and sixth, wound up with 20 points.

# Rockets looking to repeat at state

Look who's back.

Aiming at a chance to defend last year's state championship, the Neenah boys' varsity cross country team streaked to a first-place finish in last Friday's WIAA Division 1 sectional meet at Winneconne.

Overall, the Rockets had four runners place in the top 10 as they wound up with 34 points.

Runner-up Sheboygan North finished with 61 points.

The top two teams and top five runners who are not members of qualifying teams advance to the state meet, which is set to take place tomorrow at Wisconsin Rapids.

## Rockets cross country

Senior Nick Westphal led the Rockets with a first-place finish in a time of 16:02.6.

Junior Tim Burns placed second (16:28.7), while sophomore Ted Johnson took fourth (16:41.4) and senior William Dorn wound up 10th (16:48.0).

Last year, Neenah beat rival Stevens Point by one point en route to winning the Division 1 state title.

The two teams are among the favorites to claim this year's state title, as well.



photo by Brett Christopherson

Neenah junior Tim Burns finished second in last Friday's sectional meet.

The Neenah girls, meanwhile, saw their season come to a close after finishing third in the sectional meet with 94 points.

Senior Jill Winkler led the Rockets, placing 10th (15:55.9).

# Neenah boys will advance as team

By Dick Knapinski  
Post-Crescent staff writer

WINNECONNE — When it's the point in the cross country season when the competition gets tougher and the weather feels like three hours in a wet meat locker, it's time for brain games.

Kaukauna senior Christy Cazzola has learned to love that moment.

"It was crappy before we started," Cazzola said after winning the WIAA Division 1 girls' cross country sectional title at a chilled and rain-soaked Lake Breeze Golf Course. "When I finally got going, I kept telling myself, 'Rain is nice.'"

Really?

"Well, you just have to look at it in a positive way," she said.

Cazzola has reason to be positive, as she and the Neenah boys' team led the area charge to next Saturday's state meet at Wisconsin Rapids. Neenah won the boys' championship with 34 points, giving the Rockets a chance to defend their state title.

Along with the Rockets boys and Cazzola, eight other runners advanced to the state meet. The top two boys' and girls' teams in the meet, along with the top five individuals outside those teams, advance to state.

Cazzola had little trouble winning the title, taking first by 23 seconds in 14:29, with Kaukauna teammate Lizzie Grube placing second.

"I felt comfortable today," Cazzola said. "I'm a lot more passionate toward running this year. Last year, toward the end of the season, I was getting sick of it. This year, I'm excited."

Grube held off Appleton East's Korah Petrasko, who rallied for a third-place finish and a state berth.

"Usually I pace off of Christy," said Grube. "I wasn't expecting Korah to be there, and it pushed me."

Petrasko, who has battled injuries and other setbacks since qualifying for the state meet as a freshman, found herself surprised but comfortable at a fast pace from the start of Friday's race.

The Patriots' senior hung on

## BOYS

NEENAH 34, SHEBOYGAN NORTH 61, OSHKOSH WEST 127, APPLETON WEST 132, KAUKAUNA 182, APPLETON NORTH 190, PLYMOUTH 210, APPLETON EAST 223, WEST BEND EAST 232, WEST BEND WEST 256, FOND DU LAC 299, OSHKOSH NORTH 319, KIMBERLY 350, MENASHA 351, MANITOWOC 378, SHEBOYGAN SOUTH 417

1, Nick Westphal N 16:02; 2, Tim Burns N 16:28; 3, Kyle Stangle SN 16:35; 4, Ted Johnson N 16:41; 5, Alan Hughes KAU 16:42; 6, David Quinlan AN 16:43; 7, Joe Gerbyshak AW 16:43; 8, Andy Van De Hey KAU 16:44; 9, Ross Martin OW 16:44; 10, Will Dorn N 16:48

## Other top area runners

Appleton East: 31, Matt Peters 17:28; 36, Eric DeSalvo 17:40; 37, Tyler Sass 17:46; 40, Tim Ryan 17:50; 79, Mike

Schubert 18:37

Appleton North: 30, Dani Altieri 17:26; 41, Nate Dodge 17:51; 53, Eric Reich 18:04; 60, Kevin McGrath 18:12

Appleton West: 19, Grant O'Connell 17:14; 28, David Pliuss 17:26; 32, Eric Fieck 17:31; 46, Gary Alford 17:58

Kaukauna: 47, Tyler Huss 19:59; 52, Mike Mankovecky 18:03; 70, Eric Pitt 18:29

Kimberly: 15, Nathan Anderson 17:06; 68, Ryan Morey 18:26; 83, Jeremy Gritton 18:42; 89, Tyler Sewall 19:05; 95, Mike Frassetto 19:20

Menasha: 38, Josh Fast 17:46; 48, Corey Otto 17:59; 80, Eric Hoest 18:38; 92, Scott Steffens 19:14; 93, Carl Mueller 19:16

Neenah: 17, Kyle Peterson 17:08

Oshkosh North: 45, Andy Piette 17:58; 57, Chris Jetton 18:09; 67, Andy Frazier 18:18; 69, Kyle Heinrich 18:27; 81, David Rulseh 18:40

Oshkosh West: 16, Zach Collins 17:07; 33, Jack Willert 17:36; 34, Ted Wesenberg 17:38; 35, Jon Golem 17:40

## WIAA DIVISION 1 CROSS COUNTRY

Grube's shoulder for the first three-quarters of the race before finishing in a personal-best 15:06.

"I liked Lizzie Grube's pace, so I wanted to stay with her," Petrasko said. "This is awesome. I thought I could get back to state, but I needed a little attitude change this year. 'Mind over matter,' is what my mom and dad keep telling me. Sometimes you can't think so much. You have to trust yourself and run."

Appleton West sophomore Sarah Hurley, who finished fifth, also qualified for state.

Fond du Lac won the sectional title with 76 points, two fewer than West Bend West. Neenah, the Fox Valley Association champion, was third with 94 points.

The Rockets boys simply overpowered the field, putting four runners in the top 10 and finishing with 34 points, while runner-up Sheboygan North also qualified its team, with 61 points.

"We're right where we want to be, back at state," Neenah coach John Morgen said. "We thought we could finish with 34 points here and that's what we got."

Nick Westphal, who won the sectional championship last year, repeated his feat Friday as he cruised the 5,000-meter course in 16:02. Rockets team-

mate Tim Burns was second in 16:28.

Neenah added Ted Johnson in fourth, Will Dorn in 10th and Kyle Peterson in 17th to complete their scoring.

"I was more into it mentally," Westphal said, comparing his sectional race with his FVA title last week. "I also had that vision of state in my head, so that pushed me."

The Kaukauna boys qualified two runners for state, as junior Alan Hughes finished a surprising fifth and Andy Van De Hey came in eighth.

After trailing Van De Hey in the Ghosts' meets throughout the season, Hughes moved to the front of a tight pack that finished fourth through ninth.

"I started a little slower than I usually do and stayed back in the pack," Hughes said. "Then I slowly picked up the pace and moved up. I just felt great and kept going."

Area individuals who also qualified for the state met included Appleton North senior David Quinlan (sixth), Joe Gerbyshak of Appleton West (seventh) and Oshkosh West's Ross Martin (ninth).

# ROCKETS: Neenah boys look to defend their state title

From D-1

secutive sectional championships.

The Rockets have reloaded behind senior Nick Westphal, a two-time conference and sectional champion. Although he had the titles last fall, this year he was seen as the leader of the team, expected to be the front-runner.

"We got a taste of victory last year," said Westphal, who placed ninth at state in 2001. "I think that's something that has motivated us all summer as we trained and through the season."

Although the Rockets are making their sixth state meet trip in seven years, there were many question marks for this group heading into 2002, including experience and overall team speed. Their motivation, however, was never lacking.

"Last year the toughest part was getting them to believe," Neenah coach John Morgen said. "This year's group benefited from what they did. I've always thought once you make that breakthrough, the easier it is to see what you can do."

The Rockets follow much the same training schedule as during pre-state week last year, with a few twists. The senior-dominated group in 2001 was able to kick at the end of the races, while this fall's team seems to be built more for endurance.

A little competition helps build strong runners, too. With more than 60 athletes on the team, few varsity spots are left unchallenged.

"I know I improved a great deal this year," said Will Dorn, who joins Westphal as the only seniors on the varsity roster. "Having to run for my spot made me a better runner. I think I'm more knowledgeable."

Knowledge is key at the state meet, which features nearly 150 of the state's fastest runners in Division 1 alone, along with thousands of spectators and a

## WIAA cross country

### STATE MEET

Saturday

The Ridges Golf Course, Wisconsin Rapids

### BOYS

Division 3 — 10:30 a.m.

Teams: None.

Individual: Nathan Orvedahl, Iola-Scandinavia.

Division 2 — 11:15 a.m.

Teams: None.

Individuals: Jesse Hunter and Patrick O'Brien, Xavier; Jesse Patoka, Freedom; Tyler Sigl, Seymour; Eric Wenzelow, Weyauwega-Fremont.

Division 1 — Noon

Teams: Neenah, New London.

Individuals: David Quinlan, Appleton North; Joe Gerbyshak, Appleton West; Nick Hawley, Hortonville; Alan Hughes and Andy Van De Hey, Kaukauna; Ross Martin, Oshkosh West.

### GIRLS

Division 3 — 12:45 p.m.

Teams: None.

Individuals: Brittany Dick, Amherst; Margaret Novak, Iola-Scandinavia.

Division 2 — 1:30 p.m.

Team: Fox Valley Lutheran.

Individuals: Jenni Klessig and Erin Stache, Chilton; Kari Skaaland, Wittenberg-Biramwood; Cyndi Krueger, Xavier.

Division 1 — 2:15 p.m.

Teams: None.

Individuals: Korah Petrasko, Appleton East; Sarah Hurley, Appleton West; Christy Gazzola and Lizzie Grube, Kaukauna.

course that evolves from a docile first mile into two-plus miles of sharp rises and turns.

It becomes a physical and mental challenge, especially for the younger team members unfamiliar with the race. That includes junior Tim Marta, a Menasha varsity runner last year who joined the Rockets after his family moved into the Neenah school district in the summer.

Like the rest of the Rockets, though, he can't wait to try.

"This is really exciting," he said. "The team is strong and we're optimistic that we have a very good shot at repeating."

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# Neenah plans to keep its crown

By Dick Knapinski  
Post-Crescent staff writer

NEENAH — The last memory for the Neenah boys' cross country team at the state meet was a joyous mass of humanity, celebrating a surprising WIAA Division 1 state title.

A year later, it's almost as equally surprising that, with almost a completely new lineup, the Rockets are in a position to defend the championship they won by one point last fall.

"Teams out there see us as the state champs and they go after us," junior Tim Burns said. "I see it as a challenge."

As the state's top prep runners finish their seasons Saturday at the WIAA state

meet in Wisconsin Rapids, Neenah is in a similar position as last fall. It isn't considered one of the top challengers for the Division 1 title but as one of a group of contenders behind co-favorites Stevens Point and Waukesha Catholic Memorial.

Neenah probably isn't a favorite because of the graduation of four of the Rockets' seven runners from 2001. After a slow start this season, however, Neenah has steadily improved. It easily captured its third straight Fox Valley Association title earlier this month and last week became the first FVA team since 1974-75 to win con-

## Inside

■ A look at all the area teams and individuals preparing for Saturday's WIAA state cross country meet in Wisconsin Rapids:

D-4



# Rockets' Westphal leads team to fourth

By Dick Knapinski  
Post-Crescent staff writer

**WISCONSIN RAPIDS** — Most years, the Neenah boys' cross country team would be happy emerging from the WIAA state meet in fourth place.

While the Rockets didn't have to walk home from The Ridges Golf Course this year as punishment, the posted standards are a little higher when it includes defending a state title.

"Disappointing, yes," Neenah coach John Morgen said after the Rockets finished with 151 points, just 26 more than Division 1 champion Waukesha Catholic Memorial. "But when you set your expectations high, that's the risk you run."

Senior Nick Westphal got the Rockets off to a good start with a fifth-place finish, but Catholic Memorial, Hartland Arrowhead and Kenosha Tremper wedged finishers in front of Neenah.

Arrowhead had 141 points to place second, while Tremper finished with 142.

Westphal was as high as third in the final mile but was out-sprinted by Ricky Reusser of Middleton and West Allis Hale's Adam Nelson at the finish.

"The second mile I wanted to run slower, but I got caught up with the competition and the crowd, so the last half-mile I just had to hold on," Westphal said.

New London placed 10th with 218 points, with sophomore Chris Rombough finishing a surprising eighth.

"I was just going for a top 15," he said. "I found a group to go with, and I went out a little slower so I wouldn't get so tired."

New London's Ben Uphoff and Malachi Cate finished 18th and 22nd, respectively.

Stevens Point's Chris Solinsky became the first three-time individual winner since Phil Downs in 1989-91, running the 5,000 meters in 14:54 to break his course record by 13 seconds.

In Division 2, Seymour's Tyler Sigl led area runners with

## WIAA BOYS' CROSS COUNTRY

a 20th place, surviving both the final mile's hills and the meet's huge crowds.

"Usually at meets you only have a couple people watching, so this is awesome," he said.

Iola-Scandinavia's Nathan Orvedahl, the area's Division 3 qualifier, fell out of the top six over the final mile and placed seventh.

"I wanted to make the (medal) stand," said Orvedahl of finishing in the top six. "I really didn't have it today. Coming up that last hill, I was trying and trying but I didn't quite have it."

**DIVISION 1**  
WAUKESHA CATHOLIC MEMORIAL 125, ARROWHEAD 141; KENOSHA TREMPER 142, NEENAH 151, STEVENS POINT 181, MADISON WEST 184, EAU CLAIRE NORTH 190, HUDSON 203, SOUTH MILWAUKEE 211, NEW LONDON 218, MIDDLETON 232, MILWAUKEE MARQUETTE 233, SHEBOGAN NORTH 260, WHITEFISH BAY 264, BROOKFIELD EAST 284, VERONA 355

1, Chris Solinsky, Stevens Point 14:54 (state record); 2, Dustin Fier, Hudson 15:51; 3, Ricky Reusser, Middleton 15:57; 4, Adam Nelson, West Allis Hale 15:58; 5, Nick Westphal, Neenah 15:58; 6, Brian Les, Wauk. Cath. Memorial 15:59; 7, Tris Obluck, Mukwonago 16:01; 8, Chris Rombough, New London 16:06; 9, Alex Webster, Wauk. Cath. Memorial 16:06; 10, Kevin Oelstrom, Whitnall 16:10.

### Other area finishers

Neenah: 44, Tim Burns 16:44; 56, Ted Johnson 16:54; 57, Will Dorn 16:55; 95, Kyle Peterson 17:20; 133, Mark Paulson 17:56; 140, Tim Marta 18:10.

New London: 18, Ben Uphoff 16:20; 22, Malachi Cate 16:24; 129, Ben Kiefer 17:53; 138, Kyle Bender 18:04; 144, Al Northouse 18:22; 148, Fred Bowen 18:36.

Appleton North: 75, David Quintan 17:03.

Appleton West: 74, Joe Gerbystak 17:03.

Hortonville: 62, Nick Hawley 16:56.

Kaukauna: 87, Andy Van De Hey 17:13; 132, Alan Hughes 17:55.

Oshkosh West: 97, Ross Martin 17:21.

### DIVISION 2

MCFARLAND 94, STANLEY-BOYD 111, STURGEON BAY 112, AMERY 121, ALTOONA 153, NORTHWESTERN 171, SHOREWOOD 180, NEW BERLIN EISENHOWER 198, PLATTEVILLE 208, GRAFTON 215, GREEN BAY NOTRE DAME 226, TOMAHAWK 229, PESHTIGO 256, CLINTON 332.

1, Zach Vircks, Stanley-Boyd 15:47; 2, Ben Porter, East Troy 15:50; 3, Tim Lacy, McFarland 16:06; 4, Adam Aufdermauer, Sturgeon Bay 16:21; 5, Byron Kowalski, Peshtigo 16:28; 6, Sam Pertz, Amery 16:31; 7, Joe Pierre, Notre Dame 16:38; 8, Denton Helms, Adams-Friendship 16:39; 9, Jon Bourke, St. Lawrence Seminary 16:42; 10, Andrew Lacy, McFarland 18:44.

### Area finishers

Freedom: 45, Jesse Patoka 17:21.

Seymour: 20, Tyler Sigl 16:55.

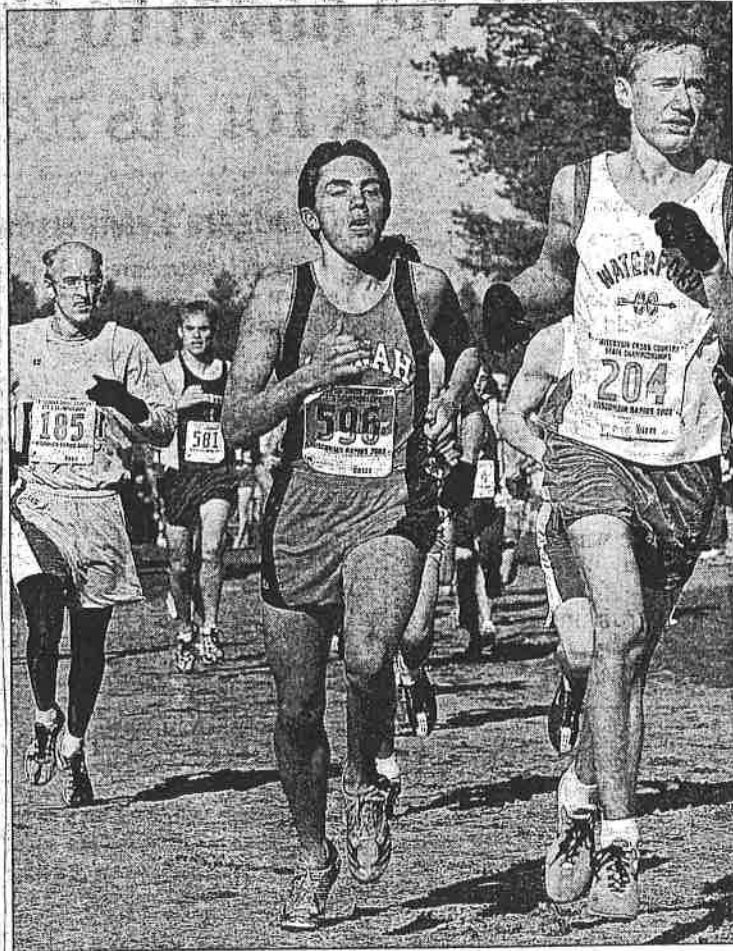
Weyauwega-Fremont: 24, Eric Wenzelow 17:00.

Xavier: 32, Jesse Hunter 17:10; 36, Patrick O'Brien 17:13.

### DIVISION 3

PARDEEVILLE 79, BOSCOBEL 89, MARSHFIELD COLUMBUS 113, ROSHOLT 140, MARATHON 160, GRANTSBURG 174, DOSTBURG 175, ARCADIA 176, MILWAUKEE UNIVERSITY SCHOOL 198, GILLETT 226, DARLINGTON 231, BOYCEVILLE 235, CADOTT 268, WEBSTER 342.

1, Alex Reinhart, Univ. School 16:13; 2, Kyle Zygarrlicke, Marshfield Columbus 16:20; 3, Russell Goessi, Owen-Withee 16:28; 4, Ryan Blirholz, Burlington Catholic 16:28; 5, Tony Stevens, Chippewa Falls McDonnell 16:37; 6, Pat Judd, Grantsburg 16:39; 7, Nathan Orvedahl, Iola-Scandinavia 16:42; 8, Joe Pariso, Pardeeville 16:50; 9, Brian Cleary, Darlington 16:53; 10, Casey Urdike 16:56.



NEENAH'S NICK WESTPHAL (center) runs to a fifth-place finish in the WIAA Division 1 boys' cross country race on Saturday.

Gannett-Wisconsin Newspapers photo by Casey Lake

