

NHS CC 2007 Roster

FRESHMAN ~ 22

Christiansen	Connor	9	*
Cohurn	Michael	9	
Coyle	Trevor	9	
Gessler	Phillip	9	
Howard	Adam	9	
Irvine	David	9	
Kane	Kenny	9	
Kasper	John	9	
Kaszuba	Dillon	9	
Kilas	Tim	9	
Lagieski	Matthew	9	
McDonald	Robbie	9	*
Schmidt	Ryan	9	
Schmidt	Mike	9	
Scudder	Luke	9	
Stubbs	Josh	9	
Suechting	Peter	9	
VandenBerg	Zack	9	
Weklar	Matt	9	
White	Noah	9	
Yeh	Jerry	9	
Gordon	Ben	9	

SOPHOMORES ~ 22

Banik	Eric	10	
Borsecnik	Ryan	10	
Cocherl	Charles	10	
Coenen	Shawn	10	
Eccles	Connor	10	
Feuerstein	Jake	10	
Fine	Tom	10	*
Hoelzel	Dan	10	
Hofferber	Erik	10	*
Keesler	Coleman	10	
Kober	Erik	10	
Langkammer	Jon	10	
Main	Ian	10	
Main	Kit	10	
Michels	Justin	10	*
Mitchell	Andrew	10	
Nigh	Eric	10	
Potts	Alex	10	
Slivinski	Teddy	10	
Sliwicki	Alex	10	
Strauss	Michael	10	*
Wismans	Nick	10	

JUNIORS ~ 22

Behnke	Kaiser	11	*
Davis	Jack	11	
Dedering	Josh	11	*
Fahrenkrug	Derek	11	*
Franke	Matt	11	
Griffin	Colin	11	*
Gruse	Jackson	11	*
Guyant	Ethan	11	
Hankes	Nate	11	
Houston	Matt	11	*
Irvine	Ben	11	
Kane	Connor	11	
Kilgas	Phil	11	
Konz	Rudolph	11	
Morley	Phillip	11	
Owensby	Roy	11	
Parker	Chris	11	*
Payne	Jim	11	
Rohe	Robby	11	
Recht	Eric	11	
Walker	Josh	11	
Young	Kyle	11	

SENIORS ~ 23

Barry	Kevin	12	*
Bartman	Matt	12	*
Braun	Jacob	12	*
Brosman	Mike	12	*
Christiansen	Andrew	12	*
Ciske	Sean	12	*
Cunningham	Sean	12	*
Drake	Alex	12	*
Ehlert	Josh	12	*
Gessler	Paul	12	*
Harter	Jacob	12	*
Israel	James	12	
Kroll	John	12	
Meyer	Dan	12	*
Neff	Garett	12	*
Rued	Cory	12	*
Schraufnagel	Tim	12	*
Scudder	Jack	12	*
Shandonay	Spencer	12	*
Shantz	Luke	12	
Taycher	Greg	12	*
VanDyke	Mike	12	*
Younger	Tyler	12	*

* Denotes Letter Winner

Manager ~ Peterson

Katie 12 *

Rockets receive congratulatory phone call from Morgan

Rockets overcome adversity to capture cross country title

THE NEWS-RECORD

KAUKAUNA — The Neenah boys' cross country team came into last week's Fox Valley Association meet without its No. 1 runner.

But the Rockets overcame the absence of Andrew Christiansen to win its seventh FVA championship in 10 years.

Neenah, which was led by junior Kaiser Behnke's fourth-place overall finish, won the meet at Countryside Golf Club with 60 points.

Fond du Lac was second with 86 points, while Appleton East was third with 95.

Christiansen is sidelined with mononucleosis and hopes

to return for the state meet if the Rockets advance through Friday's sectional at Winneconne.

"We laid it out before and it actually came out the way we laid it out," said Rockets coach Mike Jovanovich, filling in for longtime coach John Morgen, who is serving with the U.S. Army in Iraq.

"We probably had 80 percent of our kids run PRs (personal records) today. That's what it's about."

Appleton North senior Elliot Krause defended his Fox Valley Association championship by obliterating the meet

See **RUNNERS**, Page 25



News-Record photo by Kirk Wagner

NEENAH'S ROBBIE McDONALD approaches the finish line during a fox Valley Association cross country meet at Countryside Golf Club in Kaukauna.

From Page 24

record.

Krause finished the 5,000-meter course in 15 minutes, 14 seconds — 25 seconds faster than Appleton West's Brett Burt ran the same course in 1982.

Behnke (15:38) also beat the course record.

Winning the title wasn't the only thrill for the Rockets at last Thursday's FVA meet.

The team also received a cell phone call from Morgen, who heard about the good news about Neenah's championship.

"That's great. Great job by everyone," Morgen said as the entire team gathered around the phone to get a word in edgewise.

"That was very special to get that call," Jovanovich said. "We've e-mailed back and forth, but that's the first time I've talked with him since he left (in June)."

The Neenah girls' team also had a solid showing in the FVA championship, finishing in third place.

Vienna Behnke, who finished seventh overall, was the top runner for the Rockets.

FVA CHAMPIONSHIPS IN KAUKAUNA

BOYS

NEENAH 60, FOND DU LAC 86, APPLETON EAST 95, OSHKOSH WEST 109, KAUKAUNA 122, APPLETON NORTH 129, KIMBERLY 136, OSHKOSH NORTH 164, APPLETON WEST 245, MENASHA 266.

1, Elliot Krause AN 15:14; 2, Michael Brice KAU 15:24; 3, Darryl Buechel FDL 15:32; 4, Kaiser Behnke N 15:38; 5, Jon Wylie DN 15:58; 6, Phil Schommer KIM 15:59; 7, Mike Jarchow OW 16:00; 8, Taylor Wardell AE 16:07; 9, Tim Schnalnegel N 16:19; 10, Sam Leschesin AE 16:07.

Other top area finishers

Menasha: 38, Ricky Lopez 17:20; 46, D.J. Grant 17:39; 52, Zach Dougherty 18:00; 63, Logan Witter 18:24; 67, Jacob Bromond 18:52.

Neenah: 12, Matt Houston 16:29; 16, Erik Hofferber 16:44; 19, Robbie McDonald 16:46.

GIRLS

KIMBERLY 57, FOND DU LAC 61, NEENAH 89, APPLETON WEST 93, OSHKOSH NORTH 109, APPLETON NORTH 124, OSHKOSH WEST 180, KAUKAUNA 190, APPLETON EAST 239, MENASHA 281.

1, Kelly Bogard KIM 14:28; 2, Stacy Schmitz FDL 15:01; 3, Megan Stenz KAU 15:22; 4, Marie Klapperich FDL 15:27; 5,

SPORTS

WEDNESDAY, SEPTEMBER 26, 2007

Neenah runners excel with coach in Iraq

Jovanovich steps in until Morgen returns home

BY ANDY THOMPSON
NEWS-RECORD EDITOR

NEENAH — Being the head coach of the Neenah High School boys' cross country team has been a positive experience for Mike Jovanovich.

But he won't be in charge for long. In fact, Jovanovich is looking forward to stepping aside after the season and becoming an assistant coach again.

That's because Jovanovich is filling in this season for John Morgen, the wildly successful, personable and popular coach who is serving a tour of duty with his National Guard unit in Iraq. "I'm just trying to keep the ship upright until John gets back," he said.



Morgen

And Jovanovich is doing just that.

The Rockets — led by top runners Andrew Christiansen and Kaiser Behnke — are in the midst of another outstanding season. The team has performed exceedingly well in invitational meets against some of the top cross country teams in the state. And the team — which has qualified for 10 of the last 11 WIAA state cross country meets — is on track to peak in the postseason.

"I picked up a great program," said Jovanovich, who is being assisted this season by Kurt Krueger and Jason Olson.

Christiansen has led the way for the Rockets, emerging as one of the top runners in the state. The senior won the 27-team Marquette Invitation-



News-Record photo by Duke Behnke

THE NEENAH HIGH SCHOOL boys' varsity cross country team sprints at the start of the Marquette Invitational in Milwaukee. The Neenah runners are (from left) Matt Houston, Kaiser Behnke, Chris Parker, Tim Schraufnagel, Andrew Christiansen and Tom Fine.

record by 19 seconds. He also won last weekend's Midwest Invitational in Janesville.

"He is very dedicated and he did all the work he needed to do in the off-season," said Jovanovich.

Behnke hasn't been far behind Christiansen.

The junior finished third at the Marquette Invitational and outran all of Madison LaFollette's state championship runners in the process.

"He's got a big heart," Jovanovich said of Behnke. "He doesn't like to lose."

Christiansen said Behnke has developed into an outstanding runner. "Almost all of the guys I was worried about beating (at the Marquette Invitational) he beat as well. He definitely established

Joining Behnke and Christiansen this year as varsity runners are Matt Houston, Chris Parker, Tim Schraufnagel, Josh Dederling, Robbie McDonald, Derek Fahrenkrug, Jackson Gruse and Tom Fine.

While Morgen has been missed by the team, the runners have rallied around Jovanovich. And they have stayed in touch with Morgen via e-mail and the Internet.

"It's definitely hard to fill coach Morgen's shoes, but I think coach Jovanovich is doing the best he possibly can," Christiansen said. "I think it's about as good as it can get without coach Morgen."

Morgen keeps track of the team over the Internet and

sees and hears, according to Jovanovich.

"John is always positive," Jovanovich said. "He is always encouraging. He knows that by the end of the year, the kids will run well."

"He misses it. He wishes he could be here in person. Every team and every year is special and you have memories from each and every year that are irreplaceable."

Christiansen said that while Morgen is in Iraq, his presence is still felt by Neenah's cross country runners.

"Everything we do and the successes we have mean a lot more when we think this is what we are doing for coach Morgen," Christiansen said. "We're just hoping he would be proud of us over here."

Young triathlete making some great strides

In the 1980s, when a triathlete was fast or what some might call elite, the saying was: "He's an animal."

Times have changed, and so have the clichés.

These days, when an athlete is fast, you hear: "Wow! He's smoking."

That's just what this up-and-coming athlete does.

At the age of 26, Jason Olson just keeps getting better and better. In an intense, highly competitive field last Sunday at the Pewaukee Sprint Triathlon, he placed high in the overall rankings with a screaming time of 1:03:30.

Yes, that is smoking.

Raised in Neenah, Olson began his athletic career around the age of 13. He said he started with a simple running routine of a mile with his good ol' dad, Scott.

At 14, he entered a local triathlon rather half-heartedly, but his first triathlon became his most memorable.

He said he was amazed at the fast guys and felt fairly inferior as he peddled a bike that looked like a dinosaur, including knobby tires. The young athlete was so intrigued with the fast guys that he soon took a job at Gear 'N Up Bike Shop so he could finally afford a real road bike.

Then two very kind, older and seasoned triathletes, Jim and Janine Boldra, took Olson under their wings. Their love of the triathlon became contagious.

"Little did I know back then, this was the beginning of a sport that consumes me," Olson said. "I love it."



Gloria West
For The Post-Crescent
On The Move

bikes, Olson joined the cross country team at Neenah High School.

He went on to run for the University of Wisconsin-White-water. He admits he was never quite good enough to qualify for nationals, but so much spring training left him in top condition for the summer.

Quickly, college track season became his training for triathlons. This gave him the jump-start into the triathlon season because he then had to train for only two sports: swimming and biking.

Olson soon found himself winning local triathlons from Leopold, Winneconne and Wausau to Fremont.

"As I started to improve, I targeted bigger races as my new goal," he said.

Sure enough, the Ironman Madison became his goal in 2003.

At the age of 26, Olson has completed six Ironmans.

He admits he hasn't shattered any records, but every year he does the Ironman with his father and younger brother.

Jokingly he claims, "Now, if I could just get my mom to do one, this would really be a family affair. She instead opts for being my No. 1 supporter and most dedicated 'transnector'."

As a rising star, this is the year Olson wants a real challenge, or what some might call this: "plain craziness."

He has registered for two Ironmans that are relatively close together, meaning little recovery time. They are the Ironman Louisville on Aug. 26 and Ironman Wisconsin on Sept. 9.

To prepare for his duo Ironman season, Olson contacted Mike Pierson, owner of Your Training Zone, to have a lactic acid step test done. He said Pierson has taught him how to train properly.

"In the past, I would always train and race without a plan, so I wasn't getting better very quickly."

Olson said.

"With this new training, I notice my bike and run time has already improved significantly. They typically say your peak for triathlons is 35, and I am currently 26, so that is another nine years of improving."

The other main improvement that Olson feels he made this year is in the swimming. He works with a known swim coach in the

swim coach in the

Curt Buetler.

These classes are an obvious help as Olson's swim place at the High Cliff Half Ironman went from 101st overall in 2006 to 16th in 2007. The biggest benefit of improving the swim is that he can now get out of the water closer to the leaders, make up the ground on the bike and finally let his

him

running experience work to his advantage.

Olson attributes part of his huge improvement to a new bike, but more important, to its fit. This season, he ordered a bike with all custom geometries so it would fit perfectly. He sees the amazing difference it makes when the rider is comfortable on the bike.

As for his new goal, the young smokin' gun is moving on to qualify for the Ironman World Championships in Hawaii.

So beware of this local kid from Neenah who has worked hard to trade in his knobby tire bike for a new one. He will impress you with his attitude of steady confidence,

patience and hard work and, I would add, remains quite humble.

When asked how he kept up such a peak performance season,

Olson said: "It seems I'm just off to a decent start."

Gloria West writes On The Move for The Post-Crescent. It is a twice a month recreational sports column including running, biking, swimming and other outdoors activities throughout the Fox Valley. If you have any comments or ideas for On The Move send them to Post-Crescent sports editor Brad Zimaneck at bzimatek@postcrescent.com.



Gannett Wisconsin Newspapers file photo

TRIATHLETE JASON OLSON won the Green Bay Triathlon at Ashwaubomen Park in Ashwaubomen on June 10. He has his sights set on the Ironman Louisville on Aug. 26 and Ironman Wis.

MARQUETTE INVITATIONAL

Neenah senior runs away from pack

Christiansen cruises against elite field

By DAN MURPHY
Special to the Journal Sentinel

Some of the best cross country runners in the state compete in the Marquette Invitational each year, so a thrilling dash to the finish between a few state-caliber runners wouldn't seem unlikely.

But on Saturday, Neenah senior Andrew Christiansen emerged on top of a hill at Washington Park, just 200 yards from the finish line, with plenty of breathing room between himself and second-place finisher Bill Jones of Milwaukee Marquette.

Christiansen finished the 5,000-

meter course in 15 minutes 41 seconds, and Jones turned in a time of 15:56.

"I was pretty comfortable the first mile, and I thought that a lot more guys would be up there with me," Christiansen said. "I won't say that the first mile was conservative or anything, but I was feeling good. (The meet) is a very good test because you have a lot of the top teams and individuals in the state here. Whether it's good or bad, it's nice to know where you're at."

Added Jones: "I didn't want to go too hard. I went with the competition around me. (Christiansen) didn't really lengthen his lead by that much, but he just kind of stayed ahead. I think the lesson learned is that after the first mile, no matter what, I can afford to

(surge and) stay with the leaders."

Madison La Follette, the defending WIAA Division 1 state champion and top-ranked team in the latest cross country coaches' poll, had an equally dominant team performance. The Lancers, led by fourth-place finisher John Puzyski (16:03), placed four runners in the top 10 and won with a score of 40 points. Marquette was a distant second with 59.

"The season has been progressing really well for the guys, so we felt pretty confident," Lancers coach Brady Nichols said. "We've been trying to get everyone to race well at the same time, and this is probably the closest we've gotten to how we envision our team to look. We were really trying to see how we could run as a cohesive team."

Said Marquette coach Jim Kearney: "What we really want to accomplish in this meet is to get as many really good teams here as we can. It's a good test for absolutely everybody. Workouts can tell you so much, but it's the competition that really defines who you are as a team."

Girls: Kenosha Tremper sophomore Sarah Ball certainly didn't mind the mild weather Saturday. The native of England, who moved to Kenosha three years ago, outpaced the field over 4,000 meters in 15:25. Waukesha West's Katie Switalski was second (15:32).

"Today was my best race," Ball said. "I haven't been running well lately. I've had problems with my breathing in the hot weather. But it's a bit colder today, which suits

me."

Waukesha West had enough runners for two teams, and both were impressive. The Wolverines' entries finished in first place (42 points) and second (51). Neenah was third with 79 points.

Boys team scores — 1. Madison La Follette 40 points; 2. Milwaukee Marquette 59; 3. Kenosha Tremper 59; 4. Waukesha West 59; 5. Waukesha West 59; 6. Cannonville 239; 7. Neenah 79; 8. Kenosha 79; 9. Kenosha 79; 10. Kenosha 79; 11. Milwaukee Marquette 79; 12. Waukesha West 79.

Top 10 individuals (5,000 meters) — 1. Andrew Christiansen, NEF, 15 minutes 41 seconds; 2. Bill Jones, Marquette, NEF, 15:56; 3. Kelsey Byrne, NEF, 16:03; 4. Adam Peterson, Marquette, NEF, 16:03; 5. Alex Brill, Marquette, NEF, 16:03; 6. Andrew Dietz, WLN, 16:03; 7. Andy Bell, Marquette, NEF, 16:03; 8. Will Can, Marquette, NEF, 16:03; 9. Andy Bell, Marquette, NEF, 16:03; 10. Will Can, Marquette, NEF, 16:03.

Girls team scores — 1. Waukesha West 42; 2. Kenosha Tremper 51; 3. Kenosha Tremper 51; 4. Kenosha Tremper 51; 5. Waukesha West 51; 6. Madison La Follette 51; 7. Kenosha Tremper 51; 8. Cannonville 239; 9. Neenah 79; 10. Kenosha 79; 11. Waukesha West 79; 12. Waukesha West 79.

Top 10 individuals (4,000 meters) — 1. Sarah Ball, Kenosha Tremper, NEF, 15 minutes 25 seconds; 2. Katie Switalski, Waukesha West, NEF, 15:32; 3. Hannah Treadwell, Kenosha Tremper, NEF, 15:32; 4. Hannah Treadwell, Kenosha Tremper, NEF, 15:32; 5. Alexa An, Waukesha West, NEF, 15:32; 6. Michelle Gaudet, Waukesha West, NEF, 15:32; 7. Michelle Gaudet, Waukesha West, NEF, 15:32; 8. Victoria Bohne, NEF, 15:32; 9. Kelsey Byrne, Marquette, NEF, 16:03; 10. Lindsay Turner, Marquette, NEF, 16:03.

PREPS PLUS

Milwaukee Journal Sentinel

Cross country

PREP

OSHKOSH NORTH INVITATIONAL

At Winnebago County Park, Oshkosh

GIRLS

KIMBERLY 70, MARSHFIELD 81, HOMESTEAD 110, KENOSHA TREMPER 137, FOND DU LAC 142, LITTLE CHUTE 150, RIPON 167, OSHKOSH NORTH 169, OSHKOSH LOURDES 196, OMRO 266, NEW LONDON 277, APPLETON EAST 303, NEENAH 307

4,000 meters

Top five runners: 1, Kelly Bogard KIM 14:44.76; 2, Amanda Meagher NL 15:23.17; 3, Amy Pawelko MAR 15:55.55; 4, Brittany Lumley KT 15:59.17; 5, Candice Todryk MAR 16:00.68.

Other area runners

Appleton East: 42, Emily Satteler 17:14.52; 57, Ely Wiebusch 17:41.41; 66, Caitlin Kompletz 17:56.43; 68, Courtney Femal 18:00.35; 70, Sara Schubert 18:42.11.

Kimberly: 7, Marlee Buss 16:08.70; 15, Whitney Schumacher 16:29.37; 16, Amanda Dietzon 16:29.72; 31, Stephanie Hietpas 16:57.68.

Little Chute: 12, Danielle Huray 16:19.83; 23, Paige Johnson 16:37.20; 41, Sarah Evers 17:14.32; 44, Maddi Vanderloop 17:19.81; 50, Jessica Zuleger 17:31.36.

Neenah: 48, Megan Smaby 17:26.98; 62, Danielle Schmidt 17:49.09; 65, Kari Zwirchitz 17:55.61; 69, Steph Cowling 18:01.68; 72, Rachel Piepenbink 18:04.01.

New London: 35, Erika Quinn 17:04.16; 90, Samantha Voltmer 19:50.21; 92, Heather Sullivan 20:07.12; 94, Caitlin Behrke 20:41.74; 95, Brenna Frazmeier 20:43.36.

BOYS

WEST BEND WEST 55, FOND DU LAC 90, APPLETON EAST 110, KENOSHA TREMPER 111, KIMBERLY 125, OSHKOSH NORTH 126, OSHKOSH LOURDES 159, RIPON 200, LITTLE CHUTE 239, NEW LONDON 254, NEENAH 273, MARSHFIELD 285, OMRO 378

5,000 meters

Top five runners: 1, Dan Uphoff NL 16:27.13; 2, Danny Buechel FDL 16:36.32; 3, Jon Wylie ON 16:51.12; 4, Robert Bartlett HOM 16:59.80; 5, Jake Teacudakis RP 17:03.53.

Other area runners

Appleton East: 6, Taylor Wardell 17:06.60, 12,

Sam Leschisin 17:23.68; 16, Dan Schubert 17:34.17; 38, Brent Burton 18:21.15; 44, Dan Peters 18:30.63.

Kimberly: 10, Adam Rooyakkers 17:21.29; 15, Phil Schommer 17:33.05; 28, Andy Van Wycken 18:01.51; 30, Cayden Jansse 18:03.51; 51, Rick Homensko 18:50.90.

Little Chute: 31, Tony Gloudemants 18:06.59; 46, Paul Van Grintsen 18:34.81; 50, Chris Pynenberg 18:49.31; 60, Rudy Botz 19:03.85; 65, Scott VanDyHoven 19:10.39.

Neenah: 39, Justin Michels 18:21.56; 54, Cary Reed 18:53.34; 57, Colin Griffin 18:56.42; 68, Connor Christensen 19:18.44; 69, Michael Strauss 19:18.75.

New London: 35, Michael Heise 18:16.85; 62, Scott Bellile 19:06.57; 83, Tim Schlais 20:00.86; 91, Connor Fitzpatrick 20:57.12.

Prep Cross Country

SPECIAL FOUR-PAGE PULLOUT SECTION

FVA meet results 8-9 • Bulldogs' Meagher wins Bay girls' title 10

Friday, October 12, 2007 • www.postcrescent.com

The Post-Crescent, Appleton-Fox Cities, Wis. ■ 7

Winning a matter of seconds — and fifths

Later finishers key to titles by Kimberly girls, Neenah boys

By Dick Knapinski
Post-Crescent staff writer

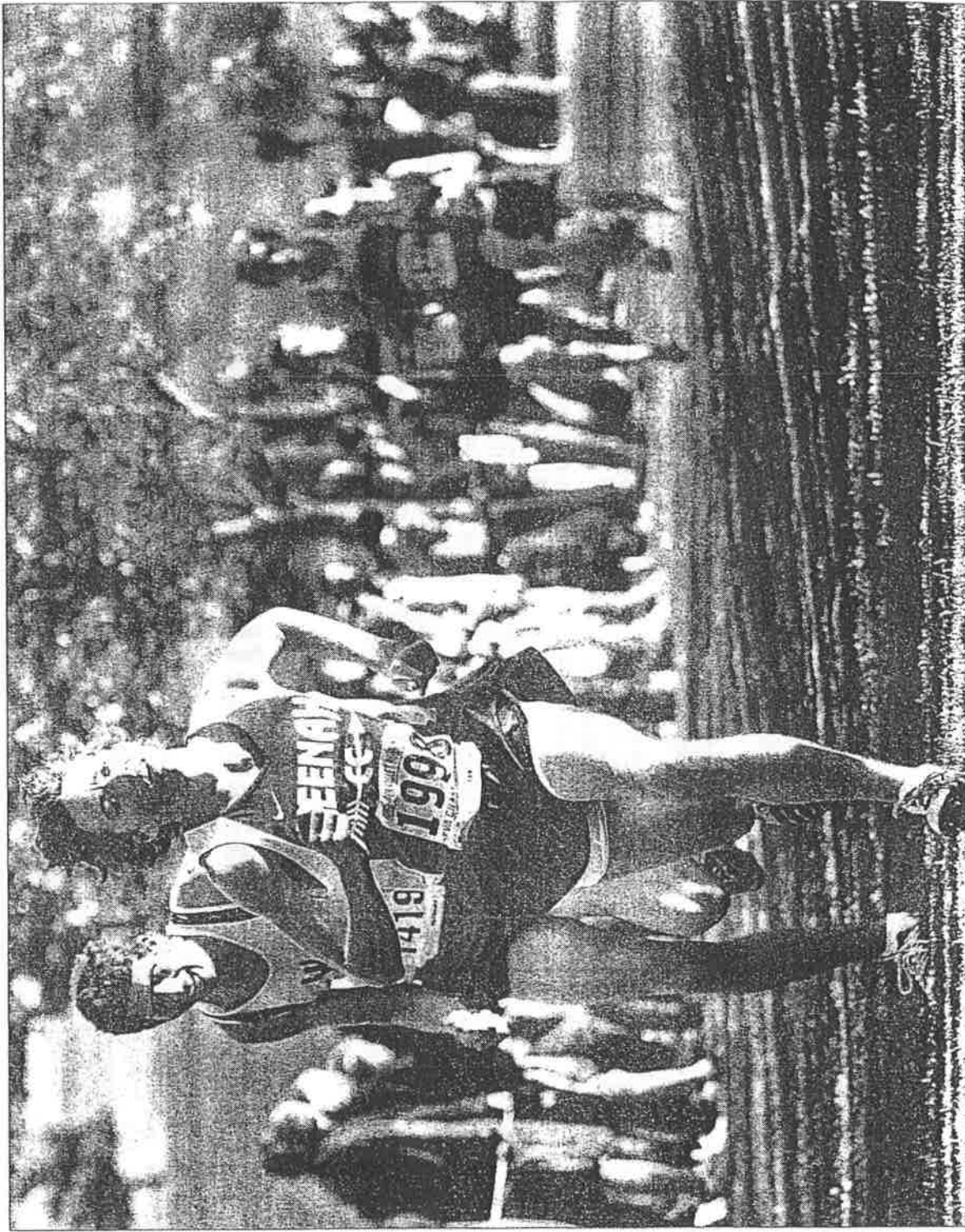
BUCHANAN — At cross country meets, the leading runners get accolades. Those back in the pack usually just get tired.

It's that pack, however — mostly faceless except to their parents and teammates — that makes all the difference on whether a team wins or loses a title, such as at Thursday's Fox Valley Association championships at Countryside Golf Club.

"Every year, I tell the story of us at state in 2001, when our No. 5 runner had a bad day," Neenah boys' coach Mike Jovanovich said. "Our No. 7 runner had a big day and finished as our fifth-best guy and passed a kid right at the end, and we won the state title by one point."

Those last passes all count, as each team can field up to seven runners, with the first five scoring points equal to their places. On Thursday, an inexperienced Kimberly team found out just how important every runner can be.

Fond du Lac put three runners in the top 10, while the Papermakers had only two. Kim-



Fond du Lac put three runners in the top 10, while the Papermakers had only two. Kimberly's fifth and sixth runners were in 22nd and 23rd place, ahead of the Cardinals' fifth runner, who placed 31st. The result? The Papermakers won their first FVA girls' championship with 57 points, while Fond du Lac came in with 61.

That meant that a runner on one team passing just two girls and a runner on the other team being passed by two girls would have changed the standings.

"I just know every point counts, so the further I get up there, the better our chances are," said Kimberly sophomore Stephanie Hietpas, the Papermakers' No. 5 finisher Thursday. "I try to pick off as many as I can right before the end."

Some runners start fast and some start slow, but coaches emphasize that over the last 500

NEENAH'S ROBBIE MCDONALD nears the finish line on the way to placing 19th at the Fox Valley Association cross country meet at Country-side Golf Club in Kaukauna on Thursday. McDonald's finish helped the Rockets win the overall title ahead of Fond du Lac.

COVERAGE ON POSTCRESCENT.COM

Click on this story: View a photo gallery from the Fox Valley Association cross country meet on Thursday.

Kimberly senior Amanda Dietzen watched classmate Kelly Bogard win an unprecedented fourth straight FVA championship. Dietzen realized she would never experience that feeling, but her final kick Thursday perhaps meant more to the Papermakers' team title than Bogard's expected first place.

"You find that person who's ahead of you and make it your goal to beat them out," she said of catching people just before the finish. "It feels great when you do it. You get that close and then edge her out."

And even though most of the crowd at the meet will never know who you are, you'll know you did your job.

"You can sleep good at night," Hofferber said. "You feel better the next day," said teammate Robbie McDonald, who was Neenah's fifth runner in 19th place Thursday as the Rockets won with 60 points, 26 fewer than runner-up Fond du Lac.

"You know you accomplished something."

Dick Knapsinski: 920-993-1000, ext. 230. or dknapsinski@postcrescent.com

FOX VALLEY ASSOCIATION BOYS' RACE

Krause on the record

Appleton North senior Elliot Krause didn't just defend his Fox Valley Association championship Thursday at Country-side Golf Club in Buchanan — he obliterated the meet record.

Krause finished the 5,000-meter course in 15 minutes, 14 seconds — 25 seconds faster than Appleton West's Brett Burt ran the same course in 1982. It was also 28 seconds faster than Krause's 2006 win in cold, blustery conditions.

"Winning the race was the first goal, but fast time is always nice," he said. "You can't ask for better weather than today. The ground was harder than I expected, so it was set up for faster running."

Kaukauna junior Michael Brice, who placed fifth last year, was second on

Thursday in 15:24.

In addition, third-place finisher Danny Buechel of Fond du Lac (15:32) and Neenah's Kaiser Behnke in fourth (15:38) also beat the course record.

Rockets rise to top

Neenah won its seventh FVA championship in 10 years by finishing with 60 points, despite missing No. 1 runner Andrew Christiansen. The senior is out with mononucleosis and hopes to return for the state meet if the Rockets advance through next Friday's sectional at Winnebago.

"We laid it out before and it actually came out the way we laid it out," said Rockets coach Mike Jovanovich, filling in for longtime coach John Morgen, who is serving with the U.S. Army in Ir-

"We probably had 80 percent of our kids run PRs (personal records) today. That's what it's about."

Fond du Lac was second with 86 points, while Appleton East, which had four sophomores and a freshman for its top five runners, was third with 95.

Long-distance celebration

It was 5:30 p.m. in Kaukauna, but 1:30 a.m. Friday in Iraq when a cell phone call came from Morgen, who got the good news about Neenah's championship.

"That's great. Great job by everyone," Morgen said as the entire team gathered around the phone to get a word in edgewise.

"That was very special to get that call," Jovanovich said. "We've e-mailed back and forth, but that's the first time I've

talked with him since he left (in June)."

NEENAH 60, FOND DU LAC 86, APPLETON EAST 95, OSHKOSH WEST 108, KAUKAUNA 122, APPLETON NORTH 129, KIMBERLY 138, OSHKOSH NORTH 164, APPLETON WEST 245, MENASHA 266

1. Elliot Krause AH 15:14; 2. Michael Brice KAU 15:24; 3. Danny Buechel FDL 15:32; 4. Kaiser Behnke N 15:38; 5. Jon Wylie DN 15:58; 6. Phil Schommer KIM 15:59; 7. Mike Jarchow OW 16:00; 8. Taylor Warder AE 16:07; 9. Tim Schmitt Hought N 16:19; 10. Sam Leschman AE 16:07.

Other top area finishers
Appleton East: 13. Dan Schubert 16:30; 27. Brent Burton 17:05; 37. Ian McQuislan 17:19

Appleton North: 22. Tyler Vanderveer 16:50; 30. Peter Dodge 17:09; 35. Mitchell Bechtel 17:19; 40. Max Davis 17:27.

Appleton West: 20. A.J. Nugent 16:48; 51. Robert Felton 18:01; 55. Ben Bye 18:03; 58. Josh Eisen 19:16; 59. Max Hurley 18:19; Kaukauna: 21. Michael Kilgas 16:58; 24. Kris Hughes 16:59; 32. Chris Johnson 17:10; 41. Sam Poven 17:28

Kimberly: 14. Adam Royvatters 16:20; 25. Andy VanWynden 17:00; 43. Cayden Janse 17:34; 48. Luke Pribbenow 17:42; Menasha: 36. Ricky Lopez 17:20; 46. D.J. Grant 17:39; 52. Zach Dougherty 18:00; 63. Logan Weller 18:24; 67. Jacob Brummet 18:52.

Neenah: 12. Matt Houston 16:29; 15. Erik Hofferber 16:44; 19. Robbie McDonald 16:46

By Dick Knapsinski, Post-Crescent staff writer. 920-993-1000, ext. 230, or dknapsinski@postcrescent.com

THE POST-CRESCENT

Sports

WHAT'S ONLINE TODAY D-2

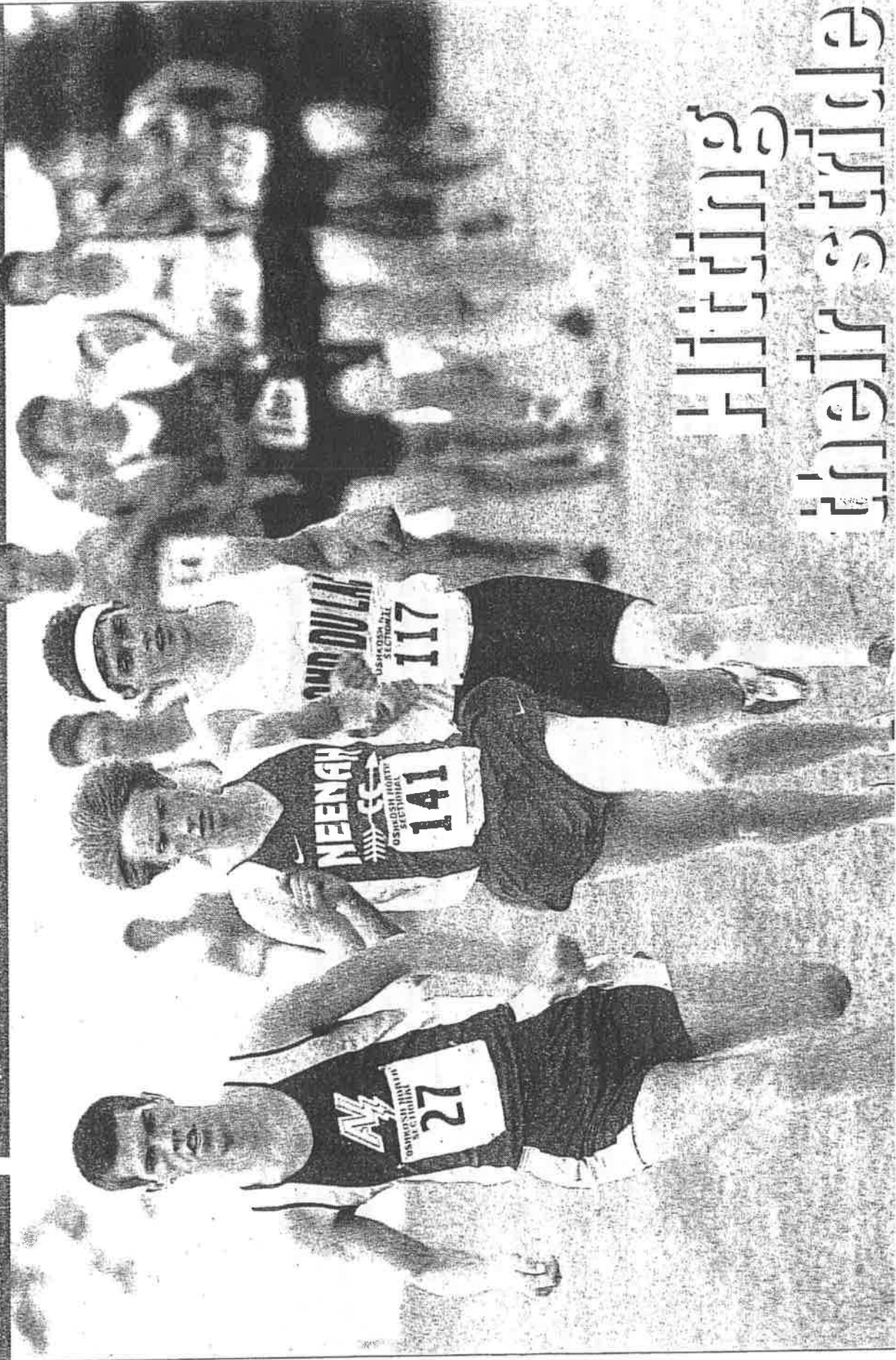
SECTION D

Saturday, October 20, 2007

PREPS: AA state football playoff pairings 2
PREPS: Varsity presents player profile, team spotlight, standings and more 8-9 ▶
PACKERS: Poppinga struggles in coverage 13



>> www.postcrescent.com



Hitting
 their stride



Post-Crescent photo by M.P. King
ALEXA DUIMSTRA of Appleton West checks her time on the way to finishing second in the WIAA Division 1 Oshkosh North Sectional in Winneconne on Friday.

was nazy on particiars or ner race.
"I really didn't notice anything about this race," she said. "I just wanted to go out as hard as I could and keep it up, because I'm not really big on starting fast."

By Dick Knapinski, Post-Crescent staff writer: 920-993-1000, ext. 230, or rknapinski@postcrescent.com

WIAA DIVISION 1 BOYS

Nearly a surprise finish

Appleton North senior Elliot Krause had settled into a comfortable lead heading into the final few hundred meters of the boys' race at Lake Breeze Golf Course in Winneconne. Suddenly, however, he became aware of a speeding figure moving past him.

"Yeah, that was a surprise," Krause said when Fond du Lac's Danny Buechel sprinted past him near the finish. "I kind of figured I had it in the bag so I didn't push it at the end. I know he's a big kicker, so he came past me, but I managed to hold him off."

Krause, the two-time Fox Valley Association champion, finished the 5,000-meter course in 16 minutes, three seconds, less than a second

ahead of Buechel.

Now, the Lightning standout, who is among the favorites at the state meet in Wisconsin Rapids on Oct. 27, hopes to have a relatively normal workout week before the year's last meet.

"You don't want to change anything big," Krause said. "Get your rest, get your nutrition, but don't start oversleeping and things. Just keep on your schedule."

More hardware for Rockets

Neenah collected the sectional championship and qualified for the state meet as a team, as the Rockets had five runners in the top 18 and finished with 58 points, 16 fewer than West Bend West.

The top two teams and top five individuals outside of those teams move on to the state meet.

"It was just about getting the team to state," said Neenah junior Kalsor Behnke, who was the Rockets' top runner with a third-place finish in 16:26.

Regular No. 1 runner Andrew Christiansen is still recovering from mononucleosis. He warmed up but was eventually held out to get one more week of rest before state.

"We ran extremely well today," Neenah coach Mike Jovanovich said. "It was tough conditions, and we had a little doubt at conference, because we were spread out a little bit there."

The Neenah coaches sent the team out in the blustery conditions with a

simple game plan.

"When the wind's behind you, pass," Jovanovich said. "When you're running into the wind, let somebody else do the work and stay behind them."

Sibling rivalry

Behnke was starting to discuss his race with a reporter when his freshman sister, Vienna, broke in. Vienna had finished fourth in the girls' race in 15:49.

"What was your time?" she asked. "I have no idea. Slow," Kalsor replied.

"Over 16?"
"Yeah, by quite a bit."

"Hi!" Vienna said before departing. "She always wants to try and beat

my time," Kaiser said, turning back to the reporter and adding, "even though she runs 1K (1,000 meters) shorter."

Boys (5,000 meters)
- state qualifiers

- NEENAH 58*, WEST BEND WEST 74*, FOND DU LAC 86, OSHKOSH WEST 102, APPLETON EAST 106, APPLETON NORTH 131, OSHKOSH NORTH 179, SHEROBYAM NORTH 194, APPLETON WEST 203, WEST BEND EAST 304, SHEBOYGAN SOUTH 332, BEAVER DAM 343
- 1, Elliot Krause AN 16:03; 2, Danny Buechel FD 16:03; 3, Kalsor Behnke N 16:28; 4, Mike Jarchow OW 16:29; 5, John Dewitt DW 16:33; 6, Jon Wyle DM 16:45; 7, Taylor Winzler AE 16:51; 8, Josiah Swanson FD 16:51; 9, Tim Schrammepel N 16:53; 10, Ben Baumann WRW 16:53.

Other top area finishers

- Neenah: 13, Matt Houston 17:02; 15, Derek Fahrknug 17:07; 16, Erik Hofbauer 17:10.
- Appleton East: 12, Sam Lueschian 16:36; 23, Dan Schubert 17:24; 27, Brent Burton 17:34; 39, Ian McQuellan 17:53.

- Appleton North: 17, Tyler Vandervoort 17:10; 30, Mitchell Secher 17:40; 34, Peter Dodge 17:45; 46, Max Davis 18:32
- Appleton West: 24, A.J. Nugent 17:28; 50, Robert Felton 18:36; 57, Josh Egan 16:55; 60, Ben Gye 16:04; 62, Max Hurley 16:55.

By Dick Knapinski, Post-Crescent staff writer: 920-993-1000, ext. 230, or rknapinski@postcrescent.com

WIAA BOYS' STATE CROSS COUNTRY

Division 2 express

The final 500 meters of the Division 2 boys race turned into a five-man sprint to the finish that took one participant, New London senior Daniel Uphoff, by surprise.

"Coming up the sand hills (with about 800 meters left) I fell way behind and I was ready to give up," he said. "But once I got to the downhill I started catching them and that gave me some confidence."

Uphoff finished fifth, just six seconds behind champion Kevin McCollow of Shorewood to finish with all-state honors.

"That's great," Uphoff said. "It was such a great atmosphere. I could hear people yelling my name all over the course."

Tigers in the top four

Chilton had the area's best team finish by placing fourth in the Division 2 boys competition.

"I knew to finish second it would take a great effort," Chilton coach Rocky Gozdziwski said. "But I was very happy with how we finished today."

Damian Hilbert led the Tigers

with an 11th-place finish, with teammate Alex Steiner one place back.

"I wanted to medal today," Hilbert said. "I just felt heavy today and at the end I couldn't go any faster."

Fighting back

Neenah senior Andrew Christiansen missed a month of the season prior to the state meet because of mononucleosis. He came back for his final prep race to finish 11th in the Division 1 race and help the Rockets to a sixth-place team finish.

"I'm really proud of my teammates, especially this one who stepped up when I was gone," Christiansen said, pointing at junior Kaiser Behnke, who placed eighth on Saturday. "I thought we had the best one-two combination in the state this year."

Christiansen had been running as close as five seconds behind Division 1 champion Elliot Krause of Appleton North during the season, but faded Saturday after the layoff.

"I could see he was hurting about halfway through," Neenah coach Mike Jovanovich said. "But he hung in there and fought through it."

Final kicks

Kaukauna junior Michael Brice cruised to a sixth-place finish, despite blowing his pre-race strategy early. "I was planning to stay up near the front early," he said. "I lost some places and was farther back than I wanted, but just kept working hard and ended up moving up toward the end." ... Brillion's Tyler Behnke was the area's lone Division 3 entry, but struggled throughout the race and finished 100th in the 150-runner field. "I just didn't have it today. I didn't feel well at any time during the race," he said.

BOYS (5,000 METERS)

DIVISION 1

MADISON LA FOLLETTE 44, STEVENS POINT 139, MARQUETTE UNIVERSITY 157, WAUKESHA WEST 163, MILWAUKEE KING 185, NEENAH 196, HUDSON 217, BAY PORT 263, ARROWHEAD 266, SOUTH MILWAUKEE 284, MENOMONEE FALLS 295, WEST BEND WEST 299, SHAWANO 322, SAUK PRAIRIE 334, MUSKEGO 362, VERONA AREA 371, RACINE HORLICK 375, JANESVILLE CRAIG 407, PULASKI 412, HOLMEN 420.

Top 10: 1, Elliot Krause, Appleton North, 15:37; 2, Derek Storkel, Tomah, 15:54; 3, Andy Buchanan, Mad. La Follette, 16:01; 4, Andrew Perkins, Watertown, 16:03; 5, Joe Stihl, Mil. King, 16:05; 6, Michael Brice, Kaukauna, 16:05; 7, John Prusynski, Mad. La Follette, 16:08; 8, Kaiser Behnke, Neenah, 16:09; 9, Bill Jones, Marquette Univ., 16:09; 10, Keith Schueller, Germantown, 16:18.

Other local finishers

Neenah: 11, Andrew Christiansen 16:20; 74, Derek Fehrenkrug 17:15; 97, Tim Schradnagel 17:24; 109, Erik Hofferber 17:31; 120, Robbe McDonald 17:38; 168, Chris Parker 18:15.

Hortonville: 47, Nic Cass 16:56.

Kimberly: 55, Phil Schorrmer 17:04.

