

Races are wide open

NEENAH boys still the favorite

FVA: Oshkosh West could give Neenah a run for its money

OF THE NORTH...

Neenah boys cross country coach John Morgen is unwilling to boast about his team's No. 4 Division I ranking as it cruises into the Fox Valley Association meet today.

The Rockets have handled the best in the state with satisfying results this season, but Morgen said nothing will come easily in the boys race at Countryside Golf Course in Kaukauna.

Neenah won the title a year ago with an impressive 22 points, but has the exhausting task of becoming just the second team since 1996 (Appleton East) to repeat as FVA champion.

Oshkosh West, Appleton North and Kaukauna have won some big invitationals this year."

Morgen said. "Like every other team we want to win the conference. It's been difficult for any team to repeat as FVA champion. That's ultimately our goal."

Jason Miller has been steady all season for the Rockets, while Nick Westphal, who was their No. 5 runner last season, will be heavily counted on to finish in the top five. Miller finished second to Max Garza of Oshkosh West at conference last year.

"Jason Miller has had an outstanding season," Morgen said. "Nick Westphal's expectations are high as well. Adam Swanson has been crucial to our team's success this season. He wasn't even running varsity last year at this time. He'll have to run well for us if we hope to repeat as champions."

Kaukauna (ranked 16th in the state), Oshkosh West and Appleton North each have individuals who could affect the team standings dramatically. Andy Van De Hey leads Kaukauna, while Ross Martin (Oshkosh West) and Nick Jacobsen (Appleton

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"(Neenah) is ranked fourth in the state, but I think they are a lot better than that," Hoxtell said. "There is no question of us even coming close to them. We are definitely looking at second-place and Kaukauna and Appleton North have been a problem for us this year.

"We could very easily be fourth. It will be a good race and we feel good about where we are this year."

Martin has been Oshkosh West's No. 1 runner this season and Nick Hawley and Mike Krueger have also contributed in several strong performances. Hoxtell said his team will depend on freshman to keep them on pace today.

"If Appleton North, Kaukauna or Oshkosh West have a good day it will be inter-

though they have slowed down."

Fond du Lac has showed impressive progress in the past two weeks, as Hinke improved on her personal best by 25 seconds to win the Wisconsin Rapids Invitational in 14 minutes, 33 seconds. Cazzola and Betsy McDonald are both seasoned veterans and will be at her heels.

"It was a breakthrough meet for her. She said she just felt terrific," Jewett said. "She does progress very steadily throughout the season. Some of the kids who were way out there at the start of the season, she is catching and passing at the end of the season."

"The battle with Cazzola, McDonald and Hinke will be fun to watch. Any one of the three could win it on Thursday."

esting," Morgen said. "We've run against ranked teams all season long. Whoever shows up to run at conference, as simple as it sounds, it will be the difference."

Other runners to watch for in the boys race are Oshkosh North's Jacob Pedersen, Eric Gumz and Chris Jetton and Menasha's Josh Fast.

There will be no drop-off in talent in the girls 4,000-meter race. Betsy McDonald, Christy Cazzola and Tara Hinke are the top three runners in the FVA and lead teams who are more than capable of seizing top honors.

"Kaukauna has to be considered the frontrunning team," Fond du Lac coach Earl Jewett said. "They were very strong in August and it doesn't appear as

Other runners to watch for are Jill Winkler (Neenah), Liz Grube and Jenna Mitchler (Kaukauna), Elizabeth Follett, Jessica Widmer, Caitlin Lennon and Erin Lennon (Oshkosh North) and Tessa Schneider of Oshkosh West.

Jewett said the team race will be very close between Neenah, Kaukauna and Fond du Lac and will likely be determined by the Nos. 4-7 runners.

"We would have to close the gap with our top five runners," he said. "Our middle runners have done a really great job this season of progressing. Experience is valuable, but on Thursday it's going to be what teams are ready."

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West) could finish high.

"I would be surprised if they are not first team all-conference," Morgen said.

Oshkosh West coach Russ

Hoxtell said his team is prepared to fight for a top-two finish. The Indians, who have sent teams to state the past four years and won two

sectional titles, return numerous experienced runners.

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McDonald, Westphal capture titles, lead Neenah girls, boys to FVA sweep

By Dick Knapinski
Post-Crescent staff writer

KAUKAUNA — Finally, Betsy McDonald had her day to shine.

After running behind Kaukauna's Brooke Novak for three years, the Neenah senior had the opportunity to make the Fox Valley Association cross country title her own Thursday.

"You don't come into a meet saying you're going to place second," McDonald said of her races against Novak, last year's WIAA state champion who is now a freshman at the University of Tennessee. "But Brooke was

such an incredible runner and this year, I'm a senior, so I was ready to run my race."

Inside

■ Conferences crown champs in cross country:

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■ Area tennis players advance:

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■ Neenah takes second in FVA volleyball:

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team title, as well as three of the four individual championships.

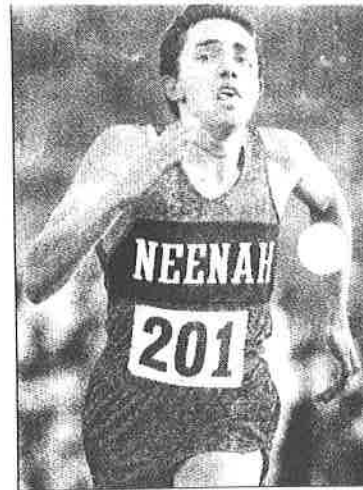
While McDonald's teammates

helped Neenah win the girls' varsity and junior varsity titles, the Rockets boys, led by Nick Westphal's win, dominated both races to sweep their championships.

As expected, McDonald, Cazzola and Hinke moved to the front early in the girls' race and were never challenged. The only suspense was which of the conference's top three runners would be in front at the end.

McDonald never faltered, eventually taking first in 14 minutes, nine seconds, while Cazzola and Hinke were 18 seconds back.

"She's a more mature runner



NICK WESTPHAL of Neenah sprints to a victory in the boys' portion of the Fox Valley Association conference cross country meet.

SWEEP: Neenah boys, girls are FVA champions

From D-1

this year," Neenah coach Tara Meinke said. "She's also running her races a little smarter."

Cazzola stayed close until her back began to cramp after the first mile.

"I had just given up a little and slowed down," Cazzola said. "Then I just told myself, 'Come on, get going.'"

The Rockets finished with 49 points, while defending champion Kaukauna had 54 and Appleton East 75.

"Each of our girls had somebody on Kaukauna that they were supposed to pick off," Meinke said. "We came in fired up today."

The Neenah boys were just as inspired, finishing with the top three runners and with just 23 points to easily win the FVA championship. Kaukauna was second with 80 points and Appleton North third with 90.

Most surprising to many people was Westphal's win, as he spent nearly all season running No. 2 behind senior Jason Miller.

Rockets boys coach John Morgen, though, was not surprised.

"Nick has worked incredibly hard and learned a great deal from Jason," Morgen said. "The big thing is that in this conference, Appleton North has won an invitational, Kaukauna has won one, Oshkosh West has won two, so to come in here and do what we did is a testament to the work our guys have put in."

After Westphal's victory in 15:48, Miller crossed in 16:03 and Adam Swanson in 16:17.

"It's awesome to come in one, two, three," Westphal said of Neenah's finish.



Post-Crescent photo by Sharon Cekada

RUNNERS compete in the Fox Valley Association cross country meet Thursday at Countryside Golf Course in Kaukauna.

mile, then caught Miller and early leader Nick Jacobson of Appleton West.

"Starts have scared me the most this season," Westphal said.

"Early this season, Nick started races slow and then came on late," Morgen said. "At Port Washington late in the season, we told him to stay with Jason Miller throughout the race. I think that gave him a lot of confidence."

Freshman Danielle Ernst won the junior varsity girls' race, while Appleton East sophomore Kyle Refinski was the only non-Neenah champion, capturing the boys' junior varsity title.

BOYS
NEENAH 23, KAUKAUNA 80, APPLETON NORTH 90, OSHKOSH WEST 107, OSHKOSH NORTH 121, APPLETON EAST 143, APPLETON WEST 151, KIMBERLY 242, MENASHA 245, FOND DU LAC 251

1, Nick Westphal N 15:48; 2, Jason Miller N 16:03; 3, Adam Swanson N 16:17; 4, Andy Van De Hey KAU 16:19; 5, Nick Jacobson AW 16:25; 6, Tim Burns N 16:38; 7, David Quinlan AN 16:37; 8, Matt Harer AN 16:40; 9, Nick Hawley OW 16:43; 10, Ross Martin OW 16:47.

Other top area finishers

Appleton East: 13, Paul Gebheim 16:58; 22, Matt Peters 17:17; 33, Zach Moreau 17:46; 34, Tim Ryan 17:46; 41, Nate West 17:55.
Appleton North: 20, Nate Dodge 17:15; 26, Eric Reich 17:30; 29, Matt

Kaukauna: 12, Nick Warrichat 16:55; 14, Mike Manokovecky 17:02; 18, Alan Hughes 17:09; 32, Derek Otto 17:45.

Kimberly: 30, Nathan Anderson 17:39; 25, Ryan Morey 17:49; 55, Tyler Seewall 18:30; 60, Ben Dictus 18:52; 62, Andy Shea 19:28.

Menasha: 27, Josh Fast 17:31; 46, Tim Marta 18:03; 56, Scott Steffens 18:33; 57, Eric Hoest 18:34; 59, Carl Mueller 18:43.

Neenah: 11, Justin Michalkiewicz 16:47.

Oshkosh North: 15, Jacob Pederson 17:04; 17, Chris Jetton 17:06; 21, Andy Frazier 17:16; 31, Eric Gumz 17:43; 37, David Rulseth 17:52.

Oshkosh West: 24, Zach Collins 17:25; 28, Mike Krueger 17:34; 36, Brian Ponzer 17:50.

GIRLS

NEENAH 49, KAUKAUNA 54, APPLETON EAST 75, FOND DU LAC 90, APPLETON NORTH 103, APPLETON WEST 147, OSHKOSH WEST 192, OSHKOSH NORTH 236, KIMBERLY 241, MENASHA 256

1, Betsy McDonald N 14:09; 2, Christy Cazzola KAU 14:27; 3, Tara Hinke F 14:27; 4, Jenna Miltcher KAU 15:05; 5, Lizzie Grube KAU 15:25; 6, Rebecca Duley F 15:29; 7, Emily Burns N 15:41; 8, Kari Koerner AE 15:45; 9, Jill Winkler N 15:47; 10, Sarah Hurley AW 15:50.

Other top area finishers

Appleton East: 14, Aly Sokel 15:54; 15, Abby Westphal 15:55; 16, Elizabeth Schubert 16:01; 22, Korah Petrasko 16:17.

Appleton North: 13, Katy Olson 15:53; 18, Stephanie Peters 16:07; 19, Clare Buckley 16:13; 24, Kory Olson 16:21; 29, Morgan Sours 16:38.

Appleton West: 28, Claire Koch 16:35; 33, Latasha Turner 16:46; Megan VanderWyst 16:55; 39, Heather Sasmann 17:00.

Kaukauna: 17, Bridgett Hammen 16:04; 26, Joey Schroeder 16:04.

Kimberly: 34, Stacy Bogard 16:52; 36, Katie Rheingans 16:53; 55, Sarah Vandehey 18:20; 57, Bethany Stowell 18:36; 59, Heather Estinger 18:53.

Menasha: 25, Pamela Dachelet 16:56; 46, Hannah Landwehr 17:25; 58, Amy Allward 18:40; 62, Sara Woldt 19:08; 65, Sally Coopman 19:31.

Neenah: 12, Andrea Siler 15:53; 21, Heather Wichman 16:16.

Oshkosh North: 38, Erin Lennon 16:56; 41, Jessica Widmer 17:04; 47, Catlin Lennon 17:27; 54, Laura Musekamp 18:03; 56, Elizabeth Follett 18:34.

Oshkosh West: 11, Tessa Schneider 15:50; 42, Steph Minett 17:14; 44,

Conference Meet 10/11/2001

<u>Last Name</u>	<u>First</u>	<u>Grade</u>	<u>Mile 1</u>	<u>Mile 2</u>	<u>Final</u>	<u>Place</u>
<i>Westphal</i>	<i>Nick</i>	11	5:03	10:23	15:48	1 V
<i>Miller</i>	<i>Jason</i>	12	5:02	10:23	16:03	2 V
<i>Swanson</i>	<i>Adam</i>	12	5:05	10:32	16:17	3 V
<i>Burns</i>	<i>Tim</i>	10	5:12	10:45	16:36	6 V
<i>Michalkiewicz</i>	<i>Justin</i>	12	5:13	10:51	16:48	11 V
<i>Schafer</i>	<i>Rocky</i>	12	5:22	11:02	17:06	16 V
<i>Dorn</i>	<i>William</i>	11	5:26	11:14	17:14	19 V
<i>Peterson</i>	<i>Kyle</i>	10	5:28	11:25	17:39	2 JV
<i>Johnson</i>	<i>Ted</i>	9	5:30	11:25	17:41	3 JV
<i>Lashbrook</i>	<i>Eric</i>	9	5:35	11:43	18:08	5 JV
Umland	Craig	11	5:46	11:52	18:24	1
<i>Paulson</i>	<i>Mark</i>	9	5:36	11:52	18:35	9 JV
<i>Rueth</i>	<i>Greg</i>	9	5:37	11:53	18:38	10 JV
<i>Stier</i>	<i>Brett</i>	11	5:38	11:54	18:39	11 JV
<i>Kierstead</i>	<i>Matt</i>	9	5:42	11:58	18:45	14 JV
<i>Steffens</i>	<i>Craig</i>	12	5:47	12:05	18:48	2
Lemmers	Chris	11	5:48	12:13	18:58	3
Borsechnik	Andrew	10	5:51	12:20	19:00	5
McGinnis	Colin	11	5:50	12:17	19:00	4
Oliver	Josh	10	5:51	12:21	19:01	6
Hinkley	Scott	9	5:52	12:22	19:05	7
Staelens	Sean	11	5:58	12:23	19:06	8
Abney	Vince	10	5:59	12:34	19:15	9
Heyn	Toby	10	6:00	12:34	19:20	10
Klima	Jered	11	6:01	12:35	19:22	11
Deleeuw	Adam	9	6:03	12:46	20:03	12
Kordus	Daniel	12	6:05	12:59	20:06	13
Olson	Kane	9	6:15	13:04	20:15	14
Aronowitz	Brent	12	6:23	13:07	20:19	15
Crockett	Daniel	11	6:24	13:10	20:25	16
Main	Ben	9	6:25	13:16	20:45	17
Sharpless	Nick	9	6:27	13:19	20:53	18
Olson	Eric	11	6:28	13:27	20:54	19
Klingenberger	Ian	10	6:29	13:33	20:57	20
Dobbins	Shawn	11	6:32	13:34	21:12	21
Dooley	Dan	10	6:35	13:37	21:17	22
Culhane	Dave	9	6:38	13:42	21:30	23
Vorland	Colby	10	6:39	13:54	21:35	24
Schuchhardt	Matt	9	6:40	13:56	21:42	25
Procknow	Allen	9	6:41	13:57	21:43	26
Ross	Eric	10	6:42	14:01	21:48	27
Woolwine	Shane	10	6:51	14:15	21:55	28
Kittel	Steve	9	6:54	14:34	22:31	29
Jovanovich	Eric	12	7:04	14:51	23:23	30
Zoromski	Tim	9	7:14	15:21	24:33	31

MCDONALD, WESTPHAL LEAD ROCKETS to FVA cross country titles

By Benjamin C. Doeren
Sports Editor

As opposed to recent years, this season's Fox Valley Association Cross Country Conference Meet at Country-side Golf Course in Kaukauna was treated well by Mother Nature.

Although the last two conference meets were held on cold, blustery days, this year was different as light jackets and sweaters replaced the parkas and winter hats on the bodies of spectators and waiting runners.

The near-perfect conditions played right into the Rockets' hands as the talented boys and girls teams were allowed to focus on the competition instead of keeping warm, and the results reflected that.

In the first varsity race of the day, the Neenah boys squad left little doubt as to who was the best team in the conference, finishing with 23 points to easily outdistance second-place Kaukauna's 80 points.

The Rockets' Nick Westphal blasted his way from third place midway through the race all the way to first as the junior set a blistering pace over the final 2000 meters to claim the championship.

Westphal completed the course in a time of 15:48 to finish 15 seconds

ahead of second place. That second-place finisher was teammate Jason Miller, who had a time of 16:03.

The Rockets went on to sweep the first three places as senior Adam Swanson earned third in a time of 16:17. Sophomore Tim Burns was sixth and senior Justin Michalkiewicz was 11th to complete Neenah's roster of five qualifying runners.

"I was feeling pretty good today and I was hoping to finish first, second or third," Westphal said. "At the two-mile mark, I started to really go for it. I was running with my teammate Jason Miller and that really helped. He has been a great teammate and a great mentor this season.

"I am very proud of our team today. We ran a very good race. One of our goals this season was to win the conference race and we did that. Our team is ready for the sectionals and hopefully we'll make it to state."

Westphal's win continued his solid running this season, a key for the Rockets' squad.

"Nick had been one of the reasons for our success this year," Neenah boys coach John Morgan said. "Last year, he came on strong at the end of the season and was our fifth-place runner in the conference meet, but

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he injured himself in that race and his season was over.

"For him to climb into being one of the best runners in the area has just been a huge boost for this team. As a result, we've been able to compete with some of the best teams in the state this season."

In the girls varsity race, all eyes were on Neenah's Betsy McDonald as the senior looked to be the top candidate to win the championship after two straight seasons of placing second behind former-Kaukauna runner Brooke Novak, who now runs for the University of Tennessee.

McDonald didn't disappoint as she broke open a close race after 2000 meters to win in convincing fashion.

McDonald raced away from Kaukauna's Christy Cazzola and Fond du Lac's Tara Hinke at that point to control the second half of the race en route to an 18-second victory over Cazzola.

"This is definitely a great feeling to win," McDonald said. "I actually felt like I was hitting the wall when we started the second lap, but I was able

to pull together knowing that I had trained hard for this race.

"I didn't come into this race thinking that I was going to win. I knew it was going to be some very tough competition and that it was going to be a battle. I feel like my hard training really paid off."

After McDonald, Cazzola and Hinke crossed the line, the focus turned from the individual battle to the team battle.

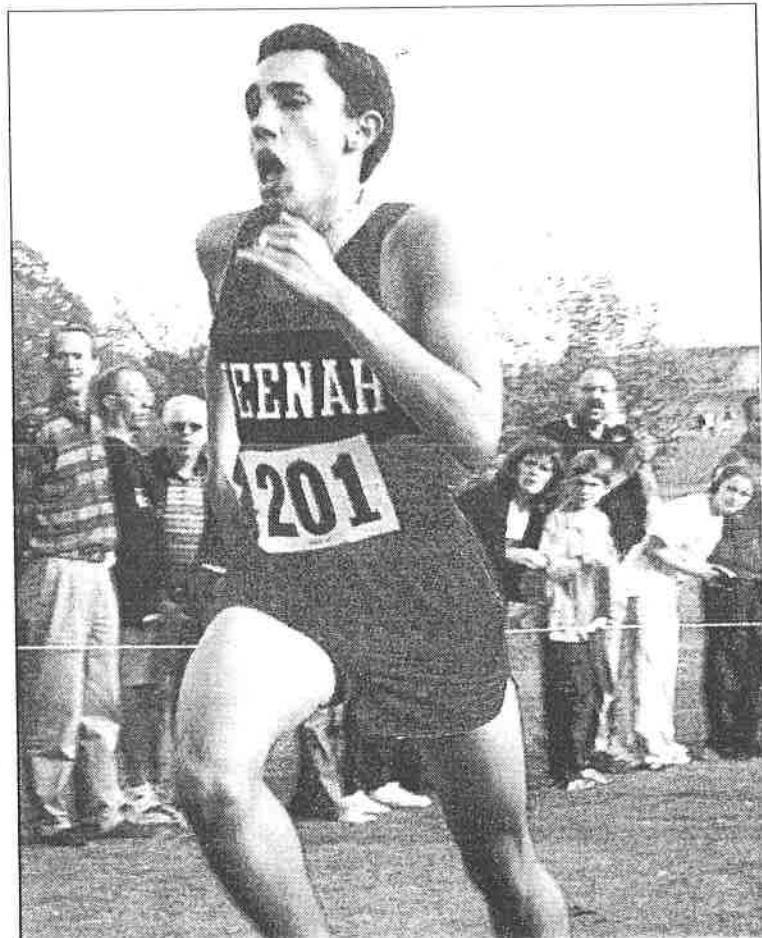
The Ghosts captured fourth and fifth place to total 13 points after three runners, while Neenah's Emily Burns was seventh and Jill Winkler ninth to give the Rockets 17 points.

But, Neenah freshman Andrea Stier delivered a 12th-place finish to put Neenah a leg up and Becky Ray crossed the line in 20th to give Neenah a final total of 49.

Kaukauna placed second with 54 points and Appleton East was third with 75.

Next up in cross country will be the Division 1 sectional meet, which will be held at Lake Breeze Golf Course in Winneconne on Friday at 3:30 p.m.

Participants at sectionals will be all of the FVA schools, as well as both Sheboygan and West Bend high schools. Manitowoc and Plymouth will round out the schools in attendance.



Neenah runner Nick Westphal focuses on the finish line as he speeds his way to a first-place finish in the Fox Valley Association

Neenah runners make the grade

Boys and girls
cross country teams
among area's best

By Andy Thompson

News-Record bureau chief

NEENAH - Tara Meinke picked an opportune time to take over as head coach of the girls' cross country team at Neenah High School.

Not only did she benefit from the return of star senior runner Betsy McDonald, Meinke also welcomed a strong supporting cast when practice began in August. Meinke replaced longtime coach Ron Fedenko after serving as his assistant.

"I've inherited a lot from Ron," Meinke said. "Being able to learn from Ron was great. He knows his stuff. It was wonderful working with him. He taught me a lot."

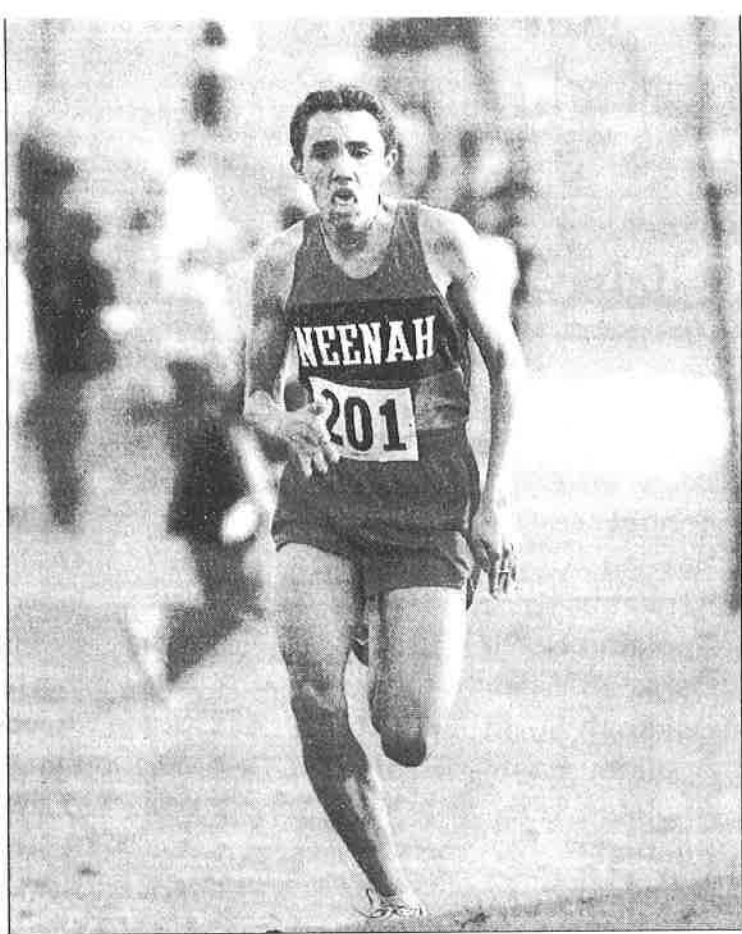
Cross country has been a major success at Neenah on more than one level this year. Not only has the girls' cross country team fared well, the boys' team has been one of the top teams in the state. On several occasions, the girls' and boys' teams each have won invitationals.

Last Thursday, Neenah came away with double victory in the Fox Valley Association championships. The girls' team topped favored Kaukauna for first place and the boys' squad captured the title over Kaukauna as Neenah had four runners in the top six.

"It's fun when the boys and girls together win a meet," Meinke said. "Even our JV boys and girls get into it. We have so much depth."

Boys' coach John Morgen said he has been extremely pleased with his team, which has been ranked as high as fifth in the state.

"We're having a great season," Morgen said. "We've run against some very good competition all season long and had a lot of success. I think there's some truth to the statement that you get better running against good teams."



News-Record photo by Sharon Cekada

NEENAH'S NICK WESTPHAL charges to the finish line in the boy's Fox Valley Association cross country meet at Countryside Golf Course in Kaukauna. Westphal's first place victory helped the Neenah boys win first place in the team competition.

with the way things are going," she said.

"The girls are progressing nicely. We have a couple of freshmen (Andrea Stier and Danielle Ernst) who have been in and out of the varsity team," she said.

The coach praised senior Emily Burns, who has consistently been the No. 2 runner for the Rockets behind McDonald. Jill Winkler, Becky Ray, Katie Staelens, Tara Schraufnagel and Heather Wichman round out the varsity squad for the Rockets.

"Emily Burns has surprised me," Meinke said. "She has been putting the miles in, so she has that aerobic base. She is a great example to the other girls."

The girls' team has won invitations at West Bend, Neenah, Milwaukee Marquette and Fond du Lac. And a major reason for that is the consistently outstanding performances of McDonald, who has won a number of meets.

"It's hard to hold her back," Meinke said of McDonald. "She does everything to its maximum. Everything is total output. She is a hard-worker and a competi-

the upcoming WIAA sectionals. "We have a tough sectional," she said.

Morgen also is hoping for success as his team enters its final stretch of the season.

The boys' team placed high at several invitationals this year, including top finishes at the Oshkosh and Milwaukee Marquette events, and again emerged as one of the best teams in the Fox Valley Association.

Jason Miller is the Rockets' No. 1 runner and is regarded as one of the top competitors in the area.

"He has had a very consistent year and he is running his best times he has run in his career," Morgen said of Miller.

Morgen said Miller and Justin Michalkiewicz have provided strong leadership on and off the course this season. The coach said No. 2 runner Nick Westphal has been critical to the team's success, along with Adam Swanson, Tim Burns, Michalkiewicz, Will Dorn and Rocky Schaefer.

"We have had a lot of people step up," Morgen said. "They have really responded well."

Conference Meet 10/11/2001

Varsity Scores

<u>Place</u>	<u>School</u>	<u>Total</u>	<u>INDIVIDUAL</u>			
1	Neenah	23	1 Nick	Westphal	Neenah	15:48
2	Kaukauna	80	2 Jason	Miller	Neenah	16:03
3	Appleton North	90	3 Adam	Swanson	Neenah	16:17
4	Oshkosh West	107	4 Andy	Van DeHey	Kaukauna	16:19
5	Oshkosh North	121	5 Nick	Jacobsen	AW	16:25
6	Appleton East	143	6 Tim	Burns	Neenah	16:36
7	Appleton West	151	7 David	Quinlan	AN	16:37
8	Kimberly	242	8 Matt	Harer	AN	16:40
9	Menasha	245	9 Nick	Hawley	OW	16:43
10	Fond du lac	251	10 Ross	Martin	OW	16:47

JV Scores

<u>Place</u>	<u>School</u>	<u>Total</u>	<u>INDIVIDUAL</u>			
1	Neenah	29	11 Justin	Michalkiewicz	Neenah	16:48
2	Oshkosh West	65	12 Nick	Warrichaet	Kaukauna	16:55
3	Appleton West	97	13 Paul	Gebheim	AE	16:58
4	Appleton East	113	14 Mike	Mankovecky	Kaukauna	17:02
5	Oshkosh North	148	15 Jacob	Pederson	ON	17:04
6	Kaukauna	149				
7	Appleton North	152				
8	Menasha	203				
9	Fond du lac	251				
10	Kimberly	INC				