

Neenah completes its domination

BY KEVIN HAZAERT
OF THE NORTHWESTERN

KAUKAUNA — There's no better feeling after winning a cross country race than turning around to see teammate after teammate approaching the finish line right behind you.

Neenah's Nick Westphal and Betsy McDonald got to experience that joy Thursday, making their days even more delightful.

Westphal's victory in the boys 5,000-meter race and McDonald's triumph in the girls 4,000-meter event helped lead the Rockets to a sweep of the team titles at the Fox Valley

Association championships at Countryside Golf Club.

"It's awesome. Our plan was to score 1-2-3," said Westphal said, who finished with a time of 15:48. "Our team has worked so hard this year."

"We truly deserve what we ran."

The fourth-ranked Neenah boys lived up to their design as Jason Miller placed second in 16:03, followed by Adam Swanson in third place with a 16:17.

Westphal, who was Neenah's No. 5 runner last year as a junior, said he couldn't have improved as quickly as he did

without the assistance of Miller, who finished second at conference last season as well.

"He's helped me a lot and I really appreciate his guidance this season," Westphal said. "I was trying to run with him (this season). He really helped me through a lot of it."

"For him to jump from a fifth runner to be one of the best runners in the area has been a boost for this team," Neenah coach John Morgen said.

Neenah totaled 23 points, well ahead of second-place Kaukauna with 80, to repeat as conference champion — the

first team to do so since Appleton East in 1996.

Oshkosh West's Nick Hawley and Ross Martin finished ninth and 10th, respectively.

For McDonald, it was finally a chance to break out from the shadow formed by former Kaukauna star and 2000 state champion Brooke Novak.

"(In previous years) you didn't want to go out there, 'Oh yeah, I'm going to get second,' but there's kind of that assumption because Brooke is great runner," said McDonald, who

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FVA CROSS COUNTRY

Team results

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.

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.

FVA: Neenah earns girls, boys championships

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set a conference record in 14:09 to edge Kaukauna's Christy Cazzola (second) and Fond du Lac's Tara Hinke (third). "I'm a senior and (Thursday), I went out there to win."

"It's been her goal to be on top ... in the spotlight," Neenah coach Tara Minke said. "She has great competition in Cazzola and Hinke. So with them pushing her, it's wonderful to see

Betsy shine this year."

The Neenah girls finished with 49 points to nip Kaukauna's 54 for the team crown.

Emily Burns (seventh), Jill Winkler (ninth), Andrea Stier (12th) and Becky Ray (20th) rounded out the scoring for the Rockets.

Minke said the title was won in that pack.

"We needed to get our middle core runners in front of other team's middle runners," Minke said.

"They each had their girls from the other team picked off that they had to stay with. They all meet their goals ... and that's what it came down to."

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Rockets dominate WIAA sectional

By Dick Knapinski
Post-Crescent staff writer

WINNECONNE — Neenah has long been one of the area's top cross country programs. On Friday, the Rockets put on a tour de force at the perfect time.

Inside

Led by a course record from the girls' run champion, Betsy McDonald, and a dominant performance from its boys' team, Neenah swept the team titles at the WIAA Division I cross country sectional meet held at Lake Breeze Golf Course.

Rockets boys' coach

Local cross country results: **D-4**

John Morgen set a very high goal for his team — 30 points — and the runners responded by taking the top three places and five in the top 15.

"The biggest motivation I used today was the fact that if you don't perform well at sectionals, you're done," he said.

As it turned out, the biggest question for the Rockets, ranked third among the state's Division I schools, was deciding who was first of their top two runners. Fox Valley Association champion Nick Westfall caught defending sectional champ Jason Miller in the closing

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yards and they crossed the finish line side-by-side. Officials designated Westfall the winner. Adam Swanson finished third for Neenah, with Tim Burns ninth and Justin Michalkiewicz 15th.

"I just wanted us to cross the line together," Westfall said of his late kick to catch Miller. "State is a different race, so this might be the last opportunity for us to do that."

"It's not a disappointment at all," Miller said of losing the chance at a second straight sectional title. "You really don't consider yourself. You set a goal as a team, and the whole team ran great. It's a dress rehearsal

for state."

Appleton North couldn't afford a dress rehearsal, needing an outstanding performance to place second and qualify for next Saturday's state meet at Wisconsin Rapids. The top two teams and best five individuals not on those teams qualify for state.

"We knew Neenah, Kaukauna and Oshkosh West would be tough," Lightning coach Annette Jadin said. "I told our fifth and sixth runners that they had to be strong today and fill in those gaps."

North finished with 125 points, just ahead of Kaukauna's 137.

The Ghosts had Andy Van De Hey qualify with his fourth-

BOYS

NEENAH 30, APPLETON NORTH 125, KAUKAUNA 137, APPLETON EAST 147, SHEBOYGAN NORTH 150, OSHKOSH WEST 155, OSHKOSH NORTH 209, APPLETON WEST 212, WEST BEND EAST 235, WEST BEND WEST 246, SHEBOYGAN NORTH 257, FOND DU LAC 298, MENASHA 331, MANITOWOC 345, KIMBERLY 355, PLYMOUTH 356

1. Nick Westfall N 16:02; 2. Jason Miller N 16:02; 3. Adam Swanson 16:20; 4. Andy Van De Hey KAU 16:27; 5. Nick Jacobson AW 16:34; 6. Kyle Stangel SN 16:42; 7. David Quinlan AN 16:45; 8. Andy Frisland SS 16:45; 9. Tim Burns N 16:46; 10. Matt Lesperance WBE 16:47.

Other top area runners

Neenah: 15. Justin Michalkiewicz 17:01

Appleton North: 11. Matt Harer 16:48; 19. Nate Dodge 17:11; 43. Joshua Suhonen 17:44; 45. Dan Altieri 17:45.

Kaukauna: 16. Nick Warrichalet 17:02; 22. Alan Hughes 17:15; 23. Mike Mankovecky 17:16; 72. Derek Otto 18:22.

Appleton East: 18. Matt Peters 17:08; 21. Paul Gebheim 17:14; 34. Zach Moureau 17:30; 36. Nate West 17:35; 38. Kyle Refinski 17:38.

Oshkosh West: 12. Nick Hawley 16:48; 13. Ross Martin 16:51; 32. Mike Krueger 17:28; 48. Jon Golem 17:47; 50. Zach Collins 17:47.

Oshkosh North: 24. Jacob Pedersen 17:17; 44. Chris Jetton 17:45; 55. Eric Gumz 17:57; 58. David Rulseh 17:59; 66. Kyle Heinrich 18:09.

Appleton West: 47. Joe Gerbyshak 17:45; 51. Jim Pluess 17:52; 52. David Pluess 17:52; 47. Alex Lietzan 17:59.

Menasha: 30. Tim Marta 17:26; 42. Josh Fast 17:43; 76. Eric Hoest 18:26; 90. Carl Mueller 18:53; 93. Scott Steffens 18:55.

Kimberly: 39. Ryan Morey 17:39; 41. Nathan Anderson 17:43; 84. Tyler Sewall 18:37; 94. Ben Dictus 18:56; 97. Andy Shea 19:16.

place finish, as did fifth-place Nick Jacobson of Appleton West.

McDonald, meanwhile, simply blew away the competition in the girls' race, finishing in a course-record time of 13:58. The senior also set a course record in last week's FVA meet.

"I was looking at the clock at the end," she said. "I know I shouldn't, but I was. I wanted to get under 14."

As in the FVA meet, McDonald and Kaukauna's Christy Cazzola ran evenly through the first mile, but McDonald then moved steadily ahead and finished 34 seconds ahead of the Ghosts junior.

"I was hoping she'd go under 14 (minutes)," Neenah coach

Tara Meinke said of McDonald. "Betsy knows that if she feels comfortable, she isn't running fast enough."

Jill Winkler was 10th and Emily Burns 11th for the Rockets, who captured the team title with 69 points, while the Ghosts, with three runners in the top seven, finished with 76.

No other area individual girls qualified for the state meet.

Sectionals 10/19/2001

Varsity Scores

<u>Place</u>	<u>School</u>	<u>Total</u>		<u>INDIVIDUAL</u>		<u>Time</u>
1ST	Neenah	30	1	Nick Westphal	Neenah	16:02
2ND	Appleton North	125	2	Jason Miller	Neenah	16:02
3RD	Kaukauna	137	3	Adam Swanson	Neenah	16:20
4TH	Appleton East	147	4	Andy Van DeHey	Kaukauna	16:27
5TH	Sheboygan North	150	5	Nick Jacobsen	AW	16:34
6TH	Oshkosh West	155	6	Kyle Stangel	Sheboygan North	16:42
7TH	Oshkosh North	209	7	David Quinlan	AN	16:45
8TH	Appleton West	212	8	Andy Prisland	Sheboygan South	16:45
9TH	West Bend East	235	9	Tim Burns	Neenah	16:46
10TH	West Bend West	246	10	Matt Lesperance	West Bend East	16:47
11TH	Sheboygan South	257	11	Matt Harer	AN	16:48
12TH	Fond du lac	298	12	Nick Hawley	OW	16:48
13TH	Menasha	331	13	Ross Martin	OW	16:51
14TH	Manitowoc Lincoln	345	14	Peter Lewellen	Manitowoc	16:58
15TH	Kimberly	355	15	Justin Michalkiewicz	Neenah	17:01
16TH	Plymouth	356				

Sectionals 10/19/2001

<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>	<i>11</i>	<i>4:53</i>	<i>10:20</i>	<i>16:02</i>	<i>1</i>
<i>Miller</i>	<i>Jason</i>	<i>12</i>	<i>4:48</i>	<i>10:11</i>	<i>16:02</i>	<i>2</i>
<i>Swanson</i>	<i>Adam</i>	<i>12</i>	<i>4:59</i>	<i>10:26</i>	<i>16:20</i>	<i>3</i>
<i>Burns</i>	<i>Tim</i>	<i>10</i>	<i>5:11</i>	<i>10:45</i>	<i>16:47</i>	<i>9</i>
<i>Michalkiewicz</i>	<i>Justin</i>	<i>12</i>	<i>5:12</i>	<i>10:46</i>	<i>17:00</i>	<i>15</i>
<i>Schafer</i>	<i>Rocky</i>	<i>12</i>	<i>5:20</i>	<i>11:05</i>	<i>17:20</i>	<i>25</i>
<i>Dorn</i>	<i>William</i>	<i>11</i>	<i>5:31</i>	<i>11:31</i>	<i>17:47</i>	<i>49</i>
<i>Peterson</i>	<i>Kyle</i>	<i>10</i>				
<i>Johnson</i>	<i>Ted</i>	<i>9</i>				
<i>Lashbrook</i>	<i>Eric</i>	<i>9</i>				

NHS's Morgen, Meinke named top FVA cross country coaches

NEENAH - The boys' and girls' cross country coaches at Neenah High School have swept coach of the year honors for the 2001 season. Both teams won championships at the recent Fox Valley Association conference meet.

John Morgen was named boys' coach of the year and Tara Meinke was named girls coach of the year.

Jason Miller of Neenah was selected as FVA runner of the year and was a first-team all-conference selection.

Miller was joined on the first team by Neenah teammates Nick Westphal, Adam Swanson and Tim Burns. Neenah runners named to the second team were Justin Michalkiewicz and Rocky Schafer. Will Dorn was a honorable mention selection.

NEENAH JV CROSS COUNTRY

FVA conference meet

Girls team results: 1. Neenah, 18; 2. Kaukauna, 81; 3. Appleton North, 94; 4. Fond du Lac, 97; 5. Appleton East, 110; 6. Oshkosh West, 150; 7. Oshkosh North, 226.

Results of Neenah runners: 1. Danielle Ernst, 16:35; 2. Katie Staelens, 16:55; 3. Sara Batka, 17:11; 4. Rachel Hinkley, 17:12; 8. Jenny Negro, 17:31; 10. Lindsay Coonen, 17:34; 11. Katie Mutchler, 17:38.

Boys team results: 1. Neenah, 29; 2. Oshkosh West, 65; 3. Appleton West, 97; 4. Appleton East, 113; 5. Oshkosh North, 148; 6. Kaukauna, 149; 7. Appleton North, 152; 8. Menasha, 203; 9. Fond du Lac, 251.

Results of Neenah runners: 2. Kyle Peterson, 17:39; 3. Ted Johnson, 17:41; 5. Eric Lashbrook, 18:08; 9. Mark Paulson, 18:35; 10. Greg Rueth, 18:38; 11. Brett Stier, 18:39; 14. Matt Kierstead, 18:45.

Rockets runnin' to Rapids



Neenah Citizen photo by Brett Christopherson

The Rockets' Betsy McDonald set a new course record during her first-place sectional finish last Friday.

Neenah boys, girls capture sectional titles

As the old saying goes, when you've got, flaunt it.

And that's exactly what the Neenah coed cross country team did during last Friday's WIAA Division 1 sectional meet at Oshkosh.

Knowing it was fielding a squad chock-full of talent, the Rockets decided to show it off, dominating action by claiming titles on both the girls' and boys' sides.

Overall, the Neenah boys wound up with 30 points with Appleton North finishing a distant second with 125.

The Neenah girls, meanwhile, picked up 69 points, finishing just ahead of rival Kaukauna, which wound up with 76.

Both squads will now try their luck at the state meet, set to take place tomorrow at Ridges Golf Course in Wisconsin Rapids.

Rockets cross country

The girls' Division 1 final is slated to begin at 12:30 p.m., while the boys' Division 1 final will start at 2:45 p.m.

Proving his Fox Valley Association championship wasn't a fluke, Neenah's Nick Westphal won the boys' sectional title, finishing just ahead of teammate Jason Miller.

Both runners appeared to cross the finish line at the same time, but Westphal was awarded a time of 16:02.4 compared to Miller's 16:02.5.

Adam Swanson made it a one, two, three Neenah finish when he took third with a time of 16:20.5, while Tim Burns

added a ninth-place finish in a time of 16:46.5.

On the girls' side, Betsy McDonald paced the Rockets with a first-place overall finish, crossing the line in a course record time of 13:58. McDonald had also set a course record during her first-place showing at the FVA meet Oct. 11.

McDonald cruised to the sectional title, finishing 34 seconds in front of runner-up Christy Cazzola of Kaukauna.

Also placing in the top 10 for the Rockets was Jill Winkler, who took 10th in a time of 15:23.



Miller