It was Neenah's second victory in seven days, following a win at West Bend last Saturday.

"I was very pleased with their results," Rockets coach Mike Heid-Inside

said. "We're not

Meet results really doing in Scoreboard / D-4

any speed work right now, (just) building up strength, (running) a lot of very fast times. I'm very pleased with where they are

so far this season.'

Neenah also outpaced defending state champion Wausau East, which won Division II on Friday but ran in the same race as the

"It makes it more exciting to race against a powerhouse," Heidke said. "I think we raced a little bit harder today because of

A year after winning the meet, Parker finished second to a funner from

Wausau East.

"She got away in the woods a little bit and I couldn't catch her," Parker said. "She probably got me by about 100 meters at the

Neenah boys' coach John Morgen was just as pleased as Heidke with his team's second-place result. The Rockets lost to Marquette and beat out another top team, Stevens Point. Those three teams finished among the top four at state last

Rockets runners perfect

Neenah girls take top five spots to win own meet

Bv Joe Matzek For The Post-Crescent

NEENAH - A rainbow, large and multi-colored, lit up the eastern sky over Memorial Park not long after the girls' varsity race at the Neenah Cross Country Invitational ended on Fri-

Just like the perfect rainbow, the Neenah girls were

perfect in their race.

Led by sophomore Alison Parker, the Rockets scored a perfect 15 points to win the Division I competi-

NEENAH: Rockets post perfect score

From D-1

"We didn't feel like we had to push the pace in this race, because we had teams like Marquette and Stevens Point that would do that," Morgen said. "And we have some young men who are faster at shorter distances. So if we could just hang in there, we thought we could do OK.

Neenah senior Robbie McDonald did more than OK, taking third in a personal-best time of 16:06 despite going out faster than his pace.

Last year, in every race I'd pound the first 400 (meters) and die in the last 400," McDonald said. "This

Elsewhere

Meet results in Scoreboard

year, I decided I'd go out a lot slower and make my way up as the race goes on.

"We came to the first mile in about 5:04, which was 10 seconds faster than I was expecting. But we still managed to come back in 10:15 (in the second mile)."

Neenah's Tim Kilas and Michael Bourland also finished in the top 10.

"Everyone's stepping up this year after we lost five of our top seven (to graduation)," McDonald said.

Kimberly's boys won again, capturing the Division 2 title over Ashafter winning the Appleton West Terror Invite.

"I think we have a real strong boys' team," Paper-makers coach Mike Heling said. "I was really pleased."

The young Papermakers girls' team took second behind Wausau East in Division 2.

Kimberly has three freshmen and two sophomores on varsity.

When I first saw where we were in the race, I thought, Whoa, we're pretty far back,' "Heling said. "Then I realized how fast we were running and the competition we were against.

"We're real young. They're just getting a feel for things and the senior leaderwaubenon 39-42, a week ship is really stepping up.

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CROSS COUNTRY Jamie Block Memorial Invitational

At West Bend, the Neenah boys' and girls' cross country teams each claimed team titles.

The Rockets girls' team won with a combined time of 1:19:27, more than four minutes faster than No. 2 Fond du Lac Springs.

Neenah placed four runners in the top seven, with Jennifer Parker leading the way with a time of 15:46.19. She was followed in order by Alison Parker, Claire Knaus and Jessica Parker, each finishing with a time of 15:46.29.

On the boys' side, Robert McDonald finished second overall with a time of 16:23.09, approximately eight seconds behind Josiah Swanson of Fond du Lac.

Neenah's Tim Kilas (16:32.59), and Michael Bourland (16:45.09 finished fourth and seventh. BOYS

NEENAH 1:24:39, WEST BEND WEST

FOND DU LAC 1:27:55, GREEN BAY PREBLE 1:28:38, PORT WASHINGTON 1:30:35, MARQUETTE 1:31:30, CEDARBURG 1:32:30, HARTFORD UNION 1:34:21, BEAVER DAM 1:34:38, WEST BEND EAST 1:35:49, PLYMOUTH 1:35:49, OREGON 1:35:51, OSHKOSH NORTH 1:35:44, MANITOWOC, 1:37:24, FOND DU LAC SPRINGS 1:41:56, SHEBOYGAN SOUTH 1:32:66, MAYVIBLE 1:43:34, MILWAUKEE RONALD REAGAN 1:52:50, Top five: 1, Josiah Swarison FDL 15:14:39:72, Robert McDonald NEE 16:32:59, 3, Tim Kilas NEE 16:32:59, 5, Stephen Duley FDL 16:38:69, Other Neenah Trunners: 7, Michael Bourland 16:45:09, 13, Ryan Schmidt 17:17:39, 18, Michael Schmidt 17:37:39

GIRLS
NEENAM 1:19:27, FOND DU LAC SPRINGS
123:28, PORT WASHINGTON 1:24:17, BEAVER
DAM 1:24:28, GREEN BAY PREBLE 1:24:46, FOND
DU LAC 1:24:99, OREGON 1:25:25, WEST BEND
WEST 1:26:46, PLYMOUTH 1:27:28, CEBARBURG
1:30:21, WEST ALLIS HALE 1:31:11, HARTFORD
UNION 1:31:36, MANTOWOC 1:33:20, OSHKOSH
NORTH 1:34:16, WEST BEND EAST 1:35:32, SHE
BOYGAN SOUTH 1:38:03, MAYVILLE 1:40:00, MILWAUKEE RONALD REAGAN 1:57:53
TOP five: 1, Miranda Brown: FOLS 15:24:39, 2,
Haley Johnson PLY 15:27:89, 3, Haley Bauer CED
15:39:69; 4, Jennifer Parker NEE 15:46:19, 5, Airson Parker NEE 15:46:29
Other Neenah runners: 6, Claife Knaus
15:46:29, 7, Jessica Parker 15:46:29, 12, Lindsey
Turchan 18:18:69.

FOX VALLEY ASSOCIATION CROSS COUNTRY MEET

It's a Rockets runaway

Neenah oys, girls take titles

y Tim Froberg ost-Crescent staff writer

KAUKAUNA - In a port in which perfornance is judged by the lock, the timing couldn't ave been worse for the Jeenah boys' cross couny team.

The Rockets learned hortly before the start of 'hursday's Fox Valley ssociation meet that No. 1 run-

nside ner Robbie Chilton girls McDonald would miss in Olympian B-3 the event with trained leg tendon.

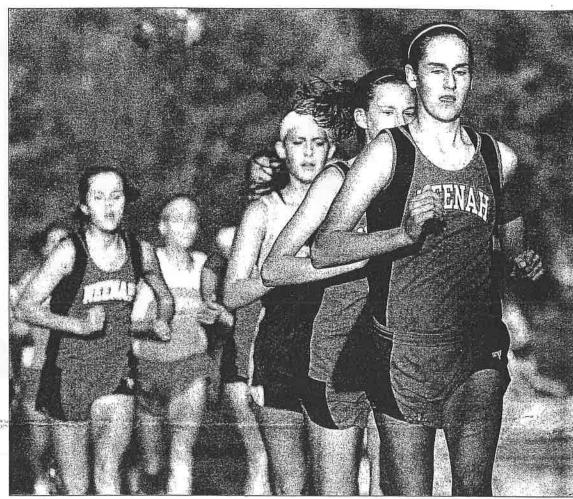
That didn't take the zip ut of a deep, talented

lockets team.

Neenah placed three. unners in the top eight nd overcame McDonld's absence to win its 5th FVA title with 53 points - 22 better than unnerup Kimberly.

The Rockets made it a lean sweep at Country-ide Golf Course by breezng, as expected, to the irls' title. Neenah had the op four finishers in the 1,000-meter run, led by nedalist Alison Parker, nd just missed a perfect core with 17 points.

McDonald made the lecision to not run after esting the leg prior to the neet. He is expected to be eady for next Friday's Division 1 Oshkosh West ectional at Lake Breeze



NEENAH'S ALISON PARKER (far right) leads the pack and stayed in the lead to finish in first place during the Fox Valley Association girls' cross country meet held Thursday at Countryside Golf Course in Kaukauna.

Golf Club.

"We didn't really know until about an hour before that Robbie wasn't going that Robbie wash't going to be able to go," said Neenah boys' coach John Morgen. "I was so proud of the way the kids responded. Considering the circumstances, it makes this championship even more special."

Michael Bourland led

COVERAGE ON POSTCRESCENT.COM

Photos: See more images from Thursday's Fox Valley Association cross country meet at Countryside Golf Course in Kaukauna.

the Rockets with a fifthplace finish, while Tim Kilas and Ryan Schmidt

were seventh and eighth, respectively.

The boys' 5,000-meter run was a thriller. Oshkosh West's Sam Penzenstadler overtook Appleton East's Dan Schubert with about 60 meters remaining and edged him at the finish line to win the race in a personal-record time of 15:28.20.

"It could have gone

either way, but I had a PR, so I'm happy," said Schubert, the runnerup at 15:29.41. "I had the lead by about five meters with about 200 meters left, but he has a real good kick."

Penzenstadler nipped Schubert in another close race earlier this season.

That race involved

See ROCKETS, B-3

ROCKETS: Neenah boys, girls sweep FVA meet

From B-1

another last-second sprint," Penzenstadler said. "Dan and I have been going at it since my freshman year and it seems to go back and forth."

The girls' race wasn't nearly as close. Parker, a sophomore, won by 13 seconds over teammate and runner-up Claire Knaus. Neenah's Jessica Parker and Jennifer Parker took third and fourth, respectively, while the Rockets' Austin Anderson was seventh.

"Being conference champ was one of my goals going into the season," said Parker, who took second at last year's FVA meet behind Kaukauna's Megan Stenz. "It's pretty amazing we took the top four spots. It's the best feeling to turn around and see all your teammates finish so well."

It was the second straight FVA title for the Neenah girls, who have been the state's top-ranked Division 1 team all season.

"We were just as solid and consistent as you can be," Neenah girls' coach

Mike Heidke said.

BOYS (5,000 meters)
NEENAH 53, KIMBERLY 75, FOND DU LAC 83,
APPLETON EAST 124, APPLETON NORTH 140,
APPLETON WEST 154, OSHKOSH WEST 168,
KAUKAUNA 178, OSHKOSH NORTH 189,

KAUKAUNA 174, USINGOOD MENASHA 320 Top five: 1, Sam Penzenstadier OW 15:28.20; 2, Dan Schubert AE 15:29.41; 3, Josiah Swanson F 15:42.42; 4, Stephen Duley F-16:06.31; 5, Michael Bourland N 16:17.74.

Neenah: 7, Tim Kilas 16:23; 8, Ryan Schmidt 16:31; 16, Jacob Schultz 16:58; 17, Matt Weklar

16:31; 16, Jacob Schule. 16:39; 10, Alex Kimberly: 9, Hayden Hoffman 16:39; 10, Alex Rink 16:43; 15, Nick Connors 16:58; 20, Michael Quesnell 17:10; 21, Chris Swoger 17:12. Appleton East: 11, David Fischer 16:48; 30, Alec

Palmer 17:32; 38, Tyler Hafeman 17:53; 43, Patrick Boettcher 18:04,

Appleton North: 22, Russell Doupe 17:12; 24, Tommy Ziolkowski 17:14; 27, Calvin VanRyzin 17:27; 32, Jordan Knapp 17;38, 35, Austin Herding

17:44. Appleton West: 14, Paul Felton 16:56; 19, Dustin O'Connell 17:08; 33, Austin Hetrick 17:42; 35, Greg Sikowsiki 17:44; 52, Will Shecterto 16:32. Kaukauna: 6, Aeron Bodoh 16:21; 29, Nick Brice

маикаита: 6, дегон возол 16:21; 29, Nick Brice 17:32; 44, Drew Balster 18:07; 49, Bratt Hanson 18:23; 50, Jacob Johnson 18:23. Мелаяћа: 60, Yee Mous 19:10; 62, Mike Sturn 19:45; 85, Mike Pawlak 20:26, 56, Troy Othrow 20:46; 67, Kalle Kutschara 20:47.

20/46; 07, Natio Addisonant State 120/46, 100 meters)
NEENAH 17, APPLETON NORTH 97, KIMBERLY
105, FOND DU LAC 122, APPLETON WEST 135,
APPLETON EAST 144, KAUKAUNA 146, OSHKOSH
WEST 149, OSHKOSH NORTH 233, MENASHA 316
Top five: 1, Alison Parker N 14:41.62; 2, Claire
Knaus N 14:54.62; 3, Jessica Parker N 15:05.83; 4,
Jenniter Parker N 15:06.88; 5, Rachael Weber AN
15:12.30.
Neenaht 7, Austin Anderson 15:27.

Neenati: 7, Austin Anderson 15:27

Appleton North: 13, Jenny Jones 15:49; 18, Anna Batley 16:03; 21, Mary Kate Ontaneda 16:07; 40, Gabrielle Klefer 16:49.

Kimberly: 11, Bailey Mutholland 15:41, 16, Miranda Micke 15:59, 17, McKenzie Carper 16:00; 25, Madison de Boer 16:16; 36, Sarah Richardson

Appleten West: 12, Maggie Schoepel 15:43; 19. Appleton West: 12, Maggie Schoepel 15:43; 19, Chiee Slamof 16:04; 28, Madeline Smith 16:20; 29, Morgan Manual 16:21:47, Mariah Frank 17:03. Appleton East: 6, Erin Fischer 15:25; 24, Megan Larsen 16:14; 27, Kaylyn Hadner 16:19; 32, Mira Ensley-Field 16:25; 55, Jing Shen 17:29. Kaukauma: 14, Hannah Podvin 15:50; 22, Aman-da Fassbender 16:11; 23, Kalilyn McDanlel 16:12;

Cross country teams ready for postseason

Rockets have good chance to qualify for state

By TIM FROBERG THE NEWS-RECORD

Just call them Rocketpowered.

That might the best way to describe Neenah's firstrate boys' and girls' cross country teams.

The stretch run of the WIAA cross country season has arrived and both Neenah squads are approaching the finish line with a closing kick.

Neenah raced to separate boys' and girls' team championships at last Thursday's Fox Valley Association meet and both squads enter today's WIAA Division 1 Oshkosh West sectional at Lake Breeze Golf Club with a good chance of qualifying for the WIAA state meet.

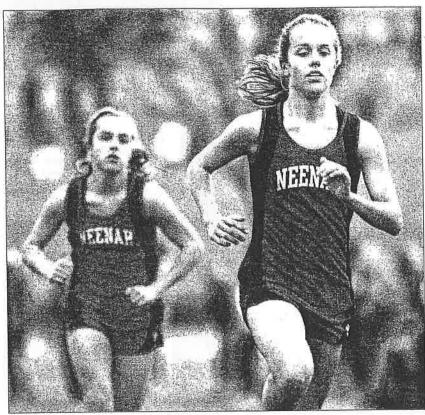
The top two teams and first five individual finishers (not on a qualifying team) will advance to the state meet Oct. 30 in Wisconsin Rapids.

The Neenah girls' team was a third-place Division 1 finisher at the 2009 state meet, while the Rocket boys' squad placed fourth.

Both enter today's sectional in high gear after winning last week's FVA

Neenah breezed to it's the girls' conference championship with 17 points just two short of a perfect score. The Neenah boys' overcame the loss of No. 1 runner, Robbie McDonald, to capture the boys' title with 53 points - 22 better than runnerup Kimberly.

The Neenah girls had the top four finishers in the girls' 4.000-meter run led by sophomore medalist Alison Parker with a win-



NEENAH RUNNERS and twin sisters Jessica (right) and Jennifer Parker finish in third and fourth places at the Fox Valley Association girls' cross country meet on Thursday.

ning time of 14:41.62. Parker finished second at last year's FVA meet at a

freshman behind Kaukauna's Megan Stenz.

Neenah's Claire Knaus (14:54.62) was the girls' runnerup, while Jessica Parker ((15:05.83) and Jennifer Parker (15:06.88) took third and fourth, respectively. The Rockets' Austin Anderson (15:27) was seventh.

"Being conference champ was one my goals going into the season," said Parker. "My time for the first mile wasn't great, but I picked it up after that. It's pretty amazing that we had the top four finishers. This is a great team, Everyone works hard."

It was the second straight FVA title for the Neenah girls, who have been the state's top-ranked Division 1 team all season.

"Based on times I knew we had a chance to have the top four finishers," said Neenah girls' coach Mike Heidke. "But you still have to go out there and run. I thought we were very solid and consistent."

FVA boys' meet with a strained leg tendon, but the Rockets are hopeful he will be able to run today at the Oshkosh West section-

"We knew Wednesday that Robbie might not be able to go, so our kids we kind of prepared for it,"

said Neenah boys cross country coach John Morgen. "But he wanted to test it before the meet and then make a decision. We really didn't know for sure that he wouldn't be able to run until about an hour before the meet, I think he (Mc-Donald) made a good decision and hopefully we'll have him for sectionals."

Neenah placed three McDonald missed the runners in the top eight and overcame McDonald's absence to win its 25th FVA title. Michael Borland sparked the Rockets with a fifth-place finish at 16:17.74. Tim Kilas (16:23) and Ryan Schmidt (16:31) were seventh and eighth, respectively, while Jacob Schultz (16th, 16:58) and

NEWS-RECORD

www.newsrecord.net



Sportswriter Tim Froberg will select "Peak Performers" from area high schools every Wednesday. Check it out at www.newsrecord.net

Mat Weklar (17th, 17:03) cracked the top 20.

"We only have one runner (Kilas) back from that team that finished fourth at state last year, so I'm really proud of this team,' said Morgen. "Michael (Borland) and Tim (Kilas) have been here all year for us, and Ryan (Schmidt) really stepped up for us. To win a conference title against good competition without your No. 1 runner, well, that's overcoming a lot of adversity. That's why this is even more special. Depth won it for us.'

Oshkosh West's Sam Penzenstadler was the boys' medalist, overtaking Appleton East's Dan Schubert with about 60 meters left and outracing him to the finish line to take the race in 15:28.20 to Schubert's 15:29.41.

"It could have gone either way, but I had a PR (personal record), so I'm happy," said Schubert.

Penzenstadler, who also had a PR, nipped Schubert in another close race earlier this season.

"That race was another last-second sprint," said Penzenstadler. "Ever since my freshman year, Dan and I have been going at

Tim Froberg: 920-993-1000, ext 423, or tfroberg@postcrescent.com

team earned it and I didn't race so well. I'm really happy. I want to go to state all four years. That's my goal."

Waupaca's Zach Wheeler, who finished 38th at the state meet in 2009, is ready for the return trip.

"I love that course," he said. "It's got some great hills in it and I like running hills."

While Wheeler is making his second run at the state meet, Appleton North's Rachael Weber will be running it for the fourth time.

Weber said that what's important will be "tuning out the noise" of the other runners.

"I just have learned to run my own race and run smart," she said. "Instead of just following people in front of me, I kind of stay in my head and stay focused and do my own thing. That's when I run my best."

Neenah's boys' and girls' teams and the Little Chute and Freedom boys' teams each will be looking to make a statement.

Neenah's girls, who finished third in 2009, head to the state meet ranked first in Division 1, while Neenah's boys, who finished fourth, are ranked sixth.

Important to the Neenah girls will be not getting caught up in all the emotion

and hoopla.

"We just have to run our best, work as a team and just don't go out too fast," Rockets sophomore Claire Knaus said. "Just be smart."

Neenah junior Michael Bourland said, "Last year, we were fourth, so this year, we're trying to do the same thing, if not better. If we did well at sectionals without our best runner (Robbie McDonald), we should be able to make a statement at state."

That's where the depth of the Neenah team will come

in handy.

"You're really starting to see the fifth and sixth runners move up," Neenah coach John Morgen said following the sectional meet. "That's what you really need to be competitive at state. I feel we've run against all the best teams in the state, so they shouldn't be overwhelmed by the experience or the competition."

Freedom and Little

Boys (5,000 meters)

Division 1 (12:20 p.m.): Kimberly – Hayden Hoffman, Alex Rink, Michael Quesnell, Chris Swoger, Nick Connors, Adam Kilgas, Kevin Kilgas; Appleton East – Dan Schubert; Hortonville – Tony Cass; New London – Michael Heise; Neenah – Michael Bourland, Tim Kilas, Ryan Schmidt, Jacob Schultz, Matt Weklar, Nicholas Kehler, Michael Schmidt.

Division 2 (11:40 a.m.): Little Chute - Alex Bons, Rudy Botz, Kevin Demerath, Mason Grundy, Troy Hurst, Taylor Solberg, Joe Van Grinsven; Waupaca - Zach Wheeler; Freedom - Logan Jadin, Joseph Hinz, Matt Vosters, Jacob Brickner, Jacob Green, Tyler Jensen, Eric Sajdak; Xavier - Connor Chelsky, Nathan Ferree; Chilton - Jake Rollman.

Division 3 (11 a.m.): Hilbert – Elliot Franczek.

Girls (4,000 meters)

Division 1 (1 p.m.): Appleton East – Erin Fischer; Appleton North – Rachael Weber; New London – Annalise Schroeder, Macy Egan; Neenah – Claire Knaus, Alison Parker, Jessica Parker, Jennifer Parker, Austin Anderson, Jessie Laabs, Lindsay Turchan; Kimberly – Bailey Mulholland, Miranda Micke, McKenzie Carper.

Division 2 (1:40 p.m.): Clintonville – Samantha Hohn; Freedom – Liz Bloy; Chilton – Megan Breckheimer, Chelseas Kilgas, Kara Linzmeier, Kristen Linzmeier, Erika Owen, Ali Richman, Amber Schmitz; Seymour – Tiffany Fameree; Winneconne – Rachel Salzer, Kate Brooks; Xavier – Anne Gregory.

Division 3 (2:20 p.m.): none.

Chute, which finished 10th in 2009, go to the state meet ranked ninth and 11th, respectively, in Division 2.

The Irish go into the meet with their sights set high, according to freshman Jacob Green,

"Win a state title," Green said.

The Mustangs return to the state meet with a mix of experience and newness for the event.

Seniors Alex Bons and Rudy Botz ran in the meet for Little Chute in 2009, while Kevin Demerath, Mason Grundy, Troy Hurst, Taylor Solberg and Joe Van Grinsven have the spots filled by the five seniors who graduated last year.

Jim Oskola: 920-993-1000, ext. 230, or joskola@postcrescent.com

Back on the right path

Schubert avenges last year's injury

By Joe Matzek For The Post-Crescent

WINNECONNE -Free of injury, Dan Schubert is back where he was headed a year ago - to the state cross country

Schubert left no doubt about qualifying for state on Friday, finishing second overall at the WIAA Division 1 Oshkosh West Sectional at Lake Breeze Golf Course

Schubert, a senior from Appleton East, traded the

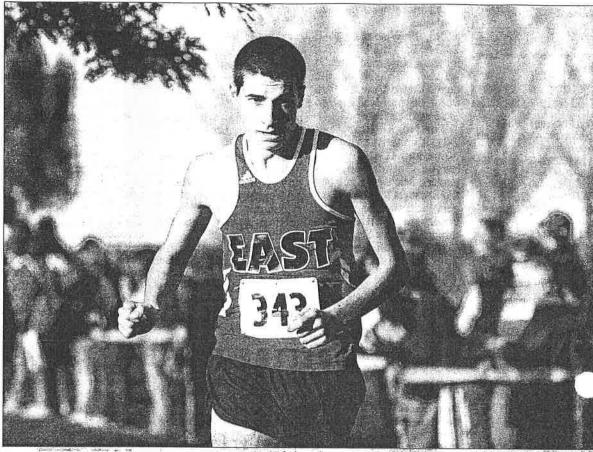
Inside

lead with Oshkosh West's Sam Cross coun-Penzentry sectionals stadler and Fondadu

Lac's Josiah Swanson for the entire race before finishing in 15 minutes, 46 seconds, which was 13 seconds behind Penzenstadler. With Swanson in third, they were the same top three finishers as this year's Fox Valley Association meet

Our first mile was 4:45. which is a little faster than I would have liked," Schubert said. "I guess that's why the second half of the race didn't go as I would have liked. But I still qualified and I can't be mad at that.'

Compared to a year ago, Schubert has to be much happier.



DAN SCHUBERT of Appleton East approaches the finish line to take second place during the WIAA cross country sectional held Friday in Winneconne.

Schubert was trying to finish the 2009 FVA meet when he broke his leg.

"I had a stress fracture that I was unaware of," Schubert said. "I just had some leg pains (before the fracture). It broke in the last 400 meters, so that was disappointing.'

Schubert had to watch as the Patriots, who were undefeated during the regular season, finished 11th at state. Then came the road to recovery.

'I definitely paid a lot of attention to my leg," Schu-

COVERAGE ON POSTCRESCENT.COM

Photos: View images from Friday's WIAA Division 1 cross country sectional at Winneconne.

bert said. "I wanted to get healthy and I did some physical therapy. I got back to where I was (before the injury), so I'm happy."

Schubert was one of a few area success stories at the sectional meet. Both the Neenah boys' and girls' teams won sectional titles,

and a pair of local girls, Rachael Weber of Appleton North and Erin Fischer of Appleton East, advanced to state individu-

The top two teams and the top five individuals who were not members of those teams qualified for the state meet, which is next Saturday at Wisconsin Rapids.

The Neenah boys placed five runners in the top 13 to cruise to the title with 41 points, easily outpacing Fond du Lac with

104. It was an impressive showing for the sixth ranked team in Division 1 especially because the Rockets' top runner, Rob bie McDonald, had to si out again.

"I'm so excited," Rock ets coach John Morger said. "We should have cap tured it on video. It was a really great moment for us ... The whole squad really put together a great race today, and everyone that ran, we feel really good

See SCHUBERT, D-5

Runners headed to state meet

about their performance."

Just like at the conference meet, the FVA champions won without McDonald, whose recovery from a strained leg tendon is taking longer than originally thought.

"It put a little more pressure on us, but I thought we could do it," said Tim Kilas, a senior who finished sixth overall. "It would be good to have him back at state."

Neenah's girls' team added to its list of near-perfect scores this year.

The Rockets, ranked No. 1 in the state, captured the top four places as Claire Knaus, Alison Parker, Jessica Parker and Jennifer Parker all broke 15 minutes for the 4,000 meters.

"Last year we had a really good team and we knew that we would get Jessica and Jennifer from middle school," said Alison Parker, a sophomore, referring to her freshman sisters. "We thought we'd have a really solid top five.'

That was before junior Lydia Fahrenkrug went down with a shin injury, an ailment from which she never recovered.

Although Fahrenkrug placed 11th at state last year, the Rockets' collection of your best and that's all you freshmen and sophomores has excelled.

North's Weber advanced to her fourth state meet, finishing seventh overall in she tried to run with Weber,

"It feels great. I'm happy that I made it. I was planning on making it. It was one of my goals for the year. I wanted my team to pull through, but you run your best and that's all you can ask. ... I worked really hard, so I expected the work to pay off."

RACHAEL WEBER, Appleton North cross country runner, on qualifying for next week's state meet in Wisconsin Rapids

15:05. The Lightning missed and she succeeded, taking out on qualifying as a team by finishing third,

'It feels great," Weber said, "I'm happy that I made it. I was planning on making it. It was one of my goals for the year. I wanted my team to pull through, but you run can ask. ... I worked really hard, so I expected the work to pay off.

Fischer, a freshman, said

eighth in 15:11.

BOYS.

Top two teams and top five runners from nor qualifying teams advance to the state most. NEENAH 41, FOND DU LAC 104, APPLETON NORTH 121, WEST BEND WEST 128, APPLETON EAST 136, SHEBOYGAN NORTH 179, SLINGER 192, OSHKOSH WEST 202, APPLETON WEST 205 OSHKOSH NORTH 225, WEST BEND EAST 229 SHEBOYGAN SOUTH 243

Top five runners: 1, Sam Penzenstadier DW 15:32, 2, Dan Schübert AF, 15:45; 3, Josiah Swanson FDL 16:00; 4, Stephen Duley FDL 16:06; 5 Michael Bourland NEE 16:09.

Other Individual state qualifiers: 8, Dylan Grim arud SS 16:32; 9, Dominic Drezdzon WBE 16:34 11, Ben Skurek WBW 16:39.

Other area runners Appleton East 12, David Fischer 16:46; 26, Ale

How did he pull it off? Let 61 'I talked with coach Perez and he told me just to stay with the lead pack and go with them when they made a move," Schubert said. "Then it was my turn to make a move. It worked

The sign that the strategy worked was the victory scream just a handful of steps before the finish line.

"That was just pure emo-tion right there," he said. "It just doesn't get better than that.

Prior to suffering a broken leg in the 2009 season, Schubert was part of a terrific group of runners for the Patriots that Taylor Wardall, Sam Leschisin and Brent Burton, a group that pushed each other in practice and in meets to make the team as a whole better.

Schubert's motivating force this season was both a who and a what.

"My broken leg really motivated me to get back to where I was last year," he said. "I can't take anything away from my teammates. They pushed me no matter what. I owe a lot to them."

Perez, the Patriots Hall of Fame coach, said that Schubert put together a special

"He lost to one kid (Oshkosh West's Sam Penzenstadler) three times," Perez said. "But he beat him

See SCHUBERT, D-7

Schubert tops in his field

Patriots runner wins state cross country meet

By Jim Oskola Post-Crescent staff writer

WISCONSIN RAPIDS Appleton East senior Dan Schubert has had his share of cross country victories this season.

He chalked up wins at the West Allis Hale Invitational, the Menomonee Falls Invitational, the Smiley Invitational in Wausau and the Port Washington Invitational.

Who knew that those were a foreshadowing of what he was to accomplish during Saturday's WIAA Division 1 boys' state cross

country meet at The Ridges Golf Course?

Schubert got to the front of the pack early and battled to stay at the front before finally



Schubert

crossing the finish line as the state champion with a time of 15 minutes, 53 seconds, one second faster than Janesville Craig's Tommy Meister.

eenah girls' team earns second-place fi

Rockets boys place fifth in state meet

Post-Crescent staff writer

By Jim Oskola

WISCONSIN RAPIDS Some days you can run a great race and still not finish

Such was the day Saturwhere you want.

ace at The Ridges Golf girls' state cross country lay in the WIAA Division 1 Course.

Wausau East ran a better race than we did. They ran better so they deserve to "The athletes ran a real good race," Neenah girls' coach Mike Heidke said.

wanted to defend our num-Instead, it was Wausau

ber one ranking."

ly proud," Knaus said. "We

title with 60 points, while Wausau East won the

team was confident that it 'We just had to keep our together and just make our way up and if we could pass could knock off the Rockets. but so are we." Frahm said. knowing that they're good eves out for them, work "We had the mindset of them, just pass them." Neenah finished second all season long," Heidke said. "They had a great sea-Still, there were some how good our athletes did tears in Claire Knaus' eyes after the race, knowing that "I can't say enough about son and second place at state is nothing too shabby."

Wausau East's Marissa wanted to come out and win we were capable of. We just Lange said, "We knew what another state title."

he runner-up trophy.
"We worked really hard.

for it all season long so even

though we didn't do as well as we wanted, we're still real

he Rockets would only get

Neenah being in position to make a run for a state title was something not completely unexpected.

Heidke had a pretty good feeling about the strength of "Just with Alison (Parkthe team early in the season.

and Alison's sisters being

er) and Claire coming back

Wausau East runner Courtney Frahm said her

East successfully defending

the title it won in 2009

be pretty solid this season, he said." a pretty good idea that we'd try team also had lofty goals Veenah boys cross counhere and they worked really hard all summer long, I had for the 2010 season.

forth a great effort. ng on the fourth-place fin-The big one was improv-

came up short on that goal, finishing fifth with 175 The sixth-ranked Rockets sh at the 2009 state meet. conts.

would be anyone on the aster," Neenah boys' coach ohn Morgen said. "To put t in perspective, I am so "You always feel like you 'm quite certain if you talk to all the different athletes on the team, they'd feel like hink I could have gone could have done better and I'd done this or this,

proud of what these guys have done and accomplished. Our number one runner, Robbie McDonald, tried to run on a stress fracture that he got doctor approval to run on. He put

bie in our top five and we "If you'd have said we were not going to have Robwere going to take fifth place at the state meet and beat some really quality teams, I don't think there team not happy with such a Neenah senior Matt Wekler wondered how McDon-

"We weren't sure how he "He's been popping Tylenol all day, but it turned out was going to go," he said. ald would fare.

what he was hoping, but we OK. I know he didn't run came in fifth, which is where we were coming into the race.

"I'm pretty happy overall but I think we were expect ing a little more.

McDonald finished 98th overall with a time of 17:20

ishing Rocket, finishing 31st Tim Kilas was the top finwith a time of 16:37.

changed the course. The weather is different but I was with my time and I think we "I improved from last year but last year was a little bit different," Kilas said. "They hoping to p.r. (personal record). I'm pretty pleased did pretty well as a team. Jim Oskola: 920-993-1000, ext. 230, or

WCCCA Rankings

Wisconsin Cross Country Coaches Association Rankings for the week ending 9/4/2010

Boys Division 1

- 1 Marquette University
- 2 Madison West
- 3 Milwaukee King
- 4 Arrowhead
- 5 Neenah
- 6 Brookfield Central
- 7 Madison LaFollette
- 8 Stevens Point
- 9 LaCrosse Logan
- 10 Brookfield East
- 11 Janesville Craig
- 12 Kenosha Tremper
- 13 Germantown
- 14 Kimberly
- 15 Whitefish Bay
- 16 Hudson
- 17 West Bend West
- 18 Fond du Lac/Madison East/Wauwatosa East

Boys Division 2

- 1 Shorewood
- 2 Pewaukee
- 3 Nekoosa/PortEdwards
- 4 WisconsinLutheran
- 5 Freedom
- 6 McFarland
- 7 Port Washington
- 8 Lodi
- 9 Monroe
- 10 Tomahawk
- 11 Ashland
- 12 LittleChute
- 13 Aquinas
- 14 Dodgeville/Mineral Point
- 15 Luxemburg-Casco
- 16 NotreDame
- 17 OcontoFalls
- 18 Valders

Boys Division 3

- 1 Cedar Grove-Belgium
- 2 Darlington

Girls Division 1

- 1 Neenah
- 2 Brookfield Central
- 3 Arrowhead
- 4 Madison West
- 5 Wausau East
- 6 Waukesha West
- 7 Whitefish Bay
- 8 Waukesha North
- 9 Brookfield East
- 10 River Falls
- 11 Muskego
- 12 Wausau West
- 13 LaCrosse Central
- 14 Whitnall
- 15 Beaver Dam
- 16 Verona Area
- 17 Janesville Craig
- ¹⁸ EauClaire

Memorial/Franklin/Tremper

Girls Division 2

- 1 Pewaukee
 - Wisconsin Lutheran
- 3 Chilton
- 4 Dodgeville/Mineral Point
- 5 Port Washington
- 6 Luxemburg-Casco
- 7 Onalaska
- 8 Freedom
- 9 Notre Dame
- 10 Shorewood
- 11 Catholic Memorial
- I Catholic Melhol
- 12 Mosinee
- 13 Tomahawk
- 14 Xavier
- 15 Lakeside Lutheran
 - Viroqua
- 17 Aquinas
- 18 Northwestern

- 1 Oshkosh Lourdes
- 2 Edgar

WCCCA Rankings Week 3 2010

Wisconsin Cross Country Coaches Association Rankings for the week ending 9/11/2010

Boys Division 1

- 1 Marquette University HS
- 2 Madison West
- 3 Arrowhead
- 4 Neenah
- 5 Janesville Craig
- 6 Madison LaFollette
- 7 Milwaukee King
- 8 Brookfield Central
- 9 Stevens Point
- 10 Kenosha Tremper
- 11 Brookfield East
- 12 LaCrosse Logan
- 13 Germantown
- 14 Kimberly
- 15 DC Everest
- 16 Verona Area

Boys Division 2

- 1 Shorewood
- 2 Pewaukee
- 3 Nekoosa/Port Edwards
- 4 Dodgeville/Mineral Point
- 5 Freedom
- 6 Wisconsin Lutheran
- 7 Port Washington
- 8 Lodi

McFarland

- 10 Monroe
- 11 Tomahawk
- 12 Aquinas
- 13 Ashland
- 14 Little Chute
- 15 Notre Dame
- 16 NewGlarus/Monticello

Boys Division 3

- 1 Cedar Grove-Belgium
- 2 Darlington
- 3 Oshkosh Lourdes
- 4 Gillett
- 5 Webster
- 6 Albany
- 7 Chequamegon

Girls Division 1

- 1 Neenah
- 2 Arrowhead
- 3 MadisonWest
- 4 Brookfield Central
- 5 Waukesha West
- 6 Wausau West
- 7 Whitefish Bay
- 8 Oconomowoc
- 9 Wausau East
- 10 Muskego
- 11 Waukesha North
- 12 LaCrosse Central
- 13 Brookfield East
- 14 Verona Area
- 15 River Falls
- 16 Beaver Dam

Girls Division 2

- 1 Chilton
 - Pewaukee
- 3 Wisconsin Lutheran
- 4 Dodgeville/Mineral Point
- 5 Onalaska
- 6 Luxemburg-Casco
- 7 Port Washington
- 8 Notre Dame
- 9 Shorewood
- 10 Freedom
- 11 Mosinee
- 12 Viroqua
- 13 Catholic Memorial
- 14 Tomahawk
- 15 Northwestern
- 16 Aquinas

- 1 Oshkosh Lourdes
- 2 Edgar
- 3 Darlington
- 4 Cedar Grove-Belgium Colfax
- 6 Sheboygan Area Lutheran
- 7 Saint Mary's Springs

WCCCA Rankings Week 4 2010

Wisconsin Cross Country Coaches Association Rankings for the week ending 9/18/2010

Boys Division 1

- 1 Madison West
- 2 Marquette University(Boys)
- 3 Arrowhead
- 4 Milwaukee King
- 5 Janesville Craig
- 6 Neenah
- 7 Madison LaFollette
- 8 Brookfield Central
- 9 Stevens Point
- 10 Germantown
- 11 LaCrosse Logan
- 12 Brookfield East
- 13 Kenosha Tremper
- 14 DC Everest
- 15 Wauwatosa East
- 16 Verona Area

Boys Division 2

- 1 Shorewood
- 2 Pewaukee
- 3 Wisconsin Lutheran
- 4 Nekoosa/Port Edwards
- 5 Dodgeville/Mineral Point
- 6 Port Washington
- 7 Freedom
- 8 Valders
- 9 Monroe
- 10 Lodi
- 11 Aguinas
- 12 Notre Dame
- 13 New Glarus/Monticello
- 14 Little Chute
- 15 McFarland
- 16 Ashland

Boys Division 3

- 1 Darlington
- 2 Oshkosh Lourdes
- 3 CedarGrove-Belgium
- 4 Rosholt
- 5 Kenosha St Joseph
- 6 Chequamegon
- 7 Webster

Girls Division 1

- 1 Neenah
- 2 Arrowhead
- 3 Brookfield Central
- 4 Madison West
- 5 Wausau East
- 6 Whitefish Bay
- 7 Oconomowoc
- 8 River Falls
- 9 Muskego
- 10 Waukesha West
- 11 Wausau West
- 12 LaCrosse Central
- 13 Waukesha North
- 14 Brookfield East
- 15 Beaver Dam
- 16 Verona Area
- Wauwatosa West

0:1 5:::

Girls Division 2

- 1 Luxemburg-Casco
- 2 Pewaukee
- 3 Chilton
- 4 Dodgeville/MineralPoint
- 5 WisconsinLutheran
- 6 Onalaska
- 7 PortWashington
- 8 NotreDame
- 9 Aquinas
- 10 Shorewood
- 11 Mosinee
- 12 Freedom
- 12 1100001
- 13 Viroqua
- 14 Clinton
- 15 Wittenberg-Birnamwood
- 16 Xavier

- 1 Oshkosh Lourdes
- 2 Darlington
- 3 Edgar
- 4 Saint Mary's Springs
- 5 Sheboygan Lutheran
- 6 Cedar Grove-Belgium
- 7 Colfax

WCCCA Rankings 2010

Wisconsin Cross Country Coaches Association Rankings for the week ending 9/25/2010

Boys Division 1

- 1 Madison West
- 2 Arrowhead
- 3 Marquette
- 4 Milwaukee King
- 5 LaCrosse Logan
- 6 Neenah
- 7 Janesville Craig
- 8 Stevens Point
- 9 Madison LaFollette
- 10 Brookfield Central
- 11 Germantown
- 12 Brookfield East
- 13 DC Everest
- 14 Wauwatosa East
- 15 Muskego
- 16 Kenosha Tremper

Boys Division 2

- 1 Shorewood
- 2 Pewaukee
- 3 Dodgeville/Mineral Point
- 4 Nekoosa/Port Edwards
- 5 Wisconsin Lutheran
- 6 Monroe
- 7 Port Washington
- 8 Valders
- 9 Freedom
- 10 Aquinas
- 11 NewGlarus/Monticello
- 12 Lodi
- 13 Notre Dame
- 14 Ashland
- 15 McFarland
- 16 Tomahawk

Boys Division 3

- 1 Darlington
- 2 Oshkosh Lourdes
- 3 Rosholt
- 4 Gillett
- 5 Chequamegon
- 6 Kenosha St. Joseph
- 7 Webster

Girls Division 1

- 1 Neenah
- 2 Madison West
- 3 Arrowhead
- 4 Wausau East
- 5 Brookfield Central
- 6 River Falls
- 7 Oconomowoc
- 8 Wausau West
- 9 Whitefish Bay
- 10 Muskego
- 11 Waukesha West
- 12 LaCrosse Central
- 13 Badger
- 14 Waukesha North
- 15 Beaver Dam
- 16 Brookfield East

Girls Division 2

- 1 Chilton
- 2 Luxemburg-Casco
- 3 Dodgeville/Mineral Point

Pewaukee

- 5 Port Washington
- 6 Onalaska
- 7 Wisconsin Lutheran
- 8 Aquinas
- 9 Viroqua
- 10 Notre Dame
- 11 Shorewood
- 12 Freedom
- 13 Xavier
- 14 Northwestern
- 15 Mosinee
- 16 Madison Edgewood

- 1 Oshkosh Lourdes
- 2 St Mary's Springs
- 3 Darlington
- 4 Edgar
- 5 Colfax
- 6 Sheboygan Lutheran
- 7 CedarGrove-Belgium

Wisconsin Cross Country Coaches Association Rankings

Wisconsin Cross Country Coaches Association Rankings for the week ending 10/2/2010

Boys Division 1

- 1 Madison West
- 2 Arrowhead
- 3 Marquette
- 4 Milwaukee King
- 5 LaCrosse Logan
- 6 Neenah
- 7 Stevens Point
- 8 Brookfield Central
- 9 Janesville Craig
- 10 Germantown
- 11 Madison LaFollette
- 12 Muskego
- 13 DC Everest
- 14 Brookfield East
- 15 Wauwatosa East
- 16 Kenosha Tremper

Boys Division 2

- 1 Shorewood
- 2 Pewaukee
- 3 Dodgeville/Mineral Point
- 4 Port Washington
- 5 Monroe
- 6 Nekoosa/Port Edwards
- 7 Aquinas
- 8 Wisconsin Lutheran
- 9 Valders
- 10 Ashland
- 11 New Glarus/Monticello
- 12 Platteville
- 13 Freedom
- 14 Notre Dame
- 15 Little Chute
- 16 McFarland

Boys Division 3

- 1 Darlington
- 2 Oshkosh Lourdes
- 3 Rosholt
- 4 Gillett
- 5 Chequamegon
- 6 Kenosha St. Joseph

Girls Division 1

- 1 Neenah
- 2 Madison West
- 3 River Falls
- 4 Wausau East
- 5 Arrowhead
- 6 Brookfield Central
- 7 Wausau West
- 8 Oconomowoc
- 9 Whitefish Bay
- 10 Waukesha West
- 11 LaCrosse Central
- 12 Muskego
- 13 Waukesha North
- 14 Beaver Dam
- 15 Bay Port
- 16 Brookfield East Middleton

Girls Division 2

- 1 Dodgeville/Mineral Point
 - **Pewaukee**
- 3 Chilton
- 4 Luxemburg-Casco
- 5 Onalaska
- 6 Port Washington
- 7 Aquinas
- 8 Viroqua
- 9 Wisconsin Lutheran
- 10 Northwestern
- 11 Notre Dame
- 12 Shorewood Tomahawk
- 14 Mosinee
- 15 Freedom

Wittenberg-Birnamwood

- 1 Oshkosh Lourdes
- 2 Saint Mary's Springs
- 3 Darlington
- 4 Edgar
- 5 Colfax
- 6 Sheboygan Lutheran

Wisconsin Cross Country Coaches Association Rankings

Wisconsin Cross Country Coaches Association Rankings for the week ending 10/9/2010

Boys Division 1

- 1 Madison West
- 2 Marquette
- 3 Arrowhead
- 4 Milwaukee King
- 5 LaCrosse Logan
- 6 Neenah
- 7 Stevens Point
- 8 Brookfield Central
- 9 Janesville Craig
- 10 Germantown
- 11 Madison LaFollette
- 12 Muskego
- 13 DC Everest
- 14 Wauwatosa East
- 15 Kenosha Tremper Waterford

Boys Division 2

- 1 Shorewood
- 2 Pewaukee
- 3 Dodgeville/Mineral Point
- 4 Port Washington
- 5 Monroe
- 6 Aguinas
- 7 Nekoosa/Port Edwards
- 8 Valders
- 9 Wisconsin Lutheran
- 10 Ashland
- 11 Little Chute
- 12 New Glarus/Monticello
- 13 Freedom
- 14 Notre Dame
- 15 Viroqua
- 16 McFarland

Boys Division 3

- 1 Darlington
- 2 Kenosha St. Joseph Oshkosh Lourdes
- 4 Chequamegon
 - Rosholt
- 6 Gillett
- 7 The Prairie School

Girls Division 1

- 1 Neenah
- 2 Madison West
- 3 RiverF alls
- 4 Arrowhead
- 5 Wausau East
- 6 Brookfield Central
- 7 Wausau West
- 8 Oconomowoc
- 9 Whitefish Bay
- 10 Verona Area
- 11 Waukesha West
- 12 LaCrosse Central Waukesha North
- 14 Beaver Dam
- 15 Bay Port Muskego

Girls Division 2

- 1 Dodgeville/Mineral Point
- 2 Onalaska
- 3 Pewaukee
- 4 Chilton
- 5 Luxemburg-Casco
- 6 Aquinas
- 7 Port Washington
- 8 Northwestern
- 9 Viroqua
- 10 Wisconsin Lutheran
- 11 Wittenberg-Birnamwood
- 12 Denmark
 - **Tomahawk**
- 14 Notre Dame
- 15 Mosinee
- 16 Freedom

- 1 Oshkosh Lourdes
- 2 Darlington
- 3 Sheboygan Lutheran
- 4 Saint Mary'sSprings
- 5 Colfax
- 6 Edgar
- 7 Laona/Wabeno

WCCCA Rankings 2010

Wisconsin Cross Country Coaches Association Rankings for the week ending 10/16/2010

Boys Division 1

- 1 Madison West
- 2 Marquette
- 3 Milwaukee King
- 4 Arrowhead
- 5 LaCrosse Logan
- 6 Neenah
- 7 Stevens Point
- 8 Janesville Craig
- 9 Brookfield Central
- 10 Germantown
- 11 Madison LaFollette
- 12 Muskego
- 13 DC Everest
- 14 Whitefish Bay
- 15 Kenosha Tremper
- 16 Wauwatosa East

Boys Division 2

- 1 Pewaukee
- 2 Shorewood
- 3 Dodgeville/Mineral Point
- 4 Monroe
- 5 Port Washington
- 6 Aquinas

Nekoosa/Port Edwards

- 8 Valders
- 9 Freedom
- 10 Ashland
- 11 LittleChute
- 12 Wisconsin Lutheran
- 13 New Glarus/Monticello
- 14 Viroqua
- 15 Notre Dame
- 16 McFarland

Boys Division 3

- 1 Darlington
- 2 Oshkosh Lourdes
- 3 Cedar Grove-Belgium
- 4 Kenosha St. Joseph
- 5 Chequamegon
- 6 Sheboygan Lutheran
- 7 Rosholt

Girls Division 1

- 1 Neenah
- 2 Madison West
- 3 Wausau East
- 4 Arrowhead
- 5 River Falls
- 6 Wausau West
- 7 Oconomowoc
- 8 Whitefish Bay
- 9 Verona Area
- 10 Brookfield Central
- 11 Brookfield East
- 12 LaCrosse Central
- 13 Waukesha West
- 14 Waukesha North
- 15 Beaver Dam
- 16 Bay Port

Girls Division 2

- 1 Onalaska
- 2 Dodgeville/Mineral Point
- 3 Pewaukee
- 4 Chilton
- 5 Aguinas
- 6 Port Washington
- 7 Luxemburg-Casco
- 8 Viroqua
- 9 Northwestern
- 10 Wittenberg-Birnamwood
- 11 Notre Dame
- 12 Wisconsin Lutheran
- 13 Freedom
- 14 Tomahawk
- 15 Denmark
- 16 Watertown Luther Prep

- 1 Oshkosh Lourdes
- 2 Darlington
 - Saint Mary's Springs
- 4 Sheboygan Lutheran
- 5 Edgar
- 6 Colfax
- 7 Laona/Wabeno