

2008

SXC



2008 Saline Women's Cross Country

Seniors

Hannah Bender
 Alice Bowe
 Corrie Castro
 Hannah Conlin
 Erin Dowling*
 Christina Gonzalez
 Rachel Jackson*
 Brooke Jervis
 Regan Johnston*
 Kiley Kilgallon*
 Paula Koskinen
 Megan Lesch
 Sarah Lucas
 Hilary Micallet*
 Malia Nelson
 Sarah Overcashier
 Asheema Saripalli
 Emily Shaeffer
 Kim Spencer
 Abby Youngblom
 Gina Yu

* Denotes Captain

Juniors

Sarah Abdallah
 Amanda Ahadi
 Julie Blackhall
 Aliza Burchyett
 Kate Carter
 Abby Chestnut
 Melissa Danko
 Airica Fish
 Rachael Gingerich
 Chloe Gleichman
 Emily Hogikyan
 Maria Jakimcius
 Sammy Kaplan
 Leah Kelley
 Alex Leptich
 Chelsie Noble
 Desi O'Brien
 Ann O'Connell
 Annie Palmucci
 Chandni Patel
 Shivali Patel
 Brooke Pleger
 Carly Roell
 Michelle Rupp
 Emily Solan
 Amelia Stenson
 Marta Swenson
 Brooke Tappe
 Dorothy Terhune
 Molly Weber

Sophomores

Rachel Bonds
 Beverly Chou
 Mackenzie Clements
 Jaime Davis
 Lauren Deneszczuk
 Emily Everett
 Hannah Gingerich
 Rachel Gould
 Hannah Hagood
 Rachael Heilman
 Anne Kalinowski
 Cheryl Kosek
 Marisa Kouba
 Alina Luurtsema
 Hanna Martens
 Meghan McGregor
 Amy Morrow
 Shannon O'Donohue
 Kristen Pattullo
 Michelle Pattullo
 Kristen Powell
 Christina Radak
 Anjali Saripalli
 Catherine Sebastian
 Brenna Stow
 Stephanie Stroud
 Abby VanHise
 Tess Vincent
 Elizabeth Wenner
 Madison Zucker

Freshmen

Lauren Allport
 Mikayla Bush
 Katie Colosimo
 Amy Creutz
 Amber DeJonghe
 Nina DiMauro
 Jackie Frey
 Serena Galea
 Jennifer Ho
 Calley Jastrow
 Mackenzie Keller
 Emily Kelley
 Kayleigh Luttrell
 Meredith Mack
 Molly Moore
 Kaytlynn Nagy
 Suzy Paxman
 Rachel Paxton
 Carly Pleger
 Kelly Richart
 Aviva Shwayder
 Bridget Smith
 Julie Soisson
 Alyssa Soltis
 Sam Szuminski

THE SEASON

First Day of Practice	August	11
Run-A-Thon	August	18
Three Mile Time Trial	August	22
Woodhaven Invitational	August	28
Bath/Dexter Invitationals	September	6
Jamboree I – Mill Pond	September	9
MSU Spartan Invitational	September	12
Jackson/Monroe Jefferson Invit.	September	20
Ypsilanti Invitational	September	27
Jamboree II – Willow Metro Park	September	30
Portage Invitational	October	4
Gabriel Richard Invitational	October	11
Jamboree III – Hudson Mills	October	16
Regional Meet	October	25
State Meet	November	1
Banquet	November	9

Coaches

Michael Smith
 Susan Jones
 Matt Hagood
 Mark Bersuder
 Chuck Lesch

Managers

Ann O'Connell
 Rachael Gingerich

Season Summary

Invitationals

Michigan Center	1 st (A)
Bath	1 st (A)
Dexter	6 th (B)
MSU Spartan	1 st (A)
Jackson	1 st (A)
Monroe Jefferson	6 th (B)
Ypsilanti	4 th (B)
Portage	3 rd (A)
Gabriel Richard	3 rd (B)

Jamboree #1

Saline	44
Huron	57
Dexter	58
Tecumseh	88
Bedford	121
Pioneer	160
Chelsea	192
Lincoln	246
Adrian	265

Jamboree #2

Saline	30
Huron	41
Pioneer	65
Bedford	93
Skyline	143

Jamboree #3

Saline	35
Huron	47
Pioneer	58
Bedford	96
Skyline	138

Final League Standings

1. Saline
2. Huron
3. Pioneer
4. Bedford
5. Skyline

Regional Meet – October 25 – Lake Erie Metro Park (top 5 teams)

1 - Saline	25
2 - Wyandotte Roosevelt	84
3 - Woodhaven	95
4 - Bedford	98
5 - Monroe	104

State Meet

November 1

Michigan International Speedway

Top 10 Teams

1 – TC Central	129	6 - Saline	221
2 – Grand Haven	148	7 – Troy	225
3 – E.Kentwood	189	8 – L.Churchill	232
4 – Rockford	195	9 – R. Adams	249
5 – Brighton	220	10- Novi	249

Outstanding Performers - 2008

Three Mile Time Trial/Mich. Center	Meghan McGregor, Christina Gonzalez
Woodhaven	Desi O'Brien
Bath/Dexter	Hannah Bender, Hannah Gingerich
MSU	Desi O'Brien
Jamboree I	Julie Soisson, Regan Johnston
Jackson/Monroe Jefferson	Marta Swenson, Emily Shaeffer, Emily Hogikyan, Mackenzie Clements
Ypsilanti	Megan Lesch, Asheema Saripalli, Alice Bowe
Jamboree II	Amy Morrow, Abby VanHise, Hannah Conlin,
Portage	Erin Dowling
Gabriel Richard	Brooke Jervis, Abby Chestnut, Malia Nelson, Calley Jastrow
Jamboree III	Hilary Micallef, Paula Koskinen, Michelle Rupp, Emily Everett, Emily Solan, Gina Yu
Regional & State	Rachel Jackson, Alex Leptich, Kate Carter, Chelsie Noble

Team Awards

Most Valuable- Alex Leptich
Most Improved – Hannah Gingerich
Hardest Worker – Christina Gonzalez
CC Spirit – Abby VanHise
Merchant Award – Rachel Jackson, Hannah Bender
SEC Sportsmanship - Megan Lesch
Taryn Hartman Senior Leadership – Abby Youngblom
Coach Jones Heart and Soul - Hilary Micallef
Harding Warren Scholarship – Erin Dowling

Tough As Nails 2008

Meghan O'Neil	Hannah Martens
Shivali Patel	Brooke Pleger
Nini DiMauro	Rachael Heilman
Shannon O'Donohue	Sarah Lucas
Sarah Overcashier	

FINAL WINNER: Shivali Patel

Catherine Shirt 2008

Brenna Stow	Chloe Gleichman
Abby Youngblom	Sam Szuminski
Kim Spencer	Leah Kelley
Gina Yu	Hannah Gingerich
Regan Johnston	

FINAL WINNER: Regan Johnston

All Conference

1983 - Cathy Fillmore, Dawn Toth
 1984 - Dawn Toth, Gloria Davis
 1985 - Dawn Toth, Jaime Webster
 1986 - Jaime Webster, Debbie Guenther
 1988 - Shannon Gallaher
 1989 - Becky Handy, Lori Seck
 1990 - Holly Logue
 1991 - Holly Logue
 1992 - Rita Arndt, Jennifer Schultz, Paula Kangas
 1993 - Rita Arndt, Jennifer Schultz, Stephanie Amsler
 1994 - Rita Arndt, Lisa Concannon
 1995 - Rita Arndt, Jamie Gall
 1996 - Jennifer Johnson, Jamie Gall, Danielle Douthat
 Mary Hufnagel, Emily Robb, Crystal Burnett
 1997 - Allison Kraeger, Mary Hufnagel, Jennifer Johnson
 1998 - Allison Kraeger, Danielle Chase, Melinda Van Kirk,
 Jamie Gall, Lauren LeBlanc, Erin Patton
 1999 - Danielle Chase, Allison Kraeger, Amy Hatfield, Lauren LeBlanc
 2000 - Allison Kraeger, Carrie Kraeger, Erin Patton
 2001 - Danielle Chase, Meghan Moore, Claire Meunier
 2002 - Eileen Creutz, Carrie Kraeger, Jessica Chase
 2003 - Eileen Creutz, Joanne Gabl, Carrie Kraeger, Meghan Moore
 2004 - Eileen Creutz, Joanne Gabl, Kari Frank, Melanie Conn, Meagan Creutz
 2005 - Eileen Creutz, Joanne Gabl, Melanie Conn, Meagan Creutz
 2006 - Alex Leptich, Kate Carter, Lindsey Cummings, Rachel Jackson
 2007 - Alex Leptich, Kate Carter, Lindsey Cummings, Rachel Jackson
2008 - Alex Leptich, Kate Carter, Desi O'Brien

INDIVIDUAL HONORS

ALL STATE

1985	Dawn Troth
1986	Jamie Webster
1992	Rita Arndt
1993	Rita Arndt
1994	Rita Arndt
1995	Rita Arndt
1999	Danielle Chase
2002	Eileen Creutz
2003	Eileen Creutz
2004	Eileen Creutz*
2005	Eileen Creutz*
	Joanne Gabl
2006	Alex Leptich
	Kate Carter
2007	Alex Leptich
	Kate Carter
2008	Alex Leptich

*State Champion

Individual League Champions

1984,1985	Dawn Toth
1993,1995	Rita Arndt
1998	Allison Kraeger
2000	Carrie Kraeger
2002	Eileen Creutz
2003	Eileen Creutz
2004	Eileen Creutz
2005	Eileen Creutz
2006	Alex Leptich
2007	Alex Leptich
2008	Alex Leptich

All Region

2000	C.Kraeger,A.Kraeger,M.Moore,D.Chase, R.Loehndorf,E.Patton
2001	C.Kraeger,M.Moore,C.Meunier,J.Chase D.Chase,L.Brosius
2002	E.Creutz, M.Moore,J.Chase,C.Meunier,S.Merriman
2003	E. Creutz,J.Gabl,M.Moore,C.Kraeger, S.Merriman,J.Colunga
2004	E. Creutz, M. Creutz, S. McGregor, S. Merriman
2005	E. Creutz, J. Gabl, M. Conn
2006	Alex Leptich, Kate Carter, Lindsey Cummings, Rachel Jackson, Meagan Creutz
2007	Alex Leptich, Kate Carter, Lindsey Cummings, Rachel Jackson, Erin Dowling, Meagan Creutz
2008	Alex Letpich, Kate Carter, Rachel Jackson, Desi O'Brien, Chelsie Noble

Class Records

Senior	Eileen Creutz	17:41	2005
Junior	Eileen Creutz	17:52	2004
Sophomore	Eileen Creutz	18:07	2003
Freshman	Alex Leptich	18:14	2006

School Record

Eileen Creutz	17:41	2005
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PR's	2008			
Leptich, Alex	18:23		Gingerich, Hannah	24:35
Carter, Kate	18:42		Sebastian, Catherine	24:36
O'Brien, Desi	19:16		Stroud, Stephanie	24:37
Dowling, Erin	19:18		Youngblom, Abby	24:37
Jackson, Rachel	19:20		Saripalli, Asheema	24:42
Noble, Chelsie	20:00		Kelley, Leah	24:43
Johnston, Regan	20:28		Paxman, Suzy	24:44
Gonzalez, Christina	20:41		Bender, Hannah	24:45
Szuminski, Samantha	20:45		Koskinen, Paula	24:45
McGregor, Megan	20:58		Mack, Meredith	24:46
Hogikyan, Emily	21:01		Allport, Lauren	25:01
Colosimo, Katie	21:16		Nagy, Kaytlynn	25:10
Soisson, Julie	21:27		Lurtsema, Alina	25:13
Gleichman, Chloe	21:36		Pattullo, Kristen	25:15
Swenson, Marta	21:53		Frey, Jackie	25:26
Creutz, Amy	21:58		VanHise, Abby	25:34
Conlin, Hannah	22:23		Yu, Gina	25:39
Jastrow, Calley	22:28		Everett, Emily	25:41
Martens, Hannah	22:31		Chou, Beverly	25:43
Powell, Kristen	22:32		Galea, Serena	25:48
Bowe, Alice	22:36		Lucas, Sarah	25:51
Ahadi, Amanda	23:05		Palmucci, Annie	25:55
Richart, Kelly	23:06		Paxton, Rachel	25:56
Micallef, Hillary	23:07		Blackhall, Julie	26:18
Patel, Shivali	23:11		Soltis, Alyssa	26:18
Chestnut, Abby	23:15		Kelley, Emily	26:32
Shwayder, Aviva	23:19		Smith, Bridget	26:48
Bush, Mikayla	23:21		DeJonghe, Amber	26:51
Heilman, Rachael	23:22		Abdallah, Sarah	26:59
Lesch, Megan	23:26		Bonds, Rachel	27:00
Kilgallon, Kiley	23:28		Morrow, Amy	27:01
Keller, Mackenzie	23:30		Shaeffer, Emily	27:16
Stow, Brenna	23:31		Patel, Chandni	27:40
Spencer, Kim	23:38		Nelson, Malia	27:41
Gould, Rachel	23:39		Wenner, Elizabeth	27:53
Pattullo, Michelle	23:57		Kaplan, Sammy	28:02
Fish, Airica	24:01		Burchyett, Aliza	28:03
O'Neil, Maghan	24:01		Radak, Christina	28:06
Danko, Melissa	24:06		Rupp, Michelle	28:09
Jervis, Brooke	24:06		Davis, Jamie	28:13
O'Donohue, Shannon	24:13		Moore, Molly	28:14
Vincent, Tess	24:15		DiMauro, Nina	28:20
Kouba, Marisa	24:22		Luttrell, Kayleigh	28:24
Roell, Carly	24:23		Overcashier, Sarah	28:31
Ho, Jennifer	24:24		Clements, Mackenzie	28:51
Solan, Emily	24:31		Deneszczuk, Lauren	29:04
Stenson, Amelia	24:33		Gingerich, Rachael	29:10
			Saripalli, Anjali	29:12
			Zucker, Madison	29:27
			Hagood, Hannah	29:32
			Pleger, Carly	30:47
			Pleger, Brooke	30:53
			Tappe, Brooke	32:55
			Terhune, Dorothy	34:35

TOP TIMES BY CLASS - 2008

<u>Seniors</u>		<u>Juniors</u>		<u>Sophomores</u>		<u>Freshmen</u>	
Dowling	19:18	Leptich	18:23	McGregor	20:58	Szuminski	20:45
				Martens	22:31	Colosimo	21:16
Jackson	19:20	Carter	18:42	Powell	22:32	Soisson	21:27
Johnston	20:28	O'Brien	19:16	Heilman	23:22	Creutz	21:58
Gonzalez	20:41	Noble	20:00	Stow	23:31	Jastrow	22:28
Conlin	22:23	Hogikyan	21:01	Gould	23:39	Richart	23:06
Bowe	22:36	Gleichman	21:36	M.Pattullo	23:57	Shwayder	23:19
Micallef	23:07	Swenson	21:53	O'Neil	24:01	Bush	23:21
Lesch	23:26	Ahadi	23:05	O'Donohue	24:13	Keller	23:30
Kilgallon	23:28	S.Petal	23:11	Vincent	24:15	Ho	24:24
Spencer	23:38	Chestnut	23:15	Kouba	24:22	Paxman	24:44
Jervis	24:06	Fish	24:01	H.Gingerich	24:35	Mack	24:46
Youngbloom	24:37	Danko	24:06	Sebastian	24:36	Allport	25:01
Saripalli	24:42	Roell	24:23	Stroud	24:37	Nagy	25:10
Bender	24:45	Solan	24:31	Luurtsema	25:13	Frey	25:26
Koskinen	24:45	Stenson	24:33	K. Pattullo	25:15	Galea	25:48
Yu	25:39	Kelley	24:43	VanHise	25:34	Paxton	25:56
Lucas	25:51	Palmucci	25:55	Everett	25:41	Soltis	26:18
Shaeffer	27:16	Blackhall	26:18	Chou	25:43	Kelley	26:32
Nelson	27:41	Abdallah	26:59	Bonds	27:00	Smith	26:48
Overcashier	28:31	C.Petal	27:40	Morrow	27:01	DeJonghe	26:51
		Kaplan	28:02	Wenner	27:53	Moore	28:14
		Burchyett	28:03	Radak	28:06	DiMauro	28:20
		Rupp	28:09	Davis	28:13	Luttrell	28:24
		R.Gingerich	29:10	Clements	28:51	Pleger	30:47
		Pleger	30:53	Deneszczuk	29:04		
		Tappe	32:55	Saripalli	29:12		
		Terhune	34:35	Zucker	29:27		
				Hagood	29:32		

ALL TIME CLASS TOP 10's

Seniors

Eileen Creutz	17:41	'05
Joanne Gabl	18:28	'05
Lindsey Cummings	19:01	'07
Allison Kraeger	19:10	'00
Rita Arndt	19:15	'95
Meghan Moore	19:16	'03
Dawn Toth	19:16	'85
Erin Dowling	19:18	'08
Rachel Jackson	19:20	'08
Danielle Chase	19:22	'01
Carrie Kraeger	19:27	'03

Juniors

Eileen Creutz	17:52	'04
Alex Leptich	18:23	'08
Kate Carter	18:42	'08
Lindsey Cummings	19:05	'06
Rachel Jackson	19:07	'07
Joanne Gabl	19:12	'04
Meghan Moore	19:14	'02
Rita Arndt	19:15	'94
Desi O'Brien	19:16	'08
Allison Kraeger	19:22	'99

Sophomores

Eileen Creutz	18:07	'03
Alex Leptich	18:16	'07
Kate Carter	18:33	'07
Meagan Creutz	18:56	'05
Danielle Chase	19:11	'99
Allison Kraeger	19:15	'98
Joanne Gabl	19:16	'03
Rita Arndt	19:22	'93
Carrie Kraeger	19:29	'01
Melanie Conn	19:31	'04
Lindsey Cummings	19:31	'05

Freshmen

Alex Leptich	18:14	'06
Kate Carter	18:30	'06
Eileen Creutz	18:47	'02
Carrie Kraeger	19:11	'00
Allison Kraeger	19:18	'97
Kari Frank	19:25	'04
Danielle Chase	19:29	'98
Rita Arndt	19:38	'92
Meagan Creutz	19:41	'04
Claire Meunier	19:45	'01

Top Tens

<u>2004</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>
E. Creutz 17:52	E. Creutz 17:41	A. Leptich 18:14	A. Leptich 18:16	A. Leptich 18:23
J. Gabl 19:12	J. Gabl 18:28	K. Carter 18:30	K. Carter 18:33	K. Carter 18:42
K. Frank 19:31	M. Creutz 18:56	L. Cummings 19:05	L. Cummings 19:01	D.O'Brien 19:16
M. Conn 19:31	M. Conn 19:32	M. Creutz 19:35	R. Jackson 19:07	E. Dowling 19:18
M. Creutz 19:41	L. Cummings 19:31	R. Jackson 19:35	E. Dowling 19:36	R. Jackson 19:20
S. McGregor 19:48	M. Gabl 19:54	M. Conn 19:57	M. Creutz 19:42	C. Noble 20:00
S. Merriman 20:06	L. Mathis 19:59	L. Mathis 20:01	K. Frank 19:51	R. Johnston 20:28
L. Cummings 20:13	K. Frank 19:59	K. Frank 20:13	C. Noble 20:41	C. Gonzalez 20:41
M. Sprunger 20:26	R. Jackson 20:23	H. Warsinske 20:19	R. Johnston 21:04	S. Szuminski 20:45
K. Helms 20:39	A. Luke 20:24	C. Noble 20:42	M. Blackburn 21:06	M. McGregor 20:58

More Top 10's

3 Mile Time Trial

A. Leptich	17:34	'08
A. Kraeger	18:36	'00
K. Carter	18:42	'08
C. Kraeger	18:56	'01
D. Chase	19:04	'01
M. Creutz	19:12	'05
L. Brosius	19:15	'01
J. Chase	19:15	'02
E. Patton	19:17	'00
M. Moore	19:20	'02

Mill Pond

E. Creutz	19:04	'04
D. Chase	19:44	'01
J. Gabl	19:45	'04
A. Leptich	19:55	'08
K. Frank	20:02	'04
M. Conn	20:13	'04
M. Creutz	20:19	'04
R. Jackson	20:19	'07
K. Carter	20:20	'08
C. Kraeger	20:21	'01

All Time Top 10 Times

Eileen Creutz	17:41	'05
Alex Leptich	18:14	'06
Joanne Gabl	18:28	'05
Kate Carter	18:30	'06
Meagan Creutz	18:56	'05
Lindsey Cummings	19:01	'07
Rachel Jackson	19:07	'07
Allison Kraeger	19:10	'00
Carrie Kraeger	19:11	'00
Danielle Chase	19:11	'99
Meghan Moore	19:14	'02

Saline's All Time Top 60 List

1. Eileen Creutz	17:41	2005	35. Amy Hatfield	20:02	1999				
2. Alex Leptich	18:14	2006	36. Melinda Vankirk	20:03	1998				
3. Joanne Gabl	18:28	2005	37. Kristina Hartman	20:05	2001				
4. Kate Carter	18:30	2006	38. Gloria Davis	20:08	1985				
5. Meagan Creutz	18:56	2005	39. Mary Hufnagel	20:10	1997				
6. Lindsey Cummings	19:01	2007	40. Amy Authier	20:11	1987				
7. Rachel Jackson	19:07	2007	40. Lisa Concannon	20:11	1994				
8. Allison Kraeger	19:10	2000	42. Jennifer Johnson	20:12	1997				
9. Carrie Kraeger	19:11	2000	42. Amy Blum	20:12	1999				
9. Danielle Chase	19:11	1999	44. Megan Nicholls	20:15	2000				
11. Meghan Moore	19:14	2002	44. Denise McCartney	20:15	1992				
12. Rita Arndt	19:15	1995	45. Kim Klapper	20:17	1995				
13. Desi O'Brien	19:16	2008	46. Hayley Warsinske	20:19	2006				
13. Dawn Toth	19:16	1985	47. Amy Luke	20:24	2005				
15. Erin Dowling	19:18	2008	48. Malorie Sprunger	20:26	2004				
16. Melanie Conn	19:23	2005	49. Brittainy Roth	20:27	2005				
17. Kari Frank	19:25	2004	50. Regan Johnston	20:28	2008				
18. Jessica Chase	19:27	2002	51. Crystal Burnett	20:29	1994				
19. Renee Loehndorf	19:41	2000	52. Suzy Collin	20:31	1995				
20. Laura Brosius	19:43	2000	53. Kelsey Griebel	20:32	2003				
21. Erin Patton	19:44	2000	54. Jessica Petrancosta	20:35	2002				
22. Claire Meunier	19:45	2001	55. Debbie Guenther	20:37	1986				
22. Jennifer Schultz	19:45	1993	56. Sara Foley	20:38	2003				
24. Paula Kangas	19:45	1992	57. Katie Helms	20:39	2004				
25. Stacey McGregor	19:48	2004	58. Shannon Gallaher	20:40	1987				
26. Shannon Merriman	19:53	2003	58. Michelle Stevenson	20:40	1997				
26. Jamie Gall	19:53	1998	60. Christina Gonzalez	20:41	2008				
28. Holly Logue	19:53	1991	60. Becca Strasburg	20:45	2005				
29. Marion Gabl	19:54	2005							
29. Jamie Colunga	19:54	2003							
31. Lauren LeBlanc	19:55	1999							
32. Jaime Webster	19:57	1986							
33. Lexie Mathis	19:59	2005							
34. Chelsie Noble	20:00	2008							

Career PR's

Seniors	2005	2006	2007	2008	All Time
Bender			27:10	24:45	24:45
Bowe	21:13	20:51	22:18	22:36	20:51
Conlin	20:59	21:12		22:23	20:59
Dowling	21:15	20:48	19:36	19:18	19:18
Gonzalez		23:53	21:50	20:41	20:41
Jackson	20:23	19:35	19:07	19:20	19:07
Jervis		23:30	25:37	24:06	23:30
Johnston	23:11	21:33	21:04	20:28	20:28
Kilgallon	20:46	21:24	24:00	23:28	20:46
Koskinen	23:13	25:41	25:55	24:45	23:13
Lesch	23:05	23:19	22:46	23:26	22:46
Lucas	24:04	21:27	22:41	25:51	21:27
Micallef	23:53	25:03	23:24	23:07	23:07
Nelson	33:50	29:51	27:33	27:41	27:33
Overcashier	25:17		30:33	28:31	25:17
Saripalli		24:50	24:57	24:42	24:42
Shaeffer	27:28	26:03	28:25	27:16	26:03
Spencer				23:38	23:38
Youngblom	23:14	23:39	24:54	24:37	23:14
Yu	24:34	25:10	25:44	25:39	24:34

Juniors	2006	2007	2008	AllTime
Abdallah	25:40	26:04	26:59	25:40
Ahadi	22:07	23:22	23:05	22:07
Blackhall		26:31	26:18	26:18
Burchyett	27:39	31:00	28:03	27:39
Carter	18:30	18:33	18:42	18:30
Chestnut		22:36	23:15	22:36
Danko	24:13	24:47	24:06	24:06
Fish			24:01	24:01
R.Gingerich	25:42	25:07	29:10	25:07
Gleichman		22:25	21:36	21:36
Hogikyan	24:45	22:18	21:01	21:01
Jakimcius		28:33		28:33
Kaplan		27:48	28:02	27:48
L.Kelley	25:39	25:41	24:43	24:43
Leptich	18:14	18:16	18:23	18:14
Noble	20:42	20:41	20:00	20:00
O'Brien	21:42	21:12	19:16	19:16
O'Connell	24:42	26:04		24:42
Palmucci	24:02	25:40	25:55	24:02
Patel, C.	28:54	28:30	27:40	27:40
Patel, S.	24:31	23:23	23:11	23:11
Pleger			30:53	30:53
Roell		25:08	24:23	24:43
Solan	27:09	26:31	24:31	24:31
Stenson	23:13	24:50	24:33	23:13
Swenson	22:59	22:49	21:53	21:53
Tappe	30:49	32:47	32:55	30:49
Terhune	32:24	41:22	34:35	32:24
Weber	24:10	24:38		24:10

Sophomores	2007	2008	All Time
Bonds		27:00	27:00
Chou		25:43	25:43
Clements	31:10	28:51	28:51
Davis		28:13	28:13
Deneszczuk	27:11	29:04	27:11
Everett	26:34	25:41	25:41
H.Gingerich	27:26	24:35	24:35
Gould		23:39	23:39
Hagood	30:01	29:32	29:32
Heilman	25:05	23:22	23:22
Kouba		24:22	24:22
Kalinowski	25:55		25:55
Luurtsema	26:36	25:13	25:13
Martens	23:43	22:31	22:31
McGregor	22:18	20:58	20:58
Morrow	28:56	27:01	27:01
O'Donohue	23:38	24:13	23:38
O'Neil		24:01	24:01
Patullo, K.		25:15	25:15
Patullo, M.	24:03	23:57	23:57
Powell	24:38	22:32	22:32
Radak		28:06	28:06
Saripalli		29:12	29:12
Sebastian		24:36	24:36
Stow		23:31	23:31
Stroud	24:34	24:37	24:34
VanHise	26:55	25:34	25:34
Vincent	23:58	24:15	23:58
Wenner		27:53	27:53
Zucker		29:27	29:27

Freshmen	2008	All Time
Allport	25:01	25:01
Bush	23:21	23:21
Colosimo	21:16	21:16
Creutz	21:58	21:58
DeJonghe	26:51	26:51
DiMauro	28:20	28:20
Frey	25:26	25:26
Galea	25:48	25:48
Ho	24:24	24:24
Jastrow	22:28	22:28
Keller	23:30	23:30
E.Kelley	26:32	26:32
Luttrell	28:24	28:24
Mack	24:46	24:46
Moore	28:14	28:14
Nagy	25:10	25:10
Paxman	24:44	24:44
Paxton	25:56	25:56
Pleger	30:47	30:47
Richart	23:06	23:06
Shwayder	23:19	23:19
Smith	26:48	26:48
Soisson	21:27	21:27
Soltis	26:18	26:18
Szuminski	20:45	20:45

OVER THE YEARS: 1981 - 2008

YEAR	DUAL MEET RECORD	INVITATIONALS WON	LEAGUE	REGIONAL	STATE
1981	1-4		6th	9th	
1982	Overall / League 4-2 / 2-2		4th	2nd	21st
1983	4-2 / 2-2		3rd	4th	
1984	7-1 / 3-1		2nd	3rd	14th
1985	7-1 / 3-1	Onsted	2nd	3rd	7th
1986	6-2 / 4-2		3rd	3rd	10th
1987	6-2 / 4-2	Onsted	3rd	2nd	14th
1988	6-1 / 5-1		2nd	3rd	18th
1989	6-1 / 5-1		4th	5th	
1990	5-2 / 4-2		4th	5th	
1991	6-1 / 5-1	W.Bloomfield, Onsted	2nd	5th	
1992	5-1 / 5-1	W.Bloomfield, Springport	2nd	2nd	5th
1993	7-0 / 7-0	W.Bloomfield, Springport, Gibraltar	1st	1st	3rd
1994	6-1 / 5-1	W. Bloomfield	1st	4th	
1995	6-1 / 5-1	W.Bloomfield, Grosse Ile Grosse Ile	2nd	7th	
1996(Class A)	1-0	W.Bloomfield	1st	6th	
1997	2-0		1st	5th	
1998	2-0	W.Bloomfield, M. Jefferson	1st	3rd	14th
1999	2-0		1st	2nd	8th
2000	1-0	Brother Rice, Holly, Jackson, Gile	1st	1st	10th
2001	1-0	Brother Rice, Grosse Ile	1st	2nd	13th
2002	1-0	Jackson, Divine Child	1st	1st	8th
2003	1-0	Jackson, Divine Child Ypsilanti, Gabriel Richard	1st	1st	5th
2004	1-0	Ypsilanti, G. Richard	1st	1st	6th
2005	none	Jackson Western, Ypsilanti	1st	1st	7th
2006	1-0	Jackson Western, Bath St. Joseph, Divine Child	1 st	1 st	4th
2007	none	Jackson JC, Bath, Jackson, Portage	1 st	1 st	5 th
2008	none	M.Center, Bath, Jackson, MSU	1 st	1 st	6 th

TIMES 2008

		3TT	W'haven	Ypsi	Bath	Dexter	Jam I	MSU	Jax	MJeff	Ypsi	JamII	Port	G.Richard	JamIII	Reg	State
Sarah	Abdallah	29:56				31:39	31:02			28:57	28:35	28:00		27:37	26:59		
Amanda	Ahadi		26:17	24:45		23:41	24:28			24:00	23:56	23:18		23:21	23:05		
Lauren	Allport	26:51				26:52	27:03			25:46	26:49	25:01		26:02	25:03		
Hannah	Bender	25:22				26:22	27:57			26:36	28:02	25:28			24:45		
Julie	Blackhall	27:57					28:49					26:18		27:26	26:53		
Rachel	Bonds	28:54				29:59	30:09			29:24	29:29	28:42		28:09	27:00		
Alice	Bowe	23:08				24:26	24:18				24:42	24:10		24:27	22:36		
Aliza	Burchyett					30:09	30:48			28:37	29:33			28:20	28:03		
Mikayla	Bush	24:11					25:01			24:49		24:15		25:43	23:21		
Kate	Carter	18:42	21:36		19:30		20:20	19:40	19:23			19:08	18:42		18:54	19:11	18:48
Corrie	Castro																
Abby	Chestnut					24:10				23:56	24:27	23:24		23:15	23:54		
Beverly	Chou	25:59				26:44	28:55			26:39	28:04	26:46		26:48	25:43		
Mackenzie	Clements					30:49				30:07	32:43			32:39	28:51		
Katie	Colosimo	21:59	25:02			22:32	23:09			21:16	22:25	21:30		21:56	21:16		
Hannah	Conlin	23:19				23:18	23:59			22:42		22:23		23:20	22:24		
Amy	Creutz	22:06	24:46			22:27	23:10			22:01	23:45	21:58		22:12	22:03		
Melissa	Danko	23:59				25:38	26:08			25:09		25:00		25:04	24:06		
Jaime	Davis	29:38													28:13		
Amber	DeJonghe						28:28			28:56	31:04	26:51					
Lauren	Deneszczuk	29:41					32:20			29:32		29:04					
Nina	DiMauro					32:47	34:36			28:41	30:07	29:13		28:31	28:20		
Erin	Dowling		21:15		19:43		20:51	19:51	19:26			20:05	19:18				
Emily	Everett	28:33				28:27	30:07			27:15	27:50	26:39			25:41		
Airica	Fish					27:21	28:04			26:14	26:08	24:36		25:55	24:01		
Jackie	Frey	25:12				26:49	26:36			25:43	26:45	25:32		25:53	25:26		
Serena	Galea	28:24				27:50	28:16			26:48		26:40		26:54	25:48		
Rachael	Gingerich														29:10		
Hannah	Gingerich	26:16				26:56	27:23			25:45	25:38	24:52		25:44	24:35		
Chloe	Gleichman	22:01	25:04	23:59		23:22	23:14				23:40	21:36		22:29	22:04		
Christina	Gonzalez	19:59	22:54	21:30	20:43		22:35			20:46	21:23	21:06		20:57	20:54	21:01	20:41
Rachel	Gould	25:21				29:25	27:12			25:24		24:25		25:46	23:39		
Hannah	Hagood									29:41	30:11	29:32					
Rachael	Heilman	23:48				26:04	26:11				26:28	24:22		25:21	23:22		
Jennifer	Ho	25:10				25:15	26:32			26:07		24:44		24:46	24:24		
Emily	Hogikyan	21:49	26:25	23:32		22:26	23:20			21:32	22:13	21:22		21:34	21:01		
Rachel	Jackson	19:46	22:30		20:06		20:48	20:09	19:53			20:16	19:30		19:59	19:38	19:20
Maria	Jakimcius	31:30															
Calley	Jastrow	23:01	25:48			22:56	23:59			23:25	23:28	23:05		22:28	23:32		
Brooke	Jervis						27:16			25:22	26:41	25:15		25:11	24:06		
Regan	Johnston	20:03	23:12	22:24		21:22	21:55	21:44	20:52	21:31	21:03	20:40		20:57	20:28	20:48	20:36
Anne	Kalinowski																
Sammy	Kaplan					29:33	30:58			28:48	29:33			29:24	28:02		
Mackenzie	Keller									24:36	26:24	24:24			23:30		
Leah	Kelley	25:22					28:35			26:40	26:06	24:50		27:05	24:43		
Emily	Kelley					28:58	29:06					26:32		27:20			
Kiley	Kilgallon	23:31				25:13	24:22			23:28							
Cheryl	Kosek																
Paula	Koskinen	25:02				25:11	26:04			24:45	25:52	25:07			25:02		
Marisa	Kouba	27:53				26:43	28:19			26:08	26:22	25:20		26:16	24:22		
Alex	Leptich	17:34	21:04		18:34		19:55	18:56	18:50			19:02	18:23	18:37	18:40	18:50	18:38
Megan	Lesch	23:29				24:37	24:38			23:32	24:49	23:26		24:12	23:50		
Sarah	Lucas			25:55											25:51		
Kayleigh	Luttrell	26:34				29:03	29:54			28:28	31:16	28:24		29:02	28:45		
Alina	Luurtsema	25:08				26:20	26:56					25:31			25:13		
Meredith	Mack					27:34	28:21			26:59	28:41	25:16		25:50	24:46		

		3TT	W'haven	Ypsi	Bath	Dexter	Jam I	MSU	Jax	MJeff	Ypsi	JamII	Port	G.Richard	JamIII	Reg	State
Hanna	Martens	22:35	27:38	25:39		23:43	24:43			23:15	23:42	22:43			22:31		
Meghan	McGregor	20:37	23:54	22:31		21:56	21:45	21:33		20:59	23:08	21:28		22:00	20:58		
Hilary	Micallef	24:29				24:59	25:18			24:34	25:25	24:04		24:46	23:07		
Molly	Moore									29:16		29:07			28:14		
Amy	Morrow	29:21				30:04	29:29			29:15	29:16	27:12		28:53	27:01		
Kaytlynn	Nagy					27:33	28:11			26:09	27:55	25:48		25:47	25:10		
Malia	Nelson	26:01				28:43	28:39			28:01	28:43	27:49		29:25	27:41		
Chelsie	Noble	19:24	23:35	21:27	20:33		22:03			20:24	21:14	20:51	20:36	20:46	20:18	20:31	20:00
Desi	O'Brien	19:55	22:47	21:20	20:20		21:22	19:49	19:46			19:58	19:33		19:36	19:45	19:16
Ann	O'Connell																
Shannon	O'Donohue	23:55										24:13					
Maghan	O'Neil	31:37				27:38	27:45			24:58	25:26	24:14		24:22	24:01		
Sarah	Overcashier										28:31				29:55		
Annie	Palmucci	27:59				29:55	28:59			27:34	28:17	26:38		26:39	25:55		
Chandni	Patel	28:52				29:38	30:06			28:40	28:40	27:50		28:34	27:40		
Shivali	Patel	22:36				23:45	24:31			23:20	23:48	23:25		23:21	23:11		
Kristen	Pattullo	26:50				27:49	28:58			26:27	27:25	26:44		26:41	25:15		
Michelle	Pattullo	24:53				25:28	26:32			24:57	25:29	24:23		24:48	23:57		
Suzy	Paxman					26:01	29:55			28:58	28:38			26:08	24:44		
Rachel	Paxton	29:40				27:36	28:46			28:17	29:30	27:18		27:21	25:56		
Brooke	Pleger						34:25			34:59	32:57	33:35			30:53		
Carly	Pleger									33:38	32:19	30:49			30:47		
Kristen	Powell	22:27	26:44	24:35		24:07	24:05			23:03	23:43	22:55			22:32		
Christina	Radak	29:06				30:12	32:18			29:39	30:48	28:51		31:26	28:06		
Kelly	Richart	24:15				25:39	26:17			24:48		24:20		24:01	23:06		
Carly	Roell	27:55				25:58	26:29			25:36		24:57			24:23		
Michelle	Rupp	31:23					31:28			32:05		32:44			28:09		
Asheema	Saripalli	24:10				25:20	26:14			25:13	25:58	24:42		26:20	25:29		
Anjali	Saripalli	28:58				30:53	32:17				31:58	29:12		31:27	29:25		
Catherine	Sebastian					26:41	27:38			25:54					24:36		
Emily	Shaeffer	27:33				28:50	29:00			27:43	28:16			27:16			
Aviva	Shwayder	22:41	26:42			24:03	24:47							23:50	23:19		
Bridget	Smith					29:28	28:57			28:24	29:08	26:48		30:46			
Julie	Soisson					24:58	24:31			23:08	23:39	22:11		23:13	21:27		
Emily	Solan	25:07				26:42	27:56			26:30	26:50	25:29		25:56	24:31		
Alyssa	Soltis					28:14	29:52				28:53	26:43		28:12	26:18		
Kim	Spencer	24:44				25:35	26:19			24:32	25:20	24:05		24:42	23:38		
Amelia	Stenson	24:05				25:40	26:09			28:15		25:30		25:49	24:33		
Brenna	Stow	26:14				25:43	25:54				25:36	24:21		24:14	23:31		
Stephanie	Stroud	24:55				25:37	26:05			24:37	26:40			25:01	24:38		
Marta	Swenson	21:43	24:52	23:40		22:38	23:24			22:14	22:35	22:03		22:34	21:53		
Samantha	Szuminski		25:54			22:42	23:33			22:01	22:53	21:34		21:41	20:45		
Brooke	Tappe					35:03				34:18	32:55						
Dorothy	Terhune						40:02			36:49	37:16	36:13			34:35		
Abby	VanHise	28:20				28:02	28:41			27:24	27:35	26:04		26:47	25:34		
Tess	Vincent	23:39				25:52				24:47	26:31			25:38	24:15		
Molly	Weber																
Elizabeth	Wenner					31:02				29:16				29:04	27:53		
Abby	Youngblom	24:47				26:05	26:57			25:49	26:32			26:25	24:37		
Gina	Yu	25:59				26:46	27:27			26:41	26:58	26:38		26:21	25:39		
Madison	Zucker											29:27					

Mile Clubs

Current Members of the 1000 Mile Club (255 total members)

C. Gonzalez	D. O'Brien
S. Abdallah	H. Micallef
A. Saripalli	A. Ahadi
E. Solan	M. Danko
A. O'Connell	M. Nelson
C. Gleichman	L. Kelley
C. Patel	S. Patel
K. Carter	A. Leptich
E. Hogikyan	M. Lesch
R. Jackson	A. Bowe
S. Lucas	E. Dowling
R. Johnston	K. Kilgallon
S. Overcashier	S. Stroud
D. Terhune	

Current Members of the 2000 Mile Club (94 total members)

H. Micallef	C. Gleichman
K. Carter	A. Leptich
A. Ahadi	E. Dowling
A. Saripalli	R. Jackson
C. Patel	R. Johnston
S. Patel	C. Gonzlaez
S. Lucas	M. Lesch
A. Bowe	K. Kilgallon

Current Members of the 3000 Mile Club (37 total members)

A. Bowe	E. Dowling
R. Johnston	R. Jackson
S. Patel	A. Leptich
K. Carter	C. Gonzalez
S. Lucas	

Current Members of the 4000 Mile Club (7 total members)

R. Jackson
A. Bowe

Career Mileage All Time Top 10

Eileen Creutz	4821
Rachel Jackson	4493
Mollie Hagood	4402
Jessica Pontius	4385
Lori Seck	4381
Lindsey Cummings	4236
Alice Bowe	4062
Joanne Gabl	3635
Regan Johnston	3628
Erin Dowling	3619

		Summer		PR's	3TT	Mich.		Ypsi	Bath	Dexter	Jam	MJ		Jam2	Portage	G.Rich	Jam3	Reg	State	Years on the Team	Bench - mark	Volunteer	Total	
		Miles	Commit.			Center	W'haven					Jax	Ypsi											
Sarah	Abdallah	12	8	12																	6			38
Amanda	Ahadi	10	8	2		2	1	1		2											6	4	2	38
Lauren	Allport			2																	2	2		6
Hannah	Bender	8		9																	4	3		24
Julie	Blackhall			3																	4			7
Rachel	Bonds			4																	2			6
Alice	Bowe	10		4																	8	5		27
Aliza	Burchyett			4																	6			10
Mikayla	Bush	6		4																	2	4		16
Kate	Carter	10	16	4	2	2	2		8		6	7	8		9	8		12	10	14	6	9		133
Corrie	Castro																				2			2
Abby	Chestnut			2																	4	4		10
Beverly	Chou	6		4																	2	2	2	16
Mackenzie	Clements	15	8	6																	4			33
Katie	Colosimo			2			1	1		4			3	3	4		5	5			2	6		36
Hannah	Conlin			2						2			2	2							6	5		19
Amy	Creutz	6		2			1	1		4	2		3	2	4		3	2			2	6		38
Melissa	Danko			5																	6	3		14
Jaime	Davis																				2			2
Amber	DeJonghe																				2			2
Lauren	Deneszczuk			2																	4			6
Nina	DiMauro			4																	2			6
Erin	Dowling	12	16	6			2		8		6	7	8		9	7					8	8		97
Emily	Everett			5																	4	2		11
Airica	Fish			6																	2	3		11
Jackie	Frey			6																	2	2		10
Serena	Galea			4																	2	2		10
Rachael	Gingerich																				6		2	8
Hannah	Gingerich			15																	4	3	2	24
Chloe	Gleichman	12	16	5			1	1		2	2			2	4		3				4	6		58
Christina	Gonzalez	15	16	6	2	2	2	2	6		1		6	6	4		7	4	10	6	6	7		108
Rachel	Gould	6		6																	2	4		18
Hannah	Hagood			6																	4		2	12
Rachael	Heilman	8	8	6																	4	4	2	32
Jennifer	Ho			2																	2	3		7
Emily	Hogikyan	12	16	9		2	1	2		3	2		3	5	4		5	5			6			75
Rachel	Jackson	10	16	4	2	2	2		8		6	7	7		9	7		12	10	12	8	8	2	132
Maria	Jakimcius	6																			4			10
Calley	Jastrow	6					1	1		3			2	2			3				2	5	2	27
Brooke	Jervis			4																	6	3		13
Regan	Johnston	15	16	9	2	2	2	2		5	4	5	4	6	6	6	7	8	10	6	8	7	2	132
Anne	Kalinowski																				4			4
Sammy	Kaplan			4																	4			8
Mackenzie	Keller			2																	2	4		8
Leah	Kelley	12	8	10																	6	3		39
Emily	Kelley			2																	2		2	6

		Summer			3TT	Mich.				MJ										Years on the Team	Bench - mark	Volunteer	Total	
		Miles	Commit.	PR's		Center	W'haven	Ypsi	Bath	Dexter	Jam I	MSU	Jax	Ypsi	Jam2	Portage	G.Rich.	Jam3	Reg					State
Kiley	Kilgallon	6		4								2									8	4	2	26
Cheryl	Kosek																				2			2
Paula	Koskinen			2																	8	3		13
Marisa	Kouba			4																	2	3		9
Alex	Leptich	12	16	2	2	2	2	8		6	8	8		9	8	7	12	10	14	6	9		141	
Megan	Lesch	10	8	2								2								8	4		34	
Sarah	Lucas	15	16	4		2		1												8	2		48	
Kayleigh	Luttrell			2																2			4	
Alina	Luurtsema	6		9																4	2		21	
Meredith	Mack			4																2	3		9	
Hanna	Martens	10	8	11			1	1	2			2	2	1						4	5		47	
Meghan	McGregor	6		15		2	1	2	3	4	5	4	2	4		3	5			4			60	
Hilary	Micallef	12	8	5																8	4		37	
Molly	Moore			2																2			4	
Amy	Morrow			10																4		2	16	
Kaylynn	Nagy			4																2	2		8	
Malia	Nelson	6		4																8			18	
Chelsie	Noble			9	2	2	1	2	6	2		7	6	6	6	7	9	10	6	6	7		92	
Desi	O'Brien	8	8	12	2	2	2	2	8	5	7	8		9	7		12	10	12	6	8		128	
Ann	O'Connell	8																		6			14	
Shannon	O'Donohue	10	16																	4	3		33	
Maghan	O'Neil			2																2	3		7	
Sarah	Overcashier																			8			8	
Annie	Palmucci			4																6	2		12	
Chandni	Patel	10	16	9																6		2	43	
Shivali	Patel	12	16	6					2			2								6	4		48	
Kristen	Pattullo	6		2																2	4		14	
Michelle	Pattullo	6		5																4	2		17	
Suzy	Paxman																			2	3		5	
Rachel	Paxton			2																2	2	2	8	
Brooke	Pleger			4																2			6	
Carly	Pleger			4																2			6	
Kristen	Powell			15			1	1	2	3		2	2	1		2				4	5		38	
Christina	Radak			4																2			6	
Kelly	Richart	6		4																2	4		16	
Carly	Roell			8																4	3		15	
Michelle	Rupp			6																4			10	
Asheema	Saripalli	10	12	5																6	3		36	
Anjali	Saripalli																			2			2	
Catherine	Sebastian			4																2	3		9	
Emily	Shaeffer			2																8			10	
Aviva	Shwayder			2			1	1												2	4		10	
Bridget	Smith			2																2			4	
Julie	Soisson			6								2	2	2		2	4			2	6	2	28	

		Summer			3TT	Mich.				MJ							Years on the Team	Bench - mark	Volunteer	Total			
		Miles	Commit.	PR's		Center	W'haven	Ypsi	Bath	Dexter	Jam I	MSU	Jax	Ypsi	Jam2	Portage					G.Rich.	Jam3	Reg
Emily	Solan	8		9																6	3		26
Alyssa	Soltis			2																2			4
Kim	Spencer			4																2	4	2	12
Amelia	Stenson			2																6	3		11
Brenna	Stow			4																2	4		10
Stephanie	Stroud	10	8	2																4	3		27
Marta	Swenson	8		12		2	1	2		3	1		3	4	2					3	2		55
Samantha	Szuminski			6			1	1		4			3	3	4					5	7	2	49
Brooke	Tappe			4																6			10
Dorothy	Terhune	10	8	6																6		2	32
Abby	VanHise	10	8	8																4	2		32
Tess	Vincent	6	8	4																4	3	4	29
Molly	Weber																			6		2	8
Elizabeth	Wenner			6																2		2	10
Abby	Youngblom			4																8	3		15
Gina	Yu	6		4																8	2		20
Madison	Zucker																			2			2

The Name Game....

We like our Hannah's, Emily's, and Rachel's: Hannah B., Hannah C., Hannah G., Hannah H., and Hanna M. - Emily E., Emily H., Emily K., Emily S., and Emily S. - Rachel B., Rachael G., Rachel G., Rachael H., Rachel J., and Rachel P.

How many ways can you spell ... Megan, Meghan, Maghan?

And there is the ever popular K and C war Christina, Christina, Carly, Carly, Kristen, Kristen, Kate, Kim, Corrie, Kiley, Chloe, Catherine, Katie, Calley, Kayleigh, Kaytlynn, Kelly, and Kelsey!

Are the A's always at the front of the line? Amanda, Alice, Aliza, Abby, Abby, Abby, Amy, Amber, Airica, Anne, Ann, Annie, Alex, Alina, Amy, Asheema, Anjali, Aviva, Alyssa, and Amelia!

The Sister Act: Saripalli x 2, Gingerich x 2, Patel x 2, Pleger x 2, Patullo x 2

We have Presidents! Jackson, Carter, Johns(t)on, Regan, Bush

Some good combinations:

Fish – Frey
Paxman & Paxton
Stenson & Swenson
Jastrow & Castro
Stow & Ho

A Brief Story

The Saline Girls' CC team had finally Tappe(d) its great inner energy. While other teams hid in the Bush(es) because they were Frey(ed) from lack of training, the Saline girls broke the Bonds of normal human endurance and said to their coaches, "We want to run Moore! We're on a Roell!"

"Those are indeed Noble words," the coaches replied. Perhaps toMorrow we can train yet more. We believe that the Young(will always)blom."

Snapshots of '08

- *Tuesday afternoon must be time for yoga.
- *Coach's Closet "I WANT that T-shirt!"
- *Abby's ribbons
- *How many Great Harvest cookies can you eat?
- *And a new group is formedPuma!
- *20 x 200..... "Didn't think I could do it, but I did!"
- *Watching the sun come up while the bus rolls along to a Saturday morning meet.
- *Jamboree III - "What's that noise....?" "Oh, that's the Saline girls' team..."
- *Picking out the perfect leaf at Hudson Mills.
- *A different item of CC clothing for every day of the week.
- *And the Tough as Nails/Catherine Shirt goes to
- *Sunsets over Lake Michigan.
- *Distance runners don't have a season ... they have life."
- *Why are these dunes so high...?
- *I think I heard coach say "we're going to cut this back a little..."
- *Pre-Jamboree pasta dinners.
- *The seniors lined up one more time – awards banquet – Nov. 9.
- *Max out day "How many miles can you go?"
- *First day of practice "How will we ever learn all those names?"
- *Monroe Jefferson - running a 5K and then jumping in a Great Lake.
- *Jamboree I - our only chance of the year to run at Mill Pond!
- *Overheard a few times "You know that Saline girls get PE credit for being on the cross country team." (or) "You know that cross country is mandatory at Saline."
- *Rolling UP the tarp and then having someone roll ON the tarp before folding it.
- * "It's not how you run it's how you look."
- *The buses turning on to Campus Parkway and the sound of "Happy Trails" coming from the open windows.
- *Senior hills, senior speeches, senior day, senior posters seniors.
- *Jumping over bales of hay at Sharp Park in Jackson.
- *Eating gnats by the dozen – Woodhaven Invitational – Lake Erie Metro Park.
- *Who said 13 was an unlucky number?
- *The smell of fall in the air and leaves crunching underfoot September suddenly turns into October.
- *Doing your same pre-meet ritual before each race.
- *A successful day: the day you finally feel you know everyone's name on the team!
- * "Never sacrifice the gift."
- *Cooking "gourmet dinners" at camp.
- *True happiness is a new pair of spikes.
- *Required attire for running on the track??
- *Writing you goal time on your hand prior to Jamboree III.
- *The loving support of Coach Jones, the loyalty and character of Coach Bersuder and Coach Lesch, and the intensity and history of Coach Hagood.

2008: Good times. Good memories. Teammates. Lots of miles. Success. Saline CC.

There is the Bill of Rights, there is the Constitution, and there are COACH'S LAWS!

1. Be nice to Coach Bersuder. He brings you cookies.
2. Always listen to your captains.
3. Too much crying causes dehydration.
4. Winter running makes you tough(er).
5. Wear salinecc wear at least once a week.
6. Ketchup is not a vegetable.
7. No whining.
8. Don't share water bottles. The teammate thing only goes so far.
9. Learn how to sing "Happy Trails."
10. Never walk up Toboggan or Killer Hill.
11. Be as positive and optimistic as Coach Jones.
12. When your mom and dad come to watch a meet, give them a hug after you race.
13. It's OK to beat your best friend. If they are your best friend, they'll understand.
14. Don't wear a dirty or wrinkled uniform.
15. Befriend a freshman.
16. When leaves fall, so should your times.
17. Pack your bag the night before a meet.
18. Learn each of your teammate's names.
19. Do your homework.
20. Find a running partner(s).
21. Learn to look forward to horrible weather.
22. Don't forget your parents' birthdays and Mother's/Father's Day.
23. Be a leader.
24. Don't irritate your coaches. Turn in your mileage calendars.
25. It's a proven fact that popsicles make you run faster.
26. Know who Coach Warren and Coach Townsend were.
27. Say please and thank-you.
28. Smile at your teachers. It can't hurt.
29. Earn a 1000 Mile Club Shirt.
30. Accept the fact that port-a-jons are a part of cross country.
31. Be on time.
32. Remember that character is what you do when no one else is around.
33. Thank the bus driver.
34. Use correct grammar and learn to write well.
35. Train in good shoes and don't wait too long to replace them.
36. Always beat guys when you get the chance. It's good for their egos.
37. Search parties aren't much fun, so don't get lost during a race.
38. Always go back out on the course after you finish to help your teammates.
39. If you feel yourself getting too nervous..... laugh!
40. Sleep with your spikes the night before a big race.
41. On a hill, it's how you run at the top of it rather than how you run going up it.
42. Splits and times can vary because of the course and conditions. Race people.
43. How "lucky" someone is seems to be in direct proportion to how hard they work.
44. After a race, find at least five teammates and congratulate them.
45. Get to know runners from other schools.
46. Don't spend half your day texting or talking on your cell phone.
47. Eat like it makes a difference in how you run because it does.
48. Don't snore when you fall asleep on the bus.
49. Be patient when you tell people you run CC and they think you mean track.
50. Be proud to wear a Saline CC jersey.

SALINE CROSS COUNTRY'S HANDY LIST OF EXCUSES

When things aren't going real well before, after, or during a race, you could say.....

- it's too cold
- it's too hot
- it's too sunny
- it's too cloudy
- it's too wet
- it's not wet enough
- I keep thinking about tornadoes
- good weather scares me
- I forgot my socks
- I forgot my shoes
- I only have one shoe
- I have no shoes
- my running partner is having a bad day
- my running partner is way ahead of me
- my running partner is dating my boyfriend
- my running partner is my boyfriend
- we have too many coaches and I can't keep them straight
- the coaches always yell at me during the race and it depresses me
- the coach doesn't understand me
- I don't understand the coach
- I don't understand
- my side hurts
- my head hurts
- my ____ (fill in body part) hurts
- nothing hurts.... and that can't be good
- I have a stress fracture in my thumb
- I failed a test today
- I think I failed a test today
- I will probably fail a test tomorrow
- I heard that running lowers one's IQ
- started my kick too soon
- started my kick too late
- forgot to kick
- got kicked
- this whole "kicking" thing sounds too violent
- I hate my uniform
- my uniform doesn't fit
- I don't look good in yellow
- I left my uniform at home
- another team stole my uniform
- my mom melted my uniform in the dryer
- the course was too hilly
- the course was too flat
- the course was too easy.. not enough of a challenge
- the course had too many violent names.... like Killer Hill!
- I got lost
- my teammate got lost and I went to look for her
- I stopped to pick flowers
- I stopped to have a snack
- I stopped to talk to my mother

- I ate a giant burrito for lunch
- I ate a giant burrito for breakfast
- was thinking about burritos during the race and lost concentration
- the medals were small.... not enough reason to run hard
- I only run hard for money
- I'm building slowly toward my senior year
- I don't like being "a Hornet"... insects disgust me
- trained too much during the summer
- didn't train enough during the summer
- when the coach talked about training during the summer, I thought he meant to RIDE a train
- the bus was too crowded on the way to the meet
- the person sitting next to me on the way to the meet snored all the way there
- the bus drove too fast on the way to the meet
- the bus driver looked too much like my Uncle Harold (or Aunt Lilly)
- I'm a pacifist.... the gun at the start was inappropriate
- can't run well when my boyfriend is watching
- can't run well when my parents are watching
- can't run well when the coaches are watching
- can only run well when no one is watching
- I'm a sprinter/pole vaulter/discus thrower at heart
- I'd really rather be a cheerleader
- the pace was too fast at the start
- the pace was too fast in the middle
- the pace was too fast at the end
- I have no pace
- I think I need a pace-maker
- running makes me breathe hard
- sweat disgusts me
- forgot to go to the bathroom
- lines at the bathrooms were too long
- there were no bathrooms
- I only run hard on Mondays
- I had too much on my mind
- my mind was a complete blank
- I've lost my mind
- I'm allergic to grass, leaves, sunshine, and October
- I only run hard if popsicles are involved
- I've been doing too many push-ups....I'm too strong
- when I do my push-ups, I count by 2's.... I'm too weak
- my mom told me to run slow so she could get a good picture of me
- I wanted to see what my time would be if I walked the entire race.....backwards
- I was attacked by a deer/squirrel/raccoon/tiger just after the 2 mile mark

and finally if all else fails.....

- I'm too tired
- I'm too weak
- I'm too stressed
- I'm too good looking
- I'm too slow
- I'm too happy
- I'm too smart