



2016
Season End Banquet
Program



Cross Country

November 11th, 2016

Good evening!

Welcome to the 2016 season banquet for the East Ridge Cross Country Team. It was a fantastic fall (somehow most of the rain avoided us). It was great to be outside running fast and that is certainly what you did. Thanks for being a part of this. Your hard work and dedication make this program what it is.

To our seniors! Thanks for the great memories and for making this team a part of your high school career. We will miss you all. Coach Ness, Coach Gramer and I are proud of all of you.

Year after year, it's great to look at what a team can accomplish and what we can learn through running. We aim for excellence and focus on the factors we have control over. As a result another successful season is in the books. Like I always say, I believe success is coming together and learning from highs and lows and as a result becoming better people in the end. This is a true measurement of success in my mind.

Please look through this banquet program for team results, individual results, records etc. If there are mistakes in this booklet this year, I apologize. Please make me aware of them and I will include those changes on our site.

Team awards are voted on. Please refer to that section.

Conference awards—All Conference- awarded to the top 18 finishers (this is a very, very competitive conference!). All Conference Honorable Mention (the next 9 athletes after All Conference).

Meets—In a sport with scores and times, records are often kept, please take note of some record performances.

BOTH the boys' and girls' are Section 3AA Gold Academic Award winners!

Stellar performance award-- A Particular meet that stood out for you during the season.

State award—For running in the state meet. Of course a huge accomplishment.

Many medals and ribbons were earned during the season.

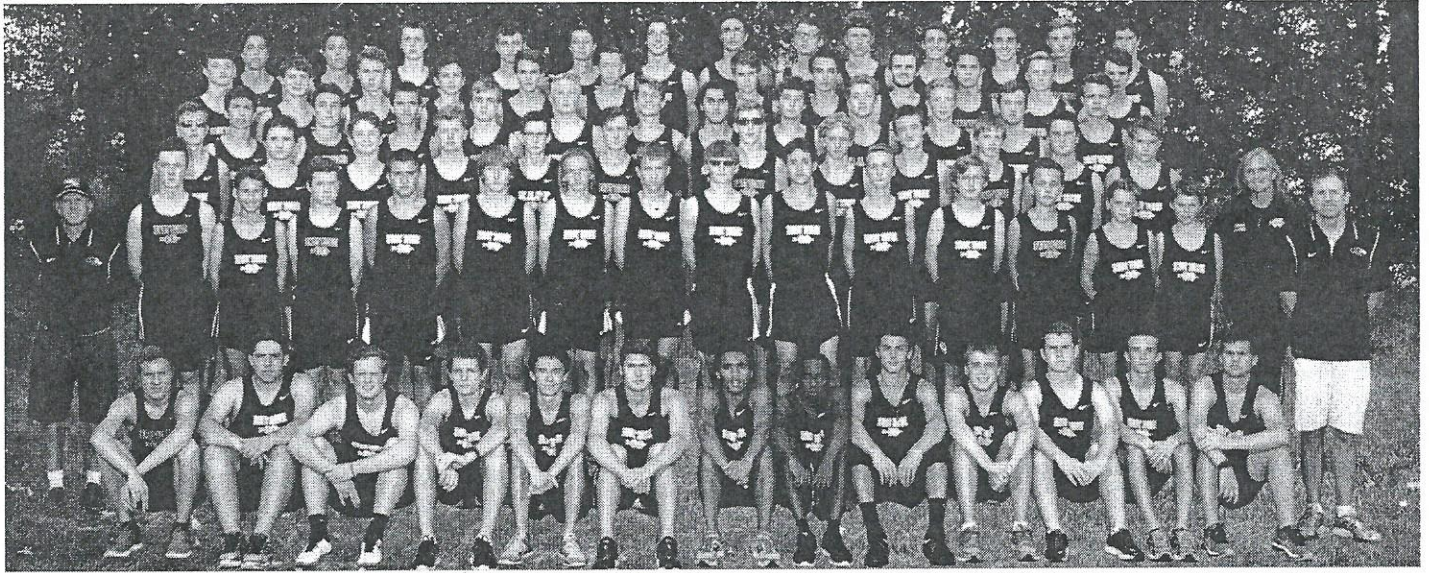
Athletic letter—for meeting the requirements set out at the start of the year.

Academic All State- awarded to runners in the very top of the section and who have a very high GPA.

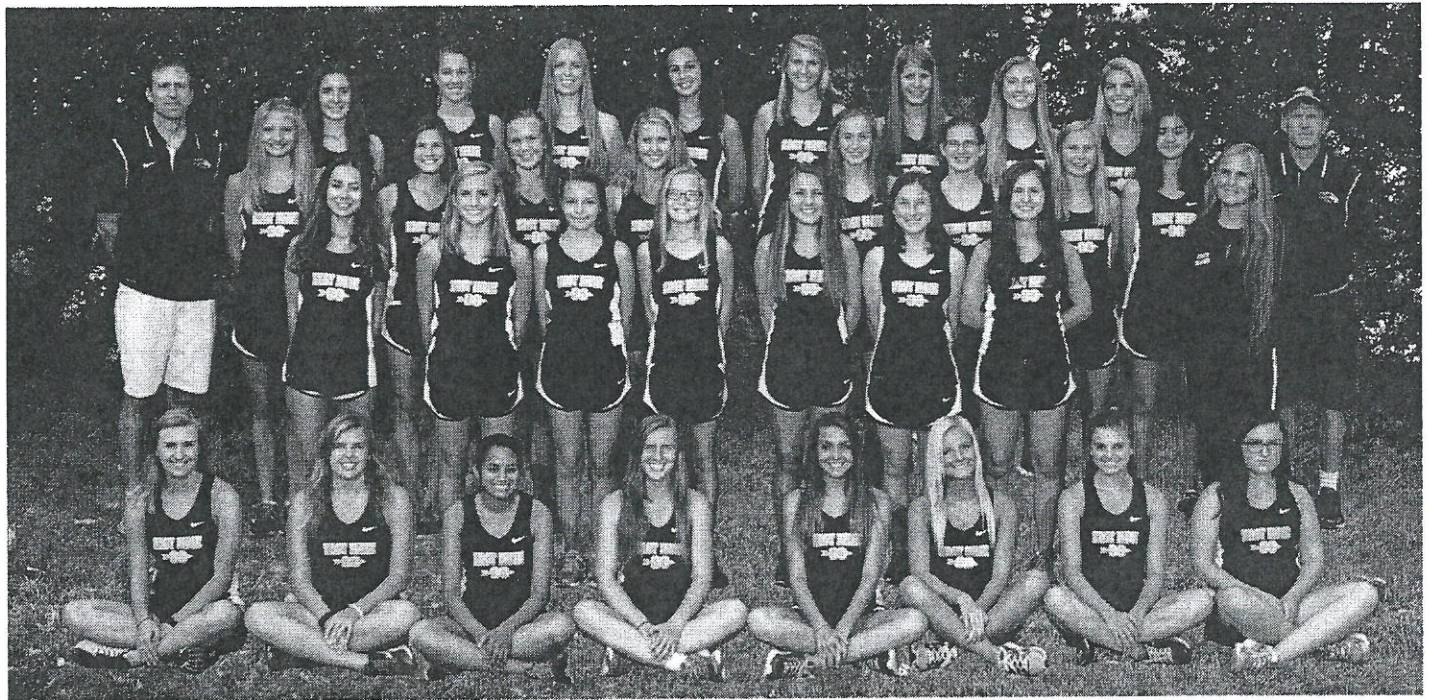
Congrats all runners. We value everyone's work regardless of level. Thanks for your dedication, work ethic and commitment to this team. Congrats to both the boys' and girls' teams for their academic award. Please look through this booklet for further accomplishments and individual awards.

Thank you so much for a fantastic season. Thanks to all the parents who were so instrumental in making this team what it is. Thanks for supporting your son and/or daughter's team. Coach Ness, Coach Gramer and I are thankful for all of you.

-Coach Cronin



2016 East Ridge Boys' CC team



2016 East Ridge Girls' CC team

East Ridge XC Meet sheet

St. Olaf

name		9/2/16	
BOYS'			
1	Joseph Reimann	10	18.00
2	Mwenda Rukunga	12	18.05
3	Michael Kenney	10	18.56
4	Luke LeMay	11	19.01
5	Ryan Imse	10	19.11
6	Michael Cauthorn	9	19.12
7	Brady Kunz	11	19.15
8	Adrian Marin	10	19.27
9	Erik LeMay	11	19.38
10	Eric Gramer	9	19.44
11	Timothy Ollmann	12	19.44
12	Ethan Storm	11	19.48
13	Mitchel Lejcher	10	19.56
14	Zachary Getting	10	20.02
15	Henry Burns	11	20.06
16	Jacob Daubenber	11	20.11
17	Glen Lewis	11	20.15
18	Brevin Ndovu	12	20.20
19	Jacob Humphries	11	20.30
20	Joseph Moynihan	12	20.36
21	John Faller	8	20.47
22	Jacob Neumann	12	21.03
23	Jacob Meyerthol	12	21.03
24	Ryan Hratish	12	21.03
25	Jackson Anderson	10	21.04
26	Evan Johnson	8	21.14
27	Kole Buelow	10	21.39
28	Sean Schiferl	9	21.44
29	Maximus Munter	9	21.45
30	Sean McNiesh	7	21.46
31	Matt Kelly	10	22.05
32	Tristan Poeschel	10	22.24
33	Mitchell Hermann	11	22.25
34	Samuel Glubka	11	22.31
35	Nathanie Cauthorn	11	22.39
36	Benjamin Hall	11	22.51
37			22.53
38	Joseph Petschauer	7	23.06
39	Tyler McKenzie	7	23.08
40	Jacob Brown	10	23.25
41	Zac Jackson	10	23.41
42	Joseph Shoemaker	10	23.43
43	George Floyd	9	23.53
44	Brandon McKenzie	9	23.58
45	Aidan Engert	7	23.59
46	Mitchell Jensen	9	24.31
47	Riley Blank	12	24.36
48	Joseph Del Toro	10	24.39
49	Mark Rapp	10	24.42
50	Aaron Beissler	10	24.50
51	Nicholas Kiminski	10	25.30
52	Lucas Bremseth	11	25.33
53	Ian McNiesh	9	27.02
54	Aaron Brinkman	12	27.28
55	Joseph Morrell	10	27.30
56	Davis Swift	12	30.26
57	Brian Murphy	12	30.30

name				Boys' Scores:	Girls' Scores:
GIRLS'				Maple Grove 93	Wayzata 51
1	Paige Stearns	12	20.17	Centennial 127	Hopkins 154
2	Abby Witte	11	20.28	Hopkins 148	Bloom. Jefferson 157
3	Megan Schiferl	12	20.36	Perham 165	White Bear 160
4	Eleasha McKenzie	11	21.24	Eastview 174	Perham 194
5	Maria Wallace	12	22.01	Hudson 182	Sibley 206
6	Lucia Witikko	9	22.57	White Bear 262	Red Wing 207
7	Emily Tupper	11	22.57	Sibley 296	Roseville 207
8	Brianna Sharp	11	22.59	Woodbury 298	East Ridge 212
9	Cassidy Ihns	10	23.05	Red Wing 332	Irondale 299
10	Daniella Del Toro	12	23.09	Waseca 334	LFC 332
11	Shreya Narayan	12	23.14	Buffalo 341	Holy Family 350
12	Elizabeth Boerger	10	23.21	Owatonna 367	Centennial 372
13	Christine Severude	10	23.26	Waconia 372	Minnehaha 380
14	Mary Kenney	7	23.41	Minnehaha 383	Waseca 385
15	Gwyn Gerlach	9	23.54	Pequot Lakes 387	Maple Grove 415
16	Kendra Besser	9	26.25	Wayzata 466	Waconia 420
17	Anna Sawyer	11	26.52	Mkto West 473	Woodbury 462
18	Leah Restad	10	27.33	Bloom. Jefferson 491	Mpls SW 541
19	Lindsay Grunewald	12	27.45	Burnsville 502	Hudson 549
20	Emily Poor		27.56	Winona 534	Winona 571
21	Hannah Murray	12	28.54	East Ridge 564	Park Center 580
22	Jacqueline Shaw	10	29.48	Park 608	Pequot Lakes 580
23	Erin Glancey	10	31.59	CDH 612	Dover Eyota 616
24	Grace Holmes	10	35.04	Albert Lea 681	CDH 703
25	Rebecca Swanson	11	35.49	Irondale 730	Osseo 718
26	Bella Carpentier	9		Osseo 777	SLP 773
27	Breanna Spadino	10		SLP 799	Park 836
28	Grace Anderson	10		Mpls SW 836	Albert Lea
	Nicole Levine	11		Holy Family 917	
	Tatem Rios	11		Dover Eyota 973	
				Park Center 1005	

58	Zachary Schank	12	31.34
59	Alex Fournier	10	22.59
60			
61	Cole Hermann	8	27.00
62	Erik Pearson	9	25.35
63	Franklin Rapp	10	
64	Grayden Yoshida	10	
65	Jack Lowe	9	22.21
66	James Hoopes	9	26.57
67	Nelson Holmes	11	
68	Alec Wagner	12	
69	Brayden Sydor	11	
70	Cole Wagner	10	
71	Ethan Anderson	11	
72	Jacob Yacovella	12	
73	Mason Swift	9	
74	Maximilian Rolig	9	
75	Michael Merthan	11	
76	Philip Gramer	11	

boys: meet Letter pair girls:
 9 points <18:37 9 points <23.13
 6 points <19:37 6 points < 25.21
 3 points <21:17 3 points <27.05

Solid first official meet of the year! We had some smart pacing. We saw the strategy, we worked on in practice, put into use esp for that first 400-600m. Remember to think of forward motion on the arm swing (no crossing). Also, some of you may have to drop your hands a bit for form and to reduce tension in the shoulders. Great work attacking the final hill and last 100+m to the finish. The next meet has a lot of hills. Nice work to all runners!

PLEASE CHECK THIS OVER FOR ACCURACY. ALSO, IF YOU RAN BUT DO NOT HAVE A TIME, PLEASE LET ME KNOW (AND WHO YOU WERE NEAR). I WILL GO BACK THROUGH THE FINISH PICTURES TO LOOK UP YOUR TIME. THANKS!

East Ridge XC Meet sheet Dewey Minart (St. Croix Bluffs)

name 9/8/16				
BOYS'				
1	Joseph	Reimann	10	17.15
2	Mwenda	Rukungu	12	17.42
3	Michael	Kenney	10	18.24
4	Luke	LeMay	11	18.25
5	Adrian	Marin	10	18.31
6	Brady	Kunz	11	18.37
7	Ryan	Imse	10	18.39
8	Ethan	Storm	11	18.50
9	Michael	Cauthorn	9	18.50
10	Erik	LeMay	11	18.52
11	Eric	Gramer	9	18.53
12	Zachary	Getting	10	19.07
13	Timothy	Ollmann	12	19.11
14	Mitchel	Lejcher	10	19.20
15	Philip	Gramer	11	19.43
16	Jacob	Daubenber	11	19.45
17	Henry	Burns	11	19.49
18	Joseph	Moynihan	12	19.51
19	Jacob	Humphries	11	19.57
20	Jacob	Meyerthol	12	20.21
21	John	Faller	8	20.32
22	Jacob	Neumann	12	20.33
23	Sean	McNiesh	7	20.38
24	Evan	Johnson	8	20.44
25	Mitchell	Hermann	11	20.55
26	Riley	Brown	10	20.57
27	Ryan	Hratisch	12	20.57
28	Nathanie	Cauthorn	11	21.00
29	Jackson	Anderson	10	21.00
30	Tristan	Poeschel	10	21.13
31	Maximili	Rolig	9	21.15
32	Sean	Schiferl	9	21.15
33	Kole	Buelow	10	21.25
34	Jack	Lowe	9	21.32
35	Alex	Fournier	10	22.06
36	Tyler	McKenzie	7	22.08
37	Joseph	Shoemaker	10	22.14
38	Aidan	Engert	7	22.19
39	Mitchell	Jensen	9	22.23
40	Maximus	Munter	9	22.26
41	Zak	Jackson	10	22.33
42	Mason	Swift	9	22.34
43	Alec	Wagner	12	22.52
44	George	Floyd	9	23.23
45	Jacob	Brown	10	23.30
46	Riley	Blank	12	23.46
47	Cole	Wagner	10	23.55
48	Joseph	Del Toro	10	24.24
49	Joseph	Petschauer	7	24.27
50	Mark	Rapp	10	24.38
51	Grayden	Yoshida	10	24.40
52	Brandon	McKenzie	9	25.09
53	Nicholas	Kiminski	10	25.12
54	Aaron	Beissler	10	25.16
55	Aaron	Brinkman	12	25.18
56	Joseph	Morrell	10	25.34
57	Cole	Hermann	8	25.43

name				
GIRLS'				
1	Abby	Witte	11	20.27
2	Paige	Stearns	12	20.30
3	Megan	Schiferl	12	20.38
4	Eleasha	McKenzie	11	21.00
5	Maria	Wallace	12	22.07
6	Brianna	Sharp	11	22.12
7	Daniella	Del Toro	12	22.32
8	Emily	Tupper	11	22.40
9	Lucia	Witikko	9	22.51
10	Christine	Severude	10	22.54
11	Mary	Kenney	7	23.01
12	Shreya	Narayan	12	23.06
13	Cassidy	Ihns	10	23.11
14	Elizabeth	Boerger	10	23.31
15	Nicole	Levine	11	24.00
16	Gwyn	Gerlach	9	24.28
17	Kendra	Besser	9	25.48
18	Anna	Sawyer	11	26.39
19	Leah	Restad	10	27.08
20	Hannah	Murray	12	27.11
21	Emily	Poor		27.12
22	Bella	Carpentier	9	28.51
23	Erin	Glancey	10	29.54
24	Jacqueline	Shaw	10	29.58
25	Rebecca	Swanson	11	32.03
26	Lindsay	Grunewald	12	
27	Grace	Holmes	10	
28	Breanna	Spadino	10	
29	Grace	Anderson	10	
29	Tatem	Rios	11	
58	Erik	Pearson	9	25.44
59	Ian	McNiesh	9	26.14
60	Trent	Wagner	8	27.28
61	Davis	Swift	12	27.35
62	Brian	Murphy	12	27.36
63	Nelson	Holmes	11	27.49
64	Zachary	Schank	12	32.30
65	Glen	Lewis	11	
66	Brevin	Ndovu	12	
67	Matt	Kelly	10	
68	Samuel	Glubka	11	
69	Benjamin	Hall	11	
70	Lucas	Bremseth	11	
71	Franklin	Rapp	10	
72	James	Hoopes	9	
73	Brayden	Sydor	11	
74	Ethan	Anderson	11	
75	Jacob	Yacovella	12	
76	Michael	Merthan	11	
77				

Boys' Scores:	Girls' Scores:
V	
Eagan 57	Red Wing 36
Red Wing 73	East Ridge 43
Cetnral 96	Northfiel 89
Woodbury 136	Woodbury 127
East Ridge 165	Central 148
Northfield 166	Osseo 185
Burnsville 170	St. Croix 193
Hastings 205	CDH 218
CDH 213	Hastings 223
Park 256	Park 256
Osseo 267	Richfield 333
Richfield 376	JV
St. Croix 397	East Ridge 25
Harding 419	Red Wing 43
JV	Northfield 91
Eagan 43	Woodbury 96
East Ridge 45	Hastings 154
Northfield 62	Central 165
Central 121	Park 171
Red Wing 137	Osseo 203
Woodbury 176	
Hastings 180	
Park 207	
Burnsville 265	
Osseo 319	
CDH 329	
Johnson 372	
Richfield 418	

Nice work with many, many runners improving over last meet's times. This is good news as we are moving in the right directions especially on a tougher course. Good job using your arm swing up those hills. Remember to lengthen your stride just a bit, not too much, as you get over the top of hills. Also, remember forward motion with your arm swing. Lastly, don't forget to "sight" the course-- many runners for lots of teams did not hug the inside line on those long curves in the last 600 meters of the race. Next stop is Milaca-- oftentimes the largest CC meet in the nation. Keep up the good work. Many of you represent our school with class.

Letter times:	Boys'	Girls' 5K
	9 points <18:31	9 points <21:34
	6 points <19:45	6 points <23:00
	3 points <20:30	3 points <24:37

East Ridge XC Meet sheet MEGA MEET
9/24/16

BOYS'

1	Joseph	Reimann	10	17.18
2	Mwenda	Rukunga	12	17.47
3	Michael	Kenney	10	18.02
4	Adrian	Marin	10	18.11
5	Ryan	Imse	10	18.13
6	Zachary	Getting	10	18.25
7	Brady	Kunz	11	18.32
8	Eric	Gramer	9	18.33
9	Michael	Cauthorn	9	18.38
10	Michael	Merthan	11	18.43
11	Ethan	Storm	11	18.55
12	Mitchel	Lejcher	10	19.03
13	Erik	LeMay	11	19.08
14	Philip	Gramer	11	19.11
15	Joseph	Moynihan	12	19.11
16	John	Faller	8	19.15
17	Jacob	Daubenber	11	19.35
18	Riley	Brown	10	19.47
19	Brevin	Ndovu	12	20.06
20	Jackson	Anderson	10	20.15
21	Mitchell	Hermann	11	20.31
22	Kole	Buelow	10	20.36
23	Ryan	Hratisch	12	20.40
24	Jacob	Meyerthol	12	20.47
25	Jacob	Neumann	12	20.52
26	Nathanie	Cauthorn	11	21.07
27	Jack	Lowe	9	21.10
28	Zak	Jackson	10	21.27
29	Sean	Schiferl	9	21.28
30	George	Floyd	9	21.29
31	Tristan	Poeschel	10	21.35
32	Joseph	Shoemaker	10	21.39
33	Matt	Kelly	10	21.40
34	Maximus	Munter	9	21.43
35	Jacob	Yacovella	12	21.47
36	Mitchell	Jensen	9	21.49
37	Alex	Fournier	10	21.53
38	Benjamin	Hall	11	22.02
39	Jacob	Brown	10	22.15
40	Alec	Wagner	12	22.37
41	Cole	Wagner	10	23.08
42	Joseph	Del Toro	10	23.25
43	Grayden	Yoshida	10	23.29
44	Lucas	Bremseth	11	23.34
45	James	Hoopes	9	24.30
46	Aaron	Beissler	10	24.31
47	Joseph	Morrell	10	24.34
48	Mark	Rapp	10	24.37
49	Nelson	Holmes	11	24.37
50	Ian	McNiesh	9	24.44
51	Nicholas	Kiminski	10	24.52
52	Erik	Pearson	9	25.23
53	Brian	Murphy	12	27.26
54	Zachary	Schank	12	30.45
	Luke	LeMay	11	
	Timothy	Ollmann	12	
	Henry	Burns	11	

GIRLS'

1	Megan	Schiferl	12	19.50
2	Paige	Stearns	12	20.09
3	Abby	Witte	11	20.30
4	Eleasha	McKenzie	11	20.34
5	Brianna	Sharp	11	21.36
6	Maria	Wallace	12	21.38
7	Emily	Tupper	11	22.03
8	Daniella	Del Toro	12	22.10
9	Christine	Severude	10	22.22
10	Cassidy	Ihns	10	22.32
11	Nicole	Levine	11	22.32
12	Elizabeth	Boerger	10	22.33
13	Lucia	Witikko	9	22.38
14	Shreya	Narayan	12	22.45
15	GWYN	Gerlach	9	22.53
16	Kendra	Besser	9	24.38
17	Erin	Glancey	10	24.41
18	Emily	Poor	9	25.17
19	Hannah	Murray	12	25.48
20	Madison	Bugel	10	26.14
21	Tatem	Rios	11	26.16
22	Bella	Carpentier	9	26.48
23	Leah	Restad	10	26.53
24	Grace	Holmes	10	30.22
25	Rebecca	Swanson	11	30.27
26	Breanna	Spadino	10	30.50

Middle School- 3,200 M race:

Mary	Kenney	7	13.01
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Anna	Sawyer	11	
Jacqueline	Shaw	10	
Lindsay	Grunewald	12	
Grace	Anderson	10	

Middle School- 3,200 M race:

58	Sean	McNiesh	7	12.12
59	Tyler	McKenzie	7	12.21
60	Aidan	Engert	7	13.27
61	Joseph	Petschauer	7	13.58
62	Trent	Wagner	8	15.09

Please see the separate form for all the team scores. This meet is often the largest in the nation (there's one in New York that sometimes takes that title). Nice work representing East Ridge on and off the race course. We saw a lot of big time drops from our previous meets. I noticed runners sighting the course, running the tangents. I also noticed some big kicks on the finish. Remember that every passed runner is an exchange of points. On that finish stretch, move your arms (forward motion, no crossing or circular motion), keep your head up and finish strong. Nice work. For years we have changed things up for Red Wing. We will be doing that again this year. Please look to the board to see which race you are in-- MS, C, JV or V. Keep it up. We are now really focused on the end, champ meets, in this second half of the season!

"Meet" Letter points:

Boys:
9 points <17:24

Jacob	Humphries	11	6 points <18:06
Evan	Johnson	8	3 points <20:38

Girls:
9 points <21:00
6 points <22:04
3 points <23:37

Maximilian	Rolig	9	
Mason	Swift	9	
Brandon	McKenzie	9	
Aaron	Brinkman	12	
Cole	Hermann	8	
Davis	Swift	12	
Samuel	Glubka	11	
Franklin	Rapp	10	
Brayden	Sydor	11	
Ethan	Anderson	11	

10th Boys

Bemidji	100
Stillwater	110
Moorhead	111
Buffalo	123
St Cloud Tech	129
Sartell	213
Maple Grove	236
Hibbing	333
East Ridge	359
Minot	366
Centennial	424
White Bear Lake	494
Perham	497
Waconia	516
Lakeview Christian Aca	518
Duluth East	525
Foley	531
St Francis	535
Roseville	540
Mora	564
Orono	579
North Branch	604
Grand Forks Central	612
St Cloud Cathedral	614
Osseo	618
Fargo Shanley	634
Park-Cottage Grove	656
New London-Spicer	658
Anoka	660
Grand Forks Red River	677
Trinity	704
Hutchinson	725
Chisago Lakes	729
New Prague	770
Fridley	814
Hinckley-Finlayson	827
Delano	852
Mesabi East	

V AAAA Boys'

Stillwater	79
Centennial	127
Maple Grove	133
White Bear Lake	143
Perham	165
Mora	169
Blaine	192
Grand Forks Red River	200
Minot	234
Woodbury	247
Bemidji	269
Roseville	284
Duluth East	325
Moorhead	349
East Ridge	350
Andover	363
Chaska	396
Park-Cottage Grove	498
Anoka	505
Osseo	648
St Francis	671
Tartan	691
North St Paul	711
Champlin Park	734

10th Girls

Prior Lake	97
Park Center	99
EV-W-K	153
LCWM-Nicollet	162
East Ridge	172
Milaca	191
Centennial	197
Wayzata	228
Champlin Park	269
St Francis	275
Waconia	288
Watertown-Mayer	309
Owatonna	311
Blaine	327
Blue Earth Area	351
Osseo	374
Orono	412
St Cloud Cathedral	453
North Shore	468
White Bear Lake	489
North Branch	505
Perham	508
Monticello	538

JV Girls

Stillwater	61
Roseville	67
Maple Grove	105
White Bear Lake	106
Fairmont	161
Wayzata	250
Waconia	258
Duluth East	285
Minot	291
Woodbury	307
Andover	349
East Ridge	366
Visitation	372
Sartell	405
Owatonna	432
Canby-Minneota	436
Centennial	532
Perham	565
Chaska	576
Anoka	597
Maple Lake	645
Park-Cottage Grov.	652
Mahtomedi	664
Prior Lake	678
Providence Acader	701
Blaine	781
Park Center	782
Delano	796
St Cloud Cathedral	802
Hawley-Ulen Hitte	809
GNK	844
Redwood Valley	854
Osseo	855
Detroit Lakes	889

9th Boys

White Bear L	65
Sartell	98
Minot	112
Perham	134
Roseville	154
Stillwater	155
St Cloud Apo	180
Maple Grove	255
Centennial	273
East Ridge	302
St Cloud Cath	339
Blaine	362
St James	473
Park Center	478
Champlin Pa	478
Fargo Shanle	498
Hutchinson	502
LQPV-DB	519
Detroit Lakes	544
Osseo	570
Milaca	597
Rush City	598
Buffalo	618
Zimmerman	634
St Cloud Tecl	638
North Shore	653
Rockford	666
Orono	669
Anoka	680
Moorhead	718
Foley	756

V AAAA Girls'

Prior Lake	86
Minot	118
Stillwater	131
East Ridge	135
Duluth East	155
Anoka	157
Maple Grove	174
Roseville	197
Moorhead	239
Owatonna	264
Chaska	276
Andover	284
Blaine	290
Woodbury	294
Tartan	393
Centennial	400
Osseo	456
Park-Cottage	517

9th Girls

Wayzata	76
Centennial	92
Owatonna	128
Moorhead	129
Princeton	136
Stillwater	194
East Ridge	213
Monticello	217
EV-W-K	232
Duluth East	243
St Croix Prep	290
Mora	320
Osseo	335
Martin Coun	339
Grand Forks	344
Waconia	347
St Cloud Cath	415

JV Boys

Stillwater	15
White Bear L	73
Centennial	183
East Ridge	190
Woodbury	200
Blaine	233
Andover	247
Mora	250
Detroit Lakes	270
Duluth East	272
Anoka	292
Minot	294
Waconia	337
Maple Grove	386
Sartell	476
Park-Cottage	593
Delano	599
Fairmont	602
Chaska	644
Moose Lk/W	679
Roseville	690
New Prague	706
Park Center	709
Esko	747
Big Lake	750
West Central	772
Mounds Park	796
Redwood Val	807
Tartan	820
St Cloud Cath	835
Heritage Chri	840
North Shore	845
North St Pau	848
GNK	855
Montevideo	981
Providence A	984
Hawley-Ulen	1017
LQPV-DB	1042
Benson-KMS	1075
Trinity	1161
St Cloud Tecl	1169
Virginia	1195

We were also represented in the middle school races. This is oftentimes the largest high school cross country meet in the nation. Thanks for representing East Ridge so well AND being a part of history at the 46th annual running of the meet.

East Ridge XC Meet sheet

Red Wing

9/30/16

BOYS'

1	. Michael Merthan	JR	00:18:13.443
2	. Erik Lemay	JR	00:18:19.953
3	. Zach Getting	SO	00:18:21.133
4	. Michael Cauthorn	FR	00:18:21.546
5	. Philip Gramer	JR	00:18:32.026
6	. Joseph Moynihan	SR	00:18:42.740
7	. Eric Gramer	FR	00:18:44.543
8	. Ethan Storm	JR	00:18:50.253
9	. Mitch Lejcher	SO	00:18:56.043
10	. Jacob Daubenberger	JR	00:19:22.143
11	. Henry Burns	JR	00:19:35.750
12	. John Faller	8th	00:19:00.226
13	. Matthew Rukunga	SR	00:19:00.430
14	. Brevin Ndovu	SR	00:19:34.616
15	. Riley Brown	SO	00:19:39.786
16	. Jacob Neumann	SR	00:20:04.120
17	. Jacob Meyertholen	SR	00:20:06.516
18	. Ryan Hrastich	SR	00:20:10.430
19	. Nathaniel Cauthorn	JR	00:20:14.476
20	. Mitch Hermann	JR	00:20:18.560
21	. Kole Buelow	SO	00:20:34.536
22	. Jack Lowe	FR	00:21:09.053
23	. Sam Glubka	JR	00:21:18.060
24	. Matt Kelly	SO	00:21:21.386
25	. Ben Hall	JR	00:21:22.876
26	. Sean Schiferl	FR	00:21:25.426
27	. Jacob Brown	SO	00:21:33.390
28	. Zakry Jackson	SO	00:22:06.966
29	. Joseph Del Toro	SO	00:22:53.543
30	. Nicholas Kiminski	SO	00:22:54.160
31	. Cole Wagner	SO	00:22:56.970
32	. Lucas Bremseth	JR	00:23:06.770
33	. Grayden Yoshida	SO	00:23:13.043
34	. Mark Rapp	SO	00:24:14.080
35	. Joseph Morrell	SO	00:25:17.983
36	. Zachary Schank	SR	00:30:22.636
37	C race and JH race:	3,500 M	
38	. Jackson Anderon	SO	00:13:33.500
39	. Joseph Shoemaker	SO	00:13:38.866
40	. Evan Johnson	8th	00:13:41.630
41	. Sean Mcniesh	7th	00:13:42.330
42	. Max Rolig	FR	00:13:45.990
43	. Tyler Mckenzie	7th	00:14:19.180
44	. Max Munter	FR	00:14:44.140
45	. Aiden Engert	7th	00:15:21.283
46	. Joseph Petschauer	7th	00:15:36.086
47	. Ian Mcniesh	FR	00:15:47.110
48	. Cole Hermann	8th	00:16:33.606
49			
50			
51			
52			
53			
54			

GIRLS'

1	. Brianna Sharp	JR	00:21:43.853
2	. Mary Kenney	7th	00:21:54.136
3	. Emily Tupper	JR	00:22:22.596
4	. Shreya Narayan	SR	00:22:30.483
5	. Christine	SO	00:22:31.226
6	. Lucia Witikko	FR	00:22:33.273
7	. Elizabeth Boerger	SO	00:22:36.633
8	. Cassidy Ihns	SO	00:22:38.093
9	. Gwyneth Gerlach	FR	00:22:55.573
10	. Kendra Besser	FR	00:24:16.496
11	. Anastasia Sawyer	JR	00:24:52.990
12	. Emily Poor	FR	00:25:04.970
13	. Erin Glancey	SO	00:26:00.806
14	. Tatem Rios	JR	00:26:27.383
15	. Bella Carpentier	FR	00:26:37.053
16	. Madison Bugel	SO	00:27:05.446
17	. Leah Restad	SO	00:28:02.003
18	. Rebecca Swanson	JR	00:29:52.223
19	C race and JH race:	2,500 M	
20	. Emma Block	FR	00:24:58.143
21			
22			
23			
24			
25			

26 Scores:

Boys' JV

- 1 Northfield 19
- 2 East Ridge 76
- 3 Woodbury 81
- 4 Red Wing 124
- 5 Hastings 128
- 6 Winona 132
- 7 Park 141
- 8 St. Croix Lutheran 260

Girls' JV

- 1 Roseville 16
- 2 Northfield 87
- 3 Red Wing 101
- 4 Woodbury 110
- 5 East Ridge 140
- 6 Winona 162
- 7 Park 186

Boys' V

- 1 Red Wing 45
- 2 Woodbury 6
- 3 Northfield 91
- 4 Winona 95
- 5 Hastings 142
- 6 RAACHE 154
- 7 Park 171
- 8 East Ridge 181
- 9 St. Croix Lutheran 288

Girls' V

- 1 Roseville 33
- 2 Red Wing 40
- 3 Northfield 109
- 4 Woodbury 131
- 5 Winona 145
- 6 RAACHE 150
- 7 East Ridge 163
- 8 Hastings 186
- 9 Park 264

Boys' C race:

- 1 East Ridge 15
- 2 RAACHE 53
- 3 Red Wing 69

"Meet" Letter points:

Boys:

- 9 points <18:01
- 6 points <18:50
- 3 points <20:00

Girls:

- 9 points <20.47
- 6 points <21.42
- 3 points <23.38

Nice work at the Red Wing meet! What a nice day for racing! I think that many runners had a good kick on that last stretching coming towards the finish line (remember to run through the finish line) with your arms moving! There were many instances where we showed some leadership too. Thanks for helping each other out esp in the earlier races where we needed the most help.

East Ridge XC Meet sheet Blaine- Majestic Oaks
10/6/16

BOYS'				
1	Joseph	Reimann	10	17.02
2	Michael	Kenney	10	17.42
3	Mwenda	Rukunga	12	17.43
4	Ryan	Imse	10	18.09
5	Adrian	Marin	10	18.16
6	Zachary	Getting	10	18.26
7	Luke	LeMay	11	18.30
8	Michael	Cauthorn	9	18.33
9	Joseph	Moynihan	12	18.33
10	Eric	Gramer	9	18.34
11	Mitchel	Lejcher	10	18.38
12	Erik	LeMay	11	18.48
13	Philip	Gramer	11	18.56
14	Michael	Merthan	11	18.56
15	Brady	Kunz	11	18.57
16	Jacob	Daubenber	11	18.57
17	Ethan	Storm	11	18.58
18	John	Faller	8	19.04
19	Riley	Brown	10	19.31
20	Evan	Johnson	8	19.37
21	Jackson	Anderson	10	19.38
22	Sean	McNiesh	7	20.00
23	Mitchell	Hermann	11	20.01
24	Jacob	Meyerthole	12	20.07
25	Jacob	Neumann	12	20.09
26	Ryan	Hratisch	12	20.09
27	Nathanie	Cauthorn	11	20.16
28	Zak	Jackson	10	20.19
29	Kole	Buelow	10	20.37
30	Joseph	Shoemaker	10	20.49
31	Tristan	Poeschel	10	21.02
32	Alex	Fournier	10	21.03
33	Sean	Schiferl	9	21.05
34	Tyler	McKenzie	7	21.22
35	Jacob	Brown	10	21.31
36	George	Floyd	9	21.45
37	Cole	Wagner	10	21.56
38	Joseph	Del Toro	10	22.04
39	Mitchell	Jensen	9	22.09
40	Alec	Wagner	12	22.10
41	Grayden	Yoshida	10	22.10
42	Mark	Rapp	10	22.34
43	Maximili	Rolig	9	22.46
44	Nicholas	Kiminski	10	22.50
45	Cole	Hermann	8	23.10
46	Ian	McNiesh	9	23.12
47	Joseph	Morrell	10	23.39
48	Nelson	Holmes	11	23.41
49	Aaron	Beissler	10	23.59
50	Trent	Wagner	8	24.51
51	Brian	Murphy	12	26.54
52	Brevin	Ndovu	12	
53	Jack	Lowe	9	
54	Matt	Kelly	10	

GIRLS'				
1	Paige	Stearns	12	20.14
2	Megan	Schiferl	12	20.16
3	Abby	Witte	11	20.20
4	Eleasha	McKenzie	11	21.06
5	Brianna	Sharp	11	21.12
6	Mary	Kenney	7	21.19
7	Maria	Wallace	12	21.35
8	Daniella	Del Toro	12	21.50
9	Emily	Tupper	11	21.57
10	Cassidy	Ihns	10	22.01
11	Lucia	Witikko	9	22.17
12	Christine	Severude	10	22.26
13	Nicole	Levine	11	22.26
14	Gwyn	Gerlach	9	22.28
15	Shreya	Narayan	12	22.40
16	Elizabeth	Boerger	10	22.45
17	Kendra	Besser	9	24.12
18	Anna	Sawyer	11	24.54
19	Emily	Poor	9	25.14
20	Madison	Bugel	10	25.51
21	Erin	Glancey	10	26.46
22	Bella	Carpentier	9	26.55
23	Leah	Restad	10	28.02
24	Grace	Holmes	10	30.19
25	Emma	Block	10	44.00
26	Hannah	Murray	12	
	Tatem	Rios	11	
	Rebecca	Swanson	11	
	Breanna	Spadino	10	

Good work team! We had some great races at this meet. The terrain isn't traditionally as quick as Red Wing but we still had some great times posted. The finish stretch was especially impressive. It comes down to who wants it more on that last stretch. Way to have some kick left and to get those arms moving so your legs follow. Most of the team is done on Tues 10/18 with the conference meet. Traditionally, the top runners here will be V for SEC. For 3AA, we will heavily weight the SEC meet to determine V but also look to Blaine and maybe some others if times are close. Hang in there. Finish the season strong!

"Meet" Letter points:

Boys'	Girls'
9 points <17:52	9 points <20.43
6 points <18:37	6 points <22.05
3 points <19:48	3 points <23.27

Girls' JV	
1 East Ridge	40
2 Forest Lake	85
3 Centennial	113
4 Mahtomedi	133
5 Andover	141
6 Henry Sibley	156
7 Irondale	190
8 Osseo	202
9 St Francis	256
10 Coon Rapids	282
11 Minneapolis Washburn	285
12 Blaine	319
13 St Paul Highland Park	360
14 Woodbury	362
15 St. Paul Central	468
16 Spring Lake Park	497

Team Scores:

Girls' Blue (upper division) V-

1 Minneapolis Washburn	42
2 Forest Lake	57
3 Henry Sibley	87
4 East Ridge	141
5 Centennial	166
6 Minneapolis Southwest	171
7 Irondale	178
8 St Paul Highland Park	193
9 Andover	214
10 Mahtomedi	231
11 St. Paul Central	281
12 Blaine	323
13 St Paul Acad Summit	364
14 Cretin-Derham Hall	382
15 Woodbury	456

Boys' Blue (upper division) V-

1 Minneapolis Washburn	94
2 Centennial	113
3 St Paul Highland Park	123
4 St. Paul Central	130
5 Henry Sibley	145
6 Blaine	152
7 Forest Lake	174
8 Coon Rapids	200
9 East Ridge	217
10 Mounds Park Academy	260
11 Andover	284
12 Cretin-Derham Hall	310
13 Osseo	315
14 Irondale	324
15 Woodbury	454

Boys' JV-

1 Centennial	39
2 East Ridge	51
3 St Paul Highland Park	85
4 Andover	133
5 Minneapolis Washburn	142
6 Forest Lake	164
7 Blaine	224
8 Coon Rapids	234
9 St. Paul Central	238
10 Minneapolis Southwest	250
11 Henry Sibley	302
12 Mahtomedi	307
13 Irondale	385
14 Tartan	430
15 St Francis	474
16 Osseo	529
17 Mounds Park Academy	538
18 Minneapolis South	542
19 Spring Lake Park	558
20 Woodbury	587
21 St Paul Como Park	624
22 Breck	722
23 St Paul Harding	738

East Ridge XC Meet sheet SEC Championship Meet
10/18/16

BOYS'			
1	Joseph Reimann	10	16.38
2	Michael Kenney	10	17.28
3	Mwenda Rukungu	12	16.56
4	Michael Merthan	11	17.49
5	Ryan Imse	10	17.55
6	Adrian Marin	10	18.03
7	Zachary Getting	10	18.05
8	Erik LeMay	11	18.08
9	Luke LeMay	11	18.11
10	Mitchel Lejcher	10	18.19
11	Jacob Daubenber	11	18.23
12	Eric Gramer	9	18.29
13	Ethan Storm	11	18.36
14	Joseph Moynihan	12	18.38
15	John Faller	8	18.40
16	Brady Kunz	11	18.40
17	Michael Cauthorn	9	18.43
18	Philip Gramer	11	19.12
19	Sean McNiesh	7	19.12
20	Brevin Ndovu	12	19.16
21	Riley Brown	10	19.24
22	Joseph Shoemaker	10	19.28
23	Jacob Neumann	12	19.29
24	Jackson Anderson	10	19.35
25	Ryan Hratisch	12	19.42
26	Nathanie Cauthorn	11	19.45
27	Mitchell Hermann	11	19.51
28	Jacob Meyerthol	12	19.59
29	Tyler McKenzie	7	20.18
30	Max Munter	9	20.28
31	Jack Lowe	9	20.32
32	Kole Buelow	10	20.33
33	Tristan Poeschel	10	20.36
34	Braydon Sydor	11	20.51
35	Matt Kelly	10	20.51
36	Jacob Brown	10	20.52
37	Alex Fournier	10	20.52
38	Maximili Rolig	9	21.02
39	George Floyd	9	21.06
40	Mitchell Jensen	9	21.10
41	Sean Schiferl	9	21.14
42	Tim Ollman	12	21.22
43	Joseph Del Toro	10	21.46
44	Cole Wagner	10	21.47
45	Alec Wagner	12	22.02
46	Lucas Bremseth	11	22.38
47	Mark Rapp	10	23.02
48	Grayden Yoshida	10	23.08
49	Aaron Beissler	10	23.15
50	Ian McNiesh	9	23.18
51	James Hoopes	9	24.14
52	Nelson Holmes	11	24.17
53	Joseph Morrell	10	24.34
54	Nicholas Kiminski	10	24.43
55	Zachary Schank	12	30.37

GIRLS'			
1	Megan Schiferl	12	19.42
2	Abby Witte	11	19.48
3	Eleasha McKenzie	11	20.12
4	Paige Stearns	12	20.33
5	Brianna Sharp	11	20.44
6	Mary Kenney	7	21.05
7	Lucia Witikko	9	21.38
8	Daniella Del Toro	12	21.40
9	Maria Wallace	12	21.42
10	Gwyn Gerlach	9	21.42
11	Christine Severude	10	21.48
12	Nicole Levine	11	22.00
13	Cassidy Ihns	10	22.05
14	Emily Tupper	11	22.06
15	Elizabeth Boerger	10	22.07
16	Shreya Narayan	12	22.11
17	Kendra Besser	9	23.31
18	Emily Poor	9	23.48
19	Madison Bugel	10	25.14
20	Erin Glancey	10	25.41
21	Leah Restad	10	28.20
22	Grace Holmes	10	28.52

Nice work team! We had some fast running at this SEC championship meet. Our focus has been on this postseason meet all season. This was the time to make that withdrawel after all the "deposits" all season. That is, the work you put in paid off for many here. We realize a few have battled injury. Nice job returning to running form. The section team has practice next 4 days. Anyone, especially those who are running in SD (I will see you there), are welcome to join us. Great work putting all the parts to a smart race together here. Please note that we will have our annual post season meeting on Nov. 2nd and the banquet on Fri 11/11th. Coach Ness, Coach Gramer and I are proud of your accomplishments. Thanks for you dedication to the team!

"Meet" Letter points:
Boys' 9 points < 17:17
6 points < 18:02
3 points < 19:17
Girls' 9 points < 20:20
6 points < 21:29
3 points < 23:01

Team Scores:

Boys' V	
Mounds View	52
Stillwater	59
White Bear	109
Woodbury	113
Forest Lake	130
Roseville	149
East Ridge	165
CDH	201
Park	235
Girls' V	
Forest Lake	33
Roseville	78
White Bear	82
East Ridge	88
Stillwater	121
Woodbury	174
Mounds View	174
CDH	228
Park	275
Boys' JV	
Stillwater	17
Mounds View	66
White Bear	72
East Ridge	97
Forest Lake	156
Roseville	160
Woodbury	203
Park	224
CDH	295
Girls' JV	
White Bear	19
Roseville	69
Stillwater	80
East Ridge	85
Mounds View	135
Forest Lake	151
Woodbury	193
Park	258

East Ridge CROSS COUNTRY

Meet Sheet State AA meet DATE November 5th, 2016

Name	Time
Abby Witte	
Joe Reinmann	

Like I said at the Section meet, we are very proud of you and your display of excellence. We take care of what we have control over. We are happy with your progress regardless of the outcome of place and times. Congrats to our two state qualifiers. Every year since East Ridge opened, it has been represented at the state meet— 8th year with individuals and/or teams.



The following awards were voted on by the team.

Most Team Spirit: Who do you think was the most inspirational? Who cheered a lot and really had an invested interest in everyone's success?

Most Improved: Who do you think improved their skills the most over the season?

Hardest Worker: Who do you think worked the hardest? Who put in all the mileage etc?

MVP: Who do you think our MVP should be? This is difficult since the whole team was needed for our successes however, who do you think contributed the most on and off the race course? Who could step it up when needed?

Captains: Who do you think can lead the team next year? Who represents our team well. Please consider leadership ability, reliability--someone you can count on, organization, leader by example and not just simply a good athlete. Open to any 11th grader (next year's 12th grader) who wants to run for captain.

Rookie of the year: Who, of the brand new runners, do you think made a big contribution? (An athlete who has never been on a CC team before)



Many, many runners received votes for the above categories. We are happy to see so many of you exemplifying these characteristics. The whole team present at the post-season meeting votes for these awards—again nearly everyone was present so thank you! Team members running for captain are required to write a captain statement and make a speech in front of the team. That takes some brave individuals. Even though not everyone who runs for captain gets voted in, each year I am proud of all who run for captain.

—Coach Cronin