



Women's Cross Country Record Book

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All-Time Letterwinners

A

Adams, Melynda (88,89,90)
Anderson, Traci (92,93,94)

B

Barnes, Becky (00,01,02,03)
Barr, Amber (95)
Bell, Lindley (08)
Bengston, Kristen (96)
Beymer, Betsy (99)
Blazer, Marlo (90)
Boateng, Manoh (94,95)
Bostelman, Jennifer (06)
Boyd, Jessica (08)
Brill, Jenny (01,02,03)
Brinkhoff, Christina (08)
Broering, Julie (96)
Brown, Ali (06, 07, 08)
Brotzman, Hillary(04)
Butler, Tracy (02,03)

C

Campbell, Jen (95,96)
Case, Beth (90,91,92,93)
Cha, Kyong (90)
Cleary, Jean (87,88)
Crosby, Emma (08)
Crossgrove, Vanessa (95,96,97,98)

D

Davoll, Marissa (01,02)
Deutsch, Meredith (03,04,06)
Doe, Monoh (96,97)
Dubuc, Darcy (08)
Duerr, Beth (96)

E

Ekberg, Pam (90)
Ennen, Michelle (93)
Erdman, Melissa (08)

F

Fethke, Nancy (87,88)
Fike, Jennifer (94,95,96,97)
Finch, Laura (08)
Finkelstein, Anna (02,03, 04)

Florelli, Maren (99)

Fulakis, Elizabeth (87)

Furry, Jane (86,87)

G

Gearhart, Sarah (03,04)
Gerstale, Abi (99,00,01,02)
Goble, Alissa (04,05,06)
Graham, Michelle (07, 08)
Grasso, Samantha (07, 08)
Griffith, Jennifer (93)

H

Haley, Sarah (01)
Haberstroh, Beth (89,90)
Hedrick, Erin (05, 06, 07, 08)
Henry, Anna (08)
Hill, Vicki, (96)
Hillard, Emily (97)
Hoane, Jessica (90)

I

Iden, Samantha (08)
Ingram, Shannon (94)
Iorio, Rachel (96,97,98)

J

Jeffers, Elizabeth (97)
Johnecheck, Wendy (91,92)
Johnson, Anne (89)

K

Kinney, Anne (89,90)
Kropa, Sarah (08)

L

Laber, Heidi (86,87)
Lentz, Laura (86,87,89)
Lintz, Mary Beth (04,05)

M

Maddox, Christine (05,06)
Malackany, Tanya (96,98,99)
McCutcheon, Abby (05,06)
McClain, Katie (00)
McClish, Jessica (04,05)

All-Time Letterwinners (Cont'd)

M (Cont'd)

McClure, Melissa (96,97)
McGee, Amy (89)
McIlvain, Katie (06, 07, 08)
McIntosh, Sharese (87)
Midgley, Kirsten (08)
Miller, Monica (96,97,98)
Morehouse, Christal (94,95)
Morrow, Jodi (92)
Moser, Melissa (04)

N

Nevin, Margot (07, 08)
Norcia, Nikki (02,03)

O

O' Neil, Megan (04)

P

Pawling, Leigh (88)
Pepper, Lindsay (08)
Pfeifer, Mary (08)
Poling, Megan (06)

Q

R

Reamsnyder, Dana (05,06)
Reid, Sarah (00)
Rizzo, Jessica (05,06, 07, 08)
Rohr, Bethany (06)
Rowe, Carolyn (04)

S

Saner, Erin (08)
Sears, Jennifer (93,94)
Severs, Ellen (96)
Shanholtzer, Jen (92,94)
Shoemaker, Katie (06)
Smith, Alexandria (88)
Smith, Allison (04)
Sonnanstine, Amy (99)
Sponseller, Laura (92,93,94)
Stafford, Jordan (08)
Stechschulte, Katrina (97)
Suitor, Rachel (06)

Swanton, Samantha (08)

T

Tanner, Amanda (99)
Taylor, Gillian (98)
Theytaz, Natacha (97)
Tilton, Vanessa (01)

U

V

Veit, Lindsay (01,02,04)
Volkert, Suzie (90)

W

Weaver, Libby (00,01)
Weide, Sarah (98,99,00,01)
Wigton, Rachel (07, 08)
Wisniewski (07, 08)
Woodard, Lauren (06, 07, 08)
Woodford, Sarah (03,04)

X

Y

Yehle, Sarah (03,04,06)

Z

Ziarko, Melanie (98,99,00)

Awards

Most Valuable Runner

2008: Darcy Dubuc
2007: Megan Poling
2006: Christine Maddox
2005: Erin Hedrick
2004: Mary Beth Lintz
2003: Becky Barnes
2002: Abi Gerstle
2001: Abi Gerstle
2000: Abi Gerstle
1999: Sarah Weide
1998: Vanessa Crossgrove
1997: Natacha Theytaz
1996: Vanessa Crossgrove
1995: Vanessa Crossgrove
1994: Manoh Boateng
1993: Jennifer Griffith
1992: none named
1991: Wendy Johnecheck
1990: Mindy Adams
1989: Laura Lentz
1988: Jean Cleary
1987: Jean Cleary
1986: Leslie Gantz
1985: Julie Rasmussen

Most Improved Runner (Records to 1985)

2008: Michelle Graham
2007: Christina Brinkoff
2006: Sarah Yehle
2005: Christine Maddox
2004: Meredith Deitsch
2003: Sarah Woodford
2002: Nikki Norcia
2001: Vanessa Tilton
2000: Sara Reid
1999: Abi Gerstle
1998: Tanya Malackany
1997: Rachel Iorio
1996: Wicki Hill
1995: Kristen Marquard
1994: Jen Sears
1993: Traci Anderson
1992: none named
1991: Beth Case
1990: Suzie Volkert
1989: Anne Kinney
1988: Melynda Adams
1987: Nacy Fethke
1986: Susan Hasler
1985: Deanna Sucui

Most Inspirational Runner (started in 1997)

2008: Lindsay Pepper
2007: Kara Clunk, Alissa Goble
2006: Jennifer Bostelman
2005: Meredith Deitsch (Most Spirited award)
2004: Lindsay Veit
2003: Nikki Norcia
2002: Becky Barnes
2001: Sarah Weide
2000: Cerescia Sandoval
1999: Tanya Malackany
1998: Rachel Iorio
1997: Jen Fike

Awards (Cont'd)

Captains

2008: Erin Hedrick, Katie McIlvain, Lauren Woodard
2005: none
2004: Lindsay Veit, Melissa Moser
2003: Becky Barnes, Jenny Brill, Nikki Norcia
2002: Abi Gerstle
2001: Abi Gerstle, Sarah Weide
2000: Sarah Weide, Melanie Ziarko
1999: Tanya Malackany, Melissa McClure
1998: Vanessa Crossgrove, Rachel Iorio
1997: Jen Fike, Manoh Doe
1996: Jen Fike, Manoh Doe
1995: Jen Fike, Shannon Ingram
1994: Jen Fike, Shannon Ingram
1993: Beth Case
1992: none named
1991: Mindy Adams, Anne Johnson
1990: Anne Kinney, Mindy Adams
1989: Laura Lentz
1988: Jean Cleary, Nancy Fethke
1987: Jane Furry
1986: Deanna Suciu, Susan Hasler
1985: Julie Buxton, Julie Rasmussen

Rookie (Started in 2006)

2008: Mary Pfeifer
2007: Margot Nevin
2006: Megan Poling

All-North Coast Athletic Conference First Team

2008- Mary Pfeifer, Anna Henry
2002- Abi Gerstle
2001- Abi Gerstle, Sarah Weide
2000- Abi Gerstle

Second Team

2008- Darcy Dubuc
1992- Wendy Johnecheck

Third Team

2003- Becky Barnes
1999- Sarah Weide

Honorable Mention

1995- Manoh Doe
1994- Manoh Doe

NCAC Runner of the Year

2002- Abi Gerstle
2001- Abi Gerstle

NCAC Outstanding Freshman/ Newcomer of the Year

2008: Mary Pfeifer
1992: Wendy Johnecheck

NCAA Division III All-Great Lakes Region: First team

2008- Mary Pfeifer, Darcy Dubuc
2001- Abi Gerstle; Sarah Weide
2000- Abi Gerstle
1999- Sarah Weide

Honorable Mention

2003- Becky Barnes
1998- Vanessa Crossgrove

Awards (Cont'd)

Great Lakes Region Qualifier:

1997- Manoh Doe (73rd of 193)

1995- Vanessa Crossgrove, Manoh Doe

1992- Wendy Johnecheck, Jennifer Shanholtzer

1991- Wendy Johnecheck, Mindy Adams

1990- Beth Haberstroh, Mindy Adams

1989- Beth Haberstroh, Amy McGee

1988- Jean Cleary

1987- Laura Lentz, Jane Furry

NCAA Div. III National Qualifier

2002- Abi Gerstle (54th)

2001- Abi Gerstle (108th)

2000- Abi Gerstle (122nd)

NCAA Cross Country Association Academic

Award winner:

2003- Abi Gerstle

NCAA Academic All-American

2001- Abi Gerstle

Year-by-Year Results

Year	Conference Place	Regional Place	Coach
1989	6th		
1990	7th		
1991	7th		
1992	9th		
1993	9th		
1994	7th		
1995	6th		
1996	6th		
1997	8th		
1998	8th		
1999	7th	21st of 29	Shutt
2000	7th		Shutt
2001	5th	17th of 33	Shutt
2002	7th	16th	Shutt
2003	8th		Shutt
2004	8th	25th of 26	Shutt
2005	8th	24th of 31	Shutt
2006	7th	26th of 31	Penney
2007	7th	26th of 31	Penney
2008	4th	11th of 34	Penney