

### **Top 10 Regional Finishers (top 5 “All-Regional” Medalist)**

2000	Andrea Edgar	4 <sup>th</sup>	Class A
2001	Andrea Edgar	1 <sup>st</sup>	Class A
2001	Megan Mackenzie	8 <sup>th</sup>	Class A
2002	Andrea Edgar	3 <sup>rd</sup>	Class A
2003	Mariel McNay	2 <sup>nd</sup>	Class A
2003	Jamie Poore	9 <sup>th</sup>	Class A
2004	Mariel McNay	2 <sup>nd</sup>	Class A
2005	Mariel McNay	4 <sup>th</sup>	Class A
2006	Amanda Darnell	2 <sup>nd</sup>	Class AA
2008	Amanda Darnell	8 <sup>th</sup>	Class AA
2009	Ashley Strieker	10 <sup>th</sup>	Class A
2010	Macy Willer	9 <sup>th</sup>	Class A
2014	Sarah Lewis	8 <sup>th</sup>	Class A
2015	Ella Borrowman	10 <sup>th</sup>	Class A

### **Top 30 Sectional Finishers (Top 10 “All-Sectional” Medalist)**

2000	Andrea Edgar	10 <sup>th</sup>	Class A
2001	Andrea Edgar	4 <sup>th</sup>	Class A
2002	Andrea Edgar	2 <sup>nd</sup>	Class A
2002	Megan Mackenzie	30 <sup>th</sup>	Class A
2003	Mariel McNay	8 <sup>th</sup>	Class A
2004	Mariel McNay	6 <sup>th</sup>	Class A
2005	Mariel McNay	8 <sup>th</sup>	Class A
2006	Amanda Darnell	5 <sup>th</sup>	Class AA
2008	Amanda Darnell	2 <sup>nd</sup>	Class AA
2008	Ashley Strieker	11 <sup>th</sup>	Class AA
2009	Ashley Strieker	29 <sup>th</sup>	Class A
2015	Ella Borrowman	25 <sup>th</sup>	Class A

### **State Finishers (Top 25 “All-State” Medalist)**

2000	Andrea Edgar	81 <sup>st</sup>	Class A
2001	Andrea Edgar	3 <sup>rd</sup>	Class A
2002	Andrea Edgar	4 <sup>th</sup>	Class A
2003	Mariel McNay	41 <sup>st</sup>	Class A
2004	Mariel McNay	20 <sup>th</sup>	Class A
2005	Mariel McNay	61 <sup>st</sup>	Class A
2006	Amanda Darnell	129 <sup>th</sup>	Class AA
2008	Amanda Darnell	32 <sup>nd</sup>	Class AA
2008	Ashley Strieker	78 <sup>th</sup>	Class AA

## **Team Captains**

2000 Kim Schmitt, Betsy Terwelp  
2001 Andrea Edgar, Megan Mackenzie, Bryn McDonald  
2002 Andrea Edgar, Megan Mackenzie, Karen Beard, Laura Wittland  
2003 Laura Wittland, Emily Meckes  
2004 Denise Dreyer, Heidi Bolt  
2005 Denise Dreyer, Rachael Keck, Audrey Sapp, Jamie Poore  
2006 Jamie Poore, Mariel McNay, Kelli Keck  
2007 Kelli Keck, Amanda Darnell, Katie Holm, Samantha Johnson  
2008 Amanda Darnell, Ashley Stricker, Alexis Coleman, Jenn Gallaher  
2009 Ashley Stricker, Pasha Yates  
2010 Paula Holm  
2011 Abby Grawe  
2012 Abby Grawe, Mary Hugenberg  
2013 Maggie Schwartz, Shelby Ulrich  
2014 Lauren Vahlkamp, Sarah Lewis  
2015 Sarah Lewis  
2016 Maddie Nuebel, Peyton Oden, Carly Wilson  
2017 Ella Borrowman, Lindsey Ayo, Katelyn Dixon  
2018 Ella Borrowman, Lindsey Ayo  
2019 Erica Frankenhoff, Siearra Harvey, Georgia Wilson

## **Most Valuable Runner**

2000 Andrea Edgar  
2001 Andrea Edgar  
2002 Andrea Edgar  
2003 Mariel McNay  
2004 Mariel McNay  
2005 Mariel McNay  
2006 Amanda Darnell  
2007 Amanda Darnell  
2008 Amanda Darnell  
2009 Ashley Stricker  
2010 Macy Willer  
2011 Abby Grawe  
2012 Abby Grawe  
2013 Holly Dix  
2014 Sarah Lewis  
2015 Ella Borrowman  
2016 Ella Borrowman  
2017 Ella Borrowman  
2018 Ella Borrowman

### **Most Dedicated Runner**

2000 Megan Mackenzie  
2001 Megan Mackenzie  
2002 Karen Beard  
2003 Laura Wittland  
2004 Amanda Gallaher, Katie Holm  
2005 Emily Cook  
2006 Jamie Poore  
2007 Amanda Gallaher, Katie Holm  
2008 Jenn Gallaher, Ashley Strieker  
2009 Paula Holm  
2010 Paula Holm, Abby Grawe  
2011 Maggie Schwartz  
2012 Mary Hugenberg  
2013 Maggie Schwartz  
2014 Lauren Vahlkamp  
2015 Sarah Lewis  
2016 Peyton Oden  
2017 Katelyn Dixon  
2018 Lindsey Ayo

### **Most Improved Runner**

2000 Karen Beard  
2001 Karen Beard  
2002 Denise Dreyer  
2003 Jamie Poore  
2004 Anna McDonnell  
2005 Denise Dreyer, Jenn Gallaher  
2006 Katie Holm  
2007 Samantha Johnson, Kelly Wiemelt, Alexis Coleman  
2008 Macy Willer  
2009 Pasha Yates  
2010 Elyse Hilotin  
2011 Elyse Hilotin  
2012 Elyse Hilotin, Maggie Schwartz  
2013 Hannah Cobb  
2014 Maddie Nuebel  
2015 Lindsey Ayo  
2016 Lindsey Ayo, Samantha Strieker  
2017 Erica Frankenhoff  
2018 Erica Frankenhoff

### **Most Promising Runner**

2001 Laura Wittland  
2002 Leigh Miller  
2003 Denise Dreyer  
2004 Kelli Keck  
2005 Amanda Darnell  
2006 Ashley Strieker  
2007 Lauren Rivard  
2008 Alexis Niemann  
2009 Abby Grawe  
2010 Mary Hugenberg  
2011 Mary Hugenberg  
2012 Sarah Lewis  
2013 Sarah Lewis  
2014 Amanda Dreyer  
2015 Lexa Borrowman. Peyton Oden  
2016 Jazel Carr  
2017 Georgia Wilson  
2018 Teresa Drotar

### **Team Spirit Award**

2001 Bryn McDonald  
2002 Laura Wittland  
2003 Audrey Sapp  
2004 Audrey Sapp  
2005 Kelli Keck  
2006 Kelli Keck, Rachel Deters  
2007 Rachel Deters  
2008 Alysha Hagarty  
2009 Alysha Hagarty  
2010 Michelle Bingheim  
2011 Alysha Hagarty  
2012 Michelle Bingheim, Shelby Ulrich  
2013 Shelby Ulrich  
2014 Peyton Oden, Angela Halter  
2015 Maddie Nuebel, Carly Wilson  
2016 Lauren Eaton  
2017 Lindsey Ayo  
2018 Lexi Haskins

**Team Post Season Finishes**

<b>Year</b>	<b>Class</b>	<b>Regional</b>	<b>Sectional</b>	<b>State</b>
2000	A	5	11	-
2001	A	3	9	-
2002	A	2	10	-
2003	A	2	10	-
2004	A	2	8	-
2005	A	2	6	-
2006	AA	4	11	-
2007	AA	6	-	-
2008	AA	4	12	-
2009	A	2	11	-
2010	A	2	16	-
2011	A	5	19	-
2012	A	6	18	-
2013	A	6	18	-
2014	A	6	18	-
2015	A	4	9	-
2016	A	4	15	-
2017	A	6	18	-
2018	A	4	11	-
2019	A			