

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

2000	Andrea Edgar	4 th	Class A
2001	Andrea Edgar	1 st	Class A
2001	Megan Mackenzie	8 th	Class A
2002	Andrea Edgar	3 rd	Class A
2003	Mariel McNay	2 nd	Class A
2003	Jamie Poore	9 th	Class A
2004	Mariel McNay	2 nd	Class A
2005	Mariel McNay	4 th	Class A
2006	Amanda Darnell	2 nd	Class AA
2008	Amanda Darnell	8 th	Class AA
2009	Ashley Strieker	10 th	Class A
2010	Macy Willer	9 th	Class A
2014	Sarah Lewis	8 th	Class A
2015	Ella Borrowman	10 th	Class A
2019	Reese Terstriep	9 th	Class A

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

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

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

2000	Andrea Edgar	81 st	Class A
2001	Andrea Edgar	3 rd	Class A
2002	Andrea Edgar	4 th	Class A
2003	Mariel McNay	41 st	Class A
2004	Mariel McNay	20 th	Class A
2005	Mariel McNay	61 st	Class A
2006	Amanda Darnell	129 th	Class AA
2008	Amanda Darnell	32 nd	Class AA
2008	Ashley Strieker	78 th	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 Strieker, Alexis Coleman, Jenn Gallaher
2009 Ashley Strieker, 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 Strieker
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
2019 Reese Terstriep

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
2019 Siarra Harvey

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
2019 Josie Lewis

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
2019 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
2019 Erica Frankenhoff

Team Post Season Finishes

Year	Class	Regional	Sectional	State
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	4	13	-