



MVL Boy's-Girl's Cross Country Season Schedule and Results 2010



Coach: Tom Hartwig 507.354.6851 thart@newulmtel.net

A collection of articles and photos gathered by New Ulm Sports Central from New Ulm Journal, NUSC, other newspapers, plus team and school resources to create a composite personal sport scrapbook for participating athletes.

Numbers are strong for Chargers this year

POSTED August 26, 2010 New Ulm Journal

By Michael Gassett — Journal Sports Writer

NEW ULM - In the past, numbers haven't been great for the Minnesota Valley Lutheran cross country team.

Two years ago, the boys and girls teams had 15 members on a team that was combined with New Ulm High School. Last year, the Chargers went it alone and had 10 runners. But this year numbers are quite good for MVL. The Chargers have 21 runners out this year with 11 girls and 10 boys.

"There was really no specific recruitment," MVL coach Tom Hartwig said. "It's just kids working with kids. The kids want to come out and have reached a level of maturity where they want to do this, some are working with friends and want to be part of a group."

But for Hartwig, the most important thing about the team is the students have an opportunity.

"Whether they are going to be on top or competing against other schools well is secondary to me," he said. "I want the kids to have a good experience and something memorable from their high school years."

The Chargers have been practicing for about a week and so far Hartwig likes what he sees. "The spirit is good on this team," Hartwig said. "When you have good numbers you have good chemistry. Cross country runners are the nicest kids in the world anyways. The kids are working together and are already caring about each other."

Joshua Grefe is the lone senior on the boys team but the junior class is strong with five runners out including Daniel Stelljes, Phil Biedenbender, Brian Knepprath, Ryan Steffl and Luke Wels.

"I am just trying to keep a positive attitude about running," Grefe said. "I try to make sure they all feel included as they run, make sure they have a sense on team and make sure everyone is feeling good because it's a mental sport. The main part is to make sure they are ready to race."

The rest of the team is made up of three sophomores and one freshman.

The girls team has three seniors with Anna Pietsch, Ky Grunst and Leah Boeder. There are three juniors, Brianna Gildner, Triah Meyer and Claire Wiechman and there are five freshmen.

Hartwig says the goals are going to be different between the boys and girls because of the experience on each team. "The boys have a lot of experienced runners," he said. "On the girl's side, almost all are inexperienced runners. So for the boys we start looking at what the team might do in comparison with the other schools we might face. We are looking for a good showing in our conference and section."

To help with training this year, MVL activities director Craig Morgan purchased heart-rate monitors for each runner. The monitor straps around the runner's chest and transmits the data to a watch that they are wearing. Then the information is downloaded into a computer program.

"We have a target zone that we are supposed to be between," Stelljes said. "It kind of just shows how hard we are working."

"I think that it will help with our pace," Grefe said. "It will help keep a steady pace throughout the race so we aren't slowing "We are just looking to find our race pace," Grefe said. "We just need to get used to what it's like to race against other people."



Staff photo by Steve Muscatello
Daniel Stelljes (left) and Joshua Grefe are two of the top returning runners for the Minnesota Valley Lutheran Cross Country team this season.



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Cardinals sweep Early Bird Invite; MVL 6th of 9

POSTED August 28, Fairmont Sentinel . Edited revision combines original article, stats from Sentinel and MVL finishers as reported to New Ulm Journal.

Jason Wilcox - Sentinel Sports Writer

FAIRMONT - The early birds got the wins on Friday at Cedar Creek Park in Fairmont.

The Fairmont Cardinal boys and girls cross country squads opened their season with a new meet and earned victories during the Early Bird Invite in Fairmont.

In the uniquely-scored meet, the Fairmont boys won with a combined time of 73 minutes and 47 seconds, while the Cardinal girls won in 83:58 - with both the boys and girls running 4K races.

The varsity portion of the meet consisted of four separate 4K races with 9-12 boys and girls competing against their own grade levels. The top five times for each team were added to come up with the team time.

EARLY BIRD INVITE

At Cedar Creek Park, Fairmont - Friday, August 27, 2010

GIRLS RESULTS

Team results: 1. Fairmont 83:58; 2. Blue Earth Area 87:48; 3. United South Central/Alden-Conger 90:32; 4. Jackson County Central 93:35; 5. Le Sueur-Henderson 101:08; 6. Minnesota Valley Lutheran 102:33; 7. Medford, Martin Luther, New Richland-Hartland-Ellendale-Geneva, St. Peter incomplete.

12th-grade-4K - 23 finishers: Top 3: 1. Lovisa Gronros (F) 16:17; 2. Laura Hamp (F) 17:00; 3. Rylee Wagner (BEA) 17:18.

11th-grade-4K - 19 finishers: Top 3: 1. Lauren Friese (F) 15:13; 2. Courtney Grandgenett (BEA) 16:49; 3. Marissia Hagedorn (BEA) 17:01.

10th-grade-4K - 14 finishers: Top 3: 1. Hannah Goemann (USC/AC) 16:43; 2. Angela Handzus (JCC) 18:04; 3. Tracy Thiessen (F) 18:39.

9th-grade-4K - 20 finishers: Top 3: 1. Amber Klein (USC/AC) 18:11; **2. Talia Otto (MVL) 18:13**; 3. Jaclyn Friese (F) 18:18. **Other MVL: Cheyenne Bjorkland, no time reported.**

BOYS RESULTS

Team results: 1. Fairmont 73:47; 2. Blue Earth Area 74:45; 3. Le Sueur-Henderson 78:05; 4. USC/Alden-Conger 78:15; 5. Jackson County Central 80:50; 6. Minnesota Valley Lutheran 80:53; 7. St. Peter 83:14; 8. New Richland-Hartland-Ellendale-Geneva 90:37; 9. Medford incomplete.

12th-grade-4K - 31 finishers: Top 3: 1. Andrew Gerdts (LSH) 13:37; 2. Robby Riley (F) 13:52; 3. Sam Viesselman (F) 14:09.

11th-grade-4K - 24 finishers: Top 3: **1. Daniel Stelljes (MVL) 14:46**; 2. Dylan Baumann (USC/AC) 14:58; 3. Ben Kocak (JCC) 15:18. BEA results: 4. Jake Zebedee 15:37; 16. Ben Krussow 17:37; 17. Isaac Vasquez 17:51. **Other New Ulm Finishers: 5. Ryan Steffl, 15:44. 8. Phillip Biedenbender :16:37.**

10th-grade-4K - 19 finishers: Top 3: 1. Nicholas Pietila (SP) 15:34; 2. Jesse Allevan (BEA) 16:16; 3. Torry Hunt (Medford) 16:18. **Other MVL finishers: 7. Dimitri Zimmerman 17:39.**

9th-grade-4K - 17 finishers: Top 3: 1. Michael Ankeny (BEA) 15:13; 2. T.J.-Thomas Schiltz (NRHEG) 15:59; 3. Ethan Dwyer (LSH) 16:17.

JUNIOR HIGH GIRLS—See Fairmont Sentinel for results.



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East's Erdman takes first, but Belle Plaine wins triangular

POSTED Septembvr 1, 2010 Mankato Free Press

By Jim RuedaFree Press Sports Editor

MANKATO — Belle Plaine's Brandon Bast placed ninth in Tuesday's Mankato East boys cross country triangular and that proved to be just high enough. Bast was the fifth Belle Plaine runner across the finish line, enabling the Tigers to eke out a 30-32 victory over host Mankato East.

The Cougars' Ryan Erdman was the individual champion, turning in a time of 17:39 on the new course at the East campus. He bested runner-up Daniel Stelljes of Minnesota Valley Lutheran by almost a full minute.

"The course was pretty flat," Erdman said. "That's fine by me. I like flat."

Erdman was a state qualifier last year where he placed 51st overall. His goal is to earn All-Big Nine Conference honors again and run well enough in Northfield to earn an all-state award.

"Our lineup is still in flux," Erdman said. "Me and Adam (Lorentz) are the top two, but after that, it isn't set."

Lorentz finished second for the Cougars and fifth overall in 19:02. Rounding out the top five for East were Brad Kunz (7th, 19:09), Kent Esslinger (10th, 19:32) and Ryan Stark (11th, 19:56).

Belle Plaine's top runner was Phillip Dvorak, who placed third in 18:44. He was followed by teammates Casey Mueller (4th, 18:44), Marty Walsh (6th, 19:07), Nolan Schroeder (8th, 19:14) and Bast (9th, 19:15).

Stelljes led MVL with a second-place time of 18:38. The Chargers finished third with 68 points.

"Today was a day to just come out and see what we could do," Stelljes said. "I wasn't keying on anybody. (Erdman) got out to fast start and nobody really challenged him."

Following Stelljes for the Chargers were Ryan Steffl (14th, 19:59), Joshua Grefe (15th, 20:04), Phillip Biedenbender (18th, 20:59) and Caleb Grefe (19th, 21:25).

Belle Plaine dominates East triangular

Tigers eighth-grader takes first by more than a minute

POSTED September 1, 2010 Mankato Free Press

By Jim RuedaFree Press Sports Editor

MANKATO — Janessa Mueleners was the smallest girl in the varsity race on Tuesday.

She was also the best.

The eighth-grader from Belle Plaine turned in a time of 16:41 to top the 23-person field at the Mankato East Triangular. Mueleners literally ran away from the rest of the field, finishing 1:10 ahead of runner-up and teammate Jamie Read (17:51).

Mueleners burst onto the cross country scene last year as a seventh grader. She joined varsity about halfway through the season and wound up qualifying for state where she finished 31st.



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"I prefer a more hilly course," Mueleners said. "I like running downhill."

When reminded that you have to run uphill before you run downhill, she shrugged that off.

"I like running uphill, too," she said.

Mueleners' goal for 2010 is to crack the 15:35 barrier. She estimates that might be good enough to earn All-State honors.

"I tried cross country last year because my sister (Alecia) had done it," Janessa said. "I loved it right away."

The Tigers ended up winning Tuesday's meet with 100 points, placing five runners among the top 10. Host Mankato East was second with 300 and Minnesota Valley Lutheran placed third with 400.

Mueleners and Read were followed by teammates Kelly Morrison (eighth, 18:21), Erika Schneider (ninth, 18:23) and Emilyn Siemon (10th, 18:43).

The Cougars were paced by senior Emily Ludwig who turned in a third-place time of 17:53. Teammate Maggie Burneske was fifth in 17:55 and foreign-exchange student Lisa Franke was sixth in 18:05. Rounding out the top for East were Judy Kamara (13th, 18:56) and Callyn Kozitza (14th, 19:21).

"We don't have big numbers this year but I think this team has a lot of potential," East coach Neil Paarmann said. "It was great to see our German exchange student place third for us. That could be a big help."

MVL's top five runners were Samantha Kowalke (fourth, 17:54), Cheyenne Bjorkland (16th, 20:47), Leah Boeder (17th, 20:50), Ky Grunst (18th, 21:57) and Triah Meyer (19th, 21:59).

MVL boys and girls take third

POSTED September 1, 2010 New Ulm Journal

MANKATO - Minnesota Valley Lutheran boys and girls both placed third Tuesday at a cross country triangular meet against Belle Plaine and Mankato East.

Daniel Stelljes placed second overall in 18:38 for the Chargers. Ryan Steffl was 14th in 19:59 and Joshua Grefe was right behind him as he placed 15th in 20:04.

Philip Biedenbender placed 18th in 20:59, Caleb Grefe placed 19th in 21:51 and Dimitri Zimmerman was 20th overall with a time of 21:48.

Belle Plaine won the boys meet with a score of 30 points, Mankato East was second with a score of 34 and MVL was third with 68 points.

On the girls side MVL's Talia Otto was fourth in 17:54, Cheyenne Bjorklund was 16th in 20:47 and Leah Boeder was 17th in 20:50.

Ky Grunst placed 18th with a time of 21:57 and Triah Meyer was 19th overall with a time of 21:59.

Belle Plaine won the girls meet with a score of 30 points, Mankato East placed second with 34 points and MVL was third with 74 points.



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David Stelljes



Joshua Griefe