

**Saline
Cross Country
2010**

2010 SALINE WOMEN'S CROSS COUNTRY

Seniors

Rachel Bonds
 Beverly Chou
 MacKenzie Clements*
 Caroline deVries
 Emily Everett
 Hannah Gingerich
 Hannah Hagood*
 Rachael Heilman
 Anne Kalinowski
 Cheryl Kosek
 Marisa Kouba
 Alina Luurtsema
 Hanna Martens*
 Meghan McGregor
 Amy Morrow*
 Shannon O'Donohue
 Meghan O'Neil
 Rachel Parry
 Kristen Pattullo
 Michelle Pattullo
 Lauren Paxman
 Meredith Phillips
 Kristen Powell
 Christina Radak
 Anjali Saripalli
 Catherine Sebastian
 Megan Shankland
 Brenna Stow
 Stephanie Stroud
 Abby VanHise*
 Tess Vincent
 Elizabeth Wenner
 Kathy Yang

(*captains)

Juniors

Lauren Allport
 Mikayla Bush
 Hayley Brynes
 Katie Colosimo
 Amy Creutz
 Nina DiMauro
 Alex Eddington
 Sarah Elliott
 Amy Frauhammer
 Jackie Frey
 Serena Galea
 Megan Green
 Shelby Harris
 Julia Hogikyan
 Calley Jastrow
 Mackenzie Keller
 Emily Kelley
 Marissa Klinski
 Liz Knight
 Annie Lindsley
 Kayleigh Luttrell
 Meredith Mack
 Sarah Marshall
 Lindsey McQuade
 Maddie Parkinson
 Rachel Paxton
 Kelly Richart
 Aviva Shwayder
 Bridget Smith
 Julie Soisson
 Sam Szuminski
 Casey Tek
 Liz Troost
 Elise Tuneff
 Victoria VanHout
 Cassandra Winner
 Michelle Young

Sophomores

Elizabeth Ausmus
 Maggie Berry
 Kaitlin Bonds
 Grace Campbell
 Alyssa Cummings
 Devin Dailey
 Madeleine Ferguson
 Erin Fitch
 Paige Fordice
 Julia Garner
 Kristin Green
 Kelly Hall
 Allison Horwood
 Megan Jaske
 Abby Jenks
 Olivia Jepson
 Allie Lahnala
 Ariel Martin
 Lauren Mastic
 Hanna McCloe
 Joanna McKelvey
 Holly Mishina
 Lauren Nichols
 Alexis Nowicki
 Laura Nye
 Callie Osborne
 Sam Rathfon
 Emily Reyst
 Monica Shah
 Carli Shankland
 Shaina Sondakh
 Abbey Sovitch
 Michelle Sweigart
 Lindsey Talcott
 Mara VanSickle
 Lindsay Walter
 Devan Wetzell
 Rebecca Wright

Freshmen

Alexis Ammon
 Karina Becker
 Jenna Borowski
 Elsie Bush
 Halle Dawson
 Taylor Day
 Kate Denny
 Anna Fedoronko
 Kelsey Grim
 Lily Gross
 Ellie Hodges
 Lauren Hogikyan
 Kaileigh Keller
 Jenny Kise
 Haley Martis
 Katherine Marx
 Abby McQuade
 Jenna Militello
 Mackenzie Morrison
 Madeline Nowicki
 Gloria Park
 Karissa Renberg
 Maria Romero
 Elizabeth Sanderson
 Elianna Shwayder
 Alyssa Smith
 Erin Stauder
 Chandani Wiersba
 Amelia Wittig
 Natalie Zimmerman

Coaches

Michael Smith
 Susan Jones
 Matt Hagood
 Mark Bersuder
 Chuck Lesch
 Tami Stevenson
 Chuck Martens
 Mandy Lauchu

THE SEASON

First Day of Practice	August 11
Three Mile Time Trial	August 20
Troy Athens Invitational	August 26
South Lyon Invitational	August 28
Ypsilanti Invitational	September 1
Pinckney Dual Meet	September 2
Ypsilanti Invitational	September 9
Bath and Woodhaven Invitationals	September 11
Jamboree I	September 14
Spartan Invitational	September 17
New Boston Invitational	September 18
Jackson/Monroe Jefferson Inv.	September 25
Jamboree II	September 28
Legends Invitational	October 2
Portage Invitational	October 9
Gabriel Richard Invitational	October 16
Jamboree III	October 21
Regional	October 30
State Meet	November 6



SEASON SUMMARY



INVITATIONALS

Troy Athens	1 st (A)
South Lyon	1 st (A)
Bath	1 st (A)
Woodhaven	2 nd (B)
MSU Spartan	8 th (A)
New Boston	3 rd (B)
Jackson	3 rd (A)
Monroe Jefferson	6 th (B)
Legends	6 th (B)
Portage	5 th (A)
Gabriel Richard	4 th (B)

JAMBOREE #1

Saline	47
Pioneer	79
Huron	86
Bedford	114
Dexter	125
Monroe	148
Skyline	151
Chelsea	194
Lincoln	256
Tecumseh	284
Adrian	329
Ypsilanti	377

JAMBOREE #2

Saline	42
Huron	53
Pioneer	71
Monroe	90
Skyline	111
Bedford	165

JAMBOREE #3

Saline	38
Huron	46
Monroe	82
Bedford	93
Pioneer	111
Skyline	144



FINAL LEAGUE

STANDINGS

1. Saline
2. Huron
3. Monroe
3. Pioneer
5. Bedford
6. Skyline

TRI MEET – SEPT. 2

Pinckney 30
Saline 36
 Dexter 57

REGIONAL MEET – OCTOBER 25

LAKE ERIE METRO PARK (TOP 5 TEAMS)

1	Saline	36
2	Monroe	40
3	Pioneer	91
4	Bedford	96
5	Lincoln	116

STATE MEET – NOVEMBER 6

MICHIGAN INTERNATIONAL SPEEDWAY

Top 10 Teams

1 – Grand Haven	135	6 – GP South	200
2 – TC Central	154	7 – Saline	224
3 – Rockford	167	8 – Midland Dow	274
4 – Northville	169	9 – Grand Blanc	305
5 – Pinckney	174	10 – Salem	318



OUTSTANDING PERFORMERS

Three Mile Time Trial	Amy Frauhammer, Meredith Mack
Troy Athens/South Lyon	Calley Jastrow, Kate Denny
Ypsilanti/Pinckney	Lauren Nichols, Brenna Stowe
Ypsilanti/Bath/Woodhaven	Hanna Martens, Alexis Ammon, Alyssa Cummings
Jamboree I	Sam Szuminski, Catherine Sebastian, Mara VanSickle
MSU/New Boston Huron	Abby Sovitch, Lindsay Walter, Kristin Pattullo
Jackson/Monroe Jefferson	Abby Jenks, Michelle Pattullo, Beverly Chou, Elizabeth Wenner
Jamboree II	Stephanie Stroud, Elianna Shwayder, Tess Vincent, Erin Fitch
Legends	Lindsey McQuade, Alina Luurtsema, Jenny Kise, Abby VanHise
Gabriel Richard/Portage	Amy Creutz, Rachel Bonds, Kathy Yang, Lauren Paxman, Amelia Wittig
Jamboree III	Maria Romero, Liz Knight, Amy Frauhammer, MacKenzie Clements
Regional & State	Elianna Shwayder, Mara VanSickle, Gloria Park, Emily Reyst, Kristin Green

PR AWARD

Casey Tek	Joanna McKelvey
Kristin Green	Katherine Marx
Kelly Hall	Kayleigh Luttrell
Emily Everett	Monica Shah
Jenny Kise	Holly Mishina
Alexis Nowicki	Michelle Young
Shannon O'Donohue	Anjali Saripalli

FINAL WINNERS: Alexis Nowicki
Amy Frauhammer

ANNIE SHIRT

Hannah Gingerich	Marisa Kouba
Meredith Mack	Amy Morrow
Kelly Richart	Bridget Smith
Julie Soisson	Shelby Harris
Shaina Sondakh	Hannah Hagood
Alina Luurtsema	

FINAL WINNER: Amy Morrow

TOUGH AS NAILS

Elizabeth Sanderson	Megan Shankland
Gloria Park	Christina Radak
Caroline deVries	Alex Eddington
Lindsey McQuade	Lauren Allport
Meredith Phillips	Sam Rathfon
Lily Gross	

FINAL WINNER: Megan Shankland

TEAM AWARDS

Most Valuable:	Alyssa Cummings
Most Improved:	Emily Everett
Hardest Worker:	Kelly Richart
CC Spirit:	Abby VanHise
SEC Sportsmanship:	Shannon O'Donohue
Taryn Hartman Senior Leadership:	Brenna Stow
Coach Jones Heart and Soul:	Catherine Sebastian
Harding Warren Scholarship:	Hannah Hagood



The Streak Continues (1996 - 2010) . . .

15 Years in a Row

SEC League Champions

ALL CONFERENCE

1983 – Cathy Fillmore, Dawn Toth
 1984 – Dawn Toth, Gloria Davis
 1985 – Dawn Toth, Jaime Webster
 1986 – Jaime Webster, Debbie Guenther
 1988 – Shannon Gallaher
 1989 – Becky Handy, Lori Seck
 1990 – Holly Logue
 1991 – Holly Logue
 1992 – Rita Arndt, Jennifer Schultz, Paula Kangas
 1993 – Rita Arndt, Jennifer Schultz, Stephanie Amsler
 1994 – Rita Arndt, Lisa Concannon
 1995 – Rita Arndt, Jamie Gall
 1996 – Jennifer Johnson, Jamie Gall, Danielle Douthat Mary Hufnagel, Emily Robb, Crystal Burnett
 1997 – Allison Kraeger, Mary Hufnagel, Jennifer Johnson
 1998 – Allison Kraeger, Danielle Chase, Melinda Van Kirk, Jamie Gall, Lauren LeBlanc, Erin Patton
 1999 – Danielle Chase, Allison Kraeger, Amy Hatfield, Lauren LeBlanc
 2000 – Allison Kraeger, Carrie Kraeger, Erin Patton
 2001 – Danielle Chase, Meghan Moore, Claire Meunier
 2002 – Eileen Creutz, Carrie Kraeger, Jessica Chase
 2003 – Eileen Creutz, Joanne Gabl, Carrie Kraeger, Meghan Moore
 2004 – Eileen Creutz, Joanne Gabl, Kari Frank, Melanie Conn, Meagan Creutz
 2005 – Eileen Creutz, Joanne Gabl, Melanie Conn, Meagan Creutz
 2006 – Alex Leptich, Kate Carter, Lindsey Cummings, Rachel Jackson
 2007 – Alex Leptich, Kate Carter, Lindsey Cummings, Rachel Jackson
 2008 – Alex Leptich, Kate Carter, Desi O'Brien
 2009 – Alex Leptich, Kate Carter, Alyssa Cummings, Chelsie Noble
 (2nd team – Katie Colosimo, Emily Reyst)
 2010 – **Alyssa Cummings, Amy Creutz, Kristin Green, Elianna Shwayder**
 (2nd team – Emily Reyst, Mara VanSickle, Amy Frauhammer)

INDIVIDUAL HONORS

ALL STATE

1985 Dawn Toth
 1986 Jamie Webster
 1992 Rita Arndt
 1993 Rita Arndt
 1994 Rita Arndt
 1995 Rita Arndt
 1999 Danielle Chase
 2002 Eileen Creutz
 2003 Eileen Creutz
 2004 Eileen Creutz*
 2005 Eileen Creutz*
 Joanne Gabl
 2006 Alex Leptich
 Kate Carter
 2007 Alex Leptich
 Kate Carter
 2008 Alex Leptich
 2009 Alex Leptich
 Kate Carter

*State Champion

INDIVIDUAL LEAGUE CHAMPIONS

1984, 1985 Dawn Toth
 1993, 1995 Rita Arndt
 1998 Allison Kraeger
 2000 Carrie Kraeger
 2002 Eileen Creutz
 2003 Eileen Creutz
 2004 Eileen Creutz
 2005 Eileen Creutz
 2006 Alex Leptich
 2007 Alex Leptich
 2008 Alex Leptich
 2009 Alex Leptich

ALL REGION

2000 C.Kraeger, A.Kraeger, M.Moore, D.Chase, R.Loehndorf, E.Patton
 2001 C.Kraeger, M.Moore, C.Meunier, J.Chase, D.Chase, L.Brosius
 2002 E.Creutz, M.Moore, J.Chase, C.Meunier, S.Merriman
 2003 E. Creutz, J.Gabl, M.Moore, C.Kraeger, S.Merriman, J.Colunga
 2004 E. Creutz, M. Creutz, S. McGregor, S. Merriman
 2005 E. Creutz, J. Gabl, M. Conn
 2006 Alex Leptich, Kate Carter, Lindsey Cummings, Rachel Jackson, Meagan Creutz
 2007 Alex Leptich, Kate Carter, Lindsey Cummings, Rachel Jackson, Erin Dowling, Meagan Creutz
 2008 Alex Leptich, Kate Carter, Rachel Jackson, Desi O'Brien, Chelsie Noble
 2009 Alex Leptich, Kate Carter, Alyssa Cummings, Emily Reyst, Desi O'Brien, Katie Colosimo, Amy Creutz
 2010 **Alyssa Cummings, Amy Creutz, Mara VanSickle, Elianna Shwayder, Emily Reyst**

CLASS RECORDS

Senior	Eileen Creutz	17:41	2005
Junior	Eileen Creutz	17:52	2004
Sophomore	Eileen Creutz	18:07	2003
Freshmen	Alex Leptich	18:14	2006

SCHOOL RECORD

Eileen Creutz 17:41 2005



PR'S 2010

Cummings	Alyssa	18:42
Creutz	Amy	18:48
Shwayder	Elianna	19:05
Green	Kristin	19:18
Reyst	Emily	19:32
VanSickle	Mara	19:34
Park	Gloria	19:39
Frauhammer	Amy	19:42
Ammon	Alexis	20:10
Walter	Lindsay	20:18
Hall	Kelly	20:23
Szuminski	Samantha	20:31
Jastrow	Calley	20:51
Nichols	Lauren	20:54
Sovitch	Abbey	21:04
Denny	Kate	21:07
Soisson	Julie	21:07
Martens	Hanna	21:10
Keller	Kaileigh	21:11
McQuade	Lindsey	21:15
Kise	Jenny	21:17
O'Donohue	Shannon	21:23
Fitch	Erin	21:31
Romero	Maria	21:34
Richart	Kelly	21:36
Marshall	Sarah	21:41
Colosimo	Katie	21:42
Horwood	Allison	21:47
Everett	Emily	21:55
Day	Taylor	21:59
Rathfon	Samantha	22:04
Nowicki	Alexis	22:11
Sanderson	Elizabeth	22:12
Pattullo	Michelle	22:22
Renberg	Karissa	22:43
Bush	Elsie	22:44
McKelvey	Joanna	22:53
Green	Megan	22:56
Mastic	Lauren	22:56
McGregor	Meghan	22:59
dges	Ellie	23:01
Stow	Brenna	23:02



PR'S 2010 CONT'D

Jepson	Oliva	23:08
Powell	Kristen	23:08
Smith	Alyssa	23:14
Shwayder	Aviva	23:19
Gross	Lily	23:25
Wetzel	Devan	23:27
Becker	Karina	23:28
Fordice	Paige	23:33
Stroud	Stephanie	23:44
Bonds	Rachel	23:47
Bush	Mikayla	23:52
Martis	Haley	23:52
Stauder	Erin	23:52
Wittig	Amelia	23:53
Keller	Mackenzie	24:03
Klinski	Marissa	24:04
Byrnes	Hayley	24:05
Parkinson	Maddie	24:08
Hogikyan	Lauren	24:11
Troost	Liz	24:16
Garner	Julia	24:20
Allport	Lauren	24:21
Militello	Jenna	24:22
Campbell	Grace	24:24
Zimmerman	Natalie	24:24
Morrison	Mackenzie	24:26
Mack	Meredith	24:30
Vincent	Tess	24:31
Luurtsema	Alina	24:33
Berry	Maggie	24:36
Pattullo	Kristen	24:36
Sebastian	Catherine	24:37
Morrow	Amy	24:43
Dawson	Halle	24:54
Gingerich	Hannah	24:59
Jenks	Abby	25:00
Chou	Beverly	25:04
Heilman	Rachael	25:06
Young	Michelle	25:11
Kouba	Marisa	25:13
Yang	Kathy	25:13
Tuneff	Elise	25:14



PR'S 2010 CONT'D

Frey	Jackie	25:22
Wiersba	Chandani	25:25
Knight	Liz	25:28
Wenner	Elizabeth	25:32
Marx	Katherine	25:34
Talcott	Lindsey	25:45
Hogikyan	Julia	25:46
Paxman	Lauren	25:46
Elliott	Sarah	25:50
VanHise	Abby	25:51
Luttrell	Kayleigh	25:52
Fedoronko	Anna	25:56
Radak	Christina	26:06
deVries	Caroline	26:11
Paxton	Rachel	26:13
Lahnala	Allie	26:18
Nye	Laura	26:30
Galea	Serena	26:40
McQuade	Abby	26:43
Sondakh	Shaina	26:50
Ausmus	Elizabeth	26:59
Nowicki	Madeline	26:59
Grim	Kelsey	27:01
Phillips	Meredith	27:06
Tek	Casey	27:06
Martin	Ariel	27:26
Eddington	Alex	27:37
Clements	MacKenzie	28:00
Smith	Bridget	28:07
Harris	Shelby	28:16
Hagood	Hannah	28:28
Saripalli	Anjali	28:29
Sweigart	Michelle	28:38
Shankland	Megan	28:51
Kosek	Cheryl	28:59
Dailey	Devin	29:08
Borowski	Jenna	32:06
Mishina	Holly	32:19
Shah	Monica	32:24
Bonds	Kaitlin	33:35
Ferguson	Madeleine	35:21



TOP TIMES BY CLASS - 2010

Seniors

Martens	21:10
O'Donohue	21:23
Everett	21:55
M.Pattullo	22:22
McGregor	22:59
Powell	23:08
R.Bonds	23:47
Luurtsema	24:33
Sebastian	24:37
Morrow	24:43
Gingerich	24:59
Chou	25:04
Heilman	25:06
Kouba	25:13
Paxman	25:46
K.Pattullo	26:05
Radak	26:06
deVries	26:11
Phillips	27:06
Clements	28:00
Hagood	28:28
Saripalli	28:29
M.Shankland	28:51
Kosek	28:59
O'Neil	31:02

Juniors

Creutz	18:48
Frauhammer	19:42
Szuminski	20:31
Jastrow	20:51
Soisson	21:07
L.McQuade	21:15
Richart	21:36
Marshall	21:41
Colosimo	21:42
M. Green	22:56
A.Shwayder	23:19
M. Bush	23:52
M. Keller	24:03
Klinski	24:04
Byrnes	24:05
Parkinson	24:08
Troost	24:16
Allport	24:21
Mack	24:30
Young	25:11
Tuneff	25:14
Frey	25:22
Knight	25:28
Hogikyan	25:46
Elliott	25:50
Luttrell	25:52
Galea	26:40
Tek	27:06
Eddington	27:37
B. Smith	28:07
Harris	28:16
Lindsley	29:58
Winner	30:18

Sophomores

Cummings	18:42
K.Green	19:18
Reyst	19:32
VanSickle	19:34
Walter	20:18
Hall	20:23
Nichols	20:54
Sovitch	21:04
Fitch	21:31
Horwood	21:47
Rathfon	22:04
A. Nowicki	22:11
McKelvey	22:53
Mastic	22:56
Jepson	23:08
Wetzel	23:27
Fordice	23:33
Garner	24:20
Campbell	24:24
Berry	24:26
Jenks	25:00
Talcott	25:45
Lahnala	26:18
Nye	26:30
Sondakh	26:50
Ausmus	26:59
Martin	27:26
Sweigart	28:38
Dailey	29:08
C.Shankland	29:21
Jaske	30:18
Mishina	32:19
Shah	32:24
K.Bonds	33:35
Ferguson	35:21

Freshmen

E.Shwayder	19:05
Park	19:39
Ammon	20:10
Denny	21:07
K.Keller	21:11
Kise	21:17
Romero	21:34
Day	21:59
Sanderson	22:12
Renberg	22:43
E.Bush	22:44
Hodges	23:01
A. Smith	23:14
Gross	23:25
Becker	23:28
Martis	23:52
Stauder	23:52
Wittig	23:53
L.Hogikyan	24:11
Militello	24:22
Zimmerman	24:24
Morrison	24:26
Dawson	24:54
Wiersba	25:25
Marx	25:34
Fedoronko	25:56
A.McQuade	26:43
M.Nowicki	26:59
Grim	27:01
Borowski	32:06



ALL TIME TOP 10 TIMES

Eileen Creutz	17:41	'05
Alex Leptich	17:54	'09
Kate Carter	18:17	'09
Joanne Gabl	18:28	'05
Alyssa Cummings	18:42	'10
Amy Creutz	18:48	'10
Meagan Creutz	18:56	'05
Lindsey Cummings	19:01	'07
Elianna Shwayder	19:05	'10
Rachel Jackson	19:07	'07

3 MILE TIME TRIAL TOP 10

A.Leptich	16:59	'09
K.Carter	17:37	'09
A.Cummings	18:32	'10
A.Kraeger	18:36	'00
C.Kraeger	18:56	'01
A.Creutz	19:02	'10
D.Chase	19:04	'01
C.Noble	19:09	'09
M.Creutz	19:12	'05
L.Brosius	19:15	'01
J.Chase	19:15	'02

MILL POND TOP 10

E.Creutz	19:04	'04
D.Chase	19:44	'01
J.Gabl	19:45	'04
A.Leptich	19:55	'08
K.Frank	20:02	'04
M.Conn	20:13	'04
M.Creutz	20:19	'04
R.Jackson	20:19	'07
K.Carter	20:20	'08
C.Kraeger	20:21	'01

ALL TIME CLASS TOP TENS

Seniors

Eileen Creutz	17:41	'05
Alex Leptich	17:54	'09
Kate Carter	18:17	'09
Joanne Gabl	18:28	'05
Lindsey Cummings	19:01	'07
Allison Kraeger	19:10	'00
Rita Arndt	19:15	'95
Meghan Moore	19:16	'03
Dawn Toth	19:16	'85
Erin Dowling	19:18	'08
Rachel Jackson	19:20	'08

Juniors

Eileen Creutz	17:52	'04
Alex Leptich	18:23	'08
Kate Carter	18:42	'08
Amy Creutz	18:48	'10
Lindsey Cummings	19:05	'06
Rachel Jackson	19:07	'07
Joanne Gabl	19:12	'04
Meghan Moore	19:14	'02
Rita Arndt	19:15	'94
Desi O'Brien	19:16	'08

Sophomores

Eileen Creutz	18:07	'03
Alex Leptich	18:16	'07
Kate Carter	18:33	'07
Alyssa Cummings	18:42	'10
Meagan Creutz	18:56	'05
Danielle Chase	19:11	'99
Allison Kraeger	19:15	'98
Joanne Gabl	19:16	'03
Kristin Green	19:18	'10
Rita Arndt	19:22	'93

Freshmen

Alex Leptich	18:14	'06
Kate Carter	18:30	'06
Eileen Creutz	18:47	'02
Elianna Shwayder	19:05	'10
Alyssa Cummings	19:06	'09
Carrie Kraeger	19:11	'00
Ali Kraeger	19:18	'97
Kari Frank	19:25	'04
Danielle Chase	19:29	'98
Rita Arndt	19:38	'92



TOP TENS BY YEAR

<u>2006</u>		<u>2007</u>		<u>2008</u>		<u>2009</u>		<u>2010</u>	
A. Leptich	18:14	A. Leptich	18:16	A. Leptich	18:23	A. Leptich	17:54	A. Cummings	18:42
K. Carter	18:30	K. Carter	18:33	K. Carter	18:42	K. Carter	18:17	A. Creutz	18:48
L. Cummings	19:05	L. Cummings	19:01	D. O'Brien	19:16	A. Cummings	19:06	E. Shwayder	19:05
M. Creutz	19:35	R. Jackson	19:07	E. Dowling	19:18	C. Noble	19:36	K. Green	19:18
R. Jackson	19:35	E. Dowling	19:36	R. Jackson	19:20	E. Reyst	19:45	E. Reyst	19:32
M. Conn	19:57	M. Creutz	19:42	C. Noble	20:00	A. Creutz	20:01	M. VanSickle	19:34
L. Mathis	20:01	K. Frank	19:51	R. Johnston	20:28	K. Colosimo	20:02	G. Park	19:39
K. Frank	20:13	C. Noble	20:41	C. Gonzalez	20:41	K. Green	20:32	A. Frauhammer	19:42
H. Warsinske	20:19	R. Johnston	21:04	S. Szuminski	20:45	S. Szuminski	20:33	A. Ammon	20:10
C. Noble	20:42	M. Blackburn	21:06	M. McGregor	20:58	D. O'Brien	20:37	L. Walter	20:18



SALINE'S ALL TIME TOP 50 LIST

1. Eileen Creutz	17:41	2005	29. Stacey McGregor	19:48	2004
2. Alex Leptich	17:54	2009	30. Shannon Merriman	19:53	2003
3. Kate Carter	18:17	2009	30. Jamie Gall	19:53	1998
4. Joanne Gabl	18:28	2005	30. Holly Logue	19:53	1991
5. Alyssa Cummings	18:42	2010	31. Marion Gabl	19:54	2005
6. Amy Creutz	18:48	2010	31. Jamie Colunga	19:54	2003
7. Meagan Creutz	18:56	2005	32. Lauren LeBlanc	19:55	1999
8. Lindsey Cummings	19:01	2007	33. Jaime Webster	19:57	1986
9. Elianna Shwayder	19:05	2010	34. Lexie Mathis	19:59	2005
10. Rachel Jackson	19:07	2007	35. Katie Colosimo	20:02	2009
11. Allison Kraeger	19:10	2000	35. Amy Hatfield	20:02	1999
12. Carrie Kraeger	19:11	2000	36. Melinda VanKirk	20:03	1998
12. Danielle Chase	19:11	1999	37. Kristina Hartman	20:05	2001
13. Meghan Moore	19:14	2002	38. Gloria Davis	20:08	1985
14. Rita Arndt	19:15	1995	39. Alexis Ammon	20:10	2010
15. Desi O'Brien	19:16	2008	39. Mary Hufnagel	20:10	1997
15. Dawn Toth	19:16	1985	40. Lisa Concannon	20:11	1994
16. Kristin Green	19:18	2010	40. Amy Authier	20:11	1987
16. Erin Dowling	19:18	2008	41. Amy Blum	20:12	1999
17. Melanie Conn	19:23	2005	41. Jennifer Johnson	20:12	1997
18. Kari Frank	19:25	2004	42. Megan Nicholls	20:15	2000
19. Jessica Chase	19:27	2002	42. Denise McCartney	20:15	1992
20. Emily Reyst	19:32	2010	43. Kim Klapper	20:17	1995
21. MaraVanSickle	19:34	2010	44. Lindsay Walter	20:18	2010
22. Chelsie Noble	19:36	2009	45. Hayley Warsinske	20:19	2006
23. Gloria Park	19:39	2010	46. Kelly Hall	20:23	2010
24. Renee Loehndorf	19:41	2000	47. Amy Luke	20:24	2005
25. Amy Frauhammer	19:42	2010	48. Malorie Sprunger	20:26	2004
26. Laura Brosius	19:43	2000	49. Brittainy Roth	20:27	2005
27. Erin Patton	19:44	2000	50. Regan Johnston	20:28	2008
28. Claire Meunier	19:45	2001			
28. Jennifer Schultz	19:45	1993			
28. Paula Kangas	19:45	1992			

NOTES ON 2010: **11 additions to the list**
3 of the top 9 times
8 of the top 25 times

PR'S BY YEAR

		All Time	2010	2009	2008	2007
Allport	Lauren	24:21	24:21	27:31	25:01	
Ammon	Alexis	20:10	20:10			
Ausmus	Elizabeth	26:59	26:59			
Becker	Karina	23:28	23:28			
Berry	Maggie	24:36	24:36	24:37		
Bonds	Kaitlin	31:22	33:35	31:22		
Bonds	Rachel	23:47	23:47	25:32	27:00	
Borowski	Jenna	32:06	32:06			
Bush	Elsie	22:44	22:44			
Bush	Mikayla	23:12	23:52	23:12	23:21	
Byrnes	Hayley	24:05	24:05			
Campbell	Grace	24:24	24:24	25:34		
Chou	Beverly	25:04	25:04	26:14	25:43	
Clements	MacKenzie	28:00	28:00	29:53	28:51	31:10
Colosimo	Katie	20:02	21:42	20:02	21:16	
Creutz	Amy	18:48	18:48	20:01	21:58	
Cummings	Alyssa	18:42	18:42	19:06		
Dailey	Devin	29:08	29:08			
Dawson	Halle	24:54	24:54			
Day	Taylor	21:59	21:59			
Denny	Kate	21:07	21:07			
deVries	Caroline	26:11	26:11	27:55		
DiMauro	Nina	28:20		30:40	28:20	
Eddington	Alex	27:37	27:37	29:31		
Elliott	Sarah	24:35	25:50	24:35		
Everett	Emily	21:55	21:55	24:25	25:41	26:34
Fedoronko	Anna	25:56	25:56			
Ferguson	Madeleine	35:21	35:21			
Fitch	Erin	21:31	21:31			
Fordice	Paige	23:33	23:33	23:55		
Fraushammer	Amy	19:42	19:42	22:22		
Frey	Jackie	25:22	25:22	25:44	25:26	
Galea	Serena	25:42	26:40	25:42	25:48	
Garner	Julia	24:07	24:20	24:07		
Gingerich	Hannah	24:35	24:59			
Green	Kristin	19:18	19:18	20:32		
Green	Megan	22:40	22:56	22:40		
Grim	Kelsey	27:01	27:01			



PR'S BY YEAR – CONT'D

		All Time	2010	2009	2008	2007
Gross	Lily	23:25	23:25			
Hagood	Hannah	25:51	28:28	25:51	29:32	30:01
Hall	Kelly	20:23	20:23	20:57		
Harris	Shelby	27:28	28:16	27:28		
Heilman	Rachael	23:22	25:06	24:28	23:22	25:05
Hodges	Ellie	23:01	23:01			
Hogikyan	Julia	24:31	25:46	24:31		
Hogikyan	Lauren	24:11	24:11			
Horwood	Allison	21:47	21:47			
Jaske	Megan	27:36	30:18	27:36		
Jastrow	Calley	20:51	20:51	21:11	22:28	
Jenks	Abby	25:00	25:00	26:59		
Jepson	Oliva	23:08	23:08			
Kalinowski	Anne	25:55		26:08		25:55
Keller	Kaileigh	21:11	21:11			
Keller	Mackenzie	23:14	24:03	23:14	23:30	
Kelley	Emily	26:11		26:11	26:32	
Kise	Jenny	21:17	21:17			
Klinski	Marissa	24:04	24:04			
Knight	Liz	25:28	25:28	26:45		
Kosek	Cheryl	26:34	28:59	26:34		
Kouba	Marisa	24:20	25:13	24:20	24:22	
Lahnala	Allie	26:18	26:18			
Lindsley	Annie	29:45	29:54	29:45		
Luttrell	Kayleigh	25:52	25:52	26:54	28:24	
Luurtsema	Alina	24:33	24:33	24:54	25:13	26:36
Mack	Meredith	24:30	24:30	24:32	24:46	
Marshall	Sarah	21:41	21:41	22:29		
Martens	Hanna	21:10	21:10	21:46	22:31	23:43
Martin	Ariel	27:26	27:26			
Martis	Haley	23:52	23:52			
Marx	Katherine	25:34	25:34			
Mastic	Lauren	22:29	22:56	22:29		
McCloe	Hanna	29:51		29:51		
McGregor	Meghan	20:58	22:59	21:23	20:58	22:18
McKelvey	Joanna	22:53	22:53	24:26		
McQuade	Abby	26:43	26:43			
McQuade	Lindsey	21:15	21:15	22:21		
Militello	Jenna	24:22	24:22			



PR'S BY YEAR – CONT'D

		All Time	2010	2009	2008	2007
Mishina	Holly	32:19	32:19	33:08		
Morrison	Mackenzie	24:26	24:26			
Morrow	Amy	24:43	24:43	24:44	27:01	28:56
Nichols	Lauren	20:54	20:54			
Nowicki	Alexis	22:11	22:11	24:27		
Nowicki	Madeline	26:59	26:59			
Nye	Laura	26:30	26:30			
O'Donohue	Shannon	21:23	21:23	21:50	24:13	23:38
O'Neil	Maghan	31:02	31:02			
Park	Gloria	19:39	19:39			
Parkinson	Maddie	23:13	24:08	23:13		
Parry	Rachel	26:05		26:05		
Pattullo	Kristen	24:15	24:36	24:15	25:15	
Pattullo	Michelle	22:22	22:22	22:57	23:57	24:03
Paxman	Lauren	25:43	25:46	25:43		
Paxton	Rachel	25:07	26:13	25:07	25:56	
Phillips	Meredith	27:06	27:06			
Powell	Kristen	22:32	23:08	23:00	22:32	24:38
Radak	Christina	25:15	26:06	25:15	28:06	
Rathfon	Samantha	22:04	22:04			
Renberg	Karissa	22:43	22:43			
Reyst	Emily	19:32	19:32	19:45		
Richart	Kelly	21:36	21:36	22:20	23:06	
Romero	Maria	21:34	21:34			
Sanderson	Elizabeth	22:12	22:12			
Saripalli	Anjali	28:29	28:29	29:35	29:12	
Sebastian	Catherine	24:11	24:37	24:11	24:36	
Shah	Monica	32:24	32:24	33:16		
Shankland	Carli	28:27	29:21	28:27		
Shankland	Megan	28:51	28:51	30:50		
Shwayder	Aviva	23:19	23:19	24:07	23:19	
Shwayder	Elianna	19:05	19:05			
Smith	Alyssa	23:14	23:14			
Smith	Bridget	26:48	28:07	29:14	26:48	
Soisson	Julie	20:57	21:07	20:57	21:27	
Sondakh	Shaina	24:10	26:50	24:10		
Sovitch	Abbey	21:04	21:04	21:40		
Stauder	Erin	23:52	23:52			



PR'S BY YEAR – CONT'D

		All Time	2010	2009	2008	2007
Stow	Brenna	23:02	23:02	24:30	23:31	
Stroud	Stephanie	23:44	23:44	24:14	24:37	24:34
Sweigart	Michelle	28:38	28:38			
Szuminski	Samantha	20:31	20:31	20:33	20:45	
Talcott	Lindsey	24:27	25:45	24:27		
Tek	Casey	26:29	27:06	26:29		
Troost	Liz	24:16	24:16			
Tuneff	Elise	25:14	25:14			
VanHise	Abby	25:34	25:51	25:49	25:34	26:55
VanHout	Victoria	24:55		24:55		
VanSickle	Mara	19:34	19:34			
Vincent	Tess	23:58	24:31	24:53	24:15	23:58
Walter	Lindsay	20:18	20:18			
Wenner	Elizabeth	25:32	25:32	25:58	27:53	
Wetzel	Devan	23:27	23:27			
Wiersba	Chandani	25:25	25:25			
Winner	Cassandra	30:18	30:18	30:53		
Wittig	Amelia	23:53	23:53			
Wright	Rebecca	26:37		26:37		
Yang	Kathy	24:51	25:13	24:51		
Young	Michelle	25:11	25:11			
Zimmerman	Natalie	24:24	24:24			



OVER THE YEARS: 1981-2010

YEAR	DUAL MEET RECORD	INVITATIONALS WON	LEAGUE	REGIONAL	STATE
1981	1-4		6th	9th	
1982	Overall / League 4-2 / 2-2		4th	2nd	21st
1983	4-2 / 2-2		3rd	4th	
1984	7-1 / 3-1		2nd	3rd	14th
1985	7-1 / 3-1	Onsted	2nd	3rd	7th
1986	6-2 / 4-2		3rd	3rd	10th
1987	6-2 / 4-2	Onsted	3rd	2nd	14th
1988	6-1 / 5-1		2nd	3rd	18th
1989	6-1 / 5-1		4th	5th	
1990	5-2 / 4-2		4th	5th	
1991	6-1 / 5-1	W.Bloomfield, Onsted	2nd	5th	
1992	5-1 / 5-1	W.Bloomfield, Springport	2nd	2nd	5th
1993	7-0 / 7-0	W.Bloomfield, Springport, Gibraltar	1st	1st	3rd
1994	6-1 / 5-1	W. Bloomfield	1st	4th	
1995	6-1 / 5-1	W.Bloomfield, Grosse Ile	2nd	7th	
1996	(Class A)	W.Bloomfield	1st	6th	
1997	2-0		1st	5th	
1998	2-0	W.Bloomfield, M.Jefferson	1st	3rd	14th
1999	2-0		1st	2nd	8th
2000	1-0	Brother Rice, Holly, Jackson, G. Ile	1st	1st	10th
2001	1-0	Brother Rice, Grosse Ile	1st	2nd	13th
2002	1-0	Jackson, Divine Child	1st	1st	8th
2003	1-0	Jackson, Divine Child	1st	1st	5th
		Ypsilanti, Gabriel Richard			
2004	1-0	Ypsilanti, Gabriel Richard	1st	1st	6th
2005	none	Jackson Western, Ypsilanti	1st	1st	7th
2006	1-0	Jackson Western, Bath	1st	1st	4th
		St. Joseph, Divine Child			
2007	none	Jackson JC, Bath, Jackson, Portage	1st	1st	5th
2008	none	M.Center, Bath, Jackson, MSU	1st	1st	6th
2009	1-0	Troy Athens, MSU, Jackson	1st	1st	1st
2010		Troy Athens, South Lyon, Bath	1st	1st	7th



TIMES FOR 2010



		3TT	T.Athns	S.Lyon	Ypsi I	Pnckny	Ypsi II	Wdhavn	Bath	Jam I	N.Bstn	MSU	Jeffrsn	Jxn	Jam II	Legnds	Prtg	G.Rich	Jam III	Rgn'I	State
Allport	Lauren	27:19				27:46		26:16		26:18			25:53		25:40	24:50		26:30	24:21		
Ammon	Alexis					22:37	22:47	21:48		21:42	21:04		20:34		21:11	20:24		21:06	20:33	20:10	
Ausmus	Elizabeth									29:24								28:58	26:59		
Becker	Karina	26:48				27:15		25:25		26:11			24:58		25:14	24:14		24:19	23:28		
Berry	Maggie			27:21		26:51		26:05		26:30			24:36		25:55			25:26	24:42		
Bonds	Kaitlin	32:08								34:02										33:35	
Bonds	Rachel	24:42		25:51		26:04				25:42			24:34		24:43	23:47		23:50	23:51		
Borowski	Jenna	34:08				35:16				35:32			32:06		34:56	35:03					
Bush	Elsie	23:57		25:34	26:19	25:42	25:32			25:00	24:01		22:44		23:50	22:55		23:19	23:07		
Bush	Mikayla	24:49		25:39		26:13	26:11	24:33		24:46						23:52			23:59		
Byrnes	Hayley	24:10		26:58		25:35	26:02			25:03			24:54		24:53	24:05		24:12	24:05		
Campbell	Grace	24:21		27:05		27:19		25:55		26:34			24:41		26:35	24:24		25:24	24:34		
Chou	Beverly	26:15				27:10				27:35	26:32		26:02		26:25	25:19		25:11	25:04		
Clements	MacKenzie												30:43		30:41			30:06	28:00		
Colosimo	Katie	21:35		23:36							23:02					21:42			22:17		
Creutz	Amy	19:02	20:06	20:00		19:46			19:25	20:17		19:40		19:23	20:10		19:51		19:16	19:08	18:48
Cummings	Alyssa	18:32	19:53	19:29		19:42			18:58	19:35		18:59		18:42	19:27		19:46		19:05	18:59	19:04
Dailey	Devin	30:46			*21:48					30:11								30:54	29:08		
Dawson	Halle	27:15								26:18					25:44	25:28		25:10	24:54		
Day	Taylor	22:07				22:57				23:01	22:05		21:59			22:06			22:12		
Denny	Kate	21:27		22:46	23:59	22:46	22:47			21:47	21:19		21:07		21:55	21:37		21:44	21:11		
deVries	Caroline	27:57				31:47				28:55					27:29	28:49		29:46	26:11		
DiMauro	Nina	35:25																			
Eddington	Alex	25:45													28:47				27:37		
Elliott	Sarah	25:43								26:26					26:32	25:50			26:49		
Everett	Emily	22:45						23:55		23:41			22:24			22:11		22:17	21:55		
Fedoronko	Anna	24:53																	25:56		
Ferguson	Madeleine														36:10			35:21			
Fitch	Erin	22:43		24:20		26:49		23:08		23:26	22:53		22:17		22:19	21:44		22:14	21:31		
Fordice	Paige	24:23		25:46		25:48	26:09			25:43			24:19		24:47	23:33		25:06	24:18		



TIMES FOR 2010 – CONT'D

		3TT	T.Athns	S.Lyon	Ypsi I	Pnckny	Ypsi II	Wdhavn	Bath	Jam I	N.Bstn	MSU	Jeffrsn	Jxn	Jam II	Legnds	Prtg	G.Rich	Jam III	Rgn'I	State
Frauhammer	Amy	21:00	22:16	22:36		21:54	22:42	20:49		21:44	20:57		20:40		21:28	20:32		20:52	20:09	19:59	19:42
Frey	Jackie	26:07			*18:52	27:49		26:19		26:36	25:59		26:14					25:45	25:22		
Galea	Serena	26:58				30:54				28:39			27:19		27:46	26:40		27:00			
Garner	Julia	26:12								25:48			26:33		27:08	25:44		25:42	24:20		
Gingerich	Hannah	27:28				28:31				27:56			25:23		26:09	25:29		25:57	24:59		
Green	Kristin	19:17	20:29	20:14		20:27			19:18	20:49		19:53		19:21	20:30		20:11		19:40	19:57	19:26
Green	Megan	22:46		24:16		23:58	24:43			23:53			23:10					22:56	23:13		
Grim	Kelsey	27:31			*18:56	28:32				27:01											
Gross	Lily	23:36			26:26	24:36													23:25		
Hagood	Hannah					35:05				32:29	30:12		29:18		31:59	28:28			29:29		
Hall	Kelly	20:08	20:55	20:49		20:33			20:33	21:05		20:37		20:23	20:51	20:38					
Harris	Shelby					29:51				30:23						28:26		28:16	28:30		
Heilman	Rachael									27:08			26:32						25:06		
Hodges	Ellie			24:02		24:15	24:19	23:19		23:09								23:59	23:01		
Hogikyan	Julia	23:44		25:46		26:47		26:06		26:49								26:20	27:35		
Hogikyan	Lauren	22:37		24:11	25:50	24:26										24:26					
Horwood	Allison	21:59		24:00	23:52	23:49	23:23	22:52		23:25	22:46		21:53		22:48	21:47		22:15	22:50		
Jaske	Megan	28:32				30:25				30:18											
Jastrow	Calley	21:00	22:29	21:29		21:33	23:06	21:39		21:59	20:51		21:59		21:14	21:00		21:14	20:51		
Jenks	Abby	26:59				27:29		26:44		27:07			25:00		26:41						
Jepson	Oliva	24:19		25:50	27:07	25:29	25:46			24:59			23:33		24:12	23:08		24:08	23:28		
Kalinowski	Anne																				
Keller	Kaileigh	21:50								21:53	21:11								22:54		
Keller	Mackenzie	25:32				26:44		24:53		25:29			25:02		25:13	24:03					
Kelley	Emily	32:54																			
Kise	Jenny	22:50		24:32	26:12	23:45	24:06	22:39		23:04	23:20		22:04		22:47	21:34		21:56	21:17		
Klinski	Marissa					28:13		25:48		26:10			24:33		24:27	24:04		24:32	24:06		
Knight	Liz	25:39		32:37		27:48				27:18			26:01		27:04	26:56			25:28		
Kosek	Cheryl	29:34				28:59															
Kouba	Marisa	26:02			*18:22	29:03				27:27	26:14		26:20		25:54	25:23		26:00	25:13		
Lahnala	Allie	30:25			*20:11	30:40				28:33			27:00		28:20	26:18		29:22	27:14		



TIMES FOR 2010 – CONT'D

		3TT	T.Athns	S.Lyon	Ypsi I	Pnckny	Ypsi II	Wdhavn	Bath	Jam I	N.Bstn	MSU	Jeffrsn	Jxn	Jam II	Legnds	Prtg	G.Rich	Jam III	Rgn'I	State
Lindsley	Annie					39:07				36:12			35:01		34:26	29:54		33:08	30:46		
Luttrell	Kayleigh	26:30				28:41				27:37	28:49		27:49		27:17	25:52		27:35	26:58		
Luurtsema	Alina	24:34		25:32		26:11	25:32			25:39			24:55		25:37	24:33		25:18	25:04		
Mack	Meredith	23:43		26:19		25:59	25:48			26:19			25:21		26:14	24:56		25:07	24:30		
Marshall	Sarah	22:43		23:59	25:36					23:50			22:43		22:32	22:00		22:35	21:41		
Martens	Hanna	21:05	22:39			22:06	22:13	21:34		21:52	21:10		21:48						22:33		
Martin	Ariel	28:27								27:57					27:26						
Martis	Haley	23:45		26:42	26:56	25:49		24:46		24:58	24:41		23:52		26:57				27:18		
Marx	Katherine									30:17					27:44	26:09		26:43	25:34		
Mastic	Lauren	25:14				24:39	23:11			22:56					24:04						
McCloe	Hanna																				
McGregor	Meghan			25:49	26:29	24:37	24:12	23:42		23:12	22:59		23:21			26:22					
McKelvey	Joanna	24:22		25:54	07:03	25:27	25:44			24:46			22:53			23:27		23:15	23:06		
McQuade	Abby	29:53								29:48					28:17	26:52		28:14	26:43		
McQuade	Lindsey	22:35				22:34	22:32	22:18		23:05	22:16				22:00	21:15			21:50		
Militello	Jenna					27:08		26:37		26:44			24:22		25:01	25:49					
Mishina	Holly	36:38								35:12						32:19		33:40	32:33		
Morrison	Mackenzie	29:54				30:55				29:42			26:02		27:05	24:26		24:45			
Morrow	Amy	25:06			28:41	27:29		26:18		26:29	26:19		25:39		25:50	25:05		25:53	24:43		
Nichols	Lauren	22:22		23:08	25:00	22:29	21:46	21:57		21:46	21:39		20:59		21:16	20:54		22:36	21:10		
Nowicki	Alexis	22:44		24:26	26:09	24:45	23:44			23:21	23:00		22:12		22:47	22:12			22:11		
Nowicki	Madeline	30:19			*20:41	30:56				31:04			28:02		29:16	28:01			26:59		
Nye	Laura	24:32		26:30																	
O'Donohue	Shannon	21:17		23:45		22:47				23:15	22:30		21:56		22:28	21:23		22:12	22:13		
O'Neil	Maghan	30:30				31:14				31:43	31:02		31:29								
Park	Gloria	20:14	22:21	22:02							21:06								20:30	19:39	
Parkinson	Maddie	25:30				25:48	25:19			24:08											
Parry	Rachel																		29:31		
Pattullo	Kristen	24:52		27:25		27:37				27:23	26:05				26:40	24:36			24:50		
Pattullo	Michelle	23:14				24:53	24:18			23:46	24:18		22:35		23:46	22:32			22:22		
Paxman	Lauren					27:56				30:01			28:01		28:16	26:31		26:47	25:46		



TIMES FOR 2010 – CONT'D

		3TT	T.Athns	S.Lyon	Ypsi I	Pnckny	Ypsi II	Wdhavn	Bath	Jam I	N.Bstn	MSU	Jeffrsn	Jxn	Jam II	Legnds	Prtg	G.Rich	Jam III	Rgn'I	State
Paxton	Rachel	27:05				30:21				29:55			27:35		28:07	27:58		28:49	26:13		
Phillips	Meredith	26:03			*18:31					27:42						27:06			27:18		
Powell	Kristen	21:30		23:09		24:00										23:08			24:07		
Radak	Christina	25:28		27:17		26:48		26:15		27:39			26:40		26:06	26:54		27:33	26:56		
Rathfon	Samantha										23:25		22:32		22:45	22:19		22:04			
Renberg	Karissa	24:24		25:12	29:46	26:35		23:47		23:52			23:32		23:24	22:43		24:04	23:12		
Reyst	Emily	20:02	21:06	21:30		20:58			20:23	20:56		20:37		19:50	20:37		21:07		20:05	19:48	19:32
Richart	Kelly	22:30		23:55		23:33	22:58	22:22		22:36	22:23				23:21	21:51		21:54	21:36		
Romero	Maria	22:36			26:22	23:41	24:50	23:13		23:40	23:27		22:42		22:56	22:42		23:32	21:34		
Sanderson	Elizabeth	23:46		26:02	27:00	26:09		24:48		24:58			23:03		23:15	23:03		22:37	22:12		
Saripalli	Anjali	30:12				32:17							30:59						28:29		
Sebastian	Catherine	27:11			*18:51	29:44				26:47	25:04		24:37			25:53		25:38	25:09		
Shah	Monica	36:33				39:54				35:58			33:25		35:43	32:24		34:30	33:57		
Shankland	Carli	28:49								30:40			29:21		30:38			29:34			
Shankland	Megan	30:50				34:30				32:38	31:03		29:38			28:51		31:18	29:02		
Shwayder	Aviva	24:25				25:46	25:44			25:40			23:49		24:46	23:19		23:49	23:40		
Shwayder	Elianna	21:09	21:55		23:12	21:47	21:25		20:34	21:26		20:42		20:01	20:20	20:10	20:38		19:50	19:43	19:05
Smith	Alyssa	23:40		25:35	26:45	24:24	25:31			24:56	24:58				24:03	23:14			25:07		
Smith	Bridget	28:24								30:22						28:07		29:31	28:26		
Soisson	Julie	21:37		24:10		23:01		21:52		22:28			21:58		21:23	21:07		22:04	21:28		
Sondakh	Shaina																	27:20	26:50		
Sovitch	Abbey	21:44		22:25	22:55		22:49	21:55		23:11	21:29		21:04		21:35				22:15		
Stauder	Erin	26:35				26:07				26:03			24:23		24:55	23:58		25:08	23:52		
Stow	Brenna	22:48		25:11		24:42	24:50			24:33	23:55		23:05		23:37			23:52	23:02		
Stroud	Stephanie	24:01		26:20		25:41				25:41	25:51		24:25		24:14	23:44		26:31	24:11		
Sweigart	Michelle	31:09				34:48				32:36			29:13		30:27	28:38		30:20	29:32		
Szuminski	Samantha	20:52	22:03	22:06	22:41	21:36	21:39	21:43		21:35	21:13		20:31		21:35	20:33		20:51		20:36	
Talcott	Lindsey												27:58		27:17	27:30		28:27	25:45		
Tek	Casey	25:13		27:06		27:39				28:24			27:33		27:33			28:07			
Troost	Liz					28:10		25:37		25:57			25:31		25:38	24:30		25:18	24:16		
Tuneff	Elise	24:14		26:39		26:39		25:37		26:09					26:04	25:18			25:14		



TIMES FOR 2010 – CONT'D

		3TT	T.Athns	S.Lyon	Ypsi I	Pnckny	Ypsi II	Wdhavn	Bath	Jam I	N.Bstn	MSU	Jeffrsn	Jxn	Jam II	Legnds	Prtg	G.Rich	Jam III	Rgn'I	State
VanHise	Abby	27:25			*18:54	27:44		26:45		27:45	27:26		26:03		27:40	25:51		27:15	26:36		
VanHout	Victoria	32:38																			
VanSickle	Mara	21:54		22:38	23:15	22:17	21:29		20:34	21:09		20:46		19:54	20:39		21:51	20:59	20:05	19:38	19:34
Vincent	Tess	26:42				27:33				27:33	26:53				25:46	24:31		26:57	25:08		
Walter	Lindsay	20:45	22:02	23:00	22:53	21:59	21:29	21:21		21:27	21:00		20:37		21:18	20:27		21:01	20:38	20:18	
Wenner	Elizabeth	27:56			*18:50	27:53				27:50			25:54					26:46	25:32		
Wetzel	Devan	24:11		25:22	28:24					26:04			24:21		24:24	23:56		24:23	23:27		
Wiersba	Chandani	28:24				28:25				27:48			26:05		26:57			25:54	25:25		
Winner	Cassandra	31:02				33:26												31:45	30:18		
Wittig	Amelia	25:47				28:02		25:52					24:17		25:39	25:49		23:53	24:48		
Wright	Rebecca	30:07																			
Yang	Kathy	24:44								26:52	25:47				25:51			25:13	27:25		
Young	Michelle					28:53				27:47			27:12					25:43	25:11		
Zimmerman	Natalie					27:01		26:02		26:20			25:01		25:35	24:27		25:09	24:24		

* = 3200 M



CAREER MILEAGE



SENIORS	
Bonds, R	1012
Chou	1529
Clements	2658
Davis	25
Deneszczuk	155
deVries	913
Everett	192
Gingerich, H.	746
Gould	408
Hagood	1393
Heilman	1799
Kalinowski	420
Lupascu	205
Luttrell	1516
Luurtsema	157
Martens	2413
McGregor	443
Morrow	2010
O'Donohue	959
Pattullo, K.	1655
Pattullo, M	2155
Powell	1819
Radak	1472
Saripalli	530
Sebastian	1330
Shankland	196
Stow	1796
Stroud	2365
Vanhise	2656
Vincent	1167
Yang	235

JUNIORS	
Allport	1327
Bush	1405
Byrnes	322
Colosimo	1799
Creutz	2198
Bush	567
DiMauro	1358
Eddington	660
Elliott	600
Frauhammer	1481
Frey	649
Galea	1653
Green,M	1099
Harris	286
Ho	42
Jastrow	2321
Kelley, E.	657
Knight	305
Kouba	855
Lindsley	81
Mack	775
Marshall	1096
McQuade	2059
Nagy	694
Paxman	271
Paxton	553
Pleger, C.	42
Richart	2289
Shwayder A	644
Smith	76
Soisson	1656
Soltis	575
Szuminski	1999
Tek	1069
Wenner	1321
Winner	500
Young	58

SOPHOMORES	
Ausmus	65
Berry	89
Bonds, K	291
Campbell	223
Cummings	1846
Dailey	77
Ferguson	33
Fitch	51
Fordice	884
Garner	1017
Green, K.	1816
Hall	1593
Harris	165
Horwood	121
Jenks	96
Ikeda	46
Mastic	750
Mishina	320
Nowicki, A	940
Rathfon	564
Reyst	1358
Shah	47
Shankland,C	61
Sondakh	845
Sovitch	807
Sweigart	307
Talcott	364
VanSickle	535
Walter	847
Wetzel	62
Winner	63
Wright	156

FRESHMAN	
Ammon	371
Becker	99
Borowski	26
Bush, E	361
Day	181
Denny	355
Fedoronko	111
Grim	134
Kise	463
Martis	60
Park	362
Romero	384
Sanderson	343
Shwayder,E	512
Smith, A	158
Stauder	
Wiersba	19
Wittig	201
Zimmerman	151





MILE CLUBS

CURRENT MEMBERS OF THE 1000 MILE CLUB

(297 total members)

- | | |
|--------------|---------------|
| B. Stow | M. Bush |
| J. Soisson | H. Hagood |
| S. Szuminski | S. Galea |
| A. Morrow | K. Pattullo |
| K. Richart | A. Creutz |
| T. Vincent | S. Stroud |
| C. Jastrow | M. Pattullo |
| R. Heilman | K. Powell |
| H. Martens | K. Colosimo |
| B. Chou | L. McQuade |
| A. VanHise | C. Radak |
| M. Clements | K. Luttrell |
| A. Cummings | K. Green |
| N. DiMauro | L. Allport |
| E. Wenner | A. Frauhammer |
| E. Reyst | M. Green |
| K. Hall | C. Sebastian |
| S. Marshall | J. Garner |
| C. Tek | R. Bonds |



CURRENT MEMBERS OF THE 2000 MILE CLUB

(112- total members)

- | | |
|-------------|--------------|
| M. Clements | A. Creutz |
| A. VanHise | K. Richart |
| H. Martens | M. Pattullo |
| S. Stroud | S. Szuminski |
| C. Jastrow | L. McQuade |
| A. Morrow | |

CAREER MILEAGE ALL TIME TOP 10

- | | |
|------------------|------|
| Kate Carter | 5624 |
| Alex Leptich | 4883 |
| Eileen Creutz | 4821 |
| Shivali Patel | 4733 |
| Rachel Jackson | 4493 |
| Mollie Hagood | 4402 |
| Jessica Pontius | 4385 |
| Lori Seck | 4381 |
| Lindsey Cummings | 4236 |
| Alice Bowe | 4062 |

There are currently 42 members of the 3000 Mile Club, 11 members of the 4000 Mile Club, and one member of the 5000 Mile Club.





LETTER POINTS – CONT'D

		summer miles	commit.	yrs	bench mark	v'teer	PR's	3TT	T.Athns	S.Lyon	Ypsi I	Pckny	Ypsi II	W'havn	Bath	Jam I	MSU	N.Bstn	Jxn	Jeffrsn	Jam II	Legends	Ptg	GR	JamIII	Reg	State	TOTAL	
Troost	Liz			2	3	2	8																					15	
Tuneff	Elise			2	2	2	6																					12	
Van Hout	Victoria			4																								4	
VanHise	Abby	10	16	10	2		6																					44	
VanSickle	Mara	8		2	8	6	7			2	4	2	2		6	4	5			5				5	5	9	10	6	103
Vincent	Tess			10	3		7																					20	
Walter	Lindsay	12		2	7	4	14	2	5	2	4	2	2	4		3		4			4	4	3		5	5	4	92	
Wenner	Elizabeth	8	12	8	2		8				1																	39	
Wetzel	Devan			2	4		6																					12	
Wiersba	Chandani			2	2		10																					14	
Winner	Cassandra	8		4			7																					19	
Wittig	Amelia	6		2	4	2	8																					22	
Wright	Rebecca			4																								4	
Yang	Kathy			4	2		6																					12	
Young	Michelle			2	2		10																					14	
Zimmerman	Natalie	6		2	3		8																					19	



NAMES, NAMES, NAMES

LOTS OF PEOPLE AND LOTS OF NAMES!

****As always there are the ever popular C's and K's:**

Calley, Callie, Carli, Caroline, Casey, Cassandra, Catherine, Christina, Chandani, Cheryl, Kaitlin, Karissa, Kaileigh, Kayleigh, Karina, Katie, Kathy, Katherine, Kate, Kelsey, Kristen, Kristin, Kelly, and Kelly!

****And those parents who wanted the first names at the front of the alphabet:**

Alex, Anna, Allison, Anne, Allie, Annie, Alina, Ariel, Anjali, Aviva, Amelia, and Alexis and Alexis; and Amy, Amy, and Amy; and Alyssa and Alyssa; and Abby, Abby, Abby, and Abbey!

****And how many ways can we spell Megan, Megan, Megan, Meghan, and Maghan!**

****Do we keep the H or drop the H? Hannah, Hannah, Hanna, Hanna**

****There are a few L's out there too Lauren, Lauren, Lauren, Lauren, Lauren, and Laura and Lindsey, Lindsey, Lindsey, and Lindsay!**

****Let's hear it for the individualists like Mikayla, Serena, Olivia, Meredith, Monica, and Brenna!**

****We love the sisters! Bush x 2, Green x 2, Hogikyan x 2, Keller x 2, Pattullo x 2, McQuade x 2, Shankland x 2, and Shwayder x 2!**

****And some important words of advice regarding your training:**

-Running in a Park is always a good idea because there are often Green Bushes, and sometimes you can even stop to nibble on a Berry.

-If you run both Day and Knight, you can make many Marx on your mileage calendar and eventually end up in the Saline Distance Runner's Hall of Fame.

-HighTEK gear, which can sometimes cost a lot of Nichols, can sometimes be helpful to the Young runner.

-After Chouing down on too much Freyed food at Denny's, you may feel particularly Gross on your next run.

-And if you are willing to break the Bonds that hold you back and Marshall your strength for the supreme effort, your training will not be Grim – it will instead be filled with Dailey triumphs that will indeed make you a Winner.

-Yes, it's time to turn the Paige.....



SOME IMAGES FROM 2010

- *Running down the dunes at camp and continuing on right into Lake Michigan!
- *Becoming jazzercise experts!
- * “Star!!!! CC!!!! Star!!!! CC!!!!
- *Senior Speeches could someone please pass the tissues?
- *”When the streak started, the freshmen weren’t even born.....”
- *Finding out at Adrian (Jamboree I) if Big Bertha was really that big.
- *Coach taking on a car with his bike, and the car winning.
- *Overheard at an Invitational... “What if they all stopped at McDonald’s on the way home!”
- *Max Out Day in mid-October - Doing something you thought you could never do.
- *Running a PR at Jamboree III - Is there ANYTHING better??
- *Having probably the best 5K runner/discuss and shot thrower in the state!
- *Alexis N. and Amy F. running PR after PR after PR after
- *Puma scaring a woodchuck half to death at the track.
- *Spending the final 5:00 of your run during summer conditioning thinking about what flavor popsicle to have.
- *And the captains for 2011 are
- *A hug and a smile from Mama J at the starting line – it always helps.
- *Eating 50 different types of pasta at Pasta Dinners.
- *Learning the words to “Happy Trails.”
- *Overheard at a Jamboree..... “When does the yellow end?”
- *Thinking you could NEVER do 20 x 200 - and then doing it.
- *Nike and Harvard Hills - so this is what going to Harvard is like.....
- *Go For It Miles and watching your time drop ... and drop ... and drop...
- *150 runners attacking Toboggan Hill on the final Senior Hill.
- *Jumping into Lake Erie after the Monroe Jefferson Invitational.
- *Walking down the hallways of SHS and seeing a teammate every 10 steps.
- *Overheard at the starting line of Jamboree I.... “I think them girls like to run!”
- *Nike lending a helping hand during the Puma 200’s.
- *Collecting a rainbow of ribbons during the season.
- *Red “Chickadee” sweatshirts at the State Meet.
- *Wearing XC clothing 7 days a week.
- *Dedicating the Regional trophy to Tami.
- *The Annie Shirt becoming the Amy Shirt.
- *Dedicated, hard-working captains who cared about every member of the team.
- *Which is better.... Christmas - Your birthday - Senior Day?
- *Big Sisters taking care of Little Sisters - and Little Sisters taking care of Big Sisters.
- *The Homecoming workout - sometimes you KNOW when the team has become a team.
- *Walking into the gymnastics room at 3:00 – and finding YOUR spot – and seeing your teammates – and giving and receiving some smiles – and simply feeling that you belong.
- *Finding out that Sisterhood isn’t just a word. It’s a state of mind. It’s there if you WANT it to be there.



SALINE CROSS COUNTRY'S HANDY LIST OF EXCUSES

When things aren't going quite right before, after, or during a race, you could say....

- it's too cold
- it's too hot
- it's too sunny
- it's too cloudy
- it's too wet
- it's not wet enough
- I keep thinking about tornadoes
- the bright leaves in October hurt my eyes
- good weather scares me
- I forgot my socks
- I forgot my shoes
- I only have one shoe
- I have no shoes
- my running partner is having a bad day
- my running partner is way ahead of me
- my running partner is dating my boyfriend
- my running partner is my boyfriend
- we have too many coaches and I can't keep them straight
- the coaches always yell at me during the race and it depresses me
- the coaches keep calling me by my older sister's name
- I don't understand the coaches
- I don't understand
- my side hurts
- my head hurts
- my ___ (fill in body part) hurts
- nothing hurts.... and that can't be good
- I have a stress fracture in my thumb
- I failed a test today
- I think I failed a test today
- I will probably fail a test tomorrow
- I heard that running lowers one's IQ
- started my kick too soon
- started my kick too late
- forgot to kick
- got kicked
- this whole "kicking thing" sounds too violent to me
- I hate my uniform
- my uniform doesn't fit
- I don't look good in yellow
- I left my uniform at home
- another team stole my uniform
- my mom melted my uniform in the dryer
- I look my best in black
- the course was too hilly
- the course was too flat
- the course was too easy.. not enough of a challenge
- the course had too many violent names.... like Killer Hill!
- I got lost
- my teammate got lost and I went to look for her
- I stopped to pick flowers
- I stopped to have a snack
- I stopped to talk to my mother



- I ate a giant burrito for lunch
- I ate a giant burrito for breakfast
- was thinking about burritos during the race and lost concentration
- the medals were small.... not enough reason to run hard
- I only run hard for money
- I'm building slowly toward my senior year
- I don't like being "a Hornet"... insects disgust me
- trained too much during the summer
- didn't train enough during the summer
- when the coach talked about training during the summer, I thought he meant to RIDE a train
- the bus was too crowded on the way to the meet
- the person sitting next to me on the way to the meet snored all the way there
- the bus drove too fast (or too slow) on the way to the meet
- the bus driver looked too much like my Uncle Harold (or Aunt Mildred)
- I'm a pacifist.... the gun at the start is inappropriate
- my brain is dead.... I'm in APH
- can't run well when my boyfriend is watching
- can't run well when my parents are watching
- can't run well when the coaches are watching
- can only run well when no one is watching
- I'm a sprinter/pole vaulter/discus thrower at heart
- I'd really rather be a cheerleader
- the pace was too fast at the start
- the pace was too fast in the middle
- the pace was too fast at the end
- I have no pace
- I think I need a pace-maker
- running makes me breathe hard
- I have a thing for the Colonial Army and those official guys with the RED coats really bother me
- sweat disgusts me
- forgot to go to the bathroom
- lines at the bathrooms were too long
- I got locked in the bathroom
- there were no bathrooms
- I only run hard on Mondays
- I had too much on my mind
- my mind was a complete blank
- I've lost my mind
- I'm allergic to grass, leaves, sunshine, and October
- I only run hard if popsicles are involved
- I've been doing too many push-ups....I'm too strong
- when I do my push-ups, I count by 2's.... I'm too weak
- my mom told me to run slow so she could get a good picture of me
- I wanted to see what my time would be if I walked the entire race.....backwards
- I was attacked by a deer/squirrel/raccoon/tiger just after the 2 mile mark
- I'm too tired
- I'm too weak
- I'm too stressed
- I'm too slow
- I'm too happy
- I'm too smart
- OrI'm too good looking!



THERE IS THE BILL OF RIGHTS, THERE IS THE CONSTITUTION, AND THERE ARE

... THE COACH'S LAWS!

1. Be nice to Coach Bersuder. He works at a bakery.
2. Always listen to your captains.
3. Too much crying causes dehydration.
4. Winter running makes you tough(er).
5. Wear SXC clothing at least once a week.
6. Ketchup is not a vegetable.
7. No whining.
8. Don't share water bottles. The teammate thing only goes so far.
9. Learn how to sing "Happy Trails."
10. Never walk up Toboggan or Killer Hill.
11. Be as positive and optimistic and caring as Coach Jones.
12. When your mom and dad come to watch a meet, give them a hug after you race.
13. It's OK to beat your best friend. If they are your best friend, they'll understand.
14. Don't wear a dirty or wrinkled uniform.
15. Befriend a freshman.
16. When leaves fall, so should your times.
17. Pack your bag the night before a meet.
18. Learn each of your teammate's names.
19. Take pride in both your PR and your GPA.
20. Find a running partner(s).
21. Learn to look forward to horrible weather.
22. Don't forget your parents' birthdays and Mother's/Father's Day.
23. Be a leader.
24. Don't irritate your coaches. Turn in your mileage calendars.
25. Remember that popsicles make you run faster.
26. Know who Coach Warren and Coach Townsend were.
27. Say please and thank-you.
28. Smile at your teachers. It can't hurt.
29. Earn a 1000 Mile Club Shirt.
30. Accept the fact that port-a-johns are a part of cross country.
31. Be on time.
32. Remember that character is what you do when no one else is around.
33. Thank the bus driver.
34. Use correct grammar and learn to write good/well.
35. Train in good shoes and don't wait too long to replace them.
36. Always beat guys when you get the chance. It's good for their egos.
37. Search parties aren't much fun; don't get lost during a race.
38. Always go back out on the course after you finish to help your teammates.
39. If you feel yourself getting too nervous..... smile!
40. Sleep with your spikes the night before a big race.
41. On a hill, it's how you run at the top of it rather than how you run going up it.
42. Splits and times can vary because of the course and conditions. Race people!
43. How "lucky" someone is seems to go in direct proportion to how hard they work.
44. After a race, find at least five teammates and congratulate them.
45. Get to know runners from other schools.
46. Don't spend half your day texting or talking on your cell phone.



47. Eat like it makes a difference in how you run because it does.
48. Don't snore when you fall asleep on the bus.
49. Be patient when you tell people you run XC and they think you mean track.
50. When it's time to pack up the gear after a meet, don't stand around and WATCH other people do the work. HELP!
51. Approximately one out of every 10 girls you see in the hallways of SHS should be on the team.
52. Never lose to anyone in the final 100 meters of a race. If you've been ahead of them for 4900 meters, then keep it that way!
53. When there are opportunities to volunteer, be first in line.
54. When the weather is horrible for practice, be first in line to go out the door – with a smile on your face.
55. When you're a Big Sister to a freshman, be the best Big Sister there's ever been.
56. Do Commitment. It's good for you, and it's good for the team.
57. If you do things right, seniors should never stop smiling on Senior Day.
58. Always know your PR's.
59. Recruit one friend to be on the team next year.
60. Keep spreading the rumor that Cross Country is "required" at Saline.
61. Get at least one new running outfit before the start of each season.
62. Run Indoor Track.
63. Make your water bottle your constant companion.
64. Know which cross country runners have their picture in the Athletic hall.
65. Be proud to wear a Saline CC jersey.
66. Work hard to make Saline XC the best TEAM in the school.
67. Always do your homework.
68. Run on Thanksgiving and Christmas morning. Then you can eat with a clear conscience.
69. Race in cool-looking spikes. It will make you LOOK and FEEL faster.
70. Don't run into things with your bike.
71. Take good care of your leaf collection.



~~~~~  
 To conclude:

- \*Special thanks to Cheryl Kosek and Anne Kalinowski, who helped to put this booklet together.
- \*Thanks to all of YOU! Without you, there would be no booklet.





# HAPPY TRAILS

Happy trails to you, until we meet again.  
Happy trails to you, keep smilin' until then.  
Who cares about the clouds when we're together?  
Just sing a song and bring the sunny weather.  
Happy trails to you, 'till we meet again.

Some trails are happy ones,  
Others are blue.  
It's the way you ride the trail that counts,  
Here's a happy one for you.

Happy trails to you, until we meet again.  
Happy trails to you, keep smilin' until then.  
Who cares about the clouds when we're together?  
Just sing a song and bring the sunny weather.

Happy trails to you, 'till we meet again.