



Cross Country



Seniors Dominate St. Ignace Boys and Girls Teams

LaSalle High Schools senior class will dominate the roster for the combined male and female St. Ignace cross country team in 2005.

Fifth-year coach Diane Huskey, a standout runner herself, will have 13 harriers that include five seniors, four juniors, one sophomore, and three

ST. IGNACE SAINTS Cross Country Schedule

August

- 27 at Newberry Tourney (11 a.m.)
- 30 at Cheboygan (5 p.m.)

September

- 10 at Rogers City Tourney (11 a.m.)
- 13 at Newberry (SAC) (5 p.m.)
- 17 at Ellsworth (10:30 a.m.)
- 20 Cedarville/Pickford (5 p.m.)
- 24 at Petoskey Tourney (9:30 a.m.)
- 27 SAC at St. Ignace (5 p.m.)

October

- 1 at Boyne Falls (TBA)
- 6 at Mancelona (4 p.m.)
- 8 at Sault Ste. Marie Tourney (1 p.m.)
- 11 at Rudyard (SAC) (5 p.m.)
- 13 at Mackinaw City (5 p.m.)
- 18 Cheboygan/Inland Lakes Cedarville/Pickford (5 p.m.)
- 22 U.P. Finals at Houghton (TBA)



The St. Ignace Saints Cross Country team includes Coach Diane Huskey, Brianne Hetherington, Erica Ahlich, Kate Springsteen, Kaiden Shiemke, Lewis Steiner, Brittany Carlson, Sara Tafelski, Don McLeod, Jake Weiss, Nathan Zimmerman, Chelcee Tiernan, Kody King, and Justin Emery.

freshmen.

Running for the final time in the black and gold uniforms will be led by Don McLeod in his fourth season, Kate Springsteen and Kody King in their third year, and Chelcee Tiernan and Nathan Zimmerman in their second campaign.

Juniors Jake Weiss is back for his third year and Erica Ahlich, Justin Emery, and Brianna Hetherington return for their second season. First-year runners include sophomore

Brittany Carlson, and freshmen Sara Tafelski, Kaiden Shiemke, and Lewis Steiner.

"Everyone who finished the season last year returned," said Coach Huskey. "I am pleased with the off season individual running by some of the competitors and the fact both male and female teams will have enough runners (they need five) for team scoring."

McLeod, Ahlich, King Spend Summer Running The Roads

The summer months for high

school students include work, time at the beach, and maybe spending time on vacation with the family.

Three LaSalle High School cross country runners, Don McLeod, Erica Ahlich, and Kody King, used part of the summer competing in road races and triathlons in preparation for the upcoming fall season.

McLeod competed in the Rudyard triathlon, 5K St. Ignace Run, 10K Black Bear Run in Engadine/Naubinway,

8K Pickford Run, and the 10-mile run in Hell, Michigan.

Ahlich participated in the Rudyard Triathlon and King competed in the 5K Black Bear Run and the 10-mile Hell Run.

At the Rudyard Triathlon, McLeod completed the run, bike, and swimming competition in 1:26.48, while Ahlich was timed in 1:30.01 and Coach Huskey in 1:18.21.

"It takes a lot of dedication for these athletes to compete during the summer," said Coach Huskey.

Cedarville Teams Build Strong Program with U.P. Titles

Cross country change of command in Division III has switched from the Central/Western part of the Upper Peninsula to the Eastern Upper Peninsula as the Cedarville boys are two time defending U.P. champions and the Lady Trojans won their first crown last year.

Upper Peninsula Coach of the Year Ryan Wilson, in his third season at the helm, has a group of dedicated runners, some of whom compete in dual sports with football and girls basketball.

"The support from football coach Randy Schaedig and girls basketball coach Tom Wilson is very important, allowing the athletes to compete in two sports," said Coach Ryan Wilson.

The Trojans, members of the Straits Area Conference (SAC) for just cross country, have won the league title during the last two years and are picked as one of the teams favorite to win the SAC crown in 2005.

Trojans Boys Squad

Senior Chad Schlosser won the Division III individual title as a junior while earning All-State, All-Upper Peninsula Dream Team, and All-Straits Area Conference honors last year.

Junior Jordan Sweeney, All-State and All-U.P. runner, returns along with senior Michael Thompson, All-U.P. competitor, and sophomore Sheldon Tassier



The Lady Trojans cross country team includes Head Coach Ryan Wilson and Assistant Coach Bruce Thompson and runners, Karissa Schlosser, Lauren Izzard, Casey Long, Kari Griffin, Lindsay McLeod, Katie Bowlby, Megan Hill, Kaitlin Wright, Jessie Duncan Ashley Sweeney, Billie McLeod, and Rachelle Hansen.

for the upcoming season.

First-year harriers are juniors Matt Hansen and Jim Eberts, and freshmen Luke Murray, C.J. Paquin, and Adam Dingman

Lady Trojans Team

Karissa Schlosser returns after having placed second as freshman last season at the U.P. meet, eight seconds behind the winner, Dani Holmgren of Rapid River. Miss Schlosser had the fourth best time among all the runners in the four divisions and earned All-State and All-Upper Peninsula Dream Team.

Seniors returning include

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CEDARVILLE TROJANS Cross Country Schedule

August

- 20 at Newberry Tourney

September

- 13 at Newberry (SAC)
- 17 at Ellsworth Tourney
- 21 at Powers Tourney
- 24 at Central Lake Tourney
- 27 at St. Ignace (SAC)

October

- 1 at Escanaba Tourney
- 8 at Sault Tourney
- 11 at Rudyard (SAC)
- 13 at Mackinaw City
- 22 U.P. Finals at Houghton



Cedarville cross country boys that were available for the photo were Jordan Sweeney, Michael Thompson, Sheldon Tassier, Matt Hansen, and Jim Eberts.