Boys Cross Country 1989-90

Roster | *Letterwinners

Roster							
Dave Gnuse	Junior	Scott Herrmann	Junior	Shane Dwyer *	Sophomore	Dustin Wolfe	Sophomore
Troy Gunderson	Junior	Matt Royuk	Junior	Troy Hansen *	Sophomore	Eric Hartman	Freshman
Doug Harter	Junior	John Christensen *	Sophomore	Bruce Larsen *	Sophomore	Dan Thompson	Freshman

Schedule and Placers

Blair Dual	Runner Up	Troy Hansen	Champion	Bergan Invite	Runner Up	Bruce Larsen	3rd
		Bruce Larsen	Runner Up			Troy Hansen	4th
		Shane Dwyer	4th			Shane Dwyer	10th
		Troy Gunderson	5th			Matt Royuk	16th
		Matt Royuk	6th			Troy Gunderson	31st
		Dustin Wolfe	8th				

Blair Invite	3rd	Troy Hansen	7th	North Bend Invite	3rd	Bruce Larsen	8th
		Bruce Larsen	8th			Troy Hansen	10th
		Shane Dwyer	20th			Shane Dwyer	21st
		Troy Gunderson	33rd			Troy Gunderson	27th
		Eric Hartman	34th			Eric Hartman	39th
		Matt Royuk	42nd				

Aquinas Invite	Runner Up	Bruce Larsen	7th	Conference	Champion	Troy Hansen	3rd
		Troy Hansen	10th			Bruce Larsen	4th
		Troy Gunderson	20th			Troy Gunderson	7th
		Shane Dwyer	28th			Shane Dwyer	9th
		Matt Royuk	35th			Eric Hartman	10th
		John Christensen	DNF			Matt Royuk	15th

Districts	Champion	Bruce Larsen	4th
		Troy Hansen	5th
		Eric Hartman	9th
		Troy Gunderson	11th
		Shane Dwyer	12th

State	5th	Bruce Larsen	25th
		Troy Hansen	29th
		Troy Gunderson	37th

| | | Shane Dwyer | 43rd | | | |
| | | Eric Hartman | 48th | | | |

Boys Cross Country 1988-89

Roster	*Letterwinners					
Dana Anderson *	Senior	Matt Royuk	Sophomore	Troy Hansen *	Freshman	
Troy Meyer	Senior	Scott Herrmann	Sophomore	Bruce Larsen *	Freshman	
Dave Gnuse	Sophomore	John Christensen *	Freshman	John Maaske *	Freshman	
Troy Gunderson	Sophomore	Shane Dwyer *	Freshman			

Schedule and Placers

Bergan/Blair Triangular	Champion	Bruce Larsen	Champion	Bergan Invite	4th	Bruce Larsen	4th
		Troy Hansen	3rd			Dana Anderson	16th
		Dana Anderson	5th			Tim Gunderson	21st
		Tim Gunderson	6th			Troy Hansen	25th
		John Maaske	11th			John Maaske	34th

Blair Invite	6th	Bruce Larsen	22nd	North Bend Invite	7th	Dana Anderson	20th
		Dana Anderson	28th			Bruce Larsen	30th
		Tim Gunderson	33rd			Troy Hansen	42nd
		John Christensen	35th			John Christensen	48th
		Shane Dwyer	37th			Shane Dwyer	50th
		Troy Hansen	48th				

Aquinas Invite	7th	Dana Anderson	17th	Conference	3rd	Bruce Larsen	5th
		Bruce Larsen	18th			Dana Anderson	11th
		Shane Dwyer	50th			Troy Hansen	13th
		Tim Gunderson	57th			Tim Gunderson	17th
		John Christensen	60th			Shane Dwyer	19th
		John Maaske	63rd			John Maaske	23rd

Districts	4th	Dana Anderson	15th				
		Bruce Larsen	17th				
		Troy Hansen	29th				
		Shane Dwyer	30th				
		Tim Gunderson	31st				
		John Maaske	40th				

Boys Cross Country 1987-88

Roster *Letterwinners

Name	Class	Name	Class	Name	Class	Name	Class
Scott Anderson	Senior	Scott Saunders	Senior	Dana Anderson *	Junior	Troy Gunderson *	Freshman
Mike Grefe *	Senior	Pat Thompson *	Senior	Tim Gundrerson	Junior	Scott Herrmann	Freshman
Ray Mather *	Senior	Jodel Wolf *	Senior	Pat Hall	Sophomore	Matt Royuk *	Freshman

Schedule and Placers

Meet	Place	Runner	Finish	Meet	Place	Runner	Finish
Blair/Bergan Tri	Runner Up	Mike Grefe	4th	**Bergan Invite**	Runner Up	Mike Grefe	6th
		Pat Thompson	5th			Pat Thompson	13th
		Ray Mather	8th			Ray Mather	15th
		Dana Anderson	9th			Dana Anderson	21st
		Tim Gunderson	20th			Matt Royuk	27th
Blair Invite	4th	Mike Grefe	11th	**North Bend Invite**	3rd	Mike Grefe	14th
		Ray Mather	22nd			Pat Thompson	16th
		Pat Thompson	30th			Ray Mather	20th
		Dana Anderson	31st			Jodel Wolf	29th
		Jodel Wolf	34th			Dana Anderson	38th
		Matt Royuk	42nd			Troy Gunderson	41st
Aquinas Invite	4th	Mike Grefe	16th	**Conference**	Champion	Mike Grefe	Runner Up
		Pat Thompson	17th			Pat Thompson	4th
		Ray Mather	27th			Ray Mather	5th
		Dana Anderson	32nd			Dana Anderson	14th
		Jodel Wolf	37th			Jodel Wolf	15th
		Troy Gunderson	40th			Troy Gunderson	19th
Districts	6th	Mike Grefe	11th				
		Pat Thompson	17th				
		Ray Mather	26th				
		Jodel Wolf	34th				
		Dana Anderson	37th				
		Troy Gunderson	40th				

Boys Cross Country 1986-87

Roster		*Letterwinners					
Randy Higgins	Senior	Bill Rhea *	Senior	Ray Mather *	Junior	Mike Turner	Junior
Randy McDowell *	Senior	Paul Vachal *	Senior	Scott Saunders	Junior	Jodel Wolf	Junior
Monte Merz *	Senior	Scott Anderson	Junior	Pat Thompson *	Junior	Tim Gunderson	Sophomore
Mike Metzler	Senior	Mike Grefe *	Junior				

Schedule and Placers

Bergan Invite	Champion	Randy McDowell	Runner Up	Blair Invite	4th	Randy McDowell	10th
		Pat Thompson	10th				
		Mike Grefe	15th				
		Ray Mather	16th				
		Monte Merz	23rd				
North Bend Invite	Champion	Randy McDowell	3rd	Aquinas Invite	4th	Randy McDowell	4th
		Pat Thompson	9th			Pat Thompson	5th
		Mike Grefe	14th				
Conference	Champion	Randy McDowell	Champion	Districts	4th	Randy McDowell	13th
		Pat Thompson	3rd			Pat Thompson	14th
		Mike Grefe	4th			Mike Grefe	18th
		Ray Mather	7th			Ray Mather	21st
		Monte Merz	9th			Monte Merz	31st

Boys Cross Country 1985-86

Roster		*Letterwinners					
Troy Brainard *	Senior	Monte Merz	Junior	Paul Vachal	Junior	Scott Saunders	Sophomore
Lonnie Graver *	Senior	Randy McDowell *	Junior	Scott Anderson	Sophomore	Pat Thompson	Sophomore
Brian Greunke *	Senior	Bill Rhea	Junior	Ray Mather	Sophomore	Troy Meyer	Freshman

Schedule and Placers

Bergan Invite	Champion	Lonnie Graver	Runner Up	Blair Invite	Champion	Randy McDowell	3rd
		Troy Brainard	5th			Lonnie Graver	6th
		Randy McDowell	6th			Troy Brainard	8th
		Brian Greunke	16th			Brian Greunke	10th
		Mike Sibbernsen	19th			Mike Sibbernsen	14th
						Pat Thompson	15th

North Bend Invite	Runner Up	Lonnie Graver	3rd	**Aquinas Invite**	Champion	Lonnie Graver	6th
		Randy McDowell	6th			Randy McDowell	8th
		Troy Brainard	16th			Troy Brainard	9th
		Brian Greunke	18th			Brian Greunke	10th
		Mike Sibbernsen	19th			Pat Thompson	20th
		Pat Thompson	20th			Ray Mather	44th
Conference	Champion	Lonnie Graver	Runner Up	**Districts**	Champion	Lonnie Graver	6th
		Randy McDowell	3rd			Randy McDowell	10th
		Troy Brainard	4th			Brian Greunke	11th
		Brian Greunke	5th			Troy Brainard	13th
		Pat Thompson	12th			Pat Thompson	14th
		Ray Mather	15th			Ray Mather	29th
State	11th	**Lonnie Graver**	**31st**				
		Randy McDowell	**32nd**				
		Troy Brainard	**70th**				
		Pat Thompson	**72nd**				
		Ray Mather	**100th**				
		Brian Greunke	**107th**				

Boys Cross Country 1984-85

Roster	*Letterwinners		
Todd Adelgren *	Senior	Lonnie Graver *	Junior
Brad Grefe *	Senior	Brian Greunke *	Junior
Kelly Satter *	Senior	Andrew Leggett	Junior
Troy Brainard *	Junior	Bill Rhea	Sophomore

Schedule and Placers							
Bergan Invite	4th	Brian Greunke	17th	**Blair Dual**	Champion	Lonnie Graver	Champion
		Brad Grefe	18th			Brian Greunke	3rd
		Lonnie Graver	21st			Brad Grefe	4th
		Todd Adelgren	28th			Todd Adelgren	5th
		Troy Brainard	29th			Troy Brainard	6th
Valley Invite	4th	Lonnie Graver	7th	**North Bend Invite**	4th	Lonnie Graver	10th

		Brad Grefe	21st			Brad Grefe	13th
		Kelly Satter	34th			Troy Brainard	18th
		Andrew Leggett	35th			Kelly Satter	31st
		Brian Greunke	38th			Todd Adelgren	41st
Aquinas Invite	Runner Up	Lonnie Graver	8th	**Bergan Dual**	Champion	Lonnie Graver	Champion
		Brian Greunke	17th			Troy Brainard	Runner Up
		Brad Grefe	18th			Brad Grefe	3rd
		Troy Brainard	22nd			Todd Adelgren	6th
		Kelly Satter	33rd			Brian Greunke	7th
Conference	Champion	Lonnie Graver	5th	**Districts**	Champion	Lonnie Graver	3rd
		Troy Brainard	6th			Troy Brainard	6th
		Brad Grefe	9th			Brian Greunke	8th
		Todd Adelgren	11th			Brad Grefe	13th
		Brian Greunke	12th			Todd Adelgren	28th
State	**5th**	**Lonnie Graver**	**14th**				
		Brian Greunke	**32nd**				
		Troy Brainard	**33rd**				
		Brad Grefe	**48th**				
		Kelly Satter	**59th**				

Boys Cross Country 1983-84

Roster	*Letterwinners		
Todd Adelgren *	Junior	Troy Brainard *	Sophomore
Dave Gnuse	Junior	Brian Gnuse	Sophomore
Brad Grefe *	Junior	Lonnie Graver *	Sophomore
Dan Walkenhorst	Junior	Brian Greunke *	Sophomore

Schedule and Placers

Bergan Invite	4th	Lonnie Graver	13th	**Blair Dual**	Runner Up	Lonnie Graver	Runner Up
		Brian Greunke	17th			Troy Brainard	4th
		Todd Adelgren	22nd			Todd Adelgren	6th
		Troy Brainard	25th			Brian Greunke	7th
		Brad Grefe	32nd			Brad Grefe	8th

Valley Invite	5th	Lonnie Graver	19th	North Bend Invite	5th	Lonnie Graver	18th
		Brian Greunke	21st			Brian Greunke	20th
		Troy Brainard	23rd			Troy Brainard	24th
		Todd Adelgren	28th			Todd Adelgren	36th
		Brad Grefe	48th			Brad Grefe	39th
Aquinas Invite	9th	Lonnie Graver	21st	Bergan Dual	Champion	Brian Greunke	Runner Up
		Brian Greunke	28th			Todd Adelgren	3rd
		Troy Brainard	34th			Troy Brainard	5th
		Brad Grefe	39th			Lonnie Graver	7th
		Todd Adelgren	40th			Brad Grefe	8th
Conference	3rd	Todd Adelgren	8th	Districts	3rd	Todd Adelgren	16th
		Brad Grefe	10th			Troy Brainard	18th
		Troy Brainard	12th			Lonnie Graver	21st
		Brian Greunke	13th			Brad Grefe	22nd
		Doug Gnuse	20th			Brian Greunke	25th
State	10th	**Todd Adelgren**	**37th**				
		Lonnie Graver	**40th**				
		Brad Grefe	**42nd**				
		Brian Greunke	**44th**				
		Troy Brainard	**51st**				

Boys Cross Country 1982-83

Roster	*Letterwinners		
Mike Bellander *	Senior	David Cartwright	Sophomore
Mike Mather	Senior	Dave Gnuse	Sophomore
Dan Toebben *	Senior	Brad Grefe	Sophomore
Brian Fink*	Junior	Tom Toebben	Sophomore
Chris Gawert *	Junior	Dan Walkenhorst	Sophomore
David Mullins	Junior	Brian Gnuse	Freshman
Todd Adelgren *	Sophomore	Brian Greunke	Freshman

Schedule and Placers

Blair Dual	Runner Up	Chris Gawert	Runner Up	Bergan Invite	4th	Chris Gawert	4th
		Dan Toebben	6th			Brian Fink	19th

		Mike Bellander	7th			Mike Bellander	23rd
		Brian Fink	9th			Todd Adelgren	26th
		Todd Adelgren	12th			Dan Toebben	28th
Wahoo/Valley Tri	**Runner Up**	Chris Gawert	3rd	**Valley Invite**	**6th**	Chris Gawert	4th
		Dan Toebben	7th			Mike Bellander	26th
		Brian Fink	10th			Brian Fink	29th
		David Cartwright	11th			Todd Adelgren	34th
		Todd Adelgren	12th			David Cartwright	36th
North Bend Invite	**9th**	Chris Gawert	20th	**Aquinas Invite**	**5th**	Chris Gawert	4th
		Brian Fink	30th			Brian Fink	18th
		Dan Toebben	37th			Todd Adelgren	30th
		Todd Adelgren	46th			Dan Toebben	35th
		David Cartwright	52nd			Brad Grefe	38th
Bergan Dual	**Runner Up**	Chris Gawert	Champion	**Conference**	**3rd**	Chris Gawert	4th
		Dan Toebben	5th			Mike Bellander	10th
		Mike Bellander	6th			Brian Fink	12th
		Brian Fink	7th			Dan Toebben	14th
		Todd Adelgren	9th			Todd Adelgren	15th
Districts	**3rd**	Chris Gawert	Runner Up	**State**	**9th**	**Chris Gawert**	**12th**
		Mike Bellander	12th			**Mike Bellander**	**34th**
		Dan Toebben	18th			**Todd Adelgren**	**46th**
		Todd Adelgren	20th			**Brian Fink**	**51st**
		Brian Fink	26th			**Dan Toebben**	**55th**

Boys Cross Country 1981-82

Roster — *Letterwinners

Chuck Burris	Senior	Chuck Wolfe *	Senior	Tim Teebken *	Junior
Tom Harmon *	Senior	Steve York	Senior	Dan Toebben	Junior
Dean LeCrone *	Senior	Greg Scheer	Junior	David Cartwright	Freshman
Todd Scheer *	Senior				

Schedule and Placers

Bergan Invite	Runner Up	Tom Harmon	4th	Wahoo/Valley Tri	3rd	Tom Harmon	4th
		Dean LeCrone	6th			Dean LeCrone	6th
		Tim Teebken	9th			Tim Teebken	10th
		Todd Scheer	16th			Todd Scheer	13th
		Chuck Wolfe	17th			Chuck Wolfe	15th
Valley Invite	5th	Tom Harmon	4th	North Bend Invite	5th	Tom Harmon	9th
		Dean LeCrone	12th			Dean LeCrone	17th
		Tim Teebken	25th			Tim Teebken	22nd
		Todd Scheer	36th			Chuck Wolfe	38th
		Chuck Wolfe	38th			Todd Scheer	40th
Elkhorn/Mt Michael Tri	Runner Up			Aquinas Invite	7th	Tom Harmon	4th
						Dean LeCrone	15th
						Tim Teebken	34th
						Todd Scheer	41st
						Chuck Wolfe	51st
Bergan Dual	Runner Up	Tom Harmon	Runner Up	Conference	3rd	Tom Harmon	5th
		Dean LeCrone	5th			Dean LeCrone	6th
		Todd Scheer	8th			Todd Scheer	12th
		Dan Toebben	10th			Dan Toebben	16th
		Chuck Wolfe	11th			Chuck Wolfe	17th
Districts	4th	Tom Harmon	10th				
		Dean LeCrone	19th				
		Tim Teebken	22nd				
		Dan Toebben	29th				
		Todd Scheer	32nd				
State		**Tom Harmon**					

Boys Cross Country 1980-81

Roster	*Letterwinners		
Mike Amundson *	Senior	Chuck Wolfe	Junior
Mike Plugge *	Senior	Greg Scheer	Sophomore

Chuck Burris	Junior	Brian Fink	Freshman					
Tom Harmon *	Junior	James Stork	Freshman					
Dean LeCrone *	Junior	Lance Zarek	Freshman					
Todd Scheer *	Junior							
Schedule and Placers								
Blair Dual	**Champion**	Tom Harmon	Champion	**Bergan Invite**	**Runner Up**	Tom Harmon	9th	
		Dean LeCrone	3rd			Dean LeCrone	14th	
		Mike Plugge	6th			Mike Plugge	15th	
		Todd Scheer	7th					
		Mike Amundson	8th					
Valley/Wahoo Tri	**3rd**	Tom Harmon	4th	**North Bend Invite**	**10th**	Tom Harmon	10th	
		Dean LeCrone	6th					
Elkhorn/Mt Michael Tri	**Runner Up**			**David City Aquinas Invite**	**5th**	Tom Harmon	10th	
						Mike Plugge	22nd	
						Dean LeCrone	25th	
						Mike Amundson	32nd	
						Todd Scheer	37th	
Bergan Dual	**Runner Up**	Tom Harmon	Runner Up	**Conference**	**Runner Up**	Tom Harmon	3rd	
		Mike Plugge	6th			Dean LeCrone	6th	
		Dean LeCrone	7th			Mike Plugge	10th	
		Mike Amundson	9th			Mike Amundson	11th	
		Greg Scheer	10th			Todd Scheer	13th	
Districts	**4th**	Mike Plugge	10th					

State		Mike Plugge					