

# East Ridge High School Cross Country

Senior Class Of 2017

Memories, Destinations and Dreams



Congratulations to the senior class of Cross Country runners! Coach Ness, Coach Gramer and I are honored to have coached you this year and all your previous years - some of you all through high school and even since 7th grade for a couple runners! Regardless of the number of years on the team, we are proud of you. We are grateful for the commitment we've witnessed and for the leadership so many of you have shown. Thanks for representing our team with so well - both on and off the race course! You've accomplished so much. Thank you for being a part of, and adding to, the amazing tradition this team has. From this day forward, you are forevermore an East Ridge Cross County Alumni. You are always welcome here. We will miss you a lot!

- Coach Cronin





**Daniella Del Toro** - *Parents:* Mary & Dave Del Toro

*Interest & Hobbies:* Alpine skiing, lacrosse, running, hanging with friends, traveling

*Favorite Race Course:* Milaca

*Favorite CC memory:* My favorite memory is amping the meets with Emily and getting the boys to dab.

*Message to encourage others or an inspiring quote:* The pain is worth it in the end

*Future plans:* I plan to study pharmacy

*Person who has made a difference in your life (or superhero):* My parents, because they pushed me to run harder during the meets.

*Stay in contact with me:*



**Ryan Hrastich** - *Parents:* Jeff & Diane Hrastich

*Interest & Hobbies:* I love to swim and SCUBA Dive

*Favorite Race Course:* Red Wing

*Favorite CC memory:* During captain's practice sometimes the team would run to a field and play ultimate frisbee

*Message to encourage others or an inspiring quote:* "Just DO IT"

*Future plans:* I plan to go to a four year college and study computer sciences

*Person who has made a difference in your life (or superhero):* Ness, because he forced me to run the longest distance possible

*Stay in contact with me:* If you want to stay in contact with me you can come up to me after and I can give you my email

*Parting words:* No eXCuses



**Jacob Meyertholen** - *Parents:* Gabrielle & Darin Meyertholen

*Interest & Hobbies:* Basketball, baseball, science

*Favorite Race Course:* Applejack

*Favorite CC memory:* Neumann's pool parties

*Future plans:* Go to college and get my degree

*Person who has made a difference in your life (or superhero):* My parents because they always supported me through everything



**Joseph Moynihan** - *Parents:* Dan & Laura Moynihan

*Interest & Hobbies:* Snowboarding and Running

*Favorite Race Course:* Milaca Mega Meet

*Favorite CC memory:* Ultimate Frisbee at pasta parties

*Message to encourage others or an inspiring quote:* Lengthen your stride and enjoy the ride

*Future plans:* I want to go to the University of Minnesota to study Aerospace Engineering

*Person who has made a difference in your life (or superhero):* My parents

*Parting words:* Cross Country is one of the best memories of my high

school career. I had a great time during my five years as a CC member and will never regret my decision to join the team.

Hey everyone, **Shreya Narayan** here--Sudha and Narayan are my parents and I am so grateful to them for all their support.



As I look back on my cross country experience, I can honestly say that it is one of the best things that I have ever done. I've been able to meet such wonderful, supportive, spirited individuals, and I am happy that these inherently XC characteristics have rubbed off on me over the years, helping me transform from a shy, silent 9<sup>th</sup> grader to a senior captain as crazily into running as you can get. There are so many CC memories that I cherish, but some of my favorites would be singing at the top of our lungs on the bus ride home from meets, running Lakeville Applejack next to Marguerite while Chariots of Fire played in time with our steps, and getting so into conversations with Brianna or Lucia that our 6+ mile runs seem to go by in half the time. I wouldn't be the runner or the person I am today without my wonderful coaches: Cronin, thank you for being such a great coach. I've enjoyed our running talks about marathons and random things like our shared

exasperation with cats, and I will miss the kind, caring quality you bring to each practice and meet.

Coach Gramer, I will never forget my very first practice when I was the last one back by 15 minutes, but you biked with me all the way. Thank you for looking out for me, pushing me on, and cheering for me at the mile mark. Coach Ness, thank you for cheering me on at every meet and teaching me that I can always give more and push myself harder. I've enjoyed our talks about politics and your running stories.

My favorite course would be between St. Croix Bluffs, because I placed 3<sup>rd</sup> there, something I hadn't done before, or the Forest Lake Conference course because I did my best there. I would like to thank Emily Betz because she was incredibly kind to me from the moment I started cross country and I owe much of my ability to step out of my shy shell to her. She had such a sweet personality, and I hope I was as much of a role model to younger runners as she was to me. To my fellow captains, thanks for making this season great. I think we did a pretty good job. To all the younger runners out there, keep your delightful personalities. Run harder, longer, and faster than you think you can, and don't ever forget to enjoy the many gifts of this team and sport. Remember, like Coach said, if it wasn't hard, everyone would do it. Pushing through the difficult days shows how strong you are. My future plans may include a career in biomolecular science (possibly medicine) with a double major in music and another half marathon and a full marathon next year. Text, email, or message me on Facebook to stay in contact and keep me updated on all things XC. I'll miss everyone a ton. Thank you for an amazing 4 years.





**Brevin Ndovu** - *Parents:* Nicholas Mokaya and Conceptor Gekonge

*Why I joined the team:* I wasn't really doing anything in the fall and a few of my friends were already on the team. More were planning to join so I thought it would be fun to just join the team.

*Years on the team:* 3

*Interest & Hobbies:* Watching TV, Playing Video Games, Running and Working Out

*Favorite Race Course:* Red Wing, I really always like that course because whenever we run there, I always do pretty well and it is one of my top races for me each season.

*Favorite CC memory:* The CC Dunk contest at the Betz House at a Pasta Party

*Message to encourage others or an inspiring quote:* "Throw the elbows at beginning of the race to get ahead"

*Favorite Pasta Party Food:* Bread

*Future plans:* Go to a college (I don't know yet) and probably graduate and then go into a career field (I don't know that yet either)



**Jacob Neumann** - *Parents:* Mark & Cindy Neumann

*Interest & Hobbies:* Robotics, Airplanes and Rockets, Basketball

*Favorite Race Course:* Falcon Ridge or Red Wing

*Favorite CC memory:* Every single past party but especially the one at Tigges's house freshman year. The one at Katie Marcus's house sophomore year. Everyone singing around the piano with Berg. The Betz's pizza parties.

*Message to encourage others or an inspiring quote:* In a cross country race, it has about 10% to do with training and 90% with your will

because your body can go through more than what your mind thinks it can.

*Future plans:* Attend Iowa State & Major in Aerospace Engineering. Then get a job with NASA, Boeing or SpaceX. I hope to create something that will be helpful for future generations.

*Person who has made a difference in your life (or superhero):* Eric Thomas is a motivational speaker. He has changed my view on hard work.

*Stay in contact with me:* [jjblackbelt@comcast.net](mailto:jjblackbelt@comcast.net), or follow me on Instagram jacobneumann17

*Parting words:* Find someone to run with that is at your level and make sure that they will push you if you push them. Don't waste your time on this team and don't miss any team gathering because it will come to an end sooner rather than later.



**Tim Ollmann** - *Parents:* Rick Ollmann, Suzanne Leung

*Hobbies:* Hanging out with friends, fishing with my dad

*Interest:* Medicine

*Favorite Race Course:* Saint Olaf

*Favorite CC memory:* 10 mile run with Brevin and Mickey during Captain's practice

*Message to encourage others or an inspiring quote:* "I run because I can. When I get tired, I remember those who can't run, what they would give to have this simple gift I take for Granted, and I run harder for them. I

know they would do the same for me. " - Anonymous

*Future plans:* Attend UW Madison, then complete my Doctor of Pharmacy and become a Pharmacist

*Person who has made a difference in your life (or superhero):* My brother had made a huge difference in my life, because I have always tried to follow in his footsteps. He is the one who told me to join cross country, and I made it a goal of mine to be a captain like he was and to beat his best time.

*Stay in contact with me:* [timollmann@comcast.net](mailto:timollmann@comcast.net), or follow me on Instagram [tim\\_ollmann](#)

*Parting words:* Keep running, never stop



**Mwenda Rukunga** - *Parent:* Caroline Rukunga

*Interest & Hobbies:* Besides running, I enjoy listening to music and learning about the human body.

*Favorite Race Course:* Red Wing

*Favorite CC memory:* Michael Virgin on the first day of practice last year.

*Message to encourage others or an inspiring quote:* Your season depends on how you prepare for it. Ability has nothing over preparation.

*Future plans:* I plan on going to college and pursuing biology, may run competitively, but definitely for fun.

*Person who has made a difference in your life (or superhero):* My uncle has always been a positive influence, pushing me to achieve success in all aspects of life.

*Stay in contact with me:* [rukunga.mwenda@gmail.com](mailto:rukunga.mwenda@gmail.com)

*Parting words:* This team and this family that has been formed through a common love of past parties is something that I will never forget. Keep eating guys!



**Zach Schank** - *Parents:* Paul & Karri Schank

*Interest & Hobbies:* My interests are hanging out with friends, watching Netflix and reading

*Favorite Race Course:* Red Wing

*Favorite CC memory:* The watermelon run

*Message to encourage others or an inspiring quote:* "Success isn't just about what you accomplish in your life, it's about what you inspire others to do"

*Future plans:* I want to go to college and get my undergraduate, then go to medical school to be a surgeon.

*Person who has made a difference in your life (or superhero):* The people who have made an impact in my life are my parents for being supportive in anything I do.

*Parting words:* I have enjoyed my time on the cross country team, everyone has made this experience more memorable.



Hi everyone! My name is **Megan Schiferl** and my parents are Debbie and Wayne Schiferl.

This was the last of my 6 years on this team, I started running in 7th grade. Of my time on this team, my favorite memory was going to Nike Nationals in 9th grade and meeting a ton of new people from all around the country that love to run as much as I do. My favorite course, I'd have to say, is St. Croix Bluffs. After high school I hope to go on to college and get a graduate degree in environmental chemistry and eventually work to find or create chemicals that reduce the harm we are placing on the environment.

I want to thank my family, especially my mom for always being there for me, no matter what, and supporting me in everything that I do. I also want to thank all of the coaches, Coach Gramer, Coach Ness, and Coach Cronin, for coaching this team with so much passion and heart. I couldn't have gotten as far as I have without your superior coaching and encouragement. I'm going to miss this team so much, I've made a lot of unforgettable memories in the past 6 years. To next year's seniors: your senior year of cross country goes by so fast, make the most of it. It's finally your turn to lead this team, have fun with it. Good luck to everyone next year!



**Paige Stearns** - *Parents:* Jim Stearns, Paula Berens

*Interest & Hobbies:* I somewhat like to run, I like to hang out with friends, go hammocking, watch Netflix, and eat food.

*Favorite Race Course:* Falcon Ridge (the old Conference Course)

*Favorite CC memory:* I have so many cross country memories that are close to my heart, but my favorite is either coming in second at state my sophomore year, or during the Red Wing meet when everyone gathered together to cheer on the last boys JV runner.

*Message to encourage others or an inspiring quote:* I know running sucks, but focus on the people that make it worthwhile and don't give up on yourself or your teammates.

*Future plans:* I would like to become an elementary school teacher, and although college has not been decided yet I have applied to Providence College, and the University of Wisconsin-Madison, and have been accepted to Iowa State University and Winona State.

*Person who has made a difference in your life (or superhero):* My grandpa is my superhero because he always encourages me and is proud of me no matter what. He pushed me to join cross country, which was one of the best decisions of my life.

PLEASE STAY IN CONTACT WITH ME I LOVE YOU ALL AND I'LL MISS YOU SO MUCH!!!!!!!

*Parting words:* I couldn't be more grateful to have been part of this family for the past four years, it was a big part of my life and I'm going to miss it like crazy. Good luck to all of you in the future and please again stay in contact with me!!!!!!!

**Alec Wagner** - *Parents:* Rick & Michele Wagner



*Interest & Hobbies:* Skiing, Camping, and Reading

*Favorite Race Course:* Red Wing

*Favorite CC memory:* Pasta Party at Stonemill Community Center, freshman year

*Message to encourage others or an inspiring quote:* The faster you run, the faster you're done.

*Future plans:* Attend Iowa State & Major in Mechanical Engineering

*Person who has made a difference in your life (or superhero):* My parents, because they pushed me to run harder during the meets.

*Stay in contact with me:* [wags70707@gmail.com](mailto:wags70707@gmail.com), or follow me on

Instagram @wags707

*Parting words:* It's Always the Season



**Maria Wallace** - Parents: Peder & Chris Wallace



*Interest & Hobbies:* Hockey, lacrosse, running, spending time with my friends

*Favorite Race Course:* St. Croix Bluffs

*Favorite CC memory:* Milaca Meet

*Message to encourage others or an inspiring quote:* "Don't count the days, make the days count." – Muhammed Ali

*Future plans:* I will be attending the College of Saint Benedict and I plan to major in biology.

*Person who has made a difference in your life (or superhero):* All of my sports coaches have made a difference in my life because each one taught me something new and helped me along the way to achieve my goals and push me to be the best that I can be.

*Parting words:* Just be the best you can



Riley Blank



Aaron Brinkman



Megan McKenzie



Brian Murphy



Hannah Murray



Davis Swift



**GOOD LUCK ERXC SENIOR CLASS OF 2017!**