

2017 Laker Girls Cross Country



**Mid-State Champions
Section 8AA-11th Place**

Detroit Lakes Girls Cross Country
All-Time Top Ten List
5K

Kenzie Ostlie-2015	Sections-Monticello	19:33
Hanna Grinaker-2003	Fergus Falls	20:15*
Katie McConkey-2017	Perham	21:15
Sarah Schumacher-2015	Little Falls	21:27
Haley Groth-2015	Perham	21:38
Carly Fritz-2017	Perham	21:40
Auroura Eckberg-2015	Sections-Monticello	21:42
Cortney Brodsho-2017	Perham	21:59
Emma Fegely-2017	Perham	22:04
Zoe Allen-2016	Sections-Little Falls	22:09

7th 8th and 9th Grade 5k Records

- 1) Katie McConkey 9th 2017 21:15 Perham
- 2) Brittany Stearns 7th 2016 22:29 Little Falls (Sections)
- 3) Ava Geffre 8th 2015 22:30 Little Falls
- 4) Molly Tinjum 9th 2016 22:35 Little Falls (Sections)
- 5) Lexy Stearns 9th 2015 22:36 Monticello (Sections)
- 6) Lauren Lokken 7th 2017 23:11 Perham
- 7) Morgan Kvebak 7th 2017 23:11 Perham
- 8) Cara Seaberg 9th 2015 23:37 Fergus Falls
- 9) Alyssa Haarstick 8th 2016 23:50 Fergus Falls
- 10) Amaya LeCleir 7th 2017 23:58 Perham
- 11) Lexus Grant 8th 2017 24:17 Perham
- 12) Emma Tieken 9th 2017 24:17 Perham
- 13) L'Teya Vaughn 9th 2016 24:34 Perham
- 14) McKenna Mallow 8th 2017 24:42 Perham
- 15) Sammy Collins 9th 2017 24:44 Perham

2017 Award Winners and Nominees

Most Valuable: Katie McConkey



Nominated:

Zoe

Cortney

Leigh

Hailey

Rookie of the Year: Carly Fritz



Nominated:

Anneka

Katrina

Leigh

Emma

Lauren

Lilly

McKenna

Lexus

Laker Award: Hailey Blonigan



Nominated:

Katie M.

Morgan

Zoe

Sheyenne

Carly

Katie S.

Cortney

Do Yeon

Most Improved: Emily Kain



Nominated:

McKenna

Anneka

Sheyenne

Sammy

Lilly

Cortney

Lauren

Leigh

Katrina

Lyla

Carly

Emma

Zoe

XC Factor: Cortney Brodsho



Nominated

Leigh

Molly

Katie M.

Molly

Hailey

Katrina

Lauren

Lyla

Sheyenne

Carly

Zoe

Katie S.

2017 Varsity Letter Winners

Hailey Blonigan
Zoe Allen
Cortney Brodsho
Emma Fegely
Katrina Okeson
Carly Fritz
Hope Weideman
Emily Kain
Leigh Jones
Molly Tinjum
Katie McConkey
Emma Teiken
Morgan Kvebak
Lauren Lokken
Kaitlyn Jorgenson
Amaya LeCleir
Sheyenne Norberg
Cara Seaberg

2017 Participation Awards

Kaylee McMichael

Ashley Kolenda

Do Yeon Kim

Katie Steffl

Lyla Hansen

Anneka Lindstrom

Morgan Wendel

Sammy Collins

Sophie Tinjum

McKenna Mallow

Lexus Grant

Lilly Baethke

2017 Senior Captains:



Carly Fritz

Emma Fegely

Hailey Blonigan

Hope Weideman

Cortney Brodsho

Zoe Allen

Katrina Okeson

2018 Senior Captains:

Anneka Lindstrom

Sheyenne Norberg

Cara Seaberg

Kaylee McMichael

DoYeon Kim

Emily Kain

Ashley Kolenda

2017 Mid-State All-Conference:

Katie McConkey-6th



Carly Fritz-7th



2017 Section 8AA Academic Excellence
Award

GOLD STANDARD

3.96







Tough Mudder Award!



Favorite XC MEET OF THE YEAR-Emma Fegely-HOME MEET



GRUNTING WHILE RUNNING AWARD-Look @ the girl they are passing.











SNEAKY GOOD!

The first day of practice!

Proud of your willingness to get better everyday.



Thanks for a great year. I am proud how you continued to believe in yourselves and teammates throughout the year. Thanks for making it fun for all of us to come to practice everyday. Your team made history and that can never be taken away from you. Being champions as a team is way better than any individual success. To my seniors, I will miss you dearly. You are always apart of the XC family so please stop by and watch us run, or strap the shoes on and join us for practice. To the returning runners, it is your job to continue to build off of the success of this season. Continue to believe, but most importantly we need to work hard this summer. Make the decision to be great. I am excited to start this all again.

Thanks for being awesome,

Coach Zunich



Seasons full results can be found @ www.lakercrosscountry.weebly.com