



Grinnell Cross Country Newsletter

Conference Edition Nov.3, 2008



Grinnell Cross Country Perfect at Conference Meet!

Pioneers win 21st title in last 22 years and become just third team in 80-year conference history to win with perfect score

It was a day of perfection in Galesburg, IL on Sat. November 1, as the Grinnell Pioneer Cross Country team did something that no other team in its storied history has done: score a perfect 15 at a conference meet. Just two weeks ago, an outstanding outing at the UW Oshkosh-Brooks Invite had four Grinnell runners move onto the top 50 all-time Grinnell 8k list (that list is shown in this document). It was a clear sign that something big could happen at Galesburg, and it did.

Senior captain Henry Reich became Grinnell's 13th individual conference champion since the sport began in the Midwest Conference in 1929. Running just one second off the course record, Reich led 4 teammates across the line for the perfect score. With a range of just 30 seconds between the first and fifth runner, the team continues to develop into a national caliber program. The win gives Grinnell its 21st conference win of the past 22 years, adding to an amazing streak of success. Running in warm weather and on a course not considered fast due to many tight turns, the Pioneers went to the front early and set the pace for the race. A strong last straightaway finish by senior Nick Sparr got him the fifth spot and the perfect score. The Pioneers now begin to focus on the NCAA regional meet on November 15th at home. It is the qualifier for the NCAA Championships to be run a week later in Hanover, IN.

Four seniors ran their last conference meet and finished their careers as part of 4 consecutive conference championship teams: Henry Reich, Nick Sparr, Mike Horrell and Drake Ballew. Reich and Ballew also won individual conference titles over their four years.

Grinnell's All-Conference runners (top 20) at the MWC Meet Nov. 1, 2008:

1 st	Henry Reich	SR	25:51.39
2 nd	Sam Calisch	JR	25:58.95
3 rd	Noah DeLong	SO	26:05.33
4 th	David Montgomery	JR	26:12.56
5 th	Nick Sparr	SR	26:22.20
10 th	Alex Reich	SO	26:40.96
12 th	Ethan Heppner	SO	26:45.34
	194		
17 th	Mike Horrell	SR	27:10.97

TEAM SCORING

1.	Grinnell College	15
2.	St. Norbert College	60
3.	Monmouth College	87
4.	Ripon College	109
5.	Beloit College	120
6.	Carroll University	181
7.	Lawrence University	
8.	Illinois College	222
9.	Lake Forest College	237
10.	Knox College	250

Grinnell's Championship Wins at the Midwest Conference Championships

1955 1958 1960 1986 1987 1988 1989 1990 1991 1992 1993 1994
1995 1997 1998 1999 2001 2002 2003 2004 2005 2006 2007 2008

Grinnell's Individual Champions at the Midwest Conference Championships

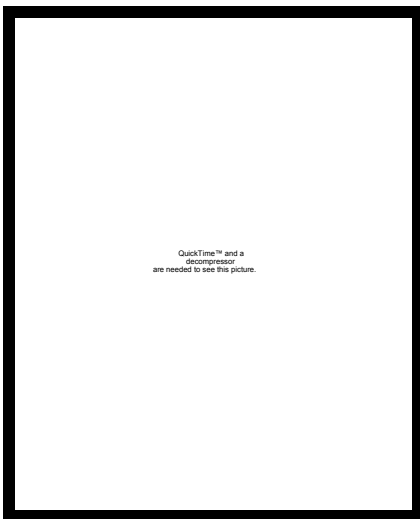
Henry Reich	2008
Drake Ballew	2006
Adam Booth	2001, 2002, 2003
John Aerni	2000
Rob Park	1997
Josh Ward	1995
Chris Mills	1994
Mike Nawrocki	1993
Chris Garman	1991
Greg Evans	1986, 1987, 1988
Chuck McGrath	1971
Rod Brown	1963
Neumann Fell	1940



Calisch, Montgomery and Reich lead the front pack at mid race



THE PERFECT FIVE! L-R: Henry Reich (1st), Sam Calisch (2nd), Noah DeLong (3rd), David Montgomery (4th), Nick Sparr (5th)



WILL FREEMAN

Quotes from the Coach:

“An amazing day! I could not be happier for these guys. They did the summer training, they are focused and they care about each other. They are a dream group to work with.”

“Fantastic races today for Henry to win, for Sam to be within only 8 seconds of Henry and for Nick Sparr, who nearly had a PR on this course.”

“The Championship season has begun. One down, NCAA Regionals at home are next, and then the Nationals. They have been focused on getting to Hanover since day one.”

SEASON RACE STATISTICS THROUGH MWC MEET

NAME	TIMMONS	LES DUKE	STANFORD	AUGY	COE	OSHKOSH	MWC	REG
REICH H	26:23:00	26:54:00	26:01:00	DNR	DNR	25:05:00	25:51:00	
CALISCH	27:27:00	27:50:00	27:24:00	DNR	DNR	25:37:00	25:59:00	
DELONG	28:51:00	27:49:00	27:20:00	DNR	DNR	25:32:00	26:05:00	
MONTGOMERY	27:12:00	27:18:00	26:29:00	DNR	DNR	25:24:00	26:12:00	
SPARR	27:15:00	28:30:00	27:31:00	DNR	DNR	26:13:00	26:22:00	
REICH A	28:17:00	27:53:00	27:25:00	DNR	DNR	26:15:00	26:41:00	
HEPPNER	28:02:00	27:49:00	27:29:00	DNR	DNR	25:54:00	26:45:00	
HORRELL	27:33:00	28:21:00	27:52:00	DNR	27:31:00	DNR	27:11:00	
LYNCH-KLARUP	29:28:00	29:32:00	DNR	28:14:00	27:52:00	26:56:00	27:36:00	
BELLORA	DNR	28:58:00	DNR	27:07:00	DNR	26:54:00	27:40:00	
BALLEW	DNR	30:17:00	DNR	29:02:00	DNR	27:22:00	28:01:00	
MCCALLAM-COOK I	29:37:00	29:06:00	DNR	28:06:00	29:09:00	27:33:00	28:28:00	
AHLBERG	30:32:00	30:19:00	DNR	29:13:00	DNR	27:25:00	28:30:00	
DESHPANDE	28:27:00	28:20:00	27:33:00	DNR	DNR	DNR	28:46:00	
WILSON	27:51:00	27:50:00	28:15:00	DNR	DNR	27:18:00	28:48:00	
HILLER	DNR	30:25:00	DNR	28:44:00	30:21:00	DNR	29:12:00	
CASHMAN	DNR	31:20:00	DNR	29:36:00	30:18:00	29:40:00	29:19:00	
MCCALLAM-COOK C	30:24:00	30:54:00	DNR	28:44:00	31:08:00	28:49:00	29:20:00	
JARVIS	DNR	34:04:00	DNR	31:16:00	31:48:00	DNR	30:30:00	
HEDERMAN	32:51:00	31:34:00	DNR	30:29:00	DNR	30:18:00	30:46:00	
DEPASCUALE	DNR	32:19:00	DNR	30:41:00	30:27:00	29:42:00	30:49:00	
ZEITZ	34:19:00	32:05:00	DNR	30:33:00	DNR	DNR	31:14:00	
ZAROV	DNR	35:05:00	DNR	33:48:00	DNR	DNR	31:59:00	
ADELSON	DNR	33:29:00	DNR	31:38:00	33:04:00	DNR	32:35:00	
REDMAN	DNR	DNR	DNR	33:32:00	34:51:00	32:55:00	32:54:00	
DUDZIK	DNR	34:14:00	DNR	33:32:00	DNR	DNR	32:56:00	
BELL-MASTERTON	DNR	35:03:00	DNR	33:48:00	34:10:00	DNR	33:05:00	
GRANT	DNR	34:25:00	DNR	DNR	DNR	DNR	38:18:00	
KRAUSS	27:24:00	27:42:00	27:46:00	DNR	DNR	26:43:00	DNF	
SMITH	31:40:00	31:35:00	DNR	29:36:00	DNR	DNR	DNR	
GALLAGHER	30:22:00	29:08:00	DNR	DNR	DNR	DNR	DNR	
ALL-TIME PERSONAL BEST								



GRINNELL'S ALL TIME BEST 8K CC LIST

2	DAVE COOKE	24:41:00	NCAA CHAMPIONSHIPS	1981
3	TERRY DREW	24:44:00	CENTRAL	1977
4	DAVID HONIG	24:46:00	AUGUSTANA	2005
5	JOHN AERNI*	24:49:00	NCAA CHAMPIONSHIPS	1999
6	HENRY REICH	25:06:00	OSHKOSH-BROOKS	2008
7	GREG EVANS*	25:13:00	IA WESLEYAN	1988
8	JUSTIN RILEY	25:17:00	AUGUSTANA	2005
9	DICK GILBERT	25:20:00	NCAA REGIONAL	1980
10	MIKE NAWROCKI*	25:21:00	CARLETON	1993
11T	DAVE MONTGOMERY	25:24:00	OSHKOSH-BROOKS	2008
11T	DAVE RAUB	25:24:00	INDIANOLA	1974
13	ROB PARK*	25:28:00	NCAA PREVIEW MEET	2000
14	PAUL REICH	25:30:00	CENTRAL	1977
15	NOAH DELONG	25:33:00	OSHKOSH-BROOKS	2008
16	DAVID KRIST	25:35:00	AUGUSTANA	2005
17	CHRIS GARMAN *	25:36:00	CARLETON	1991
18	SAM CALISCH	25:37:00	OSHKOSH-BROOKS	2008
19	NOAH LAWRENCE	25:39:00	PRE-NATIONAL MEET	2001
20T	TIM DeCOSTER	25:41:00	CENTRAL	1977
20T	BARRY MATCHETT	25:41:00	ARBOR LAKE SPRINT	1992
22	CHRIS MILLS*	25:44:00	ARBOR LAKE SPRINT	1992
23	DRAKE BALLEW	25:46:00	NCAA REGIONAL	2006
24	JONATHAN LAVE	25:50:00	AUGUSTANA	1989
25T	DAVID HAMMOND	25:53:00	CONFERENCE	1987
25T	COLIN TSCHIDA	25:53:00	AUGUSTANA	2004
27	ETHAN HEPPNER	25:54:00	OSHKOSH-BROOKS	2008
28T	NEIL GIPSON	25:57:00	CARLETON	1996
28T	JEFF ULMER	25:57:00	ARBOR LAKE SPRINT	1992
30	MITCH HERZ	25:58:00	AUGUSTANA	2004
31T	ANDY NASSIFF	25:59:00	NCAA REGIONAL	1996
31T	JASON MAPLES	25:59:00	CARLETON	1991
33T	CHARLES KNUTH	26:00:00	AUGUSTANA	2005
33T	ERIC JAHN	26:00:00	NCAA CHAMPIONSHIPS	1973
33T	OMONDI KASHIDI	26:00:00	AUGUSTANA	2004
36	BILL BROWN	26:01:00	CENTRAL	1977
37	JOHN MARCIARI	26:02:00	CARLETON	1991
38	MATT SHAMEY	26:03:00	AUGUSTANA	2002
39	MARK BEILSTEIN	26:04:00	NCAA CHAMP.	1991
40	DAN MADIGAN	26:06:00	AUGUSTANA	1999
41	JON GREENBERG	26:08:00	CARLETON	1993
42T	JIM HACKETT	26:13:00	PRE-NATIONAL MEET	2001
42T	KEVIN NOTHEIS	26:13:00	NCAA REGIONAL	1996
44	NICK SPARR	26:13:00	OSHKOSH-BROOKS	2008
45	DAVID WISDOM	26:14:00	STATE	1986
46T	JOSH WARD*	26:15:00	N.C.A.A. REGIONAL	1994
46T	EVAN PALMER-YOUNG	26:15:00	AUGUSTANA	2005
46T	ALEX REICH	26:15:00	OSHKOSH-BROOKS	2008
49	ROB DEWHURST	26:16:00	AUGUSTANA	2002
50	ADAM BEALS	26:17:00	AUGUSTANA	2005



**FOR MORE INFORMATION ABOUT
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WEBSITE: www.grinnell.edu/athletics/mcross