

RESULTS, REWARDS, AND REMEMBRANCES
CROSS-COUNTRY 1984

Team Captains - Marianne Exelby, Cynthia Grupp

Won-Lost Record - 5 Wins, 3 Losses (2-2 at home, 3-1 on the road)

League Record - 3-2 in dual meets, 2nd in the Twin-Valley Meet =
Tie For Second In The Twin-Valley

Meet Results

Three Rivers	44	Coldwater	17	
Centreville	45	Coldwater	18	
Centreville Invitational		Coldwater	4th	
Lumen Christi	22	—	Coldwater	37
Hastings	43	Coldwater	16	
Marshall	23	Coldwater	35	
Hillsdale	22	—	Coldwater	33
"Charger" (Union City) Invitational		Coldwater	4th	
Sturgis Invitational		Coldwater	6th	
Lakeview	39	Coldwater	18	
Sturgis	37	Coldwater	18	
Branch County Meet		Coldwater	1st	
Twin-Valley Meet		Coldwater	2nd	
Regional Meet		Coldwater	6th	

Award Winners

Varsity Letters

Marianne Exelby - Third Year
Cynthia Grupp - Second Year
Shelly Thompson - First Year
Dawn Valle - First Year
Shelly Angle - First Year
Mary Nowak - First Year
Michelle Laughry - First Year
Kristin Bell - First Year

Freshman Numerals

Robin Brodt

ALL-TIME BEST CARDINAL PERFORMANCES
ON MEMORIAL PARK CROSS-COUNTRY COURSE

1.	Scott Summitt-83	16:10.5*	49.	Dave Eberspeaker-78	19:20
2.	Scott Gleason-84	16:19.8	50.	Tim McCauley-83	19:28
3.	Bret Norton-81	16:28.3*	51.	Dallas McFarland-82	19:38
4.	Scott Licht-83	16:45	52.	Jeff Newman-77	19:39
5.	Stuart Bates-77	17:04.2*	53.	Pat Angle-84	19:46
6.	Steve Lawhead-79	17:10	54.	Dave Youtsey-82	19:47
7.	Mike Padden-82	17:17	55.	Tim Staley-77	19:50
8.	Bill Emerson-79	17:19	56.	Matt Yearling-81	19:50
9.	Dave Linteau-77	17:26	57.	Phil Eberspeaker-78	19:51
10.	Kevin Sussex-83	17:27	58.	Andy Warkoczeski-80	19:53
11.	John Puorro-82	17:29	59.	Paul Meyer-76	19:55
12.	Layne Sours-76	17:33.5*	**60.	Marianne Exelby-83	19:57.6
13.	Nick Loomis-84	17:35	61.	Eric Miller-76	20:10
14.	Kevin Wallace-77	17:36	62.	Todd Devlin-81	20:10
15.	Nate Walker-80	17:41	63.	Bill Joyoe-79	20:13
16.	Steve Uhl-82	17:43	64.	Eric Watterson-84	20:20
17.	Brian Licht-84	17:43	65.	Jody Spaulding-81	20:34
18.	Kevin McWilliams-78	17:45	66.	Ken Huestis-84	20:38
19.	Rio Wilcox-76	17:48	67.	Dawn Valle-84	20:24
20.	Ron Bergaw-81	17:50	68.	Andy Bristol-75	20:43
21.	Greg Heater-78	17:53	69.	Jack Newman-78	20:46
22.	John Stephenson-81	17:55	70.	Stan Vandewalker-79	20:47.5
23.	Matt Morgan-84	18:20	71.	Dennis Herman-77	20:52
24.	Randy Ramsey-79	18:21	72.	Jeff Thomas-77	20:53
25.	Kevin Collins-77	18:21.5	73.	Erent York-81	20:53
26.	Jeff Rider-79	18:22	74.	Dave Thompson-76	21:14
27.	John Huss-79	18:24	75.	Jim Stephenson-83	21:19
28.	Marshall Stine-80	18:25.5	**76.	Cathy Puorro-77	21:31.5
29.	Steve Baxter-76	18:28	77.	Steve Craig-75	21:38
30.	David Sass-77	18:33	78.	Kevin Witmyer-82	21:39
31.	Brad Ernisch-83	18:35	79.	Cynthia Grupp-83	21:42
32.	Paul Fox-84	18:38	80.	Bruce Dearing-75	21:46
33.	Ken Bondurant-79	18:40	81.	Michelle Laughry-84	21:53.5
34.	Jeff Licht-84	18:40	82.	Lara Scheidler-83	22:10.5
35.	John Kaiser-79	18:41	83.	Dave England-77	22:18
36.	Soren Klingenberg-77	18:43	84.	Shelly Thompson-84	22:19
37.	Larry Vanbuskirk-77	18:44	85.	Todd Hughes-75	22:43
38.	Ed Bowling-78	18:46	86.	Brian Dorer-81	23:00
39.	Mike Minnich-80	18:46.5	87.	Mary Nowak-84	23:05
40.	David Larimer-84	18:49	88.	Angela Vanbuskirk-81	23:15
41.	Rand Stiles-75	18:51	89.	Shelly Angle-84	23:30
42.	Jeff Ryder-84	18:52	90.	Henrik Jacobsen-75	24:43
43.	Tom Newman-76	18:56	91.	Kristin Bell-84	23:56
44.	Jason Grupp-84	19:02.3	92.	Robin Brodt-84	24:07
45.	Barry York-80	19:09	93.	Greg Herlam-82	24:52
46.	Steve Hourtienne-77	19:11	94.	Norma Kelley-77	25:07.5
47.	Mike Loyd-84	19:16	95.	Patty Norton-81	26:38
48.	Tait Norton-82	19:16.7			

* denotes past or present school record for boys

** denotes past or present school record for girls

HOME TEAM COLDWATER			PLACE	TIME	TEAM THREE RIVERS			PLACE	TIME
	1	MARIANNE EXELBY	1	20:34.5	1	TRISHA O'DELL	4	23:03	
8'	2	DAWN VALLE	2	21:47	2	MICHELLE LEWIS	7	23:39	
4'	3	CYNTHIA GRUPP	3	22:41	3	MARREY CANNON	10	24:21	
9'	4	SHELLY THOMPSON	5	23:07	4	JULIE MELOCHE	12	25:59	
	5	SHELLY ANGLE	6	23:30	5	SHERI CARPENTER	13	26:51	
TOTAL POINTS			17		TOTAL POINTS			44	
	6	KRISTIN BELL	8	24:05	6	K. GAVIN	14	28:01	
	7	ROBIN BRODT	9	24:07	7	SARAH BECKER	15	29:28	

HOME TEAM COLDWATER			PLACE	TIME	TEAM CENTREVILLE			PLACE	TIME
	1	MARIANNE EXELBY	1	20:34.5	1	PEGGY LONG	3	22:26	
8'	2	DAWN VALLE	2	21:47	2	VICKI RAGLAND	10	25:31	
4'	3	CYNTHIA GRUPP	4	22:41	3	CINDY CHAPMAN	11	26:33	
9'	4	SHELLY THOMPSON	5	23:07	4	CHRIS RUDEN	12	29:40	
	5	SHELLY ANGLE	6	23:30	5	LARABA PARFITT	13	31:34	
TOTAL POINTS			18		TOTAL POINTS			45	
	6	KRISTIN BELL	7	24:05	6				
	7	ROBIN BRODT	8	24:07	7				

CENTREVILLE INVITATIONAL

TEAM COLDWATER			PLACE	TIME			
	1	DAWN VALLE	5	21:27			
8'	2	SHELLY THOMPSON	30	23:01			
8'	3	CYNTHIA GRUPP	46	23:39			
9'	4	SHELLY ANGLE	67	24:32			
	5	KRISTIN BELL	70	24:40			
TOTAL POINTS			218	4TH PLACE			
	6	ROBIN BRODT	78	24:54			
	7						

HOME TEAM LUMEN CHRIST			PLACE	TIME	TEAM COLDWATER			PLACE	TIME
	1	CHARLOTTE HUFFER	1	20:50	1	MARIANNE EVELBY	2	20:51	
8 ⁴	2	KARI FREDRICK	3	20:55	2	DAWN VALLE	4	21:06	
24 ⁴	3	PATTY ZIOLKOWSKI	5	21:49	3	CYNTHIA GRUPP	9	23:37	
9 ¹	4	LISA FORNER	6	22:10	4	MICHELLE LAUGHRY	10	23:48	
	5	JACKIE ROCKWELL	7	22:56	5	SHELLY THOMPSON	12	23:52	
TOTAL POINTS			22		TOTAL POINTS			37	
	6	JOANNA S	8	23:15	6	SHELLY ANGLE	13	25:13	
	7	ELLEN GIBSON	11	23:52	7	LARA SCHEIDLER	16	26:39	

TEAM HASTINGS				PLACE	TIME	COLDWATER				PLACE	TIME
	1	CHERIE BRADLEY	5	23:54	1	DAWN VALLE	1	20:20			
8 ⁴	2	NIKKI DUNHAM	8	23:36	2	MARIANNE EVELBY	2	20:28			
26 ⁴	3	KRISTEN LYONS	9	23:46	3	SHELLY THOMPSON	3	22:40			
9 ¹	4	KIM INMAN	10	24:00	4	CYNTHIA GRUPP	4	22:41			
	5	JEAN CHEMER	11	24:06	5	LARA SCHEIDLER	6	23:16			
TOTAL POINTS				43		TOTAL POINTS				16	
	6	RONNIE FRICK	14	24:45	6	MARY NOWAK	7	23:29			
	7	CARI BRADLEY	15	24:50	7	KRISTEN BELL	10 12	24:20			

HOME TEAM COLDWATER				PLACE	TIME	MARSHALL				PLACE	TIME
	1	DAWN VALLE	2	20:25	1	DIANE WEAVER	1	19:54			
8 ⁴	2	MARIANNE EVELBY	3	20:41	2	BRENDA JACOBY	4	21:40			
13 ⁵	3	MICHELLE LAUGHRY	9	23:01	3	ERIN RAMOS	5	22:20			
10 ⁵	4	MARY NOWAK	10	23:05	4	SARA REINHERT	6	22:29			
	5	CYNTHIA GRUPP	11	23:13	5	JACKIE RAMOS	7	22:35			
TOTAL POINTS				35		TOTAL POINTS				23	
	6	SHELLY THOMPSON	13	23:12	6	RACHEL MCCOSH	8	22:38			
	7	SHELLY ANGLE	14	24:25	7	TAMMIE WINNIE	12	23:19			

HOME TEAM COLDWATER				PLACE	TIME	TEAM HILLSDALE			
	1	DAWN VALLE	2	20:25	1	CATHY ACUS	1	19:35	
84	2	MARIANNE EXELBY	4	20:41	2	SARAM SCOTT	3	20:28	
3-	3	MICHELLE LAUGHRY	8	23:01	3	JILL RUTHERFORD	5	21:12	
10-	4	MARY NOWAK	9	23:05	4	NICHOLE BUTLER	6	21:28	
	5	CYNTHIA GRUPP	10	23:12	5	KRIS BUTLER	7	21:29	
TOTAL POINTS			33	TOTAL POINTS			22		
	6	SHELLY THOMPSON	11	23:22	6	AMY LOVELETTE	12	23:30	
	7	SHELLY ANGLE	15	24:25	7	J WOODARD	13	24:00	

CHARGER INVITATIONAL - UNION CITY

TEAM COLDWATER				PLACE	TIME
	1	MARIANNE EXELBY	10	20:45	
84	2	DAWN VALLE	19	21:27	
6-	3	SHELLY THOMPSON	26	22:03	
10-	4	CYNTHIA GRUPP	27	22:07	
	5	MICHELLE LAUGHRY	29	22:24	
TOTAL POINTS			111	4TH PLACE	
	6	MARY NOWAK	42	23:19	
	7	SHELLY ANGLE	46	23:35	

STURGIS INVITATIONAL

TEAM COLDWATER				PLACE	TIME
	1	MARIANNE EXELBY	6	19:51	
84	2	DAWN VALLE	15	20:22	
13-	3	MICHELLE LAUGHRY	44	21:34	
10-	4	SHELLY THOMPSON	45	21:35	
	5	MARY NOWAK	71	23:52	
TOTAL POINTS			181	6TH PLACE	
	6	CYNTHIA GRUPP	81	23:37	
	7	KRISTIN BELL	86	23:46	

HOME TEAM	STURGIS	PLACE	TIME	TEAM	COLDWATER	PLACE	TIME
10-17-84	1 LAURI JONES	3	21:12	1	MARIANNE EXELBY	1	20:11
	2 JODY WELTY	7	22:50	2	DAWN VALLE	2	20:37
	3 SONYA CRISMAN	8	23:38	3	SHELLY THOMPSON	4	22:10
	4 JANENE RITZER	9	23:52	4	MICHELLE LAUGHRY	5	22:40
	5 KENDRA DURY	12	25: 58 ³⁴	5	MARY NOWAK	6	22:46
TOTAL POINTS		37		TOTAL POINTS		18	
	6 MISSY MISNER	13	26:10	6	SHELLY ANGLE	10	24:38
	7			7	KRISTEN BELL	11	24:39

TEAM	LAKEVIEW	PLACE	TIME	TEAM	COLDWATER	PLACE	TIME
10-17-84	1 KAREN CARR	3	21:54	1	MARIANNE EXELBY	1	20:11
	2 JILL JOHNSON	7	23:05	2	DAWN VALLE	2	20:37
	3 MINDA McNALLY	8	23:10	3	SHELLY THOMPSON	4	22:10
	4 RACHEL LUSSIER	9	23:36	4	MICHELLE LAUGHRY	5	22:40
	5 JULIE KNEELAND	12	25:56	5	MARY NOWAK	6	22:46
TOTAL POINTS		39		TOTAL POINTS		18	
	6 STACY MCGRAW	13	25:58	6	SHELLY ANGLE	10	24:38
	7			7	KRISTEN BELL	11	24:39

HOME TEAM	COLDWATER	PLACE	TIME	TEAM	PLACE	TIME	
10-19-84	1 MARIANNE EXELBY	1	20:10.5	UC	TERRI FORREST	2	20:24
	2 DAWN VALLE	3	20:24	UC	BOBBI SILVA	4	21:00
	3 MICHELLE LAUGHRY	8	21:55	B	JEAN MILLER	5	21:05
	4 SHELLY THOMPSON	9	22:17	B	CHANTEL HOUCK	6	21:29
	5 SHELLY ANGLE	11	23:33	B	BETH BARROWS	7	21:37
TOTAL POINTS		32					
	6 MARY NOWAK	12	23:45	B	MISSY WILBUR	10	22:29
	7 KRISTIN BELL	13	23:56	UC	KIM HALBERMAN	14	24:39

TWIN VALLEY CROSS COUNTRY
Sturgis High School
October 23, 1984

VARSIITY GIRLS

<u>TEAM PLACE</u>	<u>POINTS</u>
1. Hillsdale	22
2. Coldwater	52
3. Marshall	81
4. Lakeview	118
5. Sturgis	133
6. Hastings	141
7.	

Albion -

36	Roni Delvin	24.31
37	Amy Smitter	24.43

Coldwater - 52

2	Marianne Exelby	19:53
5	Dawn Valley	20:10
10	Michelle Laughry	21:30
14	Shelly Thompson	21:43
21	Mary Nowak	22:32
25	Shelly Angle	23:05
29	Christen Bell	23:36

Hastings - 141

15	Cherie Bradley	21:53
26	Kim Inman	23:09
32	Cari Bradly	23:44
33	Nikki Dunhan	24:06
35	D'Ann Ball	24:22
39	Lisa Sharp	25:02
45	Karin Gibson	26:32

Sturgis - 133

9	Lauri Jones	21:20
19	Jody Welty	22:18
31	Janene Ritzer	23:44
34	Sonya Crissman	24:09
40	Kendra Dury	25:09
44	Missy Misner	26:12

Harper Creek -

13	Paula Peterson	21:41
23	Candi Kenney	22:52

Hillsdale - 22

1	Cathy Acus	19:29
3	Sarah Scott	20:00
4	Kris Butler	20:09
6	Nichole Butler	20:11
8	Jill Rutherford	20:49
11	Amy Lovelette	21:31
22	Birthe Ewald	22:38

Lakeview - 118

16	Karen Carr	21:57
20	Jennie Wytho	22:19
24	Minda McNally	23:00
28	Jill Johnson	23:24
30	Rachel Lussier	23:39
41	Julie Kneeland	25:20
42	Stacey McGann	25:24

Marshall - 81

7	Brenda Jacoby	20:47
12	Erin Ramos	21:40
17	Tammy Winnie	22:13
18	Sara Reichert	22:16
27	Rachel McCosh	23:13
38	Trinesha Thurston	24:46
43	Emmanuel LaFrangé	25:41

Regional Meet
10-27-84

Marianne Exelby	11th	20:27
Dawn Valle	13th	20:30
Shelly Angle	40th	22:30
Mary Nowak	44th	22:38
Michelle Laughry	<u>49th</u>	23:06
Total Points	129 —	6th Place
Shelly Thompson	50th	23:07
Kristin Bell	60th	24:07

Highlights For 1984

- 1) Beating both Three Rivers and Centreville in the first meet that Coldwater ever had a Girls Cross-Country Team
- 2) Finishing 4th at the Centreville Invitational, beating all the Twin-Valley Teams
- 3) In our first conference meet ever, we beat Hastings
- 4) Beating Marshall at the Union City Invitational, and finishing 4th
- 5) Beating Marshall at the Twin-Valley Meet, and finishing in a tie for second in the final standings
- 6) Four All-Conference Runners - Marianne Exelby, Dawn Valle (First Team) Michelle Laughry, Shelly Thompson (Second Team)
- 7) Winning the first County Championship for girls
- 8) This year, having two Lady Cardinals make the All-County Team - Marianne Exelby
- 9) Marianne Exelby winning the individual County Championship - the first time a Coldwater girl has ever done so
- 10) Two Lady Cardinals making the All-Region Team and qualifying for State - Marianne Exelby and Dawn Valle

CHS Cross-Country
HONOR ROLL

ALL-COUNTY

Marianne Exelby-1983-84 (Co. Champ. '84)
Dawn Valle-1984
Angela Vanbuskirk-1981

ALL-REGION

Marianne Exelby-1983-84
Dawn Valle-1984

ALL-CONFERENCE

Marianne Exelby-1984
Dawn Valle-1984
Michelle Laughry-1984
Shelly Thompson-1984

ALL-STATE

GOLDEN GIRLS
ALL TIME BEST 50 Performances
On Memorial Park Cross-Country Course

1. Erin Gillespie(Jackson NW-83)	19:37	26. Brenda Jacoby(Marshall-84)	21:40
2. Terri Forest(Union City-83)	19:52	27. JEANNINE Lama(Pittsford-84)	21:41
3. Diane Weaver(Marshall-83)	19:57	28. CYNTHIA GRUPP(COLDWATER-83)	21:42
4. MARIANNE EXELBY(COLDWATER-83)	19:57.6	29. Debbie Spierling(UC-81)	21:44
5. Malinda Brauker(Union City-82)	20:04.6	30. Lesley Turner(TR-82)	21:53
6. DAWN VALLE(COLDWATER-84)	20:24	31. MICHELLE LAUGHRY(COLD.-84)	21:55
7. Char Gibbs(Hastings-83)	20:27	32. Kathy Doherty(TR-82)	21:58
8. Sarah Scott(Hillsdale-84)	20:28	33. Linda Rogers(Jack. NW-83)	22:00
9. Kelly Johnson(Quincy-81)	20:28	34. Cassie Bauer(Centrevil.-82)	22:01
0. Jill Liebrandt(Pennfield-79)	20:29	35. Cherie Bradley(Hast.-83)	22:01
1. Tammi Silva(Union City-82)	20:33	36. Jenifer Balwin(Bronson-83)	22:10
2. Lin Novak(Jackson NW-83)	20:33	37. Kammy Loudon(Gull Lk.-79)	22:10.5
3. Renee McCosh(Marshall-83)	20:36	38. LARA SCHEIDLER(COLD.-83)	22:10.5
4. Jean Miller(Bronson-83)	20:54	Shawnee Cardinal(Hast.-79)	22:13
5. Shelly Bell(Hastings-81)	20:56.9	40. Michele Bishop(Hast.-78)	22:14
5. Bobbi Silva(Union City-84)	21:00	41. Gail Loughlin(Hast.-78)	22:18
7. Beth Barrows(Bronson-83)	21:05	42. Paula Hartman(TR-82)	22:18
8. Jill Rutherford(Hillsdale-84)	21:12	43. SHELLY THOMPSON(COLD.-84)	22:19
9. Laura Charameda(Marshall-81)	21:25	44. Erin Ramos(Marshall-84)	22:20
0. Lisa Cole(Hastings-79)	21:25.5	45. Christy Case(Bronson-82)	22:23
1. Nichole Butler(Hillsdale-84)	21:28	46. Tony Warstler(Sturgis-82)	22:23
2. Kris Butler(Hillsdale-84)	21:29	47. PEGGY Long(Centre.-84)	22:26
3. Chantel Houck(Bronson-84)	21:29	48. Sara Reichert(Marshall-84)	22:29
4. CATHY PUORRO(COLDWATER-77)	21:31.5	49. Missy Wilbur(Bronson-84)	22:29
5. Duana Webster(Three Rivers-82)	21:34	50. Jackie Ramos(Marshall-84)	22:35