

RESULTS, REWARDS, AND REMEMBRANCES
Girl's Cross-Country 1985

Team Captains -- Mary Kay Nowak, Dawn Valle

Won-Lost Record -- 7 Wins, 4 Losses

League Record -- 6-1 in dual meets, 2nd in the Twin-Valley Meet =
2nd in the Twin-Valley

Meet Results

Three Rivers	15	Coldwater	50	(FORFEITED)
Centreville	15	Coldwater	50	(FORFEITED)
Centreville Invitational		Coldwater	2nd	
Lumen Christi	18	Coldwater	44	
Springport Invitational		Coldwater	3rd	
Union City	45	Coldwater	18	
Hastings	43	Coldwater	15	
Marshall	34	Coldwater	25	
Lakeview	34	Coldwater	25	
Union City Invitational		Coldwater	2nd	
Harper Creek	50	(FORFEITED)	Coldwater	15
Hillsdale	18	Coldwater	39	
Sturgis Invitational		Coldwater	4th	
Sturgis	42	Coldwater	18	
Albion	48	Coldwater	15	
Optimist Club County Championship		Coldwater	1st	
Twin-Valley Meet	—	Coldwater	2nd	
Regional Meet		Coldwater	<u>1st</u>	
State Championship Meet		Coldwater	12th	

Award Winners

Varsity Letters

Cynthia Grupp -- Third Year
Mary Kay Nowak -- Second Year
Dawn Valle -- Second Year
Michelle Laughry -- Second Year
Tammy Huntley -- First Year
Robin Brodt -- First Year
Joan Monroe -- First Year
Jill Strawser -- First Year

Highlights For 1985

- 1) We were the Runner-Up team at the Centreville Invitational with four of our top five runners receiving medals.
- 2) We finished 3rd at the Springport Invitational. Our top five runners all brought home medals along with a trophy.
- 3) Jill Strawser set a new freshman record of 21:37 against Lumen Christi in her first race ever on the home course.
- 4) We beat Marshall by nine points on their home course.
- 5) We won the Runner-Up trophy at the Union City Invitational.
- 6) We finished 4th and brought home a trophy from the Sturgis Invitational.
- 7) We won our second County Championship.
- 8) Four Lady Cardinals made the All-County Team -- Jill Strawser, Dawn Valle, Joan Monroe, and Michelle Laughry.
- 9) Jill Strawser is the 1985 County Champion.
- 10) Jill Strawser set a new CHS record of 19:51.8 at the County Meet.
- 11) We finished second in the Twin-Valley behind State Champion, Hillsdale.
- 12) We had four All-Conference runners -- Jill Strawser (First Team) Dawn Valle, Michelle Laughry, Joan Monroe (Second Team)
- 13) We won the Regional Championship, qualifying our team to the State Meet.
- 14) We had three runners on the All-Region Team -- Dawn Valle, Jill Strawser, and Joan Monroe.
- 15) We finished 12th in the State.
- 16) Jill Strawser placed 10th in the State Meet, becoming the first girl in CHS history to make the All-State Team.
- 17) The entire team earned varsity letters.

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

1.	Jill Strawser-85	19:51.8*			11. Tammy Huntley-85	22:37
2.	Marianne Exclby-83	19:57.6*			12. Robin Brodt-85	23:01
3.	Dawn Valle-85	20:23			13. Angela Vanbuskirk-81	23:15
4.	Joan Monroe-85	20:46			14. Shelly Angle-84	23:30
5.	Cathy Puorro-77	21:31.5*			15. Kristin Bell-84	23:56
6.	Cynthia Grupp-83	21:42			16. Norma Kelley-77	25:07.5
7.	Michelle Laughry-85	21:44			17. Patty Norton-81	26:38
8.	Lara Scheidler-83	22:10.5				
9.	Shelly Thompson-84	22:19				
10.	Mary Kay Nowak-85	22:33				

* denotes past or present school record

HOME TEAM THREE RIVERS			PLACE	TIME	TEAM COLDWATER			PLACE	TIME
	1	TRISHA O'DELL	5	25:06	1	DAWN VALLE	1	22:28	
8 ⁵	2	MARREY CANNON	6	25:13	2	JILL STRAWSER	2	23:18	
5	3	JULIE MELOCHE	7	27:39	3	MICHELLE LAUGHRY	3	23:45	
9	4	BRENDA WINCHEL	8	27:54	4	ROBIN BRODT	4	23:46	
	5	DEB COPSEY	9	28:58	5				
TOTAL POINTS			15		TOTAL POINTS			50	FORFEITED
	6	SARAH BECKER	10	32:07	6				
	7				7				

TEAM CENTREVILLE			PLACE	TIME	TEAM COLDWATER			PLACE	TIME
	1	PEGGY LONG	2	23:12	1	DAWN VALLE	1	22:28	
8 ⁵	2	CINDY CHAPMAN	6	25:00	2	JILL STRAWSER	3	23:18	
5	3	SHERI MORRIS	7	25:01	3	MICHELLE LAUGHRY	4	23:45	
9	4	STACY GUNTER	8	26:51	4	ROBIN BRODT	5	23:46	
	5	CHRIS RUDEN	9	31:20	5				
TOTAL POINTS			15		TOTAL POINTS			50	FORFEITED
	6				6				
	7				7				

CENTREVILLE INVITATIONAL

TEAM COLDWATER		PLACE	TIME			
	1	JILL STRAWSER	7	22:15		
8 ⁵	2	DAWN VALLE	8	22:27		
7	3	MICHELLE LAUGHRY	10	22:45		
9	4	JOAN MONROE	11	22:59		
	5	ROBIN BRODT	24	24:06		
TOTAL POINTS			60	2ND		
	6					
	7					

HOME TEAM	COLDWATER	PLACE	TIME	TEAM	LUMEN CHRISTI	PLACE	TIME	
	1	DAWN VALLE	3	21:04	1	SUZI CROWLEY	1	20:41
8 ^b	2	JILL STRAWSER	8	21:37	2	PATTY ZIOLKOWSKI	2	20:52
9 ^a	3	JOAN MONROE	12	22:22	3	RUTH NAVARRE	4	21:07
9 ^a	4	MICHELLE LAUGHRY	15	22:41	4	JACKIE ROCKWELL	5	21:14
	5	ROBIN BRODT	18	23:01	5	MARCIE HOLDA	6	21:22
TOTAL POINTS		44	TOTAL POINTS		18			
	6				6	KARI FREDRICK	7	21:37
	7				7	AMY SYKES	9	21:57

SPRINGPORT INVITATIONAL

TEAM	COLDWATER	PLACE	TIME			
	1	DAWN VALLE	7	20:54		
8 ^b	2	JILL STRAWSER	10	21:06		
12 ^a	3	MICHELLE LAUGHRY	19	21:32		
9 ^a	4	JOAN MONROE	24	22:03		
	5	ROBIN BRODT	25	22:04		
TOTAL POINTS		81	3RD			
	6	TAMMY HUNTLEY	45	22:52		
	7					

HOME TEAM	COLDWATER	PLACE	TIME	TEAM	UNION CITY	PLACE	TIME	
	1	JILL STRAWSER	1	20:57.4	1	TERRI FOREST	3	22:12
8 ^b	2	DAWN VALLE	2	21:07	2	BOBBI SILVA	9	25:17
19 ^a	3	MICHELLE LAUGHRY	4	22:16	3	LUCIENE GUINARAES	10	26:58
9 ^a	4	JOAN MONROE	5	22:42	4	KIM HALDERMAN	11	27:20
	5	MARY NOWAK	6	23:41	5	AMY FOOTE	12	27:44
TOTAL POINTS		18	TOTAL POINTS		45			
	6	TAMMY HUNTLEY	7	23:42	6	HELENA KELLER	13	28:25
	7	ROBIN BRODT	8	24:27	7	ANGIE KERSHNER	14	29:41

HOME TEAM COLDWATER			PLACE	TIME	TEAM HASTINGS			PLACE	TIME
	1	JILL STRAWSER	1	20:36.9	1	JEAN CHEVIER	6	23:38	
85	2	DAWN VALLE	2	20:37	2	SARA SWEETLAND	7	23:55	
25	3	JOAN MONROE	3	21:43	3	DEB DUKES	9	24:13	
9	4	MARY NOWAK	4	22:44	4	NIKKI DUNHAM	10	24:28	
	5	TAMMY HUNTLEY	5	23:03	5	CARI BRADLEY	11	24:51	
TOTAL POINTS			15	TOTAL POINTS			43		
	6	ROBIN BRODT	8	24:01	6	TIMMI WATSON	12	24:56	
	7				7	LISA SHARP	13	25:02	

HOME TEAM MARSHALL			PLACE	TIME	TEAM COLDWATER			PLACE	TIME
	1	DIANE WEAVER	2	18:49	1	JILL STRAWSER	1	18:35	
85	2	SARA REICHERT	3	19:06	2	DAWN VALLE	4	19:18	
4	3	JACKIE RAMOS	6	20:11	3	JOAN MONROE	5	19:52	
10	4	ERIN RAMOS	11	20:59	4	MICHELLE LAUGHRY	7	20:18	
	5	KELLY O'DOWD	12	21:06	5	MARY NOWAK	8	20:28	
TOTAL POINTS			34	TOTAL POINTS			25		
	6	RICHELLE VEAL	13	27:57	6	TAMMY HUNTLEY	9	20:34	
	7	BUFFY LEWIS	14	28:05	7	CYNTHIA GRUPP	10	20:40	

TEAM LAKEVIEW			PLACE	TIME	TEAM COLDWATER			PLACE	TIME
	1	JENNIE WYTKO	1	18:20	1	JILL STRAWSER	2	18:35	
85	2	KAREN CARR	4	19:19	2	DAWN VALLE	3	19:18	
2	3	JILL JOHNSON	6	20:05	3	JOAN MONROE	5	19:52	
10	4	MINDA McNALLY	11	20:44	4	MICHELLE LAUGHRY	7	20:18	
	5	KELLI LUSK	12	22:03	5	MARY NOWAK	8	20:28	
TOTAL POINTS			34	TOTAL POINTS			25		
	6	AMY COURT	13	23:23	6	TAMMY HUNTLEY	9	20:34	
	7	JULIE KNEELAND	14	24:29	7	CYNTHIA GRUPP	10	20:40	

UNION CITY INVITATIONAL

TEAM	COLDWATER	PLACE	TIME			
	1	JOAN MONROE	4	20:39		
85	2	JILL STRAWSER	5	20:45		
5	3	DAWN VALLE	12	21:17		
10	4	MARY NOWAK	21	22:05		
	5	MICHELLE LAUGHRY	23	22:11		
TOTAL POINTS			65	2ND		
	6	TAMMY HUNTLEY	28	22:30		
	7	CYNTHIA GRUPP	41	23:18		

HOME TEAM	HARPER CREEK	PLACE	TIME	TEAM	COLDWATER	PLACE	TIME	
	1	PAULA PETERSON	6	23:40	1	JILL STRAWSER	1	21:53
85	2	KANDI KENNEY	8	24:39	2	MICHELLE LAUGHRY	2	22:37
9	3	MELANIE SMITH	10	31:41	3	DAWN VALLE	3	22:44
10	4			4	JOAN MONROE	4	23:02	
	5			5	MARY NOWAK	5	23:12	
TOTAL POINTS			50	FORFEIT		TOTAL POINTS		15
	6			6	TAMMY HUNTLEY	7	24:35	
	7			7	CYNTHIA GRUPP	9	26:20	

TEAM	HILLSDALE	PLACE	TIME	TEAM	COLDWATER	PLACE	TIME	
	1	CATHY ACUS	1	20:24	1	JILL STRAWSER	4	21:53
85	2	NICHOLE BUTLER	2	20:28	2	MICHELLE LAUGHRY	6	22:37
9	3	KRIS BUTLER	3	20:30	3	DAWN VALLE	8	22:44
10	4	JULIE LILLROSE	5	22:10	4	JOAN MONROE	10	23:02
	5	JEANNINE LAMA	7	22:39	5	MARY NOWAK	11	23:12
TOTAL POINTS			18	TOTAL POINTS		39		
	6	TAMMY MONROE	9	22:55	6	TAMMY HUNTLEY	13	24:35
	7	AMY LOVELETTE	12	24:17	7	CYNTHIA GRUPP	14	26:20

STURGIS INVITATIONAL

TEAM COLDWATER		PLACE	TIME			
	1	JILL STRAWSER	6	20:10		
85	2	DAWN VALLE	18	20:59		
12	3	JOAN MONROE	20	21:12		
10	4	MICHELLE LAUGHRY	34	21:38		
	5	MARY NOWAK	43	22:25		
TOTAL POINTS		121	4TH			
	6	TAMMY HUNTLEY	47	22:46		
	7					

HOME TEAM COLDWATER		PLACE	TIME	TEAM STURGIS	PLACE	TIME		
	1	JILL STRAWSER	1	20:08.1	1	CHRISTINE WEAVER	4	21:01
85	2	DAWN VALLE	2	20:24	2	HEIDI TULL	6	22:05
16	3	JOAN MONROE	3	20:46	3	ANN NOECKER	9	22:44
10	4	MICHELLE LAUGHRY	5	21:46	4	SONYA CHRISMAN	11	23:20
	5	MARY NOWAK	7	22:33	5	KIT BOWDISH	12	23:44
TOTAL POINTS		18	TOTAL POINTS		42			
	6	TAMMY HUNTLEY	8	22:37	6	KRIS WIRES	13	25:03
	7	CYNTHIA GRUPP	10	22:52	7	JANENE RITZER	14	25:31

HOME TEAM COLDWATER		PLACE	TIME	TEAM ALBION	PLACE	TIME		
	1	JILL STRAWSER	1	20:08.1	1	DIANA SHELLES	7	22:40
85	2	DAWN VALLE	2	20:24	2	RONI DEVLIN	8	22:46
16	3	JOAN MONROE	3	20:46	3	TRINA RUMLER	10	23:50
10	4	MICHELLE LAUGHRY	4	21:46	4	AMY SMITTER	11	24:26
	5	MARY NOWAK	5	22:33	5	AMY NOVAK	12	26:07
TOTAL POINTS		15	TOTAL POINTS		48			
	6	TAMMY HUNTLEY	6	22:37	6	JENNY SMITTER	13	28:48
	7	CYNTHIA GRUPP	9	22:52	7			

VARSITY GIRLS

Continued

TEAM PLACE POINTS

HILLSDALE	19
COLDWATER	56
MARSHALL	100
LAKEVIEW	102
HARPER CREEK	102
STURGIS	127
ALBION	167
HASTINGS	187

TWIN VALLEY CROSS COUNTRY
HASTINGS HIGH SCHOOL
OCTOBER 22, 1985

ALBION.....167

R		
DIANA SHELLES	17	21.02
RONI DEVLIN	26	22.42
AMY SMITTER	34	23.18
TRINA RUMLER	43	24.14
AMY NOVAK	47	25.31
JENNY SMITTER	50	27.23

COLDWATER..... 56

JILL STRAWSER	4	19.35
DAWN VALLE	9	20.26
JOAN MONROE	14	20.49
MICHELLE LAUGHRY	11	20.41
MARY NOWAK	18	21.51
TAMMY HUNTLEY	21	22.05
CYNTHIA GRUPP	22	22.05

HARPER CREEK.....102

PAULA PETERSON	20	22.02
KANDI KENNEY	31	22.57
MELANIE SMITH	51	27.45

R
R
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LAKEVIEW.....102

JENNIE WYTKO	5	19.42
KAREN CARR	15	20.51
JILL JOHNSON	28	22.54
MINDA MCNALLY	25	22.30
KELLI LUSK	29	22.56
ANGELA ECKERTY	37	23.41
AMY COURT	38	23.91

HILLSDALE..... 19

CATHY ACUS	1	18.52
KRIS BUTLER	3	18.57
NICHOLE BUTLER	2	18.56
JEANINE LAMA	7	20.06
JULIE LILLROSE	6	19.59
TAMMY MONROE	13	20.96
AMY LOVELETTE	24	22.15

MARSHALL.....100

DIANE WEAVER	8	20.13
SARA REICHERT	16	20.53
ERIN RAMES	19	21.58
KELLEY ODOWD	30	22.56
JACKIE RAMES	27	22.50
LORRINDA GASKELL	49	27.08
HEIDI LOUEMAN	48	25.57

STURGIS.....127

CHRISTINE WEAVER	10	20.40
HEIDI TULL	12	20.42
ANN NOECKER	23	22.10
SONYA CHRISMAN	36	23.32
KIT BOWDISH	46	25.05
KRIS WIRES	42	24.14
JANENE RITZER	44	24.34

HASTINGS.....187

JEAN CHENIER	41	24.06
ANNA SPINDLER	35	23.26
MELINDA HARE	40	24.04
SARA SWEETLAND	32	23.02
DEBI DUKES	39	23.57
TIMMI WATSON	33	23.11
LISA SHARP	45	29.35

BRANCH COUNTY MEET

HOME TEAM	COLDWATER	PLACE	TIME	TEAM	PLACE	TIME		
	1	JILL STRAWSER	1	19:51.8	B	JEAN MILLER	3	20:51
	2	DAWN VALLE	2	20:23	B	SHANTEL HOUCK	5	21:01
	3	JOAN MONROE	4	20:56	UC	TERRI FOREST	7	21:57
	4	MICHELLE LAUGHRY	6	21:44	B	BETH BARROWS	8	22:11
	5	CYNTHIA GRUPP	9	22:30	B	JODI CASE	11	24:46
		TOTAL POINTS	22	1ST				
	6	TAMMY HUNTLEY	10	23:28	UC	LUCIENE GUYMARES	12	24:46
	7				UC	KIM HALVERMAN	13	25:37

REGIONAL MEET

TEAM	COLDWATER	PLACE	TIME			
	1	DAWN VALLE	3	20:48		
85	2	JILL STRAWSER	4	21:00		
26	3	JOAN MONROE	6	21:17		
10	4	MICHELLE LAUGHRY	24	22:36		
	5	MARY NOWAK	26	22:39		
		TOTAL POINTS	63	1ST		
	6	TAMMY HUNTLEY	29	22:45		
	7	CYNTHIA GRUPP	44	23:44		

STATE MEET

TEAM	COLDWATER	PLACE	TIME			
	1	JILL STRAWSER	10	19:41.9		
85	2	DAWN VALLE	30	20:22.5		
2	3	JOAN MONROE	45	20:49.4		
11	4	MARY NOWAK	107	21:52.4		
	5	MICHELLE LAUGHRY	108	21:52.7		
		TOTAL POINTS	300	12TH		
	6	CYNTHIA GRUPP	134	22:31.5		
	7	TAMMY HUNTLEY	137	22:38		

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

1. Erin Gillespie (Jackson NW-83)	19:37	26. Jackie Rockwell (Lumen-85)	21:14
2. JILL STRAWSER (COLDWATER-85)	19:51.8	27. Marcie Holden (Lumen-85)	21:22
3. Terri Forest (Union City-83)	19:52	28. Laura Charameda (Marshall-81)	21:25
4. Diane Weaver (Marshall-83)	19:57	29. Lisa Cole (Hastings-79)	21:25.5
5. MARIANNE EXELBY (COLDWATER-83)	19:57.6	30. Nichole Butler (Hillsdale-84)	21:28
6. Malinda Brauker (Union City-82)	20:04.6	31. Kris Butler (Hillsdale-84)	21:29
7. DAWN VALLE (COLDWATER-85)	20:23	32. CATHY PUORRO (COLD.-77)	21:31.5
8. Char Gibbs (Hastings-83)	20:27	33. Duana Webster (3 Rivers-82)	21:34
9. Sarah Scott (Hillsdale-84)	20:28	34. Kari Fredrick (Lumen-85)	21:37
10. Kelly Johnson (Quincy-81)	20:28	35. Brenda Jacoby (Marshall-84)	21:40
11. Jill Liebrandt (Pennfield-79)	20:29	36. Jeannine Lama (Pittsford-84)	21:41
12. Tammi Silva (Union City-82)	20:33	37. CYNTHIA GRUPP (COLDWATER-83)	21:42
13. Lin Novak (Jackson NW-83)	20:33	38. Debbie Spierling (Union-81)	21:44
14. Renee McCosh (Marshall-83)	20:36	39. MICHELLE LAUGHRY (COLD.-85)	21:44
15. Suzi Crowley (Lumen Christi-85)	20:41	40. Lesley Turner (3 Rivers-82)	21:53
16. JOAN MONROE (COLDWATER-85)	20:46	41. Amy Sykes (Lumen-85)	21:57
17. Jean Miller (Bronson-85)	20:51	42. Kathy Doherty (3 Rivers-82)	21:58
18. Patty Ziolkowski (Lumen Ch.-85)	20:52	43. Linda Rogers (Jack. NW-83)	22:00
19. Shelly Bell (Hastings-81)	20:56.9	44. Cassie Bauer (Centrevil.-82)	22:01
20. Bobbi Silva (Union City-84)	21:00	45. Cherie Bradley (Hastings-83)	22:01
21. Christine Weaver (Sturgis-85)	21:01	46. Ellen Gibson (Lumen-85)	22:02
22. Shantel Houck (Bronson-85)	21:01	47. Heidi Tull (Sturgis-85)	22:05
23. Beth Barrows (Bronson-83)	21:05	48. Jenifer Balswin (Bronson-83)	22:10
24. Ruth Navarre (Lumen Christi-85)	21:07	49. Kammy Loudon (Gull Lk.-79)	22:10.5
25. Jill Rutherford (Hillsdale-84)	21:12	50. LARA SCHEIDLER (COLD.-83)	22:10.5

Lady Cardinal's
HONOR ROLL

ALL-COUNTY

Jill Strawser-1985 (Co. Champ.)
 Marianne Exelby-1983-84 (Co. Champ. '84)
 Dawn Valle-1984-85
 Joan Monroe-1985
 Michelle Laughry-1985
 Angela Vanbuskirk-1981

ALL-REGION

Dawn Valle-1984-85
 Jill Strawser-1985
 Joan Monroe-1985
 Marianne Exelby-1983-84

ALL-CONFERENCE

Dawn Valle-1984-85
 Michelle Laughry-1984-85
 Jill Strawser-1985
 Joan Monroe-1985
 Marianne Exelby-1984
 Shelly Thompson-1984

ALL-STATE

Jill Strawser-1985

MOST IMPROVED PERFORMER

Robin Brodt-1985