

St. Joe boys run to another crown

By JIM McCURDY
H-P Sports Writer

NILES — Ron Waldvogel still believes there's fuel left in the tank. Enough that will carry him five kilometers next week.

After watching his team win the Class B boys cross country regional at Brandywine High School Saturday, the St. Joseph coach thinks there's one more week left in his squad.

"I don't think we ran ourselves out to win this," Waldvogel said. "I still think we have enough left for the state meet."



VELDMAN
not going with a team advance to the state meet.

St. Joe won with 57 points, finishing ahead of Wayland (79) and Gull Lake (119). The Bears, who've won three straight regional titles, run in the state meet in Grand Rapids Saturday. The top three teams and top 10 individuals

■ Laughhunn repeat champion / 5D

River Valley's Joe Veldman won the Class C individual race in 16:53.5, while Kalamazoo Hackett was first as a team with 56 points. Bangor was second with 100 and Marcellus and Hartford tied with 101. All four teams will run in the state meet.

Veldman finished a half-minute faster than Constantine's Ron David, yet he felt challenged the entire way.

"I knew there'd be somebody that would step out and push me," Veldman said. "I knew where he (David) was at. Three quarters of a mile into it, I was up at the front. I felt like I was in it. I was just trying to run smart to challenge for the best I possibly could."

Nick Brockway of Gull Lake won the Class B title in 16:47. Nathan Hoffman of Allegan was second and Jim Droste of St. Joseph was third. Meet officials did not have times for this race after experiencing clock malfunctions.

Lakeshore's Adam Wilson and Joe Lemon were sixth and seventh, respectively, and Coloma's Willie Brigham was eighth. Colin Banyon of St. Joe was ninth and teammate Shawn Gast was 11th.

"We held our own and did the job," Waldvogel said. "Jim Droste has been our leader this year, and he was up there fighting for first place. It wasn't there today, but maybe next week. The guy that has been running solid the last three weeks is Shawn Gast."

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jeffhollobaugh
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Laughhunn happy she kept running

By JIM MCCURDY
H-P Sports Writer

NILES — Melissa Laughhunn almost made the biggest mistake of her life two months ago.

She almost didn't run.

Now she's savoring every minute of this fall and her senior year at Lakeshore. Of course winning her second straight Class B regional cross country title kind of helps.

"I'm just so glad I ran," Laughhunn said. "I almost didn't run cross country. I had so much going on with school and work. But I'm just so glad, because I've got better and better each week."

Laughhunn ran a 20:04.4 on her way to the individual title at Brandywine High School. She opened up a lead down the first stretch and broke away from everyone. Laura Bartelone of Gull Lake was second in 20:20.5 and Paw Paw's Becky Bielang (20:20.8) and Emily Mattson (20:24.3) finished third and fourth, respectively.

Paw Paw won the Class B girls team title with 74 points. Gull Lake was second with 78 and Holland Christian third with 99. Lakeshore finished seventh with 195 and St. Joseph eighth with 205.

Kalamazoo Hackett won the Class C title with 39 points. Colon was second with 75 and Buchanan third with 94. Eiron DeLong of Hackett won the race with a 20:39.6. Hartford's Sonia Sandoval qualified for the state meet with a fourth-place 22:06.1. Buchanan's Anna Vansweden finished sixth in 22:38.2 and

BEARS

team, although the Mustangs finished fifth.

"I usually feel the better I can run, the better it's going to help our team," Veldman said. "There's no doubt we wanted to do this as a team. It feels great to come out of your regional on top. That's definitely what I had in mind."

Veldman says the faster he runs, the greater opportunity he gives his

Buchanan's Karin Jackson seventh in 22:45.4.

St. Joe's Kristin Grumbine just was seventh in the Class B meet with 20:49.7.

The top three teams and top 10 individuals not going as a team qualified for the state meet.

But nobody was close to Laughhunn, who insists getting a big jump is critical to her race.

"I have to do it," she said. "I have to get out front first. It makes me think they won't catch me."

"I used to start out in the back. I'm nervous about my competitors, and I know my competitors are nervous about me. If I get out in front first, then I know that makes their nerves go off, and I can kind of rest on that."

Rachel Hoover of Bangor qualified for the state meet with a 22:54.2 as did Marcellus' Colleen Weide in 23:18.6 and Waterford's Kim Klapp in 23:38.3.

For Laughhunn, there's one more week left — one more week to get a head start.

"I just know how much of it is psychological," she said. "I'm not as nervous as I was the past three years."

GOING SOLO: Melissa Laughhunn ran alone to win the Class B cross country title.



H-P photo by Jim McCurdy

Carl Smith, 2. Shawn Smith (Cov) 22:52.0, 3. Anna Veldman (Hart) 22:58.2, 7. Karin Jackson (Buch) 22:45.4, 8. Zury Cartwright (Buch) 22:51.1, 9. Erin Drake (Buch) 22:52.1, 12. Rachel Hoover (Bang) 22:54.2, 11. Erin Egan (Cov) 22:56.6, 12. Sarah Shadley (Buch) 22:56.6, 13. Kim Westermann (Hart) 23:03.1, 14. Kelly Adams (Buch) 23:04.4, 15. J. Henschel (Buch) 23:11.4, 16. T. Thompson (Buch) 23:20.1, 17. Colleen Weide (Wat) 23:18.6, 18. Carrie Schick (St. J) 23:20.1, 19. Erin Klapp (Wat) 23:38.3.

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New Buffalo boys finish second in 'D'

CARSON CITY — New Buffalo's boys cross country team finished second at the Class D regional here Saturday, qualifying for next Saturday's state meet in Grand Rapids.

Fowler, ranked No. 1 all year, won the meet with 28 points, while the Bison had 89. Camden-Frontier was third with 111.

"This gives us a good indication of how well we do at the state meet," New Buffalo coach Terry Kroyser said. "It was far and away our best finish of the year."

Last year the Bison finished seventh at the state meet. Pat Butler of New Buffalo was seventh with a time of 17:23.7. Lake Michigan Catholic's T.J. Parce was 11th in 17:42.7 and New Buffalo's Adam Homola 12th in 17:45.2.

Mendon won the girls race with 51 points, Fowler was second with 63 and Tri-Unity Christian third with 94. Lawrence's girls finished eighth with 184.

Holy Koshar of Lawrence qualified for the state meet with a 21:24.8 and Krista Hilebrand of New Buffalo qualified with a 22:10.5. Cherril Huelberg and Joanna Steinhauer of Lake Michigan Catholic qualified with respective times of 22:33.9 and 23:27.3.

CROSS COUNTRY REGIONALS

Niles boys and girls cross country teams finished 16th at the Class A regional at Grandville High School, Benton Harbor's boys placed 18th.

Grand Ledge won the boys meet with 84 points and West Ottawa Hills won the girls with 63.

Jim McLain of Niles ran a 19:42 for 93rd place. Niles' James Jarman ran a 20:01 for 88th. Matt Sharpe of Benton Harbor ran a 20:11 for 99th place. Niles' Hans Tran was 50th in the girls race with a 22:39 and Katie Hadley was 70th in 23:25.

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