

Cross  
Country  
34 Miller  
Country  
Ashley Miller



**Girls Cross Country:** (Front Row) Kaitlin Andersen, Ruby Johnson, Megan Deist, Lauren Graeve, Kiara Brannan-Sporrer, Madison Hagedorn, and Carmen Malloy.

**Boys Cross Country:** (Back Row) Joseph Remsburg, Kyle Rustvold, James Thaelke, Andrew Blomme, Sean Card, Mitchell Nelsen, Jordan Hansen, and Coach Bob Monahan.

(Not Pictured: Shamus Card and Andrew Malloy).

## SCORE BOARD

Girls	Meets	Boys
4th	Logan-Magnolia	12th
4th	JSPC-Green Co	9th
4th	AHST	4th
4th	Wheeler Inv	6th
4th	Orient-Macksburg	6th
4th	Woodbine	NTS*
4th	Western IA Con	8th
8th	Regional (Atlantic)	14th

### WIC Academic All-Conference

Megan Deist, Sean Card

**\*\*State Qualifier\*\***

Megan Deist

\*NTS: no team score



Above: While Shamus Card holds it in place, and Jordan Hansen gives him a boost, Kyle Rustvold puts up the traditional Audubon cross country flag at their team camp site. Right: While Joseph Remsburg is chilling on the side, Madison Hagedorn tosses a football to Kaitlin Andersen. The cross country team is known to have fun, whether it is running on the course like Sean Card at WIC in Treynor (left) or while waiting for their turn to run or for others to get done running.

# State Qualifier: Megan Deist!

Senior Megan Deist (pictured left) running in her final Wheeler Invitational meet where she placed 1st. She qualified for State for a 3rd time and for the picture on the right, she held up her plaque for placing 23rd out of a total of 125 runners. Deist has always pushed herself to do her best. Her hardwork paid off and she was able to beat her personal record of 16.23, with her new time of 15:55. Deist (pictured below) burst into tears of joy when Coach Bob Monahan announced her time. The 2013 season was the last for senior Deist and retiring coach Monahan.



Carmen Malloy's first year in cross country and she's already determined to make a good finish at Districts in Treynor.

Andrew Malloy joined the XC team late in the season, but he was glad he was able to run in some meets, such as the one at AHST.



Kiara Brannan-Sporrer trying to keep her good head start ahead of the other runners at the Logan-Magnolia meet.

Andrew Blomme looking ahead towards the finish line. He finished with an average time at the Logan-Magnolia meet.



Ruby Johnson's mom Barbara helping her stretch out her injured muscle after she ran the WIC meet. XC parents actively support the team.



Left: Due to a no jewelry allowed rule, Kyle Rustvold had to tape up his ears to cover his gauges at the Invitational meet in Audubon. Middle: Lauren Graeve focused while running at Logan-Magnolia. Right: A special type of calculator is used to keep track of each runner's time in meets.



## CROSS COUNTRY

### Our Athletes: Not Just Numbers

*"Before every cross country meet, the boys would kneel down and say a prayer to Fonzie. Who is the patron Saint of cross country."*  
-Sean Card

