

# Valders runners storm Wisconsin Rapids with power

## Girls make statement to earn runner-up trophy

By Brian Thomsen

The Valders High School girls cross country team has arrived on the state scene.

It's been 20 years since the Lady Vikes have run on the big stage, and on Saturday this group of mostly underclassmen made a statement by finishing second in Division 3 at the WIAA state cross country meet at The Ridges Golf Course in Wisconsin Rapids.

"The girls have been watching this race (state) for a long time," said coach Bill Dietrich. "They raced really hard."

Valders was a distant second to Boscobel, but edged Oshkosh Lourdes by two points to earn the silver trophy.

Freshman Hannah Welch earned a spot on the podium as the fourth-place individual. Her time was 19:53.

She got boxed in early and was in 14th place at the mile mark. She moved up eight spots in the second mile and another four as she headed to the finish.

"It's definitely hard to break through when you're in a large group," Welch said. "Definitely being strategic,

like surging on the hills and having good position around the flags is what really helped me get out of that pack."

Dietrich said they talked about strategy.

"I told Hannah to stay calm and get her race going," the coach said.

"The real story is Elizabeth [Backus]. She moved from like 50th to 30th to 18th and beat the No. 1 Lourdes girl. That's really racing hard."

Backus, the team's No. 2, finished 18th overall and ninth for team scoring in 20:34.

"In the beginning I got locked in so I kind of cut out and surged closer to the front," Backus said. "I really tried to use the downhill."

No. 3 runner Brooke Lau followed a similar track. In 53rd place after a mile, she moved up to 38th by the two mile and placed 39th overall and 17th for team scoring in 21:00.

"I think I really did run my race today," she said.

No. 4 Alexis Alfson finished 66th overall and 32nd for scoring purposes in 21:42, a personal best.

"It was a lot better than I See Second p. 16



**He's the Fastest in Wisconsin**  
Shane Griepentrog of Valders is alone in first place just past the

mile mark of the WIAA Division 3 state cross country meet on Saturday. His winning time of 15:38 was the fastest among all divisions and just two seconds off a state record. —Journal Photo

## Champions again! Boys claim state title

By Brian Thomsen

Shane Griepentrog led from start to finish, Clay Taylor surged to finish second and the Valders High School boys cross country team wrapped up its fourth state championship in five years.

It couldn't have been a better day Saturday for Valders at the WIAA state meet in Division 3 at The Ridges Golf Course in Wisconsin Rapids.

Oh, but yes it did get better.

The Valders girls team, competing at state for the first time in 20 years, came on strong during the final race of the day for a runner-up finish.

"Two trophies-wow!" said coach Bill Dietrich. "I don't know what to say. I'm speechless."

The boys team held off

Grantsburg, which finished in second place seven points behind the Vikings.

It's the sixth overall state championship for the Valders program. The Vikes moved down to Division 3 this year, but that didn't diminish the accomplishment.

"We just had that feeling that we were going to go kick some butt today," said team leader Shane Griepentrog.

Griepentrog ran the table this season, winning every race. The school's only other state individual champion, Michael Evans, did the same in 2010.

Griepentrog's winning time of 15:38 was the fastest of the day among all divisions.

"That's notable, very notable," Dietrich said of his senior standout. "He just ran, ran, ran."

Coming in as a heavy favorite, Griepentrog still had to deal with defending champion Parker Schneider of Durand. He settled that issue early on.

"He was on my shoulder a bit early on, but I think that first mile took it out of him," Griepentrog said.

The start was a little faster than Griepentrog said he had intended—4:43 at the mile mark—adding that he was feeling it later on.

"I gutted it out that third mile, which held," Griepentrog said.

Taylor scored his own victory in getting on the medal stand right next to his teammate. His second-place time was 16:14.

"It's the best feeling in the world," the senior said. "We've been side by side for six years, and this has been our goal all along.

"To make this happen, I'm just over the moon."

In fifth place after a mile, Taylor moved up to third at two miles. Then, he took on Schneider from Durand.

"As soon as I saw his form go to crap I knew I had a really good shot of passing him," Taylor said. "I made sure to make it a convincing pass. He was done from there."

The one-two finish of Griepentrog and Taylor set the Vikings up in a good position, but the rest of the team had to pull through, too.

No. 3 runner Mitchell Braun finished 30th overall and 12th for team scoring in 17:37.

"It's a tough course, but knowing it was a huge advantage to me," the senior said.

No. 4 runner Brayden Sabel came in 51st overall and 21st in team scoring in 18:01. He did slip 12 places after the two-mile mark.

See Champs p. 16

**Congratulations, Alexis!**

Personal best at State  
**21:42**

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The Dolphins Swim Team is open to any youth ages 5 and older who can swim one length of the front crawl. Swim meets will be held at times and dates TBD.

**Practice is Monday-Thursday from 4:00-5:15pm**  
(\*No supervision for students from 3:15-4:00pm)  
**Nov. 29-February 2022**

FEE: Elementary/high school student: \$50  
Middle school student: \$75  
Non-Resident: \$120

To register, please fill out a registration form and return it to the elementary school office by Nov. 24.

**All middle and high school swimmers must have an emergency card and physical or alternate-year card on file in order to practice.** These forms may be picked up at the school office, school website (www.valders.k12.wi.us) or pool office.

**For more information, call:**  
Athletic and Community Services Secretary Susie Young at 920-775-9500, ext. 5082, or talk to head coach Jennifer Rogler.

**Deer Gun Sight-In**  
Nov. 6 & 7  
10am - 3pm

Open to the public.  
Tickets can be purchased at the clubhouse for \$5 per gun.  
Food and beverages available.

**Sportsman's Rummage Sale**  
Saturday, Nov. 6, 9am-3pm.  
No charge for tables.  
First-come, first-served.

The clubhouse will be open weekends during deer gun season, but rifle and pistol ranges are closed.

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Drawing for annual **Gun Raffle**  
Sunday, Nov. 7 • 3pm  
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Club is located southeast of Valders at 13431 Rusch Road.

# Schaefer, Strebblow medal at EWC meet

Ada Schaefer came up a winner twice and Emma Strebblow also got on the medal stand to lead the Brillion/Valders/Chilton/Kaukauna girls swim team at the Eastern Wisconsin Conference meet in Kiel on Saturday.

BVCK ended up a distant second behind the co-op team of Kohler, Sheboygan Lutheran and Sheboygan Falls in the team standings.

Scores were: KLF 143, BVCK 71, Berlin/Green Lake 61, Plymouth 54, Two Rivers/Roncalli 54 and Kiel 40.

Schaefer, a senior from Kaukauna, was champion in the 100-yard butterfly in 1:02.3 and the 100 backstroke in 1:04.12.

Strebblow, a sophomore from Valders, earned third place in the 200 freestyle in 2:11.95 and fourth place in the 100 breaststroke in 1:17.23.

Also in fourth was Libbi DeLanty in the 200 individual medley in 2:33.19. Kacie Sol-

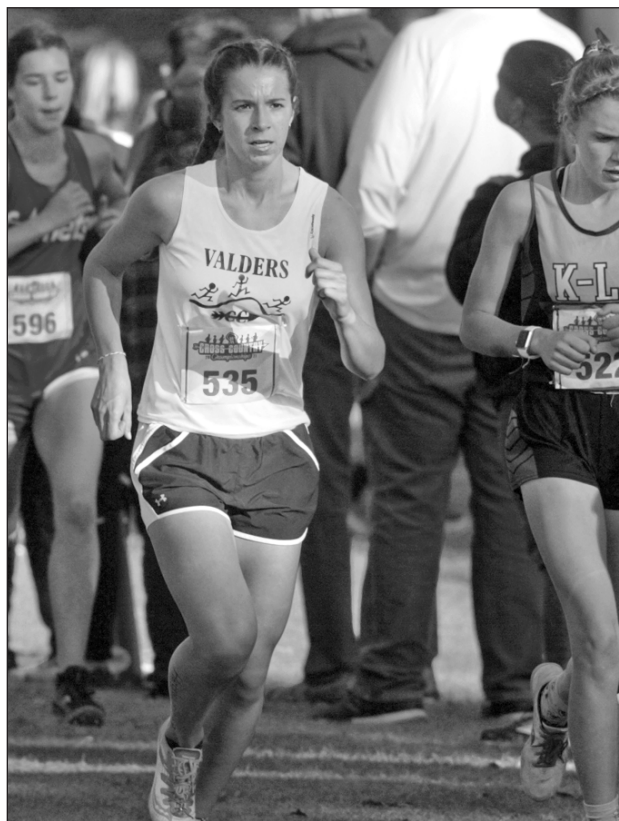
berg was fifth in the IM in 2:43.42. Olivia Schwarz took fourth in the 100 butterfly in 1:14.2.

In the relays, the 200 medley team of Schaefer, Strebblow, DeLanty and Afton Frank was runner-up in 2:02.38. The same foursome placed third in the 400 freestyle relay in 4:06.76. And the 200 freestyle relay of Olivia Schwarz, Solberg, Natalie Riederer and Campbell Schwarz was fifth in 2:00.48.

Among other individuals figuring into the team scoring—top seven places—were Frank in sixth place in the 50 freestyle in 28:21 and sixth in the 100 freestyle in 1:03.17; Campbell Schwarz in seventh in the 500 freestyle in 6:24.89; Solberg in seventh in the 100 backstroke in 1:17.03; and DeLanty in seventh in the 100 breaststroke in 1:21.28.

Among Valders swimmers placing in the junior varsity portion of the meet, Madelyn Fuku was runner-up in the 100 backstroke and fifth in the 100 freestyle; Carmen Otto took third in both the 100 butterfly and 100 backstroke; Sophia Kubichek was fourth in the 200 freestyle; and Kai Meyer was seventh in the 50 freestyle and ninth in the 100 freestyle.

BVCK competes on Saturday in the WIAA Division 1 sectional at Neenah.



## An Uphill Climb

Avery Kauth (535) negotiates one of the many hills on the state cross country course while competing for the Valders girls team on Saturday.

—Journal Photo

## Second

Continued from p. 6

imagined because I got pushed through it," she said.

No. 5 Avery Kauth placed 82nd and 47th for scoring in 22:13, also saying she found it hard to weave through the traffic on the course.

Naomi Nelson had a personal-best 22:30 and placed 90th.

"That was the fastest start I've ever seen," she said.

Andie Taylor, still feeling the effects of a cold earlier in the week, ended up in 121st place in 23:34.

"I started strong but then I could feel it all building up in my breathing," Taylor said.

Team scores were: Boscobel 71, Valders 108, Oshkosh Lourdes 110, Kickapoo/La Farge 139, Burlington Catholic Central 173, Lancaster 205, Weyauwega-Fremont 215, Brookfield Academy 223, Durand 237, Wisconsin Rapids Assumption 238, Colby 242, Bonduel 254, Colfax 287, Cameron 307, Phillips 309 and Grantsburg 352.

# Champs

Continued from p. 6

"I did all right, yeah," the junior said. "It's really a team effort."

Luke Risse and Gunnar Romuald were neck-in-neck at the finish for the fifth spot on the team, both posting times of 18:39 for 80th and 81st place. Ben Eben finished 100th in 18:57.

"Ben, Gunnar and I stuck together the first mile, kind of split up the second mile and came out together at the end," Risse said.

Romuald, the only freshman for Valders, said he pushed it on the downhills, passing two or three runners each time.

"The uphill is really killers," he said. "This course

is really tough."

Eben, who like the other two was running at his first state meet, said he made a surge to stay with his teammates that really took a lot out of him. He dropped 17 spots after the opening mile.

"I'm very proud of the other guys that they could drop time on this course," Eben said.

Team scores were: Valders 78, Grantsburg 85, Ozaukee 158, Poynette 164, Brookfield Academy 176, Sheboygan Lutheran 185, Stevens Point Pacelli 196, La Crosse Aquinas 210, Spring Valley 213, Boscobel 222, Ladysmith 241, Chippewa Falls McDonnell 279, Athens 283, Kickapoo/La Farge 297, Marathon 334 and Auburndale 339.

## LTC nominated for elite award

For the third year, Lakeshore Technical College has been selected as a top 10 Bellwether Award finalist.

The annual award recognizes leading institutions of higher education having outstanding and innovative programs and practices in community college education.

It is considered one of the most elite awards given to community colleges. LTC is the only college in Wisconsin named as a finalist.

LTC is a finalist in the Workforce Development category for College Here & Now, a program that provides

high school students the opportunity to earn a college degree without leaving their high school.

"Being recognized as a Bellwether finalist three out of the last four years shows the extent to which Lakeshore Technical College is innovating to support students, employers and our community," said LTC President Paul Carlsen.

"We are honored College Here & Now is considered a national model of excellence, and greatly appreciate the partnerships supporting the program."

## Grothman gets tough on fentanyl

U.S. Rep. Glenn Grothman, R-Glenbeulah, has introduced the Fentanyl Penalties Parity Act, a bill to reduce the threshold for mandatory minimum penalties for fentanyl-related offenses, putting it on par with quantity thresholds for other opiate offenses, like heroin.

Grothman represents this area's 6th Congressional District.

Currently, to trigger a 10-year mandatory minimum sentence under the Controlled Substances Act, an offense must involve 400 or

more grams of a mixture or substance containing fentanyl.

Because the average lethal dose of fentanyl is 2 milligrams, the offense would need to contain roughly 200,000 lethal doses in order to trigger the 10-year mandatory minimum.

"We recently exceeded 90,000 deaths from illegal drug use in this country in one year, largely driven by the use of fentanyl," Grothman said. "This is a large-scale epidemic in need of immediate attention."

## Bowling Scores

Bruce's Bar & Bowl, Valders  
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