

## THROUGH MY LENS

### Enjoying my bounty from the final race

By NATE BEIER  
Sports Editor

I feel like each time I go out to cover something, the event is anything but small.



Well, that's the fun part of this job - the tournament season. This fall portion of the WIAA tourney series, however, has been more than satisfying for me, even though it piles on the work.

We just ended the cross country season with the running of the 110th annual state championship races this past weekend. As much as I loathe shooting state at times, I also find it super rewarding once we actually get through the darn thing.

You see, for me as a photographer, an event like state cross country doesn't allow me much time to shoot very creatively. Instead, I'm forced to collect images of people running in a very literal and straightforward manner.

If you follow my social media pages, you see that I thrive with creative photos and concepts and that's a style I want to shoot when it comes to cross country, but the stakes are so high and the time is so short at state, the opportunities just aren't there.

Either way, this year's bounty of images and experiences from the WIAA state cross country races was more exciting than I expected. It's so hard for any individual to win that event, I usually never expect our local teams to produce much in the final meet of the year - boy was I wrong.

My day kicked off with the D3 girls race being won by C-FC's freshman phenom. As I watched others finish, I thought that C-FC had a chance at some state hardware, but definitely not a state title, right? Again, I was wrong.

The C-FC girls won their fourth-ever state title in cross country and then had their spirits lifted even more when their top boy runner won the D3 title just a couple hours later. Boy, isn't that a day?

I watched Mauston's Eli Boppart nearly win a title and I watched Onalaska's Manny Putz nearly lose his chance at a championship. Again, each of these races was something to behold. There was an excitement and energy around what our area was able to produce.

Yes, Saturday was fun. I yielded a good bounty of images - some of which I've shared in today's section - but I always want more, different and better. I ended my cross country season by shooting pretty well the last two meets of the year, but I know I missed some opportunities as well.

That just means I can't quit yet and I have to come back next year to try it again. I'll enjoy this year's yield, but I'm ready for another crack at getting better, that's for sure.

## SOCCER SECTIONAL SEMIFINAL: TOMAH 1 HOLMEN 0 20T

### Vervoren's shot sends Tomah to historic territory



By NATE BEIER  
Sports Writer

The atmosphere was electric as Tomah hosted Holmen in a WIAA Division 2 sectional semifinal match on Thursday, October 27.

Throngs of fans for both teams lined the field as the fifth-seeded Timberwolves (9-7-5) faced-off against Holmen (12-8-2) for the third time this season.

Both teams knew goals would be at a premium as

both squads boasted stellar defensive units and gritty goalkeepers.

The battle for a bid at the sectional final was intense from the start and went exactly as scripted. Neither team would find an easy path to the goal and both teams played on pins and needles whenever the opposing offense would manage to get a trip into the keeper's box.

Holmen managed to get a ball to sneak behind Tomah goalkeeper Trevin Johnson,

but the Timberwolves' defense provided enough backup to contend the play and deny the goal.

The chess match continued into halftime with both teams knotted at 0. In the second half, it was more of the same. Tomah had a chance at the end of a run, but the shot went wide left of the goal. In the 78th minute, Tomah's Trek Torkelson found himself with a game-winning opportunity as he got loose ahead of Holmen's Bryce Ratajski and charged towards the goal. Torkelson wasn't able to get enough power on the kick and Holmen goalkeeper Caleb Lor

Tomah's Dane Vervoren is mobbed by teammates after scoring the go-ahead goal in overtime against Holmen in Thursday's D2 sectional semifinal match. Herald photo by Nate Beier/GX3 Media.

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## STATE CROSS COUNTRY BANGOR



# GOALS TO BE RECORDED WITH

*Bangor boys overcome challenges on state raceway; finish 12th in state debut*

By ZACH RASTALL  
Sports Writer

WISCONSIN RAPIDS — The goal above all others this season for the Bangor boys' cross country team was to get to state — not necessarily for themselves, but specifically to ensure that senior Gavin Benzing would get to end his high school career on a stage that he had yet to reach.

That dream became a reality for the Cardinals after they followed up their second straight Scenic Bluffs boys' team conference championship with a sectional

title, allowing them all to share the state stage with Benzing.

Bangor accrued 255 points to place 12th out of the 16 Division 3 boys' teams competing at the 2022 WIAA State Cross Country Championships, held Saturday, October 29 at the Ridges Golf Course in Wisconsin Rapids.

Kohler won the Division 3 boys' team state championship with 94 points and Pacelli followed in second with 102 points.

Other team state champions and runners-up this year were Stevens Point (39 points) in first and Oconomowoc

(86 points) in second for Division 1 boys, Notre Dame (81 points) in first and Lakeside Lutheran (115 points) in second for Division 2 boys, Muskego (45 points) in first and Slinger (110 points) in second for Division 1 girls, Xavier (81 points) in first and Dodgeville/Mineral Point (124 points) in second for Division 2 girls and Cochrane-Fountain City (132 points) in first and Lourdes Academy (138 points) in second for Division 3 girls.

For the Bangor boys in the Division 3 race, Benzing led the way by placing 46th

(BANGOR) cont. pg 8

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10-29-22  
WIAA STATE  
(Wisconsin Rapids)

**D3 BOYS**

**Aquinas**

12) Jonathan Skemp 16:42.8, 116) Oliver Buck 19:24.1, 122) Trevor Paulson 19:47.3, 126) Kaleb Azene 20:00.7, 128) Declan Gregg 20:11.2, 129) Colin Sans Crainte 20:15.1, 151) Anthony Petulla 24:18.9

**Bangor**

46) Gavin Benzing 17:47.8, 69) Traevon Delaney 18:09.7, 79) Nolan Langrehr 18:17.1, 113) Evan Buchholz 19:19.1, 115) Aryn Lochen 19:21.4, 132) Cian Buchholz 20:27.4, 149) Josh Lockman 22:34.2

**Area Individuals**

1) Wesley Pronschinke (Cochrane-Fountain City 16:08.9, 17) Nolan Reese (Kickapoo/La Farge) 16:58.4, 19) Dylan Powell (Brookwood) 17:08.3, 39) Kristoffer Sandal (Blair-Taylor) 17:41.0, 51) Micah Fossum (Eau Claire Immanuel Lutheran) 17:54.4

**Team results**

1) Kohler 94, 2) Pacelli 102, 3) Iowa-Grant 162, 12) Bangor 255, 16) Aquinas 342

**D3 GIRLS**

**Cochrane-Fountain City**

1) Addy Duellman 18:58.1, 11) Reese Ehrat 19:38.3, 17) Breilynn Halverson 20:13.9, 90) Ana Knecht 22:26.6, 98) Emma Mann 22:38.0, 99) Bailey Pronschinke 22:38.4, 142) Ella Arneson 25:50.4

**Kickapoo/La Farge**

53) Jadence Nagel 21:15.8, 69) Autumn Jacks 21:39.4, 91) McKinley Ray 22:27.9, 94) Lilly Geary 22:34.2, 101) Jayla Nagel 22:38.7, 109) Alessia Gotta 22:55.3, 113) Breylyn Culver 23:04.1

**Area Individuals**

13) Marah Gruen (Royall) 19:58.8, 36) Claire Becker (Melrose-Mindoro) 20:49.0, 45) Agnes Carstens (North Crawford) 20:59.4, 46) Elizabeth Curtis (Westby) 20:59.6, 47) Delilah Hedden (Necedah) 21:03.9, 48) Anna Fronk (Bangor) 21:05.9

**Team results**

1) Cochrane-Fountain City 132, 2) Lourdes Academy 138, 3) Valders 151, 11) Kickapoo/La Farge 237

**D2 BOYS**

**Mauston**

2) Eli Boppart 16:03.7, 48) Josh Ellerman 17:29.8, 77) Drake Gosda 17:53.0, 106) Graham Hallwood 18:31.5, 133) Owen Hallwood 19:17.0, 137) Blake Herrewig 19:25.6

**West Salem**

61) Brennan Garbers 17:39.3, 81) Dawson Gronemus 17:54.2, 82) Tom Stenberg 17:54.5, 87) Carson Gronemus 17:57.4, 91) Carter Quackenbush 17:59.8, 93) Philip Gabrielsen 18:01.0, 150) Drew Anderson 20:22.0

**Team results**

1) Notre Dame 81, 2) Lakeside Lutheran 115, 3) Xavier 143, 5) Mauston 169, 9) West Salem 239

**D2 GIRLS**

**West Salem**

38) Mia Olson 20:29.0, 54) Alena Donahue 20:57.6, 84) Morgan Quackenbush 21:27.4, 90) Kennedy Garbers 21:32.2, 109) Payton Greer 21:52.9, 126) Maria Cannon 22:35.8, 140) Elyse Bee 23:10.2

**Area Individuals**

85) Adrianna Rotering (GET) 21:27.5, 89) Tegan Michalak (Arcadia) 21:31.8, 108) Morgan Firlus (Mauston) 21:49.4

**Team results**

1) Xavier 81, 2) Dodgeville/Mineral Point 124, 3) Notre Dame 140, 8) West Salem 221

**D1 BOYS**

**Area Individuals**

1) Manny Putz (Onalaska) 15:26.7, 33) Blake Burstad (Onalaska) 16:39.3, 74) Arlo White (Onalaska) 17:11.0

**Team results**

1) Stevens Point 39, 2) Oconomowoc 86, 3) Madison West 128

**D1 GIRLS**

**Holmen**

41) Anabella Filipen 19:57.0, 48) Sabrina Lechnir 20:09.0, 80) Sydney Valiska 20:43.4, 103) Bailey Sommerville 21:03.3, 129) Jocelyn Williams 21:28.6, 132) Molly Twitchell 21:33.1, 155) Sheryl Wang 22:01.0

**Area Individuals**

85) Adrianna Rotering (GET) 21:27.5, 89) Tegan Michalak (Arcadia) 21:31.8, 108) Morgan Firlus (Mauston) 21:49.4

**Team results**

1) Muskego 45, 2) Slinger 110, 3) Kaukauna 122, 10) Holmen 239



**Bangor's Traevon Delaney (708) and Nolan Langrehr (709) close in on the second mile marker during the Division 3 state championship race on the Ridges Golf Course in Wisconsin Rapids. The duo finished 69th and 79th, respectively. Herald photo by Nate Beier/GX3 Media.**

**(BANGOR)**

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overall with a time of 17 minutes, 47.8 seconds. He sat in 16th at the race's one-mile mark and 33rd after two miles.

Bangor sophomore Traevon Delaney (18:09.7) came in 69th, junior Nolan Langrehr (18:17.1) was 79th, sophomore Evan Buchholz (19:19.1) took 113th and junior Aryn Lochen (19:21.4) was close behind in 115th.

Non-scoring Cardinals runners were sophomore Cian Buchholz (20:27.4) and sophomore Josh Lockman (22:34.2) in 132nd and 149th, respectively.

"Gavin went out on top at state, and that's all we wanted as a team," said Bangor head coach Deb Craig. "The rest kind of went along with it and they did a great job."

"I think things went alright," Benzing added. "We all got out there and we ran our hardest. Laid it all out on the course."

The occasion was particularly gratifying for Benzing after he had missed out on an individual qualifying spot at state by three seconds in 2021 and had part of his senior campaign halted by a case of plantar fasciitis.

All of those obstacles — both mental and physical — were cleared at sectionals and Benzing would have qualified for state regardless this time around, but it meant that much more for him to get that opportunity alongside all of his teammates.

"I really thought for awhile that I was going to have to fight for a spot alone," Benzing said. "But I didn't have to do that. My team was right there."

**FRONK FINISHES IN 48th IN SECOND STATE APPEARANCE**

For a second time in two years during her high school cross country career, Bangor sophomore Anna Fronk earned herself a spot at the state meet.

That alone is one heck of an accomplishment, even though Fronk herself views this year's state performance as something to build upon moving forward rather than something to rest her laurels on.

Fronk placed 48th overall in the Division 3 girls' race with a time of 21 minutes, 5.9 seconds at the 2022 WIAA State Cross Country Championships, held Saturday, October 29 at the Ridges Golf Course in Wisconsin Rapids.

Fronk sat in 24th at the one-mile mark and in 37th after two miles. Last year, she posted a time of 20 minutes, 40.5 seconds to finish 24th overall.

"I definitely would say that I could do better," Fronk said of her sophomore state performance. "I'm happy that I made it here, of course, but I could've done a lot better."

Cochrane-Fountain City freshman Addy Duellman (18:58.1) won the Division 3 girls' race, with Boscobel sophomore Nora Jillson (19:08.4) in second, Chequamegon junior Autumn Michalski (19:12.7) in third, Wisconsin Rapids Assumption freshman Lucy Dolan (19:23.5) in fourth and Dodgeand junior Ava Raasch (19:27.2) in fifth.

Rounding out the top 10 on the medalist podium were Madison Country

**Bangor's Nolan Langrehr (right) and Traevon Delaney (left) share a final post-race moment with Gavin Benzing following Saturday's Division 3 state championship race. Herald photo by Nate Beier/GX3 Media.**



Day/Abundant Life senior Ella Whiffen (19:27.5) in sixth, Rockton senior Molly Knecht (19:29.3) in seventh, Burlington Catholic Central senior Elsie Kmeck (19:37.0) in 10th, and Valley Christian senior Molly Knecht (19:37.0) in 10th.

**The big hype is always to get here. And if she thinks about how many people didn't get here, she (Fronk) did an awesome job.**

Deb Craig, Bangor cross country head coach

Other girls' in Division 1 were senior Molly Knecht (19:37.0) in 10th, D.C. Everest junior Molly Knecht (19:37.0) in 10th, and sophomore Faith Knecht (19:37.0) in 10th.

Though she was disappointed in her performance, Fronk said she was focused on her experience last year.

As for her coach, she shared a difference of opinion with her performance. "Anna was disappointed in herself, but I wasn't," said Bangor head coach Deb Craig. "The big hype is always to get here. And if she thinks about how many people didn't get here, she (Fronk) did an awesome job."



**Top left WIAA event volunteers try to keep cross country spectators off the raceway.**

**Bottom left West Salem's Tom Stenberg (798) and Carson Gronemus (798) close in on the finish line.**

**Bottom center Bangor's Gavin Benzing passes the first mile marker with Solon Springs/Northwood's Dylan Taggart in tow.**

**Herald photos by Logan Everson, Nate Beier/GX3 Media.**





...ce at The Ridges Golf



...sholt junior Sophia Bablitch ...cak (19:29.9) in eighth, Colfax ...Heidorn (19:30.7) in ninth ...ristian senior Leah Patterson ...h. ...dividual state champions were ...junior Sara Mlodik (18:06.6) ...and New Berlin Eisenhower ...ith Wehrman (18:14.8) in ...wasn't happy with her overall ...ronk did feel like her state ...t year helped her this time ...2023. ...e first time I ran here, I felt I ...ronk when evaluating her ...ead coach Deb Craig. "The big ...ple didn't get here, she did an

STATE CROSS COUNTRY **BROOKWOOD**

# 19<sup>TH</sup>

## Brookwood's Powell ends with top 20 finish

By **ZACH RASTALL**  
Sports Writer

WISCONSIN RAPIDS — Brookwood senior Dylan Powell will go down as one of the most accomplished runners in the history of the Falcon cross country team.

With one final hurrah at this year's state meet, Powell created one more lasting moment for the program with a stellar showing.

Powell posted a time of 17 minutes, 8.3 seconds to finish in 19th overall in the Division 3 boys' race at the 2022 WIAA State Cross Country Championships, held Saturday, October 29 at the Ridges Golf Course in Wisconsin Rapids.

Cochrane-Fountain City senior Wesley Pronschinske (16:08.9) crossed the finish line first in the race, followed by Glenwood City senior JJ Williams (16:17.0) in second, Belleville junior Carter Scholey (16:20.5) in third, Ladysmith sophomore Gavin Stewart (16:24.7) in fourth and Athens senior Connor Sheahan (16:28.6) in fifth.

Rounding out the top 10 were Kohler senior David Behler (16:29.1) in sixth, Riverdale senior Nick Stitzer (16:30.4) in seventh, Gillett senior Alex Peterson (16:30.6) in eighth, Ozaukee senior Owen Klaus (16:30.9) in ninth and Mondovi junior Landon Clark (16:31.7) in 10th.

Other individual state champions in boys' races were Onalaska sophomore Manny Putz (15:26.7) in Division 1 and Mount Horeb senior Joseph Stoddard (15:54.7) in Division 2.

In his race, Powell was able to execute his gameplan of sticking near the top group for much of the race — sitting in sixth through one mile and 12th through two miles — to give himself a shot at a podium finish, but ultimately that lead pack created some separation in the final stretch to deny him a potential spot in the top 10.

Despite him falling short of his medalist goal, it still served as the best state performance by any Brookwood runner in years.

"He was still able to get a top-20 finish, which, in my 16 years, is the best finish I've ever had from a

male

or female

runner," said Brookwood head coach Mindy Waddell. "That is a huge accomplishment in itself — to really have been one of the best runners in decades to come through the program."

It was a fitting end to an excellent career for Powell, who finished in 36th with a time of 17 minutes, 43.82 seconds at the 2020 state meet — held at the Maple Grove Venues in West Salem for Division 3 that year due to COVID-19 — as the leading runner for a Brookwood team that placed second overall in Division 3.

He followed that up by finishing in 35th with a time of 17 minutes, 46.3 seconds in 2021 in his first state experience on the customary Wisconsin

Rapids course.

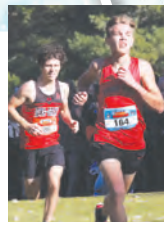
"The team aspect of it all has probably been my favorite part of all of it," Powell said. "I think my proudest achievement is being able to run as a team and build the connections that I was able to build."

Now, Powell departs the Brookwood cross country program leaving behind a strong legacy of success and can serve as an example for his current teammates and future Falcons.

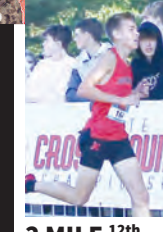
"I've worked with Dylan since he was in sixth grade, and there is no work ethic like what he has," Waddell said. "He has worked so hard for so many years to do what he did today. I'm just incredibly proud of everything he's accomplished."



**1 MILE 6<sup>th</sup>**  
5:04.6



**FINISH 19<sup>th</sup>**  
17:08.3



**2 MILE 12<sup>th</sup>**  
10:38.9

STATE CROSS COUNTRY **WEST SALEM**

### West Salem girls run to 8th, boys 9th at WIAA state cross country meet

By **NATE BEIER**  
Sports Writer

West Salem's Mia Olson led the Panthers with a 38th place finish overall, 19th in team scoring, and helped the girls to eighth place at Saturday's WIAA state meet.

Olson, who was 26th at the first mile marker, finished with a time of 20:29. West Salem finished with 221 team points.

Alena Donahoe was 54th overall and the second finisher for the Panther girls. Morgan Quackenbush was 84th, Kennedy Garbers 90th and Payton Greer 109th to round out the scoring runners.

Appleton Xavier won the D2 title with 81 points and Dodgeville/Mineral Point was second with 124 points.

The West Salem boys scored 239 points and finished ninth among 16 teams at the WIAA state meet Saturday.

Brennan Garbers led the team with a time of 17:39.3 and was 61st overall and 35th in team scoring.

Dawson Gronemus and Tom



**West Salem's Mia Olson** passes the second mile marker in Saturday's D2 state race. Olson led the Panthers with a 38th place finish overall.  
**Herald photo by Nate Beier/GX3 Media.**

Stenberg rack side by side most of the race and finished 81st and 82nd overall.

Carson Gronemus was 87th and Carter Quackenbush wrapped up the scoring with a

91st place finish.

Green Bay Notre Dame on the D2 title with 81 points. Lake Mills Lakeside Lutheran was second with 115 points.

STATE CROSS COUNTRY **AREA ROUNDUP**

### Onalaska's Putz wins final sprint for title

By **NATE BEIER**  
Sports Writer

Onalaska sophomore and 2022 Mississippi Valley Conference champ, Manny Putz trailed Oconomowoc's Zach Vance with about 100 meters left in Saturday's Division 1 state championship race in Wisconsin Rapids.

Putz dug in, however, and challenged Vance, gutting out a win for the D1 state title with a time of 15:26.7 - just two tenths of a second ahead of Vance.

Putz seemingly had control of the race at the onset, leading the entire field of runners by 13 seconds at the first mile marker. By the second mile, the lead pack had caught up, shaving off seven seconds. The second runner to pass the second mile marker was just six seconds behind Putz.

Vance caught Putz in the final 200 meters before the two squared off for the title of champion.

Putz's time was the best across all three boys divisions, beating the D2 champ by 20

seconds and the D3 champ by 42 seconds.

Onalaska's Blake Burnstad was 33rd overall and teammate Arlo White was 74th.

On the girls side, the Holmen girls finished 10 overall.

**DIVISION 2**

Mauston's Eli Boppard was second overall for the second-straight season with a time of 6:03.7. Boppard led the Golden Eagles' team to a fifth place finish overall.

**DIVISION 3**

Cochrane-Fountain City had a banner outing at the WIAA state meet on Saturday.

Freshman Addy Duellman won the D3 girls race with a time of 18:58.1. The Pirates girls won the D3 team title with 132 points after landing three runners in the top 20. The title was the fourth for the C-FC girls program.

C-FC senior Wesley Pronschinske won the D3 boys individual title after posting a time of 16:08.9.

The win was the first individual champion for the C-FC boys cross country program.



**Far left Bangor's Cian Buchholz** speeds along a straightaway during Saturday's D3 title race.

**Top center Evan Buchholz** rounds the last turn before the two mile marker.

**Bottom Bangor's Anna Fronk, Westby's Lizzy Curtis and North Crawford's Anges Carstens** close in on the second mile marker.

**Herald photos by Logan Everson, Nate Beier/GX3 Media.**

