



2026

# MEDIA GUIDE

*Iowa City West Cross Country*



@icwgirlstrackxc



@icwestgirlstfxc



icwgirlstrackxc.com



# WEST CROSS COUNTRY

## 2026 Media Guide

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### MEDIA INFORMATION

#### WELCOME!

The 2026 Iowa City West Girls Cross Country Media Guide has been prepared to assist media members in their coverage of the Trojans! It is our hope that most of your questions will be answered on the pages of this guide. However, if you have additional questions or need more information, please contact Head Coach Mike Parker at [icparker@msn.com](mailto:icparker@msn.com)

#### SOCIAL MEDIA

Additional information on our cross country and track & field teams can be found on various social media outlets and our team website. Please give us a follow on the links below for all things Iowa City West Girls Track & Field / XC.

**Twitter:** @icwgirlstrackxc

**Instagram:** @icwestgirlstfxc

**Website:** [www.icwgirlstrackxc.com](http://www.icwgirlstrackxc.com)

#### THE MISSISSIPPI VALLEY CONFERENCE

The Mississippi Valley Conference is one of the toughest conferences in the state of Iowa. Consisting of 15 schools from around Eastern Iowa, it has produced many elite athletes from all competing schools. The conference is split into two halves - the Mississippi Division and the Valley Division - which changes every 3 years. The 2026 split looks like this:

**Mississippi Division:** Iowa City West, Cedar Falls, Cedar Rapids Jefferson, Cedar Rapids Kennedy, Linn Mar, Dubuque Wahlert, Western Dubuque

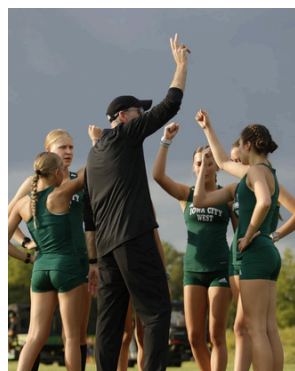
**Valley Division:** Prairie, Cedar Rapids Washington, Waterloo United, Dubuque Hempstead, Dubuque Senior, Liberty, Xavier, City High

#### IOWA CITY WEST ON THE WEB

Visit our official Iowa City West Track & Field / Cross Country website at [www.icwgirlstrackxc.com](http://www.icwgirlstrackxc.com) to stay up to date on all things West High Girls Track/XC. This includes schedules, results, rosters, pictures and more!

#### CREDIT

The 2026 Iowa City West Girls Cross Country Media Guide was created and designed by Tom Davidson





# IOWA CITY WEST GIRLS CROSS COUNTRY



## 2026 COMPETITION SCHEDULE

| DATE  | MEET                          | LOCATION         | HOST            |
|-------|-------------------------------|------------------|-----------------|
| 8/27  | ICW Earlybird                 | Iowa City, IA    | West HS         |
| 9/5   | PV Spartan Challenge          | Bettendorf, IA   | Pleasant Valley |
| 9/10  | Cedar Rapids Invite           | Cedar Rapids, IA | CR Washington   |
| 9/19  | Lighted Links XC Race         | Ottumwa, IA      | Ottumwa         |
| 9/24  | Eastern IA Classic            | Cedar Rapids, IA | Kennedy         |
| 9/26  | Rim Rock Classic              | Lawrence, KS     | U of Kansas     |
| 10/1  | Trojan Invitational           | Iowa City, IA    | West HS         |
| 10/8  | MVC Super Meet                | Waterloo, IA     | Waterloo United |
| 10/15 | MVC Championships             | Marion, IA       | Linn Mar        |
| 10/21 | State Qualifier Championships | TBD              | TBD             |
| 10/31 | 4A State Championships        | Fort Dodge, IA   | IGHSAU          |

## QUICK FACTS

### WEST HIGH SCHOOL

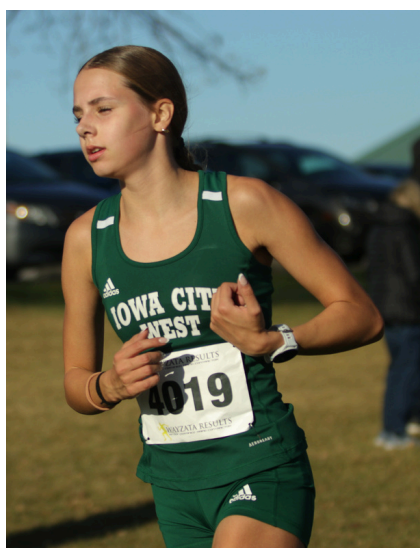
|                    |                    |
|--------------------|--------------------|
| Location           | Iowa City, IA      |
| Founded            | 1968               |
| Principal          | Mitch Gross        |
| Athletic Director  | BJ Mayer           |
| Athletic Secretary | Brianna Nigg       |
| Mascot             | Trojans            |
| Colors             | Green & Gold       |
| Class              | 4A                 |
| Conference         | Mississippi Valley |

### COACHING STAFF

|                 |                    |
|-----------------|--------------------|
| Head Coach      | Mike Parker        |
| Assistant Coach | Tom Davidson       |
| Assistant Coach | Brittany McConnell |
| Assistant Coach | Megan Boehme       |
| Assistant Coach | Connor Belken      |

### PROGRAM HISTORY

|                                        |      |
|----------------------------------------|------|
| Team State Titles Track & Field        | 8    |
| Team State Titles Cross Country        | 5    |
| Team MVC Titles Track & Field          | 18   |
| Team MVC Titles Cross Country          | 19   |
| Individual Champions T&F               | 35   |
| Individual Champions XC                | 6    |
| Relay Champions T&F                    | 17   |
| Highest Point Total State Championship | 97.5 |
| Largest Margin of Victory - State      | 24   |
| Consecutive Championships              | 3    |
| Ambulatory Championships               | 2    |
| Most Championships by Head Coach       | 8    |
| Drake Relays Champions                 | 26   |
| Lowest Pt Total State XC               | 28   |



## WEST HIGH SCHOOL

# WEST HIGH SCHOOL

Where Excellence is a Tradition

☎ 319-688-1055 📍 2901 Melrose Ave, Iowa City, IA 52246 ✉ [mayer.bj@iowacityschools.org](mailto:mayer.bj@iowacityschools.org)

West High School is a diverse and exciting high school community with many opportunities for enrichment and growth. We are urban and rural, musical and athletic, American and foreign born. Being named one of "America's Best High Schools," West High is a high school noted for exemplary achievement in many areas. Not only is the graduation rate 98%, West High annually achieves large numbers of All-State Athletes, Musicians, and Speech and Debate teams. Opened in 1968 with only 500 students, West High has expanded to teach 1500 students in grades 9-12 with 125 teachers and another 75 support staff to assist students in achieving the highest quality learning experience.

West High is recognized at the local, state, and national levels as a leader in the quality of education provided for students. West students annually lead the state in ACT results, National AP Scholars, and National Merit Scholars. A culture of excellence at all levels pervades the school community with a continued focus on raising the bar for all students. New engineering programs offered in collaboration with the University of Iowa, and specialized educational academies provided in partnership with Kirkwood Community College, reflect the high value placed on educational innovations and academic excellence.



Ranked  
**#1**

BASED ON U.S. NEWS & WORLD REPORT RANKINGS

**BEST IOWA  
HIGH SCHOOLS**  
*West High*

## 2026 COACHING STAFF

The Iowa City West Girls Track & Field coaching staff is led by Hall of Fame Head Coach Mike Parker and has over 50 years of combined experience on staff. The Cross Country staff has been named the MVC Coaching Staff of the year 13 times and Coach Parker has been named the Iowa High School State Coach of the Year or At-Large Coach of the Year 32 times in his career (14 track & field, 18 cross country.)



## 2026 COACHING STAFF



Head Coach

## MIKE PARKER

### FAST FACTS

**Birthday:** October 1st

**Hometown:** Ottumwa, IA

**College:** University of Kansas

**Fun Fact:** trained with Jim Ryun at Kansas

### COACHING CAREER

Clear Creek Amana MS

Mount St. Claire College

West Branch HS

Iowa City West HS

In 2026, Mike Parker will start his 32nd season as the Iowa City West Girls Cross Country head coach. He just finished his 29th year as the Iowa City West Girls Track & Field head coach. Once again, this year Parker is focused on building on the success of last year's program and having an even greater 2026. Since taking over the Iowa City West programs he has been on a mission to build and maintain the kind of foundation that would assure that the Iowa City West consistently contend for conference, state and national honors every year. Mission accomplished. West High has achieved a level of excellence over the last 29 years paralleled by no team in the state. Parker has brought the Iowa City West Girls Track & Field and Cross Country teams to conference, regional, state and national prominence over his 31 years at the helm, having won 13 State Championship team titles (8 track & field and 5 cross country), 32 Regional Championship team titles (15 track & field and 17 cross country), and 37 Mississippi Valley Conference Championship team titles (18 track & field and 19 cross country). Parker ranks 3rd All-Time in most track & field team state titles by one coach and tied for most in 4A history. He has won the 4th most All-Time in cross country by one coach. He also has collected 9 State Championship Runner-up trophies along the way as well for a total of 22 Top 2 finishes at the State Championships in his 29 years. His track & field athletes have also collected 26 Drake Relays Flags. Parker has coaching experience in all events in track & field. His focus has always been on finding success with a well balanced team. He came to Iowa City West after coaching at Clear Creek Amana Middle School, West Branch High School and Mount Saint Claire College. During his tenure the Trojans have set new school records in 18 of the 19 events, set 9 All-Time State Championship records, 3 Drake Relays records, 4 Iowa All-Time Best Records and had 3 different girls set Iowa All-time records in cross country. His teams have also held both the track & field and cross country State Championship scoring records. The 2010 season brought success at the state championships, winning the state team title by 24 points, the largest margin in 4A history at the time and set 2 All-time records. In 2001, the West High girls' cross country team won the state title with 28 points the lowest score ever recorded at the State Championships at the time and is still the only team to ever place 5 girls in the top 10 at the State Championships. His 2004 cross country team qualified for the prestigious Nike Cross Country National Championships and placed 10th, which is still the best finish by an Iowa high school team in State history. Parker has been recognized by his peers at the highest level having been selected the Iowa High School State Coach of the Year or the At-Large Coach of the Year 32 times by the Iowa Association of Track Coaches (14 track & field and 18 cross country). The Mississippi Valley Conference coaches have selected Parker as the M.V.C Coach of the Year 28 times (13 track & field and 15 cross country). In 2019 the Iowa Girls High School Athletic Union honored Parker with The Golden Plaque of Distinction Award. Parker was only the 6th track & field recipient in Iowa history. This past fall, Coach Parker was awarded the Golden Plaque of Distinction award for Cross Country, making him the first coach to receive the award in both sports. Parker has been a finalist for the National High School Athletic Coaches Association Girls Track & Field National Coach of the Year 3 times (2010, 2015 and 2018). In 2018 Parker was selected as the Girls Track & Field National Coach of the Year. In 2022 Parker was inducted into the National High Schools Coaches Association Hall of Fame. (continued...)

## 2026 COACHING STAFF



Head Coach

## MIKE PARKER



(continued...) The Iowa City West High girl's track & field teams have enjoyed unprecedented success. They won 3 straight State Championship team titles in 2006, 2007 and 2008. Not only did they win 3 straight state titles, but they were the 3 time undefeated state champions as well heading into the 2009 season, only having lost 1 time in 4 years. Not only has Parker coached his athletes to be competitive on the state level but on the national level as well. He has coached 111 track & field state champions, 6 cross country individual state champions, 9 All-Americans, 26 Drake Relays Champions and 9 All-Time State Record holders. As of the 2026 season his athletes appear on the Iowa All-time Best List an amazing 18 times. His 6 individual cross country state champions tie him for the most by any coach in state history. Each year he continues to add to the long list of track & field and cross country athletes that go on to compete for many of the premier collegiate programs in the United States receiving multiple NCAA All-American honors.

Parker ran collegiately at the University of Kansas for the legendary coach Bob Timmons and had the opportunity to train with and learn from America's greatest distance runner former world record holder and Olympic silver medalist Jim Ryun. Both had a huge impact on Parker's coaching philosophy.

Parker takes great pride in working to grow the sports of track & field and cross country. Two of the many ways he does that is by passionately serving on the Iowa Association of Track Coaches Board of Directors as well as on the Track Guy Foundation Board of Directors. "I have a deep rooted passion for coaching. From the day I started coaching I have been laser focused on leading, teaching and inspiring my teams to achieve more than they ever dreamed was possible. I coach for relationships and championships, that has been the case from day one and drives me just as much over 29 years later."

When he is not at practice or a meet with his West High teams, he is enjoying another career passion of his, motivational speaking. Parker is a very successful motivational speaker, author, and success coach. He has been delivering his highly motivational and inspirational presentations for over 20 years to large corporations, small businesses, school districts, colleges, and a wide variety of organizations. In 2023 his long awaited book, Ask Yourself, Inspiring Questions for Health, Happiness and Self-Discovery hit the bookshelves. You can check it out at [www.AskYourselfBook.com](http://www.AskYourselfBook.com) You can check out his motivational speaking website at [www.Mike-Parker.com](http://www.Mike-Parker.com).

Mike is married to his wife Brenda, an elementary school principal in the CCACSD and they have a daughter, Sofia who is 13, she is a passionate PGA Juniors golfer throughout the Midwest.

## CAREER HIGHLIGHTS

- 2018 Girls Track & Field National Coach of the Year
- 2019 IGHSAU Golden Plaque of Distinction Award in Track & Field
- 2022 Inducted into National High School Coach Hall of Fame
- 2024 Para Girls Track & Field Coach of the Year
- 2025 Para Girls Track & Field Coach of the Year
- 2025 IGHSAU Golden Plaque of Distinction Award in Cross Country

- 32 x Iowa Association Track Coaches State and At-Large Coach of the Year
- 28 x Mississippi Valley Conference Coach of the Year
- 13 x Team State Champions
- 37 x Team M.V.C. Conference Champions

## 2026 COACHING STAFF



Assistant Coach

## TOM DAVIDSON

### FAST FACTS

**Birthday:** January 15th

**Hometown:** Clinton, IA

**College:** University of Northern Iowa

**Fun Fact:** I built our website and created this Media Guide!

### COACHING CAREER

Waterloo East HS

Cedar Rapids Prairie HS

Iowa City West HS

Coach Davidson enters the 2026 cross country season in his 4th season at Iowa City West and 7th season overall for girls cross country. He will enter 2026 in his 6th track and field season at Iowa City West and his 13th overall. Davidson began his coaching career while in college at the University of Northern Iowa where he was the president of the Panther Pacers Running Club. Being a part of this organization is where Davidson coached his first group of athletes for a marathon. He has since coached over 20 Boston Marathon qualifiers and countless marathon finishers.

Davidson began his high school track and field coaching career in 2013 at Waterloo East where he specialized in hurdles and jumps. He also led Waterloo East to individual qualifiers in the 100m hurdles and high jump in his first two seasons there.

Davidson joined the coaching staff at Cedar Rapids Prairie from 2015 to 2020 where he had success as the girls hurdles coach. Coach Tom helped lead Prairie to several state qualifiers in the shuttle hurdle and 100m Hurdle events.

In 2022, Coach Tom joined the West High Track & Field team. That year, he helped lead the Trojans to two high jump state qualifiers in the same season for the first time in school history. In 2023, Davidson had his highest finisher of his career in the high jump at the state meet when Meena Tate finished 4th overall in 4A. He has had state qualifiers in the high jump and hurdles every year that he has coached.

Coach Davidson joined the Trojan's cross country team in 2023 where the team qualified three individuals for the State Championships in Fort Dodge in his first season and had two individual qualifiers this past fall. In his free time, Coach Davidson loves to watch baseball, golf, do graphic design and spend time with his wife Kayla, and two kids (Lorelai and Bearhett.)

Coach Davidson credits a lot of his coaching successes to his past coaches and the head coaches that he has worked under (Richard Carter, Chris Perkins, Mike Parker.)

"Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's a style. It's doing something better than anyone else. It's being creative." - Steve Prefontaine





## 2026 COACHING STAFF



Assistant Coach

## BRITTANY MCCONNELL

### FAST FACTS

**Birthday:** August 30th

**Hometown:** Iowa City, IA

**College:** University of Iowa

**Fun Fact:** Ran for the University of Hawaii

### COACHING CAREER

Iowa City West HS

Coach McConnell begins her fourth season as an assistant coach with the West High Girls Cross Country team. Coach McConnell just finished her third season with the girls track & field team where she helped lead the teams distance program. McConnell, a West High 2000 graduate, ran for Head Coach Mike Parker from 1996-2000 helping the team bring home many victories. Brittany was an integral piece of the 1997 Cross Country team that brought home the FIRST state title in a girls sport in West High history. Now a member of the staff, Brittany's leadership didn't fade. She continues to play a crucial role in the development of our young distance runners. On the track, she has helped lead state qualifiers in the 4x800 and Distance Medley's and also helped lead the team to back to back Ambulatory Para state titles with athlete Hannah Longmire. Coach Brittany looks to deepen that field with a strong group of underclassmen. Despite her strong distance running background, Coach Brittany has stepped up in a huge way the last two seasons in helping develop our sprinters as well. Her leadership and work ethic are great examples to every one of our athletes.

After graduating she continued to run for the University of Hawaii at Manoa from 2000-2002. Moving back to Iowa City in 2002, McConnell finished her undergraduate degree with the University of Iowa in Environmental Sciences. She married her high school friend and together they competed for the Iowa City Cycling Club, as well as help organize local races and put on clinics for youth and adult cyclist enthusiasts. McConnell started working for the district as a secretary in the guidance office where she enjoys getting to know the students and help them get the academic support they might need. McConnell still enjoys running and is very excited to be back at West High as a coach and employee. In her free time, she enjoys spending time with her husband and their two daughters.





## 2026 COACHING STAFF



Assistant Coach

## MEGAN BOEHME

### FAST FACTS

**Birthday:** December 4th

**Hometown:** Iowa City, IA

**College:** University of Northern Iowa

**Fun Fact:** Ran TWO marathons last Fall!

### COACHING CAREER

Iowa City West HS

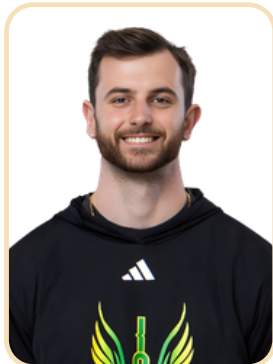
Megan Boehme is entering her second season as an assistant coach for girls cross country at Iowa City West in 2026. Coach Megan just completed her second season as an assistant coach for the girls track and field team this past spring. A 2014 graduate of Southeast Warren Jr.-Sr. High School, Megan competed in both track and cross country throughout high school. She was a founding member of her school's cross country team in 2010, helping reestablish the program within the district.

After high school, Megan attended the University of Northern Iowa, where she deepened her love for long-distance running. During her college years, she completed several half and full marathons, and graduated in 2018.

Outside of coaching, Megan teaches Spanish at Iowa City West and enjoys spending time on the local trails. She is proud to begin her high school coaching career at West and is passionate about supporting student-athletes as they grow both on the track and as individuals.



## 2026 COACHING STAFF



Assistant Coach

## CONNOR BELKEN

### FAST FACTS

**Birthday:** May 17th

**Hometown:** Dubuque, IA

**College:** University of Iowa

**Fun Fact:** Currently training for the USA Olympic Trials

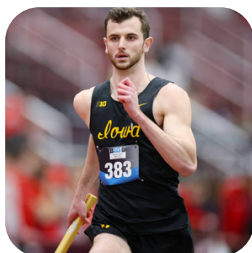
### COACHING CAREER

D1 Training

Iowa City West HS

Connor Belken joins the West High Girls Cross Country Staff in 2026 after joining the girls Track & Field team last spring. Connor is coming off a successful track & field career at the University of Iowa as well. Connor is currently a trainer at D1 Training in Coralville and helps many athletes in Eastern Iowa become stronger and faster.

While at Iowa, Connor ran the third leg of the 2024 B1G Champion Outdoor 4x400 team. Connor owns a personal best of 46.98 in the 400m and 21.56 in the 200m. Connor is currently training for the US Olympic Trials and is a trainer at D1 Training in Coralville. In high school, Connor ran on the conference and state champion 4x200m relay for Dubuque Wahlert.



## 2026 ROSTER

# MEET THE TROJANS

The 2026 Iowa City West Girls Cross Country team is comprised of six freshman, five sophomores, two juniors and one senior. This roster returns 3 previous State Qualifying runners and is currently ranked in the top 15 in class 4A.



Mia Ahn - Jr.



Bethany Bird - Fr.



Jessie Blount - So.



Camille Ford- Fr.



Eliza Harris- Fr.



Adrienne Hodge - So.



Savannah Mathias - Jr.



Carly Moreau - So.



Jorie Negus - Fr.



Emery O'Brien - So.



Susanna Olson - Sr.



Ava Twait - So.



Stella Udelhofen - Fr.



Ainsley Walkoviak - Fr.

## 2026 OUTLOOK

The 2026 Iowa City West Girls Track & Field Team brings back 11 of 18 State Qualifying athletes from a year ago and looks to build off of a strong incoming freshman class as well. The word "versatile" gets thrown around a lot with this group. The Trojans depth should play a major part in what hopes to be a very successful 2026 campaign.



### ADRIENNE HODGE

2025 State XC Qualifier  
2026 State Track & Field Qualifier  
5k Personal Best of 19:33.2



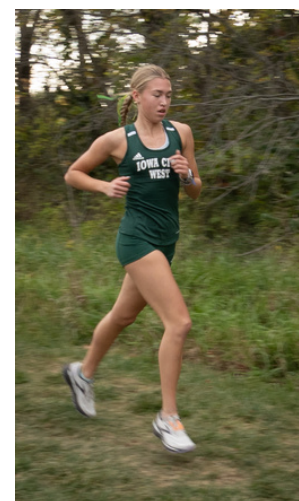
### AVA TWAIT

2025 State XC Qualifier  
2026 State Track & Field Qualifier  
5k Personal Best of 19:58.9



### SAVANNAH MATHIAS

2025 State Qualifier Track & Field  
2026 State Qualifier Track & Field  
School Record Holder 400m - 57.84  
School Record Holder Sprint Medley  
5k Personal Best of 21:17.0



### JESSIE BLOUNT

2<sup>nd</sup> Place finish in first career XC Race  
5k Personal Best of 20:59.0

## 2026 OUTLOOK

The 2026 Iowa City West Girls Track & Field Team brings back 11 of 18 State Qualifying athletes from a year ago and looks to build off of a strong incoming freshman class as well. The word "versatile" gets thrown around a lot with this group. The Trojans depth should play a major part in what hopes to be a very successful 2026 campaign.



### SUSANNA OLSON

2023 State Qualifier XC  
2024 State Qualifier XC  
5k Personal Best of 19:50.9



## 2026 OTHER NAMES TO WATCH OUT FOR

The 2026 Iowa City West Girls Cross Country is comprised of 11 freshman/sophomores on the squad with some promising up and coming talent. Keep an eye out on these girls to play a major role in the depth of the Iowa City West Girls Cross Country team

- Carly Moreau - 2025 Varsity runner, Personal Best of 21:15
- Mia Ahn - 2024 and 2025 Varsity runner, Personal Best of 21:40
- Bethany Bird- finished as the teams number 6 runner in her XC debut this season

## SCHOOL RECORDS

The Iowa City West Trojans have a long history of great performances! Here are the best of the best to ever perform in the green and yellow!

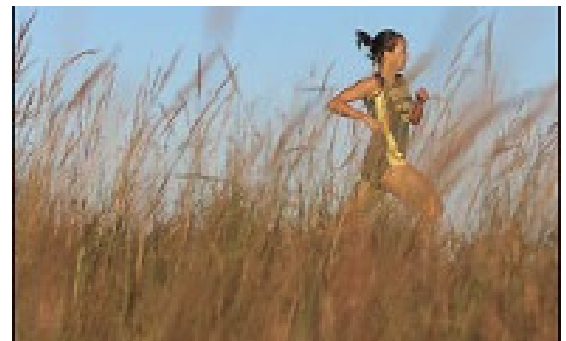
### RUNNING EVENTS

|               |                  |         |      |
|---------------|------------------|---------|------|
| <b>100m:</b>  | Jessica Gehrke   | 12.09   | 2009 |
| <b>200m:</b>  | Jessica Gehrke   | 24.84   | 2009 |
| <b>400m:</b>  | Savannah Mathias | 57.84   | 2026 |
| <b>800m:</b>  | Tia Saunders     | 2:12.40 | 2016 |
| <b>1500m:</b> | Jeni Frudden     | 4:36.69 | 2001 |
| <b>3000m:</b> | Jeni Frudden     | 9:58.67 | 2001 |
| <b>100mH:</b> | Peyton Steva     | 14.33   | 2019 |
| <b>400mH:</b> | Valerie Welch    | 1:02.77 | 2016 |



### FIELD EVENTS

|                   |                |          |      |
|-------------------|----------------|----------|------|
| <b>Shot Put:</b>  | Danica Haight  | 48-07.50 | 2007 |
| <b>Discus:</b>    | Taylor Freeman | 162-10   | 2008 |
| <b>High Jump:</b> | Mary Wheeler   | 5-07.25  | 1979 |
| <b>Long Jump:</b> | Valerie Welch  | 19-04.00 | 2016 |



### RELAY EVENTS

|                        |                                       |         |      |
|------------------------|---------------------------------------|---------|------|
| <b>4x100m:</b>         | Cronbaugh, Hoagland, Williams, Gehrke | 47.89   | 2010 |
| <b>4x200m:</b>         | Tanner, Hoagland, Cronbaugh, Williams | 1:42.54 | 2010 |
| <b>4x400m:</b>         | Sa-Aadu, Walz, Schuette, Mellecker    | 3:54.27 | 2006 |
| <b>4x800m:</b>         | Janson, Dobyns, Levy, Frudden         | 9:09.09 | 2001 |
| <b>Sprint Medley</b>   | Rahmouni, Graham, MacLagan, Mathias   | 1:48.66 | 2026 |
| <b>Distance Medley</b> | Steva, Bell, Welch, Nock              | 4:02.21 | 2017 |
| <b>Shuttle Hurdle</b>  | Bell, Steva, Noibi, Welch             | 1:02.54 | 2017 |

### CROSS COUNTRY RECORDS (STATE CHAMPIONSHIP COURSE - FORT DODGE)

|               |               |          |      |
|---------------|---------------|----------|------|
| <b>2 Mile</b> | Jeni Frudden  | 10:46.00 | 2001 |
| <b>4000m</b>  | Ashlynn Yokom | 14:00.00 | 2012 |
| <b>5000m</b>  | Bailey Nock   | 18:06.70 | 2016 |

## CHAMPIONSHIP HISTORY

The Iowa City West Girls Cross Country program is one of the most successful in the states history. Between 5 State Titles and 19 MVC Conference Titles, the Trojans are no stranger to seeing their name at the top of the list

## 5 TIME TEAM STATE CHAMPIONS



### 1997 State Champions

**77 points** - Brittany Keith (9th)  
Lauren Levy (11th) Lesley Smith  
(12th) Laura Schlapkohl (20th)  
Veronica Bordewick (25th)  
Meredith Pedde (54th) Andrea  
Buckwalter (92nd)



### 1998 State Champions

**50 points** - Lesley Smith (2nd)  
Jeni Frudden (3rd) Lauren Levy  
(4th) Brittany Keith (14th)  
Veronica Bordewick (27th)  
Maggie Gill (74th) Sara Juvenal  
(99th)



### 2000 State Champions

**31 points** - Jeni Frudden (1st)  
Lesley Smith (3rd) Robdu Adam  
(5th) Lauren Levy (8th) Shirley  
Stern (14th) Lynn Dobyns  
(21st) Maggie Gill (111th)



### 2001 State Champions

**28 points (lowest All-Time!)** -  
Jeni Frudden (1st) Robdu Adam  
(5th) Lynn Dobyns (6th) Julia  
Frudden (7th) Shirley Stern  
(9th) Janet Dobyns (11th)  
Nicole Novak (30th)



### 2004 State Champions

**60 points** - Sara Wickman  
(2nd) Janet Dobyns (9th) Claire  
Hall (11th) Julia Frudden (12th)  
Elise Walz (32nd) Christine  
Skopec (38th) Naomi Hillsman  
(87th)

## CHAMPIONSHIP HISTORY (CONTINUED)

The Iowa City West Girls Cross Country program is one of the most successful in the states history. Between 5 State Titles and 19 MVC Conference Titles, the Trojans are no stranger to seeing their name at the top of the list

## ICWGXC INDIVIDUAL STATE CHAMPIONS



**Jeni Frudden - Jr.**

**2000 State Champion**

Became the first Iowa City West girl to win a cross country state title, running 3200m in 10:59 and winning by 10 seconds!



**Jeni Frudden - Sr.**

**2001 State Champion**

Led her team to the lowest point total in State Meet history with 28 points by running 3200m in an All-Time Record 10:46 and winning by 23 seconds!



**Robdu Adam - Sr.**

**2002 State Champion**

Became the third straight ICW Champion and ran 14:07 in the 4000 meters to win by 12 seconds!



**Sara Wickman - Fr.**

**2003 State Champion**

4 straight for the Trojans! Sara wins her first of two state titles by running 14:06 to win by 4 seconds over rival City High!



**Sara Wickman - Jr.**

**2005 State Champion**

Runner-Up in '04, Sara claimed her 2nd State Title in 2005 and ran 14:41 in the 4000 meters to win by 10 seconds!



**Bailey Nock - Jr.**

**2016 State Champion**

The first 5k Champion for Iowa City West, Bailey ran 18:06.70 in the 5000 meters to win by nearly 4 seconds!