

Cross Country 2010 Snack Schedule

There are between 100-110 runners, so please plan accordingly and have your food and drinks at the site before the races begin. Good ideas for snacks are pretzels, bagels, chex mix, granola bars, etc. Drinks include water, propel, gatorade, fruit boxes, but please no soda pop. If you cannot make your assigned date, please arrange your own trade. (Also please note if some runners drop out we may need to call for more help with some races.)

Tuesday, August 31

Snack

Joel Norman
Shannon Beezhold
Emily Schuitema

Fruit

Jack Vanallsburg
Micah Warners

Drink

David McMullin
Kristen Bielema
Melanie Fox

Wednesday, September 8

Snack

Anna Koetje
Carrie Witte
Brandon Quist

Fruit

Mark DeJong
Will Weaver

Drink

Eian Badger
Cotter Koopman
Annaka Vaandrager

Saturday, September 11 Christian School Invitational

Snack

Julia Bos
Rachel DeHaan
Gabby Bosworth

Fruit

Anne-Marie Byl
Amanda Asfour

Drink

Joel Zwiers
Phil Recker
Thomas Vanstee

Saturday, September 18 Sparta invitational

Snack

Delaney Callahan

Cross Country 2010 Snack Schedule

Ashley Vanwyk

Jake Epperly

Fruit

Kim Erffmeyer

Jon Cok

Drink

Rachel Bloem

Noah Carpenter

Jake Rienstra

Wednesday, September 22

Snack

Drew Hendriksen

Adam Fethke

Conner Luymes

Fruit

Andrew Jo

Evan Hoekzema

Drink

Jake Gunnoe

Seth Koetje

Sarai Droge

Saturday, September 25 Cougar Falcon Invitational

Snack

Abby Long

Grant Ludema

Jeff Peterson

Fruit

Maaike Mudde

Andrew Pruim

Drink

Mark Vanwinkle

Joel DeJong

Jacob Kuyvenhoven

Saturday, October 2 Carson City Invitational

Snack

Mike Vandenheuvel

Andre Otte

Lindsay Jonker

Fruit

Gordon Groenhout

Rachel Harkema

Drink

Erika Overbeck

Liza Gunnink

Kat Jonker

Wednesday, October 6

Snack

Logan Gaastra

Jared Versluis

Cross Country 2010 Snack Schedule

Noah Buteyn

Fruit

Nate Griffioen

Bre Wisneski

Drink

Corie Ruiten

Sam De Witt

Johan Lee

Saturday, October 9 Portage Invitational

Snack

Carolyn Muyskens

Jake Penning

Brian Tiesman

Fruit

Carlie Penning

Dorthea Leisman

Drink

Ruth Jansen

Claire Lambert

Julie Bylsma

Wednesday, October 20

Snack

Eric Veldkamp

Monica Langeland

Fruit

Bastian Bouwman

Joanna Bascom

Drink

Carolyn Wilcox

Nicki Jager

Lauren McCarthy