



DGF Boys Harriers Bring Back Experience

Kelsey Buchholz
Sports Writer



The Dilworth-Glyndon-Felton Rebels cross country team has been putting on the miles, not just in this early pre-season but in the off-season as well. That extra time has put the harriers in a position to be continue and improve upon their success from previous years.

Veteran coach Mike Anderson, back for his 20th season, noted, "A talented senior was lost by the graduation of current Concordia

Cobber harrier Dan Wilson, who was a six-time state cross country participant, but the Rebel boys are more balanced as a team as we go into the 2018 season."

Bringing back four key runners from last year and pairing with young, energetic talent, puts the Rebels in a good position to start the year. Leading the way is junior Cade Dawson, who Anderson has marked as the "top gun" for the DGF runners.

Returning to the DGF harrier squad with Dawson are junior Alec Gulseth, junior Gabe Graza, and freshman Chandler Gray.

Dawson and Gulseth will serve as captains this year and their leadership and impact on the Rebel

cross country team extends beyond just this past year.

Anderson said, "Dawson and Gulseth are the most experienced as they start their fifth season in the program."

On the heels of a sixth-place finish at the section meet (out of 22 teams), the Rebels look to stay competitive and end the season as one of the top teams in Section 8A as well as the Heart O'Lakes conference.

This will be done through the veteran experience as well as a strong underclassmen core. Dawson was in the top 25 percent at last year's Section 8A meet and placed 16th two years ago. Gulseth and Graza look to start out just behind Dawson.

New additions include freshman Josh Finseth, junior Matt Pollock, and senior Peyton Schwehr rounding out the lineup.

Anderson is excited about these newcomers and their abilities. "Finseth will join the cross country squad after competing in the Minnesota State Track and Field meet the past two seasons."

Pollock, has looked strong early in the season due to great conditioning from other athletic endeavors. He also has state competition experience in wrestling, and has been a member of the track and field team prior to this season.

"The rest of the DGF harriers are young, talented, but inexperienced, and through time will add some

depth as the season goes on," Anderson said.

He added that the Rebels biggest asset is that strong underclassmen representation as they have "lots of training experience, a good work ethic, and a solid talent base."

While the outlook is optimistic, there is stiff competition at the top of the conference and section. Anderson has pegged the Perham Yellowjackets, who are perennially tough in this sport. The West Central team also is showing some good, young talent running up their ranks this year.

The Rebels opened their season with the Fargo North Spartan duals and had another meet before the end of August. With a busy September

and October, the DGF Rebels look to run their way to the top of the competition with a youthful, balanced team.

- Boys:
Peyton Schwehr 12th
Cade Dawson 11th
Alec Gulseth 11th
Gabe Graza 11th
Josh Ness 11th
Matt Pollock 11th
Josh Finseth 9th
Chandler Gray 9th
Oliver Jesme 9th
Dalton Grubb 8th
Gabe Schmitz 8th
Jacob Anderson 8th
Isaac Gifford 7th
Joe Wilson 7th



The Dilworth-Glyndon-Felton Rebels girls and boys cross country team members are, left to right, front row-Jacob Anderson, Isaac Gifford, Joe Wilson, Chandler Gray, Oliver Jesme, Dalton Grubb, Gabe Schmitz; middle row-Marissa John, Josh Ness, Katherine Finseth, Peyton Schwehr, Grace Rames, Alexis Rude; back row-Emma Friend, Alec Gulseth, Josh Finseth, Cade Dawson and Gabe Graze. Not pictured is Matt Pollock and Alexa Larson.

Lady Rebels Continue To Improve

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Pace, potential, and promise. That is what the Dilworth-Glyndon-Felton Lady Rebel cross country runners embody for their 2018 campaign.

"Katherine Finseth and Marissa John are setting the pace for the rest of the pack and will help guide the Lady Rebels this year," stated veteran coach Mike Anderson.

Finseth, a senior and 2018 captain of the girls cross country team, and John, a freshman, both return to lead the DGF Lady Rebel harriers. Joining them for another round of cross country running are junior Grace Rames and freshman Emma Friend.

The Lady Rebels did lose

mainstay Baylie Narum to graduation but her spot will be filled with some eager newcomers as well as positive "development and experience gained by Finseth and John," noted Anderson.

John was the Lady Rebels top runner last year and will be looked to be in that top spot again this year, closely challenged by Finseth. Even though cross country appears to be an individual sport, there is a team quality to it. The Lady Rebels have embraced this, pushing each other to get better in and out of the season.

"Rames, Friend, and seventh grader Alexis Rude will be the mainstays in the Rebel girls' program," said Anderson.

Another key runner will be sophomore Alexa Larson. "She is a first time cross country runner," Anderson said, "but has run on the girls' track 4x800 team, and by early indications she may occupy one of the top three spots

on the team."

That internal competition is good for the team, and only works to push each girls even more. Anderson is impressed with this group of ladies as they have shown a strong, positive work ethic, are good role models, and all lead each other.

Last year the Lady Rebels just made it, finishing 11th out of 22 in the Section 8A meet, and they look to improve upon that this year. The teamwork shown this pre-season, paired with the aforementioned traits, will propel the girls toward their goal this year of finishing in the top half of conference and section meets.

Anderson said, "Over the past couple seasons, the Rebel girls have lost some dedicated and hard-working girls. They are difficult to replace. Though there are some talented runners returning to the program, a period of rebuilding will be needed to supply the depth needed to

compete with the better programs in the area."

Perham once again has filled their roster with strong, top-finishing contenders and will challenge the Lady Rebels in their goal.

In his 20th season at the helm of the DGF harrier programs, Anderson has seen strong competitive seasons, and seasons that require a little more rebuilding and learning on the go. This year, the Lady Rebels are in the middle of that spectrum. They are in control of their season, fulfilling their goals, and making strides to continue to build the program.

- Girls:
Kathryn Finseth 12th
Grace Rames 11th
Alexa Larson 10th
Emma Friend 9th
Marissa John 9th
Alexis Rude 7th

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