ST. MICHAEL HIGH SCHOOL
A CHESTERTON ACADEMY

St. Michael Cross Country Teams Defend Their Regional Titles

PETOSKEY – November 5, 2026 – St. Michael High School (SMHS), the only Classical Catholic high school in Northern Michigan, is pleased to announce that both of its Cross Country (XC) teams successfully defended their titles at last Saturday's Division-4 Regional at Mancelona. It was the fourth Regional win in the last seven years for the Gentlemen and the second in program history for the Ladies.

Both teams now head to Saturday's State Finals at Michigan International Speedway. The 6th-ranked Gents seek a 'top five' landing for the third consecutive season.

"Just as a year ago, this was a wonderful day for our program and school!" cheered Guardians Head Coach Larry Rudnicki. "Even with only three returners on each team from last year's Regional races, the results were incredibly similar. Our Gents won by a comfortable margin while our Ladies eked out an improbable victory."



Eight (of 14) New Faces from Regional '25, But Results Were the Same



Cole & Cooper in the Early Going on Their Way to 2nd & 4th Place Finishes

Once again, the Guardian gents dominated their race, finishing with just 26 points, well ahead of runner-up Mackinaw City with 64 points and third-place Fairview with 72. (Lower is better in XC scoring.) The win marked the eighth straight Regional that the St. Michael Gents finished as winners or runners-up.

Individually, the team took four of the top five spots, led by runner-up Cole Wesley at 16:58, 43 seconds faster than he ran at last year's Regional. After taking charge and leading much of the way, Wesley was denied the individual crown in the final meters as Carter Toensfeldt of Fairview nosed him near the line.

After Wesley were Grady Hanes, Cooper Feagan, and Atticus Cadarette in third, fourth, and fifth at 17:02, 17:03, and 17:16, respectively. Hanes clocked a 32-second personal best and Feagan's time was 69 seconds faster than he ran at the Regional last year. Phillip Anderson closed out the scoring in 14th at 18:28, setting a 27-second personal best.

All five St. Michael scorers medaled and would have earned their way to the State Finals individually, had they not comprised a qualifying team. Dominik Kranz and Elijah Pulver also competed for the Guardians, notching personal bests in 19:33 and 19:43, respectively.



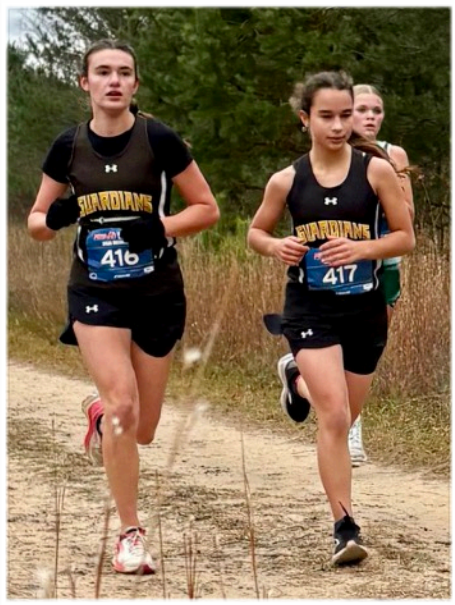
Once Again, Veronica Crushed It!

In the Ladies race, the Guardians claimed their title with 58 points, just four points ahead of a surprisingly strong Rogers City team with 62. East Jordan was third with 83 points, just ahead of Bellaire with 86.

Individually, Veronica Paga defended her Regional crown with a time of 19:50, besting the field by 44 seconds. Just like last year, after a measured opening, she surged to a sizable lead by the 2K mark which only widened the rest of the way. Mea Wesley finished third in 20:42 and Amity Moore placed seventh in 21:11 to also medal and earn All-Region honors. Paga and Moore set personal bests by 29 and 24 seconds, respectively.

They were followed by freshman fourth and fifth runners Chloe Coveyou (24th in 24:10) and Kateri Kranz (25th, also in 24:10), both of whom set new personal bests by more than a minute. Bree Milliron and Isabelle Steed also competed for the Guardians.

Coach Rudnicki noted, "The Ladies weren't contenders for a Regional title until Chloe & Kateri started gaining traction several weeks ago. They've had a fantastic October, both chopping a minute every race. Their landing in the top 25 was just enough for us to secure the win!"



Chloe & Kateri Sealed the Victory!

Full results of Regional 28-4 at Mancelona can be viewed HERE.

Coach Rudnicki concluded, "Competing with patience and confidence has served us especially well the last few years and are again our primary objectives on Saturday. It seems that the more disciplined we are early in our races, the better we finish. As always, I can hardly wait for our ladies and gents to toe the line against the best of 'D-4' at the State Finals, and I like our odds of outperforming expectations one last time!"

"As our annual fall campaign wraps up this weekend, we ask for and appreciate your prayers for our safe travels and our success! **GO GUARDIANS!**"

St. Michael High School is ***High School with a Higher Purpose*** and a proud member of the Chesterton Schools Network. Established in 2013, the St. Michael mission is to nurture and elevate a new generation of joyful leaders educated in the Classical tradition and truth of the Catholic faith. For more information, please visit the St. Michael website at stmichaelchesterton.org.