

PINE ISLAND HIGH SCHOOL
ATHLETIC HALL OF FAME

Mike Lunde

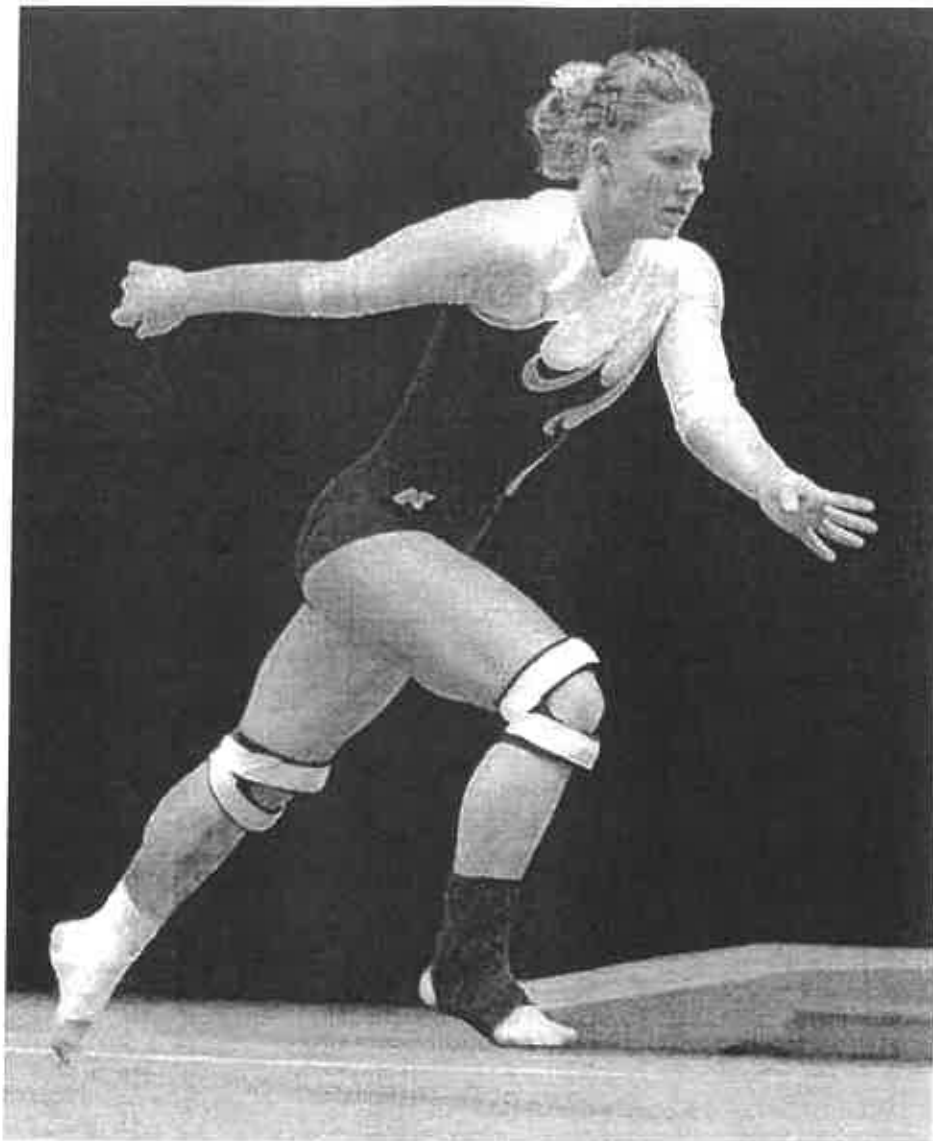
2018

MICHAEL LUNDE – 1973 Graduate

One of the finest multiple sport athletes in Panther history is Mike Lunde. He was able to use his combination of speed and power to become a dominant athlete in football, basketball, and track and field. In football he lettered 3 years, and earned All- Conference honors, highlighted by a 139 carry, 1,120 yard, and 8.1 yard per carry season. With his speed and rebounding ability, he lettered 2 years in basketball. In the spring, Mike was a dominating force for 5 years for the PI track program. In his final two seasons, he established the Wasioja Conference record in both the 100 and 220 yard dashes, with a 10.0 and 22.5 second sprints, which stood for many years as the school record. With Mike leading the way, the Panthers claimed the 1973 Conference title.

Due to his outstanding high school career, Mike was recruited by South Dakota State University and became a rare two sport athlete for the Jackrabbits. He went on to letter for three years for the football team as a running back. His 95 yard touchdown run stood in the school record book for nearly 30 years. With his speed, it was a natural for this speedster to continue his athletic work in the SDSU track program. Once again, he was a mainstay in the Jackrabbit program, also earning 3 letters. He ran the 100, 220, and 4 x 100 relay. Being a two sport athlete in college is a rarity, and a testimony to his athleticism.

After graduation from SDSU, he began working for the Mayo Clinic in 1979, with his most recent work, being an echo stenographer. Mike is married to former PI educator and outstanding gymnastics coach, Nadeen Lunde. They have two sons, Eric and Marc, who were also former multiple sport athletes for the Panthers. They continue to reside in Pine Island.



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Sarah Lerum

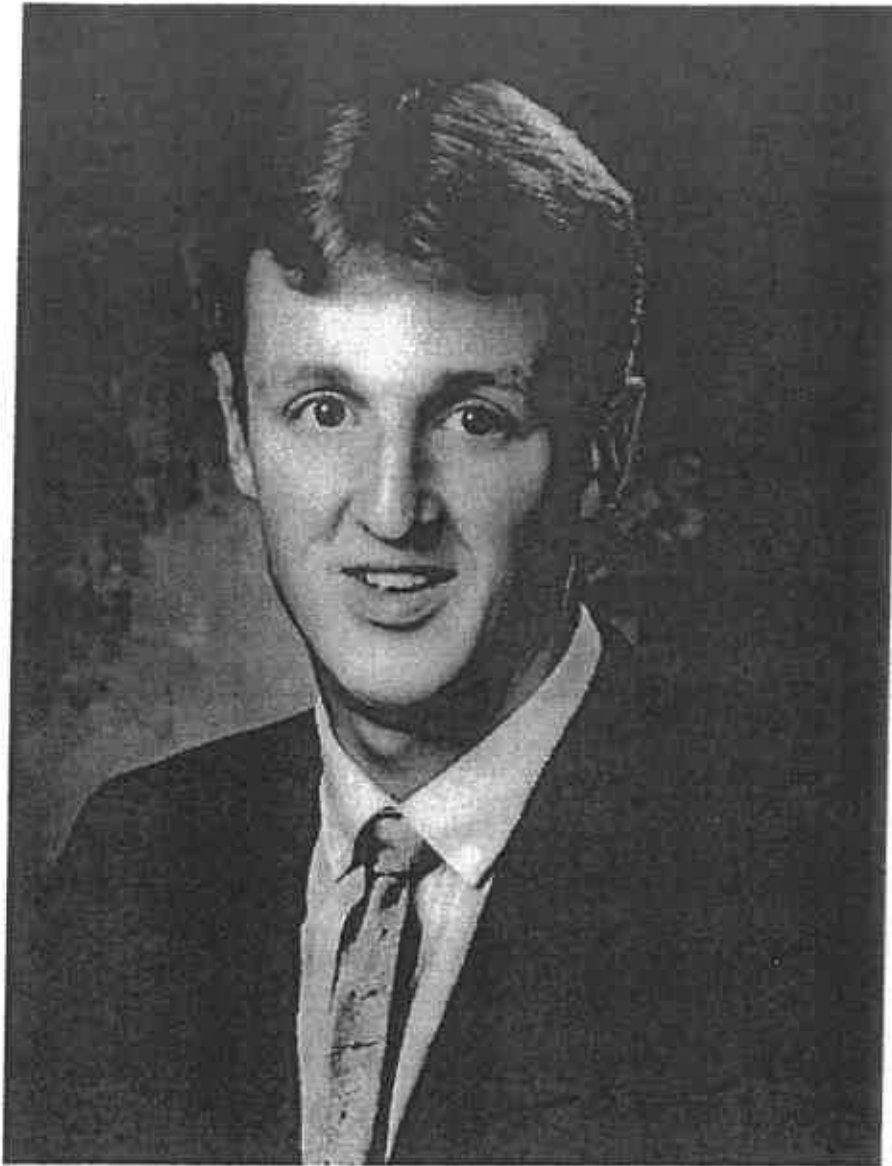
2018

SARAH LERUM – 2008 Graduate

Sarah Lerum established herself as one of Pine Island's best softball and gymnast athletes. She lettered three years for the Panthers in softball. As a sophomore, she was named the "Rookie of the Year" and helped the team to Sub-Section championship. During her Jr. season, she was named the Most Valuable Player and the team finished 2nd in the Sub-Section. For her final season, she was named the Defensive Player of the Year.

While doing great things for the Panther Softball program over her last three years, she compiled legendary accomplishments for the Gymnastics program throughout her six year career on the Varsity squad. While most athletes take time to adjust to Varsity competition, Sarah became an impact competitor immediately as a 7th grader. She earned MVP honors throughout her career and earned the most points each season. She earned 110 first place honors in the many meets she competed in. While doing this, she lead the team to three straight Section titles, 06-08. While the team excelled, she dominated. She was 6 time All-Conference, and either was Honorable Mention All-State or All-State each year, became an All-American and All-American Elite from her 8th grade on. During her sophomore year, she was named the KTTC Athlete of the Week. Following her Sr. Season, she was named the "Athlete of the Year". When Sarah graduated, she held every school record at Pine Island and for the Section 1, in Uneven Bars, Floor, Vault, Balance Beam, and All-Around.

Sarah has a son, Jett Lunden, and she is working as a graphic designer for KNOCK, Inc., a creative agency in Minneapolis. Her brother, Michael, went on to have an outstanding athletic career in football, wrestling, and baseball. Besides that, their father, Jeff, quarterbacked the Panthers to the 2nd place position in the 1981 Prep Bowl Championship game. Sarah's mother, Christie, was the editor of the MVP Magazine, a popular Rochester area magazine covering regional sports.



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Jeff Morken

2018

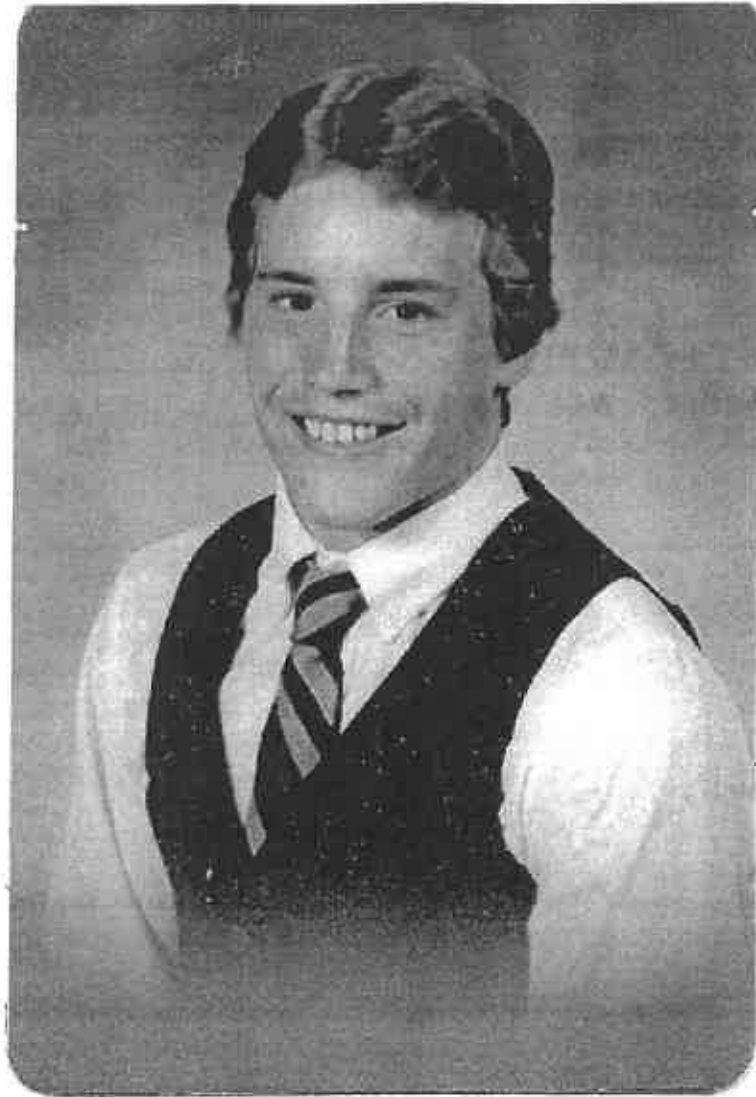
JEFF MORKEN – 1988 Graduate

Jeff Morken earned All-Conference honors in the three sports that he participated in. For all of his lettering seasons, he earned All-Conference, 2 in football, and 3 in basketball and baseball. In football, Jeff was a premier quarterback. He led the Wasioja Conference in completions and yardage during his final season. Besides being one of the most feared passers in the area, he had the ability to buy time with his scrambling. All-Conference end, Todd McCutcheon was one of his favorite targets. The Panthers went on to claim the Wasioja Conference title during his Jr. season and claimed the Section Championship for his final season. He was named Academic All-State as a Sr.

In basketball, the multi-talented guard could run the floor, but also had the ability to take the man covering him to the inside for easy baskets. During his Jr. year the Panthers made a great run under the coaching of Rick Canton, before losing to Faribault Bethlehem Academy. He was the 2 time MVP, and also earned the Most Improved Award during his Jr. season.

During his baseball career, Jeff became one of the top pitchers in the area, winning 15 games, and striking out 203 batters, which is second in Pine Island history for a career. In his final season, he struck out 87 for the third best for a season. Jeff was recruited by Concordia-Moorhead and he continued his excellent baseball pitching. He lettered all 4 years, while playing for the Hall of Fame coach, Bucky Burgau. He was named a captain for his final two years, being named Academic All-Conference his final three years, two time All-MIAC as Jr. and Sr., All-Region as a Sr., and helped lead the Cobbers to the NCAA Division III Regional Playoffs as a Sr., and was named to the All-Regional Tournament team.

Jeff and his wife, Stacey, have three children, Jack (Freshman at U of Iowa), Petter (sophomore at Minnetonka), and Brittany (6th grader). After graduation from Concordia, he went to Medical School at the University of Minnesota and has gone on to become one of the premier colon and rectal surgeons in the nation. He has been at the Hennipen County Medical Center since 2004.



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Mark Braaten

2018

MARK BRAATEN – 1985 Graduate

Mark Braaten enters the PI Athletic Hall of Fame as another multiple sport star. Mark earned 10 letters, three in football, three in basketball, and four in baseball. For his last two seasons, he earned All-Conference in football and basketball, being named captain in both sports. As a running back and linebacker, he led the team in tackles for his final two years as a linebacker and was known for his hard hitting running style. In basketball, he was a guard/forward, again showing his diversity in being able to hit the outside shot, but also being capable of going inside, while being an excellent rebounder.

In baseball, Mark established himself as one of the all-time greats in Panther history. The three time All-Conference player and future captain, still holds four records for a season for PI; 16 appearances, 80 2/3 innings pitched, 14 wins, and 115 strikeouts. For his career, he is the top pitcher for wins with 28, appearances with 36, and strikeouts with 249. His career batting average of .392 is one of the best in school history, and he is second in runs scored at 67. During his final season, the Panthers won their first 21 games, a school record for consecutive victories, as they were the #1 ranked team in Class A at the end of the regular season in 1985. His 14 straight wins is second in Minnesota history, and third for wins in a season in state history. He was All-Region for his final two years, and was named to the Lion's All-Star Baseball team as a Sr. The Panthers claimed two District 4 titles and one Conference title during his career.

Mark went on to play at Winona State University, playing for the legendary coach, Gary Grob. During his career, he helped the Warriors to win three NIC Conference titles, 3 District titles, and played in the 1988 NAIA College World Series. After his graduation from Winona State, he went on to play with the Red Wing Aces, where Mark and his brother Mike, helped pitch the Red Wing squad to an State Amateur Baseball title.

Mark continues to support Pine Island athletics, as a volunteer coach for various youth groups. He has helped coach the American Legion to a State Tournament appearance, and nearly guided the team to an appearance this past summer, finishing second. His children, daughter Jordyn, and sons Brady and Lincoln have followed his interest in athletics. Brady helped the Panther baseball program to a Sub-Section and Section championship his final season and followed his father's footsteps as an All-Star selection in the Minnesota High School All-Star Series. Mark works for the Bevcomm corporation in Pine Island.



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Kris DeBoer-Smith

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KRIS DEBOER-SMITH – 1985 Graduate

Kris DeBoer-Smith is a 1985 graduate, who earned 12 letters for the Panthers. The multi-talented athlete earned All-Conference honors her last two years in volleyball and basketball, while lettering 3 years in both. In basketball, she earned the MVP Award her final season and led the team deep into the Region Tournament. Her name is all over the PI Record Book, she is 4th in career scoring, 2nd in steals, and her 37 point effort is among the best in school history. The Panthers claimed the Wasioja and District 4 title her last year.

Her third sport, track and field, made her one of the most decorated athletes in school history, as she lettered all 6 years. In the conference, she won 6 individual or relay titles. In the District level, she claimed another 7 titles. During the Regions, she won 2 Long Jump titles, and went on to claim the 3rd place medal in the State Tournament. Her long jump of 17'10.5 " is still the school record. With Kris leading the way, the Panthers claimed 5 Conference titles and won 6 straight District 4 championships. She was named the Female Athlete of the Year as a Sr.

Kris continued her athletic career at Concordia-Moorhead and excelled for the Cobbers, as well. She claimed 7 Indoor or Outdoor MIAC Long Jump titles, and 8 Triple Jump titles. She was named a 6 time All-American, and competed in the NCAA Championships 3 times, while also being a team captain as a Sr. Kris and her husband, Tom, have three children, Cole, Allyson, and Gabbie, who continued the tradition of athletic excellence in hockey, baseball, soccer, and track and field. Kris is a teacher in the Brainerd School District and coaches for the boys and girls track programs.