



Geneseo's "Elite" Hurdle Repair Crew and a few Helpers complete final preparations for Friday Night's McCormick Invitational.

Geneseo's John McCormick Invitational Friday Night

On Friday night the Leaf's will host the annual John McCormick Invitational. Participating schools include: Alleman, Auburn, Canton, Dixon, Galesburg, Geneseo, LaSalle-Peru, Metamora, Ottawa, Princeton, Richwoods, Rochelle

The Meet Schedule Follows: Field Events: 4:30; Running Events: 5:00 (Finals begin at 6:00)

Fredericks fuels Leafs with desire, Tootsie Rolls

Anyone who has ever had a teenage boy in their house for long, like more than a day, knows that any food in the house becomes scarce quickly.

Try feeding 70 teenage boys driven by the pursuit of more food.

For Don Fredericks, first-year boys' track and field coach at Geneseo, that's the Pandora's box he opened when he offered his charges the incentive of a Tootsie Roll for every PR (personal record) they set during the course of the track season.

But the hit his checkbook has taken thus far pales in comparison to the hit his incentive program has been for the Maple Leafs this season.

Heading into Friday's John McCormick Invitational, the Leafs' final large tuneup prior to the North Central Illinois Conference meet and the IHSA postseason series, Geneseo is positioned for a quality finish to the 2005 year.

The Leafs already have a Sterling Invitational victory under their belts, beating West-

ern Big 6 rivals Rock Island, United Township and Galesburg, along with NCIC and sectional rivals Sterling and Dixon, at Friday's meet.

"I've never done it before," Fredericks said, indicating that his cross country teams have not had the privilege of encountering the program. "It just kind of came to me one day. Not all your ideas work as a coach; some do and some don't. This isn't an easy sport,

and you have to find ways to motivate your kids.

"It's just a little silly thing that has worked tremendously."

The way it works is at the practice following a meet, when the medals or ribbons are handed out, personal bests are also announced, allowing the Leaf athlete to come forward and take anywhere from one to a fistful of Tootsie Rolls, with his teammates applauding.

His athletes were skeptical early, but have seen the results.

"I thought it was kind of a joke at first, but eventually it

caught on. It motivates us," senior high jumper Byron Stanley said.

Now, Stanley looks for sympathy in the Tootsie Roll department, since he's primarily a one-event competitor.

"I did get to run one 400 (dash) in one meet," Stanley said of his sure-fire way to bag a snack. "Otherwise, I get the short end of the stick."

Fredericks didn't buy that line of argument.

"It's actually easier for high jumpers," Fredericks said,

extending his argument for all Leafs in the field events, though noting it was easiest for high jumpers. "Any time you tie your PR, it's like a setting a new one."

And it's created friendly competition among the multi-event competitors.

"Me and (senior sprinter) Cody Leamen, we're very competitive," junior sprinter and pole vaulter Shaun Russell said of the battle between the two

for cumulative Tootsie top honors. "He thinks he can beat me in the 100, but it's the other way around."

And Fredericks has offered enhanced incentives for bigger meets, like the ones coming down the pike.

"I offered a 5-for-1 deal at the Rock Island Invitational (almost two weeks ago), and I got taken to the cleaners," Fredericks said. "I had to go to Sam's Club and get another huge container full of them."

I've gone through one already and I'm halfway through the second one.

"We have a plethora of leadership, some great senior leadership on this team. We're very optimistic that our athletes will attain personal bests, and if not get a personal best then at least give a personal-best effort. It's all about taking pride in what you do, and this is a great opportunity to teach responsibility."

Geneseo wins McCormick Invite



Republic photo by Amy Boldt

SENIOR BYRON STANLEY leaps over the high jump bar, clearing 5-11 for a third-place finish during the John McCormick Invite, Friday, May 6.

Geneseo track and field added another victory this past week, winning the John McCormick Invite followed by an overpowering win over Annawan.

Annawan

The Leafs dominated the visiting Annawan Braves 126-20 with 15 first-place finishes, 14 seconds and 12 thirds, Tuesday, May 10 at J. D. Darnall High School.

Among these placing first for Geneseo in the field events was sophomore Chris Brooks in the discus with a throw of 112-10 and in the shot put with a heave of 43-11. Junior Shaun Russell won both the long jump and pole vault; the long jump with a final mark of 20-3 1/2 and the pole vault, clearing the bar at 11-6.

Senior Byron Stanley also claimed first in the high jump event with a bar-clearing height of 6-0, while freshman Aaron Schilling won the triple jump with a leap of 37-6. The 3200-m relay of sophomore Nate Silver, senior Brian Chenoweth, junior Caleb Diercx and sophomore Dan Chenoweth raced to a first-place finish, taking the tape in eight minutes, 44.22 seconds. The 400-m relay of seniors Augie Anderson, Luke Reschke and Cody Leamen and Russell won the race in 43.50.

The 800-m relay of junior Kyle Glazier, Leamen, Reschke and junior Mason Kernan claimed first, crossing the finish line in 1:33.38, and freshman Ryan Kotecki won the 3200-m run, taking the tape in 12:04.56. Freshman Jaran Heaton raced to a first-place victory in the 110 high hurdles in 16.69, and Reschke claimed the top spot in the 100-m dash, clocking in at 11.16.

D. Chenoweth won the 800-m run with a time of 2:07.47; sophomore Jesse Gessel won the 400-m dash in 54.75. Senior Eric Darwin received a first for the meet in the 300 intermediate hurdles, taking the tape in the 42.72.

Sophomore Josh Olson claimed second place in the discus with a throw of 109-3, while

sophomore Bren Gillespie cleared the high jump bar at 5-8. Reschke took second in the long jump with a final leap of 20 3/4 followed by senior Brian Sandoval in the pole vault, clearing the bar at 11-0.

Junior Andrew Hull took second in the shot put with a 41-9 heave, and Gillespie leaped 36-6 for second place in the triple jump. Sophomore Blake Wyffels came in second to Kotecki in the 3200-m run with a time of 12:04.63 followed by Leamen in the 100-m dash with a time of 11.17.

In the 800-m run, B. Chenoweth took second, clocking 2:07.90, while Heaton placed second in the 400-m dash in 55.06. Diercx came in second in the 300 intermediate hurdles with time of 45.88; sophomore Tom Blean came in second in the 1600-m run in 5:05.06 and Kernan finished second in the 200-m dash, clocking in at 24.85. The 1600-m relay of senior Nathan Schlindwein, Gillespie, sophomore Wolfe Repass and Silver also finished second in 3:42.81.

Placing third were sophomore Jeremy Peters in the high jump at 5-6 and freshman Jacob Kuban in the long jump with a mark of 18-9. Senior Brady Piepenbrink took third in the pole vault at 11-0, while senior Wyatt Brieser came in third in the shot put with a 37-9 heave. Also recording thirds were sophomore Elliott Kenney in the triple jump with a mark of 35-10; Darwin in the 110 high hurdles with a time of 18.56 and Russell in the 100-m dash in 11.32.

Freshman Chance Nordstrom came in third in the 800-m run, clocking in at 2:10.22 followed by Schlindwein in the 400-m dash in 55.24. Junior Skylar Miller placed in the 300 intermediate hurdles with a time of 48.43; senior Jordan Wildermuth completed the 1600 in 5:15.00 and Kenney ended the 200-m dash with a time of 25.34.

John McCormick Invite

Adding to its many accolades, Geneseo track and field claimed first at its Geneseo John

McCormick Invite, Friday, May 6. The Leafs finished with 113 points followed by Metamora, Princeton, Galesburg, Dixon, Ottawa, Alleman, Auburn, Peoria Richwoods, LaSalle-Peru, Rochelle and Canton.

Leading the way for Geneseo was junior Joe Paradiso, B. Chenoweth, Russell and Reschke all with first-place finishes in their respective events. Paradiso won the shot put with a 53-7 heave, while B. Chenoweth took the 3200-m run in 9:32.97. Russell claimed the top spot in the triple jump with a leap of 43-7 1/2. Reschke grabbed two victories one in the long jump with a mark of 20-11 3/4 and the other in the 400-m dash, taking the tape in 50.55.

The Leafs also saw their dis-

tance trio of D. Chenoweth, Schlindwein and B. Chenoweth claim second places in the 3200, 800 and 1600-m runs. D. Chenoweth in the 3200-m run, clocking in at 9:46.06, Schlindwein in the 800 with a time of 2:00.13 and B. Chenoweth finished the 1600 in 4:26.75.

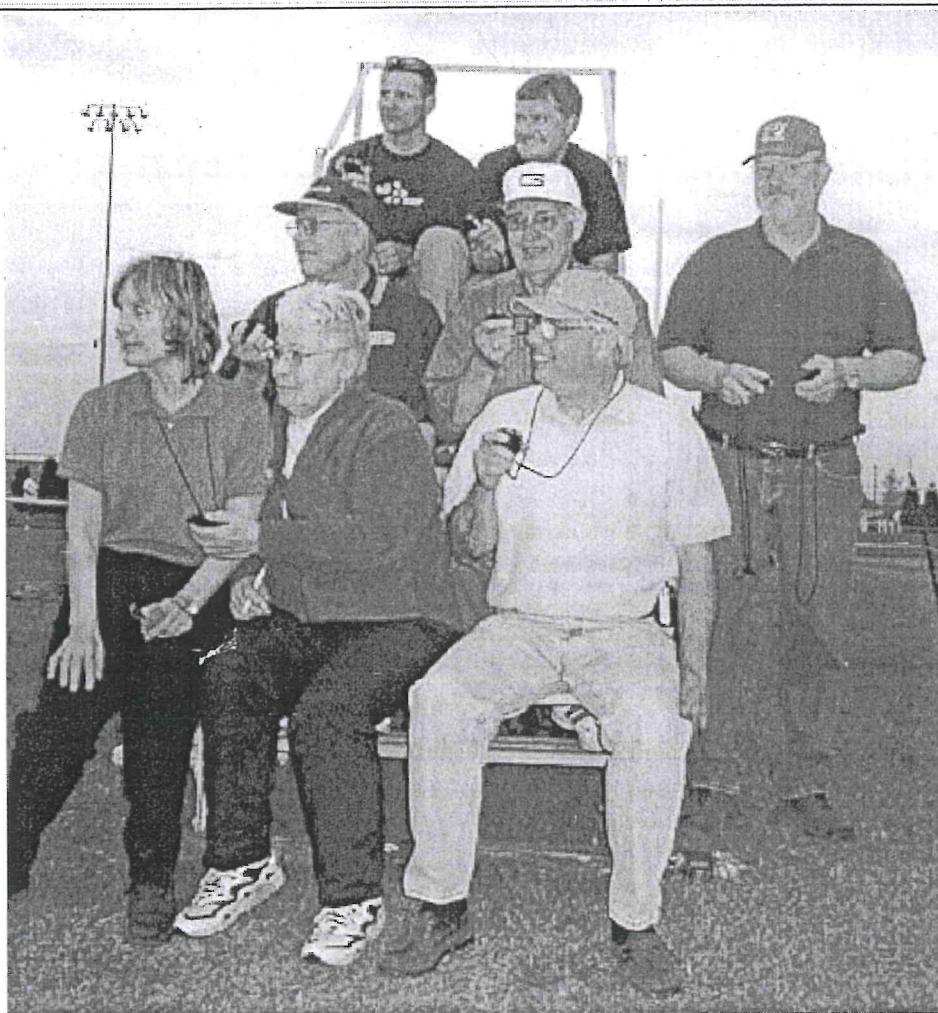
Reschke claimed his third-place finish of the meet, taking third in the 200-m dash, crossing the finish line in 22.25, while Stanley took third place in the high jump, clearing the bar at 5-11.

Geneseo received six fourth-place finishes from two relays, Leamen, Silver, Russell and D. Chenoweth. The 400-m relay of Anderson, Reschke, Leamen and Russell crossed in 43.03 and the

1600-m relay of freshman Shane Reschke, Schlindwein, Repass and Gessel come through with a time of 3:33.37.

Leamen came in fourth in the 100-m dash in 10.98 followed by Silver in the 800-m run with a time of 2:03.49. Russell came in fourth in the 400-m dash in 53.06 and D. Chenoweth crossed the finish line in 4:30.39 in the 1600-m run.

The final two places for the Leafs were from the 800-relay of S. Reschke, Anderson, Glazier and Leamen, taking fifth in 1:33.41 and Russell placing sixth in the 100-m dash in 11.28.



Timers.....Ready.....Set.....GO!!!!

The Timers react to the gun at the Geneseo John McCormick Invitational Friday night. Pictured above are: *Top Row:* John Thompson and Roger Cherry; *Second Row:* LeRoy Lynn, Bill Neuleib, and Lynn Misfeldt; *Front Row:* Jane Myers, Lois Smith (Recorder), and Roger Stancliff. We would like to express a HUGE Thank You to all Geneseo's Track Workers. It takes a community to raise a child and that principle is being strongly supported here in the Geneseo Community School District. God Bless each and every one of you.

Leafs Win McCormick

Team Scores: 1.) Geneseo 113; 2.) Metamora; 103; 3.) Princeton 82; 4.) Galesburg 73; 5.) Dixon 53; 6.) Ottawa 50; 7.) Alleman 39; 8.) Auburn 19; 9.) Richwoods 15; 10.) LaSalle-Peru 6; 11.) Rochelle 3; 12.) Canton 1

On Friday night under perfect conditions the Geneseo Maple Leafs won their own John McCormick Invitational for the first time in 15 years. It took a total team effort and many season best where achieved along the way. Leading the team where the following Gold Medalists: Long Jump: Luke Reschke; Shot Put: Joe Paradiso; Triple Jum: Shawn Russell; 3200 Meter Run: Brian Chenoweth; 400 Meter Dash: Luke Reschke.

Great Job Leafs

[RESULTS](#)

[PHOTO ALBUM](#)

2005 Geneseo John McCormick Invitational

Varsity Results

Host Site: Geneseo High School

Date: 5/06/05

Weather Conditions: 65 and SW wind at 10-15 mph

Scoring: 10-8-6-4-2-1

Results System: Hand Held

Team Scores: 1.) Geneseo 113; 2.) Metamora 103; 3.) Princeton 82; 4.) Galesburg 73; 5.) Dixon 53; 6.) Ottawa 50; 7.) Rock Island (Alleman) 39; 8.) Rockford (Auburn) 19; 9.) Peoria (Richwoods) 15; 10.) LaSalle-Peru 6; 11.) Rochelle 3; 12.) Canton 1

Discus: 1.) Anderson (Galesburg) 149' 04"; 2.) Bickerman (Princeton) 147' 06"; 3.) Ulbricht (Metamora) 138' 06"; 4.) Kates (Ottawa) 132' 10"; 5.) Johnson (Rochelle) 130' 05"; 6.) Gosch (Dixon) 126' 05"

Additional Geneseo Athletes: Chris Brooks 121' 05"; Corey Akers 120' 05"

High Jump: 1.) Wall (Metamora) 6' 03"; 2.) Niedzwecki (Ottawa) 5' 11"; 3.) Bryron Stanley (Geneseo) 5' 11"; 4T.) Mardauss (Dixon) 5' 11"; 4T.) Wohrley (Dioxn) 5' 11"; 6.) Wenzel (Metamora) 5' 09"

Additional Geneseo Athletes: Bren Gillespie 5' 07"

Long Jump: 1.) Luke Reschke (Geneseo) 20' 11 3/4"; 2.) Ray (Metamora) 20' 09 1/2"; 3.) Hartz (Princeton) 20' 05"; 4.) Mixon (Galesburg) 20' 02 1/4"; 5.) Thierry (Galesburg) 19' 10 1/2"; 6.) Mardauss (Dixon) 19' 04 3/4"

Additional Geneseo Athletes: Jacob Kuban 18' 03 3/4"

Pole Vault: 1.) Harsted (Ottawa) 14' 06"; 2.) Lofgran (Richwoods) 12' 03"; 3.) Bush (Alleman) 12' 03"; 4.) Valliere (Alleman) 11' 09"; 4.) Goodyear (Metamora) 11' 09"; 6.) Probst (Galesburg) 11' 09"

Additional Geneseo Athletes: Brian Sandoval 11' 03"; Brady Piepenbrink 10' 09"

Shot Put: 1.) Joe Paradiso (Geneseo) 53' 07"; 2.) Brooks (Dixon) 51' 03"; 3.) Boyd (Metamora) 50' 05"; 4.) Smith (Richwoods) 49' 01"; 5.) Polard (Richwoods) 49' 00"; 6.) Burnell (Dixon) 48' 00"

Additional Geneseo Athletes & Throws of Note: Joe Paradiso: 53' 07", 51' 09", 51' 06"; Chris Brooks 44' 02"

Triple Jump: 1.) Shaun Russell (Geneseo) 43' 07 1/2"; 2.) Mardauss (Dixon) 43' 07"; 3.) Ray (Metamora) 42' 04 1/2"; 4.) Christ (Metamora) 41' 04"; 5.) Thierry (Galesburg) 41' 02"; 6.) Hendricks (Canton) 40' 09 1/2"

Additional Geneseo Athletes: Shaun Russell 43' 01"; Aaron Schilling 36' 10"

3200 Meter Relay: 1.) Alleman (Knobloch, Hird, Shemek, DeBlieck) 8:08.18; 2.) Metamora (Sabin, Pisano, Kamm, Weyemeth) 8:16.19; 3.) Princeton (McCauley, Gonigam, Kreiger, Jagers) 8:20.85; 4.) Dixon (Moss, Davenport, Nicklaus, Bentz) 8:22.84; 5.) Galesburg (Young, Bailey, Tailor, Billeter) 8:25.37; 6.) Rochelle (Johnson, Polley, Young, Alkire) 8:36.56; 8.) Geneseo (Chance Nordstrom, Andy Collis, Kyle Wayne, Robert Reese) 8:52.31

Geneseo Splits: Chance Nordstrom 2:09.50 (61); Andy Collis 2:15.63 (60); Kyle Wayne 2:10.35 (61); Robert Reese 2:16.76 (63)

400 Meter Relay: 1.) Galesburg (Britton-Brown, Weaver, Thierry, Mixon) 42.75; 2.) Princeton (Howard, Scoma, Hartz, Holschbach) 43.01; 3.) Metamora (Ray, Pozar, Rohman, Garbyn) 43.02; 4.) Geneseo (Augie Anderson, Luke Reschke, Cody Leamen, Shaun Russell); 43.03; 5.) Ottawa (no names listed) 45.03; 6.) Auburn (no names listed) 45.69

Geneseo Splits: Augie Adnerson: 11.87; Luke Reschke 10.22; Cody Leamen 10.90; Shaun Russell 10.07

3200 Meter Run: 1.) Brian Chenoweth (Geneseo) 9:32.97; 2.) Dan Chenoweth (Geneseo) 9:46.06; 3.) McMorro (Metamora) 9:48.84; 4.) Tate (Galesburg) 10:04.98; 5.) Hogan (Alleman) 10:07.69; 6.) Clark (Dixon) 10:08.00

Geneseo Splits: Brian Chenoweth: 67 - 2:16 (71) - 3:29 (73) - 4:41 (72) - 5:53 (72) - 7:07 (74) - 8:22 (75) - 9:32.97 (70) **4:41 / 4:51**; Dan Chenoweth: 67 - 2:17 (70) - 3:30 (73) - 4:44 (74) - 6:01 (75) - 7:19 (78) - 8:36 (77) - 9:46.06 (70) **4:44 / 5:02**

110 Meter High Hurdles: 1.) Johnson (Dixon) 14.35; 2.) Scoma (Princeton) 14.40; 3.) Loveland (L-P) 15.77; 4.) Miller (Ottawa) 16.56; 5.) Inskip (Princeton) 19.25; 6.) none

Additional Geneseo Athletes: Jaran Heaton 17.22; Eric Darwin 17.53

100 Meter Dash: 1.) Norem (Ottawa) 10.83; 2.) Holschbach (Princeton) 10.85; 3.) Allen (Auburn) 10.97; 4.) Cody Leamen (Geneseo) 10.98; 5.) Pozar (Metamora) 11.13; 6.) Shaun Russell (Geneseo) 11.28

Additional Geneseo Athletes: none

800 Meter Run: 1.) Bailey (Galesburg) 1:58.76; 2.) Nathan Schlindwein (Geneseo) 2:00.13; 3.) Knobloch (Alleman) 2:01.07; 4.) Nate Silver (Geneseo) 2:03.49; 5.) Woltering (Ottawa) 2:04.43; 6.) Kamm (Metamora) 2:04.94

Geneseo Splits: Nathan Schlindwein 2:00.13 (59); Nate Silver 2:03.49 (61)

800 Meter Relay: 1.) Auburn (no names listed) 1:30.39; 2.) Princeton (Howard, Arnold, Hartz, Holschbach) 1:30.63; 3.) Galesburg (Britton-Brown, K. Thierry, A. Thierry, Mixon) 1:31.15; 4.) Ottawa (no names listed); 1:33.13; 5.) Geneseo (Shane Reschke, Augie Anderson, Kyle Glazier, Cody Leamen) 1:33.41; 6.) Richwoods (no names listed) 1:36.86

Geneseo Splits: Shane Reschke: 24.50; Augie Anderson 23.20; Kyle Glazier 24.30; Cody Leamen 21.17

400 Meter Dash: 1.) Luke Reschke (Geneseo) 50.55; 2T.) Weyemeth (Metamora) 52.38; 2T.) Garber (Metamora) 52.38; 4.) Shaun Russell (Geneseo) 53.06; 5.) Jagers (Princeton) 53.32; 6.) DeBlieck (Alleman) 53.38

Additional Geneseo Athletes: none

300 Meter Intermediate Hurdles: 1.) Johnson (Dixon) 39.46; 2.) Scoma (Princeton) 39.81; 3.) Ray (Metamora) 40.01; 4.) Maurer (Metamora) 41.33; 5.) Neurohr (Ottawa) 42.02; 6.) Troglio (Princeton) 42.22

Additional Geneseo Athletes: Eric Darwin 42.93; Caleb Diericx 44.51

1600 Meter Run: 1.) Nathaniel Hird (Alleman) 4:22.75; 2.) Brian Chenoweth (Geneseo) 4:26.75; 3.) Bailey (Galesburg) 4:26.87; 4.) Dan Chenoweth (Geneseo) 4:30.39; 5.) Sabin (Metamora) 4:32.03; 6.) Bentz (Dixon) 4:34.66

Geneseo Splits: Brian Chenoweth: 65 - 2:12 (67) ???; Dan Chenoweth: 65 - 2:14 (69) - ???

200 Meter Dash: 1.) Thierry (Galesburg) 21.97; 2.) Holschbach (Princeton) 22.18; 3.) Luke Reschke (Geneseo) 22.25; 4.) Norem (Ottawa) 22.57; 5.) Day (Auburn) 22.85; 6.) Howard (Princeton) 23.00

Additional Geneseo Athletes: Cody Leamen 23.15

400 Meter Weightman's Relay: 1.) Auburn (no names listed) 49.95; 2.) Dixon (Brooks, Gosch, Burnell, Ridgeway) 50.28; 3.) Rochelle (Johnson, Polley, Young, Alkire) 50.29; 4.) Princeton (Whitlock, Bickerman, Favin, Klinefelter) 50.56; 5.) Alleman (DuPrey, Ewald, DeSmit, Berg) 51.81; 6.) Galesburg (Ziegler, Anderson, Hendrickson, Danielson) 52.40

Additional Geneseo Athletes: No entry

1600 Meter Relay: 1.) Metamora (Garber, Kamm, Pisano, Weyemeth) 3:28.40; 2.) Princeton (Arnold, Jackson, Hartz, Jagers) 3:29.97; 3.) Galesburg (Britton-Brown, Weaver, Mixon, Thierry) 3:33.03; 4.) Geneseo (Shane Reschke, Nathan Schlindwein, Wolfe Repass, Jesse Gessel) 3:33.37; 5.) Dixon (Davenport, Moss, Mardaus, Bentz) 3:33.56; 6.) Alleman (Knoblach, Bognano, Valliere, DeBlick) 3:36.60

Geneseo Splits: Shane Reschke 53.75; Nathan Schlindwein 53.95; Wolfe Repass 53.40; Jesse Gessel 52.12

This is a Geneseo Track & Field Manila site.

Geneseo will look to add another championship to its accomplishments this season at 3 p.m. in the NCIC conference meet at Ottawa.

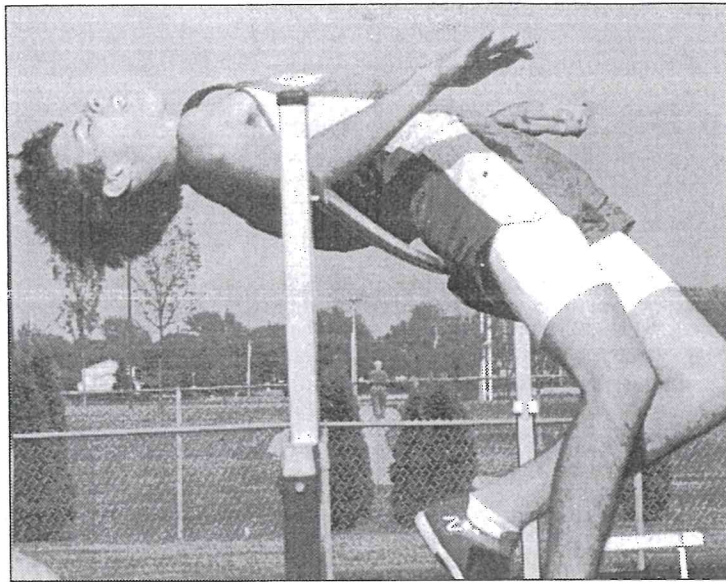


Kyle Collis & Jordan Reschke watch on as brothers Andy and Shane joined by Chance Nordstrom and Jacob Kuban destroy the 32-year-old Freshman 1600 Relay School Record.

Leafs Host Neighboring Annawan in Last Season Tune-Up

On a warm Tuesday afternoon, Geneseo played host to neighboring Annawan as both teams looked to continue their march to a championship season peak. Both schools agreed to utilize a Varsity-Only Format and run multiple heats. The main goal was to attain as many "PRs" as possible. They came in bunches and the Leafs appear ready to make a run at NCIC Gold Friday night in Ottawa. Team Scores: 1.) Geneseo 126; 2.) Annawan 20

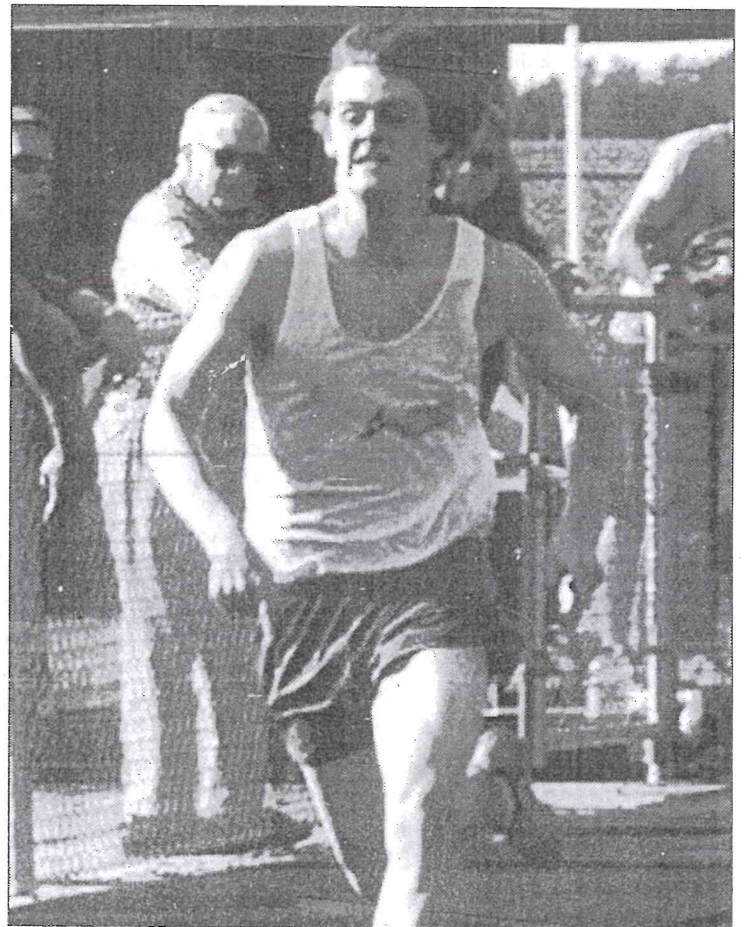
RESULTS



SOPHOMORE BREN GILLESPIE clears the high jump bar during the John McCormick Invite May 6.



SENIOR BRIAN SANDOVAL propels over the bar in the pole vault event, May 6 at J. D. Darnall High School.



JUNIOR SHAUN RUSSELL takes off in the 100-m dash during the John McCormick Invite May 6.