

Geneseo seeks double in NCIC runs

By KEITH BRAKE

Dispatch correspondent

When the cross country teams in the NCIC gather Saturday morning at Sauk Valley College's flat, riverbottom course outside Dixon, about the only question in the girls race should be whether Kewanee's Amy Reecy can finish ahead of somebody in Geneseo's stunning triumvirate - Connie Grader, Lorri DeBleck, and Gail Perkins.

The Maple Leaf girls, rated 12th in Illinois by the Timely Times, are overwhelming favorites to win their third straight NCIC crown in a 2.1-mile race which starts at 10:30 a.m.

But the boys races - now there's where the team competition will be, and Leaf coach Don Fredericks can't wait to see if his boys, too, can defend their NCIC crown.

"We're going for a sweep," said Fredericks, noting he thinks his frosh-soph boys have a chance to win, too. "It (a sweep) has never been done."

LaSalle-Peru's boys, unbeaten in duals and enjoying their best-ever season, "break down identically with us,

their top five against our top five," said Fredericks.

They have met three times. L-P won by two points in a dual; Geneseo by 40 in the multi-school Peoria Invitational. Saturday, L-P beat Geneseo easily at the Sterling Invitational, although Fredericks discounts that, "because we were without four of our top seven runners. (They'll be back Saturday).

"L-P gets out quickly, then they're really a gutsy team after two miles," said Fredericks, noting that Saturday's 11 a.m. race will cover a three-mile course.

Fredericks said Sterling's Brian Wilson, "can win by 30 seconds, if he's on." He expects his own number one man, junior Phil Walsh, to finish among the top three, and he said the field is strong at the top, with Kewanee's Mark Petersen, Dixon's Rob Dowell, L-P's Jack Weberski and Mendota's Bill Berglund all expecting to be near the top.

Fredericks said Leaf sophomore Brad Baker and junior Mike Haars have shots at top-10 finishes, which would earn them all-NCIC honors. He sees possible top-

15 finishes for freshman Jason VanVooren and senior Scott Johnson, with a top-20 spot possible for senior John DeGrande, and a top-25 finish possible for senior Bill Holveot.

"A good competitor never underestimates his opposition," said Fredericks, "but we do think we can finish 1-2-3 in the girls race." He said Reecy and Sterling's Stacy Alba will be the top opposition.

Grader is a junior, DeBleck is a senior and Perkins is a sophomore. Fredericks thinks Leafs Kim Chapman, a sophomore, and Tara Zeitler, a junior, have top-seven potential, and listed freshman Kirsten Kennis as a top-10 hopeful. Renee Clifton, another ninth-grader, could be among the top 15, said the coach, who thinks Sterling and Rock Falls will battle for runnerup honors.

Fredericks said the 10 a.m. frosh-soph boys race will be between, "Princeton, Sterling and ourselves. It's hard to rate because you don't see them all until this race." Geneseo's squad will include Mike Bell, Vic Dzekunskas, Brian Walsh, Christian Michaelson, Jim Henderson and Jon Marsh.

Triple ???
60 For I + !!!

IT'S
SHOW-
TIME

Who's No. 1?

NORTH CENTRAL ILLINOIS CONFERENCE

#1

F.S.
Vars Girls

NCIC

Dixon
Geneseo
Kewanee
LaSalle-Peru
Mendota
Ottawa
Princeton
Rochelle
Rock Falls
Spring Valley (Hall)
Sterling
Streator

Vars Boys

Triple
Crown
Fever

No More Excuses

GET UP and GO!

GOING

THESE

THESE



BUT

YOU

ARE

HERE

Every
Point
is
BIG
Everyone
is
IMPORTANT

Frosh-Soph

"There is No Secret To Success -

It's just DIG, DIG, DIG.

{ If each of us performer... }

{ Do Your Best }

Mike Bell: "It is very easy to be ordinary, but it takes courage to excel, and we must excel"

Top 5 is possible. Yes We Can!!

Vic Dzekunskas: "If it is worth doing at all, it is worth doing well"

Top 5 is possible - LEAD US SOPHOMORE - Yes We Can

Jim Henderson: "Give me 7 men who hate to lose and I'll give you a winner"

Top 15 is possible - Yes We Can

Joe Holevoet: "The day of the meet is the day to make good. The day after is too late"

Top 5 is possible - LEAD US SOPHOMORE - Yes We Can

Jon Marsh: "Nothing great was ever accomplished without enthusiasm"

Top 20 is possible - LEAD US SOPHOMORE - Yes We Can

Christian Michrielsen: "Nothing is successful until it is accomplished"

Top 10 is possible - LEAD US SOPHOMORE - Yes We Can

Brian Walsh: "Champions are made, not bought"

Top 10 is possible - Yes We Can

Teams: Princeton + Sterling - possibly Dixon

Individuals: Morse (Prin), Schennum (Prin), Morley (Dix), Spangler (Dix)
{ possible top 10 } Pope (Sterl), Valdivia (Sterl), Kested (Sterl), Garcia (Sterl)
Stephens (Prin), Carter (Prin) And of course THE LEAFS!!

Who to watch out for:

Varsity Girl - Do Your Best

"A Good Competitor Never

Underestimates Her Opponent"

{ You have the opportunity to dominate this meet }
{ like not team has ever dominated before }

Kim Chapman: Every athlete has more talent than she will ever develop" You could be the difference

Top 7 is possible - Yes We Can - You could be the difference

Renee Clifton: "A team is only as strong as it's weakest runner" You could be the difference

Top 15 is possible Yes We Can - You could be the difference

Lorri DeBlieck: "When you're through improving, you're through, so let's keep improving" Yes We Can ^{You can be the difference}

Top 3 is possible - Lead us SENIOR - CAPTAIN

Connie Grader: "Confidence, like a disease, is contagious" You could be the difference

Top 3 is possible Yes We Can

Kirstin Kemmis: "Give the race the best you have and the best will come back to you" You could be the difference

Top 10 is possible Yes We Can

Gail Perkins: "If what you did yesterday still looks big to you today, then you haven't done much today"

Top 3 is possible Yes We Can - You could be the difference

Tara Zeitler: "Mediocrity is excellence to the mediocre" You could be the difference

Top 7 is possible Yes We Can

Teams: Sterling, Possibly - Kewanee + Princeton
Individuals: Reecy (Kew), Albe (Sterl), Matthews (R.F.), Olson (R.F.), Chapman (Sterl), Blankenbiller (Kew?), Kruse (Mend?)
Possible { Top 10 }
And of course - THE LEAFS !!

Who to watch out for:

Varsity Boys

"The Team That Won't Be"

Beaten Can't Be Beaten"

{ If things go right..... Do Your Best }

Brad Baker: "Go into a meet believing you are going to do your best - then do it" You could be the difference
Top 10 is possible - Yes We Can -

John DeGrande: "A house divided will fall, let's all pull together" Yes We Can - You could be the difference
Top 20 is possible - LEAD US SENIOR - CAPTAIN

Mike Haars: "Concentrate on what you're doing - then you won't have time to tense up and worry" You could be the difference
Top 10 is possible - Yes We Can

Bill Holevoet: "Think like men of action - act like men of thought" You could be the difference
Top 25 is possible - LEAD US SENIOR Yes We Can

Scott Johnson: "Luck is when preparation meets opportunity"
Top 15 is possible LEAD US SENIOR - CAPTAIN
Yes We Can - You could be the difference

Jason VanVooren: "It's the size of the fight in the man, not the size of the man in the fight" You could be the difference
Top 15 is possible - Yes We Can

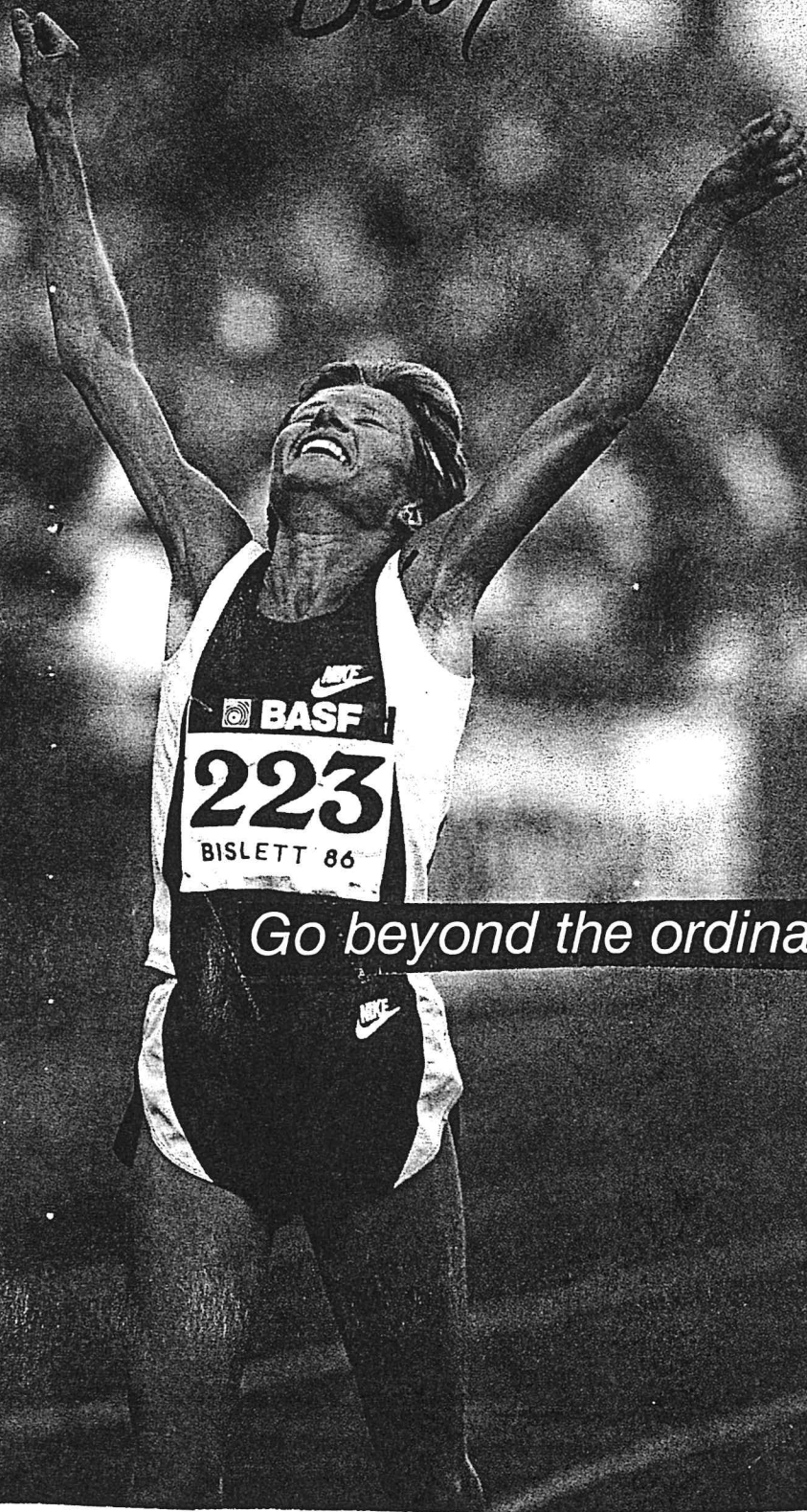
Phil Walsh: "Behind all upsets - a great desire to win"
Top 3 is possible - Yes We Can
You could be the difference.

Teams: LaSalle - Fern, Sterling, possibly members
Individuals: Wilson (Sterl.), Dowell (Dix), Petersen (Kew), Weber (L.P.),
Garza (R.F.), Bergland (Mead.), Grace (Prin.), Olivero (L.P.),
Kasynski (L.P.), Wilkinson (Sterl.), Sulouff (Sterl.),
Kemp (Kew), Schwartz (Hill?) Aid of course THE LEAFS
Possible top 10

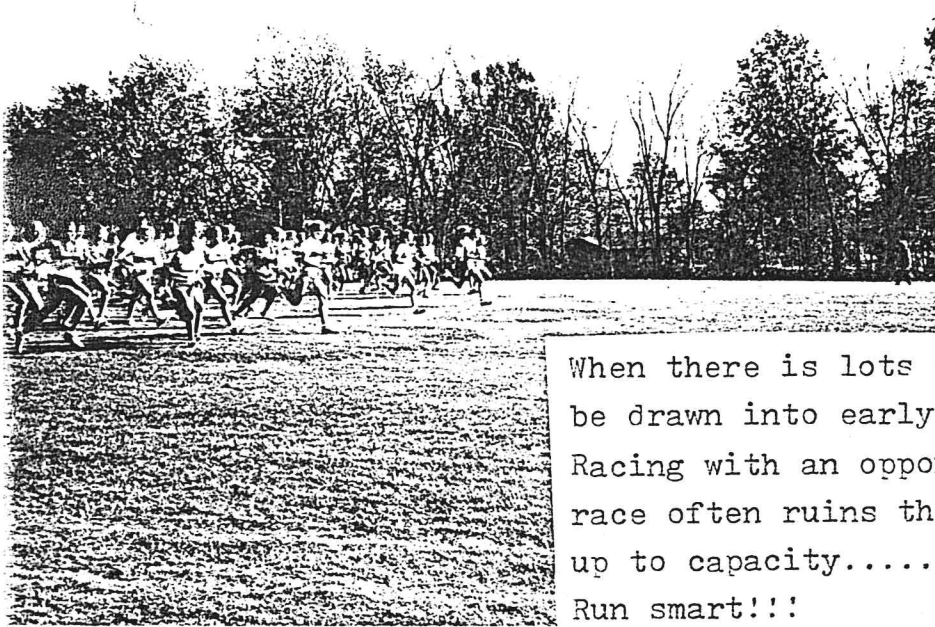
Who to watch out for:

Mind Over

Body



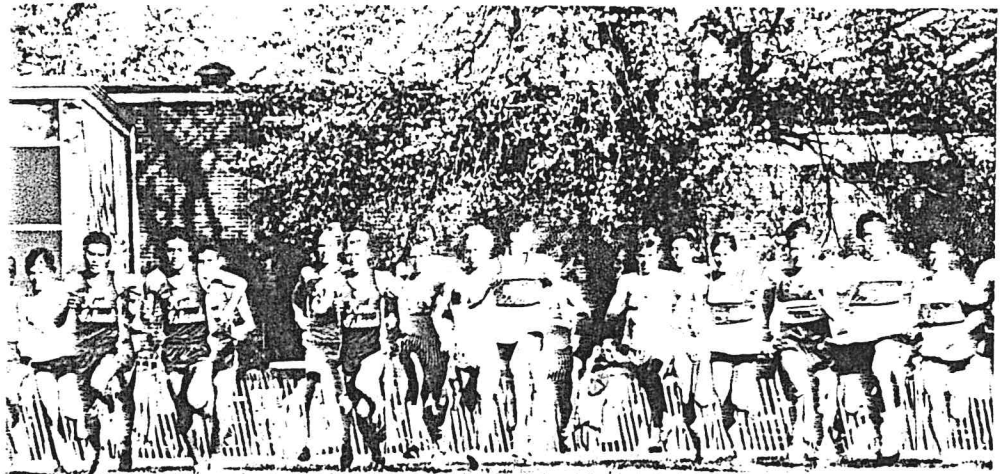
Go beyond the ordinary...



Confidence

When there is lots of running room, don't be drawn into early fights for position..... Racing with an opponent too early in the race often ruins the chances of performing up to capacity..... Run smart!!!

Run Your Race



Don't be drawn out too fast or too early. In large meets where there are many runners, the first several hundred yards will practically be a sprint as they jockey for position. This means the first quarter or half will be much too fast. Realizing this and capitalizing on it is important. Make a move up through the field when the pace is dragging. This is the mark of a successful runner.

Run Smart

Contact

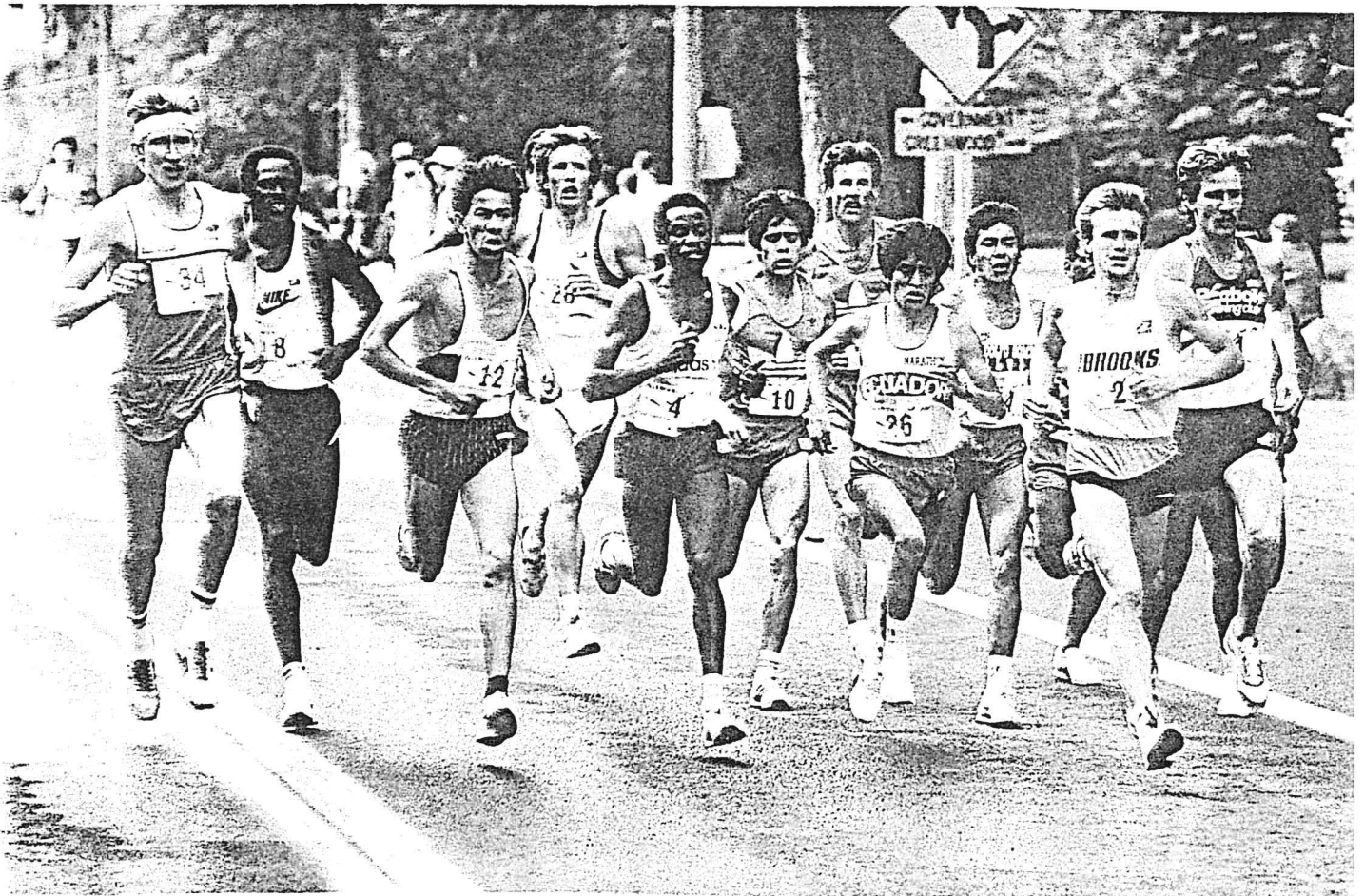
BE A CHAMPION.

Pack
IT
UP

Peak performances



Get On The Big Green Bus



Getting Serious

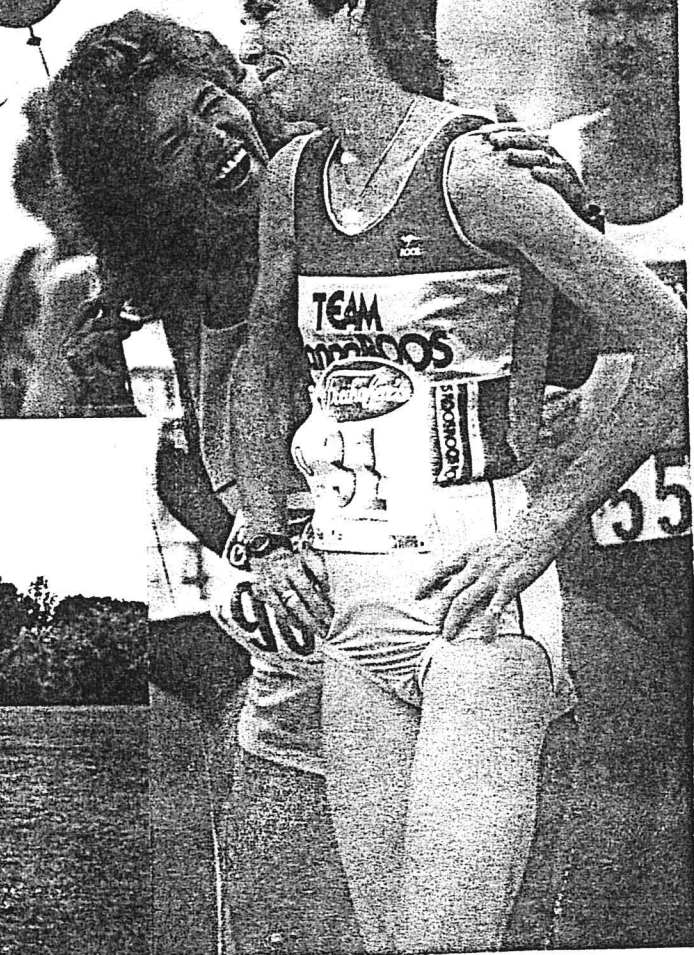


Concentrate

yes we can

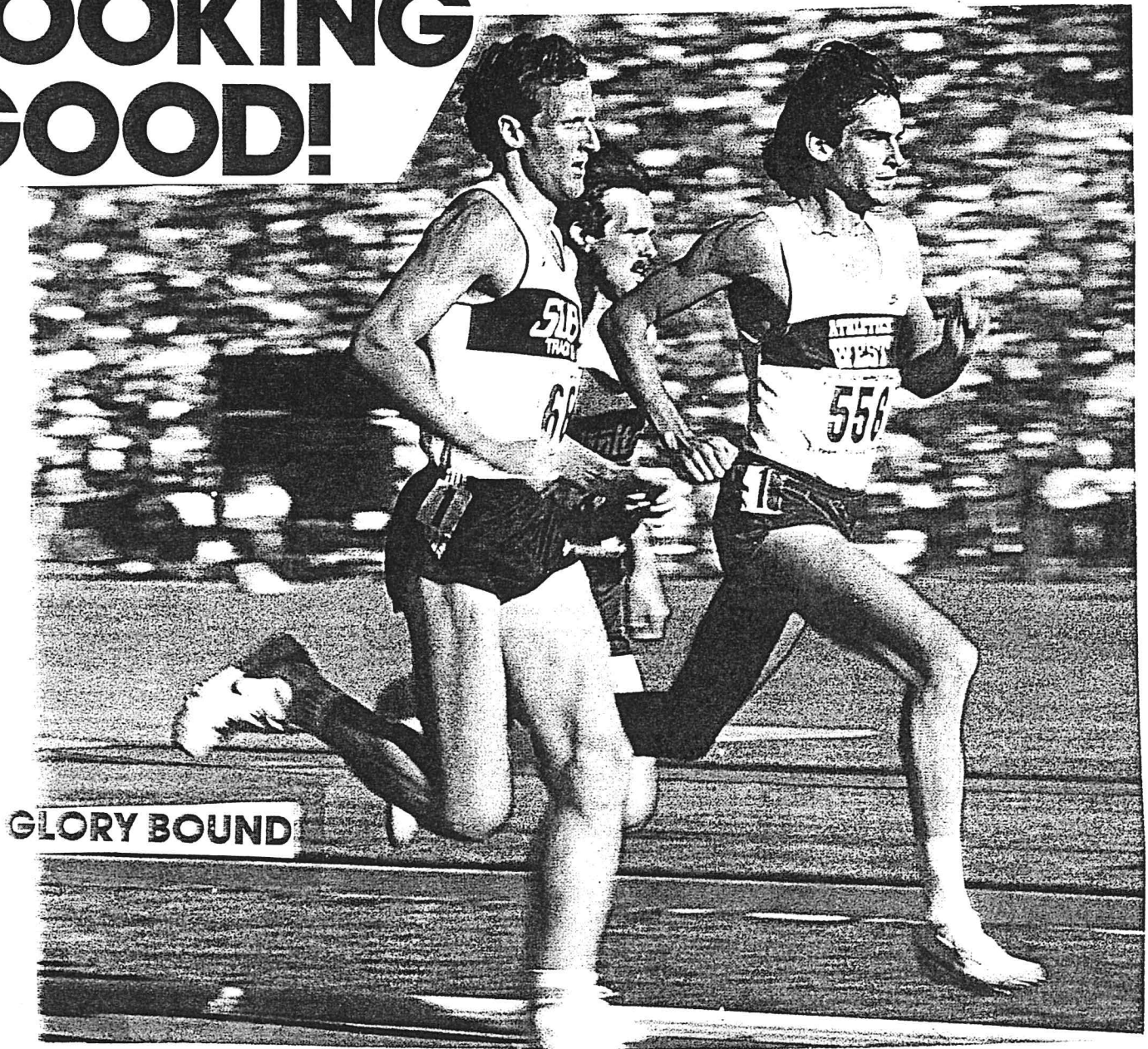
**STRONGER
LONGER**

Winning
is
Fun 😊



Gimme five

LOOKING GOOD!



Always give the impression of being fresh when you pass someone. Pass easily, carrying a slightly faster pace until you have built up a lead. It doesn't do you any good to drop in a stride or two in front of your opponent; in fact, his/her job is made easier when he/she can follow another's pace setting. Don't pass at all unless you are strong enough to carry a faster pace. Don't settle back into stride too quickly after passing for if you do, there is the possibility you may be repassed.

RUN

Take The Challenge



No
Excuses

No
Retreats

No
Regrets

Yes
We
Can

*When being average
just isn't enough!*

Finish
Strong

{Arms
+
Knees}



Push
Yourself
to the
limit



But
Stay
Relaxed

Leaf Pride
Runs Deep



Ready...Set...

Do
Your
Best

**What does it take
to win?**

The race doesn't go just to the swift.
All these people can run. The winner is
the one with the strength, the commit-
ment, the desire to reach down inside, at
exactly the right moment, and break out
into the clear.

Have Fun

Confidence

Year of the Challenge

Good Luck Leafs

Corr; bail Phil John
Jim Mike Jon Joe Vic
D.K. Scott Kirstin Jason Connie
Christian Tara Renee Bill Brad
Brian

PAST INDIVIDUAL AND TEAM CHAMPIONSHIPS
IN NORTH CENTRAL ILLINOIS CONFERENCE CROSS COUNTRY
VARSITY BOYS

<u>YEAR</u>	<u>TEAM CHAMPION</u>	<u>NO. OF PTS.</u>	<u>INDIVIDUAL CHAMPION</u>	<u>SCHOOL</u>
		29	Jerry Wells	Geneseo
1946	Geneseo	28	E. LeFevre	Sterling
1947	Sterling	33	Jack Duis	Sterling
1948	Sterling	39	Stan Stefanich	Sterling
1949	Sterling	20	Darwin Tomas	Dixon
1950	Geneseo	47	? George	DeKalb
1951	Geneseo & Sterling	38	Leroy Minor	Geneseo
1952	Geneseo	53	Clint Byrd	Princeton
1953	Geneseo	34	Carl Antanitis	Rock Falls
1954	Geneseo	29	Jim Bowers	DeKalb
1955	DeKalb	39	Dennis Duffield	Princeton
1956	Rock Falls	31	Ken Budrow	DeKalb
1957	DeKalb	58	Don Capko	Streator
1958	Streator	64	Addly White	Rock Falls
1959	Geneseo	32	Joe Hannigan	DeKalb
1960	Geneseo	40	Ken Hickman	DeKalb
1961	DeKalb	55	Ed Beach	Sterling
1962	DeKalb	54	Dan Needy	Sterling
1963	Sterling	27	Al Norman	Ottawa
1964	Rochelle	52	Lito DeLaGarza	Ottawa
1965	Ottawa	35	Lito DeLaGarza	Ottawa
1966	Ottawa	38	Gerry Couch	Princeton
1967	Ottawa	24	Tom Swain	Ottawa
1968	Ottawa	32	Gerry Couch	Princeton
1969	Ottawa	40	Geno Storm	LaSalle-Peru
1970	Princeton	43	Mike Smith	Rochelle
1971	Ottawa	71	Dave Mactaggart	Ottawa
1972	Sterling	73	Bruce Anderson	Sterling
1973	Sterling	37	Pat Fortney	Rock Falls
1974	Princeton	57	Larry Schuldt	Rock Falls
1975	Dixon	70	Larry Schuldt	Streator
1976	Princeton	48	Mike Martin	Sterling
1977	Princeton	74	Jim Seavey	Princeton
1978	Sterling	40	Jamie Dow	Princeton
1979	Sterling	55	Jamie Dow	Geneseo
1980	Geneseo	44	Rich Werkheiser	Geneseo
1981	Geneseo	42	Chris Gomez	Geneseo
1982	Geneseo	46	Tim Arnett	Geneseo
1983	Sterling	42	Tim Arnett	Geneseo
1984	AA Sterling	33		
	A Princeton	64	Robert Dowell	Dixon
1985	Geneseo			

VARSITY GIRLS

1979	Rock Falls	32	Connie Frank	Rock Falls
1980	Sterling	30	Connie Frank	Rock Falls
1981	Sterling	45	Kathleen Magnafici	Dixon
1982	Princeton	48	Amy Reecy	Kewanee
1983	Princeton	25	Priscilla Gomez	Geneseo
1984	Geneseo	38	Priscilla Gomez	Geneseo
1985	Geneseo			

FROSH/SOPH
1986 NCIC CROSS COUNTRY
OCTOBER 18, 1986

FROSH/SOPH	1	2	3	4	5	6	7	TOTAL	PLACE
DIXON	6	8	16	38	41	45		109	5
GENESEO	4	7	9	10	21	40	48	51	2
HALL									
KEWANEE	5	18	32	39	42	52	54	136	6
LASALLE-PERU									
MENDOTA	31	46	50	51	55			233	9
OTTAWA									
PRINCETON	1	3	12	13	22	29	49	51	1
ROCHELLE	2	11	14	27	28	30	53	82	3
ROCK FALLS	19	23	33	37	44	56	59	156	7
STERLING	15	17	20	25	26	35	43	103	4
STREATOR	24	34	36	47	57	58		198	8

FROSH/SOPH

NAME	SCH	TIME	NAME	SCH	TIME	NAME	SCH	T
¹ MORSE	Prin	11:43	²⁰ KHICKER	Kew	12:28	³⁹ MORGAN	RF	1:
² ARIVE	Roch	11:49	²¹ (5:45) Dzekankas	GEN	29	⁴⁰ KIRBY	Dix	
³ Schennum	Prin	:51	²² Bohms	RF	31	⁴¹ Emery	Kew	
⁴ Walsh (5:33)	GEN	:53	²³ SMITH	STER	35	⁴² (6:18) MARSH	GEN	
⁵ Petrick	Kew	:56	²⁴ Patterson	Prin	37	⁴³ WINDSOR	Dix	
⁶ Morely	Dix	:57	²⁵ TURK	RF	12:41	⁴⁴ FULTON	Kew	
⁷ Bell (5:34)	GEN	12:01	²⁶ SEAVY	Ster	42	⁴⁵ OSBORN	Ster	
⁸ Spangler	Dix	:01	²⁷ EVANS	Strea	42	⁴⁶ McCONNELL	L-P	
⁹ (5:35) Holevoet	GEN	:01	²⁸ Kestep	Strea	44	⁴⁷ SCUFFHAM	RF	
¹⁰ (5:30) Michelsen	GEN	:02	²⁹ Vikas	Roch	47	⁴⁸ WOHRLY	Dix	
¹¹ Proger	Roch	08	³⁰ Zeke	Roch	53	⁴⁹ Ansteth	Men	15
¹² Carter	Princ	11	³¹ PUTTS	Princ	58	⁵⁰ TAMBORRIND	Street	
¹³ Sexton	Ott	13	³² Stechschmlete	Roch	1:01	⁵¹ LOPEZ	L-P	
¹⁴ Stephens	Prin	17	³³ FITZGERALD	Men	08	⁵² (6:19) HENDERSON	Gen	
¹⁵ Mitchell	Roch	18	³⁴ Grant	Kew	09	⁵³ GUISTI	L-P	
¹⁶ Valdivia	Ster	19	³⁵ Haan	RF	13	⁵⁴ NEFF	Princ	
¹⁷ SMITH	Ott	21	³⁶ Shelton	Street	15	⁵⁵ Dubach	Ott	1
¹⁸ McBride	Dix	27	³⁷ Phillipps	Ster	16	⁵⁶ McNALLY	Men	
¹⁹ Garcia	Ster	27	³⁸ Sangston	Street	17	⁵⁷ JACKSON	Men	

FROSH / SCPH RESULTS.

58	ELGIN	Kew	14:16
59	Peters	Roch	23
60	Henderson	Kew	31
61	Brester	Men	42
62	Johnson	RF	45
63	Champlain	Strea	49
64	Pfalzgraf	Strea	54
65	Deets	RF	NA

1986 NCTC CROSS COUNTRY
OCTOBER 18, 1986

[illegible]

GIRLS

1	REECV (6:01)	KEW	12:42	SATELO	STER	14:31	BENTZ	OTT	1
2	DEBLICK (6:01)	GEN	50	MORKEE	PRINC	34	SEAWORTH	ROCH	17
3	PERKINS (6:03)	GEN	13:00	MELUENDRESS	RF	36	HAIBERG	PRINC	18
4	GRAHRT	GEN	07	FISHER	DIX	39	MAKRIANSKY	PRINC	19
5	AIDA	STER	22	HESS	STER	42	PHACEN	CTT	19
6	MATHEWS DOUGLAS	RF	27	JOHNSON	STER	43			
7	BLANKENBELLER	KEW	40	OSBORN	STER	44			
8	MURDHY	KEW	42	KRUSE	ALTD	50			
9	STEENSTRA	DIX	47	TASTAD	MAN	51			
10	OLSON	RF	50	RAMERIZ	STER	54			
11	HAPMAN (6:28)	STER	52	MILLER	RF	55			
12	INDIANAN (6:28)	GEN	57	LICKO	PRINC	56			
13	FEITZER (6:28)	GEN	14:00	TURBOWSKI	KEW	58			
14	KEMMIS	GEN	03	LYNCH	DIX	15:11			
15	BLANKENBELLER	KEW	11	GRILL	RF	13			
16	GILTNER	DIX	13	EAORO	KEW	19			
17	CLIFTON (6:35)	GEN	14	SCHINDLER	KEW	30			
18	RIBBONS	RF	21	JOSEPHSON	PRINC	37			
19	RAMERIZ	RF	25	KAUTZ	PRINC	44			
20	GELTNER	DIX	26	ALVARADO	STER				
21	FABER	PRINC	30	KRUSE	DIX	17			

OCTOBER 18, 1986

[illegible]

VARSITY INDIVIDUALS

1	WILSON	Ste	16:07	20	VINSON	Ste	17:41	40	ESPINOZA	L-P	3	
2	DOWELL	Dix	24	21	PULFORD	RF	42	41	Whitmer	Kew	41	
3	(5:05/10:29)	WALSH	GEN	28	22	Alvarez	L-P	44	42	Schiltz	Kew	41
4	Peterson	Kew	32	23	CASFORD	L-P	47	43	SABIA	OTT	41	
5	Grace	Princ	35	24	TOTTEN	Ste	49	44	Pope	Ste	49	
6	Wekerski	LP	49	25	KASZYNSKI	L-P	51	45	Eikenberry	RF	51	
7	APPLE	DIX	51	26	BERG	RF	54	46	Anderson	Princ	51	
8	VILKINSON	Ste	56	(5:18/11:18)	27	DEGRAND	GEN	57	47	Angus	OTT	59
9	(5:16/10:47)	HAARS	GEN	17:01	28	VILKREY	Kew	61	48	Kelly	M	17:07
10	FISHER	Dix	08	29	SEXTON	M	02	49	Whacker	M	09	
11	OLIVITO	L-P	11	30	BURGH	LP	04	50	Hendricksen	P	11	
12	(5:22/11:05)	VanVuren	GEN	13	31	Lawrence	M	09	51	Singy	OTT	16
13	(5:20/11:04)	Schansen	GEN	14	32	Roling	Dix	10	52	Forster	Dix	21
14	(5:22/10:56)	BAKER	GEN	18	33	Garzia	RF	19	53	HEITING	M	23
15	Piercy	OTT	26	34	Nelson	Prin	21	54	TURK	RF	30	
16	Subuff	Ste	28	35	Lee	Dix	22	55	Harris	Prin	31	
17	(5:26/11:19)	Holevort	GEN	33	36	Holbrook	Hall	24	56	Brodnie	OTT	39
18	Palacio	Ste	37	37	KOGER	Prin	25	57	Pearson	Rech	40	
19	JANSEN	RF	39	38	SABIA	OTT	36	58	Zimmerman	Dix	20:03	
20	PALACIO	Ste	40	39	Robison	Prin	37	59	Judy	M	20	

VARSITY INDIVIDUALS

60 Null H 20:27

61 Timan H 20:28

62 Svensen R 20:30

63 Nicklaus RF 20:31

64 Poole H 21:01

65 Thompson R :02

66 Stebbins H :36

67 Salmon Str 23:34

68 Mynott Rich 27:22

69

70

Varsity harriers

capture both

N.C.I.C. titles

Frosh's tie wraps up title hat-trick

Complete domination in varsity cross country by the Geneseo harriers has happened again this year. For the first time in Geneseo's history, a complete sweep of the N.C.I.C. conference meet occurred Saturday, October 18 in Galesburg.

Geneseo's Lady Leafs put together an "incredible team effort," according to their coach, to capture its third N.C.I.C. title in as many years. The varsity Leafs also gave a "great team effort" earning its second N.C.I.C. title in a row.

To complete the sweep, Geneseo's frosh-soph squad brought home a victory, tying for the top slot of the meet with Princeton.

After losing six of the top seven harriers last year, Don Fredericks, coach of the cross country teams, feels the Leafs are overachievers. "They have really grown up a lot during the season," Coach Fredericks stated.

LaSalle-Peru was a main competitor for the young Leafs in the N.C.I.C. meet. LP entered the meet unbeaten in duals. The two squads had met three times, LP taking two of the three meetings. One defeat was at the Sterling Invitational when the Leafs were without several key runners.

Coach Fredericks expected junior Phil Walsh to finish among the top three in the strong field and that is just where Walsh finished. Brian Wilson of Sterling took the top seat over the 3.15 mile course with Rob Dowell of Dixon in second.

Overall, Geneseo took the meet with 47 points, 13 points ahead of second place finisher Sterling which marked 60 points.

"Walsh ran a beautiful race. He is a money runner who always comes through," Coach Fredericks commented. "Walsh and Haars earned All-Conference," Coach Fredericks added, having finished within the top 10. Mike Haars, who finished ninth in the field, was a key to the Leaf victory, having run his best race of the season.

Three members of the varsity squad earned honorable mention All-Conference. Jason VanVooren, a freshman, finished in 12th place while Scott Johnson, senior tri-captain, ran a "smart race" for a 13th place finish. Packed with his teammates was Brad Baker, 14th in the field. Mr. Fredericks said Baker, a sophomore, ran "a conservative but intelligent race. He's a very dedicated young man."

Coach Fredericks' pride continued to show for his team as he spoke of seniors Bill Holevoet and John DeGrande. The coach stated Holevoet "went crazy out there. He took almost one minute off his best time...that just isn't done. Senior pride does run deep."

As for tri-captain DeGrande, Coach Fredericks praised him for sacrificing himself in the first mile as a "psychological weapon, giving his teammates confidence in attacking the field."

Mr. Fredericks' pride didn't stop at the varsity boys' level. It ran deeper into the varsity girls' division and onto the frosh-soph squad.

Seven Lady Leafs finished within the top 17 slots of the N.C.I.C. meet. And the competition was rough this year. But that didn't stop the Lady Leaf harriers. "They knew what was expected of them and got the job done, in most cases, surpassing my expectations," Coach Fredericks gleamed.

Geneseo's 34 point finish was four points less than last year's squad but it was enough to take the top spot. Second place Kewanee tallied 63 points.

A question prior to the N.C.I.C. competition was whether Kewanee's Amy Reecy could finish ahead of Geneseo's runners over the 2.1-mile course. The question was answered when Reecy took the tape in 12:42 for first. Lady Leafs took the next three slots.

Lorri DeBlick, Gail Perkins and Connie Gradert have been top finishers for Geneseo all year. DeBlick took the second place finish while Perkins and Gradert followed in third and fourth, respectively.

The second place finish gave DeBlick her fourth All-Conference award in cross country. She is a senior this year and on the team's tri-captains. Perkins and Gradert also ear All-Conference awards.

Perkins, just a sophomore on the squad, literally "exploded" last three weeks, according to the coach, taking many seconds her best times every week. Gradert is a junior member. Fredericks commented on her "steady race. She is one of the key our success for the rest of the season."

The varsity girls also had three members earning honorable mention All-Conference. The three finished in the 12th, 13th, 14th slots just like the varsity boy runners. Sophomore K Chapman, the 12th place finisher, ran a "smart race with excellent finish." Junior Tara Zeitler captured the 13th slot by gutsy effort for an "excellent finish" while Kirsten Kemmis, only freshman this year, took 14th with her gallant effort.

Freshman Renee Clifton also finished for the Lady Leafs. In first major race as a varsity cross country runner, Clifton finished 17th place. "She really popped one. She ran a very relaxed race," Coach Fredericks stated. He added, "Renee and Bill (Holevoet) were the true surprises of my day."

Four frosh-soph runners took slots in the top 10 finishers Geneseo. "If Vic had been healthy..." Coach Fredericks indicated higher finish may have been made by the frosh-soph team with healthy Vic Dzekunskas. He has been a number one runner for squad all season long, when healthy.

Freshman Brian Walsh picked up the slack for Geneseo; came first for the squad but fourth for the field. Three of his teammates also finished within the top 10.

Mike Bell, also a freshman, has been solid in all the "biggies" and finished seventh in the meet. Sophomore Joe Holevoet took 11th slot, really helping to lead the team to victory. In 10th for field, Christian Michaelsen, a sophomore, closed the gap. "It's hard to believe that this is Christian's first year in cross country," Coach Fredericks marveled.

Walsh, Bell, Holevoet and Michaelsen all earned All-Conference honors at the N.C.I.C. meet.

Sophomore Vic Dzekunskas was sick for the race but competed anyway, almost having to drop out before the end of the 2.1 mile course. As it was, he finished in 21st place.

"If I had realized he was ill he would not have run," Coach Fredericks stressed. However, Dzekunskas' finish allowed the frosh-soph team a tie for first place.

Jim Henderson, a freshman, ran his first major race and "handled it very well" finishing in 22nd place. Jon Marsh, a sophomore, gave his effort for the team placing 43rd overall.

Geneseo and Princeton finished in a 51-point deadlock. Princeton was awarded the plaque on the basis of having a higher finish by the sixth-place runner. Princeton's Andy Morse took the victory tape 11:43.

Statistics of the N.C.I.C. meet follow.

N.C.I.C. Conference Cross Country at Dixon Varsity Boys

Team Scores — 1. Geneseo 47; 2. Sterling 60; 3. Dixon 80; 4. LaSalle-Peru 82; 5. Rock Falls 134; 6. Princeton 159; 7. Ottawa 179; 8. Mendota 182; 9. Hall 282.

Top Ten Individuals — 1. Brian Wilson, Sterling, 16:00 over 3.15 miles; 2. Rob Dowell, Dixon; 3. Phil Walsh, Geneseo; 4. Mark Petersen, Kewanee; 5. Tony Grace, Princeton; 6. Jack Weberski, LaSalle-Peru; 7. Chris Apple, Dixon; 8. Chris Wilkinson, Sterling; 9. Mike Haars, Geneseo; 10. Tim Fisher, Dixon.

Geneseo — 12. Jason VanVooren; 13. Scott Johnson; 14. Brad Baker; 17. Bill Holevoet; 27. John DeGrande.

Varsity Girls

Team Standings — 1. Geneseo 34; 2. Kewanee 63; 3. Rock Falls 77; 4. Sterling 91; 5. Dixon 103; 6. Princeton 150.

Top Ten Individuals — 1. Amy Reecy, Kewanee, 12:42 over 2.1 miles; 2. Lorri DeBlick, Geneseo; 3. Gail Perkins, Geneseo; 4. Connie Gradert, Geneseo; 5. Stacy Alba, Sterling; 6. Amy Matthews, Rock Falls; 7. Leslie Blumheller, Kewanee; 8. Sherie Murphy, Kewanee; 9. Tammy Stenstra, Dixon; 10. Dee Olson, Rock Falls.

Geneseo — 12. Kim Chapman; 13. Tara Zeitler; 14. Kirsten Kemmis; 17. Renee Clifton.

Frosh-Soph Boys

Team Standings — 1. Geneseo and Princeton 51. Princeton awarded plaque on basis of higher finish by sixth-place runner. Other team scores available.

Individual Winner — 1. Andy Morse, Princeton, 11:43 for 2.1 miles.

Geneseo — 4. Brian Walsh; 7. Mike Bell; Joe Holevoet; 10. Christian Michaelsen; Vic Dzekunskas; 27. Jim Henderson; 43. Jon Marsh.



Awesome Team Effort

Cross country champs

Geneseo girls, varsity boys and frosh-soph boys cross country teams won the NCIC championship which was held on Saturday, October 18 at Dixon.

Team members pictured are: front row, left to right, Kirsten Kemmis, Kim Chapman, Gail Perkins, Joe Holevoet, Vic Dzekunskas and

Jon Marsh; second row, Connie Grader, Renee Clifton, Tara Zeitler, Phil Walsh, Brad Baker, Jason VanVooren, Brian Walsh and Lorri DeBleeck; third row, John DeGrande, Bill Holevoet, Scott Johnson, Mike Haars, Jim Henderson, Mike Bell and Christian Michalsen.

For more details on the meet, see accompanying story.

Republic photo

Maple Leafs harriers race

to both NCIC crowns |

By Keith Brake
SportsWeekend

DIXON — To no one's great surprise, Geneseo's powerful girls' cross country team won its third straight NCIC meet championship Saturday.

But, to the utter dismay of a slightly favored LaSalle-Peru team, Geneseo's varsity boys defended their league crown, too, cracking the Cavaliers and the rest of the field with an all-out opening mile of the 3.15-mile race.

"We're a packing team," said an elated Geneseo coach Don Fredericks, who credited senior John DeGrande with "Driving the big green bus," over the first mile — Geneseo's term for "pacer," or "rabbit". After a mile, DeGrande fell back, winding up 27th overall, but the damage had been done. Geneseo's pack of runners was well ahead of L-P — which ended up in fourth place.

"We were running relaxed, and L-P looked tight," said Fredericks. "After a mile and a half,

I yelled out, 'you're conference champs!' and they responded with smiles, and they ran even more relaxed after that."

Geneseo junior Phil Walsh placed third, and teammate Mike Haars took ninth, earning both all-league honors, which go to the top ten place finishers.

Sterling's Brian Wilson was the individual winner, clocking 16:00. Geneseo scored 47 points, beating a total of 60 posted by Sterling, and 80 by third-place Dixon.

In the girls race, Geneseo had

a big 34-63 margin over second-place Kewanee, with the Boilers standout Amy Reecy, beat a strong trio of Geneseo runners into the finish chute, clocking 12:42 over the flat 2.1-mile course at Sauk Valley College.

"Reecy just stole the race with a great opening half-mile," praised Fredericks. Geneseo's Lorri DeBlieck, Gail Perkins and Connie Gradert placed second, third, and fourth, respectively, DeBlieck coming in just eight seconds behind Reecy.

All
Right!

Way to go Leafs...

The efforts were

all solid...

We really do
have no weak
links!!!

