# Lake dominates course

# Local harriers finish strong in 12-team invite

Freshman Jenny Lake not only was the first Geneseo runner to take the tape in the varsity girls division of the Galesburg Invitational Saturday, September 6 but she was also the overall winner of the event.

The meet was held at Lake Storey Park in 78° temperatures.

This was Lake's second victory in her high school career, having taken first in Rock Falls Thursday, September 4 at the season opener. This was only the second scheduled meet of the season for the harriers as well.

Lake covered the 2.05-mile course in 11:53 with a split time of 5:40. Three Alleman runners took second, third and fourth with times of 13:22, 13:23 and 13:24.

Just one other Lady Leaf, Natalie Myers, earned a slot within the top ten. Myers clocked in at 13:33 with a 6:35 split, to earn seventh place overall.

Others running for Geneseo at the varsity level were Rhonda Loftus, 15th, 13:55; Amy Schneider, 19th, 14:11; Becky Riewerts, 26th, 14:26; Chris Kempher, 63rd, 15:28; Jill Hinrichs, 74th, 16:02; Beth Bos, 91st, 17:00; Dawn Miller, 92nd, 17:12 and Joy Gray, 94th, 17:18.

Out of 12 teams, Genesco placed second even though it tied in points with East Peoria. The sixth and seventh runners scoring for Peoria placed higher than those placing for Genesco, giving East Peoria the win. Both teams amassed 68 points for the day. Other teams competing were Alleman, third, 73 points; Moline, fourth, 96; UTHS, fifth, 127; Galesburg, sixth, 158; Peoria Richwoods, seventh, 189; Metamora, eighth, 197; Sterling, ninth, 219; Morton, 10th, 222; Rockridge, 11th, 261 and Macomb, 12th, 270.

The frosh-soph girls earned fourth place within the 12-team competition. Metamora took first with 32 points; Alleman, second, 55; Rich-

woods, third, 61; Geneseo, fourth, 85; Morton, fifth, 128; Sterling, sixth, 186 and UTHS, seventh, 210. Also attending were Galesburg, Moline, Macomb, East Peoria and Rockridge.

A Richwoods runner took the individual title with a time of 12:50 with second and third places finishing with times of 13:27 and 13:41, respectively.

Andrea Blondell was the first Lady Leafrosh to cross the line, taking sixth place overall with a time of 13:58.

Also competing for Geneseo were Rachael Williams, ninth, 14:18; Alysa Snyder, 10th, 14:21; Codi Hultman, 35th, 15:46; Mary Terronez, 38th, 15:54; Kari Reagin, 39th, 15:55; Kelli O'Dell, 40th, 15:56; Erin Schneider, 60th, 17:18; Jaime Gunnison, 71st, 18:15; Jody Thompson, 90th, 20:52; Megan Irish, 94th, 21:28 and Nikki Thompson, 95th, 22:17.

Second place finishes were also earned by the varsity and frosh-soph boys cross country teams.

At the varsity level, Metamora took first overall with a score of 62 followed by Geneseo in second with 75.

Other teams were Richwoods, third, 78; East Peoria, fourth, 88; UTHS, fifth, 111; Alleman, sixth, 162; Moline, seventh, 191; Sterling, eighth, 195; Morton, ninth, 218; Rockridge, 10th, 254; Macomb, 11th, 282 and Galesburg, 12th, 293.

Jason Gray led the way for the Leafs, placing fifth overall with a time of 17:48. The top three times for the 3.1-mile course were 17:11, 17:31 and 17:46.

Also running for Geneseo were Andy Beuster, 11th, 18:19; Mark Kepliner, 15th, 18:28; Chris Studer, 20th, 18:38; David Rutledge, 29th, 18:54; Josh Fleming, 50th, 19:57 and Matt Carlson, 114th, 30:52.

The frosh-soph harriers covered a 2.05-mile course with Tim Nelson and Grant Venema placing within the top ten for Geneseo. Nelson took eighth overall with a time of 11:50 while Venema's time of 11:57 earned him ninth place.

A time of 11:19 won the race for a Moline runner with times of 11:29 and 11:34 taking second and third.

Other Leafrosh taking the course were Bobby Ristau, 15th, 12:30; Luke Owens, 16th, 12:31; Matt Travis, 17th, 12:32; Neil Kuhlman, 26th, 12:59; Brandon Sandoval, 27th, 13:03; Bill Bean, 31st, 13:08; Charles Peters, 32nd, 13:16; Mike Brown, 41st, 13:55; Mike Skelton, 43rd, 13:58; Jared Betcher, 44th, 13:59; Billy Johnson, 55th, 14:48; Nathan Thompson, 59th, 14:56 and Mark Gleason, 61st, 15:10.

As a team, Moline took the meet with 18 points while Geneseo camed 60 for second place. Other teams were Richwoods, third, 64 points; UTHS, fourth, 116 and Morton, fifth, 132. Also fielding runners were Alleman, Galesburg, Sterling, Macomb, Metamora, East Peorla and Rockridge.

# **Geneseo Cross-Country Results**

Meet: Galesburg Invitational Site: Lake Storey Park Date: 09/06/97 Conditions: 78... nice Racing Distance: 2.05 miles

#### Girls' Races

	Name	Place	Race	Time	Splits
1.	Jenny Lake	1	Var. Girls	11:53	(5:40)
2.	Natalie Myers	7	Var. Girls	13:33	(6:35)
З.	Rhonda Loftus	15	Var. Girls	13:55	(6:48)
4.	Andrea Blondell	6	F.S. Girls	13:58	(6:45)
5.	Amy Schneider	19	Var. Girls	14:11	(6:50)
6.	Rachael Williams	9	F.S. Girls	14:18	(6:57)
7.	Alysa Snyder	10	F.S. Girls	14:21	(6:57)
8.	Becky Riewerts	26	Var. Girls	14:26	(6:56)
9.	Chris Kempher	63	Var. Girls	15:28	(7:27)
10.	Codi Hultman	35	F.S. Girls	15:46	(7:47)
11.	Mary Terronez	38	F.S. Girls	15:54	(7:59)
12.	Kari Reagin	39	F.S. Girls	15:55	(8:01)
13.	Kelli O'Dell	40	F.S. Girls	15:56	(7:59)
14.	Jill Hinrichs	74	F.S. Girls	16:02	(7:28)
15.	Beth Bos	91	Var. Girls	17:00	(8:12)
16.	Dawn Miller	92	Var. Girls	17:12	(8:24)
17.	Joy Gray	94	Var. Girls	17:18	(8:24)
	Erin Schneider	60	F.S. Girls	17:18	(8:25)
19.	Jaime Gunnison	71	F.S. Girls	18:15	(8:25)
20.	Jody Thompson	90	F.S. Girls	20:52	(9:54)
21.	Megan Irish	94	F.S. Girls	21:28	(10:04)
22.	Nikki Thompson	95	F.S. Girls	22:17	(10:04)

DNC: Tonia Derwin, Jennifer Vermost

Leaders:	Frosh/Soph Girls	6:19
	Varsity Girls	5:40

#### Geneseo's Spread

۲	through		2:18
4	through	7	2:28
Y	through	10	3:53

## **Team Placings**

Varsity Girls: 2nd place (out of 12 teams) Freshman/Sophomore Girls: 4th place (out of 12 teams)

#### **Prep girls**

#### **Galesburg** Invite

 Team Standings

 1. E. Peoria 68. 2, Geneseo 68. 3, Alleman

 73. 4 Moline 96. 5, UTHS 127. 6, Galesburg

 158. 7, Enciwoods 139. 8, Metamora 197. 9,

 Sterling 219. 10, Morton 222. 11, Rockridge

 261. 12, Macomb 270.

 Top 10 runners

 1, J. Lake, Geri, 11:53. 2, K. Hird, All,

 1322. 3. N. Circello, All, 13:23. 4, A. Shernek,

 1333. 8, K. Bouljon, Mol, 13:37. 9, J. Death 

 endge, EP. 13:41. 10, Julie Dratherncke, EP,

 13:42.

 Other local runners

13:42. Other local runners Geneseo — 15, R. Lottus, 13:55, 19, A. Schneider 14:11, 26, B. Rieverts 14:27, 63, C. Kempher 15:28, 74, J. Henricks, 16:02, 91, B. Bos, 17:00, 92, D. Miller, 17:12, 94, J. Gray,

Dos, 17:00, 92, D. Miller, 17:12, 94, J. Gray, 17:18, Alleman — 13, K. Ceurvorst, 13:49, 51, J. Giesman, 15:06.
UTHS — 16, J. WRight, 13:58, 17, J. Hess, 14:01, 32, K. Garcia, 14:33, 58, T. Lynch, 15:18, 72, L. Anderson, 15:59, 73, Stün, 16:00, 79, S. Winter, 16:08, Moline — 25, R. Johnson, 14:26, 28, J. Decker, 14:31, 29, A. Myers, 14:32, 44, H. Lang, 15:01.
Rockridge — 11, M. Peterson, 13:45, 34, J. Hollins, 14:36, 82, R. Young, 16:22, 83, T. Haronik, 16:26, 87, J. Bush, 16:48, 88, A. Rudsell, 15:49, 98, J. Lucas, 17:30, 99, A. Conroy, 17:42, 104, V. Hoffmann, 8:21, 108, T. Conroy, 19:33, 110, C. Mills, 20:01, 111, C. Stevenson, 20:14. 20:14.

#### Frosh/Soph girls

#### **Galesburg** Invite

 Galesburg Invite

 Team Standings

 1, Metamora 32, 2, Alleman 55, 3, Richwoods 61, 4, Geneseo 85, 5, Morton 128, 6, Sterling 18, 7, Unrted Township 210, Top 10 runners

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 1, P. Rolley, Met, 14:01, 8, A. Piasacki, All, 14:16, 9, R. Williams, Gen, 14:18, 10, A. Snyder, Gen, 14:21.

 Other local runners

 Alleman — 14, C. Kelley, 14:40, 15, C. Anderson, 14:42, 16, M. Smith, 14:46, 21, L. Baker, 15:04, 24, J. Haronk, 15:24, 14, K. Zucarello, 15:58, 48, K. Gano, 16:35, 70, M. Ross, 18:10, 81, C. Mandel, 18:54, Genese — 35, C. Hultman, 15:46, 38, M. Terronez, 15:54, 39, K. Reggin, 15:55, 40, K. O'Deil, 15:58, 71, J. Gunison, 18:14, 90, J. Thompson, 22:17, Moline — 25, T. Roger, 15:25, United Township — 34, C. Wolfee, 15:44, 50, K. Toland, 16:34, 51, H. Davenport, 16:57, 54, S. Lundeen, 17:03, 62, H. Luthy, 17:22, 64, S. Winter, 17:23, 65, N. Chickris, 17:36, 67, S. Morrain, 17:42, 79, J. Lee, 18:44, 84, E. Sparks, 18:57, 86, A. Curtis, 19:13.

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5	UTHS	15	116		32	57	65 64	127
4	Moline	10.	18.	125	28	29	44	96.
2	Sterling	37	38	4	149	54	61	219
7	Richwoods	131	36	39	40	43	52	. 1829 .
2	Geneseo	<u> </u>		15	19	26	67	68.
12	Macomb	24	53	55	62	76	alanda analan ang ang ang ang ang ang ang ang ang a	270
8	Metamora	20	30	42	46	59	67	197
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Galesburg Invite 9-6-97

F-S Girls

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7		LITHS	39	40	42	44,	45	46	210
		Moline	25.	40			· · · · · · · · · · · · · · · · · · ·		
6		Sterling	स्	35	36	38	43	47	186
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# **Geneseo Cross-Country Results**

Meet: Galesburg Invitational Site: Lake Storey Park Date: 09/06/97 Conditions: 78... nice Racing Distance: 2.05 & 3.1 miles

#### Varsity Boys Race (3.1 miles)

	Name	Place	Race	Time	Splits	
1. 2. 3. 4.	Mark Keplinger Chris Studer	5 11 15 20	Var. Boys Var. Boys Var. Boys Var. Boys	17:48 18:19 18:28 18:38	(5:23/11:11) (5:39/11:38) (5:56/11:49) (5:39/11:31)	
5. 6. 7 <i>.</i>	David Rutledge Josh Fleming Matt Carlson	29 50 114	Var. Boys Var. Boys Var. Boys	18:54 19:57 30:52	(5:39/11:55) (5:56/12:33) (8:48/19:30)	

#### Leader:

Varsity Boys 5:18

# Geneseo's Spread (Varsity)

1 through 5	1:06			
1 through 7	13:04			
r unough /				

#### Frosh-Soph Boys Race (2.05 miles)

1.	Tim Nelson	8	F.S. Boys	11:50	(5:42)
2.	Grant Venema	9	F.S. Boys	11:57	(5:48)
З.	Bobby Ristau	15	F.S. Boys	12:30	(6:07)
4.	Luke Owens	16	F.S. Boys	12:31	(6:12)
5.	Matt Travis	17	F.S. Boys	12:32	(6:09)
6.	Neil Kuhlman	26	F.S. Boys	12:59	(6:21)
7.	Brandon Sandavol	27	F.S. Boys	13:03	(6:25)
8.	Bill Bean	31	F.S. Boys	13:08	(6:29)
9.	Charles Peters	.32	F.S. Boys	13:16	(6:24)
10.	Mike Brown	41	F.S. Boys	13:55	(6:48)
11.	Mike Skelton	43	F.S. Boys	13:58	(6:43)
12.	Jared Betcher	44	F.S. Boys	13:59	(6:45)
13.	Billy Johnson	55	F.S. Boys	14:48	(7:26)
14.	Nathan Thompson	59	F.S. Boys	14:56	(7:24)
15.	Mark Gleason	61	F.S. Boys	15:10	(7:24)

16.	Adam Kuban	62	F.S. Boys	15:27	(7:19)
17.	Mike Gallant	68	F.S. Boys	16:31	(8:11)
18.	Mike Stone	69	F.S. Boys	16:37	(8:08)

DNC: Chris Cashman, Mike Heitzler

#### Leader:

Frosh/Soph Boys 5:30

#### Geneseo's Spread (Frosh-Soph)

1 through :42 1 through 7 1:13 1 through 10 2:05

### **Team Placings**

Varsity Boys: 2nd place (out of 12 teams) Freshman/Sophomore Boys: 2nd place (out of 12 teams)

#### **Prep boys**

**Galesburg** Invitational Team Standings 1. Metamora 62 2. Geneseo 75 3. Rich-woods 78. 4. E. Peoria 88. 5. United Township 111. 6. Alleman 162. 7. Moline 191. 8. Sterling 195. 9. Morton 218. 10. Rockndge 254. 11. Macomb 282.

Macomb 282. **Top 10 Runners** 1, K. Hodel, Met, 17:11. 2, A. Mathison, Pic. 17:31. 3, R. Estes, Knoxville, 17:46. 4, E. White, Met. 17:47. 5, J. Gray, Gen, 17:48. 6, N. Pairme, FP, 17:48. 7, P. Hoppe, Met, 17:49. 8, T. Lysenby, Pic, 18:04. 9, A. Casas, UT, 18:12. 10, E. Wesselman, 18:16.

Other Local Runners Alleman — 12, R. Cargill, 18:21, 16, C. McGraw, 18:31, 27, N. Hoeppner, 18:52, 60, D. Schraedeya, 20:22, 68, R. Murphy, 20:50, 71, M. Bernas, 20:54, Geneseo — 11, A. Beuster, 18:19, 15, M. Keolinger, 18:28, 20, C. Stuter, 18:38, 29, D. Ruteledge, 18:54, 50, J. Flerning, 19:57, Moline — 31, R. Osberg, 19:04, 32, S. Smith, 19:09, 36, M. Orish, 19:19, 47, J. Johnson, 19:52, 51, B. Lagerstem, 20:08, 54, R. Pilaszewski, 20:16, 57, K. Pharn, 20:19, 67, M. Cortis, 20:47, 72, N. Harvey, 20:57, Rockridge — 30, M. Miller, 19:00, 53, E. Presley, 20:12, 55, J. Bolis, 20:16, 62, A. Smith, 20:27, 63, T. Gerard, 20:34, 78, J. Mat-ingly, 21:26, 95, S. Haronski, 22:05, 101, C. Stevenson, 22:26, 120, N. Weeks, 24:39, 125, R. Friedan, 25:18, 130, B. Curry, 26:12, 132, M. Matilia, 29:02, United Township — 24, B. Medina, 18:50,

Matula, 29:02.
 United Township — 24, B. Medina, 18:50.
 M. Hoeg, 19:12, 39, D. Prickett, 19:31, 83,
 J. Powell, 21:30, 90, J. Pittman, 21:51, 98, D.
 Donnelly, 22:13, 103, M. Benson, 22:47.

#### JV boys

#### **Galesburg Invitational**

 Galesburg Invitational

 Team Standings

 1. Moline 18.2. Genesee 60.3. Richwoods

 64. United Township 116.5. Morton 132.

 Top 10 Runners

 1. 8. Shumaker, Mol, 11:19.2. N.

 Medinger, Mol, 11:29.3. N. Clements, Metamora, 11:34.4.A. Shumaker, Ric, 11:35.5. J.

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 10. J. McKelvey, Mor, 12:01.

 Other Local Runners

 Alleman — 29.1. Burke, 13:04.37. A.

 Denick, 13:38.42. E. VandeVourde, 13:56.

 Geneseo — 15. B. Ristau, 12:30.16. L.

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 himan, 12:59.27. B. Sandoval, 13:03.31. B.

 Bean, 13:08. 32. C. Peters, 13:16.4.11. M.

 Brown, 13:55.4.3. M. Sketton, 13:58.4.4. J.

 Bether, 13:59.55. B. Johnson, 14:48.69. N.

 Thorrpson, 14:56.61. M. Glisson, 15:10.62.

 A. Kuban, 15:27.68. M. Gallant, 16:31.69. M.

 Stone, 16:37.

 Moline — 11. N. Amato, 12:18. 12. B.

 Claussen, 12:27.23. P. Hoeppner, 12:47.48.

 C. Lagenstam, 14:03.

 United Township — 20. C. Derys, 12:40.

Place	School	2	*2	#3		45		Total
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2	Moline	130	3	35	46	49	55 164.	191
8	Sterling	12	40	42	47	54	56	195
3	Richwoods	12		13	17.	39	41	78
2	Geneseo	4	10	14	19	28	48	75
	Macomb	36	50	57	69	70		282
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Galesburg Invite. 9-6-9:4

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She's a very highly motivated young lady who wants to be the best she can be. Her best races are ahead of her, but she's off to a tremendous start. ... She's decided to see where running takes her ...

DON FREDERICKS Geneseo coach

Geneseo freshman cross country standout Jenny Lake separates herself from the rest of the pack during a meet earlier this year.

# A leg up on the

# competition

#### By Steve Batterson QUAD-CITY TIMES

ENESEO, Ill. — Jenny Lake is in it for the long run.

A freshman at Geneseo, Lake has committed herself to running and so far throughout a young season, she's leading the pack.

Lake dominated the field last weekend at the Galesburg Invitational, even surprising herself by winning the two-mile girls race by 1 minute, 29 seconds over her closest competitor.

She toured the Lake Storey course of 2.05 miles in 11 minutes, 53 seconds and helped the Maple Leafs to a second-place finish in the 12-team meet.

"I was just hoping to stay with the leaders. I didn't expect to win it — not my first invitational in my freshman year." Lake said.

The effort didn't surprise Geneseo coach Don Fredericks, who watched Lake develop into one of the top road runners in the Quad-

## Geneseo freshman sensation gets off to a fast start

John Schultz/QUAD-CITY TIMES

Cities region this summer.

She won championships at East Moline's Firecracker Run 5K and the John Deere Commons 5K in Moline and finished 34th in the women's division at the *Quad-City Times Bix 7*.

"She's a very highly motivated young lady who wants to be the best she can be," Fredericks said. "Her best races are ahead of her, but she's off to a tremendous start."

Lake has been running competitively for only a little more than two years, using it to cross-train for soccer.

She excelled in that sport as a member of the Quad-City Strikers team that became the first-ever Iowa-based squad to reach a Midwest regional finals match earlier this summer.

Although her father, Ray Lake, is the soccer

coach at Geneseo who will head the Maple Leafs' first girls team next spring, Jenny Lake plans to continue to pursue her skills in track.

"She's been playing soccer since she was old enough to walk, so it was a very tough decision for her," Fredericks said. "She's decided to see where running takes her, and I think she has a tremendous future."

For now, Jenny Lake plans to help a veteran Geneseo girls team achieve its goal of winning a second straight Illinois Class AA sectional championship.

"This is a great team, and we have the potential to accomplish a lot this season," she said. "I know I'm one of the newcomers, but the seniors have made me feel welcome. We're all working as a team and in cross country, that's what it takes."

Senior Natalie Myers, regularly the Maple Leafs' first finisher the past three years, said

**Continued from Page 1S** the addition of Lake to the Geneseo lineup has given it added strength.

: 6S

"These will be the best boys and girls teams Geneseo has had for some time," Myers said. "We have pretty high expectations for ourselves, and new freshmen like Jenny fit right in. She's only going to help make us better."

Becky Riewerts, who co-captains the team with Myers, said this year's senior class wants the Maple Leafs to build on last year's success.

"This is a sport where everybody

plays an important role, and last year we were successful because we worked as a cohesive unit," Riewerts said. "That has to be there again, and we have to work together as a team to make it work."

That also is Jenny Lake's goal. She does not dream of winning every race she runs. Her desire is to run the best race she can and learn from every start she makes.

That was the case last weekend at Galesburg.

"I started off too fast. It was my first high school invitational, and I was nervous," she said. "My splits weren't what I wanted, but it is a start. I'll learn from it and do better the next time I'm in that situation. That's my goal this season to learn and to improve with each meet."

Lake has been developing her skills as the running partner of veteran Geneseo runner Kelley Timmerman, a longtime force in Quad-Cities area road racing.

The pair trains together, and they have developed an almost sister-like relationship. Lake even baby-sits for Timmerman's children.

"She's been a big help. She's definitely a role model for me and somebody I respect a great deal,"

Jenny Lake said. "I've learned a lot from her so far, but I feel like I'm just starting to learn."

That's what excites Fredericks. "Our junior high program is an extremely low-mileage program. Because of that, she is very early in the developmental process as a runner. But like any soccer player, she has put in a lot of miles in that sport," Fredericks said.

"She's a good fit with the rest of our team, too," he said. "They're all a very coachable group. Our whole team is that way, really, and I think we're all looking forward to see where this season will take us."

# **Geneseo freshman wants**

# to learn from every race