

# Keeping in stride

## High school harriers strike gold in Sterling

It's no "Fluck", the "Lake" is back in business.

J. D. Damall's high school cross country members were hot on the trail, taking both the varsity boys and varsity girls divisions at the Sterling meet Tuesday, September 30.

Jenny Lake seems to be back in full stride, claiming the top position in the varsity girls competition. Lake took the course in 12:20 while Jesse Hakiens of Rock Island came in second in 12:53.

The Lady Leafs placed three others within the top 10-place finishes. Natalie Myers took third overall with a time of 13:27; Andrea Blondell placed fourth, 13:35 and Rachael Williams came in ninth, 13:54.

A total of 58 runners from Geneseo, Rock Island, Moline and Sterling competed in the girls division.

Others finishing for Geneseo included Rhonda Loftus (14:08), Alysa Snyder (14:17), Codi Hultman (14:20), Amy Schneider (14:23), Becky Riewerts (14:24), Chris Kempher (14:25), Kelly O'Dell (15:01) and Mary Terronez (15:18).

Additional Lady Leafs competing were Beth Bos (15:23), Kari Reagin (15:59), Dawn Miller (16:04), Jaime Gunnison (16:30), Jennifer Vermost (17:20), Joy Gray (17:22), Angie Swagger (18:11), Sherry Erwin (19:43), Megan Irish (19:58), Erin Schneider (19:59) and Vikki Thompson (20:07).

In the team standings, Geneseo beat Sterling 15-50, Rock Island, 26-29 and Moline 17-44.

For the varsity boys, Geneseo packed 'em in the top three place finishes to boost the team to an overall victory.

Leading the way was Justin Fluck who completed the course in 16:17. He was followed by teammates Chris Studer (16:29) and Jason Gray (16:54) for second and third, respectively.

But Gray wasn't offered much breathing room. Rock Island stacked up runners in fourth through eighth slots with times ranging from 16:55 to 16:58.

The Leafs packed more harriers in the 12th through 15th positions, taking the four positions of 12th, 13th, 14th and 15th.

Leading this pack was Andy Beuster who clocked a 17:23. He was followed by David Rutledge (17:24), Grant Venema (17:25) and Bob Ristau (17:33). Tim Nelson took 19th place overall with a time of 17:54.

Also competing for Geneseo were Josh Fleming (20:04) and Matt Carlson (25:49).

In the team standings, Geneseo prevailed, taking Sterling 17-46, Rock Island 28-30 and Moline 19-42.

Even though a Geneseo harrier did not come through the gates first, the Leafrosh still took victories over two of the other three teams within the competition.

Three Rock Island harriers took the top three slots plus added a number five finish to boost the Rocky squad to victory over the Geneseo harriers.

Geneseo beat Sterling 15-50 and Moline 22-39 but dropped to Rock Island 22-35.

Neil Kuhlman was the first

Leafrosh harrier to come through the gates, claiming sixth place overall with a time of 12:09.

The winning time of 11:33 was posted by Rock Island's Jeremy Shirk.

Luke Owens and Matt Travis didn't let Kuhlman finish alone, the duo taking seventh and eighth, respectively. Owens came through at 12:28 while Travis clocked a 12:32.

The field was packed in Geneseo's favor from 10th through 20th position with local harriers taking eight of the ten positions.

Chris Cashman led the way, taking 10th overall with a time of 12:50. Following right behind were Bill Bean (12:53), Mike Heitzler (12:57), Mike Skelton (12:58) and Mike Brown (13:10). One Sterling and one Moline runner were allowed to break the trend but Geneseo picked back up the pack with 17th slot as Brandon Sandoval clocked in at 13:56. Sandoval was followed by teammates Jared Betcher (14:06) and Ryan Cathelyn (14:46).

Also runner for the Leafrosh were Mark Gleason, 15:04, Adam Kuban, 15:22 and Mike Stone, 15:29.

The harriers will be returning to Sterling this Saturday, October 11 for an invitational which begins at 9:30 a.m. The Leafrosh took the frosh-soph division at last year's invite.

The Lady Leafs will defend their N.C.I.C. title Saturday, October 18 in Ottawa while the Leafs will try to better their second place finish at the conference meet. In 1996, the Leafrosh also earned second at the N.C.I.C. meet.

# PHILOSOPHY OF A GENESEO DISTANCE RUNNER

1. We must learn to **COMPETE**. Competition is important not only in athletics, but is basic to human life. This is a world of struggle. Life is not easy. Good competition now not only helps us today, it also aids us later in life.
2. We must **THINK** under pressure. We must always try to maintain style and efficiency. Most importantly, we must concentrate. Concentration is vital.
3. We must go through **HURT, PAIN AND AGONY**. We must keep going when the body is crying out to quit. There is no tranquilizer in sports. We must learn to live with pain.
4. We must set a **GOAL** and follow through to reach that goal. According to Aristotle, life is only meaningful when you are striving for a goal. This holds true in cross-country as well.
5. You have to **AIM FOR THE TOP**. Regardless of what the record may be, a Leaf Runner must think that he / she can break it. We must think that we can do the impossible . . . "Higher - Farther - Faster".
6. We must learn to deal with **FRUSTRATION**. Sometimes, even when we have given it everything we have, we still will lose by an inch or tenth of a second. There is victory in defeat; just as there is defeat in victory. In short, you can learn from frustration and defeat and bounce back to victory the next time with what you have learned from frustration.
7. We must **NEVER GIVE UP**. Always hang on by even just a shred of desire.
8. Always remember to reach out for **GOD, CHARACTER AND MORALITY**. This will help us to keep our priorities in line.
9. At Geneseo High School, we run, not for our life, but for honor. We run for **TRADITION**. At Geneseo High School, we run because when we run, it has meaning.

**LEAF PRIDE RUNS DEEP**

**NO EXCUSES**

**NO RETREATS**

**NO REGRETS**

# Geneseo Cross-Country Results

**Competing Schools:** Moline, Sterling & Rock Island

**Site:** Woodlawn School in Sterling    **Date:** 09/30/97    **Conditions:** 64....light breeze

**Frosh-Soph Boys' Race:** Racing Distance: 2.10 miles

	Name	Grade	School	Time	Splits
1.	Jeremy Shirk	10	Rock Island	11:33	
2.	D.J. Waller	10	Rock Island	11:35	
3.	Jared Kosler	??	Rock Island	12:05	
4.	Paul Hoepfner	??	Moline	12:06	
5.	??? Guse	??	Rock Island	12:07	
6.	Neil Kuhlman	10	Geneseo	12:09	(5:34)
7.	Luke Owens	10	Geneseo	12:28	(5:42)
8.	Matt Travis	10	Geneseo	12:32	(5:34)
9.	Brent Cawsen	??	Moline	12:45	
10.	Chris Cashman	10	Geneseo	12:50	(5:42)
11.	Bill Bean	09	Geneseo	12:53	(5:50)
12.	Mike Heitzler	10	Geneseo	12:57	(6:03)
13.	Mike Skelton	10	Geneseo	12:58	(6:06)
14.	Mike Brown	10	Geneseo	13:10	(5:56)
15.	Adriene Amazola	09	Sterling	13:35	
16.	Curt Ogerstam	??	Moline	13:53	
17.	Brandon Sandavol	09	Geneseo	13:56	(6:29)
18.	Jared Betcher	09	Geneseo	14:06	(6:38)
19.	Ryan Cathelyn	10	Geneseo	14:46	(6:52)
20.	Troy Munson	09	Sterling	14:47	
21.	Mark Gleason	09	Geneseo	15:04	(6:55)
22.	Austin Hecker	??	Rock Island	15:17	
23.	Adam Kuban	09	Geneseo	15:22	(7:04)
24.	Mike Stone	09	Geneseo	15:29	(7:07)
25.	Mike Burge	10	Sterling	15:34	

Leader: 5:22

## Geneseo's Spread:

1 through 5            0:44  
1 through 7            0:49  
1 through 10           0:57

**Did Not Compete:** Mike Gallant, Billy Johnson, Charles Peters, Nathan Thompson

20°

### Team Scores

	1	2	3	4	5	Total	6	7
<b>Geneseo</b>	1	2	3	4	5	<b>15</b>	6	7
	8	9	10	11	12	<b>50</b>	13	14
	1	2	3	4	5	<b>Total</b>	<b>6</b>	<b>7</b>
<b>Geneseo</b>	2	3	4	6	7	<b>22</b>	8	9
	1	5	10	11	12	<b>39</b>	13	14
	1	2	3	4	5	<b>Total</b>	<b>6</b>	<b>7</b>
<b>Geneseo</b>	5	6	7	8	9	<b>35</b>	11	12
	1	2	3	4	9	<b>22</b>	13	14

**Geneseo Frosh-Soph' Boys Record: 13 Wins/1 Loss**

**Solid Efforts Men**  
**(with our top 4 soph's on Varsity.)**

**Great Job of "Packing It Up"**

NCIC Champions?????

# Geneseo Cross-Country Results

**Competing Schools:** Moline, Sterling & Rock Island

**Site:** Woodlawn School in Sterling **Date:** 09/30/97

**Conditions:** 64....light breeze

**Girl's Varsity Race:** Racing Distance: 2.10 miles

	Name	Grade	School	Time	Splits
1.	Jenny Lake	09	Geneseo	12:20	(5:38)
2.	Jesse Atkins	12	Rock Island	12:53	
3.	Natalie Myers	12	Geneseo	13:27	(6:12)
4.	Andrea Blondell	10	Geneseo	13:35	(6:14)
5.	Amy Farrar	10	Rock Island	13:41	
6.	Amanda Lawhorn	12	Rock Island	13:45	
7.	Kayti Bouljon	??	Moline	13:46	
8.	Sarah Todd	??	Rock Island	13:48	
9.	Rachael Williams	10	Geneseo	13:54	(6:25)
10.	Melanie Round	10	Rock Island	13:59	
11.	Rhonda Loftus	11	Geneseo	14:08	(6:30)
12.	Nikki Tartz	??	Moline	14:15	
13.	Alysa Snyder	10	Geneseo	14:17	(6:35)
14.	Codi Hultman	10	Geneseo	14:20	(6:39)
15.	Liz Yem	??	Sterling	14:22	
16.	Amy Schneider	12	Geneseo	14:23	(6:39)
17.	Danielle Fordham	10	Sterling	14:23	
18.	Becky Riewerts	12	Geneseo	14:24	(6:32)
19.	Chris Kempfer	12	Geneseo	14:25	(6:39)
20.	?? Steffens	??	Moline	14:38	
21.	Natalie Bowman	??	Sterling	14:41	
22.	Jill Norman	??	Sterling	14:45	
23.	?? Guthrie	??	Rock Island	14:47	
24.	?? Decker	??	Moline	14:48	
25.	Beth ??	??	Sterling	14:49	
26.	Cathy ??	??	Sterling	14:51	
27.	Kelli O'Dell	09	Geneseo	15:01	(7:08)
28.	Rachael Johnson	??	Moline	15:11	
29.	Gwen Clay	??	Sterling	15:15	
30.	Mary Terronez	09	Geneseo	15:18	(7:08)
31.	?? Etheridge	??	Rock Island	15:22	
32.	Beth Bos	12	Geneseo	15:23	(6:56)
33.	?? Myers	??	Moline	15:27	
34.	?? Rogers	??	Moline	15:28	
35.	Rachael Morruffol	??	Sterling	15:32	
36.	?? Long	??	Moline	15:33	

37.	Abby Geering	??	Sterling	15:39	
38.	Molly Countryman	??	Sterling	15:51	
39.	Kari Reagin	09	Geneseo	15:59	(7:23)
40.	Molly Gardner	??	Sterling	16:00	
41.	Dawn Miller	11	Geneseo	16:04	(7:33)
42.	Rhyannon Wells	??	Moline	16:14	
43.	Jenny Gloeckner	??	Moline	16:21	
44.	Layla Salazar	??	Sterling	16:22	
45.	Jaime Gunnison	09	Geneseo	16:30	(7:33)
46.	Jessica S.	??	Sterling	16:32	
47.	Courtney Ruth	??	Sterling	16:38	
48.	Cali Alba	??	Sterling	17:01	
49.	Katie Country	??	Sterling	17:03	
50.	Jennifer Vermost	10	Geneseo	17:20	(7:57)
51.	Joy Gray	11	Geneseo	17:22	7:57)
52.	Angie Swagger	10	Geneseo	18:11	(8:18)
53.	Julie Alba	??	Sterling	19:20	
54.	?? Euring	??	Geneseo	19:43	
55.	Megan Irish	09	Geneseo	19:58	(9:04)
56.	Erin Schneider	10	Geneseo	19:59	(9:04)
57.	Nikki Thompson	10	Geneseo	20:07	(9:04)
58.	Carrie Gear	??	Sterling	22:15	

Leader: 5:38

### Geneseo's Spread:

1 through 5	1:48
1 through 7	2:00
1 through 10	2:05

**Did Not Compete:** Jill Hinrichs & Jody Thompson

### Team Scores

	1	2	3	4	5	Total	6	7
<b>Geneseo</b>	1	2	3	4	5	<b>15</b>	6	7
<b>Sterling</b>	8	9	10	11	12	<b>50</b>	13	14
	1	2	3	4	5	Total	6	7
<b>Geneseo</b>	1	2	3	5	6	<b>17</b>	8	9
<b>Moline</b>	4	7	10	11	12	<b>44</b>	13	14

	1	2	3	4	5	Total	6	7
<b>Geneseo</b>	1	3	4	8	10	<b>26</b>	11	12
<b>Rock Island</b>	2	5	6	7	9	<b>29</b>	13	14

**Geneseo Varsity Girls' Record: 12 Wins/1 Loss**

## **Awesome Races Ladies**

## **Great Job of "Packing It Up"**

Next time we are here it will be the Regional Finals

# Geneseo Cross-Country Results

**Competing Schools:** Moline, Sterling & Rock Island

**Site:** Woodlawn School in Sterling    **Date:** 09/30/97    **Conditions:** 64....light breeze

**Boy's Varsity Race:** Racing Distance: 3.00 miles

	Name	Grade	School	Time	Splits
1.	Justin Fluck	11	Geneseo	16:17	(5:06/10:36)
2.	Chris Studer	11	Geneseo	16:29	(5:06/10:36)
3.	Jason Gray	12	Geneseo	16:54	(5:17/11:01)
4.	Dustin Green	11	Rock Island	16:55	
5.	Sean Mendoza	11	Rock Island	16:56	
6.	Ryan Sheets	11	Rock Island	16:57	
7.	Ryan Allen	11	Rock Island	16:57	
8.	Craig Lawrence	12	Rock Island	16:58	
9.	Reed Patterson	10	Moline	17:09	
10.	Dan Sherman	12	Sterling	17:12	
11.	Ben Shoemaker	10	Moline	17:16	
12.	Andy Beuster	10	Geneseo	17:23	(5:23/11:11)
13.	David Rutledge	11	Geneseo	17:24	(5:27/11:16)
14.	Grant Venema	10	Geneseo	17:25	(5:36/11:17)
15.	Bobby Ristau	10	Geneseo	17:33	(5:35/11:18)
16.	Ryan Osberg	??	Moline	17:37	
17.	Mike Drish	??	Moline	17:39	
18.	Steve Smith	??	Moline	17:44	
19.	Tim Nelson	10	Geneseo	17:54	(5:37/11:37)
20.	Colon Belur	??	Rock Island	17:55	
21.	Nate Medinger	09	Moline	17:57	
22.	Tony Perez	10	Sterling	17:58	
23.	Brent Johnson	11	Sterling	18:03	
24.	?? Amato	??	Moline	18:07	
25.	Nick Crosstur	??	Rock Island	18:09	
26.	Chad Cassens	11	Sterling	18:13	
27.	Jeff Doger	??	Moline	18:18	
28.	Matt Hendrixen	??	Rock Island	18:22	
29.	Josh Saunder	??	Moline	18:38	
30.	Adam Gordon	??	Rock Island	18:46	
31.	Mark Eissens	12	Sterling	18:51	
32.	Chris Coon	11	Sterling	18:55	
33.	Brian Lofestan	??	Moline	19:01	
34.	Matt Cordus	??	Moline	19:03	
35.	Eric Fredericks	12	Sterling	19:05	



36.	Kevin Zalauf	11	Sterling	19:20	
37.	Nathan Harvy	??	Moline	19:38	
38.	Josh Fleming	11	Geneseo	20:04	(5:57/11:47)
39.	Jason Nelson	11	Sterling	20:05	
40.	Joey Johnson	??	Moline	20:43	
41.	Mathew ??	11	Sterling	20:45	
42.	Jason Workman	11	Sterling	21:00	
43.	Matt Burge	11	Sterling	21:25	
44.	Joe Profit	11	Sterling	21:35	
45.	?? McCormick	12	Sterling	21:49	
46.	?? Gerbert	11	Sterling	22:07	
47.	Mike Brady	??	Rock Island	22:14	
48.	Jeff Jackson	11	Sterling	22:19	
49.	Lee Salazar	12	Sterling	22:39	
50.	Pete Browning	12	Sterling	22:42	
51.	Mike Wilkensen	12	Sterling	24:07	
52.	Matt Carlson	11	Geneseo	25:49	(7:55/17:06)
53.	Ervine Shore	11	Sterling	27:07	

Leader: 5:06 / 10:36

### Geneseo's Spread:

1 through 5	1:07
1 through 7	1:16
1 through 10	9:32

Did Not Compete: none

### Team Scores

	1	2	3	4	5	Total	6	7
<b>Geneseo</b>	1	2	3	5	6	<b>17</b>	7	8
<b>Sterling</b>	4	9	10	11	12	<b>46</b>	13	14
	1	2	3	4	5	Total	6	7
<b>Geneseo</b>	1	2	3	6	7	<b>19</b>	8	9
<b>Moline</b>	4	5	10	11	12	<b>42</b>	13	14
	1	2	3	4	5	Total	6	7
<b>Geneseo</b>	1	2	3	9	10	<b>15</b>	11	12
<b>Rock Island</b>	4	5	6	7	8	<b>50</b>	13	14

**Geneseo Varsity Boys' Record: 11 Wins / 0 Losses**

## **Solid Races Men**

### **Great Job of "Packing It Up"**

Next time we are here it will be the Regional Finals