

Sterling performance

Leafs, Leafrosh sport 5-0 marks; Lady Leafs 3-2

In their only home meet of the 1999 season, J. D. Darnall High School's cross country teams made a fine showing Tuesday, September 21, sending their senior contingent off in grand style.

The Leafs packed runners in eight of the top 10 places to defeat the Golden Warriors of Sterling, 15-50.

In the frosh-soph division, Geneseo took five of the top finishes to nip Sterling 26-29.

A 3.1-mile course is mapped out at Richmond Hill for the varsity boys' competition while the girls and frosh-soph boys cover a 2.5-mile track.

The Lady Leafs had a tougher go of it, however, losing to the Lady Warriors 35-20.

"We had perfect conditions," recalled Coach Don Fredericks. "It was about 61 degrees and calm.

"The pack is back!" stressed the harrier coach. "And I don't mean the Packers," he quipped in reference to his varsity boys contingent.

"We took one, two . . . all the way through seventh for some awesome team running," Coach Fredericks added.

The win puts the Leafs at 5-0 for the 1999 season.

Evenly matched, the top three Geneseo harriers clocked at 17:32. The top four are all seniors.

Bob Ristau led the pack in first place followed by Andy Beuster and Tim Nelson. Matt Travis took fourth with a time of 17:45.

Ironically, the top three not only finished at the same time but sported the same split times for the 3.1-mile course as well.

Josh Franks, 17:50; Grant Venema,

17:59 and Bill Bean, 18:04 finished fifth, sixth and seventh, respectively, before Sterling placed its first finisher.

Golden Warrior senior Tony Perez led his team, taking eighth overall with a time of 18:08. A freshmen teammate of his, Jonathan Martin, 18:09, took ninth. They were the only Sterling harriers to break into the top 10.

Jared Betcher took the 10th position with a time of 18:40.

Also competing for the Leafs were Mike Skelton, 19:40; Phillip Mason, 20:13; Brandon Sandoval, 20:15; Mark Gleason, 20:59, Mike Stone, 21:07 and Noel Powers, 24:40.

Kyle Lichthardt and Jeremy Heaton finished one-two in the frosh-soph division to lead the Leafrosh to victory over Sterling. The win boosts the Leafrosh to 5-0 for the season.

Lichthardt topped the field with a time of 15:00. Heaton captured second in 15:15.

Sterling packed in three harriers before the Leafrosh saw the finish line again. John Lee led the Warrior charge, taking third in 16:30. The next two Sterling harriers tied at 17:13 for fourth and fifth places.

Jason Rittenhouse broke the run, earning sixth for the Leafrosh with his time of 17:24. Teammate Steve Loftus took seventh overall in 17:32.

Joe Derwin also finished within the top 10. The Leafrosh harrier took the final slot with a time of 19:09.

Gary Shaw was the next Leafrosh runner through the gate, taking 11th in 20:13. David Axton started the course but did not finish.

"The frosh-soph squad put forth a nice team effort," noted Coach Fredericks.

"On Friday these guys will be competing in the varsity race since

there is only one race," explained Coach Fredericks in regards to the September 24 Rock Island Invite.

"It will give these frosh-soph runners something to work for to stay competitive."

In the varsity girls competition, Sterling wrapped up the top three places to earn a 20-35 victory over the Lady Leafs.

"The girls need to hang tough," Coach Fredericks stated after the meet. "We need to work on some solid team racing.

"We need to rest up and get healthy both physically and mentally," the coach added. "Then we can return the favor to the Golden Warriors in the NCIC meeting."

Jill Norman took first for the Lady Warriors, covering the 2.5-mile course in 16:57.

Andrea Blondell was first among the Geneseo finishers, taking fourth overall in 17:26. Teammate Jann Johnson tied up fifth with her time of 17:30.

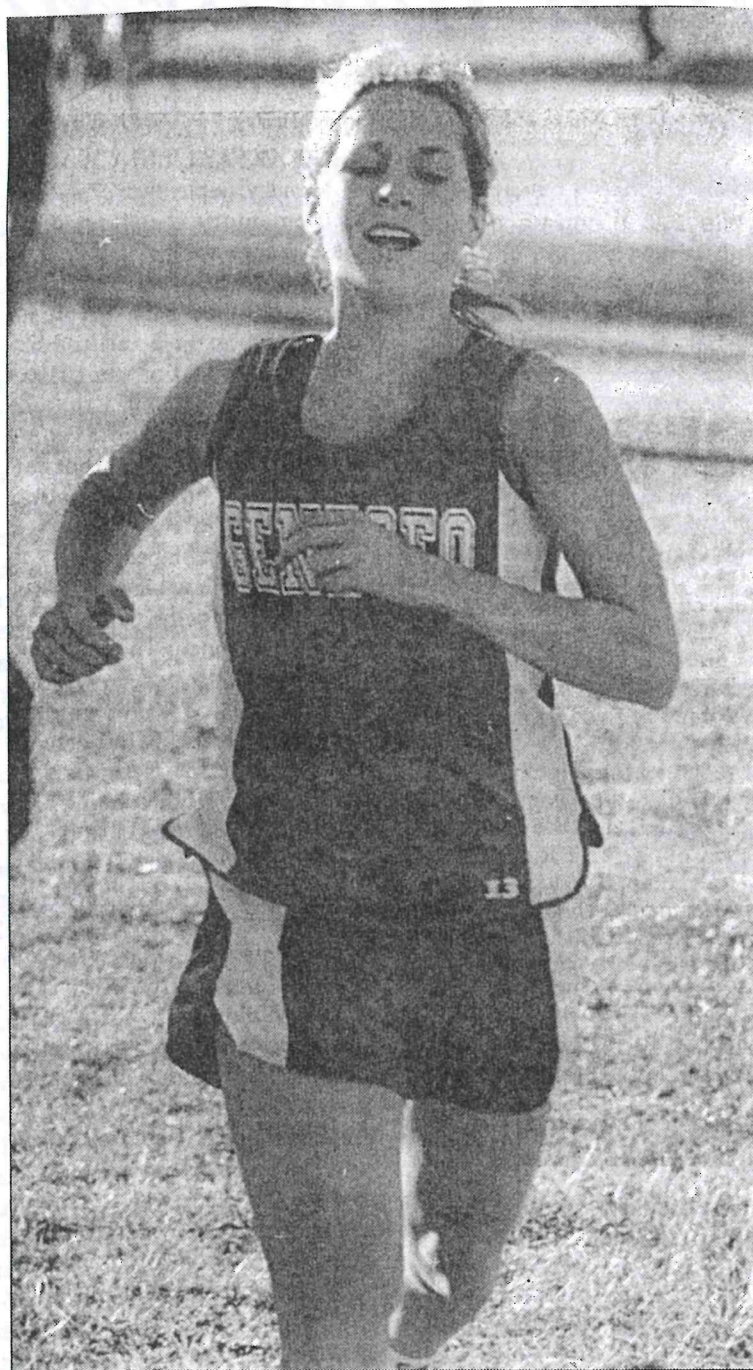
Emily Alden, Krista Wiedenhoft and Emily Rowlands also broke into the top 10 for the Lady Leafs.

Alden, with a time of 17:39, was seventh overall while Wiedenhoft, 17:51 was ninth and Rowlands, 18:02, was 10th.

Also competing were Alysa Snyder, 18:26; Trista Bartz, 20:33; Nita Prasad, 20:56; Jody Thompson, 21:00 and Samantha Daily, 21:02.

Rounding out the Lady Leaf contenders were Amber Cashman, 21:30; Kristin Reagin, 22:25 and Erika Klavon, 28:15.

The Lady Leafs were without some of their top competitors for this meet. In addition to Jenny Lake and Erin Schneider, Karin Skelton, Kari Reagin, Jenny Mosher, Irene Knapp and Jaime Gunnison also did not compete.



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SIGH OF RELIEF. Senior Andrea Blondell was the first Lady Leaf through the gates on Tuesday, September 21 at Richmond Hill. Geneseo's high school cross country squads hosted Sterling in the lone home meet for the Leafs and Lady Leafs.

■ **Sterling 20, Geneseo 35:** Jill Norman led a 1-2-3 sweep as Sterling beat the Geneseo Lade Leafs in a meet held at Richmond Park in Geneseo.

■ **Geneseo 15, Sterling 50:** Bob Ristau (17:32) led a sweep of the top six places as Geneseo ran away from Sterling in a meet held at Richmond Hill Park in Geneseo.

Sterling 20, Geneseo 35

At Richmond Hill Park (2.5 miles)
 Winner — Jill Norman, Sterling, 16:57
 Sterling — 1, Norman 16:57, 2, Rachel VonHoltzen 17:06, 3, Danielle Fordham 17:07, 6, Christina Estrada 17:35, 8, Amee Bender 17:49, 11, Molly Gardner 18:02, 13, Liz Yemm 18:58, 14, Dawn Wills 19:26, 15, Rachael Maruffo, 20, Carlissa Tate, 21, Colony Linville, 23, Liz Hofreiter, 24, Mindy Kraus, 25, Julie Alba, 27, Kristen Hosop, 28, Holly Crownhart.
 Geneseo — 5, Jann Johnson 17:30, 7, Emily Alden 17:39, 9, Krista Wiedenhoelt 17:51, 10, Emily Rowlands 18:02, 12, Alysa Snyder 18:26, 16, Trista Bartz 20:33, 17, Nita Prasad 20:56, 18, Jody Thompson, 19, Sam Daily, 22, Amber Cashman, 26, Kristen Reagin, 29, Erika Klavon.

Geneseo 15, Sterling 50

At Richmond Hill Park (3 miles)
 Winner — Bob Ristau, Geneseo, 17:32
 Geneseo — 1, Ristau 17:32, 2, Andy Beuster 17:32, 3, Tim Nelson 17:32, 4, Matt Travis 17:45, 5, Josh Franks 17:50, 6, Grant Venema 17:32, 7, Bill Bean 18:04, 10, Jared Betcher, 14, Mike Skelton, 17, Phil Mason, 18, Brandon Sandoval, 22, Mark Grebison, 24, Mike Stone, 26, Noel Powers.
 Sterling — 8, Tony Perez 18:09, 9, Jonathan Martin 18:10, 11, Jacob Blum 19:20, 12, Luke Munz 19:21, 13, Troy Munson 19:26, 15, Adam Commisso 19:44, 16, Mike Commisso 19:48, 19, Michael Berge, 20, Andrew House, 21, Scott Schuchard, 23, Justin Neil, 25, Sean Tedrick, 27, Alex Linville, 28, Ravi Chand.
 Fresh-soph score — Geneseo 26, Sterling 29. F/S winner — Kyle Lichthardt, Gen 15:00.

Friday, September 24, 1999



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WORKING TO FULL STRIDE. Members of the Lady Leafs cross country squad begin the 2.5-mile trek through Richmond Hill on Tuesday, September 21. Heading onto the course are, from left; Erika Klavon (partially hidden), Kristin Reagin; Nita Prasad; Amber Cashman and Samantha Daily.

Geneseo Cross-Country Results

Competing Schools: Sterling

Site: Richmond Hill Park in Geneseo **Date:** 09/21/99

Conditions: 61°...calm....perfect

Girls' Varsity Race (Racing Distance: 2.5 miles)

	Name	Grade	School	Time	Splits
1.	Jill Norman	11	Sterling	16:57	
2.	Rachel VonHolten	11	Sterling	17:06	
3.	Danielle Fordham	12	Sterling	17:07	
4.	Andrea Blondell	12	Geneseo	17:26	(6:46 / 14:13)
5.	Jann Johnson	10	Geneseo	17:30	(6:52 / 14:25)
6.	Christina Estrada	11	Sterling	17:35	
7.	Emily Alden	09	Geneseo	17:39	(6:56 / 14:27)
8.	Amee Bender	10	Sterling	17:49	
9.	Krista Wiedenhoef	10	Geneseo	17:51	(7:04 / 14:39)
10.	Emily Rowlands	10	Geneseo	18:02	(7:06 / 14:48)
11.	Molly Gardner	12	Sterling	18:08	
12.	Alysa Snyder	12	Geneseo	18:26	(7:03 / 14:59)
13.	Liz Yemm	12	Sterling	18:58	
14.	Dawn Wills	10	Sterling	19:26	
15.	Rachael Marruffo	11	Sterling	20:03	
16.	Trista Bartz	10	Geneseo	20:33	(8:01 / 16:49)
17.	Nita Prasad	11	Geneseo	20:56	(8:01 / 17:06)
18.	Jody Thompson	12	Geneseo	21:00	(8:15 / 17:10)
19.	Samantha Daily	09	Geneseo	21:02	(8:14 / 17:26)
20.	Carlissa Tate	10	Sterling	21:12	
21.	Colony Linville	09	Sterling	21:16	
22.	Amber Cashman	09	Geneseo	21:30	(8:27 / 17:37)
23.	Liz Hofreiter	09	Sterling	21:35	
24.	Mindy Kraus	10	Sterling	21:54	
25.	Julie Alba	12	Sterling	22:19	
26.	Kristin Reagin	09	Geneseo	22:25	(8:40 / 18:17)
27.	Kristen Hesop	09	Sterling	22:54	
28.	Holly Grownhart	11	Sterling	25:10	
29.	Erika Klavon	09	Geneseo	28:15	(11:04 / 23:04)

Geneseo's Spread:

1 through 5 :36
 1 through 7 3:07
 1 through 10 3:36

Did Not Compete: Jaime Gunnison, Irene Knapp, Jenny Mosher, Jenny Lake, Kari Reagin, Erin Schneider, and Karin Skelton

Team Scores

	1	2	3	4	5	Total	6	7
Geneseo	4	5	7	9	10	35	12	14
Sterling	1	2	3	6	8	20	11	13

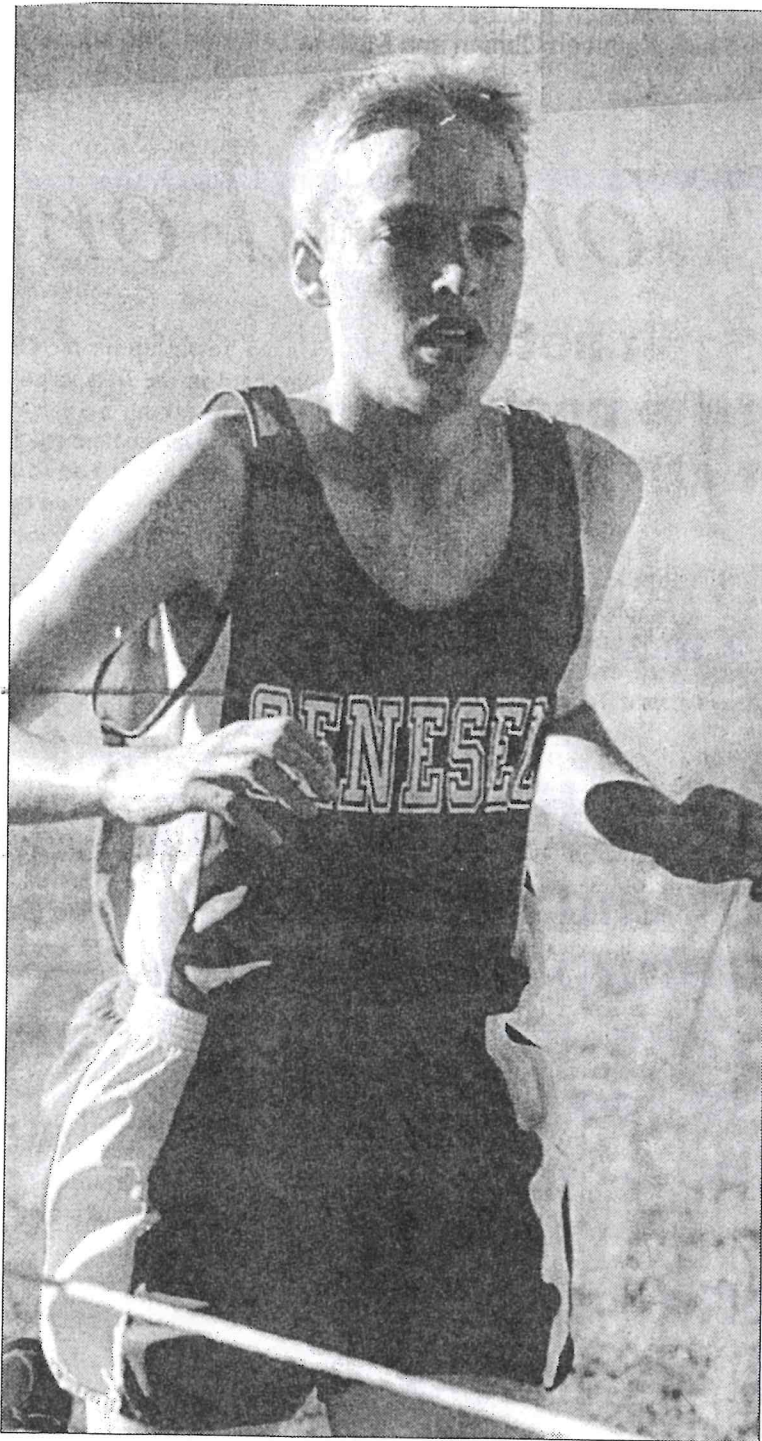
Geneseo Varsity Girls' Record: 3 Wins / 2 Losses

**Hang Tough Ladies.....Let's
"Lick our wounds" and live to fight
another day (and return the favor to
the Golden Warriors come NCIC
Time.) We need to rest up and get
healthy (physically & mentally).....**

**Let's get after a solid
TEAM RACE on Friday.....**

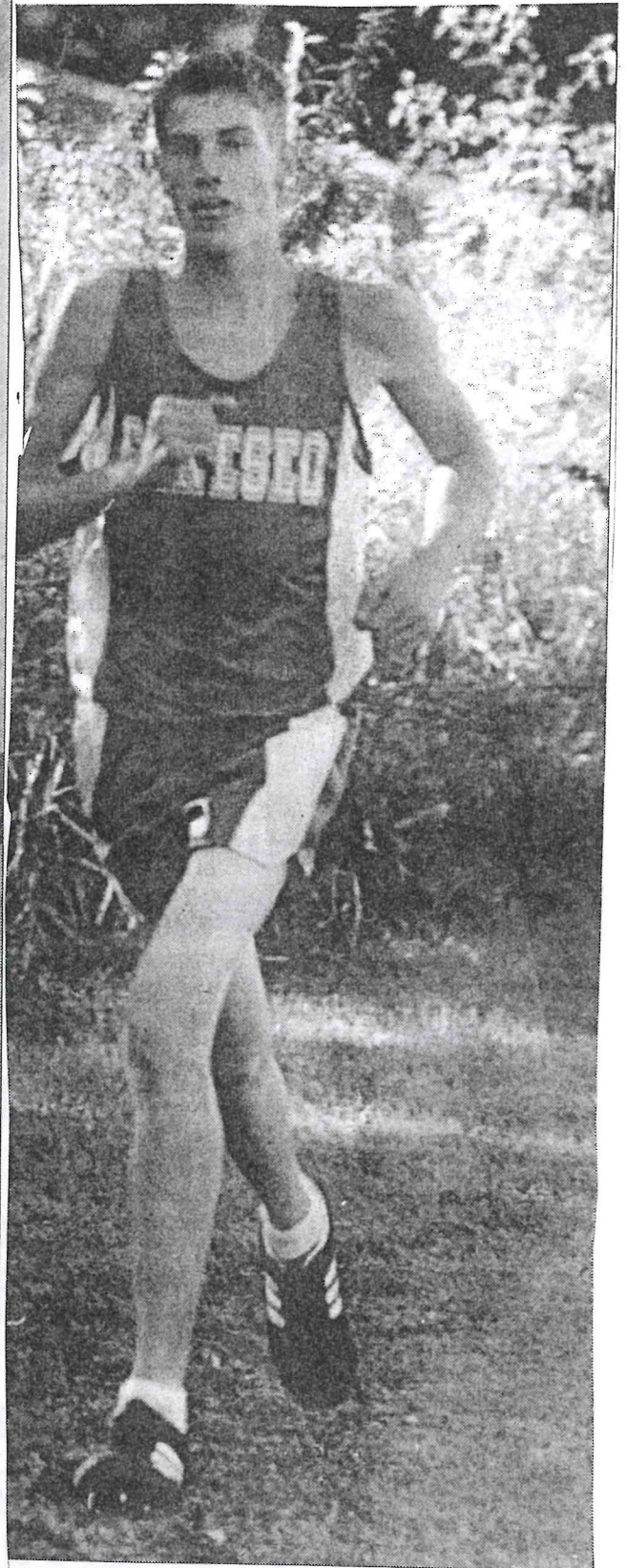
- **train in your groups**
- **warmup in your groups** (at the proper pace)
- **race in your groups** (working with teammates of similar abilities)

Together WE CAN



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HEADED HOME. Sophomore Jason Rittenhouse clears the gate during the Geneseo-Sterling cross country meet at Richmond Hill on Tuesday, September 21. Rittenhouse was one of five Leafrosh harriers to finish in the top 10, earning Geneseo the frosh-soph division title.



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LEADER OF THE FIELD. Sophomore Kyle Lichthardt took first place in the frosh-soph division when the J. D. Darnall cross country team hosted Sterling on Tuesday, September 21. Lichthardt led the Leafrosh to a 26-29 victory over the visiting Golden Warriors.

Geneseo Cross-Country Results

Competing Schools: Sterling

Site: Richmond Hill Park in Geneseo **Date:** 09/21/99

Conditions: 61°...calm....perfect

Boys' Frosh-Soph Race (Racing Distance: 2.5 miles)

	Name	Grade	School	Time	Splits
1.	Kyle Lichthardt	10	Geneseo	15:00	(5:58 / 12:18)
2.	Jeremy Heaton	10	Geneseo	15:15	(6:08 / 12:32)
3.	John Lee	10	Sterling	16:30	
4.	Paul Hemm	10	Sterling	17:13	
5.	David Cluver	10	Sterling	17:13	
6.	Jason Rittenhouse	10	Geneseo	17:24	(7:04 / 14:14)
7.	Steve Loftus	09	Geneseo	17:32	(7:04 / 14:18)
8.	Greg Ebersole	10	Sterling	19:56	
9.	Ryan Still	10	Sterling	18:39	
10.	Joe Derwin	09	Geneseo	19:09	(7:33 / 15:42)
11.	Gary Shaw	09	Geneseo	20:13	(7:53 / 16:32)
12.	Justin Miller	10	Sterling	20:16	
13.	Eapen Matthews	10	Sterling	21:56	
14.	Bill Inks	10	Sterling	22:33	
15.	Mike Henry	10	Sterling	22:35	
16.	David Axton	09	Geneseo	DNF	

Geneseo's Spread:

1 through 5 4:09
 1 through 7 Did not have seven finishers
 1 through 10 Did not have ten runners

Did Not Compete: None

Team Scores:

	1	2	3	4	5	Total	6	7
Geneseo	1	2	6	7	10	26	11	X
Sterling	3	4	5	8	9	29	12	13

Geneseo Frosh-Soph Boys' Record: 5 Wins / 0 Losses

Nice Team Effort

**We are only as strong as
our weakest link**

**On Friday (Rock Island Invite)
everyone runs in the Varsity Race
(there is only one race)**

Bring on the

“Big Dogs”



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PACKIN' THEM IN. Eight of the top 10 positions were earned by the Leafs during the Geneseo-Sterling cross country meet at Richmond Hill on Tuesday, September 21. This was the only home meet for the high school harriers. The Leafs improved their record to 5-0 with the win. Shown in the final leg of the 3.1-mile course are, from left to right, in front, Andy Beuster, Tim Nelson and Bob Ristau and at back, Matt Travis and Bill Bean.

Geneseo Cross-Country Results

Competing Schools: Sterling

Site: Richmond Hill Park in Geneseo **Date:** 09/21/99

Conditions: 61°...calm....perfect

Boys' Varsity Race (Racing Distance: 3.1 miles)

	Name	Grade	School	Time	Splits
1.	Bob Ristau	12	Geneseo	17:32	(5:37 / 11:25)
2.	Andy Beuster	12	Geneseo	17:32	(5:37 / 11:25)
3.	Tim Nelson	12	Geneseo	17:32	(5:37 / 11:25)
4.	Matt Travis	12	Geneseo	17:45	(5:38 / 11:33)
5.	Josh Franks	11	Geneseo	17:50	(5:44 / 11:46)
6.	Grant Venema	12	Geneseo	17:59	(5:39 / 11:46)
7.	Bill Bean	11	Geneseo	18:04	(5:38 / 11:42)
8.	Tony Perez	12	Sterling	18:08	
9.	Jonathan Martin	09	Sterling	18:09	
10.	Jared Betcher	11	Geneseo	18:40	(5:56 / 12:10)
11.	Jacob Blum	10	Sterling	19:20	
12.	Luke Munz	10	Sterling	19:21	
13.	Troy Munson	11	Sterling	19:26	
14.	Mike Skelton	12	Geneseo	19:40	(6:18 / 13:00)
15.	Adam Commisso	10	Sterling	19:44	
16.	Mike Commisso	10	Sterling	19:48	
17.	Phillip Mason	11	Geneseo	20:13	(6:21 / 13:09)
18.	Brandon Sandoval	11	Geneseo	20:15	(6:21 / 13:15)
19.	Michael Berge	12	Sterling	20:23	
20.	Andrew House	11	Sterling	20:26	
21.	Scott Schuchard	12	Sterling	20:34	
22.	Mark Gleason	11	Geneseo	20:59	(6:37 / 13:56)
23.	Justin Neil	12	Sterling	21:06	
24.	Mike Stone	11	Geneseo	21:07	(6:21 / 13:57)
25.	Sean Tedrick	12	Sterling	21:50	
26.	Noel Powers	11	Geneseo	24:40	(7:12 / 15:31)
27.	Alex Linville	11	Sterling	27:03	
28.	Ravi Chand	11	Sterling	30:39	

Geneseo's Spread:

1 through 5 :18
 1 through 7 :32
 1 through 10 2:41

Did Not Compete: Kyle Fluck, Adam Kuban, and Mike Sunstrom

Team Scores

	1	2	3	4	5	Total	6	7
Geneseo	1	2	3	4	5	15	6	7
Sterling	8	9	10	11	12	50	13	14

Geneseo Varsity Boys' Record: 5 Wins / 0 Losses

The Pack is BACK
(and I'm not talkin' Packers)

1, 2, 3, 4, 5, 6, 7.....Oh yea
Baby.....Awesome Team Running.

Bring on the
ROCKY INVITE
FRIDAY NIGHT!!!!

and then let's get our dancing shoes
on for the Homecoming Dance.

"FOR THE TEAM"