

2000 Geneseo Cross-Country
AWARD WINNERS

VARSITY AWARD WINNERS

Freshman

Ashley Colo
Kelle Curran
Christian Rowlands
Justin Trujillo

Sophomores (# of letters won)

Emily Alden 2
Kyle Fluck 2
Steve Griffith (Mgr)

Juniors

Jeremy Heaton
Jann Johnson 3
Kyle Lichthardt
Jenny Mosher
Emily Rowlands 3
Karin Skelton 3
Krista Wiedenhoef 3

Seniors

Bill Bean 3
Jared Betcher 2
Josh Franks 2
Mark Gleason
Adam Kuban
Jenny Lake 4
Jessica Lay
Phil Mason
Noel Powers
Nita Prasad
Kari Reagin 2
Brandon Sandoval 2
Nicki Sellon 2
Mike Stone
Mike Sunstrom 2

J.V. AWARD WINNERS

Seniors

Anna Ingegrand
Brad Pahlmgren
Josh Watson

Juniors

Sarah Bates
Emily Cosgrave
Irene Knapp
Will Thompson
Kim Zigler

SOPHOMORE AWARD WINNERS

Sophomores

Amber Cashman
Samantha Daily
Joe Derwin
Erika Klavon
Steve Loftus
Kristen Reagin

Freshman

Andrew Fehlman
Brad Mattan

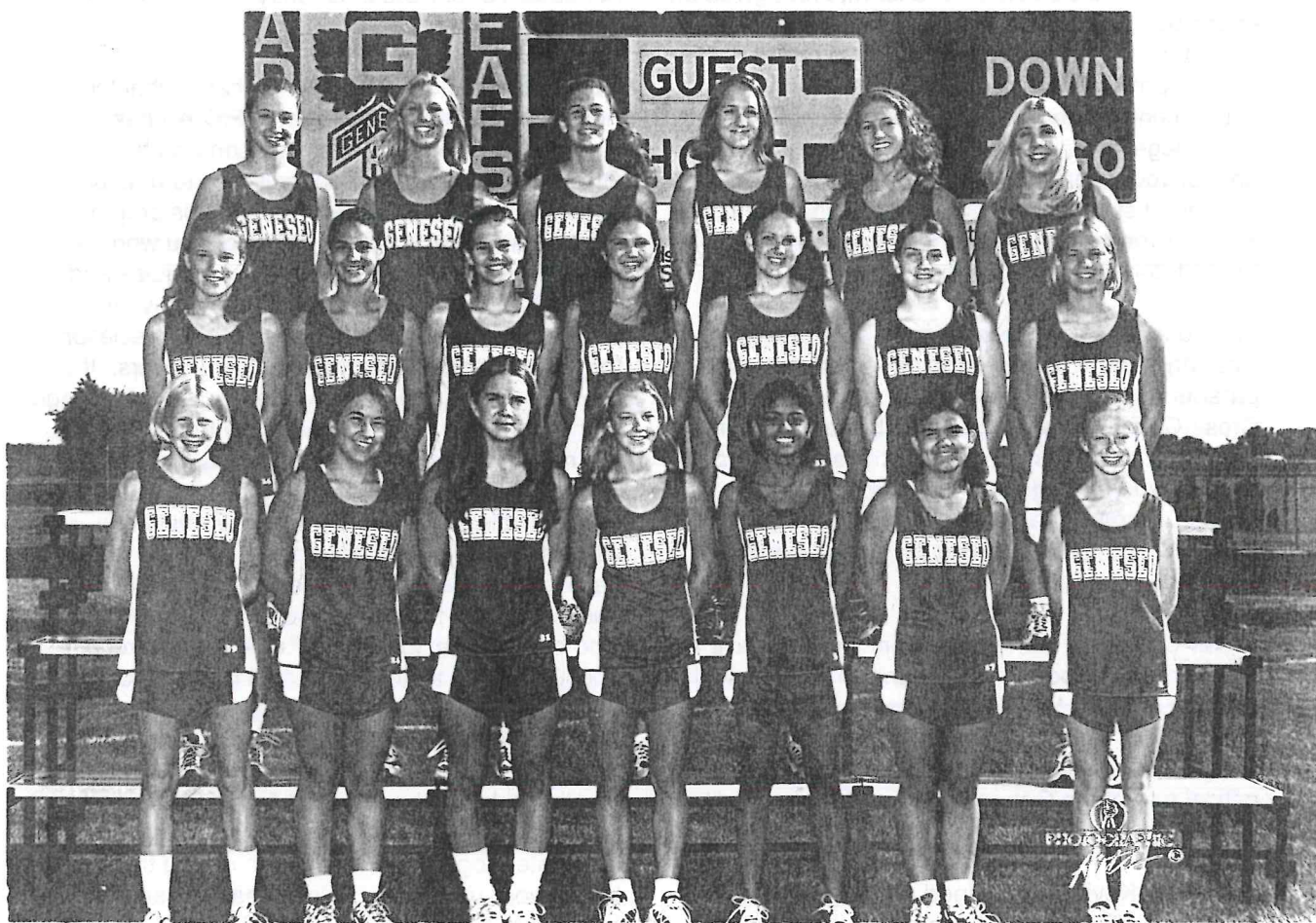
FRESHMAN AWARD WINNERS

Freshman

Tim Allison
Cody Haars
Justin Hight
Cody Lichthardt
Amanda Pearson

2000

Girls Cross-Country Team



Front Row: Kelle Curran, Kari Reagin, Emily Cosgrave, Sarah Bates, Nlta Prasad, Kristen Reagin, Ashley Colo

2nd Row: Krista Wiedenhoft, Amber Cashman, Jann Johnson, Kim Zigler, Anna Ingegrand, Irene Knapp, Emily Rowlands

3rd Row: Jenny Mosher, Nicki Sellon, Samantha Daily, Emily Alden, Jenny Lake, Jessica Lay

Not Pictured: Erika Klavon, Amanda Pearson, Karin Skelton

2000

Boys Cross-Country Team



Front Row: Brad Mattan, Justin Trujillo, Josh Watson, Kyle Fluck, Joe Derwin, Christian Rowlands, Steve Loftus

2nd Row: Andrew Fehlman, Mike Stone, Jared Betcher, Adam Kuban, Mark Gleason, Josh Franks,

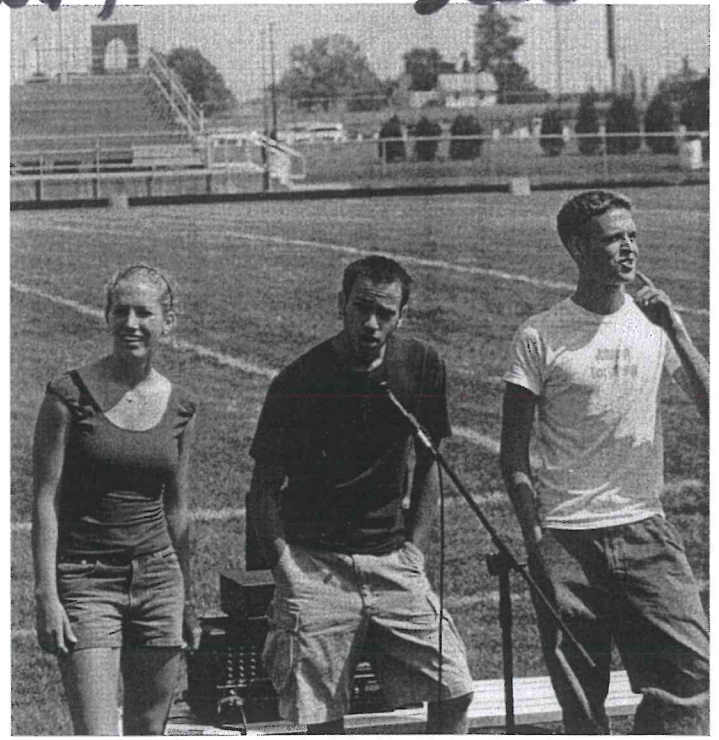
3rd Row: Mike Sunstrom, Kyle Lichthardt, Phillip Mason, Brad Pahlmgren, Bill Bean, Jeremy Heaton

Not Pictured: Tim Allison, Cody Haars, Justin Hight, Cody Lichthardt, Noel Powers, Brandon Sandoval, Will Thompson

Cross Country

Coach Fredericks described this year's girls' teams as the "cream of the crop." Twenty-three talented girls worked together to make the 2000 season one of hard earned success. The harriers finished their dual meet competition undefeated. The Lady Leafs accomplished their primary goal when they convincingly reclaimed the NCIC title for the fifth consecutive year. The Junior Varsity competitors took their respective conference

title as well. The girls continued their post-season showings at Sterling where they finished a strong second at the Regional Meet. While the team barely missed qualifying for state after their ninth place finish at Sectional's, Team Captain Jenny Lake qualified as an individual and proudly represented Geneseo at the IHSA AA State meet. She ran the 2.5 mile course in 14:48, good enough for twentieth place, making her the first Geneseo harrier to earn multiple all-state honors.



Jenny Lake, Jared Betcher, and Bill Bean address the student body at the pep rally.

Awards

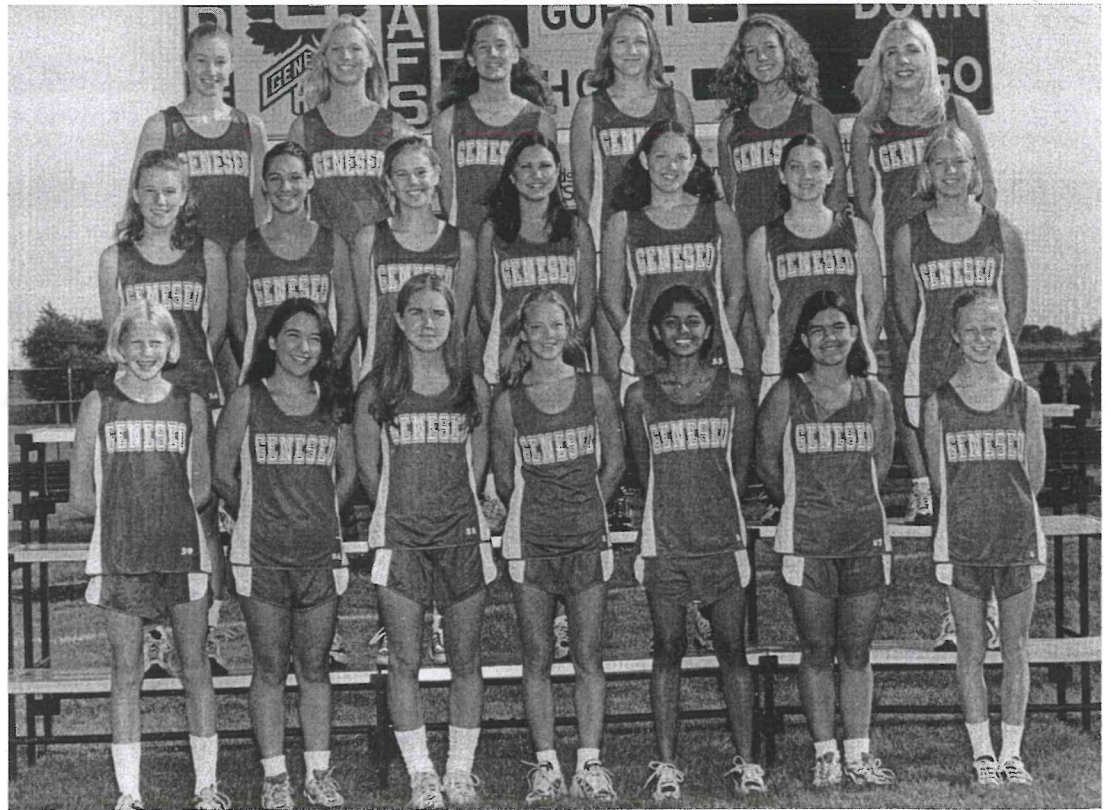
MVP

Jenny Lake

Most Inspirational
Krista Wiedenhoeft

Most Improved
Jen Mosher

"Top Dog Awards"
Senior, Jenny Lake
Junior, Jann Johnson
Sophomore, Emily Alden
Freshman, Ashley Colo

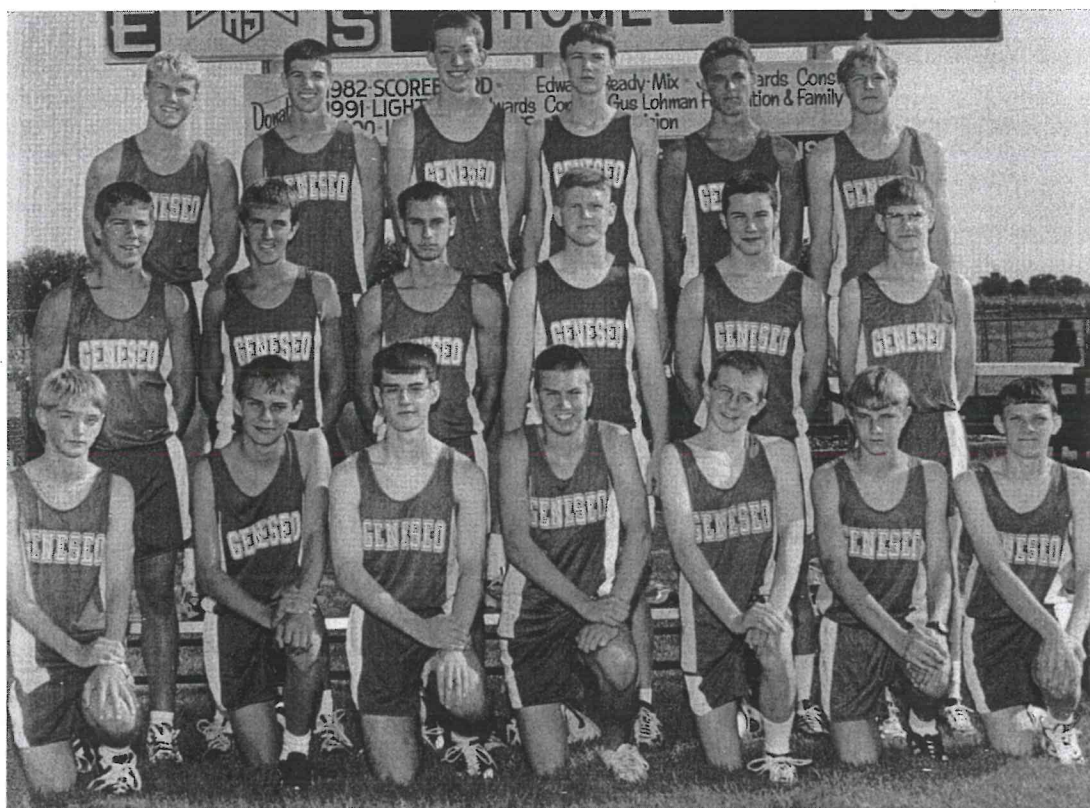


Front row left to right: Kelle Curran, Kari Reagin, Emily Cosgrave, Sarah Bates, Nita Prasad, Kristen Reagin, Ashley Colo. Middle row: Krista Wiedenhoeft, Amber Cashman, Jann Johnson, Kim Zigler, Anna Ingebrand, Irene Knapp, Emily Rowlands. Back row: Jennifer Mosher, Nicki Sellon, Samantha Daily, Emily Alden, Jennifer Lake, Jessica Lay.

Senior Captains Mike Sunstrom and Bill Bean led their Boys' team through a winning season. Their leadership and determination to overcome predictions of a transitional season helped to create the 2000 Cross Country Motto: "Together We Can." In dual meet action, both the fresh/soph and varsity finished their seasons with four wins and three losses. The team peaked for their biggest post-season meet and captured second place NCIC honors in the Varsity, Junior Varsity, and Fresh/Soph divisions. The harriers surprised some people and attained their goal when they advanced to Sectionals after their impressive fifth place finish at Regionals. They finished out their season with a 19th place finish at Sectionals.



Jared Betcher, Bill Bean, Josh Franks, Brandon Sandoval, Kyle Lichtardt, Mike Sunstrom, and Jeremy Heaton kick back at NCIC.



Front row left to right: Brad Mattan, Justin Trujillo, Josh Watson, Kyle Fluck, Joe Derwin, Christian Rowlands, Steve Loftus. Middle row: Andrew Fehlman, Mike Stone, Jared Betcher, Adam Kuban, Mark Gleason, Josh Franks. Back row: Mike Sunstrom, Kyle Lichtardt, Phillip Mason, Brad Palmgren, Bill Bean, Jeremy Heaton

Awards

MVP
Josh Franks

Most Inspirational
Adam Kuban

Most Improved
Mike Sunstrom

"Top Dog Awards"
Senior, Josh Franks
Junior, Jeremy Heaton
Sophomore, Kyle Fluck
Freshman,
Christian Rowlands



At NCIC, the Cross Country team poses in front of their charter bus.

Dressed as a leaf Krista Wiedenhoeft cheers her team on to victory.

