

2002 Alumni / Open Cross-Country Race

When: Tuesday, August 27th
Where: Richmond Hill Park
Time: 6:00 p.m. SHARP. (Team members report by 5:00 p.m. for team warm-up.)
Distances: 2 miles on grass (high school and open adults)
 1 mile on grass (junior high age and younger)
Entry Fees: One T-Shirt (for prize table)
 3 canned goods to be donated to the Geneseo Food Pantry on behalf of the Cross-Country Team.
Prizes: T-Shirts to all finishers.

Format: This will be a handicapped race. Listed below is the format.

<u>Order</u>	<u>Handicap</u>	<u>Group</u>
Group 0:	--	Junior H.S. and under (start at mile mark at 7:00)
Group 1:	--	Freshman Girls
Group 2:	:30	Sophomore Girls
Group 3:	1:00	Junior Girls
Group 4:	1:30	Senior Girls
Group 5:	2:00	Freshman Boys & College Women
Group 6:	2:30	Sophomore Boys
Group 7:	3:00	Junior Boys
Group 8:	3:30	Senior Boys
Group 9:	4:00	College and Open Runners

Please Note: All open and alumni runners will choose which group they will start with.

Anyone is welcome to participate. Good Luck to All!

Cross country: Excitement to burn



Republic photo by Shannon Heaton

C'MON GIRLS. Junior Justin Trujillo, fresh off an impressive spring season on the track, leads a contingent of Maple Leaf runners up the draw at Richmond Hill Park Tuesday night at the annual Alumni/Open Race, which kicks off the 2002 cross country team's season. Trujillo ran in the top three consistently for the Leafs all season last year.

By SHANNON HEATON
Republic Sports Editor

If anybody's out running, whether it be on the hills of Richmond Hill or on the hard Geneseo city pavement, Maple Leafs cross country coach Don Fredericks is going to get excited about it.

But he's especially encouraged about the season that his cross country teams are about to have.

That's because several of the Leafs' top runners from last season's North Central Illinois Conference championship teams return for another season. And, of those, most are juniors, which means they'll be around again in 2003.

That's exciting.

"I'm very excited about what the season has in store for us," Fredericks said. "We're still a very young team that gained a great deal of good experience last fall. We'll only lose one senior off our girls team after this year, and only three seniors on the boys team. That experience coming back is going to be priceless for us."

On the boys side, the lone senior varsity runner is Kyle Fluck, who just missed qualifying for the IHSA Class AA state meet as a junior last year.

"Kyle didn't attain the summer mileage I would have preferred, so it may take him a few weeks to run himself into competitive shape," Fredericks said. "But anything less than a trip to Detweiller Park and the state finals will be a major disappointment."

Fluck is joined at the top by juniors Justin Trujillo and Christian Rowlands and sophomore Nathan Schlindwein. That top four ran at the top four last year as well for the Leafs. Trujillo, in particular, had an outstanding track season, going under 2 minutes for the 800-meter run before season's end.

"The goal is to build on those top four guys from last year's conference championship team," Fredericks said. "We've got good depth, but not as much as I would like. You can never tell with these things, though."

Expect juniors Brad Mattan and Andrew Fehlman, who both ran varsity last year, to move into the No. 5 and No. 6 slots this fall. That makes Mattan part of the Maple Leafs' team score. Fredericks has several candidates in mind for the No. 7 slot, though sophomore Jordan Wildermuth has the most varsity experience.

"It's been three years since Geneseo has been in the state finals (as a team) and this group would like to change that," Fredericks said. "Conference was a true dogfight last year, with Geneseo narrowly defeating Rock Falls, Dixon and Rochelle. Each team has a lot coming back, and it should be another close race."

Fredericks also expects that Ottawa and Kewanee, who dominated the NCIC frosh-soph meet, to contend as well.

On the girls side, he isn't sure who will step out and become the No. 1 runner this fall. At

Tuesday night's alumni/open race, it was sophomore Katie Croegaert, who was the Leafs' No. 2 cross country runner last fall and the top distance runner on the Leafs' girls track team, who finished first.

"Following a tremendous spring, Katie had a strong summer of base mileage, and is ready to make the next step in her career, and challenge the sectional's best this fall," Fredericks said. "She ran by herself a lot on Tuesday night. But it's not a perfect picture yet, who the No. 1 is going to be."

That's because junior Ashley Colo, last season's girls team Most Valuable Player as a sophomore, returns for this season. Also, freshman Rachel Wyffels, who has dominated distance races at the middle school and age-group levels around the area for the past two years, is challenging for the No. 1 spot.

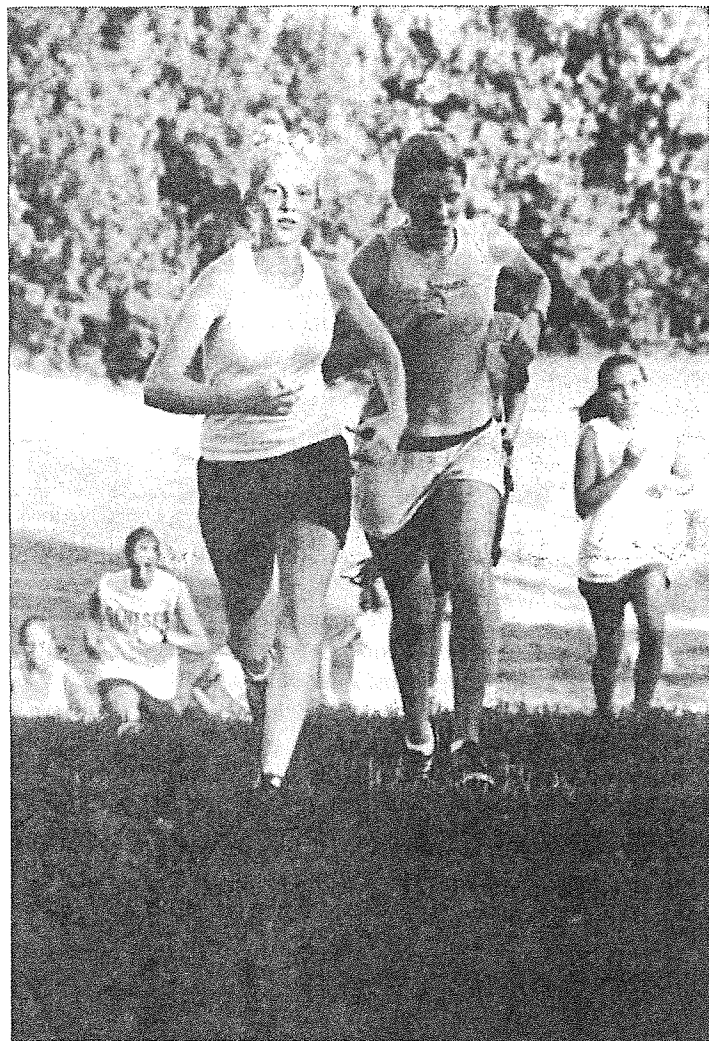
"The girls are all such team kids. I'm just hoping that those three can put together a solid pack for us," Fredericks said. "I think we're really 12 deep on the girls side. There's a top

three there, but even that's not a total guarantee. From 4 through 12, I have no idea who it'll be. There's a tremendous amount of battling for those spots going on already, and some surprises will definitely occur before it's all over with."

Look for juniors Kelle Curran, Becky Johnson, Megan Matyas and Amanda Pearson to be in the mix for the top seven, as well as sophomores Amanda Hoste, Allie Minnaert, Alison Curran and Stephany Reese to contend. By the post-season series, the Leaf girls' lone senior, Holevoet, could also challenge after recovering from a stress fracture suffered last year.

Although last year's conference champion lost three varsity runners to graduation, the depth on the girls' side gives Fredericks a lot of optimism.

"We are blessed with a tremendous amount of strong leadership. Add the fact that these young ladies are extremely hungry, and we have an exciting situation," Fredericks said. "Our youth is certainly a concern; however, many of our Big 12 gained valuable varsity experience. We expect a strong challenge from Sterling and Princeton for the NCIC."



Republic photo by Shannon Heaton

SOPHOMORES Amanda Hoste and Alison Curran, shown here battling the worst that Richmond Hill can dish out on a humid Tuesday night, expect to be in the mix for top-7 varsity positions with the Maple Leafs girls cross country team.

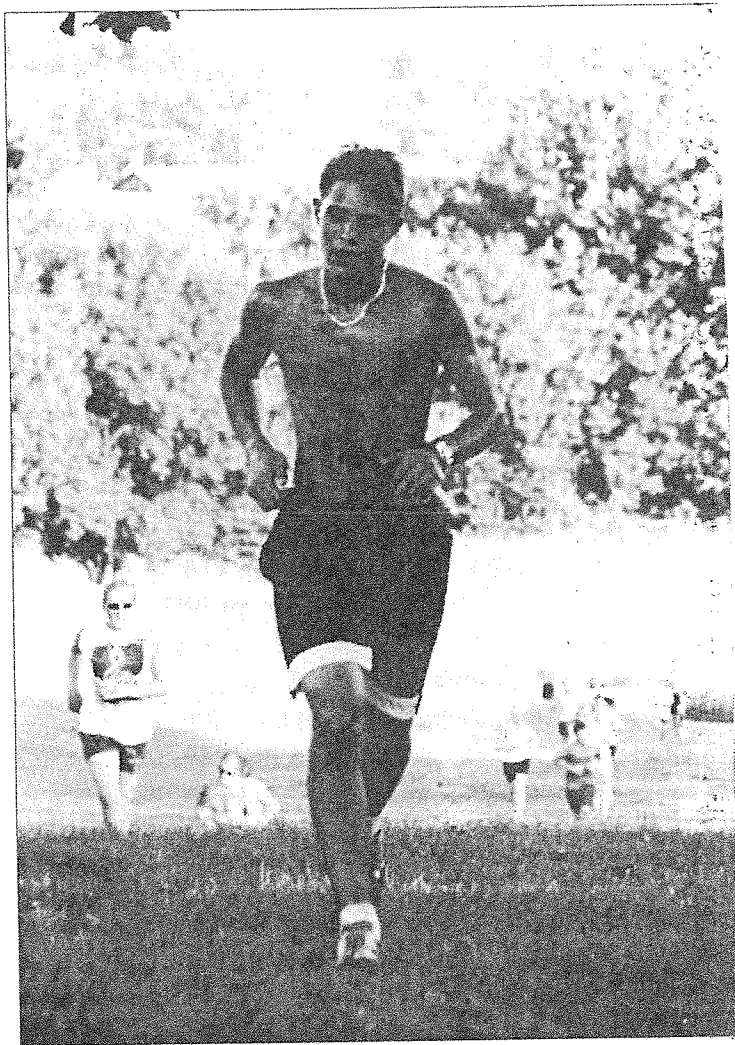


Photo by Shannon Heaton

JUNIOR CHRISTIAN ROWLANDS tries to keep his concentration as he prepares to complete the second mile at the 2002 Alumni/Open Race at Richmond Hill Tuesday evening. Rowlands was the fourth Leafs runner to cross the finish line.

RUNNING

Tuesday, August 27

At Richmond Hill

CC ALUMNI/OPEN RACE

Two-mile times

Men: 1. Justin Trujillo, 11:03; 2. Kyle Fluck, 11:25; 3. Steve Kilburg, 11:34; 4. Nathan Schlindwein, 11:43; 5. Christian Rowlands, 11:45; 6. John Parker, 12:22; 7. Brad Mattan, 12:29; 8. Bill Barton, 12:51; 9. Jordan Wildermuth, 13:12; 10. Andrew Fehlman, 13:17; 11. Jack Schlindwein, 13:19; 12. Cody Haars, 13:22; 13. Steve Loftus, 13:25; 14. Mike Croegaert, 13:26; 15. Cory Wirth, 13:28; 16. Jon Weiser, 13:30; 17. Tom Mattan, 13:31; 18. T.J. Lyttles, 13:39; 19. Tim Holevoet, 13:48; 20. Justin Ogilvie, 13:52; 21. Dan Schisler, 14:06; 22. Jeff Williams, 14:13; 23. Pete Nelson, 14:21; 24. David Cross, 14:30; 25. Ben Arnett, 14:43; 26. Scott Mattan, 14:50; 27. Bob Wyffels, 14:53; 28. Morry Atwell, 14:59; 29. Roger Cherry, 15:09; 30. Jake, 15:13; 31. Doug Adams, 15:30; 32. Justin Nowland, 15:30; 33. Joe Rudy, 15:31; 34. Tom Curran, 16:00; 35. Tim Allison, 16:31; 36. Henry Carius, 18:57.

Women: 1. Katie Croegaert, 13:15; 2. Rachel Wyffels, 13:36; 3. Becky Johnson, 14:18; 4. Ashley Colo, 14:18; 5. Amanda Hoste, 14:43; 6. Alison Curran, 14:48; 7. Allie Minnaert, 14:54; 8. Kelle Curran, 15:01; 9. Amanda Pearson, 15:10; 10. Megan Matyas, 15:12; 11. Denise Goodrich, 15:17; 12. Erica Brenny, 15:36; 13. Stefany Reese, 15:40; 14. Abbey Schlindwein, 15:48; 15. Valarie Arkell, 16:16; 16. Robin Werling, 16:30; 17. Holly Hanson, 16:32; 18. Erin Browne, 16:57; 19. Paige Cybulski, 18:01; 20. Jane DeClerck, 20:30.

One-mile times

Boys: 1. Nate Silver, 5:39; 2. Tom Blean, 5:47; 3. Justin Goodrich, 5:52; 4. Blake Wyffels, 5:58; 5. Wolfe Repass, 6:14; 6. Tyler Svitak, 6:18; 7. Luc Fiedler, 6:48; 8. Bryce Borkgren, 6:50; 9. Erik Kowitz, 6:55; 10. Jaran Heaton, 6:56; 11. Nick Reese, 7:15; 12. Robby Barton, 7:27; 13. Colin Long, 7:34; 14. Thomas Menendez, 7:41; 15. Tim Dobbels, 7:57; 16. Zach Griffith, 8:35.

Girls: 1. Eliza Cropp, 6:58; 2. Kristin Hinshaw, 7:10; 3. Abby Winberry, 7:17; 4. Stephanie Kennett, 7:29; 5. Rachel Atwell, 7:31; 6. Katy Urick, 7:32; 7. Brittainy Cottmer, 7:34; 8. Amber Keplinger, 8:00; 9. Susan Riewerts, 8:39; 10. Maggie Schlindwein, 9:43.

ROSTER

Seniors (4): Kyle Fluck, Missy Holevoet, Steve Loftus, Justin Nowland.

Juniors (17): Tim Allison, Valerie Arkell, Ashley Colo, Kelle Curran, Paige Cybulski, Jane DeClerck, Andrew Fehlman, Cody Haars, Tim Holevoet, Becky

Johnson, Brad Mattan, Megan Matyasse, Amanda Pearson, Christian Rowlands, Justin Trujillo, Jon Weiser, Robin Werling.

Sophomores (17): Doug Adams, Bill Barton, Erica Brenny, Henry Carius, Katie Croegaert, David Cross, Alison Curran, Amanda Hoste, Jon Kushmer, T.J. Lyttles, Allie Minnaert, Justin Ogilvie, Stefany Reese, Joe Rudy, Nathan Schlindwein, Jordan Wildermuth, Jeff Williams.

Freshmen (8): Ben Arnett, Erin Browne, Holly Hanson, Scott Mattan, Kayla McVietty, Pete Nelson, Abbey Schlindwein, Rachel Wyffels.

SCHEDULE (start times 4:30 p.m. unless noted)

September

3: at Rochelle; **7:** at Galesburg Invitational, 9 a.m.; **10:** at Moline; **14:** at Princeton Invitational, 9:30 a.m.; **21:** Geneseo Invitational, 9 a.m. at Richmond Hill; **23:** at Mendota; **28:** at Rock River Run Invitational, Sterling, 9 a.m.

October

1: at Kewanee; **5:** at Peoria Invitational, Detweiller Park, 10:30 a.m.; **10:** at Orion (JV only); **19:** NCIC meet at Mendota, 10 a.m.; **21:** at Galesburg F/S Invitational; **22:** at Sterling F/JV Invitational; **26:** IHSA Class AA regional at Moline

November

2: Sectional meet at Sterling; **9:** State meet, Detweiller Park, Peoria.

Geneseo Cross-Country Results

Alumni / Open Race

Site: Richmond Hill Park

Date: 8/27/02

Conditions: 84 & muggy

Racing Distance: 2.0 Miles

<u>Name</u>	<u>Division</u>	<u>Time</u>	<u>Actual Time</u>
1. Nate Silver	0 (8 th)	12:56	5:39
2. Tom Blean	0 (8 th)	13:04	5:47
3. Justin Goodrich	0 (8 th)	13:09	5:52
4. Blake Wyffels	0 (8 th)	13:15	5:58
5. Wolfe Repass	0 (8 th)	13:31	6:14
6. Tylor Svitak	0 (8 th)	13:35	6:18
7. Rachel Wyffels	1 (9 th)	13:36	13:36
8. Katie Croegaert	2 (10 th)	13:45	13:15
9. Mike Croegaert	2 (adult)	13:56	13:26
10. Justin Trujillo	7 (11 th)	14:03	11:03
11. Luc Fiedler	0 (8 th)	14:05	6:48
12. Bryce Borkgren	0 (7 th)	14:07	6:50
13. Erik Kowitz	0 (8 th)	14:12	6:55
14. Jaran Heaton	0 (7 th)	14:13	6:56
15. Nathan Schlindwein	6 (10 th)	14:13	11:43
16. Eliza Cropp	0 (7 th)	14:15	6:58
17. Kristin Hinshaw	0 (8 th)	14:27	7:10
18. Nick Reese	0 (8 th)	14:32	7:15
19. Abby Winberry	0 (8 th)	14:34	7:17
20. Robby Barton	0 (6 th)	14:44	7:27
21. Christian Rowlands	7 (11 th)	14:45	11:45
22. Stephanie Kennett	0 (6 th)	14:46	7:29
23. Rachel Atwell	0 (7 th)	14:48	7:31
24. Katy Urick	0 (8 th)	14:49	7:32
25. Colin Long	0 (7 th)	14:51	7:34
26. Brittainy Cottmer	0 (8 th)	14:51	7:34
27. Bob Wyffels	1 (adult)	14:53	14:53
28. Kyle Fluck	8 (12 th)	14:55	11:25
29. Thomas Menendez	0 (8 th)	14:58	7:41
30. Steve Kilburg	8 (adult)	15:04	11:34
31. Amanda Hoste	2 (10 th)	15:13	14:43
32. Tim Dobbels	0 (8 th)	15:14	7:57
33. Amber Keplinger	0 (8 th)	15:17	8:00
34. Alison Curran	2 (10 th)	15:18	14:48
35. Becky Johnson	3 (11 th)	15:18	14:18
36. Ashley Colo	3 (11 th)	15:18	14:18
37. Bill Barton	6 (10 th)	15:21	12:51

38. Allie Minnaert	2 (10 th)	15:24	14:54
39. Brad Mattan	7 (11 th)	15:29	12:29
40. Jordan Wildermuth	6 (10 th)	15:42	13:12
41. Abbey Schlindwein	1 (9 th)	15:48	15:48
42. Jack Schlindwein	6 (adult)	15:49	13:19
43. Zach Griffith	0 (8 th)	15:52	8:35
44. John Parker	8 (adult)	15:52	12:22
45. Susan Riewerts	0 (7 th)	15:56	8:39
46. Cory Wirth	6 (adult)	15:58	13:28
47. Maggie Schlindwein	0 (2 nd)	16:00	9:43
48. Kelle Curran	3 (11 th)	16:01	15:01
49. Tom Mattan	6 (adult)	16:01	13:31
50. Erica Brenny	2 (10 th)	16:06	15:36
51. T.J. Lyttles	6 (10 th)	16:09	13:39
52. Amanda Pearson	3 (11 th)	16:10	15:10
53. Stefany Reese	2 (10 th)	16:10	15:40
54. Megan Matyas	3 (11 th)	16:12	15:12
55. Denise Goodrich	3 (11 th)	16:17	15:17
56. Andrew Fehlman	7 (11 th)	16:17	13:17
57. Pete Nelson	5 (9 th)	16:21	14:21
58. Cody Haars	7 (11 th)	16:22	13:22
59. Justin Ogilvie	6 (10 th)	16:22	13:52
60. Jon Weiser	7 (11 th)	16:30	13:30
61. Holly Hanson	1 (9 th)	16:32	16:32
62. Dan Schisler	6 (adult)	16:36	14:06
63. Ben Arnett	5 (9 th)	16:43	14:43
64. Jeff Williams	6 (10 th)	16:43	14:13
65. Tim Holevoet	7 (11 th)	16:48	13:48
66. Scott Mattan	6 (9 th)	16:50	14:50
67. Steve Loftus	8 (12 th)	16:55	13:25
68. Erin Browne	1 (9 th)	16:57	16:57
69. David Cross	6 (10 th)	17:00	14:30
70. Valarie Arkell	3 (11 th)	17:16	16:16
71. Morry Atwell	6 (adult)	17:29	14:59
72. Robin Werling	3 (11 th)	17:30	16:30
73. Roger Cherry	6 (adult)	17:39	15:09
74. Jake ?????	6? (adult)	17:43	15:13
75. Tom Curran	5 (adult)	18:00	16:00
76. Doug Adams	6 (10 th)	18:00	15:30
77. Joe Rudy	6 (10 th)	18:01	15:31
78. Justin Nowland	8 (12 th)	19:00	15:30
79. Paige Cybulski	3 (11 th)	19:01	18:01
80. Tim Allison	6 (10 th)	19:01	16:31
81. Henry Carius	6 (10 th)	21:27	18:57
82. Jane DeClerck	3 (11 th)	21:40	20:40

Actual Team Standings

Girls' Team Rankings

1. Katie Croegaert	13:15
2. Rachel Wyffels	13:36
3. Becky Johnson	14:18
4. Ashley Colo	14:18
5. Amanda Hoste	14:43
6. Alison Curran	14:48
7. Allie Minnaert	14:54
8. Kelle Curran	15:01
9. Amanda Pearson	15:10
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13. Abbey Schlindwein	15:48
14. Valarie Arkell	16:16
15. Robin Werling	16:30
16. Holly Hanson	16:32
17. Erin Browne	16:57
18. Paige Cybulski	18:01
19. Jane DeClerck	20:30

Did not compete: Missy Holevoet, Kayla McVietty

Boys' Team Rankings

1. Justin Trujillo	11:03
2. Kyle Fluck	11:25
3. Nathan Schlindwein	11:43
4. Christian Rowlands	11:45
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19. Scott Mattan	14:50
20. Doug Adams	15:30
21. Justin Nowland	15:30
22. Joe Rudy	15:31
23. Tim Allison	16:31
24. Henry Carius	18:57

Did not compete: Jon Kushmer

Solid Season Opener

If you felt a bit tired last night in the race.....remember that you ran LONG on Monday. We needed our long aerobic day and it had to be then so great job racing a bit tired. You are off to a great start. Keep working hard and believing in each other.

We have NO WEAK LINKS.

We are VERY PROUD of each of your efforts Tuesday night.

KIP IT