

# Cross country seeks continued success

By JASON RANDALL  
*Sports Editor*

Winning is nothing unusual for the J.D. Darnall girls cross country team. In head coach Don Fredericks' 14 years, the girls team has won the NCIC title 13 times, including the last seven.

This year's team is poised to defend its NCIC title streak with 12 returning letter winners on a 16-girl squad.

The Leafs will be led by sophomore Rachel Wyffels who brought home all-conference,

all-regional and all-sectional honors a year ago as a freshman as well as competing in the IHSA state meet.

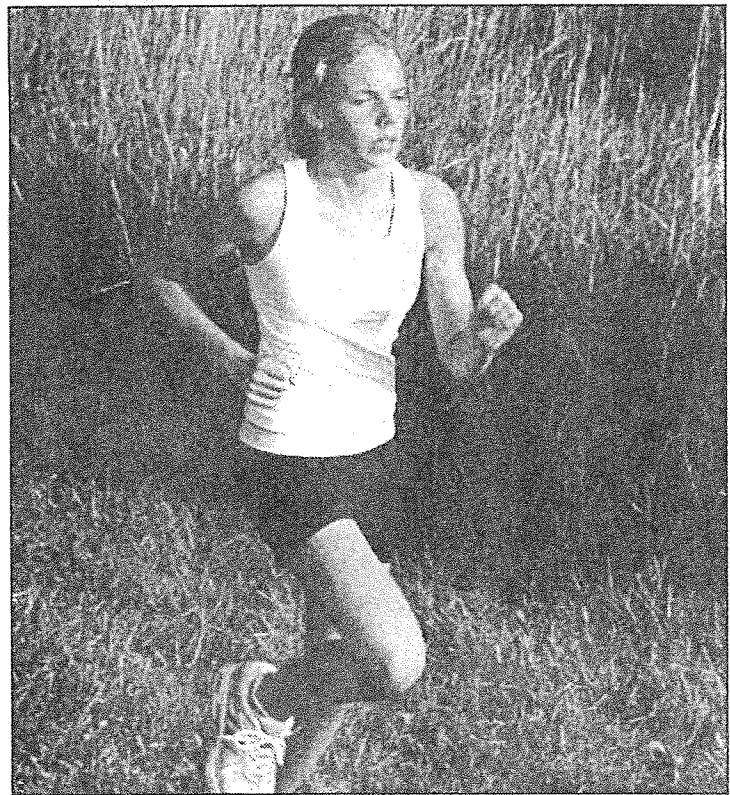
"Rachel is our top runner on the girls side," Fredericks said. "Having put in a solid summer of base mileage, she appears ready to take the next logical step and mix it up with the state's best."

In addition to Wyffels, the Leafs feature a couple of very fast seniors. Becky Johnson and Megan Matyassee will both compete with talented under-class runners for the top spots

on the team.

In the annual alumni open run on Tuesday evening, Johnson, Matyassee and Wyffels finished first, second and third.

"It is still very early in the season and no definite pecking order has been established at this point," Fredericks said. "Our goal will be to peak when it counts, at championship meet time."



Republic photo by Jason Randall

**SOPHOMORE RACHEL WYFFELS** strides up a hill on Tuesday evening during the Alumni Open.

Fredericks is thrilled with the work that the Lady Leafs have put in during the summer and expects great things for this season.

"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. "We have a very proud tradition of distance running in Geneseo and I look for this group to add to that proud history."

On the boys side, all-conference, all-regional and all-sectional honoree Justin Trujillo will anchor the Maple Leafs. The senior three-time letter winner also performed well in the state meet last season.

"Justin has been the most dedicated athlete in this program for the last three years," Fredericks said. "His off-season efforts paid huge dividends as he was a state finalist in cross country last fall. He is ready to run with the state's best."

Christian Rowlands will also be strong for the Leafs this season. He too was all-NCIC last year and just missed qualifying

for the state meet.

"Christian is a two-time all-NCIC performer," Fredericks said. "He possesses a plethora of experience, and I look for him to be mixing it up with the area's best as he battles for a top three position."

Other strong runners who will be competing for the top spots on the Leafs will be Seniors Tim Holevoet and Andrew Fehlman as well as juniors Bill Barton and Nathan Schlindwein.

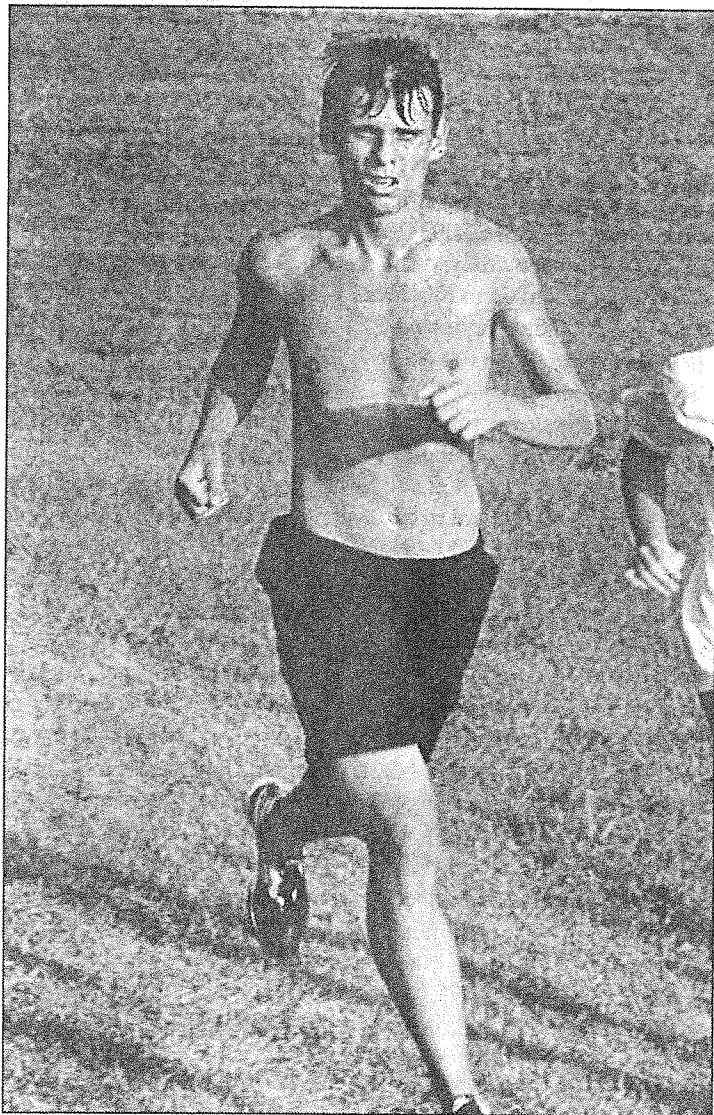
"Dixon is a heavy favorite to repeat as the NCIC champions this season," Fredericks said. "But, the Geneseo boys are working very hard and hope to make a run for the gold come championship meet time."

Fredericks also spoke about what it will take for the season to be a success for both the girls and boys teams.

"Strong leadership and omnipotent pack running will be the keys to success this fall," Fredericks said. "I also want a continued daily commitment to excellence via intelligent training, racing, nutrition, hydration and sleeping patterns."

Fredericks also said that the team will dedicate their season to assistant coach Mel Snook this year as he is retiring from teaching.

"This is a special year," Fredericks said. "We are going to dedicate this year to him for the wonderful things he has done for the athletes in this school."



Republic photo by Jason Randall

#### **JUSTIN TRUJILLO RUNS** in the Alumni Open on Tuesday.

Another assistant helping out with the team this year is Kelley Timmerman.

"Kelley is the top female distance runner in the Quad Cities area," Fredericks said. "She is a valuable asset to this team. We

hope she can be with us full time next season."

The Leafs open their season on Sept. 2 at Rochelle. The first home meet is on Sept. 20 at Richmond Hill for the Geneseo Invitational.

# 2003 Alumni / Open Cross-Country Race

**When:** Tuesday, August 26th  
**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 (Middle School age and younger)  
**Entry Fees:** One T-Shirt (for prize table)  
2 - 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:	--	Middle School & 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
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. All college runners will start with the Seniors.

**Anyone is welcome to participate. Good Luck to All!**

## Geneseo Cross-Country Results

### Alumni / Open Race

Site: Richmond Hill Park

Date: 8/26/03

Conditions: 96° (Heat Index 101°)

Racing Distance: 2.0 Miles (High School and Open Adult Runners)

1.0 Mile\* (Middle School and younger) \*Not an exact mile.

<u>Name</u>	<u>Division</u>	<u>Time</u>	<u>Actual Time</u>
1. Jacob Wyffels	0 (8 <sup>th</sup> )	14:15	5:45
2. Nathan Schlindwein	7 (11 <sup>th</sup> )	14:28	11:28
3. Bryce Borkgren	0 (8 <sup>th</sup> )	14:28	5:58
4. Nate Silver	5 (9 <sup>th</sup> )	14:45	12:45
5. Justin Trujillo	8 (12 <sup>th</sup> )	14:48	11:18
6. Bill Barton	7 (11 <sup>th</sup> )	14:51	11:51
7. Jordan Lampe	0 (8 <sup>th</sup> )	14:53	6:23
8. Blake Wyffels	5 (9 <sup>th</sup> )	14:59	12:59
9. Rachel Wyffels	2 (10 <sup>th</sup> )	15:05	14:35
10. Judson Kuffel	0 (8 <sup>th</sup> )	15:06	6:36
11. Don Fredericks	5 (adult)	15:06	13:06
12. Rob Barton	0 (7 <sup>th</sup> )	15:20	6:50
13. Rachel Atwell	0 (8 <sup>th</sup> )	15:22	6:52
14. Jon Reese	0 (7 <sup>th</sup> )	15:29	6:59
15. Jordan Wildermuth	7 (11 <sup>th</sup> )	15:30	12:30
16. Abby Winberry	1 (9 <sup>th</sup> )	15:31	15:31
17. Bruce Borkgren	5 (adult)	15:32	13:32
18. Christian Rowlands	8 (12 <sup>th</sup> )	15:38	12:08
19. Mike Croegaert	3 (adult)	15:40	14:40
20. Brad Mattan	8 (12 <sup>th</sup> )	15:40	12:10
21. Ben Koenig	0 (8 <sup>th</sup> )	15:41	7:11
22. Stephanie Kennett	0 (7 <sup>th</sup> )	15:42	7:12
23. Becky Johnson	4 (12 <sup>th</sup> )	15:43	14:13
24. Laura Peterson	0 (8 <sup>th</sup> )	15:44	7:14
25. Tim Holevoet	8 (12 <sup>th</sup> )	15:44	12:14
26. Grant Whalheim	0 (7 <sup>th</sup> )	15:45	7:15
27. Katie Croegaert	3 (11 <sup>th</sup> )	15:46	14:46
28. Jack Schlindwein	5 (adult)	15:47	13:47
29. Kelli Lawrence	1 (9 <sup>th</sup> )	15:48	15:48
30. Bob Wyffels	2 (adult)	15:50	15:20
31. Lauren Schroeder	0 (7 <sup>th</sup> )	15:52	7:22
32. Patrick Schroeder	0 (5 <sup>th</sup> )	15:53	7:23
33. Pete Nelson	6 (10 <sup>th</sup> )	15:54	13:24
34. Eric Windsor	0 (8 <sup>th</sup> )	15:57	7:27
35. Collin Long	0 (8 <sup>th</sup> )	16:00	7:30
36. Megan Matyas	4 (12 <sup>th</sup> )	16:01	14:31
37. Scott Mattan	6 (10 <sup>th</sup> )	16:00	13:30
38. Tony Lyttles	7 (11 <sup>th</sup> )	16:11	13:11
39. Matt Ulner	0 (7 <sup>th</sup> )	16:18	7:48

40. Ali Cravens	0 (5 <sup>th</sup> )	16:20	7:50
41. Tom Mattan	6 (adult)	16:21	13:51
42. Jon Weiser	8 (12 <sup>th</sup> )	16:25	12:55
43. Duncan Kuffel	0 (3 <sup>rd</sup> )	16:29	7:59
44. Andrew Fehlman	8 (12 <sup>th</sup> )	16:30	13:00
45. Abbey Schlindwein	2 (10 <sup>th</sup> )	16:31	16:01
46. Nicole Carton	1 (9 <sup>th</sup> )	16:32	16:32
47. Breanna Loebach	0 (7 <sup>th</sup> )	16:34	8:04
48. Elizabeth Hanford	0 (7 <sup>th</sup> )	16:38	8:08
49. Erik Kowitz	5 (9 <sup>th</sup> )	16:43	14:43
50. Tom Menendez	5 (9 <sup>th</sup> )	16:47	14:47
51. Susan Riewerts	0 (8 <sup>th</sup> )	16:48	8:18
52. Kady Patterson	0 (8 <sup>th</sup> )	16:53	8:23
53. Anna Wells	0 (8 <sup>th</sup> )	16:54	8:24
54. Jacob Carton	0 (6 <sup>th</sup> )	16:58	8:28
55. Justin Ogilvie	7 (11 <sup>th</sup> )	16:59	13:59
56. Jessica DeFauw	0 (7 <sup>th</sup> )	17:01	8:31
57. Jeff Mason	8 (12 <sup>th</sup> )	17:12	13:52
58. Chaise Blakely	0 (2 <sup>nd</sup> )	17:18	8:48
59. Justin Heaton	6 (10 <sup>th</sup> )	17:19	14:49
60. Maggie Schlindwein	0 (3 <sup>rd</sup> )	17:22	8:52
61. David Cross	7 (11 <sup>th</sup> )	17:23	14:23
62. Ben Arnett	6 (10 <sup>th</sup> )	17:24	14:54
63. Doug Adams	7 (11 <sup>th</sup> )	17:25	14:25
64. Jacque DeFauw	0 (4 <sup>th</sup> )	17:28	8:58
65. Erin Browne	2 (10 <sup>th</sup> )	17:36	17:06
66. Danielle White	0 (6 <sup>th</sup> )	18:12	9:42
67. Alison Curran	3 (11 <sup>th</sup> )	18:14	17:14
68. Samantha Cravens	0 (7 <sup>th</sup> )	18:16	9:46
69. Tim Alison	8 (12 <sup>th</sup> )	18:16	14:48
70. Joe Rudy	7 (11 <sup>th</sup> )	18:21	15:21
71. Steve Gerhardt	4 (adult)	18:29	16:59
72. Adam Roesner	7 (11 <sup>th</sup> )	18:31	15:31
73. Jamie DeFauw	0 (2 <sup>nd</sup> )	18:36	10:06
74. Hunter Kuffel	0 (3 <sup>rd</sup> )	20:03	11:33
75. Scott Kuffel	0 (adult)	20:05	11:35

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