

# Cross country controls competition

By JASON RANDALL  
*Sports Editor*

Both the boys and girls cross country teams jumped out to blazing fast starts on Tuesday when they traveled to Rochelle to compete against the Hubs, Princeton and Bureau Valley at Kishwaukee College.

Both squads ran away with the meet and came away 3-0 in dual competition.

On the boys side, six Geneseo runners finished in the top ten individually.

Justin Trujillo was the overall winner with a three-mile time of 16:30. His time was 22 seconds faster than the second place finisher.

Nathan Schlindwein placed third individually with a time of 17:23 and Bill Barton took fourth at 17:42.

Brad Mattan finished sixth with a time of 18:00, and Jordan Wildermuth came in ninth at 18:34.

Rounding out the top ten was Tim Holevoet with a final time of 18:36.

Head coach Don Fredericks was very happy with the effort.

"If we keep doing the work, good things will follow," Fredericks said. "This team has a chance to be very special if they can pull together."

On the girls side, Geneseo put five runners in the top 10, including meet winner Rachel

Wyffels who finished at 19:36.

Wyffels' closest competitor was 17 seconds behind.

Becky Johnson placed third individually with a time of 20:27, and she was followed by fourth place finisher Katie Croegart at 21:05.

Alexis Minnaert took eighth place with a solid time of 21:54, and just one second behind in ninth place was Megan Matyas.

Erica Brenny placed 11th with a time of 22:10.

The NCIC championship meet will be held at Rochelle on Oct. 18, and Coach Fredericks wanted his runners to familiarize themselves with the course.

"Our goal was familiarize

ourselves with this course and get an early-season look at the Lady Leafs in action," Fredericks said. "We have a long way to go if we are going to keep the NCIC steak alive, but I think that if we continue to work hard and do their job each and every day, I believe they can achieve that goal and much more."

Both cross country teams will travel to Galesburg tomorrow for the Galesburg Invitational.

Next week, the busy schedule will have the Leafs run at Moline on Sept. 9 and then at the Peoria Woodruff Invite on Sept. 13.

The first home meet is Sept. 20 for the Geneseo Invite at Richmond Hill.

## Geneseo Cross-Country Results

### Geneseo Vs. Rochelle, Princeton, and Bureau Valley

Site: Kishwaukee College

Date: 9/02/03

Conditions: 78° & nice

Racing Distance: 3.0 Miles

Division: Frosh-Soph Boys Race

# of Competitors: 24

	<u>Name</u>	<u>School</u>	<u>Time</u>	<u>Splits</u>
1.	? Gonigan 10	Princeton	18:42	
2.	Justin Goodrich 9	Geneseo	18:53	5:49 / 12:18
3.	Nate Silver 9	Geneseo	19:08	5:54 / 12:32
4.	Blake Wyffels 9	Geneseo	19:20	6:05 / 12:45
5.	? Kriger 10	Princeton	19:46	
6.	Pete Nelson 10	Geneseo	19:52	6:11 / 13:06
7.	? Schmidt 9	Bureau Valley	20:59	
8.	Scott Mattan 10	Geneseo	21:08	6:24 / 13:43
9.	Ben Arnett 10	Geneseo	21:14	6:20 / 13:47
10.	? Mallory 10	Rochelle	21:22	
11.	Jon James 10	Rochelle	21:27	
12.	Tom Menendez 9	Geneseo	21:57	6:48 / 14:12
13.	? McGill 10	Rochelle	22:35	
14.	Erik Kowitz 9	Geneseo	22:48	7:03 / 15:03
15.	Justin Heaton 10	Geneseo	22:49	7:03 / 15:03
16.	Chris James 9	Rochelle	22:55	
17.	Wyatt Pyatt 9	Geneseo	23:05	6:27 / 14:59
18.	? Donner 9	Princeton	23:06	
19.	? Devenney 10	Bureau Valley	24:50	
20.	? Fiste 10	Princeton	25:52	
21.	Tim Dobbels 9	Geneseo	26:10	7:54 / 17:14
22.	? Dougherty 9	Rochelle	26:33	
23.	? Moore 10	Princeton	26:35	
24.	? Russell 9	Rochelle	27:52	
		Leader		??

### Frosh-Soph Boys Dual Meet Scores

#### Team Scores

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>Total</u>	<u>6</u>	<u>7</u>
Geneseo	2	3	4	6	7	22	8	9
Princeton	1	5	10	11	12	39	13	14
Geneseo	1	2	3	4	5	15	6	9
Rochelle	7	8	10	11	12	48	13	14
Geneseo	1	2	3	4	6	16	7	8
Bureau Valley	5	8	xx	xx	xx	inc.	xx	xx

Geneseo Frosh-Soph Record 3 Wins / 0 Defeats

Solid Efforts Men.

This was a nice season opener. Keep doing the work and good things will happen. There are no shortcuts in this sport. Hard, intelligent work equals outstanding results. You are the future of Geneseo distance running. Honor those that have gone before you by giving this team nothing short of your very best. Go For The Gold.

## Geneseo Cross-Country Results

### Geneseo Vs. Rochelle, Princeton, and Bureau Valley

Site: Kishwaukee College

Date: 9/02/03

Conditions: 78° & nice

Racing Distance: 3.0 Miles

Division: Varsity Girls Race

# of Competitors: 40

<u>Name</u>	<u>School</u>	<u>Time</u>	<u>Splits</u>
1. Rachel Wyffels 10	Geneseo	19:36	6:21 / 12:55
2. Sarah Nordman 11	Rochelle	19:53	
3. Becky Johnson 11	Geneseo	20:27	6:23 / 13:24
4. Katie Croegaert 11	Geneseo	21:05	6:39 / 13:51
5. Amy Zilis 12	Rochelle	21:37	
6. ? Stone 11	Bureau Valley	21:40	
7. ? Rics 10	Bureau Valley	21:51	
8. Alexis Minnaert 11	Geneseo	21:54	6:58 / 14:26
9. Megan Matyas 12	Geneseo	21:55	6:50 / 14:17
10. ? Arnold 10	Bureau Valley	22:03	
11. Erica Brenny 11	Geneseo	22:10	7:00 / 14:36
12. ? Whitman 9	Rochelle	22:13	
13. ? Moorehead 9	Rochelle	22:16	
14. Abby Winberry 9	Geneseo	22:28	7:02 / 14:42
15. Jenna Underwood 11	Princeton	22:31	
16. ? VonHolte 9	Bureau Valley	22:40	
17. Laura Luloff 12	Princeton	22:46	
18. ? Danielson 12	Bureau Valley	23:03	
19. M. James 11	Rochelle	23:07	
20. ? Cowley 9	Rochelle	23:25	
21. Nicole Carton 9	Geneseo	23:27	7:22 / 15:23
22. Alison Curran 11	Geneseo	23:43	7:22 / 15:28
23. Kelli Lawrence 9	Geneseo	23:44	7:22 / 15:28
24. Erin Browne 10	Geneseo	23:46	7:22 / 15:28
25. ? Foster 10	Rochelle	23:54	
26. ? Nichols 11	Bureau Valley	24:43	
27. Abbey Schlindwein 10	Geneseo	24:45	6:59 / 15:54
28. ? Merth 11	Princeton	25:14	
29. Sarah Luloff 10	Princeton	25:32	
30. ? Anderson 9	Rochelle	25:34	
31. ? Ernst 12	Bureau Valley	26:02	
32. Rebekah Niemuth 11	Princeton	26:09	
33. ? Marti 9	Princeton	26:17	
34. ? Nye 11	Princeton	27:11	
35. ? Martin 10	Rochelle	27:24	
36. ? Harrod 9	Bureau Valley	27:31	
37. ? Naaktgeboren 9	Bureau Valley	27:32	
38. ? Russell 10	Rochelle	28:35	
39. ? Friday 10	Rochelle	28:39	
40. Julie Luloff 12	Princeton	28:44	
	Leader		??? / ???

Did Not Compete: Sally Collis, Kelle Curran, Amanda Pearson, Kayla McVietty

### Varsity Girls Dual Meet Scores

#### Team Scores

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>Total</u>	<u>6</u>	<u>7</u>
Geneseo	1	2	3	4	5	15	6	7
Princeton	8	9	10	11	12	50	13	14
Geneseo	1	3	4	6	7	21	8	11
Rochelle	2	5	9	10	12	38	13	14
Geneseo	1	2	3	6	7	19	9	10
Bureau Valley	4	5	8	11	12	40	13	14

Geneseo Varsity Girls Record      3 Wins / 0 Defeats

### Way to roll Ladies.

Way to get out and pack it up Lady Leafs. The Conference meet will be at Rochelle on October 18<sup>th</sup>. Our goal was to familiarize ourselves with this course and get an early-season look at the Lady Leafs "in action". We have a long way to go if you are going to keep "The NCIC Streak" alive. If you all pull your weight and do your job each and every day, I believe that you can achieve that goal and much more. Keep doing the work and believing in each other.

Together We Can.

## Geneseo Cross-Country Results

### Geneseo Vs. Rochelle, Princeton, and Bureau Valley

Site: Kishwaukee College

Date: 9/02/03

Conditions: 78° & nice

Racing Distance: 3.0 Miles

Division: Varsity Boys Race

# of Competitors: 26

	<u>Name</u>	<u>School</u>	<u>Time</u>	<u>Splits</u>
1.	Justin Trujillo 12	Geneseo	16:30	5:07 / 10:51
2.	? Kostman ??	Bureau Valley	16:52	
3.	Nathan Schlindwein 11	Geneseo	17:23	5:14 / 11:08
4.	Bill Barton 11	Geneseo	17:42	5:34 / 11:47
5.	Jason Wasser 11	Rochelle	17:47	
6.	Brad Mattan 12	Geneseo	18:00	5:35 / 11:49
7.	? Marquis ??	Bureau Valley	18:19	
8.	? Gonigan ??	Bureau Valley	18:24	
9.	Jordan Wildermuth 11	Geneseo	18:34	5:37 / 11:59
10.	Tim Holevoet 12	Geneseo	18:36	5:39 / 12:08
11.	? Glen ??	Rochelle	18:43	
12.	? Pohl ??	Rochelle	19:04	
13.	? Peterson ??	Bureau Valley	19:09	
14.	Jon Weiser 12	Geneseo	19:37	6:12 / 12:57
15.	Andrew Fehlman 12	Geneseo	20:06	6:12 / 12:57
16.	? White ??	Rochelle	20:20	
17.	Tony Lyttles 11	Geneseo	20:29	6:05 / 13:15
18.	? Cooper ??	Rochelle	20:51	
19.	David Cross 11	Geneseo	20:53	6:12 / 13:33
20.	? Goose ??	Rochelle	21:20	
21.	Doug Adams 11	Geneseo	21:21	6:52 / 14:22
22.	? Bustmante ??	Rochelle	21:22	
23.	Joe Rudy 11	Geneseo	21:23	6:53 / 14:22
24.	Tim Allison 12	Geneseo	21:24	6:46 / 14:21
25.	? Carmichael ??	Rochelle	21:40	
26.	? Varland ??	Princeton	25:11	
		Leader		5:07 / 10:51

Did not compete: Justin Ogilvie, Adam Roesner, Christian Rowlands

### Varsity Boys Dual Meet Scores

#### Team Scores

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>Total</u>	<u>6</u>	<u>7</u>
Geneseo	1	2	3	4	5	15	6	7
Princeton	8	xx	xx	xx	xx	inc	xx	xx

Geneseo	1	2	3	5	6	17	7	10
Rochelle	4	8	9	11	12	44	13	14
Geneseo	1	3	4	5	8	21	9	11
Bureau Valley	2	6	7	10	12	37	13	14

Geneseo Varsity Boys Record      3 Wins / 0 Defeats

### Good Work Men.

At last....a chance to compete against someone other than ourselves. Our goal in traveling to Kishwaukee College was to familiarize ourselves with the course. In addition we needed solid efforts in regard to our training program. You got both. Congratulations on a job well done. Lets nail Thursday's workout and roll into Galesburg and see where we stack up at this early part of the season. Keep doing the work and good things will follow. You can become a very special team if you pull together. Remember, we have no weak links. Together  
We Can.