

# Geneseo CC opens with Alumni Race

The Geneseo Cross Country team fell in their first match-up at the Sterling Mile Relay after opening the season with the annual Alumni Race last week.

## Sterling Mile Relay

Both cross country squads opened their regular season at the Sterling Grass Relays. The girls finished with a final team score of 28, while Sterling won by one point with a 27. The boys ended with 30 points, but Sterling squeezed out a five-point victory with a 25.

It is very early in the season and this is a new format for the invite, Head Coach Don Fredericks said. In this type of race, each group ran six miles with each person switching roughly every mile.

"Sterling is certainly a favorite on the girls side and, possibly, on the boys side," Fredericks said. "They are very strong teams. And there was lots of great sportsmanship. It was a great way to start the season."

In the girls' race, the team of Rachel Wyffels and Eliza Cropp placed second with a final time of 39 minutes and 21 seconds, followed by Sally Collis and Ruthie Lile in third with a time of 42:08. Elaina Boone and Rachel Atwell finished in fifth place, crossing the finish line in 43:30; teammates Abby Winberry and Stephanie Kennett completed the race in 44:44.

Others finishing the race were Kayla McVetty and Kelli Lawrence in 45:59, Kirsten Keener and Kate Langdon in 51:04, and Sarah Rudy and Liz Hanford in 53:44.

Placing second in the boys' race and first for the Leafs, was the team of Nate Silver and Dan Chenoweth with a

final time of 32:29, followed by Blake Wyffels and Ryan Kotecki in third with a time of 33:58. Pete Nelson and Josh Lodge completed the race in 36:00 for seventh place, while teammates Lucas Cropp and Bryce Borkgren came in eighth in 36:20.

The team of Scott Mattan and Jesse Cross took the 10th place spot in 36:49, while Erik Kowitz and Eric Windsor crossed the finish line in 38:17. Caleb Dierickx and Justin Heaton raced to a 13th place

finish in 39:06, followed by Jaran Heaton and Jake Rathman in 39:59. Zach Saigh and Dyson Wake rounded out the finishes for Geneseo in 41:49.

"The runners enjoyed (the race)," Fredericks said. "They were tired and shot at the end, but it was a great workout."

"Everyone ran great and it will be interesting to see how things end up," Fredericks said. "And the competitive situation (for spots) is going to help out a lot."

## Alumni Race

The Geneseo Cross Country team hosted its annual Alumni Race, Aug. 25 at Richmond Hill Park. The race is a two-mile run for the high-school team and open-race adults, and a one-mile race of the middle-school runners and younger. The entry fee was one used t-shirt in good condition, for the prize table, and two to three canned goods to be donated to the Geneseo Food Pantry. T-shirts were awarded to all finishers.

"We were very satisfied and it was a great way to start the season," Fredericks said. "We were very pleased and it was a lot of fun."

The race was a handicap race and the groups are listed as follows: Group 0 was middle-school-and-under runners; Group 1, freshmen girls; Group 2, sophomore girls; Group 3, junior girls; Group 4, senior girls; Group 5, freshmen boys; Group 6, sophomore boys; Group 7, junior boys; Group 8, senior boys and Group 9, Elite runners.

Placing first in the race was Chad Ford, Group 0, in 13 minutes and 25 seconds followed by Dan Chenoweth, Group 7, in 13:27. In third place, was Tyler Timmerman, Group 0, with a time of 14:00, followed by Josh Lodge, Group 5, in 14:02 and John Mullin, Group 0, in 14:09. Others placing in the top ten were Ian Mattan, Group 0, crossing the finish-line in 14:10; Ryan Kotecki, Group 6, in 14:11; C.C. Fredericks, Group 5, in 14:24; Don Fredericks, Group 5, in 14:25 and Eliza Cropp with a 10th-place finish with a time of 14:33.

Other runners included Andrew Kellogg with a time of

14:37, Nate Silver, 14:38; Matt Arnold, 14:42; Blake Wyffels, 14:44; Amy Cosgrove, 14:48; John Parker, 14:52 and Brian Chenoweth, 14:53.

Also, Brandon Stebbins crossed the finish-line in 14:53; Jacob Arnold in 14:56; Bryce Borkgren, 14:56; Chantel Nelson, 14:59; Kyle Hirschfelder, 15:03; Carlisle Evans-Peck, 15:04; Carmen Hodgson, 15:07; Emily Ford, 15:08; Jordan Wildermuth, 15:08; Kyle DeFauw, 15:09;

Rachel Wyffels, 15:16; Joann Chenoweth, 15:19; Rachel Atwell, 15:22; and, Betsy Winberry, 15:27.

Also, Stephanie Kennett in 15:27; Sally Hamer, 15:28; Tom Mattan, 15:37; Kate Langdon, 15:38; Eric Windsor, 15:39; Lucas Cropp, 15:45; Lauren Schroeder, 15:47 and Jake Rathman, 15:49.

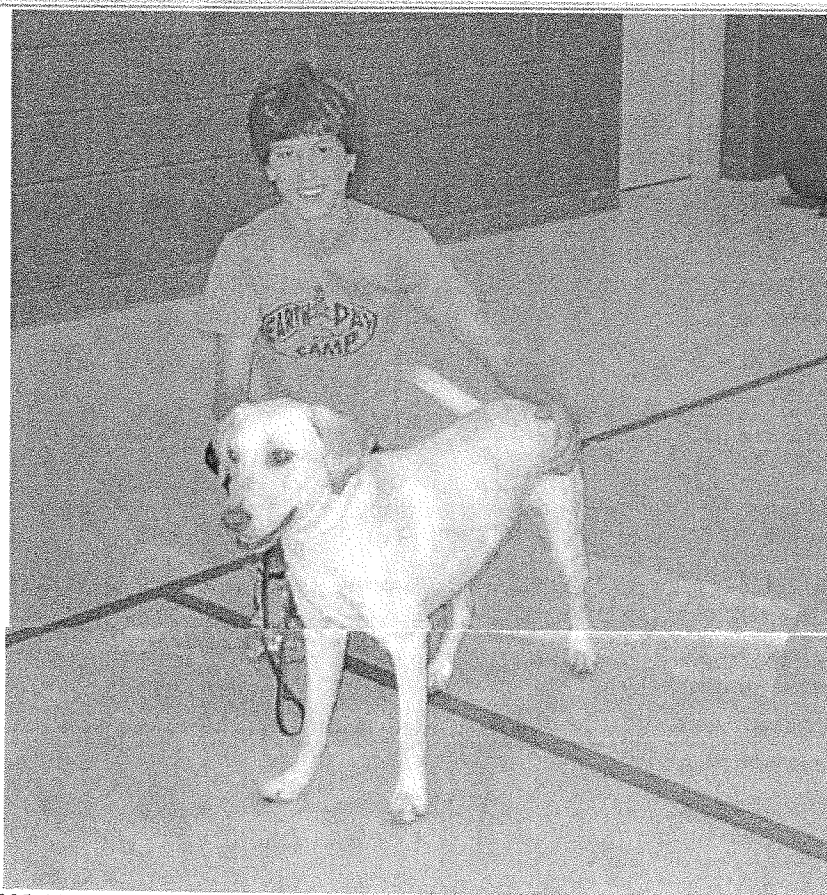
Others included Jesse Cross in 15:51; Pete Nelson, 15:52; Jorden Etter, 15:57; Erik Kowitz, 15:58; Nick Keener, 16:05; Abby Winberry, 16:06; Justin Trujillo, 16:06; Jaran Heaton, 16:09; Sally Collis, 16:12; Elaina Boone, 16:19; Scott Mattan, 16:25; Ann

Heller, 16:27; Bruce Borkgren, 16:28; Dennis Langdon, 16:33; Andrea Kastorff, 16:40; and, Justin Heaton in 16:41.

Along with Liz Hanford finishing in 16:42; Emily Wake, 16:43; Caleb Diericx, 16:45; Amber Kajdacs, 16:53; Alex Strohmeyer, 16:54; Kayla McVetty, 16:58; Dyson Wake, 16:58; Mariah Carney, 17:04; Trenton Larson, 17:06; Roger Cherry, 17:16; Mike Nelson, 17:33; Kelli Lawrence, 17:37; Elizabeth Pierce, 17:52; Bob Wyffels, 17:55; Samantha Borkgren, 17:57; and, Zach Saigh, 17:59.

Other runners included Sarah Rudy, 18:11; Jon Thompson, 18:21; Greg Chenoweth, 18:32; Kirsten Keener, 18:33; Corey Hall, 18:34; Tom Hiebert, 19:14; Zach Griffith, 19:28; Erika Laingen, 19:40; Leslie Geffert, 20:09; and, Brittney Kajdacs, 20:19.

Geneseo will be in action at 9 a.m. this Saturday, Sept. 3 in the Galesburg Invite followed by match-up at Credit Island at 5 p.m. Tuesday, Sept. 6 with Moline, Alleman, Davenport West and UTHS.



2005 Alumni-Open Champion Chad Ford poses with 8th place finisher CC Fredericks

### 81 Runners tackle 20th annual Geneseo Alumni -Open Race

Thursday Night 81 runners tackled the challenging 2-Mile Richmond Hill cross country course on cool rainy night. The race was handicapped using the formula listed below in the race announcement. The Geneseo Middle School grabbed 4 of the top 10 places and 9 of the top 20 places to dominate this year's event.

Leading the charge were the following top ten finishers: 1.) Chad Ford (group 0); 2.) Dan Chenoweth (group 7); 3.) Tyler Timmerman (group 0); 4.) Josh Lodge (group 5); 5.) John Mullin (group 0); 6.) Ian Mattan (group 0); 7.) Ryan Kotecki (group 6); 8.) C.C. Fredericks (group 5); 9.) Don Fredericks (group 5); 10.) Eliza Cropp (group 2)

# Cross Country

## 2005 Sterling Grass Relays Girls Results

- Date: 8/30/05
- Participating Schools: Sterling & Geneseo
- Site: Woodlawn School
- Conditions: 85 and nice (a bit warm)
- Racing Distance: 1 mile loop (3 times)

### Varsity Girls Race

Team Scores: Sterling 27; Geneseo 28

	Name	School	Total Time
1	Megan Fliss 12 Tasha Romano 11	Sterling	38:44
2	Rachel Wyffels Eliza Cropp 10	Geneseo	39:21
3	Sally Collis 12 Ruthie Lile 9	Geneseo	42:08
4	Kathryn Gehrke 9 Kayla Jacobs 10	Sterling	42:22
5	Elaina Boone 12 Rachel Atwell 10	Geneseo	43:30
6	Ariel Finney 10 Dauj Clark 10	Sterling	44:26
7	Abby Haak 11 Stef Verghoos 11	Sterling	44:38
8	Abby Winberry 11 Stephanie Kennett 9	Geneseo	44:44
9	Erica Montiel 9 Steph Spitzer 12	Sterling	45:21
10	Kayla McVietty 12 Kelli Lawrence	Geneseo	45:59
11	Gabe Clark 9 Tori Salazar 9	Sterling	46:30
12	Molly Scheidagger 9 Constance Sciacero 10	Sterling	49:53
13	Kirsten Keener 10 Kate Langdon 9	Geneseo	51:04
14	Sarah Rudy 10 Liz Hanford 9	Geneseo	53:44

# Cross Country

## Geneseo Girls Splits: (Sterling Grass Relays)

Rank	Name	Mile 1	Mile 2	Mile 3	Average
1	Rachel Wyffels	6:11	6:26	6:37	6:24
2	Eliza Cropp	6:24	6:45	6:58	6:42
3	Ruthie Lile	6:13	7:14	6:54	6:47
4	Elaina Boone	6:48	7:09	7:36	7:11
5	Kayla McVitty	6:52	7:18	7:34	7:12
6	Sally Collis	6:40	7:23	7:44	7:15
7	Rachel Atwell	6:54	7:26	7:39	7:19
8	Stephanie Kennett	6:55	7:37	7:35	7:23
9	Abby Winberry	7:12	7:41	7:44	7:32
10	Kate Langdon	7:10	8:09	8:05	7:48
11	Kelli Lawrence	7:37	8:16	8:23	8:05
12	Liz Hanford	7:32	8:21	9:09	8:22
13	Kirsten Keener	8:21	9:24	9:56	9:19
14	Leslie Geffert	9:07	9:33	---	9:20
15	Anne Hiebert	9:33	---	---	9:33
16	Sarah Rudy	8:38	9:41	10:23	9:34
17	Brittney Kajdacs	9:31	9:52	9:42	9:41
DNC	Nicole Carton Caitlin Forbes Erika Laingen				

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### Leafs come up with strong efforts in season opener.

On Tuesday night the Leafs traveled to Sterling to participate in the First Annual Sterling Grass Relays. The meet was run in relay fashion with each pair of teammates counting as "one" runner in the six mile race. Each athlete ran 3 miles alternating with their teammate until the six mile distance was completed. We hope this concept will catch on and develop into a full-blown invitational.

**Team Scores:** Sterling Girls 27 Geneseo Girls 28; Sterling Boys 25 Geneseo Boys 30

# Cross Country

## Sterling Grass Relays: Boys Results

- Date: 8/30/05
- Participating Schools: Sterling & Geneseo
- Site: Woodlawn School
- Conditions: 85 and nice (a bit warm)
- Racing Distance: 1 mile loop (3 times)

### Varsity Boys Race

Team Scores: Sterling 25; Geneseo 30

	Name	School	Total Time
1	Drew Rowe 11 Sam Megli 11	Sterling	32:20
2	Nate Silver 11 Dan Chenoweth	Geneseo	32:29
3	Blake Wyffels 11 Ryan Kotecki 10	Geneseo	33:58
4	Tyler Zoeller 12 Tim Noll 11	Sterling	34:19
5	Dane Styczyaski 11 Ryan Dietz 10	Sterling	35:16
6	Ben Schott 10 Jordan Pitkin 11	Sterling	35:30
7	Pete Nelson 12 Josh Lodge 9	Geneseo	36:00
8	Lucas Cropp 11 Bryce Borkgren 10	Geneseo	36:20
9	Steve Yemm 11 Mike DelaFuente 9	Sterling	36:41
10	Scott Mattan 12 Jesse Cross 11	Geneseo	36:49
11	Erik Kowitz 11 Eric Windsor 10	Geneseo	38:17
12	Scott Wolber 11 Tim Long 11	Sterling	38:31
13	Caleb Diericx 12 Justin Heaton 12	Geneseo	39:06
14	Jaran Heaton 10 Jake Rathman 9	Geneseo	39:59
15	Pat Bley 11 Matt Miller 11	Sterling	41:09
16	Zach Saigh 11 Dyson Wake 11	Geneseo	41:49

# Cross Country

## Geneseo Boys Splits: (Sterling Grass Relays)

Rank	Name	Mile 1	Mile 2	Mile 3	Average
1	Dan Chenoweth	4:57	5:14	5:12	5:07
2	Blake Wyffels	5:30	5:36	5:44	5:36
3	Nate Silver	5:23	5:48	5:55	5:42
3	Ryan Kotecki	5:35	5:41	5:52	5:42
5	Pete Nelson	5:41	6:00	6:07	5:56
6	Lucas Cropp	5:51	5:58	6:15	6:01
7	Bryce Borkgren	6:01	6:08	6:07	6:04
7	Josh Lodge	5:45	6:18	6:09	6:04
9	Jesse Cross	5:59	6:07	6:15	6:07
10	Erik Kowitz	6:07	6:13	6:05	6:08
11	Scott Mattan	6:02	6:11	6:16	6:09
12	Caleb Diericx	6:06	6:35	6:48	6:29
13	Justin Heaton	6:17	6:37	6:43	6:32
	Dyson Wake	6:22	6:34	6:40	6:32
15	Jaran Heaton	6:21	6:23	6:58	6:36
16	Eric Windsor	6:19	6:50	6:43	6:37
17	Jake Rathman	6:15	6:59	6:57	6:43
18	Corey Hall	6:41	7:19	---	7:00
19	Zach Saigh	7:12	7:22	7:38	7:24
20	Zach Griffith	7:14	7:40	---	7:27
21	Jon Thompson	7:30	---	---	7:30
22	Tom Hiebert	7:39	9:11	---	8:25
DNC	none				

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