

2006 Geneseo Cross Country

VARSITY AWARD WINNERS:

(number of letters earned in cross country)

Seniors

- Nicole Carton 3
- Brittney Kajdacs 1
- Kelli Lawrence 2
- Abby Winberry 4

- Dan Chenoweth 4
- Nate Silver 4
- Dyson Wake 1
- Blake Wyffels 4

Juniors

- Rachel Atwell 3
- Eliza Cropp 3

- Rob Brenny 1
- Ryan Kotecki 3

Sophomores

- Kate Langdon 1
- Lauren Schroeder 1

- Josh Lodge 2

Freshman

- Joann Chenoweth 1
- Amy Cosgrove 1
- Danielle Dewey 1

- Carlisle Evans-Peck 1
- Chad Ford 1

J.V. AWARD WINNERS

Seniors

- Lucas Cropp
- Nina Schouten

Juniors

- Bryce Borkgren
- Jon Cybulski
- Jaran Heaton
- Sammy Reyes
- Jesse Watkins
- Eric Windsor

SOPHOMORE AWARD WINNERS

Sophomores

- Liz Hanford

- Adam Sheley

Freshman

- Andrew Kellogg
- Ian Mattan

FRESHMAN AWARD WINNERS

Freshmen

- Amber Kajdacs
- Betsy Winberry

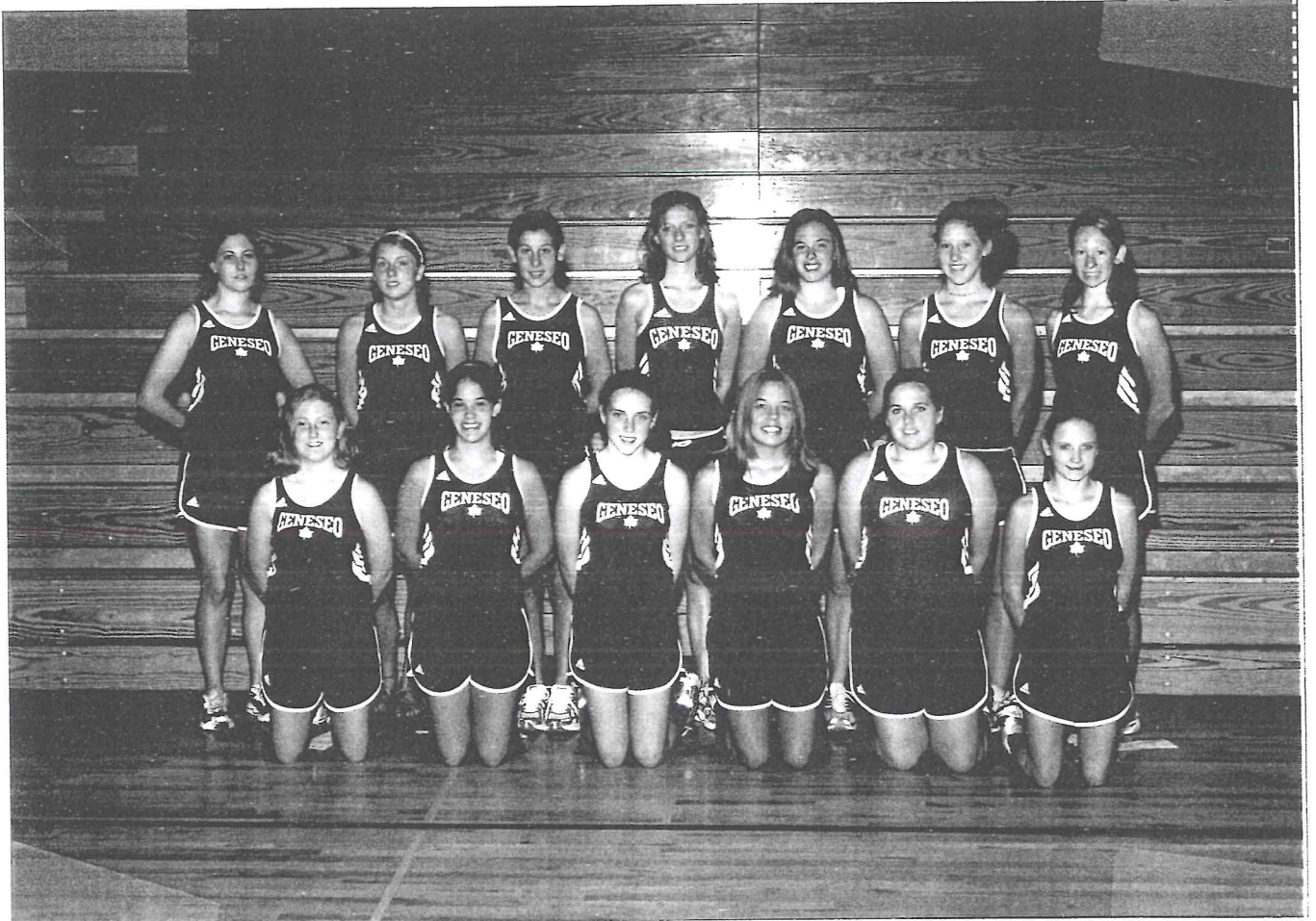
- Kyle DeFauw
- Cameron Hodgson
- Alex Strohmeier

MANAGER AWARD WINNERS

- Ashley Jorgensen (Freshman)
- Bethany Vandersnick (Senior)

2006

Girls Cross Country Team



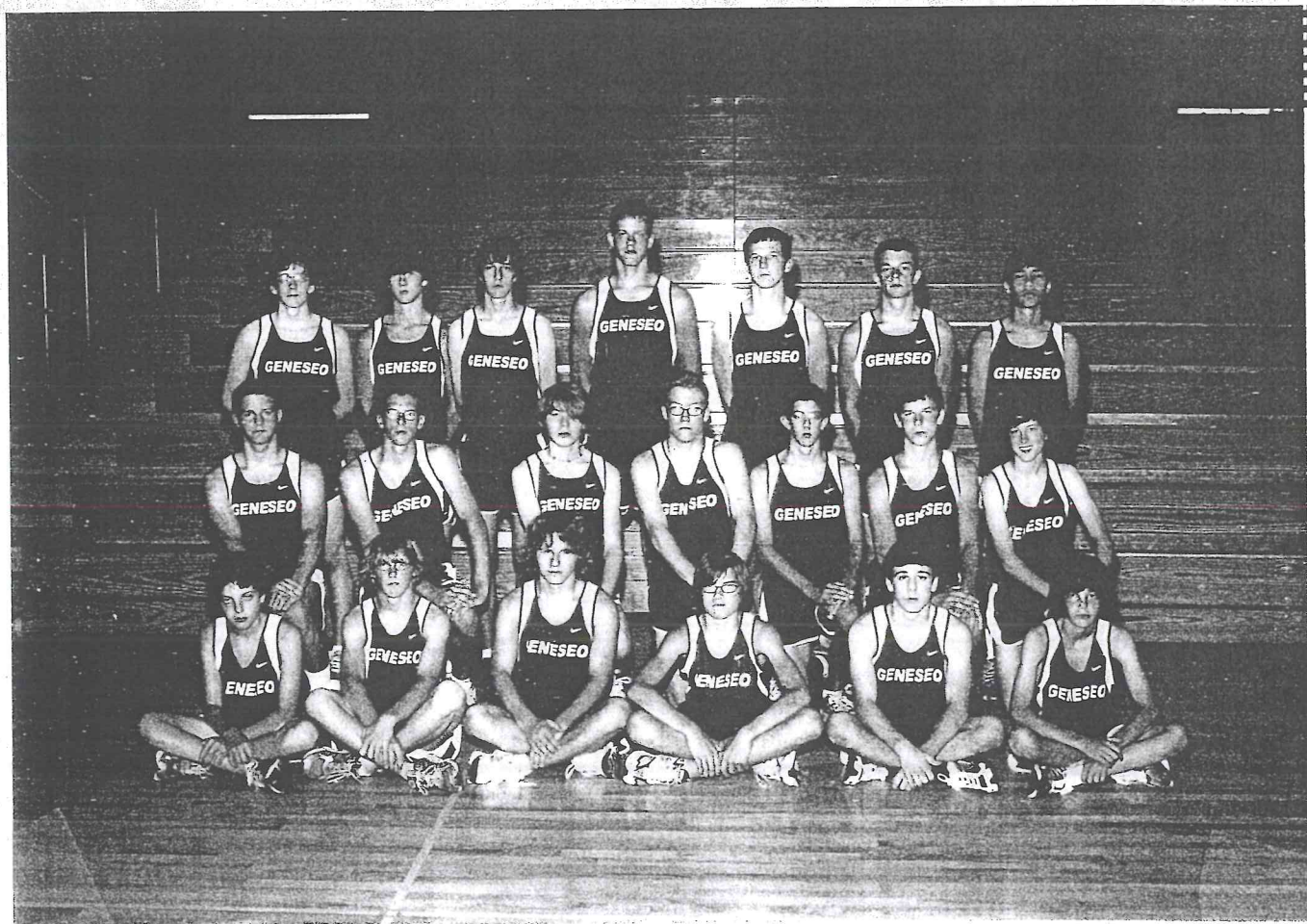
Front Row: Amber Kajdacs, Betsy Wiuberry, Joann Chenoweth, Lauren Schroeder, Kelli Lawrence, Amy Cosgrove

Back Row: Brittney Kajdacs, Rachel Atwell, Liz Hanford, Nicole Carton, Abby Winberry, Eliza Cropp, Danielle Dewey

Missing from photo: Kate Langdon, Ashley Jorgensen (Mngr.), Nina Schouten, Bethany Vandersnick (Mngr.)

2006

Boys Cross Country Team

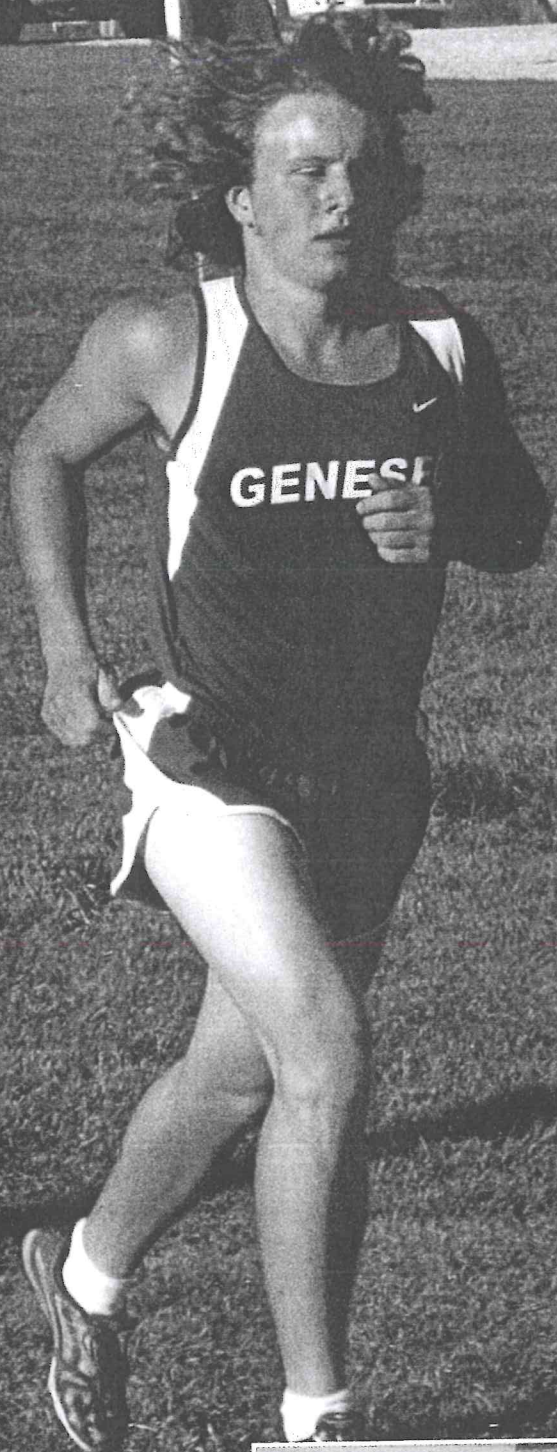


Front Row: Carlisle Evans-Peck, Ian Mattan, Erik Kowitz, Cameron Hodgson, Adam Sheley, Kyle DeFauw

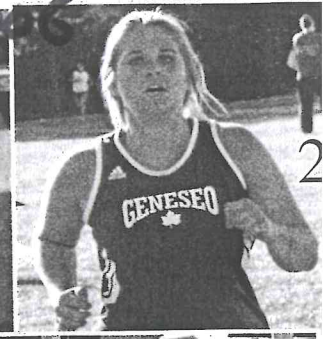
Second Row: Jon Cybulski, Blake Wyffels, Jesse Cross, Wyatt Pyatt, Josh Lodge, Rob Barton, Chad Ford

Back Row: Dyson Wake, Lucas Cropp, Alex Strohmeyer, Bryce Borkgren, Jaran Heaton, Robby Brenny, Andrew Kellogg

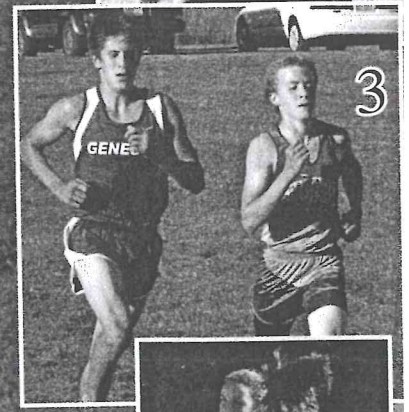
Missing from photo: Dan Chenoweth, Ryan Kotecki, Sammy Reyes, Nate Silver, Jesse Watkins, Eric Windsor, Ashley Jorgensen (Mngr.), Bethany Vandersnick (Mngr.)



1



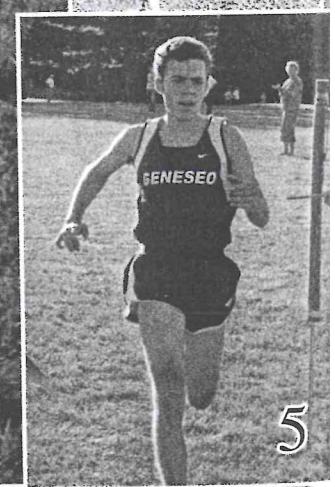
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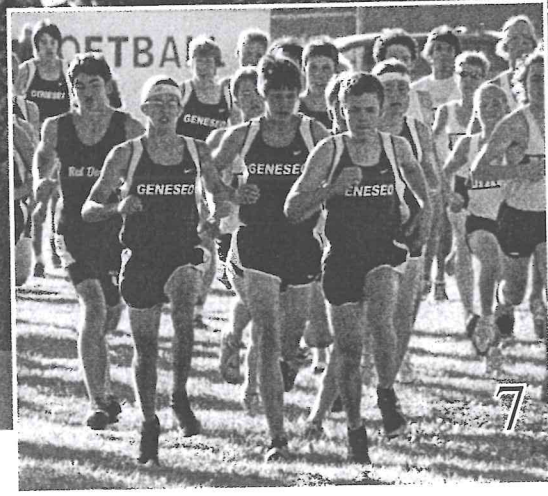
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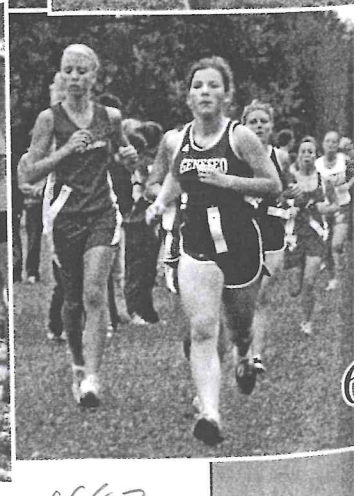
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5



7



6

1. Erik Kowitz ('07) concentrates on keeping his pace steady to save energy for the last segment of the race.
2. Kelli Lawrence ('07) takes a deep breath as she reaches the finish line.
3. As Ryan Kotecki ('08) closes the distance, he passes his opponent.
4. All that is on Joann Chenoweth's ('10) mind is passing the other teams' members.
5. Dan Chenoweth ('07) leads the way.
6. Opening her stride, Kate Langdon ('09) passes one of her speedy opponents.
7. Josh Lodge ('09), Ryan Kotecki ('08), and Dan Chenoweth ('07) start the race with determination.

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Cross Country

This was a strenuous season for Coach Freddy and the Cross Country team. The runners came from an eight hour school day, already exhausted, and then they continued on to practice. A short day included running 4-6 miles and a long day included a laborious 7-10 miles.

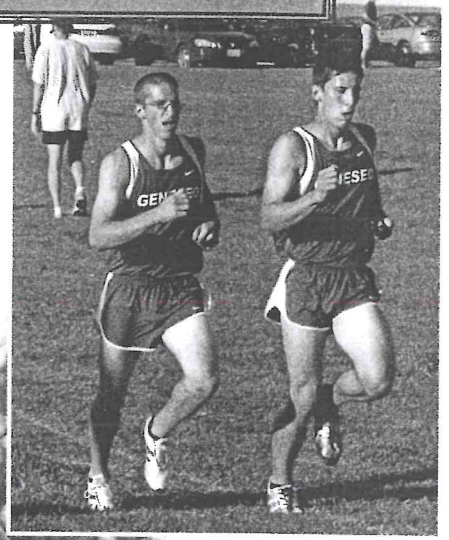
It takes much discipline along with a strong work ethic to be in Cross Country. Cross Country's boys and girls kept a swift pace of 4-6 minute miles throughout the year. They put their full effort into every single practice, and because of that, it was very successful. This year they placed high in almost all of their meets. Both teams received 2nd place at their first meet and the boys received two 1st places throughout the season.

One huge accomplishment was Dan Chenoweth ('07) placing fourth at state. Dan also qualified for nationals and ran to a 24th finish at the National race in California. All of these great accomplishments were recognized as Dan was named Pacesetter and Metro Cross-Country All Stars Runner of the Year. Danielle Dewey ('10), Josh Lodge ('09), and Ryan Kotecki ('08) were also named as All-Stars.

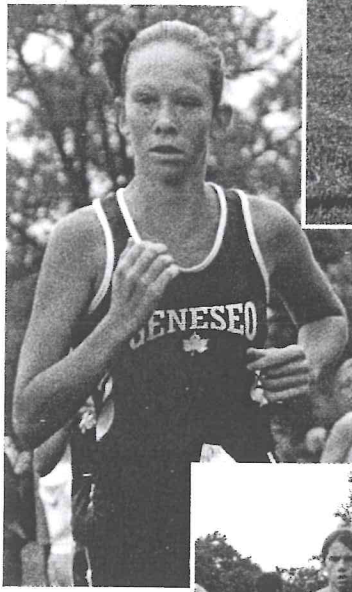
The cross country team had many great accomplishments. They should be extremely proud of themselves for their amazing season.

SCORE BOARD	
Meet	Place
Sterling Grass Relays	Girls: 2, Boys: 2
Galesburg Invite	Girls: 10, Boys: 1
Credit Island Quintangular	Girls: 2W, 2L, Boys: 4W, 0L
Cedar Falls Rich Engel Classic	Boys: 3
Geneseo Invitational	Girls: 3, Boys: 4, Overall: 2
Rock Island Invitational	Girls: 6, Boys: 6
Palantine Invitational	Boys: 14
Dixon Quintangular	Girls: 4W, 0L, Boys: 4W, 0L
Crete-Monee Pow-Wow	Boys: 9
Wheaton North Invitational	Girls: 26
Sterling XC Invitational	Girls: 27, Boys: 10
NCIC	Girls: 2, Boys: 1
Regionals	Girls: 5, Boys: 2
Sectionals	Girls: 14, Boys: 7
State (Dan Chenoweth)	4
Midwest Footlocker Race (Dan Chenoweth and Josh Lodge)	10, 86
Footlocker National Finals (Dan Chenoweth)	24

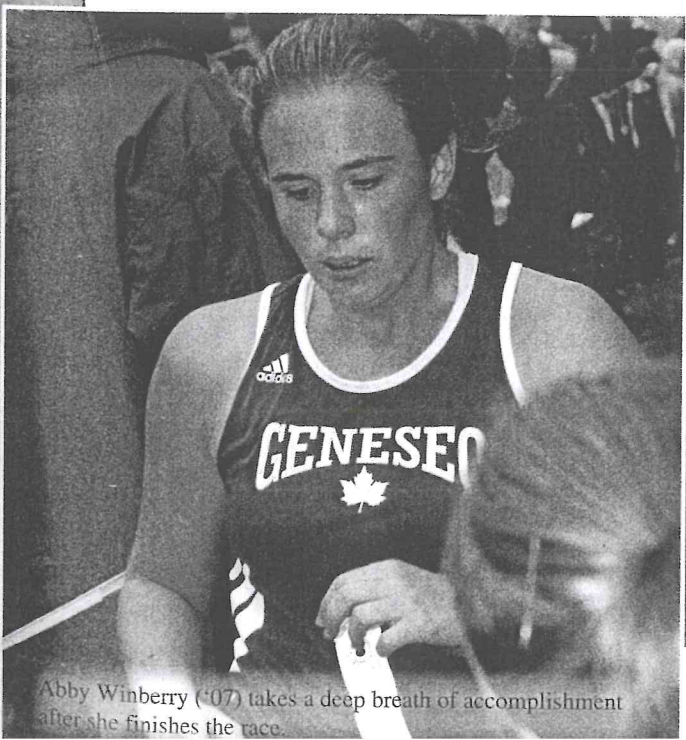
right Blake Wyffels ('07) and Nate Silver ('07) put their best foot forward as they try to make it to Regionals.



below Danielle Dewey ('10) concentrates on the path ahead of her.



below Cameron Hodgson ('10) and Andrew Kellogg ('10) team up to pass an opponent from Alleman.



Abby Winberry ('07) takes a deep breath of accomplishment after she finishes the race.

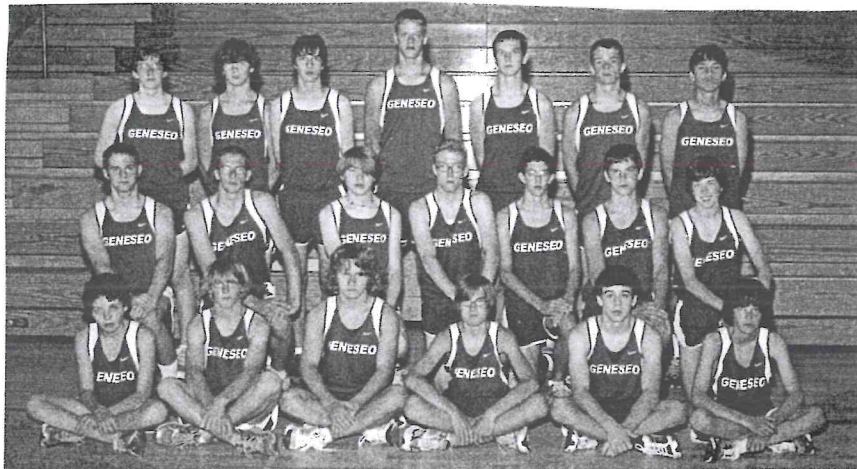
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2006



Girls Cross Country

front Amber Kajdacs, Betsy Winberry, Joann Chenoweth, Lauren Schroeder, Kelli Lawrence, Amy Cosgrove **back** Brittney Kajdacs, Rachel Atwell, Elizabeth Hanford, Nicole Carton, Abby Winberry, Eliza Cropp, Danielle Dewey



Boys Cross Country

front Carlisle Evans-Peck, Ian Mattan, Erik Kowitz, Cameron Hodgson, Adam Sheley, Kyle DeFauw **second** John Cybulski, Blake Wyffels, Jesse Cross, Wyatt Pyatt, Josh Lodge, Robert Barton, Chad Ford **back** Dyson Wake, Luca Cropp, Alex Strohmeier, Brice Borkgren, Jaran Heaton, Robbie Brenny, and Andrew Kellogg **not pictured** Dan Chenoweth, Ryan Kotecki, Nate Silver, Eric Windsor

06/07