

By **AMY BOLDT**
Sports Editor

The Leafs varsity boys' cross country team continues to pace the competition in its latest match ups, while the girls strive to find their groove.

Geneseo at Credit Island Quintangular

Geneseo's cross country teams battled against three teams on this side of the river and one on the opposite side at the Credit Island Quintangular Sept. 5.

"The meet went real good and our team really raced," Head Coach Don Fredericks said. "We had great efforts across the board and that was exciting. This meet was a heavy hitting meet against some really tough teams."

The boys' squad placed first against all four teams with a 22-33 win over Moline, 21-35 against Alleman, 20-35 over UTHS and 15-45 over Davenport West.

"The boys put themselves in position as regional contenders

and state qualifiers," Fredericks said. "And they just need to keep doing the little things."

Dan Chenoweth was the leader of the pack, taking home first place in 14 minutes and 54 seconds, followed by teammate Ryan Kotecki in fourth with a time of 16:31.

Josh Lodge added a top 10 finish in eighth at 16:47 and Blake Wyffels took ninth, crossing the finish line in 16:55.

Nate Silver ended the race in 17:02, while Rob Brenny came in with a time of 18:11.

Others adding to the wins were Dyson Wake in 18:46; Eric Windsor, 19:13; Jesse Cross, 19:32; Erik Kowitz, 19:45; Wyatt Pyatt, 21:01; Tyler Toom, 22:13; Jesse Watkins, 22:36; Jon Cybulski, 24:54 and Sammy Reyes in 25:35.

The girls' team went 2-1 for the day with wins over Alleman, 22-34 and Davenport West, 25-32. Geneseo came up short against Moline, 18-37 and UTHS, 24-31.

Leading the Lady Leafs were Amy Cosgrove, with a time of 21:07 for 11th place, Eliza Cropp with a time of 21:16 and Danielle Dewey in 21:18.

Joann Chenoweth crossed the finish line with a time of 21:49, followed by Rachel Atwell in 22:05 and Nicole Carton at 22:36.

"Eliza Cropp, Amy Cosgrove, Joann Chenoweth and Danielle Dewey are running great," Fredericks said. "And Nicole Carton is running so awesome, she has exploded and is improving by leaps and bounds."

Abby Winberry finished in 23:11, Lauren Schroeder in 23:17 and Liz Hanford at 23:41.

Other finishers included Kate Langdon in 23:47, Betsy Winberry in 25:06; Kelli Lawrence, 25:20 and Amber Kajdacs, 28:09.

"The girls are starting to gel now and we are looking to improve as much as we can," Fredericks said.

The freshmen/sophomore

boys' team claimed three wins and one loss for the meet. Geneseo defeated Moline, 15-41, Alleman, 15-50 and Davenport West, 20-39. UTHS edged Geneseo by one point, 27-28.

Chad Ford and Carlisle Evans-Peck paced the f/s team, taking second and third, respectively. Ford with a time of 18:44 and Evans-Peck, 18:51.

Ian Mattan finished sixth at 19:02; Adam Sheley took ninth in 19:34 and Cameron Hodgson with a time of 21:06.

Andrew Kellogg crossed the finish line in 22:08; Kyle DeFauw, 22:25 and Alex Strohmeier, 24:49.

Cross Country

2006 Geneseo Split Page: Credit Island Quintangular

- Date: 9/05
- Site: Credit Island Park in Davenport
- Racing Distance: 3 Miles
- Weather Conditions: 75 degrees....calm wind.....perfect

Girls Team

Rank	Time	Athlete	Place	Race	1-Mile	2-Mile
1	21:07	Amy Cosgrove	11	Varsity	6:39	14:00
2	21:16	Eliza Cropp	12	Varsity	6:39	14:00
3	21:18	Danielle Dewey	13	Varsity	6:41	14:04
4	21:49	Joann Chenoweth	15	Varsity	6:55	14:35
5	22:05	Rachel Atwell	19	Varsity	6:41	14:24
6	22:36	Nicole Carton	24	Varsity	6:55	14:35
7	23:11	Abby Winberry	31	Varsity	7:05	15:19
8	23:17	Lauren Schroeder	35	Varsity	7:16	15:26
9	23:41	Liz Hanford	41	Varsity	7:06	15:15
10	23:47	Kate Langdon	42	Varsity	7:30	15:53
11	25:06	Betsy Winberry	48	Varsity	7:49	16:34
12	25:20	Kelli Lawrence	50	Varsity	7:49	16:36
13	28:09	Amber Kajdacs	57	Varsity	8:39	18:22
DNC		Brittney Kajdacs Kearisten Ranney				

Boys Team

Rank	Time	Athlete	Place	Race	1-Mile	2-Mile
1	14:54	Dan Chenoweth	1	Varsity	4:43	9:54
2	16:31	Ryan Kotecki	4	Varsity	5:08	10:53
3	16:47	Josh Lodge	8	Varsity	5:10	11:00
4	16:55	Blake Wyffels	9	Varsity	5:19	11:09
5	17:02	Nate Silver	11	Varsity	5:19	11:15
6	18:11	Rob Brenny	23	Varsity	5:38	11:59

7	18:44	Chad Ford	2	F/S	5:45	12:20
8	18:46	Dyson Wake	29	Varsity	5:57	12:30
9	18:51	Carlisle Evans-Peck	3	F/S	5:57	12:24
10	19:02	Ian Mattan	6	F/S	5:57	12:26
11	19:13	Eric Windsor	35	Varsity	5:56	12:34
12	19:32	Jesse Cross	39	Varsity	5:56	12:51
13	19:34	Adam Sheley	9	F/S	6:30	13:17
14	19:45	Erik Kowitz	42	Varsity	5:56	13:03
15	21:01	Wyatt Pyatt	47	Varsity	6:27	13:40
16	21:06	Cameron Hodgson	13	F/S	7:03	14:20
17	22:08	Andrew Kellogg	19	F/S	7:03	14:20
18	22:13	Tyler Toom	51	Varsity	6:40	14:40
19	22:36	Jesse Watkins	52	Varsity	6:51	14:40
20	24:49	Alex Strohmeier	25	F/S	7:39	15:30
21	22:54	Jon Cybulski	55	Varsity	7:34	16:28
22	25:35	Sammy Reyes	56	Varsity	7:31	16:28
DNC		Rob Barton Bryce Borkgren Lucas Cropp Jaran Heaton				

This is a Manila site.

Cross Country

2006 Credit Island Quintangular: Varsity Girls Results

- **Date:** 9/05/06
- **Site:** Credit Island Park in Davenport
- **Racing Distance:** 3.00 Miles
- **Weather Conditions:** 76 and calm
- **Team Scores:**
 - Geneseo 22; Alleman 34
 - Geneseo 25; Davenport West 32
 - Moline 18; Geneseo 37
 - U.T. 24; Geneseo 31

Place	Name	School	Time
1	Brooke Ashcraft	U.T.	19:04
2	A. Praught	Moline	19:16
3	S. Castel	Moline	19:19
4	A. Thurston	Davenport West	19:27
5	K. Kingboos	Moline	20:20
6	K. Hogan	Alleman	20:41
7	T. Fisk	U.T.	20:48
8	D. McDowell	Davenport West	20:50
9	E. Martz	Davenport West	20:50
10	K. Kauzlarich	Moline	21:01
11	Amy Cosgrove	Geneseo	21:07
12	Eliza Cropp	Geneseo	21:16
13	Danielle Dewey	Geneseo	21:18
14	K. DeQuelle	Moline	21:39
15	Joann Chenoweth	Geneseo	21:49
16	E. Thompson	Alleman	21:56
17	S. Cross	Alleman	22:07
18	S. Tang	U.T.	22:04
19	Rachel Atwell	Geneseo	22:05
20	S. Hasken	Davenport West	22:06
21	B. Paller	Moline	22:09
22	K. Layer	Alleman	22:16
23	S. Jones	U.T.	22:33
24	Nicole Carton	Geneseo	22:36

25	K. Berg	Alleman	22:39
26	D. Lauren	Moline	22:55
27	J. McDamot	Moline	22:56
28	B. Bovee	Davenport West	23:02
29	A. Roberts	Moline	23:03
30	A. Springsteen	Alleman	23:06
31	Abby Winberry	Geneseo	23:11
32	A. Schwenneker	Alleman	23:14
33	A. Adamski	Davenport West	23:16
34	M. Gray	Davenport West	23:16
35	Lauren Schroeder	Geneseo	23:17
36	S. Ernat	Alleman	23:22
37	A. Maten	Moline	23:26
38	C. O'Connor	U.T.	23:26
39	K. Hermiston	Davenport West	23:28
40	S. Dortin	Davenport West	23:33
41	Liz Hanford	Geneseo	23:41
42	Kate Langdon	Geneseo	23:47
43	M. Bell	U.T.	24:06
44	T. Eden	Moline	24:28
45	M. Ahlers	Davenport West	24:29
46	D. Bayer	Davenport West	24:52
47	E. Milne	Davenport West	24:57
48	Betsy Winberry	Geneseo	25:06
49	M. Kroll	Alleman	25:13
50	Kelli Lawrence	Geneseo	25:20
51	A. Travey	Alleman	25:29
52	N. DeBruine	Alleman	25:30
53	N. Milne	Davenport West	26:46
54	H. Nichol	Davenport West	26:56
55	K. Dodd	Davenport West	27:23
56	M. Peters	Davenport West	27:29
57	Amber Kajdacs	Geneseo	28:09
58	K. Augustine	Davenport West	28:37
59	A. Hoffman	U.T.	28:52
60	L. Cornelis	Alleman	29:07
61	M. Campbell	Alleman	29:26
62	J. Duyuejonck	Alleman	29:43
63	M. Sheridan	Davenport West	29:48
64	B. Pethaed	Davenport West	30:54

Cross Country

06 Credit Island Quintangular: Varsity Boys Results

- **Date:** 9/05/06
- **Site:** Credit Island Park in Davenport
- **Racing Distance:** 3.00 Miles
- **Weather Conditions:** 76 and calm
- **Team Scores:**
 - Geneseo 22; Moline 33
 - Geneseo 21; Alleman 35
 - Geneseo 20; U.T. 35
 - Geneseo 15; Davenport West 45

Place	Name	School	Time
1	Dan Chenoweth	Geneseo	14:54
2	Colby Schulz	Moline	16:02
3	Stephan Escontrias	U.T.	16:30
4	Ryan Kotecki	Geneseo	16:31
5	Tim Hird	Alleman	16:33
6	B. McGuire	Alleman	16:36
7	M. Castel	Moline	16:37
8	Josh Lodge	Geneseo	16:47
9	Blake Wyffels	Geneseo	16:55
10	J. Harris	U.T.	16:58
11	Nate Silver	Geneseo	17:02
12	J. Smith	Moline	17:04
13	J. Zahn	Moline	17:12
14	C. Graham	Davenport West	17:13
15	I. Miller	Moline	17:16
16	C. Meier	Moline	17:16
17	C. Muetting	U.T.	17:17
18	R. Mendez	Alleman	17:18
19	M. Hernandez	U.T.	17:32
20	I. Bah	U.T.	17:48
21	T. Strohbeen	Alleman	17:52
22	C. Bickford	Davenport West	17:58
23	Rob Brenny	Geneseo	18:11
24	N. Bush	Alleman	18:21

25	N. Peterson	Davenport West	18:25
26	L. Jimenez	U.T.	18:28
27	C. Petoskew	Moline	18:39
28	C. Scott	U.T.	18:43
29	Dyson Wake	Geneseo	18:46
30	A. Prosize	Davenport West	18:47
31	I. Williams	Moline	18:50
32	A. Anderson	Moline	18:53
33	J. Lopez	Alleman	19:11
34	S. Long	Davenport West	19:12
35	Eric Windsor	Geneseo	19:13
36	M. Koschup	Alleman	19:22
37	B. Small	Moline	19:27
38	A. Griffith	U.T.	19:28
39	Jesse Cross	Geneseo	19:32
40	E. Fonseca	Alleman	19:35
41	J. Dellos	U.T.	19:45
42	Erik Kowitz	Geneseo	19:45
43	A. Teshak	Davenport West	19:45
44	D. Holligan	Davenport West	19:54
45	K. Dooockmonn	Davenport West	20:46
46	K. Nicoup	U.T.	20:56
47	Wyatt Pyatt	Geneseo	21:01
48	J. Graham	Davenport West	21:19
49	S. Sheesley	Alleman	21:27
50	A. Kolinauskas	Moline	21:29
51	Tyler Toom	Geneseo	22:13
52	Jesse Watkins	Geneseo	22:36
53	E. Razo	Davenport West	23:16
54	J. Floyd	U.T.	24:35
55	Jon Cybulski	Geneseo	24:54
56	Sammy Reyes	Geneseo	25:35

This is a Manila site.

Cross Country

2006 Credit Island Quintangular: Fresh-Soph Boys Result

- **Date:** 9/05/06
- **Site:** Credit Island Park in Davenport
- **Racing Distance:** 3.00 Miles
- **Weather Conditions:** 76 and calm
- **Team Scores:**
 - Geneseo 15; Moline 41
 - Geneseo 15; Alleman 50
 - U.T. 27; Geneseo 28
 - Geneseo 20; Davenport West 39

Place	Name	School	Time
1	C. Dundy	U.T.	18:16
2	Chad Ford	Geneseo	18:44
3	Carlisle Evans-Peck	Geneseo	18:51
4	D.K. Burney	Davenport West	18:59
5	A. Nino	U.T.	19:00
6	Ian Mattan	Geneseo	19:02
7	N. Gates	U.T.	19:12
8	C. Woodard	U.T.	19:41
9	Adam Sheley	Geneseo	19:34
10	C. Esparza	U.T.	19:59
11	B. Brockmann	Davenport West	20:24
12	G. Riley	Davenport West	20:57
13	Cameron Hodgson	Geneseo	21:06
14	A. McCamon	Moline	21:08
15	C. Mattecheck	Moline	21:14
16	T. Gritton	Moline	21:16
17	M. Walter	U.T.	21:18
18	J. Tompson	Moline	21:21
19	Andrew Kellogg	Geneseo	22:08
20	A. Timm	Moline	22:10
21	Kyle DeFauw	Geneseo	22:25
22	W. Olvera	Alleman	23:06
23	S. Snakumos	Moline	23:39
24	J. Love	Moline	23:54

25	Alex Strohmeier	Geneseo	24:49
26	A. Moody	U.T.	25:11
27	A. Kroenig	Davenport West	25:32
28	K. Hamilton	Davenport West	25:49
29	J. Harlow	Alleman	26:09
30	A. Nelson	Moline	26:35
31	J. Fields	Alleman	27:56
32	N. Fenner	Davenport West	28:58
33	M. MacLennan	Alleman	30:04

1

This is a Manila site.

Chenoweth off and running

By Shannon Heaton
sheaton@gconline.com

Dan Chenoweth didn't have to worry about finding motivation for his final cross country season this fall.

"I wanted to do better and finish better, individually and as a team, than we did last year," he said.

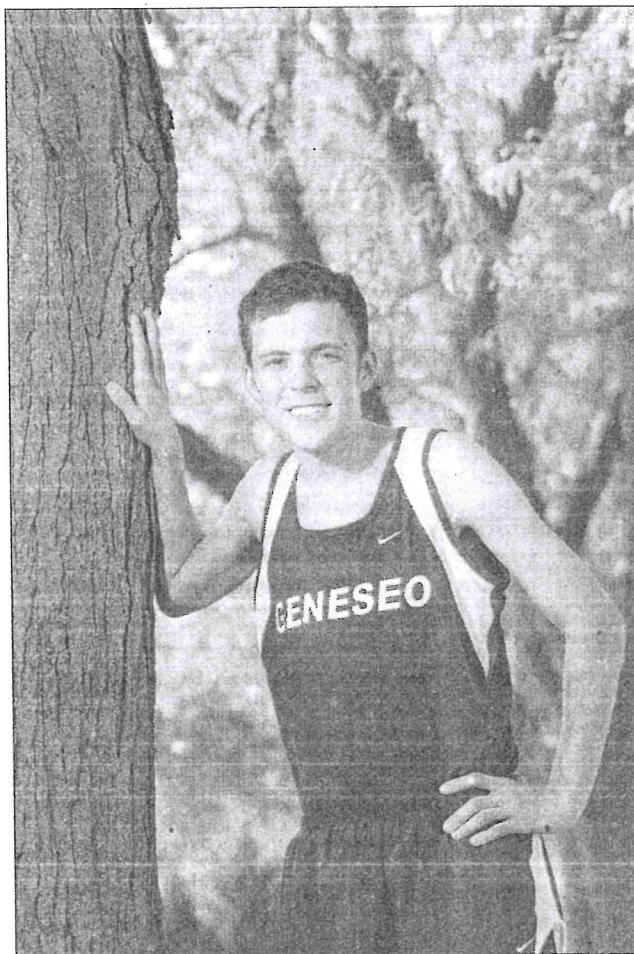
"Then, in track, I saw that I could compete with (Illinois' best runners) and I wanted to build off of that.

"And then the rest of the guys on our team have put forth a lot of effort this summer. Our focus is on qualifying for state (as a team)."

Those three reasons have inspired some pretty solid times out of Chenoweth, this week's Metro Pacesetter for The Dispatch and The Rock Island Argus. His inspired running resulted in wins last Saturday at the Galesburg Invitational, where he won by 55 seconds over his nearest competitor, as well as Tuesday at Moline's duals at Credit Island Park in Davenport, where his time of 14:54 was 1:08 better than the runnerup.

"You just stay focused and go for the time, trying to think about pushing yourself," said Chenoweth. "Last year, (UT's Chris) Matthews caught me at the Moline duals because I wasn't focused. There's enough talent that if you're off your race, there's somebody who'll get you."

There's enough talent pushing Chenoweth every day in practice right now that both of his goals for the season — an individual all-state performance, which means at least a top-25 finish, as well as a team appearance at Peoria's Detweiller Park come November — could be met.



Todd Mizener / staff

Geneseo cross country standout Dan Chenoweth is this week's Metro Pacesetter. Chenoweth, last season's Dispatch/Argus Runner of the Year is already off to a big start this season, having won the Galesburg Invite by nearly a minute.

Pacesetter
Dispatch/Argus Sports Excellence

► Dan Chenoweth

► Favorite food:

Chicken pot pie.

► Favorite TV show:

Seinfeld.

► Last movie seen:

Pirates of the Caribbean 2.

► Favorite workout:

Intervals.

► Favorite school

subject: Social studies.

► Grade-point average:

4.1 (on a 4.0 scale).

► Favorite Bible

verse: James 4:8a —

"Draw close to God, and He will draw close to you."

► **Free time:** Hanging out with cross country teammates.

► **Parents:** Greg & Sue Chenoweth, Geneseo.

In the running

► Jeremy Peters, Geneseo:

Rushed for 151 yards and one TD in the Maple Leafs' 34-14 football win over Moline.

► Tony Brooks, RI:

Caught a pair of TD passes and had 196 combined yards (rushing and receiving) in the Rocks' 21-17 win over Andrew.

► Sara McLaughlin,

Erica Engelbrecht, Kathleen Bracke & Katie Goebel, Moline:

All four tennis players won titles as the Maroons reigned over their Moline Invitational.

► Brooke Ashcraft, UT:

Finished second in the girls' race at the Galesburg Invitational, finishing in 19 minutes, 38 seconds.

► Adam Todd, Alleman:

Reserve DE had three solo sacks and combined on two others in the Pioneers' football win over Seton Academy.

"We didn't perform well as a team at sectionals (last year), but when we got to track season, I knew the other guys would do the work they needed to," said Chenoweth. "Our next four (seniors Blake Wyffels and Nate Silver, junior Ryan Kotecki and sophomore Josh Lodge), I've said they're all very interchangeable. They're all training at the same level, and our pack is really solid."

Maple Leafs coach Don

Fredericks said

Chenoweth logged more than 600 miles over the "vacation" months of June, July and August. Part of the reason for the intense summer Chenoweth put himself through was his position as team leader.

"Part of the work I've done is to put myself in position to get the places I need to get to help the team through," said Chenoweth.

As much challenge as Chenoweth has as the Leafs' team leader, Chenoweth the individual will face some stern tests as well. One of those comes Saturday at the Peoria Woodruff Invitational, where several of the state's top-ranked teams will compete.

As well, the nation's top-ranked distance runner,

Algonquin Jacobs' Evan Jager, plus a host of Chicago-area talented runners, will make things interesting for Chenoweth.

"It's really important to get that big-meet experience in, so I know what those guys will do at the end of the season," he said. "It's still real early in the season, so if I'm going to have a bad race, I'd rather get it out early, rather than have it at state. Hopefully, I'll see where I'm at, and what I still need to do."

"It is a big meet, and I want to do well against Jager and the other guys chasing him, but it's not the last thing I do this season. The pressure's a lot lower."

College-wise, Chenoweth is still "narrowing it down," in his words, and plans to take his official visits after the fall season ends. He also plans to run at a national qualifier event in Kenosha, Wis.,

sponsored by FootLocker, with the goal of a top-10 finish and national qualification.

But first things first.

"Right now, I'm just using what I have out there, getting used to racing and getting used to pushing it," he said.

So far, he's built enough of a season to push it pretty hard when cross country's version of crunch time comes in a few weeks.