



Leafs Run Wild

The Maple Leaf Cross Country team enjoyed a banner day with the girls team winning the Regional title while the boys tied for 2nd.

Lady Leafs Win IHSA Galesburg Regional while boys tie for 2nd

On Saturday, October 24th Geneseo traveled to Galesburg to participate in the IHSA Regional Finals. The meet was hosted at Lake Storey Park. The conditions were a bit breezy and cool with the course still wet from all of the recent rain. The top 5 teams advance to next Saturday's Sectional Final.

The Lady Leafs got things rolling with an aggressive race strategy. The girls blasted off the starting line at the gun and found their pacing partners. Danielle Dewey and Emily Ford chose to pack with the lead pack. In fact, Freshman Emily Ford was spotted leading the field just before the mile. The Lady Leafs continued their post season roll with a solid team effort and a regional championship. Emily and Danielle both earned All-Region Honors with their top 5 finishes (4th & 5th) while Joann Chenoweth and Paige Gatter did a great job of getting our strong and hanging on as they both cracked the top 10. Jenny Ford ran a strong race and finished as our 5th scorer with Betsy Winberry and Hilary Lohman running in the 6 & 7 positions. All 7 Lady Leafs finished in the top 25 and earned entry into the Regional Hall of Fame for their finishes ([click here](#).) I haven't had a chance to update the 2009 season yet. The Lady Leafs are really on a roll so get ready for some fun times come the IHSA Sectional Finals hosted by East Peoria High School at Illinois Central College.

The Boys team was ranked 4th coming into the meet and really showed just how wrong the pollsters are when it comes to Sectional Rankings. We talked a lot the last two weeks about how a lot of the state thinks that Geneseo isn't good enough to advance to state. It was funny to hear some of the girls share that they got some pretty weird looks from spectators when they tried to motivate our boys team by yelling our battle cry of "You're not good enough." Only those in our camp truly knew the meaning of the message. The entire boys top 5 packed nicely through the mile with the lead pack. In fact, not to be outdone by fellow freshman Emily Ford, Jordan Starkey was spotted in the lead himself just before the mile. He had a smile on his face so I guess he likes leading. Things got rolling from there with the team racing well. Thomas Sigwalt continued his number one man run with an amazing kick to grab the 5th and final medal and earn All-Region. Jordan Starkey also cracked the top 10 with a strong 7th place finish. Kyle Reiling, Carlisle Evans-Peck and Chad Ford also cracked the top 25 to enter the Regional Hall of Fame ([click here](#).) Once again, I haven't updated it for 2009 yet. Brandon Smith and Marcus Gagnon also put forth strong races. On to Sectional. No Excuses.....No Retreats....No Regrets!!!

RESULTS

Lady Leafs capture

second title in 2009



Submitted

REGIONAL CHAMPIONS are front row, from left: Emily Ford, Paige Gatter, Jenny Ford and Amy Cosgrove. Back row, from left: Hilary Lohman, Joann Chenoweth and Danielle Dewey. Absent from photo is Betsy Winberry.

Boys' team ties for second to advance

By AMY CARTON
Sports Editor

The Lady Leaf cross country team continued its successful post-season run Oct. 24 in the Galesburg Regional at Lake Storey Park.

Geneseo again stole another title from state-ranked Dixon, this time it was the regional championship as the Lady Leafs placed first to advance to sectional competition.

"We are ecstatic," said head coach Don Fredericks. "Dixon was

out for blood. It is a friendly-rivalry with Dixon, but when the gun goes off anything is fair game. Dixon was out for revenge and when the dust settled we had won the regional championship by a larger margin than we won the NCIC title."

Joining Geneseo at sectionals are an NCIC and Western Big 6 contingent of Dixon, Galesburg, Sterling and Rock Island.

Leading the pack were Geneseo

No. 1 and No. 2 duo of Emily Ford and Danielle Dewey, earning top 5 finishes. Ford nabbed fourth place with a time of 19 minutes and 57 seconds, while Dewey crossed the finish line in 20:07.

Joann Chenoweth and Paige Gatter cracked the top 10 with Chenoweth in ninth at 20:20 and Gatter in 10th with a time of 20:42.

"We had four girls in the top 10 and that is a pretty good start for a championship," said Fredericks. "We had two all regional runners (Emily Ford and Dewey) and that is pretty awesome."

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Class 2A girls

Galesburg Regional

At Lake Storey Park

Team scores (top 5 advance to East Peoria Sectional): 1, Geneseo 42; 2, Dixon 57; 3, Galesburg 63; 4, Sterling 97; 5, Rock Island 108; 6, Dunlap 128; 7, Streator 199.

Winner: 1, Stephanie Saey, Gal, 19:21. Individual advancers: 2, Leah Brooks, Dun, 19:38; 28, Ashley Alcaraz, Dun, 23:00; 29, Stephanie Coghill, Dun, 23:02; 33, Alissa Recker, Dun, 24:25; 35, Anne Richards, Str, 24:40.

Geneseo: 4, Emily Ford, 19:57; 5, Danielle Dewey, 20:07; 9, Joann Chenoweth, 20:20; 10, Paige Gatter, 20:42; 14, Jenny Ford, 21:28; 19, Betsy Winberry, 21:51; 25, Hilary Lohman, 22:28.

Rock Island: 11, Joanna Cone, 21:18; 17, Jessica Bacon, 21:33; 18, Celeste Arteaga, 21:43; 30, Mackenzie Heriford, 23:09; 32, Vikki Heiman, 24:02; 34, Ariana Jakobsen, 24:27.

Jenny Ford was the Lady Leafs' fifth runner to cross the finish line. Ford came in 14th overall with a time of 21:28. Betsy Winberry placed 19th in 21:51, while Hilary Lohman came in 25th in 22:28 to round things out.

"I wasn't surprised when the race was done that we won because it had looked like the girls had won, but before the race I wasn't sure," said Fredericks. "This team has a lot of confidence and they are taking it to the next level."

Class 2A boys

Galesburg Regional

At Lake Storey Park

Team scores (top 5 advance to East Peoria Sectional): 1, Galesburg 44; 2, Dunlap 66; 3, Geneseo 66; 4, Dixon 72; 5, Rock Island 104; 6, Sterling 160; 7, Streator 202; 8, LaSalle-Peru 237.

Winner: 1, Gabe Moreno, Gal, 16:46. Individual advancers: 4, Jacob Landis, Str, 17:10; 27, Christian Martinez, Str, 18:16; 33, Andrew McCormick, Str, 18:48; 38, Vincent Walker, LP, 19:17; 39, Willie Clark, Str, 19:21.

Geneseo: 5, Thomas Sigwalt, 17:15; 7, Jordan Starkey, 17:21; 13, Eric Reiling, 17:34; 16, Carlisle Evans-Peck, 17:46; 25, Chad Ford, 18:13; 34, Branden Smith, 18:56; 36, Marcus Gagnon, 19:10.

Rock Island: 14, Aubrey Barnes, 17:34; 19, Tyler Wagener, 17:54; 21, Dominic Leone,

Cross Country: GHS runners advance to sectional race Oct. 31 in East Peoria

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The Leafs also caused quite the stir in Galesburg in the boys' race as Geneseo tied for second place with Dunlap and beat out favored Dixon.

Qualifying for the sectional meet as a team were Galesburg, Dunlap, Geneseo, Dixon and Rock Island.

Thomas Sigwalt continued to lead the Geneseo pack with a top 5 finish in fifth place with a time of 17:15.

Jordan Starkey made it into the top 10, placing seventh in 17:21.

"Thomas and Jordan both ran strong races and Thomas kicked down one of the Galesburg runners in the end for fifth," said Fredericks. "It

was an overall team effort."

Kyle Reiling followed in 13th place at 17:34, while Carlisle Evans-Peck took 16th in 17:46.

Chad Ford came in 25th in 18:13, followed by Branden Smith in 34th at 18:56 and Marcus Gagnon, 36th in 19:10 to round out the boys' race.

"Our girls and guys have done a great job and they are fun to watch," said Fredericks. "They haven't gotten lucky, they have worked really hard.

It will be fun to see what happens this Saturday (Oct. 31). We are on a roll."

Both the boys' and girls' teams will compete for a trip to state this weekend in the East Peoria Sectional at Illinois Central College Oct. 31. The

girls' race will begin at 10:30 a.m., followed by the boys' race at 11:30 a.m.

"The last time the girls qualified for state as a team was in 1998 and the boys in 1999 and that is what we are hoping for on Saturday," said Fredericks. "Neither team is seeded to advance and we are going to use that as a motivator. We are playing the role of giant killers.

"The sectional championship will be a knock down drag out war. It will be fun to watch and be a part of. We are fortunate enough not to be eliminated like a lot of the teams were last Saturday (Oct. 24)."

By Jeff Wendland
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GALESBURG — The day went just about as well as could be hoped for on nearly every front Saturday at the Class 2A Galesburg Regional cross-country meet at Lake Storey Park.

The hometown Silver Streaks came away with two individual titles and the boys' team crown. The balanced Geneseo Maple Leafs won the girls' title with four runners in the top 10; and the Leaf boys advanced to Saturday's East Peoria Sectional with a third-place finish. And the Rock Island Rocks snuck in with a pair of fifth-place team finishes to advance both teams to this weekend.

Galesburg senior Gabe Moreno capped his home career with a win in 16:46 in the boys' race, while freshman Stephanie Saey ran away with a 17-second win in the girls' race, clocking in at 19:21.

"This is my last year and I wanted to be the best team member and captain I could be," Moreno said. "It doesn't get any better than this, winning in my last chance on the course I've trained on since I was in sixth grade."

Added Saey, "You have to truly love this sport to put in all of the miles we do; the winning is a bonus. I think I ran the right race and really pushed through the second mile."

Geneseo coach Don Fredericks couldn't help but smile over the efforts of his teams. The girls, who surprised Dixon to win the NCIC meet last weekend, did it again led by Emily Ford (4th) and Dan-



Submitted

SECTIONAL QUALIFIERS are front row from left: Emily Ford, Paige Gatter, Jenny Ford and Amy Cosgrove. Middle row, from left: Hilary Lohman, Joann Chenoweth and Danielle Dewey. Back row, from left: Kyle Reiling, John Mullin, Jordan Starkey, Thomas Sigwalt, Branden Smith, Carlisle Evans-Peck, Chad Ford and Marcus Gagnon. Absent from photo is Betsy Winberry.

Everyone leaves Galesburg Regional wearing a smile

ielle Dewey (5th).

"We have a friendly rivalry with Dixon and to get them two weeks in a row is fantastic," Fredericks said. "I thought Emily ran a tremendous race and our senior captains Dewey and (Joann) Chenoweth gave great efforts. Now, we have to carry this over to the sectional meet."

"The boys were ranked fourth coming in, so to move up to (third) is quite a day. Tom Sigwalt mustered something up late in the race to move up to fifth and get a medal. This is a young team and they really are showing some maturity."

When it comes to young, Rock Island girls' coach Tony VanDeWalle knows just what Fredericks is talking about. The Rocks don't have a senior on the team and two of their top three runners are sophomores.

"We're really looking at this as a building block," VanDeWalle said. "We wanted to at least qualify for the sectional this year and then start thinking of bigger things for the future. Considering all of the injuries and illness we've had to battle, I'm excited about what lies ahead."

Rocky boys' coach Dave Terronez, on the other hand, needed big efforts from seniors Aubrey Barnes (14th) and Tyler Wagener (19th) to take fifth place.

"Those two have been our most consistent runners," Terronez said, "but I have to give some credit to Eric (Ikundiro) and Dominic (Leone) because they moved up late and bailed us out big time."

Cross Country

2009 GENESEO TEAM SPLIT PAGE: REGIONAL

Date: 10/24/08

Site: Lake Storey Park in Galesburg

Racing Distance: 3.04 Miles

Weather Conditions: 51 degrees...windy & cool....course VERY WET

Girls Team

RANK	TIME	ATHLETE	PI	1-MILE	2-Mile
1	19:57	Emily Ford	4	6:16	12:54
2	20:07	Danielle Dewey	5	6:16	13:09
3	20:20	Joann Cheneoweth	9	6:22	13:27
4	20:42	Paige Gatter	10	6:23	13:37
5	21:28	Jenny Ford	14	6:34	14:06
6	21:51	Betsy Winberry	19	6:35	14:06
7	22:28	Hilary Lohman	25	6:45	14:32
	19:21	Race Leader	1	6:16	12:49

Boys Team

RANK	TIME	ATHLETE	PL	1-MILE	2-MILE
1	17:15	Thomas Sigwalt	5	5:35	11:30
2	17:21	Jordan Starley	7	5:35	11:24
3	17:35	Kyle Reiling	13	5:35	11:28
4	17:46	Carlisle Evans-Peck	16	5:35	11:30
5	18:13	Chad Ford	25	5:35	11:40
6	18:56	Branden Smith	34	5:57	12:23
7	19:10	Marcus Gagnon	36	6:06	12:24
	16:46	Race Leader	1	5:25	11:02

IHSAClass 2A Regional - 10/24/2009

Galesburg
Lake Storey Park
Rankings

Event 1 Girls 5k Run CC

Name	Year School	Finals	Points
1 Saey, Stephanie	9 Galesburg	19:21	1
2 Brooks, Leah	10 Dunlap High School	19:38	2
3 Thorpe, Haley	10 Dixon High School	19:52	3
4 Ford, Emily	9 Geneseo High School	19:57	4
5 Dewey, Danielle	12 Geneseo High School	20:07	5
6 Mangieri, Dorothy	11 Galesburg	20:09	6
7 Sondgeroth, Chelsea	11 Dixon High School	20:17	7
8 Burger, Megan	11 Dixon High School	20:19	8
9 Chenoweth, Joann	12 Geneseo High School	20:20	9
10 Gatter, Paige	10 Geneseo High School	20:42	10
11 Cone, Joanna	10 Rock Island	21:18	11
12 Kennedy, Jackie	11 Galesburg	21:24	12
13 Apperson, Carissa	12 Sterling	21:26	13
14 Ford, Jenny	10 Geneseo High School	21:28	14
15 McPherson, Carrie	10 Sterling	21:30	15
16 Johnson, Kate	10 Dixon High School	21:31	16
17 Bacon, Jessica	11 Rock Island	21:33	17
18 Arteaga, Celeste	10 Rock Island	21:43	18
19 Winberry, Betsy	12 Geneseo High School	21:51	19
20 Billeter, Abbie	10 Galesburg	21:52	20
21 George, Hannah	9 Sterling	21:54	21
22 Echegarria, Stephanie	11 Sterling	22:15	22
23 Hilliard, Liz	12 Dixon High School	22:18	23
24 Cano, Danielle	12 Galesburg	22:19	24
25 Lohman, Hilary	11 Geneseo High School	22:28	25
26 Ellis, Brittany	11 Sterling	22:36	26
27 Palmer, Kaylen	11 Sterling	22:48	27
28 Alcaraz, Ashley	10 Dunlap High School	23:00	28
29 Coghill, Stephanie	9 Dunlap High School	23:02	29
30 Heriford, Mackenzie	11 Rock Island	23:09	30
31 Dukelow, Mary Rose	12 Sterling	23:17	31
32 Heiman, Vikki	11 Rock Island	24:02	32
33 Rucker, Alissa	11 Dunlap High School	24:25	33
34 Jakobsen, Ariana	11 Rock Island	24:27	34
35 Richards, Anne	11 Streator	24:40	35
36 Frink, Jenni	9 Dunlap High School	24:44	36
37 Anderson, Olivia	11 Galesburg	24:50	37
38 Chavez, Fatima	11 Streator	24:52	38
39 Winters, Aleisha	9 Galesburg	24:56	39
40 Reick, Courtney	9 Dunlap High School	27:05	40
41 Cameron, Whitney	12 Streator	27:33	41
42 Cline, Alivia	9 Streator	28:28	42
43 Saltigerald, Yasmine	11 Streator	28:47	43

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Team Scores

[illegible]

IHSA Class 2A Regional - 10/24/2009

Galesburg
Lake Storey Park
Rankings

Event 2 Boys 5k Run CC

Name	Year School	Finals	Points
1 Moreno, Gabe	12 Galesburg	16:46	1
2 Payne, Zach	10 Dixon High School	16:50	2
3 Crain, Johnny	12 Dunlap High School	16:52	3
4 Landis, Jacob	11 Sterling	17:10	4
5 Sigwalt, Thomas	11 Geneseo High School	17:15	5
6 Link, Josh	10 Galesburg	17:15	6
7 Starkey, Jordan	9 Geneseo High School	17:21	7
8 Vahle, Ryan	11 Dunlap High School	17:23	8
9 Anderson, Brandon	10 Dunlap High School	17:25	9
10 Junk, Luke	12 Galesburg	17:28	10
11 Kavanagh, Ross	12 Dixon High School	17:29	11
12 Remmes, Will	11 Galesburg	17:32	12
13 Reiling, Kyle	10 Geneseo High School	17:34	13
14 Barnes, Aubrey	12 Rock Island	17:34	14
15 McNamara, Marty	12 Galesburg	17:39	15
16 Evans-Peck, Carlisle	12 Geneseo High School	17:46	16
17 Hummel, Roy	9 Dixon High School	17:47	17
18 Plank, Zach	9 Dunlap High School	17:48	18
19 Wagener, Tyler	12 Rock Island	17:54	19
20 Corning, Keanen	11 Dixon High School	18:02	20
21 Leone, Dominic	11 Rock Island	18:04	21
22 Mayberry, Brock	12 Dixon High School	18:07	22
23 Salsman, Beau	10 Galesburg	18:08	23
24 Ikundiro, Eric	9 Rock Island	18:10	24
25 Ford, Chad	12 Geneseo High School	18:13	25
26 Beavers, Dakota	12 Rock Island	18:15	26
27 Martinez, Christian	11 Streator	18:16	27
28 West, Randy	12 Dunlap High School	18:18	28
29 Darling, Mike	11 Galesburg	18:29	29
30 Grady, Aaron	11 Dixon High School	18:36	30
31 Hill, Spencer	12 Dixon High School	18:41	31
32 Lutgen, Joe	12 Dunlap High School	18:43	32
33 McCormick, Andrew	12 Sterling	18:48	33
34 Smith, Branden	11 Geneseo High School	18:56	34
35 Giles, Mark	12 Dunlap High School	19:04	35
36 Gagnon, Marcus	9 Geneseo High School	19:10	36
37 Downing, Josh	11 Rock Island	19:15	37
38 Walker, Vincent	10 LaSalle-Peru	19:17	38
39 Clark, Willie	11 Streator	19:21	39
40 Dirks, Matt	10 Sterling	19:31	40
41 Waldschmidt, Travis	11 Sterling	19:59	41
42 Johnson, Trevor	10 Sterling	20:01	42
43 Postula, Taylor	9 LaSalle-Peru	20:06	43
44 Wade, Tre	11 Streator	20:06	44
45 Tafoya, Michael	10 Streator	20:11	45
46 Leiby, Cameron	11 Rock Island	20:18	46
47 Thorson, Joel	12 Streator	21:04	47
48 Mackey, Chris	9 Sterling	21:06	48
49 McDonald, Carl	11 Streator	21:15	49
50 Twining, Sam	12 Sterling	21:48	50
51 Torres, Nathan	12 LaSalle-Peru	22:50	51

Galesburg Lake Storey Park Rankings

52	Elmore, Lucas	10	LaSalle-Peru	23:00	52
53	Bacidore, Drew	9	LaSalle-Peru	23:06	53
54	Stansbury, Chris	11	Streator	23:59	54
55	Ebener, Tiernan	9	LaSalle-Peru	25:02	55

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Galesburg High School Total Time: 1:26:40.00 Average: 17:20.00	44	1	6	10	12	15	23	29		
2	Dunlap High School Total Time: 1:27:46.00 Average: 17:33.20	66	3	8	9	18	28	32	35		
3	Geneseo High School Total Time: 1:28:09.00 Average: 17:37.80	66	5	7	13	16	25	34	36		
4	Dixon High School Total Time: 1:28:15.00 Average: 17:39.00	72	2	11	17	20	22	30	31		
5	Rock Island High School Total Time: 1:29:57.00 Average: 17:59.40	104	14	19	21	24	26	37	46		
6	Sterling High School Total Time: 1:35:29.00 Average: 19:05.80	160	4	33	40	41	42	48	50		
7	Streator High School Total Time: 1:38:58.00 Average: 19:47.60	202	27	39	44	45	47	49	54		
8	LaSalle-Peru High School Total Time: 1:48:19.00 Average: 21:39.80	237	38	43	51	52	53	55			