



GOLD MEDALISTS

Pictured are the Gold Medal winning teams from Tuesday's Sterling Grass Relays. Kyle Reiling, Danielle Dewey, Joann Chenoweth and Carlisle Evans-Peck got the season off to a strong start.

LEAFS CLAIM STERLING GRASS RELAYS

On Tuesday, September 1st the Leafs traveled to participate in the Sterling Grass Relays. Each athlete was paired with a teammate. The race length was 6 miles and teammates alternated running (each running 3 mile repeats.) The girls got things rolling with a strong team effort. Danielle Dewey and Joann Chenoweth led the charge by grabbing 1st by over 2 minutes. Jenny Ford and Paige Gatter grabbed 3rd place while Amy Cosgrove and Emily Ford also placed in the top 5 with a strong 4th place showing. Well done Lady Leafs. The Lady Leafs won by a score of 23 to 32.

Pacing the boys team to a 20 to 35 victory were the teams of Kyle Reiling / Carlisle Evans Peck and Chad Ford / Thomas Sigwalt. Both teams left the field in their wake and finished over a minute ahead of the 3rd place Sterling team. Also placing in the top 5 with a strong fourth place finish was the team of Jordan Starkey and Branden Smith. The teams will next be in action on Saturday at the powerful Galesburg Invitational.

RESULTS

Geneseo sweeps at Grass Relays

By AMY CARTON
Sports Editor

It was a double win for the Geneseo cross country team Sept. 1 as the Leafs and Lady Leafs opened the season defeating Sterling in the Grass Relays. The Leafs won by a score of 20-35, while the Lady Leafs were victorious, 23-32.

"It was our first meet and it is not a traditional meet with two-person relay teams running six miles total," said head coach Don Fredericks. "I was not sure what to expect.

"The course was wet in spots, it was a mud fest, which is fun as long as none got hurt."

Leading the charge for the girls' squad were Danielle Dewey and Joann Chenoweth in first place, taking the tape in 38 minutes and 18 seconds.

Jenny Ford and Paige Gatter teamed up for a third-place finish in 41:08, followed by Amy Cosgrove and Emily Ford in fourth at 41:17.

Hilary Lohman and Britta Conrad took seventh with a time of 44:13, while teammates Betsy Winberry and Natalie Shipman finished in eighth place at 46:07.

"It was a nice start for the girls," said Fredericks. "Danielle and Joann ran away with it and Jenny Ford and Paige Gatter surprised me a little, but up and down the line up the kids ran tough. We are still

putting things together, but we saw some good things."

In the boys' race, the Leafs nabbed the top 2 spots with a first-place finish from Kyle Reiling and Carlisle Evans-Peck in 32:23, followed closely by Chad Ford and Thomas Sigwalt in second in 32:33.

Placing fourth were Jordan Starkey and Brandon Smith with a time of 34:25, while Brandon Olson and Marcus Gagnon took sixth in 37:04.

Paul West and Cameron Hodgson teamed up for a seventh-place finish in 38:20, followed by Andrew Kellogg and Jesse Mohr, eighth place, 38:56.

Others placing for the Leafs were John Mullin and Jacob Carton, 10th place, 41:37; Tom Dellelt and Greg Pemble, 42:41; Mickey Christensen and Kyle Parker, 44:24; and Alex Strohmeier and Hunter Kuffel, 16th place, 45:34.

"The boys ran really well and our top four guys blasted the field and raced against each other," said Fredericks. "All and all it was just fun to watch them get out and compete.

"I asked the team to be fatigued at the end of three miles and I think they were. I am interested to see what they will do the rest of the season."

Geneseo will be back in action this weekend in the Galesburg Invite at 9 a.m. Sept. 5, followed by a home meet with Alleman, Moline and UTHS at 5 p.m. Sept. 8.

Cross Country

2009 TEAM SPLIT PAGE: Sterling Grass Relays

GIRLS

(Boys Team Listed Below)

Rank	Name	Mile 1	Mile 2	Mile 3	Average
1	Danielle Dewey 12	6:03	6:23	6:21	6:15
2	Joann Chenoweth 12	6:18	6:40	6:33	6:30
3	Emily Ford 09	6:19	6:37	6:39	6:31
4	Paige Gatter 10	6:41	6:40	6:50	6:43
5	Jenny Ford 10	6:56	6:53	7:08	6:59
6	Betsy Winberry 12	6:35	7:09	7:25	7:03
7	Hilary Lohman 11	6:58	7:18	7:22	7:12
8	Amy Cosgrove 12	6:32	7:34	7:36	7:14
9	Britta Conrad 10	6:57	7:22	8:16	7:31
10	Amanda Morse 11	7:41	8:27	8:28	8:12
11	Natalie Shipman 11	7:33	8:53	8:42	8:21
DNC	None				

BOYS

Rank	Name	Mile 1	Mile 2	Mile 3	Average
1	Carlisle Evans-Peck 12	5:18	5:23	5:26	5:22
2	Kyle Reiling 10	5:16	5:27	5:32	5:25
3	Thomas Sigwalt 11	5:17	5:28	5:27	5:24
4	Chad Ford 12	5:16	5:31	5:34	5:27
5	Jordan Starkey 09	5:30	5:40	5:57	5:42

6	Branden Smith 11	5:39	5:49	5:49	5:45
7	Marcus Gagnon 09	5:45	6:14	6:19	6:09
	John Mullin 11	5:57	6:15	6:15	6:09
9	Brandon Oleson 12	5:57	6:14	6:19	6:15
10	Paul West 12	6:07	6:18	6:29	6:18
11	Jesse Mohr 10	6:22	6:22	6:24	6:22
12	Cameron Hodgson 12	6:20	6:33	6:33	6:28
13	Andrew Kellogg 12	6:14	6:38	6:55	6:35
14	Ethan Koisti 12	6:39	6:47	7:03	6:49
15	Michkey Christensen 10	6:46	6:52	7:23	7:00
	Tom Dellett 11	6:46	6:53	7:21	7:00
17	Alex Strohmeier 12	6:47	7:11	7:09	7:02
18	Greg Pemble 11	6:58	7:23	7:21	7:14
19	Jacob Carton 12	7:14	7:48	8:08	7:43
20	Jay Wilson 09	7:19	7:52	8:08	7:46
21	Kyle Parker 09	7:03	7:48	8:32	7:47
22	Hunter Kuffel 09	8:00	8:27	8:01	8:09
DNC	none				

This is a Manila site.

Cross Country

2009 STERLING GRASS RELAYS: Girls Results

- Date: 9/01/09
- Participating Schools: Sterling & Geneseo
- Site: Woodlawn School
- Conditions: 72 with no wind. PERFECT. Course was wet in the woods with significant water and mud from last week's rain.
- Racing Distance: 1 mile loop (3 times)
- TEAM SCORES: 1.) Geneseo 23; 2.) Sterling 32

Varsity Girls Race

	Name	School	Total Time
1	Danielle Dewey 12 Joann Chenoweth 11	Geneseo	38:18
2	Mary Rose Dukelow 12 Carrie McPherson 10	Sterling	40:36
3	Jenny Ford 10 Paige Gatter 10	Geneseo	41:08
4	Amy Cosgrove 12 Emily Ford 10	Geneseo	41:17
5	Carissa Apperson 12 Stephanie Echiabarria 11	Sterling	42:04
6	Liz Welch ?? Kaylen Palmer 11	Sterling	43:43
7	Hilary Lohman 11 Britta Conrad 10	Geneseo	44:13

8	Betsy Winberry 12 Natalie Shipman 11	Geneseo	46:07
9	Kaitlyn Bradley ?? Brittany Ellis ??	Sterling	46:18
10	Alayna Wolfe ?? Erica Salas 10	Sterling	49:13
11	Molly Kunde 11 Kairee Brown 11	Sterling	51:19
12	Charisma Martinez Abby Gritmacker 10	Sterling	51.29

This is a Manila site.

Cross Country

2009 STERLING GRASS RELAYS: Boys Results

- Date: 9/01/09
- Participating Schools: Sterling & Geneseo
- Site: Woodlawn School
- Conditions: 72 with no wind. PERFECT. Course was wet in the woods with significant water and mud from last week's rain.
- Racing Distance: 1 mile loop (3 times))
- Team Scores: 1.) Geneseo 20; 2.) Sterling 35

Varsity Boys Race

	Name	School	Total Time
1	Kyle Reiling 10 Carlisle Evans-Peck 12	Geneseo	32:23
2	Chad Ford 12 Thomas Sigwalt 11	Geneseo	32:33
3	Andrew McCormick 12 Jacob Landis 11	Sterling	33:46
4	Jordan Starkey 09 Branden Smith 11	Geneseo	34:25
5	Matt Dirks 10 Trevor Johnson 10	Sterling	36:46

6	Brandon Oleson 12 Marcus Gagnon 09	Geneseo	37:04
7	Paul West 12 Cameron Hodgson 12	Geneseo	38:20
8	Andrew Kellogg 12 Jesse Mohr 10	Geneseo	38:56
9	Josh Landis 10 Travis Waldeschmidt 11	Geneseo	41:17
10	John Mullin 11 Jacob Carton 12	Geneseo	41:37
11	Wade Steinke ?? Sam Twining 12	Geneseo	42:09
12	Tom Dellett 11 Greg Pemble 11	Geneseo	42:41
13	Jay Wilson 09 Ethan Koisti 12	Geneseo	43:37
14	Mickey Christensen 10 Kyle Parker 09	Geneseo	44:24
15	Chandler Allen ?? Chris Mackey ??	Sterling	45:22
16	Alex Strohmeyer 12 Hunter Kuffel 09	Geneseo	45:34

This is a Manila site.

Cross Country

GENESEO TEAM SPLIT PAGE: Galesburg Invitational

- Date: 9/05/09
- Site: Lake Storey Park in Galesburg
- Racing Distance: 3.04 Miles
- Weather Conditions: 70 degrees...perfect

GIRLS TEAM

Time	Ahtlete	Yr	Place	Race	1-Mile	2-Mile
20:21	Emily Ford	09	9	Var	6:20	13:25
20:32	Joann Chenoweth	12	12	Var	6:21	13:38
20:55	Danielle Dewey	12	16	Var	6:19	13:28
21:16	Paige Gatter	10	20	Var	6:41	14:09
21:55	Amy Cosgrove	12	31	Var	6:47	14:36
22:00	Jenny Ford	10	35	Var	6:42	14:29
22:44	Betsy Winberry	12	49	Var	6:40	14:38
23:21	Hilary Lohman	11	60	Var	7:01	15:14
24:01	Britta Conrad	10	71	Var	7:11	15:44
25:42	Natalie Shipman	11	99	Var	8:06	17:07
27:15	Amanda Morse	11	108	Var	8:07	17:23
DNC	none					
19:14	Race Leader (Var)		1	Var	5:53	12:47
21:52	Race Leader (F/S)		1	F/S	??	??
	Geneseo Spread 1-5: (:34) 1-7: (2:23) 1-10: (5:31)					

BOYS TEAM

Time	Ahtlete	Yr	Place	Race	1-Mile	2-Mile
17:06	Thomas Sigwalt	11	15	Var	5:20	11:19
17:06	Carlisle Evans-Peck	12	17	Var	5:20	11:19
17:16	Kyle Reiling	10	22	Var	5:20	11:27
17:25	Chad Ford	12	24	Var	5:20	11:25
17:29	Jordan Starkey	09	27	Var	5:25	11:34
17:54	Brandon Smith	11	41	Var	5:37	11:50
19:28	Marcus Gagnon	09	15	F/S	6:00	12:48
19:46	John Mullin	11	88	Var	6:08	13:10
20:15	Brandon Oleson	12	96	Var	6:08	13:11
20:40	Paul West	12	103	Var	6:32	13:49
20:45	Cameron Hodgson	12	105	Var	6:32	13:49
20:47	Andrew Kellogg	12	106	Var	6:32	13:49
20:55	Jesse Mohr	10	42	F/S	6:08	13:38
21:52	Greg Pemble	11	123	Var	6:49	14:33
21:52	Ethan Koisti	12	124	Var	6:49	14:30
22:22	Kyle Parker	09	65	F/S	6:57	14:49
22:30	Alex Strohmeier	12	130	Var	7:05	15:11
23:12	Tom Dellelt	11	135	Var	7:05	15:13
24:12	Jay Wilson	09	89	F/S	7:21	16:01
24:20	Hunter Kuffel	09	92	F/S	7:40	16:03
24:37	Jacob Carton	12	150	Var	7:27	16:06
DNC	Mickey Christensen	10		-	-	-
16:01	Race Leader (Var)	11	1	Var	5:08	10:37
17:35	Race Leader (F/S)	09	1	F/S	??	11:33
	Geneseo Spread 1-5: (:23) 1-7: (2:22) 1-10: (5:34)					

This is a Manila site.