

2010 Alumni / Open Cross Country Race

When: Thursday, August 19, 2010
Where: Richmond Hill Park
Time: 6:00 p.m. SHARP. (Team members report by 5:00 for team warm-up)
Distances: 2 miles on the grass (high school and Open Race adults)
1 mile on the grass (middle school age and younger)
Entry Fees: One used (in good condition) t-shirt (for the prize table)
3 canned goods to be donated to the Geneseo Food Pantry
Prizes: T-Shirts to all finishers
Format: This is a handicapped race. The format is listed below:

Order	Handicap	Group
Group 0	--	Middle School & under – start at Mile Mark (girls start 7:30 min. / boys start 8:00 min. after race has started.)
Group 1:	--	Freshman Girls
Group 2:	:30	Sophomore Girls
Group 3:	1:00	Junior Girls
Group 4:	1:30	Senior Girls
Group 5:	2:00	Freshman Boys
Group 6:	2:30	Sophomore Boys
Group 7:	3:00	Junior Boys
Group 8:	3:30	Senior Boys
Group 9:	4:00	Elite Runners

Please Note: All Open and Alumni runners will choose which group they will start with.

Anyone is welcome to participate.

Good Luck to All!



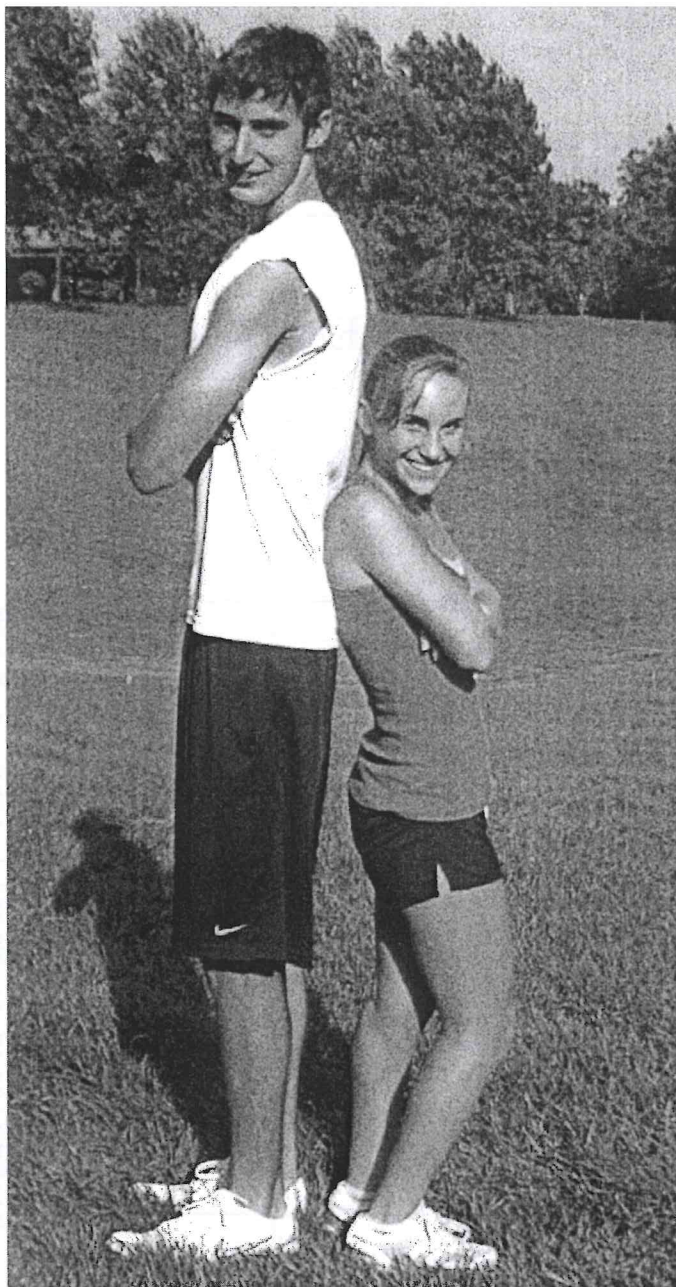
ALUMNI-OPEN TOP TEN FINISHERS

Pictured are the top ten finishers in the 2010 Alumni-Open race. Front Row: Emily Ford, David Chenoweth, Nolan Fassett, Taylor Claus, Lauren Coulter
Back Row: Jessa Coulter, Jordan Starkey, Molly Lembke, Rachel Rose, Jon Warner

MIDDLE SCHOOLERS GO WILD IN ALUMNI-OPEN RACE

On Thursday, August 19th the cross country team hosted it's annual Alumni-Open cross-country race. The race uses a handicap formula in which each class starts 30 seconds apart. The freshman girls led things off with the senior boys taking off 3:30 behind them. In addition, the middle school team starts at the one mile with the girls taking off 7:30 after the first gun while the boys go at 8:00. Then end result is a far from perfect handicap race formula but one that is a lot of fun none the less.

Emily Ford claimed First Place at the Alumni-Open race on Thursday. After that, it was: Middle School, Middle School, Middle School. The Middle School Leafs claimed twenty of the top 25 finishers in Thursday's race. Thursday's race was quite a memory to behold. A record of 134 racers toed the line in our season opener. Racers included the high school and middle school cross country athletes as well as: the high school boys soccer team, several parents and siblings of our athletes, several district administrators and teachers, as well as other fans of Geneseo Cross Country. The weather was a toasty ninety degrees and the course had its share of wash-outs from the recent rains but all finishers were awarded for their efforts at the end with baked-goods and beverages compliments of the cross country athletes.



BACK TO BACK

Before Thursday's race, Rookies Austin Frank and Jessa Coulter go back to back in a friendly challenge to see who "measures up" in terms of being cross country athletes.

The answer: **They both rock!**

Cross Country

2010 ALUMNI-OPEN OVERALL RESULTS

- **Date:** 8/10/10
- **Site:** Richmond Hill Park
- **Racing Distance:** 2 Miles (HILLY)
- **Weather Conditions:** 92 and muggy.

PL.	NAME	GRADE	TIME/ACTUAL TIM
1	Emily Ford	10	13:09 / 12:39
2	David Chenoweth	08	13:28 / 5:28
3	Nolan Fassett	08	13:36 / 5:36
4	Taylor Claus	07	13:37 / 6:07
5	Lauren Coulter	07	13:37 / 6:07
6	Jessa Coulter	09	13:45 / 13:45
7	Jordan Starkey	10	13:45 / 11:15
8	Molly Lembke	07	13:52 / 6:22
9	Rachel Rose	08	13:53 / 6:23
10	Jon Warner	07	13:56 / 5:56
11	Hannah Pace	08	13:57 / 6:27
12	Becca Rapps	07	13:57 / 6:27
13	Keaton Darin	07	14:05 / 6:05
14	Nick Fox	07	14:07 / 6:07
15	Kyle Reiling	11	14:09 / 11:09
16	Jenna Freebern	07	14:09 / 6:39
17	C.J. Magerkurth	07	14:10 / 6:10
18	Isaac Gustafson	07	14:19 / 6:19
19	Grace Madigan	07	14:32 / 7:02
20	Katie Puls	08	14:33 / 7:03
21	Eric Westerlund	07	14:35 / 6:35
22	Paige Gatter	11	14:36 / 13:36
23	Mikayla Bowton	08	14:37 / 7:07
24	Keegan Banister	07	14:40 / 6:40
25	Callie Miller	07	14:42 / 7:12
26	Marcus Gagnon	10	14:43 / 12:13
27	Carley Rusk	08	14:44 / 7:14
28	Charlie Schlindwein	06	14:50 / 6:50

29	Jacob Rahn	10	14:52 / 12:22
30	Gage Sears	08	14:54 / 6:54
31	Tony Gatter	09	14:54 / 12:54
32	Kaitlyn Akers	07	14:56 / 7:26
33	Hanna Vanderhayden	08	14:57 / 7:27
34	Hope Daly	08	14:58 / 7:28
35	Thomas Sigwalt	12	15:00 / 11:30
36	Charley Elden	07	15:04 / 7:04
37	Morgan Kelly	09	15:06 / 15:06
38	Halie Clark	07	15:06 / 7:36
39	Makenna Stephenson	07	15:10 / 7:40
40	Maddie Miller	07	15:11 / 7:41
41	Adia Raya	04	15:14 / 7:44
42	Sam Welch	07	15:18 / 7:18
43	Matt DeBaine	09 (A)	15:18 / 13:18
44	Bailey Noble	07	15:19 / 7:49
45	Mitchell Lamb	09	15:20 / 13:20
46	Tarah Fisher	07	15:23 / 7:53
47	Jenna Vermost	07	15:24 / 7:54
48	Arthur Atwell	07	15:26 / 7:26
49	Halle Olson	09	15:26 / 15:26
50	Corey Panacucci	07	15:26 / 7:56
51	Lauren Endress	07	15:27 / 7:57
52	Sean Pemble	08	15:30 / 7:30
53	Kaytlyn Gramling	08	15:30 / 8:00
54	Morghen Davison	08	15:30 / 8:00
55	Chase Blakley	09	15:33 / 13:33
56	Branden Smith	12	15:36 / 12:06
57	Jack Schlindwein	09 (A)	15:40 / 13:40
58	Gary Vanderheyden	? (A)	15:46 / ????
59	Jenny Ford	11	15:49 / 14:49
60	Steve Dellett	09 (A)	15:54 / 13:54
61	Sydney McCright	08	16:03 / 8:33
62	Shawn DePauw	10	16:04 / 13:34
63	Mike Gallagher	10	16:05 / 13:35
64	Courtney Backes	09	16:09 / 16:09
65	Sarah Dellett	09	16:16 / 16:16
66	Bryan Dellett	06	16:23 / 8:23
67	Justin Seeley	09	16:31 / 14:31

68	Jon Sisson	09	16:31 / 14:31
69	Jacob Samuelson	11	16:36 / 13:36
70	Kyle Parker	10	16:41 / 14:11
71	Sawyer Claus	10	16:44 / 14:14
72	Josh DuBois	11	16:47 / 13:47
73	Daniel Hanford	11	16:48 / 13:48
74	Bryce Gramling	09	16:54 / 14:54
75	Amber Fobert	10	16:57 / 16:27
76	Penelope Kline	MS (A)	16:58 / 8:58
77	Ian Kline	MS (0)	16:58 / 8:58
78	Valerie Kline	MS (A)	17:00 / 9:30
79	Jenny Bergles	10	17:00 / 16:30
80	Evan Koisti	10	17:07 / 14:37
81	Britta Conrad	11	17:17 / 16:17
82	Garrett Miller	10	17:17 / 14:47
83	Kelsey Klein	12	17:18 / 15:48
84	Adam Stenzel	09	17:19 / 15:19
85	Tommy Wassell	09	17:19 / 15:19
86	Cory Wirth	09 (A)	17:21 / 15:21
87	Jesse Mohr	11	17:21 / 14:21
88	Levi Samuelson	11	17:41 / 14:41
89	Christina Mullin	08	17:51 / 10:21
90	Carson Raya	MS (6 yrs)	17:54 / 9:54
91	Conner Hoogerwerf	10	17:59 / 15:29
92	John Mullin	12	18:00 / 14:30
93	Zach Wilson	MS (9 yrs)	18:01 / 10:01
94	Patrick Schroeder	12	18:04 / 14:34
95	Tom Dellett	12	18:08 / 14:38
96	Gianni Davis	12	18:16 / 14:46
97	Wil Ehret	10	18:19 / 15:49
98	Griffin Welfer	09	18:22 / 16:22
99	Jim Klein	09 (A)	18:25 / 18:25
100	Hunter Kuffell	10	18:26 / 15:56
101	Blade Peterson	10	18:34 / 16:04
102	Sean Miller	10	18:37 / 16:07
103	Connor Vandersnick	09	18:38 / 16:38
104	Brian Boardwell	09	18:38 / 16:38
105	Ryan Holbrook	12	18:40 / 15:10
106	Tobi Pautz	12	18:43 / 15:13

107	Drew Haars	12	18:45 / 15:15
108	Colin Pullman	12	18:45 / 15:15
109	Tyler Milroy	10	18:46 / 16:16
110	Joe Manna	12	18:47 / 15:17
111	Hilary Lohman	12	18:48 / 17:18
112	Shelly Ganson	MS (A)	18:50 / 11:20
113	Seth Young	10	18:52 / 16:22
114	Jill DePauw	9 (A)	18:53 / 18:53
115	Kyle Ganson	10 (A)	19:20 / 18:50
116	Matt Despain	12	19:33 / 16:03
117	Jeff Timmerman	9 (A)	19:48 / 19:48
118	Eli Flynn	12	19:49 / 16:19
119	Alex Petsche	12	20:08 / 16:38
120	Leo DeBisschop	12	20:10 / 16:10
121	Dalton Boelens	12	20:13 / 16:13
122	Casey Dauksas	09	20:31 / 18:31
123	James Ballegeer	09	20:41 / 18:41
124	Jay Wilson	10	20:41 / 18:11
125	Deanna Bott	09 (A)	20:54 / 20:54
126	Austin Frank	10	20:55 / 18:25
127	Blake Carmichael	09	21:04 / 19:04
128	Cody Anderson	09	21:07 / 19:07
129	Alec Damitz	10	21:33 / 19:03
130	Ryan Petsche	09	21:40 / 19:40
131	Patrick Scroeder	12	21:45 / 18:15
132	Michael Neuwohner	10	22:14 / 19:44
133	Garrett Mannon	10	22:36 / 22:06
134	Paul Neuwohner	MS (6)	22:38 / 14:38

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Cross Country

2010 ALUMNI-OPEN GIRLS TEAM RANKINGS

HIGH SCHOOL GIRLS RANKINGS

(Middle School Rankings Listed Below)

PL.	NAME	GRADE	TIME
1	Emily Ford	10	12:39
2	Paige Gatter	11	13:39
3	Jessa Coulter	09	13:45
4	Jenny Ford	11	14:49
5	Morgan Kelly	09	15:06
6	Halle Olson	09	15:26
7	Kelsey Klein	12	15:48
8	Cortney Backes	09	16:09
9	Sarah Dellett	09	16:16
10	Britta Conrad	11	16:17
11	Amber Fobert	10	16:27
12	Jeni Bergles	10	16:30
13	Hilary Lohman	12	17:18
DNC	Amanda Morse	12	

MIDDLE SCHOOL GIRLS RANKINGS

1	Taylor Claus	07	6:07
2	Lauren Coulter	07	6:07
3	Molly Lembke	07	6:22
4	Rachel Rose	08	6:23
5	Hannah Pace	08	6:27
6	Becca Rapps	07	6:27
7	Jenna Freebern	07	6:39
8	Grace Madigan	07	7:02
9	Katie Puls	08	7:03
10	Mikayla Bowton	08	7:07
11	Callie Miller	07	7:12
12	Carley Rusk	08	7:14
13	Caitlin Akers	07	7:26
14	Hanna Vanderhayden	08	7:27
15	Hope Daly	08	7:28
16	Halie Clark	07	7:36

17	Makenna Stephenson	07	7:40
18	Maddie Miller	07	7:41
19	Bailey Noble	07	7:49
20	Tarah Fisher	07	7:53
21	Jenna Vermost	07	7:54
22	Corey Panicucci	07	7:56
23	Lauren Endress	07	7:57
24	Kaytlyn Gramling	08	8:00
25	Morghan Davison	08	8:00
26	Sydney McCright	08	8:33
27	Christina Mullin	08	10:21
DNC	Several new team members		

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2010 ALUMNI-OPEN BOYS: TEAM RANKINGS

HIGH SCHOOL BOYS RANKINGS

(Middle School Rankings Listed Below)

PL.	NAME	GRADE	TIME
1	Kyle Reiling	11	11:09
2	Jordan Starkey	10	11:15
3	Thomas Sigwalt	12	11:30
4	Branden Smith	12	12:06
5	Marcus Gagnon	10	12:13
6	Tony Gatter	09	12:54
7	Mitchell Lamb	09	13:20
8	Chaise Blakley	09	13:33
9	Daniel Hanford	11	13:48
10	Kyle Parker	10	14:11
11	Jesse Mohr	11	14:21
12	John Mullin	12	14:30
13	Jon Sisson	09	14:31
14	Ethan Koisti	10	14:37
15	Tom Dellett	12	14:38
16	Bryce Gramling	09	14:54
17	Hunter Kuffel	10	15:56
18	Brian Boardwell	09	16:38
19	Jay Wilson	10	18:11
20	Austin Frank	10	18:25
21	Alec Damitz	10	19:03
22	Michael Neuwahner	10	19:44
DNC	Mickey Christensen	11	
	Kyle Freebern	09	
	Josh Lawson	12	
	Mitchell Lawson	10	

MIDDLE SCHOOL BOYS RANKINGS

1	David Chenoweth	08	5:28
2	Nolan Fassett	08	5:36
3	Jon Warner	07	5:56
4	Keaton Darin	07	6:05

5	Nick Fox	07	6:07
6	C.J. Magerkurth	07	6:10
7	Isaac Gustafson	07	6:19
8	Eric Westerlund	07	6:35
9	Keegan Banister	07	6:40
10	Gage Sears	08	6:54
11	Charley Elden	07	7:04
12	Sam Welch	07	7:18
13	Arthur Atwell	07	7:26
14	Sean Pemble	08	7:30
DNC	Several new team members		

This is a Manila site.



KISSING DA ROCK

Pictured are several team members who dipped their wheels in the Rock

ROCK RIVER RIDE

On Saturday, August 21st, the cross-country team enjoyed a 30 mile bike ride to the Rock River from the high school following team pictures. We are glad to report that no team members kissed the pavement this week. Highlights of the trip included:

- Mild temperatures for a change.
- No wipeouts
- Brian Boardwell riding 30 miles on a BMX bike (ouch)
- The woman who Coach allowed to cut in line at DQ leaving \$50.00 to pay for our treats without saying a single word to any team member.
- Austin Frank learning a valuable lesson of not leaning your bike against Coach Fredericks' truck on the passenger side. \$40 later (paid by Coach Fredericks) and a new rim, all is good.