



LADY LEAFS CAPTURE ROCK ISLAND INVITE GOLD WHILE BOYS CLOSE 2ND

On Friday, September 24th, the Leafs traveled to Rock Island to participate in the annual Rock Island Invitational. The meet is usually hosted at Credit Island in Davenport but due to summer flooding on the Mississippi the park is closed and the meet needed to find a new location. Augustana College solved the problem when they extended Rocky an invitation to join their huge college meet site. The resulting solution was perfect and allowed the high school athletes to race on well groomed turf and FLY. Due to the time crunch of running all the races all the high school girls ran in one race while the boys did the same.

The Lady Leafs got things rolling at 4:00 pm. At the gun a very vastly improved and dangerous Rock Island team exploded off the line and quickly grabbed 5 of the top 7 places turning many heads. They held these positions past the 3/4 mile mark and then started to pay for their aggressive racing tactic. The Lady Leafs charged up through the pack and ROARED the 2nd half of the race. Emily Ford and Paige Gatter grabbed the top two places to lead the team effort. Not far behind were Jessa Coulter and Morgan Kelly as they moved up to place 4th and 5th overall. That's right Leaf fans....the Lady Leafs took 4 of the top 5 places. Closing the scoring was Jenny Ford who placed 12th overall (top 15 earned beautiful medals.) Hilary Lohman (25th) and Kelsey Klein (36th) rounded out the Varsity's top 7 with strong efforts. Also putting forth strong efforts were Britta Conrad, Mandy Morse, Brittany Mielke, Chelsea Rahmus, and Haley Henderson who placed 54th, 70th, 79th, 90th, 92nd respectfully. Mielke, Rahmus, and Henderson were debuting at 3 miles as they continued the "little lungs to big lungs" Klein experiment.

Running in the same race but a separate division were the freshmen/sophomore girls. Leading the team were Halle Olson, Sarah Dellett, and Amber Fobert who placed 6th, 10th, and 11th overall to earn top 15 medals. Closing the scoring were Courtney Backes, Jeni Bergles, and Jenna Whipple who placed 21st, 25th, and 49th places respectfully and helped lead the team to a strong 3rd place finish. This race marked the season debut of Jenna Whipple who was spotted wearing spikes and a big smile. Great job Ladies!

Geneseo's Big 3 once again led the charge as Jordan Starkey, Kyle Reiling, and Thomas Sigwalt all placed in the top 10 (top 15 earn awesome medals) by going 4-5-9. Branden Smith and Marcus Gagnon also put forth strong efforts to nail 21st and 23rd places respectfully. When the points were added the Leafs had tied U.T. with 62 points but lost the 1st place tie-breaker (6th man) 32 to 38. Great job to Daniel Hanford for making it close. This first year rookie is having quite a season. The team really ran well and closed the gap on Alleman and U.T. since they last met at Richmond Hill Park. Also running strong races were Tyler Rusk (54th), John Mullin (64th), Jesse Mohr (72nd), Trevor Specht (86th), Tom Dellett (93rd). and Josh Lawson (94th.)

Also running in the same race but a separate division were the freshmen/sophomore boys. Leading the team and grabbing top 15 medals were Mitchell Lamb (13th) and Tony Gatter (15th) who each helped lead the team to a solid 4th place finish. Mitchell Lawson ran his strongest race of the season to earn 3rd man honors in 27th with Chaise Blakley (29th) and Bryce Gramling (50th) not far behind to close out the team scoring. Also putting in strong efforts were Seth Stewart (54th), Evan Koisti (61st), Ethan Radue (79th), Jay Wilson (81st), Brain Bordwell (87th), Alec Damitz (88th), Hunter Kuffel 91st. and Michael Neuwohner (95th.) Mr. Radue was making his season debut after a late season hold out. He is a welcomed addition to our team. Solid efforts men.

By Chris Steele
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Photographers call the hour before the sun sets the magic hour because the quality of the light is at its peak.

At the Rock Island Invitational at Saukie Golf Course on Friday, some of the Quad-Cities best prep cross country teams showed that they are ready for their moment in the sun.

On the girls side, Geneseo (24) edged out Class 2A rival Rock Island (43) for the team title. Alleman (79) finished third ahead of North Scott (100), Pleasant Valley (107), Davenport West (184), United Township (189) and Davenport Central (209) in the eight-team race.

On the boys side, United Township and Geneseo each finished with 62 points and the Panthers won the meet with a faster overall time of 1:22:47 to the Maple Leafs 1:23:44. Third place went to Rock Island (83) which was followed by Alleman (105), Davenport West (128), Davenport Central (141), Pleasant Valley (157), North Scott (184) and Davenport North (190) in the nine-team gathering.

Geneseo's Emily Ford blew away the competition in the girls' race with an 18:40 winning time.

"Even though you are totally beat and tired, the cheer of the crowd pushes you home," the sophomore Ford said. "The crowd is what pushes you across the finish line."

Ford believes that this season's Leafs have not lost a step from last year's team that finished fourth in the Class 3A state finals. Geneseo looked dominant with four of the top five spots belonging to Ford (18:40), Paige Gatter (2nd, 19:27), Jesse Coulter (4th, 19:53) and Morgan Kelly (5th, 19:56).

Rock Island was led by sophomore Kelly Bishop's sixth-place finish (19:57), that almost didn't happen when a fast start took its toll and forced her to find even more incentive when thoughts of slowing down crept into her mind.

"I thought about the girls behind me," Bishop said. "I thought what if they saw me walking, how would that impact the entire team? It



United Township's Cody Webster takes first place in the varsity boys' race at the Rock Island Invite on Friday afternoon in Rock Island.

wasn't a serious thought, but the thing that kept me from walking was knowing my teammates were behind me."

In the thrilling boys' event, United Township made up the time with its 1-2 finish out front. Cody Webster set the pace (15:05) just ahead of teammate Keith Sands (15:46).

Webster said that he loves when he and Sands can finish 1-2, but he even surprised himself after getting an early lead.

"Once I was out front, I just kept pushing from there," said the senior with a rare smile. "I thought 'I am not tired. I am just going to keep going.'"

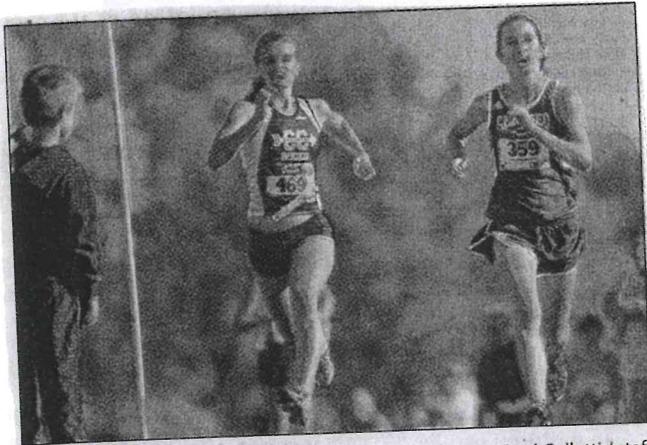
► **Brisman-Lundeen Invitational:** Augustana senior Matt Bowman ran the 8k to finish a step shy of third place coming in neck-and-neck with UW-Stevens Point's Joel Heroux.

UW-Stevens Point won the men's meet with 23 points and Augustana finished second (55). St. Ambrose landed in 12th in the field of 26 teams.

"I think we took a step up from what we have been doing," said Bowman, a senior. "I think you kind of want to run well every weekend."

Augie's men nailed down four of the top 15 spots, while St. Ambrose junior John Darmody finished 23rd with a personal best of 25:51.

Darmody had missed a week of practice after the



Photos: Paul Colletti / staff

Rock Island's Kelly Bishop, left, races Geneseo's Morgan Kelly to the finish line in the girls' race at the Rock Island Invitational at Saukie Golf Course in Rock Island on Friday.

Geneseo girls, UT boys win at RI invite

Race

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passing of his mother, but topped his PR by three seconds.

"It was more than I expected," Darmody said. "If anything, it has given me more focus."

On the Women's side, Northern Iowa finished first with a team score of 74, while Augustana (275) finished 11th and St. Ambrose (362) 14th.

SAU's Abby Parsons had the school's third-best time ever with a 23:23 clocking that was good for 25th overall and Brooke Ashcraft had the school's fourth-best time of 23:31 as she finished 33rd.

"When I saw (Ashcraft) up ahead, it was motivating to me," Parsons said. "I think we helped push each other to the finish."

Augustana senior captain Hannah Hottle finished 36th (23:36) to lead the Vikings across the finish line. She said it's time for the team to kick it in gear.

"It is starting to become fall," she said, "so it is cross-country time."



Photo by Amy Carton

THE GHS GIRLS' CROSS COUNTRY TEAM took first place at the Sept. 24 Rock Island Invite. Members of the team are front row: Cortney Backes. Second row, from left: Jessa Coulter, Morgan Kelly, Amanda Morse, Amber Fobert, Sarah Dellett and Jenny Ford. Back row, from left: Emily Ford, Halle Olson, Kelsey Klein, Hilary Lohman, Britta Conrad, Jeni Bergles and Paige Gatter. Not pictured are Hayley Henderson, Chelsea Rahmus, Danielle Manna, Brittany Mielke and Jenna Whipple.

Lady Leafs defend title, Leafs claim second

By **AMY CARTON**
Sports Editor

The Lady Leafs defended their Rock Island Invitational title by claiming four of the top 5 spots to capture the title for the second year in a row Sept. 24. The boys' team also had a successful night on the course taking second falling to UT in a sixth runner tiebreaker.

"Well the girls were the defending champions, but I was not expecting to take four of the top five places," said head coach Don Fredericks.

Emily Ford paced the girls taking first and crossing the finish line with a time of 18 minutes and 40 seconds. Paige Gatter followed in

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second place with a time of 19:27 and Jessa Coulter in fourth at 19:53. Morgan Kelly rounded out the top 5 in 19:56.

Jenny Ford placed 12th overall in 20:11, while Hilary Lohman finished in 21:22 and Kelsey Klein in 21:59. Britta Conrad ended the race with a time of 23:32, followed by Amanda Morse in 24:52; Brittany Mielke, 26:42; Chelsea Rahmus, 29:23 and Haley Henderson, 31:25.

"It was a great opportunity for our team," said Fredericks. "Rock Island girls' team is vastly improved and went out hard, but our girls did a good job of not panicking. It was very exciting and a lot of good things happened up and down the line up."

In the boys' race, Jordan Starkey led Geneseo in fourth place overall with a time of 16:11, while Kyle Reiling took fifth in 16:14.

"The boys tied for first, but lost in the tiebreaker so we took second," said Fredericks. "They really closed the gap and ran really tough. The guys did a great job."

Thomas Sigwalt finished the race in ninth at 16:34, while Branden Smith placed 21st in 17:20 and Marcus Gagnon in 23rd at 17:25. Daniel Hanford ended the race in 18:12 and Tyler Rusk, 18:49.

"Marcus and Branden did a great job and it is exciting because they are improving," said Fredericks.

John Mullin finished with a time of 19:21, followed by Jesse Mohr, 19:52; Trevor Specht, 21:30; Tom Dellett, 22:04; Josh Lawson, 22:07; and Mickey Christensen, 22:11.

In the freshman/sophomore girls' race, the Lady Leafs took third. Halle Olson placed sixth with a time of 21:08, followed by Sarah Dellett, 10th, 21:48; Amber Fobert,

11th, 21:49; Cortney Backes, 18th, 23:16; Jenny Bergles, 22nd, 23:44 and Jenna Whipple, 31:38.

The freshman/sophomore boys' team placed fourth overall. Mitchell Lamb took 13th in 18:12; Tony Gatter, 15th, 18:19; Mitchell Lawson, 26th, 19:14; Chaise Blakley, 27th, 19:17; Bryce Gramling, 38th, 20:14; Seth Stewart, 20:18; Evan Koisti, 20:33; Jay Wilson, 22:14; Brian Bordwell, 23:14; Alec Damitz, 23:23; Hunter Kuffel, 24:34; and Michael Neuwohner, 27:16.

"We are still improving and still putting some pieces of the puzzle together," said Fredericks. "We will have a formidable team when it comes to championship meet season. It is all about being at our best when championship meet season roles around."

Geneseo has a weekend off and will return to action at 9 a.m. Oct. 9 at the Sterling Invite.

Rocky Invitational

VARSlTY Female

Place	TmPl	No.	Bib	Name	Gr	School	1mile	2mile	2m Spli	Time
1	1	356		Emily Ford	10	Geneseo	5:38	12:09	6:31	18:40
2	2	352		Paige Gatter	11	Geneseo	6:09	12:53	6:44	19:27
3	3	371		Skylar Brooks	9	NS	6:05	12:52	6:48	19:32
4	4	358		Jesse Coulter	9	Geneseo	6:10	13:00	6:51	19:53
5	5	359		Morgan Kelly	9	Geneseo	6:20	13:16	6:56	19:56
6	6	469		Kelly Bishop	10	RIHS	6:08	13:07	7:00	19:57
7	7	462		Joanna Cone	11	RIHS	6:11	13:10	6:59	20:02
8	8	458		Jessica Bacon	12	RIHS	6:10	13:10	7:00	20:05
9	9	457		Celeste Arteaga	11	RIHS	6:09	13:18	7:09	20:06
10	10	309		Anna Wetherell	9	Alleman	6:28	13:20	6:53	20:09
11	11	372		Emily Lane	9	NS	6:23	13:39	7:16	20:10
12	12	351		Jenny Ford	11	Geneseo	6:22	13:17	6:56	20:11
13	13	466		Kirsten Tauke	9	RIHS	6:12	13:23	7:11	20:24
14	14	439		Kera Linn	12	PV	6:24	13:36	7:12	20:31
15	15	300		Andria Mendoza	12	Alleman	6:28	13:47	7:20	20:32
16	16	476		Autumn Vergeyle	11	UTHS	6:40	13:42	7:02	20:34
17	17	308		Kevan O'Hanlon	9	Alleman	6:23	13:32	7:10	20:37
18	18	303		Josie Beckwith	11	Alleman	6:23	13:31	7:08	20:43
19	19	299		Ally Braet	12	Alleman	6:28	13:47	7:20	20:52
20	20	443		Mary Kate Misak	12	PV	6:25	13:38	7:13	20:55

22	22	429	Laura Alper	12	PV	6:38	14:02	7:25	21:09
23	23	467	Isabel Vallejo	10	RIHS	6:32	13:58	7:27	21:15
24	24	428	Allison Witters	11	PV	6:35	14:02	7:27	21:17
25	25	348	Hilary Lohman	12	Geneseo	6:40	14:01	7:22	21:22
26	26	373	Jana Behrens	10	NS	6:55	14:24	7:29	21:23
27	27	416	Mimi Barney	11	PV	6:40	14:21	7:41	21:24
28	28	374	Miranda Gumpert	10	NS	6:38	14:16	7:38	21:30
29	29	321	Alex Johnson	12	DavWest	6:39	14:07	7:29	21:31
30	30	425	Sierra Roberts	11	PV	6:41	14:12	7:31	21:31
31	31	301	Dani Schroeder	12	Alleman	6:29	14:16	7:47	21:36
32	32	391	Andrea Wilson	12	NS	6:55	14:24	7:29	21:47
33	33	384	Amy Berhenke	12	NS	7:04	14:48	7:44	21:52
34	34	381	Kari Moeller	11	NS	6:53	14:32	7:40	21:56
35	35	433	Onna Drake	12	PV	6:35	14:21	7:46	21:58
36	36	347	Kelsey Klein	12	Geneseo	6:49	14:35	7:46	21:59
37		438	Lindsey Jipp	12	PV	6:41	14:22	7:41	22:00
38	37	475	Krystal Torres	12	UTHS	6:40	14:05	7:25	22:09
39		379	Amy Meyer	11	NS	6:52	14:44	7:52	22:13
40	38	339	Mary Reeves	11	DCHS	6:48	14:34	7:47	22:21
41	39	335	Lexy Baltimore	12	DCHS	6:42	14:33	7:51	22:27
42	40	478	Alora Esparza	10	UTHS	7:02	14:56	7:54	22:32
43		375	Danielle Darland	11	NS	7:04	14:58	7:54	22:36
44		445	Laura Rodriguez	12	PV	7:17	15:12	7:55	22:39
45	41	340	Emma Jurgena	11	DCHS	7:00	0:47		22:39
46	42	322	Amanda Milne	12	DavWest	6:57	14:53	7:56	22:40
47		423	Kayla Lindstrom	11	PV	7:05	15:16	8:11	23:12
48		437	Ashley Jipp	12	PV	7:06	15:16	8:11	23:12
49	43	480	Brandes Hamilton	11	UTHS	7:03	15:12	8:09	23:15
50	44	320	Erica Jennings	11	DavWest	7:10	15:16	8:07	23:17
51	45	337	Katie Walton	12	DCHS	7:03	15:19	8:16	23:20
52	46	338	Caitlin McCullough	12	DCHS	7:21	15:33	8:12	23:24
53		377	Kara Maxwell	11	NS	7:21	15:33	8:13	23:31
54		350	Britta Conrad	11	Geneseo	7:01	15:21	8:21	23:32
55	47	304	Mary Dodson	11	Alleman	7:17	15:31	8:15	23:35
56	48	324	Brianka Morgan	11	DavWest	7:20	15:49	8:30	23:37
57	49	319	Katie Hoepfer	11	DavWest	7:20	15:49	8:30	23:38
58		380	Kaci Moeller	11	NS	7:30	15:50	8:20	23:41
59	50	460	Kiah Clements	11	RIHS	7:16	15:27	8:12	23:48
60		418	Katie Burke	11	PV	7:23	15:37	8:15	23:48
61		382	Sarah Onken	11	NS	7:34	15:53	8:20	24:06
62	51	336	Melissa Rink	12	DCHS	7:23	15:57	8:34	24:06
63		459	Courtney Camlin	12	RIHS	7:32	15:58	8:26	24:07
64		415	Erika Baker	11	PV	7:17	15:25	8:08	24:37
65		436	Gracie Herr	12	PV	8:13	16:25	8:13	24:38
66		390	Sarah Riedel	12	NS	7:33	16:13	8:41	24:40
67		446	Colleen Rolland	12	PV	8:12	16:33	8:21	24:43
68	52	323	Megan Mollenbeck	12	DavWest	7:42	16:22	8:40	24:45
69		440	Kelly McElhiney	12	PV	7:44	16:25	8:42	24:51
70		349	Amanda Morse	12	Geneseo	7:37	16:21	8:45	24:52
71		427	Taylor VenHorst	11	PV	7:42	16:24	8:42	24:55
72		387	Abbie Cahill	12	NS	7:57	16:39	8:42	25:02
73		378	Nicole McCombs	11	NS	7:38	16:31	8:54	25:07
74		385	Chelsea Blake	12	NS	7:56	16:39	8:43	25:08
75		461	Kira Clements	11	RIHS	7:32	16:20	8:48	25:19
76		431	Kenzie Coopman	12	PV	8:13	17:11	8:59	25:48
77	53	482	Kaitlyn Tidwell	11	UTHS	7:50	16:51	9:02	25:52
78		392	Courtney Stonksas	12	NS	7:56	17:15	9:19	26:37
79		354	Brittany Mielke	11	Geneseo	8:57	17:37	8:40	26:42
80		419	Theja Chitneni	11	PV	8:13	17:35	9:22	26:49
81		448	Audrey Wiese	12	PV	8:42	17:55	9:13	26:49
82		434	Christina Ehlers	12	PV	8:42	17:55	9:14	26:53
83		447	Rachel Vens	12	PV	8:34	17:55	9:22	26:59
84		430	Alison Aquino	12	PV	8:53	18:39	9:46	27:48
85		435	Kelly Hering	12	PV	8:53	18:39	9:46	27:51
86		422	Morgan Kennedy	11	PV	8:21	18:08	9:48	27:59
87		386	Loren Brotherton	12	NS	8:55	18:58	10:03	28:34
88		442	Jenna McGee	12	PV	8:53	18:51	9:58	28:55

89	421	Sydney Good	11 PV	9:22	19:24	10:02	29:21
90	355	Chelsea Rahmus	11 Geneseo	9:22	19:44	10:23	29:23
91	441	Gabby McGee	12 PV	9:57	20:55	10:59	31:25
92	353	Haley Henderson	11 Geneseo	9:21	19:58	10:37	31:25
93	449	Emily Oswald	12 PV	9:55	20:52	10:58	31:49
94	432	Mary Cropper	12 PV	9:59	20:58	11:00	31:49
95	420	Shannon Dougherty	11 PV	9:59	20:58	10:59	31:53
96	468	Mackenzie Heriford	12 RIHS	6:30	0:44		
97	305	Jenna Smith	11 Alleman		0:51		

FIS Girls

Illinois HIGH SCHOOL ASSOCIATION
Rocky Invitational

Place	Time	Pl No.	Bib	Name	Gr School	1mile	2mile	2m Spli	Time
1	1	398		Kierstyn Feld	9 PV	6:21	13:25	7:05	20:26
2	2	310		Alexys Devlin	10 DavWest	6:26	13:33	7:08	20:30
3	3	400		Erin Moser	9 PV	6:35	13:46	7:12	20:46
4	4	401		Chloe Nelson	9 PV	6:40	14:02	7:23	21:00
5	5	311		Emily Hoeper	9 DavWest	6:26	13:46	7:20	21:04
6	6	346		Halle Olson	9 Geneseo	6:38	0:49		21:08
7	7	314		Taylor Osborn	10 DavWest	6:39	14:01	7:22	21:14
8	8	399		Maddie Guenzler	9 PV	6:40	14:08	7:29	21:28
9	9	365		Madison Temperly	9 NS	6:53	14:24	7:32	21:45
10	10	345		Sarah Dellett	9 Geneseo	6:25	13:57	7:33	21:48
11	11	342		Amber Fobert	10 Geneseo	7:00	14:35	7:35	21:49
12		332		Naomi Elias	9 DCHS	6:48	14:34	7:46	21:51
13		331		Maddy Zemba	9 DCHS	6:51	14:33	7:43	21:56
14	12	403		Meredith Bruster	10 PV	7:08	14:49	7:42	22:15
15	13	313		Kelsey McCreight	12 DavWest	6:56	14:48	7:52	22:18
16		329		Jackie Howard	10 DCHS	6:48	14:39	7:52	22:23
17	14	411		Jenna Schulz	10 PV	7:16	15:12	7:56	22:43
18	15	317		Ashley VanWinkle	10 DavWest	7:04	15:02	7:58	22:47
19	16	366		Kaci Yost	9 NS	7:10	15:14	8:05	23:09
20	17	312		Jacque Johnson	9 DavWest	7:25	15:24	8:00	23:15
21	18	344		Courtney Backes	9 Geneseo	7:09	15:12	8:04	23:16
22	19	367		Mileah Gumpert	10 NS	7:15	15:36	8:21	23:18
23	20	360		Kristin Schroeder	9 NS	7:33	15:38	8:05	23:22
24	21	393		Loraine Arikat	9 PV	6:55	15:12	8:18	23:36
25	22	341		Jenny Bergles	10 Geneseo	7:28	15:41	8:14	23:44
26		406		Kathryn Leidahl	10 PV	7:24	15:45	8:22	23:52
27	23	451		Deauna Ivy	10 RIHS	7:39	16:15	8:37	24:35
28	24	368		Amanda Leslie	10 NS	7:34	16:25	8:51	24:41
29	25	315		Alena Riley	10 DavWest	7:42	16:22	8:41	24:44
30		402		Angela Rauwolf	9 PV	7:16	15:55	8:39	24:46
31	26	456		Claire Bacon	9 RIHS	7:49	16:19	8:30	24:47
32		407		Emily Lohmann	10 PV	7:42	16:24	8:43	24:57
33		412		Tristan Thompson	10 PV	7:44	16:25	8:42	24:59
34		397		Sydney Even	9 PV	7:35	16:26	8:52	25:01
35	27	452		Morgan Stoever	9 RIHS	7:48	16:34	8:46	25:19

36		409	Tori Nelson	10 PV	7:43	16:30	8:48	25:33
37		472	Courtney McGehee	9 UTHS	8:03	16:56	8:54	25:36
38	28	370	Roni Storjahan	10 NS	8:10	17:11	9:01	25:40
39	29	364	Kaitlin Schmidt	9 NS	8:12	17:15	9:04	25:48
40		318	Rachel Whiskeyman	9 DavWest	8:06	17:09	9:03	26:01
41		362	Gabby Morgan	9 NS	8:12	17:15	9:04	26:23
42		316	Gale Schultz	9 DavWest	8:04	17:28	9:24	26:41
43		330	Danielle Nauman	9 DCHS	7:51	17:05	9:15	26:58
44		410	Ellie Sink	10 PV	9:04	18:40	9:37	27:52
45		413	Sarah Vlasic	10 PV	9:04	18:40	9:37	27:52
46		473	Victoria Santillan	10 UTHS	8:15	18:28	10:13	28:29
47	30	454	Isabella Naab	9 RIHS	9:20	20:05	10:46	30:44
48	31	453	Emily Stockdale	9 RIHS	9:20	20:05	10:46	30:46
49	32	343	Jenna Whipple	10 Geneseo	9:17	20:06	10:49	31:38

Varsity Boys

ILLINOIS HIGH SCHOOL ASSOCIATION Rocky Invitational

VARSITY MALE

Pl	Time	No.	Bib	Name	Gr	School	1mile	2mile	2m Spli	Time
1	1	722		Cody Webster	12	UTHS	4:47	9:56	5:10	15:05
2	2	720		Keith Sands	11	UTHS	4:56	10:26	5:31	15:46
3	3	503		Ethan Adlfinger	10	Alleman	4:56	10:27	5:31	16:04
4	4	596		Jordan Starkey	10	Geneseo	5:04	10:40	5:37	16:11
5	5	614		Kyle Reiling	11	Geneseo	5:04	10:41	5:38	16:14
6	6	506		Nathan Thiessen	12	Davenport North	5:13	10:51	5:38	16:21
7	7	504		Liam Otto	10	Alleman	5:07	10:52	5:45	16:28
8	8	702		Eric Indunkric	10	RIHS	5:19	11:01	5:43	16:33
9	9	609		Thomas Sigwalt	12	Geneseo	5:07	10:57	5:50	16:34
10	10	680		Adonis Mikos	12	PV	5:14	11:03	5:49	16:44
11	11	698		Dominic Leone	12	RIHS	5:20	11:09	5:49	16:47
12	12	500		Joe McLaughlin	11	Alleman	5:16	11:07	5:52	16:50
13	13	586		Dominick Shults,	11	DC	5:18	11:15	5:57	16:52
14	14	580		Scott McKillip,	11	DC	5:28	11:17	5:50	16:57
15	15	538		Joe Bierl	11	DavWest	5:15	11:17	6:03	17:01
16	16	716		Austin Webster	9	UTHS	5:20	11:16	5:57	17:09
17	17	699		Cameron Leiby	12	RIHS	5:30	11:27	5:57	17:15
18	18	536		Bacus Nic	11	DavWest	5:19	11:25	6:06	17:16
19	19	714		Pauly Boore	9	UTHS	5:25	11:32	6:08	17:19
20	20	632		Michael Haas	10	NS	5:42	11:31	5:50	17:20
21	21	610		Branden Smith	12	Geneseo	5:27	11:28	6:02	17:20
22	22	697		Denzel Gay	12	RIHS	5:44	11:39	5:55	17:21
23	23	590		Marcus Gagnon	10	Geneseo	5:27	11:28	6:02	17:25
24	24	718		Shawn Kemper	11	UTHS	5:21	11:22	6:01	17:28
25	25	701		Inyase Hazikimana	11	RIHS	5:44	11:38	5:54	17:28
26	26	626		Cody Birely	9	NS	5:41	11:41	6:00	17:38
27	27	633		Michael Christopherson	10	NS	5:44	11:50	6:07	17:44
28	28	678		Tyler French	11	PV	5:41	11:50	6:09	17:47
29	29	545		Eli Kirschbaum	12	DavWest	5:24	11:33	6:09	17:47
30	30	539		Rayvonne Brown	11	DavWest	5:28	11:38	6:11	17:51
31	31	584		Mark Reiter,	12	DC	5:41	11:57	6:17	17:53
32	32	719		Manual Martinez	11	UTHS	5:32	11:38	6:07	17:53
33	33	510		Kyle Marxen	11	Davenport North	5:38	11:55	6:17	18:03
34	34	514		Nick Emory	10	Davenport North	5:39	11:55	6:17	18:04
35	35	676		Levi Moser	11	PV	5:42	12:00	6:18	18:05
36	36	540		Matt Budelier	11	DavWest	5:43	11:58	6:15	18:06
37	37	696		Josh Downing	12	RIHS	5:45	11:55	6:11	18:09
38	38	612		Daniel Hanford	11	Geneseo	5:43	12:06	6:23	18:12
39	39	683		John Beck	12	PV	5:44	12:02	6:19	18:14
40	40	501		Brendan Rafferty	11	Alleman	5:44	12:08	6:25	18:15

41	41	570	Jimmy Dean,	12 DC	5:45	12:01	6:16	18:19
42	42	583	Alex Pogue,	11 DC	5:41	12:01	6:20	18:23
43	43	494	Brandon DeBruine	12 Alleman	5:46	12:11	6:25	18:27
44	44	721	Conner Scott	12 UTHS	5:35	12:04	6:30	18:29
45	45	685	Jordan Kitzman	12 PV	5:47	12:17	6:30	18:33
46	46	497	Austin Teel	12 Alleman	5:31	11:55	6:25	18:34
47	47	677	Mat Smith	11 PV	5:44	12:12	6:29	18:35
48	48	498	Michael Westbrooks	12 Alleman	5:38	12:09	6:32	18:37
49	49	679	Tyler Willers	11 PV	5:46	12:13	6:28	18:39
50		687	Raymond Hildebran	12 PV	5:45	12:20	6:35	18:41
51	50	541	Christian Freund	12 DavWest	5:51	12:27	6:36	18:44
52	51	547	Ricardo Martinez	12 DavWest	5:39	12:17	6:38	18:45
53	52	571	Kollonte Guyton-Cooke,	11 DC	5:34	12:01	6:27	18:49
54	53	615	Tyler Rusk	11 Geneseo	5:43	12:17	6:35	18:49
55		674	Joe Mueller	11 PV	5:47	12:27	6:40	18:55
56	54	700	Garry Allbritton	11 RIHS	5:58	12:31	6:33	19:03
57		495	John Kerch	12 Alleman	6:10	12:51	6:42	19:03
58	55	634	Drew Wilson	11 NS	6:02	12:41	6:40	19:07
59	56	635	Jason Shrimp	11 NS	6:02	12:41	6:40	19:07
60		492	Ryan Bush	12 Alleman	6:10	12:52	6:43	19:10
61	57	518	Zach Martin	9 Davenport	5:54	12:40	6:46	19:15
62	58	627	Sean Allchin	10 NS	6:05	12:46	6:42	19:19
63		542	Jun Grzyb	12 DavWest	6:11	12:52	6:41	19:20
64		608	John Mullin	12 Geneseo	6:15	12:53	6:38	19:21
65	59	582	Nick Peterson,	11 DC	6:11	12:53	6:43	19:24
66		670	Brandon Kane	11 PV	6:08			19:30
67		686	Josh Andringa	12 PV	6:08	13:00	6:52	19:30
68	60	513	Nathan Dodd	10 Davenport	6:07	12:59	6:53	19:35
69	61	637	Jacob Conner	11 NS	6:09	13:07	6:58	19:43
70	62	508	Michael Berens	11 Davenport	5:54	12:52	6:58	19:44
71		496	Blake Larsen	12 Alleman	5:46	12:35	6:49	19:46
72		613	Jesse Mohr	11 Geneseo	6:15	13:06	6:52	19:52
73		552	Joe Whittemore	12 DavWest	6:21	13:15	6:54	19:57
74	63	509	Xavion Jones	11 Davenport	6:14	13:11	6:58	19:58
75		493	Tim Cornelis	12 Alleman	6:13	13:21	7:08	20:20
76		681	Dallas Donovan	12 PV	6:06	13:18	7:13	20:29
77		636	Adam Major	11 NS	6:31	13:43	7:13	20:38
78		628	Nick Kramer	11 NS	6:31	13:45	7:14	20:50
79		551	Keagan Tumey	11 DavWest	6:35	13:47	7:13	20:51
80		695	Charlie Artega	12 RIHS	6:40	13:59	7:19	20:56
81		573	Noah Hambright,	11 DC	6:41	14:06	7:25	20:57
82		717	Mitch Ballageer	11 UTHS	6:46	14:05	7:20	21:08
83		511	Matt Taylor	11 Davenport	6:24	13:51	7:28	21:11
84		548	Emilio Sanchez	12 DavWest	6:38	13:57	7:19	21:11
85		585	Dionis Serrano,	11 DC	6:41	14:09	7:28	21:12
86		616	Trevor Specht	11 Geneseo	6:54	14:17	7:24	21:30
87		587	Joe Verstraete,	12 DC	6:41	14:13	7:33	21:37
88		575	Drew Hance,	12 DC	7:00	14:37	7:38	21:38
89		549	Jermey Scott	11 DavWest	6:42	14:02	7:20	21:40
90		543	Tyler James	11 DavWest	6:42	14:02	7:20	21:40
91		515	Noah Sund	10 Davenport	6:24	14:17	7:53	21:43
92		667	Alexander Wade	11 PV	6:56	14:34	7:38	21:50
93		606	Tom Dellett	12 Geneseo	6:49	14:35	7:46	22:04
94		607	Josh Lawson	12 Geneseo	6:44	14:20	7:36	22:07
95		611	Mickey Christensen	11 Geneseo	7:34	15:11	7:38	22:11
96		675	Joe Sink	11 PV	6:58	14:36	7:38	22:17
97		546	Zachary Lane	12 DavWest	7:00	14:59	8:00	22:39
98		671	Brian Paul	11 PV	7:31	15:32	8:01	23:29
99		668	Ben Claeys	11 PV	7:31	15:31	8:01	23:30
100		544	Kamil Jamil	11 DavWest	6:59	15:20	8:21	24:33
101		537	Kyle Bennett	12 DavWest	6:50	14:59	8:09	24:44

Boys F/S

ILLINOIS HIGH SCHOOL ASSOCIATION
Rocky Invitational

FRESH/SOPH MALE

ce	TrnPl	No.	Bib	Name	Gr	School	1mile	Time
1	1	554		Tim Chapman,	10	DC	5:19	16:53
2	2	645		Ben Stelk	9	PV	5:26	17:27
3	3	566		Mason Tope,	9	DC	5:34	17:31
4	4	650		Elliott Klauer	9	PV	5:25	17:37
5	5	663		Kevin Li	10	PV	5:32	17:42
6	6	707		Bryce Luken	9	UTHS	5:34	17:44
7	7	565		Matt Smith,	9	DC	5:34	17:46
8	8	659		Chris Best	10	PV	5:25	17:48
9	9	556		Matt Dennis,	9	DC	5:32	17:50
10	10	654		Joey Schuler	9	PV	5:42	17:56
11	11	706		Sergio Lopez	9	UTHS	5:41	17:58
12	12	526		Tyler Hoth	10	DavWest	5:34	18:04
13	13	604		Mitchell Lamb	9	Geneseo	5:43	18:12
14	14	661		Karl Weaver	10	PV	5:46	18:16
15	15	602		Tony Gatter	9	Geneseo	5:43	18:19
16	16	656		Nick McMillan	9	PV	5:44	18:20
17	17	553		Todd Alberts,	10	DC	5:54	18:27
18	18	704		Tyler Bickford	9	UTHS	5:53	18:29
19	19	712		Matt Hanson	10	UTHS	5:51	18:41
20		666		Willie Nestel	10	PV	5:44	18:42
21	20	531		Adrian Ortega	10	DavWest	5:57	18:46
22	21	558		Jose Hernandez,	10	DC	5:54	18:49
23	22	560		Marcus Moreno,	10	DC	5:56	18:50
24	23	705		Sean Dopler	9	UTHS	5:57	18:55
25	24	689		Paul Sanders	10	RIHS	6:01	18:59
26	25	487		Zach Hird	9	Alleman	5:59	19:02
27	26	593		Mitchell Lawson	10	Geneseo	6:16	19:14
28		649		Daniel Rodriguez	9	PV	5:55	19:15
29	27	599		Chaise Blakley	9	Geneseo	6:11	19:17
30	28	483		Axel Box	10	Alleman	6:05	19:18
31		658		Adam Cline	10	PV	6:10	19:21
32	29	709		Bruce Taylor	9	UTHS	5:39	19:21
33		641		Adam Sargeant	9	PV	6:15	19:25
34	30	692		Thomas Ramirez	9	RIHS	6:19	19:27
35	31	690		Jordan Stampley	10	RIHS	6:19	19:28
36		660		Ian McGee	10	PV	6:22	19:28
37	32	523		Kris Burney	10	DavWest	6:17	19:31
38		567		Jesse Trujillo,	9	DC	5:59	19:31
39	33	708		Omar Raya	9	UTHS	6:10	19:41
40	34	617		Mitch McCombs	9	NS	6:09	19:43
41		568		Troy Weiman.	9	DC	6:15	19:51
42		646		Brian Walker	9	PV	5:58	19:51
43	35	486		Alec Ewers	9	Alleman	6:10	19:52
44	36	530		Nick Meeks	10	DavWest	6:21	19:55
45		657		Nick Litterer	9	PV	6:29	20:01
46		647		Carl Jaeschke	9	PV	6:29	20:03
47		563		Drew Richter,	9	DC	6:27	20:05
48	37	533		Eli Shellabarger	10	DavWest	6:25	20:05
49		703		Nichalar Mends	9	UTHS	6:04	20:05
50	38	603		Bryce Gramling	9	Geneseo	6:15	20:14

51	39	489	Andres Rosas	9 Alleman	6:07	20:15
52		555	Lawrence Dean,	10 DC	6:12	20:16
53	40	619	Ben Wilson	10 NS	6:37	20:18
54	41	597	Seth Stewart	10 Geneseo	6:26	20:18
55		655	Kyle Forgie	9 PV	6:06	20:18
56	42	490	Peter Stock	9 Alleman	6:13	20:21
57	43	622	Sam Welch	10 NS	6:37	20:22
58		713	Curtis Newberry	10 UTHS	5:56	20:23
59		652	Ian Fowler	9 PV	6:44	20:30
60	44	532	Alex Reed	9 DavWest	6:32	20:32
61	45	591	Evan Koisti	10 Geneseo	6:30	20:33
62	46	525	Roberto Gomez	9 DavWest	6:26	20:37
63		529	Grant Leacox	9 DavWest	6:33	20:51
64		662	Kevin Garter	10 PV	6:43	20:57
65		535	Greg Winderknecht	10 DavWest	6:30	21:01
66		564	Robert Riley,	9 DC	6:36	21:05
67	47	691	Cole Neder	9 RIHS	6:40	21:06
68		534	Andy Snawerdt	10 DavWest	6:33	21:07
69		557	Aaron Gehcke,	9 DC	6:39	21:08
70		559	Nick Moeller,	9 DC	6:46	21:11
71	48	620	Ryan Scott	10 NS	6:45	21:13
72		562	Dan Reiter,	10 DC	6:30	21:13
73		527	Zach Huntley	9 DavWest	6:32	21:18
74	49	485	Erik Mickiewicz	10 Alleman	6:41	21:19
75		512	Dennis Bright	10 Davenport North	6:41	21:33
76		521	Andy Bierl	10 DavWest	6:42	21:37
77		711	Kolton Fisk	10 UTHS	6:37	21:38
78		520	Connor Aden	9 DavWest	6:43	21:41
79	50	488	Jeremy Keim	9 Alleman	6:47	22:13
80	51	625	Tyler Kull	10 NS	6:43	22:14
81		598	Jay Wilson	10 Geneseo	7:04	22:14
82		524	Garrett Duncan	9 DavWest	6:48	22:15
83		517	Joey Diaz	9 Davenport North	6:57	22:39
84	52	693	Chris Hummels	9 RIHS	7:14	22:53
85		643	Alex Andringa	9 PV	7:09	22:54
86		644	Alex Ocel	9 PV	7:09	22:55
87		600	Brian Bordwell	9 Geneseo	7:14	23:14
88		588	Alec Damitz	10 Geneseo	7:17	23:23
89		519	Tony Tellez	9 Davenport North	7:08	23:26
90	53	688	Depree Salazar	10 RIHS	7:15	23:45
91		592	Hunter Kuffel	10 Geneseo	7:17	24:34
92		516	Wade Carlson	9 Davenport North	7:40	24:44
93	54	623	Alex McCammant	9 NS	7:32	24:44
94		651	Gavin Lockard	9 PV	8:08	27:11
95		594	Michael Neuwohner	10 Geneseo	8:25	27:16
96	55	694	Andrew Calder	9 RIHS	8:28	27:43
97		528	Noah Kirschbaum	10 DavWest	8:28	27:43

Cross Country

2010 ROCK ISLAND INV: Geneseo Team Split Page

- Date: 9/24/10
- Site: Saukie Golf Course in Rock Island
- Racing Distance: 3.00 Miles
- Weather Conditions: 69 degrees...perfect

GIRLS TEAM

Time	Athlete	Yr	Place	Race	1-Mile	2-Mile
18:40	Emily Ford	10	1	Var	5:38	12:09
19:27	Paige Gatter	11	2	Var	6:09	12:53
19:53	Jessa Coulter	09	4	Var	6:10	13:00
19:56	Morgan Kelly	09	5	Var	6:20	13:16
20:11	Jenny Ford	11	12	Var	6:22	13:17
21:08	Halle Olson	09	6	F/S	6:38	14:08
21:22	Hilary Lohman	12	25	Var	6:40	14:01
21:48	Sarah Dellett	09	10	F/S	6:25	13:57
21:49	Amber Foberit	10	11	F/S	7:00	14:35
21:59	Kelsey Klein	12	36	Var	6:49	14:35
23:16	Cortney Backes	09	21	F/S	7:09	15:12
23:32	Britta Conrad	11	54	Var	7:01	15:21
23:44	Jeni Bergles	10	25	F/S	7:28	15:41
24:52	Mandy Morse	12	70	Var	7:37	16:21
26:42	Brittany Mielke	11	79	Var	8:57	17:37
29:23	Chelsea Rahmus	11	90	Var	9:22	19:44
31:25	Haley Henderson	11	92	Var	9:21	19:58
31:38	Jenna Whipple	10	49	F/S	9:17	20:06
DNC	Dani Manna	10				
18:40	Race Leader (Var)	10	1	Var	5:39	12:09
20:26	Race Leader (F/S)	9	1	F/S	6:21	13:25
	Geneseo Spread 1-5: (1:31) 1-7: (2:42) 1-10: (3:19)					

BOYS TEAM

Time	Athlete	Yr	Place	Race	1-Mile	2-Mile
16:11	Jordan Starkey	10	4	Var	5:04	10:40
16:14	Kyle Reiling	11	5	Var	5:04	10:41
16:34	Thomas Sigwalt	12	9	Var	5:07	10:57
17:20	Branden Smith	12	21	Var	5:27	11:28
17:25	Marcus Gagnon	10	23	Var	5:27	11:28

18:12	Daniel Hanford	11	38	Var	5:43	12:06
18:12	Mitchell Lamb	09	13	F/S	5:43	12:06
18:19	Tony Gatter	09	15	F/S	5:43	12:06
18:49	Tyler Rusk	11	54	Var	5:43	12:17
19:14	Mitchell Lawson	10	27	F/S	6:16	?
19:17	Chaise Blakley	09	29	F/S	6:11	?
19:21	John Mullin	12	64	Var	6:15	12:53
19:52	Jesse Mohr	11	72	Var	6:15	13:06
20:14	Bryce Gramling	09	50	F/S	6:15	?
20:18	Seth Stewart	10	54	F/S	6:26	?
20:33	Evan Koisti	10	61	F/S	6:30	?
21:30	Trevor Specht	11	86	Var	6:54	14:17
21:04	Tom Dellest	12	93	Var	6:49	14:35
22:07	Josh Lawson	12	94	Var	6:44	14:20
22:11	Ethan Radue	09	79	F/S	7:34	15:11
22:15	Jay Wilson	10	81	F/S	6:48	?
23:14	Brian Bordwell	09	87	F/S	7:14	?
23:14	Alec Damitz	10	88	F/S	7:14	?
24:34	Hunter Kuffel	10	91	F/S	7:17	?
27:16	Michael Neuwahoner	10	95	F/S	8:25	?
DNC	Mickey Christensen Kyle Freebern Austin Frank Kyle Parker Jon Sisson	11 09 10 10 09				
15:54	Race Leader (Var)	12	1	Var	4:47	9:56
17:35	Race Leader (F/S)	09	1	F/S	5:19	?
	Geneseo Spread 1-5: (1:14) 1-7: (2:01) 1-10: (3:03)					

This is a Manila site.



Stephanie Makosky / staff

Geneseo sophomore Emily Ford has been running with the cross country team since the seventh grade. She recently won the Rock Island Invitational title with a time of 18:40. 'I like the challenge,' Ford said about running. Ford is this week's Metro Pacesetter for The Dispatch and The Rock Island Argus.

This Maple Leaf built Ford tough

By Daniel Makarewicz
danmak@qconline.com

Each time Emily Ford races, the Geneseo sophomore cross-country runner has the same mentality.

No fear.

Deep inside, Ford has the determination that takes her to another level. She can't explain it, but Ford simply believes she can conquer any race, course or runner thrown her way.

"I feel like I have a competitive edge because I don't really like to lose," Ford said. "It comes out on the course."

It's not arrogance that drives this week's Metro Pacesetter for The Dispatch and The Rock Island Argus. Rather, it's a tough-love upbringing from a childhood spent in the back yard with three older brothers.

"I kind of learned from them to never lose," said Ford, the youngest of four children.

You could say she's built Ford tough.

"They would always beat

pacesetter

DISPATCH/ARGUS SPORTS EXCELLENCE

▶ **Emily Ford**

- ▶ **Favorite food:** Dad's blueberry crepes
- ▶ **Favorite TV show:** "Psych"
- ▶ **Favorite teacher:** Mr.

(Jon) Obrecht

- ▶ **Favorite movie:** "The Blind Side"
- ▶ **Favorite holiday:** Thanksgiving
- ▶ **Parents:** Doug and Tracy Ford, Geneseo

me and I would just get frustrated with that," Ford said. "I remember learning that I wanted to win. I had that desire and competitiveness."

Whether it was basketball, soccer or football, Ford grew up competing against her brothers Craig, Brett and Chad. All three had decorated athletic careers at Geneseo and the trio rarely gave Emily an inch when it came to sports.

"They were definitely tough," she said.

They made Ford what she

is today.

"She's a fighter," Geneseo coach Don Fredericks said. "She learned a lot of that tenacity from her siblings and parents."

A quick glance at the diminutive, fun-loving Ford makes it hard to believe she has the eye of the tiger. Yet, her mental and physical toughness are unmatched. Fredericks marvels at her work ethic, saying she approaches each run with the same intensity and focus.

The bright lights don't

bother her, either. As a freshman, she helped the Maple Leafs to a fourth-place finish in the Class 2A cross country state meet and she took ninth in the 800-meter run at the state track meet.

'I feel like I have a competitive edge because I don't really like to lose.'

Emily Ford,
Geneseo cross country star

She's continued her success this season, winning the Rock Island Invitational last Friday and taking 13th place in the Peoria Woodruff Invitational.

"She's a competitor," Fredericks said. "Anything she's in — I don't care what she's doing — she's doing the best job she can. That mentality of being a fighter, that's an intangible a lot of athletes don't have."

► In the running

► **Justin Quintana, Alleman:** The senior's 77-yard interception return for a touchdown sealed the Pioneers' 21-7 win at Galesburg.

► **Haley Verbeke, Moline:** Took fourth in the Palatine Invitational after running

a 17:41.

► **Nikko Watson, Rock Island:** Eclipsed the 200-yard mark for the fourth time in five games as the Rocks downed United Township 39-6.

► **Brett Busch, United Township:** Senior scored the game-winning goal in the 78th minute, helping the Panthers to a 3-2 win.

► Ford

From Page A1

There's a reason behind that.

"It's a drive of not wanting to lose," Ford said. "I always keep going. I just don't want to lose."

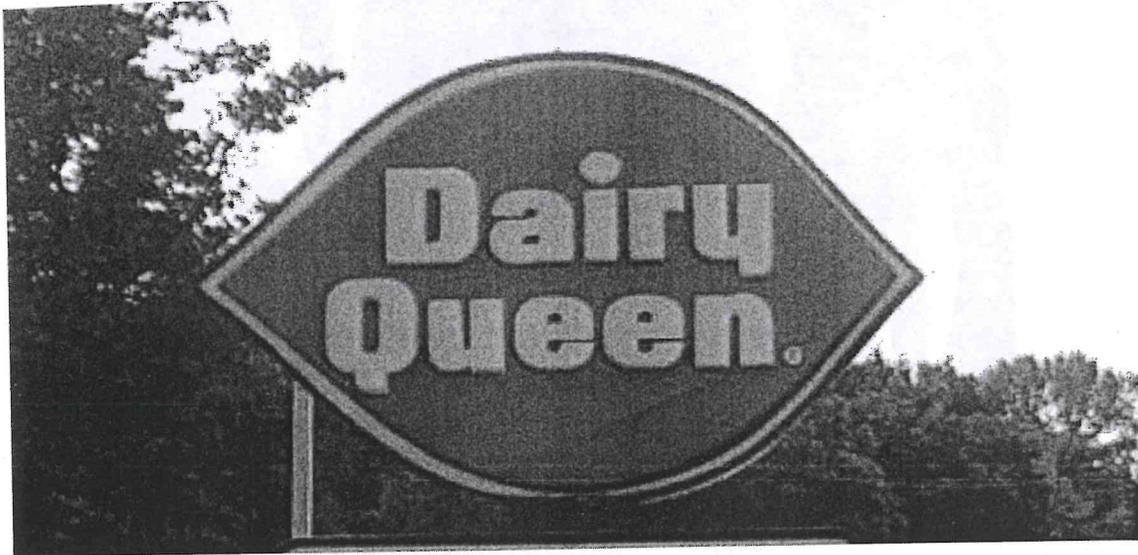
She wants to make her brothers proud.

"They're always calling to see how I do because all

Ford, who got hooked on the sport after watching her brother Chad run cross country in middle school. "I really look up to them."

Emily wouldn't be this way without her siblings.

"I don't think I would have the attitude I do now," Ford said. "It applies to everything I do in life. I always have the desire to be the best at everything because of them."



D.Q. Run

During Thursday's (9/30) recovery run, several team members took advantage of a "Dairy Queen Run" opportunity.

"Combat Ab's", however, were more interesting as a result. A few gurgling noises were heard.



Future Recording Artist Mitchell Walker stopped by to visit Da Leafs

Mitchell was actually seen running down State Street with several team members while also playing his guitar.