



DA CHAMPS

Pictured are Jordan Starkey, Emily Ford, Paige Gatter, and Kyle Reiling who ran on the winning teams Tuesday night.

LEAFS CAPTURE STERLING GRASS RELAYS ON A HOT NIGHT

On Tuesday, August 31st, the Leafs traveled to Sterling to participate in the Sterling Grass Relays. The meet officially opens the competitive portion of the season. The meet format has each athlete run 3 total miles but alternating with a teammate in relay fashion. Thus, each team of two runs a total of six miles. Each team of two counts as one official scorer in the team scoring.

The weather was extremely oppressive with an air temperature of 88 degrees and a dew point well above seventy. The end result was a heat index close to 100. To say the least, August did not leave us without a fight. Our team ran with a lot of pride and spirit. Both the girls and boys teams have a lot of potential. Keep working hard and believing in each other and there is no telling just how much success you will have along the way.

Cross country runners start year with wins

By AMY CARTON
Sports Editor

The Geneseo High School cross country team opened its season at the Sterling Grass Relays Aug. 31 where a pair of Leaf and Lady Leaf runners captured top honors.

For the girls' team, the duo of Paige Gatter and Emily Ford nabbed first place with a time of 37 minutes and 27 seconds, while on the boy's team Jordan Starkey and Kyle Reiling combined for the first-place time in 32:41.

The Lady Leaf runners ended the night defeating Sterling, 20-37, while the Leafs won their match up with Sterling 23-40.

"The Grass Relays are a very different format, but I love it," said head coach Don Fredericks. "It is a great way to start the season."

In the girls' race, Geneseo also grabbed the second and third place finishes with Jenny Ford and Jessa Coulter in second at 40:27 and Halle Olson and Morgan Kelly in third with a time of 41:45. Britta Conrad and Amber Fobert took sixth in 44:30, while Kelsey Klein and Hilary Lohman came in eighth at 45:07. Sarah Dellelt and Cortney Backes finished the race in 45:14.

"All in all we saw some really great things," said Fredericks. "Emily Ford is running extremely well and looks really confident."

"Our goal was to reload and not rebuild and it appears we are making huge strides to that goal."

The early season feedback is very positive."

For the boys' team, Thomas Sigwalt and Branden Smith took third with a time of 33:29, followed by Tony Gatter and Marcus Gagnon in fourth, crossing the finish line in 33:40.

Chaise Blakley and Mitchell Lamb combined for a final time of 37:34 for seventh, while Kyle Parker and Daniel Hanford came in with a time of 38:02 for eighth.

Others contributing to the effort were John Mullin and Jesse Mohr, ninth, 39:36; Mitchell Lawson and Tyler Rusk, 10th, 39:37; John Sisson and Evan Koisti, 11th, 39:53; Tom Dewitt and Bryce Gramling, 12th, 42:58; Jay Wilson and Seth Stewart, 14th, 44:04; Alec Darnitz and Josh Lawson, 15th, 48:11 and Hunter Kuffel and Michael Neuwohner, 16th, 52:10.

"The boys' team did well, but a few of our top guys are running tired because they put in a strong summer of mileage," said Fredericks.

"The highlight for me was the teams cheered for every teammate. Those are the things that mean the most to me. Those intangibles and the caring about each other."

The cross country teams will next travel to Galesburg this weekend to compete in the Galesburg Invite at 9 a.m. Sept. 4.

"We will see some great competition at the Galesburg Invite," said Fredericks. "It is definitely a heavy hitting early season invite. It is a tough field with a number of state powerhouses."

Cross Country

2010 STERLING GRASS RELAYS: Girls Results

- Date: 8/31/10
- Participating Schools: Sterling & Geneseo
- Site: Woodlawn School
- Conditions: 88 degrees and high humidity
- Racing Distance: 1 mile loop (3 times)
- **TEAM SCORES:** 1.) Geneseo 20; 2.) Sterling 37

Varsity Girls Race

	Name	School	Total Time
1	Paige Gatter 11 Emily Ford 10	Geneseo	37:37
2	Jenny Ford 11 Jessa Coulter 09	Geneseo	40:27
3	Halle Olson 09 Morgan Kelly 09	Geneseo	41:45
4	Carrie McPherson 11 Liz Welch 11	Sterling	43:05
5	Leah Megli 09 Hannah George 10	Sterling	43:40
6	Britta Conrad 11 Amber Fobert 10	Geneseo	44:30
7	Emily Crowsley 10 Anayna Wolfe 10	Sterling	44:30
8	Kelsey Klein 12 Hilary Lohman 12	Geneseo	45:07
9	Sarah Dellett 09 Courtney Backes 09	Geneseo	45:14
10	Kaitlyn Bradley 12 Sayra Contreareas 12	Sterling	46:42
11	Erica Salas 11 Charisma Martinez 11	Sterling	49:43
12	Sarah Gunderson 09 Leti Estrada 12	Sterling	51:29

2010 STERLING GRASS RELAYS: Boys Results

- Date: 8/31/10
- Participating Schools: Sterling & Geneseo
- Site: Woodlawn School
- Conditions: 88 degrees with strong winds and high humidity
- Racing Distance: 1 mile loop (3 times))
- Team Scores: 1.) Geneseo 23; 2.) Sterling 40

Varsity Boys Race

	Name	School	Total Time
1	Jordan Starkey 10 Kyle Reiling 11	Geneseo	32:41
2	Josh Landis 11 Jacob Landis 12	Sterling	33:12
3	Thomas Sigwalt 12 Branden Smith 12	Geneseo	33:29
4	Tony Gatter 09 Marcus Gagnon 10	Geneseo	33:40
5	Matt Dirks 11 Trevor Johnson 11	Sterling	36:27
6	Robert Clifton 12 Travis Waldschmidt 12	Sterling	37:00
7	Chaise Blakley 09 Mitchell Lamb 09	Geneseo	37:34
8	Kyle Parker 10 Daniel Hanford 11	Geneseo	38:02
9	John Mullin 12 Jesse Mohr 11	Geneseo	39:36
10	Mitchell Lawson 10 Tyler Rusk 11	Geneseo	39:37
11	Jon Sisson 09 Evan Koisti 10	Geneseo	39:53
12	Tom Dellett 12 Bryce Gramling 09	Geneseo	42:58
13	Hunter Wolfe 9 Chris Mackey 10	Sterling	42:59
14	Jay Wilson 10 Seth Stewart 10	Geneseo	44:04
15	Alec Damitz 10 Josh Lawson 12 Brian Bordwell 09	Geneseo	48:11
16	Hunter Kuffel 10 Michael Neuwohner 10	Geneseo	52:10

Cross Country

2010 TEAM SPLIT PAGE: Sterling Grass Relays

GIRLS (Boys Team Listed Below)

Rank	Name	Mile 1	Mile 2	Mile 3	Average
1	Emily Ford 10	5:55	6:09	6:09	6:04
2	Paige Gatter 11	6:17	6:31	6:35	6:27
3	Jesse Coulter 09	6:24	6:50	6:53	6:42
4	Jenny Ford 11	6:30	6:51	6:58	6:46
5	Morgan Kelly 09	6:38	6:49	6:54	6:47
6	Halle Olson 09	6:27	7:21	7:36	7:08
7	Kelsey Klein 12	7:01	7:23	7:24	7:16
8	Sarah Dellett 09	7:04	7:17	7:30	7:17
9	Amber Fobert 10	6:58	7:35	7:32	7:21
10	Britta Conrad 11	6:57	7:41	7:47	7:28
11	Hilary Lohman	7:24	8:04	7:50	7:46
11	Jeni Bergles 10	7:21	7:50	8:08	7:46
13	Cortney Backes 09	7:35	7:48	8:00	7:47
14	Brittany Mielke 11	7:36	8:35	XXX	8:05
DNC	Haley Henderson 11 Mandy Morse 12 Chelsea Rahmus 11				

BOYS

Rank	Name	Mile 1	Mile 2	Mile 3	Average
1	Kyle Reiling 11	5:08	5:21	5:31	5:20
2	Thomas Sigwalt 12	5:29	5:39	5:27	5:31
3	Jordan Starkey 10	5:30	5:39	5:31	5:33
4	Branden Smith 12	5:32	5:39	5:41	5:37
5	Marcus Gagnon 10	5:35	6:00	6:13	5:56
6	Mitchell Lamb 09	5:54	6:15	6:17	6:08
7	Daniel Hanford 11	5:57	6:16	6:21	6:11
8	Tony Gatter 09	6:10	6:00	6:18	6:12
9	Tyler Rusk 11	6:15	6:06	6:25	6:15

10	Kyle Parker 10	6:07	6:34	6:47	6:18
11	Jesse Mohr 11	6:03	6:37	6:50	6:30
12	Chaise Blakley 09	6:10	6:35	6:49	6:31
13	John Mullin 12	6:09	7:12	6:44	6:41
14	Jon Sisson 09	6:24	7:00	7:14	6:52
15	Bryce Gramling 09	6:42	6:52	7:06	6:53
16	Mitchell Lawson 10	6:30	7:33	7:21	7:08
17	Evan Koisti 10	6:55	6:58	7:38	7:10
18	Seth Stewart	6:33	7:39	7:46	7:19
19	Brian Bordwell 09	6:57	7:38	7:40	7:25
20	Hunter Kuffel 10	7:35	7:30	7:29	7:31
21	Tom Dellett 12	6:36	7:34	8:06	7:33
22	Jay Wilson 10	7:14	7:55	8:16	7:48
23	Josh Lawson 12	7:07	7:41	8:44	7:50
24	Alec Damitz 10	7:40	8:24	8:38	8:14
25	Michael Neuwohner 10	9:02	10:41	9:53	9:52
DNC	Mickey Christensen 11 Austin Frank 10 Kyle Freebern 09 Drew Humphries 12				

This is a Manila site.