



DA TEAM READY TO ROLL

LEAFS RUN STRONG IN STERLING 09/JV INVITATIONAL

On Tuesday afternoon (10/19/10), the Leafs traveled to Sterling to participate in the Sterling 09/JV Invitational. The meet is the traditional end of the racing season for our non-IHSA team. The amazing weather continued as the runners were greeted with 64 degree and calm wind conditions. The course was hard and fast after 3 weeks of no rain and the end result was a plethora of personal bests. Way to race with passion and purpose.

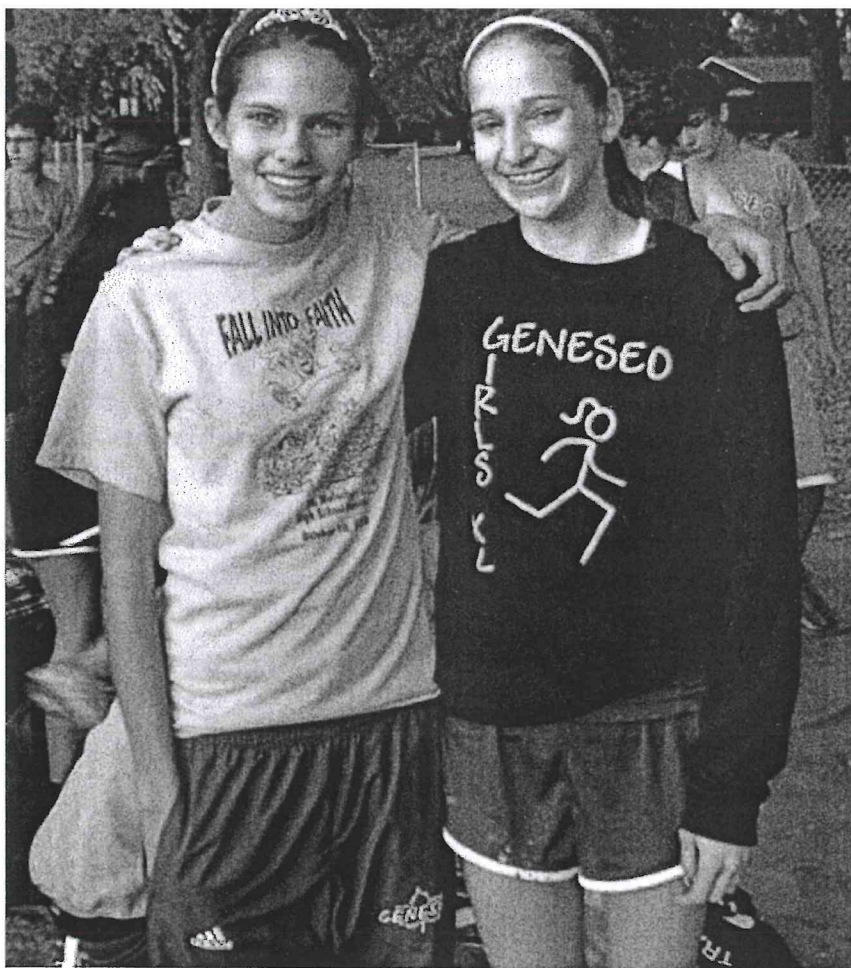
The combined Freshmen race got things rolling. Kaneland was a late addition to the meet and their strong team really added to the quality of the meet. Medals were awarded to the top 5 freshmen girls and boys (along with a cool pumpkin.) Halle Olson blasted off the starting line and never looked back as she led wire to wire. Her time of 21:21 turned more than a few heads. Also running an awesome race was Courtney Backes who rolled a 24:10 and barely missed a medal with her strong 6th place finish. Way to get things started Lady Leafs.

The Freshmen boys also came ready to roll. Mitchell Lamb and Tony Gatter hooked up the entire race and ran to 3rd and 4th place overall earning cool medals on pumpkins. Bryce Gramling and Chaise Blakley weren't far behind with their 6th and 7th place showings as they barely missed out on cashing in on the hardware. If you take state power Kaneland out of the race (this is their first year in attendance) the Leafs would have placed 1-2-3-4. I've been saying all year that this is a special group of young runners with a lot of talent and this is further proof of that point. Job well done, Men.

Onto the Lady Leafs in the JV race. Medals and pumpkins were awarded to the top ten finishers and the Lady Leafs grabbed 4 of those positions. The girls were literally running wild and finished with ferocious kicks. Amber Fobert ran an incredibly intelligent race (with some pacing help from her buddies Alec Damitz and Hunter Kuffel....easy Marcus) and attacked from 3rd place with 3/4 of a mile to go and ran away from the field to win the race. Kelsey Klein, running in 4th place with 150 meters go, dropped the hammer and somehow closed the gap on both girls and kicked them down to claim 2nd and giving the Lady Leafs a 1-2 finish. Pretty Cool. Not far behind were Britta Conrad and Jeni Bergles who also bagged top 10 finishes with their 6th and 10 place efforts.

Way to roll, Ladies. Brittany Mielke continued her meteoric rise with a strong 13th place finish. Talk about figuring out how to race.....oh yea. Mandy Morse and Haley Henderson closed the deal with strong races themselves by placing 18th and 22nd respectfully.

The JV boys also raced with a ton of pride. Tyler Rusk went right with the leaders (his coaches were nervous he was going out too fast) and showed a lot potential for the future as he raced with passion and purpose. He rolled his ankle but was able to hold on to a top 10 finish (9th place and a nice award) while his teammates Mitchell Lawson (seen looking for Tony and Mitchell) and Kyle Parker came ROARING by and ended up placing 5th and 6th overall and scaring 18:00 for the first time in their lives. John Mullin kicked home nicely and ended up in 11th (barely missing an award) as he recorded his best race of the season (gotta love that cooler weather.) Jesse Mohr ran a great race and barely missed breaking 19:00 as he placed 20th with the real Mickey Christiansen dropping another monster race after coming back from mono as he blasted a 20:21. Not far behind and continuing their amazing improvements were Evan Koisti and Josh Lawson who placed 29th and 32nd as each man recorded a life-time best. Not to be outdone was Jay Wilson (34th), Tom Dellett (36th), Hunter Kuffel (39th), Alec Damitz (40th), Trevor Specht (46th), and Michael Neuwohner (52nd) who also ran personal bests and raced like they were in the Kentucky Derby. A special thanks to Hunter and Alec for helping Mrs. Gagnon move at the right time and roll to the win. Way to be a TEAM.



GOLD MEDALISTS

Pictured are Halle Olson and Amber Fobert who each raced to victory on Tuesday night in Sterling.

Geneseo at Sterling JV Invite

Members of the Geneseo boys and girls cross country teams traveled to Sterling Oct. 19 to participate in the 2010 Sterling 09/JV Invitational. No team scores were kept.

In the freshmen race, Olson won the girls' race, taking the tape in 21:21, followed by Backes in sixth place at 24:10.

Lamb led the freshman boys in third place with a time of 18:21, followed by Gatter, fourth, 18:29; Gramling, sixth, 19:44; and Blakley, seventh, 19:46.

Fobert won the girls' JV race with a time of 21:39, followed by Klein in second place at 22:00. Conrad took sixth in 23:01, followed by Bergles, 10th, 23:59; Mielke, 13th, 24:51; Morse, 18th, 25:44; and Henderson, 22nd, 27:39.

In the boys' JV race, Mitchell

Lawson took fifth in 18:08, followed by Parker, sixth, 18:11; Rusk, ninth, 18:23; Mullin, 11th, 18:41; and Mohr, 20th, 19:05.

Christensen, 27th, 20:21; Koisti, 29th, 20:33; Josh Lawson, 32nd, 20:43; Wilson, 34th, 21:01; Dellett, 36th, 21:22; Kuffel, 39th, 21:37; Damitz, 40th, 21:38; Specht, 46th, 22:28; and Neuwohner, 52nd, 27:13.

Geneseo will begin IHSA postseason action at the IHSA Galesburg regional at 10 a.m. with the girls' race, and 10:45 a.m. with the boys' race Oct. 23.

"On the girls' side, Dixon will be ranked No. 1 after beating Yorkville and it will be Rock Island, Galesburg and us battling for second," said Fredericks. "The girls should have a safe assignment of being in the top 5.

"On the guys' side, it is not as easy. Galesburg and Dixon will battle for first and Rock Island and us will be battling for third. There are competitive fields on both sides.

"We have to run better than we did last Saturday and we have to do a better job of taking care of business or our season will come to an end."

12	Justin Taylor	9	LaSalle-Peru	20:10
13	Quinten Vardman	9	Rochelle	20:35
14	Alec Bonnewe	9	Dixon	20:42
15	Hunter Wolfe	9	Sterling	20:47
16	Zech Vanvickee	9	Dixon	21:02
17	Patrick Arogia	9	Princeton	21:15
18	Trent Brinkeier	9	Dixon	21:28
19	Garrett Patterson	9	Kaneland	21:59
20	Calvin Jensen	9	Princeton	22:29

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4	Gus Stott	10	Kaneland	18:01
5	Mitchell Lawson	10	Geneseo	18:08
6	Kyle Parker	10	Geneseo	18:11
7	Taylor Postula	10	LaSalle-Peru	18:13
8	Chris Machey	10	Sterling	18:14
9	Tyler Rusk	11	Geneseo	18:23
10	Bradlee Miller	??	Rochelle	18:30
11	John Mullin	12	Geneseo	18:41
12	Chris Hann	??	Rock Falls	18:48
13	Nick Messina	??	Kaneland	18:49
14	John Michek	??	Kaneland	18:51
15	Wade Steinke	??	Sterling	18:54
16	Alex Rodriguez	??	Sterling	18:59
17	Danza Walsh	??	Rochelle	19:02
18	Nick Albana	??	Kaneland	19:04
19	Drew Bacidore	??	LaSalle-Peru	19:04
20	Jesse Mohr	11	Geneseo	19:05
21	Tyler Carber	??	Rock Falls	19:09
22	Israel Belmonte	??	Rochelle	19:15
23	Billy Hart	??	Kaneland	19:49
24	Kelvin Peterson	??	Kaneland	19:54
25	Joe Biggs	??	Princeton	19:58
26	Tom Geer	??	Rochelle	20:21
27	Mickey Christensen	11	Geneseo	20:21
28	Dylan Kuipers	??	Kaneland	20:24
29	Evan Koisti	10	Geneseo	20:33
30	Tiernan Ebener	??	LaSalle-Peru	20:37
31	Brad Kigyos	??	Kaneland	20:41
32	Josh Lawson	12	Geneseo	20:43
33	Charlie Gilkey	??	Rock Falls	20:58
34	Jay Wilson	10	Geneseo	21:01
35	Zach Schultz	??	Princeton	21:02
36	Tom Dellett	12	Geneseo	21:22
37	Noah Gillespie	??	LaSalle-Peru	21:32
38	Robert Lang	??	Rochelle	21:35
39	Hunter Kuffel	10	Geneseo	21:37
40	Alec Damitz	10	Geneseo	21:38
41	Collin Schwartz	??	Princeton	21:40
42	Chris Wielo	??	Kaneland	21:49
43	Doug Mikan	??	Sterling	21:50
44	Matthew Kinzie	??	Rochelle	21:51

45	Alex Thompson	??	Ottawa	22:27
46	Trevor Specht	11	Geneseo	22:28
47	Joe Pollastrini	??	Kaneland	22:29
48	Austin Paulson	??	Kaneland	22:31
49	Chandler ??	??	Sterling	23:38
50	John Whitman	??	Rochelle	24:13
51	Justin O'Neil	??	Sterling	24:41
52	Michael Neuwohner	10	Geneseo	27:13
53	Matthew Cordero	??	Kaneland	27:18

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Cross Country

2010 STERLING 09/JV INVITE: Team Split Page

- Date: 10/19/10
- Site: Hoover Park in Sterling
- Racing Distance: 3.00 Miles
- Weather Conditions: 60 degrees...perfect

GIRLS TEAM

Time	Athlete	Yr	Place	Race	1-Mile	2-Mile
21:21	Halle Olson	09	1	09	6:28	???
21:39	Amber Fobert	10	1	JV	7:07	14:33
22:00	Kelsey Klein	12	2	JV	7:07	14:53
23:01	Britta Conrad	11	6	JV	7:07	15:04
23:59	Jeni Bergles	10	10	JV	7:44	15:50
24:10	Cortney Backes	09	6	09	7:29	???
24:51	Brittany Mielke	11	13	JV	7:55	16:31
25:44	Amanda Morse	12	18	JV	8:01	16:53
27:39	Haley Henderson	11	22	JV	8:56	18:43
DNC	Jenna Whipple	10	ill			
21:12	Race Leader (JV)	10	1	JV	6:57	???
22:54	Race Leader (09)	09	1	09	6:28	???
	Geneseo Spread 1-5: (2:38) 1-7: (3:30) 1-10: (only 9 runners)					

BOYS TEAM

Time	Athlete	Yr	Place	Race	1-Mile	2-Mile
18:08	Mitchell Lawson	10	5	JV	5:44	12:00
18:11	Kyle Parker	10	6	JV	5:48	12:05
18:21	Mitchell Lamb	09	3	09	5:45	???
18:23	Tyler Rusk	11	9	JV	5:30	12:01
18:29	Tony Gatter	09	4	09	5:44	???
18:41	John Mullin	12	11	JV	5:52	12:27
19:05	Jesse Mohr	11	20	JV	6:05	12:30
19:44	Bryce Gramling	09	6	09	6:15	???

227

19:46	Chaise Blakley	09	7	09	6:15	???
20:21	Mickey Christensen	11	27	JV	6:30	13:30
20:33	Evan Koisti	10	29	JV	6:30	13:30
20:43	Josh Lawson	12	32	JV	6:25	13:33
21:01	Jay Wilson	10	34	JV	6:51	14:08
21:22	Tom Dellett	12	36	JV	6:30	14:01
21:37	Hunter Kuffel	10	39	JV	7:07	14:31
21:38	Alec Damitz	10	40	JV	7:07	14:31
22:28	Trevor Specht	11	46	JV	7:26	15:17
27:13	Michael Neuwohner	10	52	JV	8:15	17:51
DNC	Austin Frank Jon Sisson	10 09	inj inj	-	-	-
17:28	Race Leader (JV)	11	1	JV	5:30	???
17:39	Race Leader (09)	09	1	09	5:21	???
	Geneseo Spread 1-5: (:21) 1-7: (:57) 1-10: (2:13)					

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