

2012 Alumni / Open Cross Country Race

When: Thursday, August 16, 2012
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 t-shirt (in good condition) (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:	:20		Sophomore Girls
Group 3:	:40		Junior Girls
Group 4:	1:00		Senior Girls
Group 5:	1:20		Freshman Boys
Group 6:	1:40		Sophomore Boys
Group 7:	2:00		Junior Boys
Group 8:	2:20		Senior Boys

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 10 FINISHERS

Pictured are the top 10 finishers in this year's Alumni-Open Race:

Row 1: Jacob Rahn, Megan Coulter, Emily Ford, Andrew Benhart, Lauren Coulter.
 Row 2: Jordan Starkey, Kyle Reiling, Anthony Bravata, Nathan Soria, Megan Coulter.

RECORD TURNOUT IS MET WITH INCREDIBLE WEATHER

At 6PM on Thursday, August 16th, our annual Alumni-Open cross-country race was off and flying. Amazingly, the weather conditions were close to ideal with temperatures in the low 70's. That is quite a difference from the blistering heat that we had to deal with this summer. There was a strong wind from the west which meant running the first 3/4 mile against the wind (sorry about that.) All in all, a plethora of tremendous efforts were turned in. We ended up 193 finishers which is a record turnout. We adjusted the format by dropping the intervals between groups to 20 seconds instead of 30 seconds. The change resulted in several high school team members breaking into the top 30 instead of the only 5 last year. In addition to the soccer team, several members of the volleyball team showed up and ran the 1 mile. What a great surprise. Our entry fee of 3 canned goods that were donated to the Geneseo Food Pantry will be great asset to those in need. Running Wild was in "da house" to talk about running gear and provide our team with needed items. Remember, they offer all teams a 20% team discount (tell them you're on the team if you go to their store) and directions are posted on the website under directions to the store as well as when they are open. A special thanks to all

the volunteer helpers and especially to the brave efforts provided by the competitors. Passion with Purpose are a powerful combination. All the best this season. To say the least, the coaching staff is pretty excited about the possibilities the forthcoming season will present. Aim high and back it up with "Walking da Walk", not just "Talking da Talk". When the final race of the season has been run, it is our hope that you will all be holding your heads high with pride knowing that you achieved your potential for the 2012 XC season. Great Job Team.

2012 alumni open

Geneseo High School
MANAGER

Hy-Tek's MEET

2012 Alumni / Open - 8/15/2012

Geneseo, IL

Rankings

2 Mile Run				TIME		
Grp	Name	Gender/Grade	School	Hndycpd	Actual	
=====						
1	8	Starkey, Jordan	M12	H.S. Cross Country	12:44	10:24
2	8	Reiling, Kyle	MAD	Unattached	12:57	10:37
3	6	Chenoweth, David	M10	H.S. Cross Country	13:12	11:32
4	0	Bravata, Anthony	M08	G.M.S. Cross Country	13:14	5:14
5	0	Soria, Nathan	M08	G.M.S. Cross Country	13:25	5:25
6	0	Coulter, Megan	W08	G.M.S. Cross Country	13:29	5:59
7	8	Rahn, Jacob	M12	H.S. Soccer	13:30	11:10
8	4	Ford, Emily	W12	H.S. Cross Country	13:34	12:34
9	0	Benhart, Andrew	M08	G.M.S. Cross Country	13:37	5:37
10	1	Coulter, Lauren	W09	H.S. Cross Country	13:38	13:38
11	0	Sch lindwein, Charlie	M08	G.M.S. Cross Country	13:40	5:40
12	0	Sellers, Kyle	M08	G.M.S. Cross Country	13:40	5:40
13	7	Gatter, Tony	M11	H.S. Cross Country	13:43	11:43
14	7	Blakley, Chaise	M11	H.S. Cross Country	13:45	11:45
15	7	Lamb, Mitchell	M11	H.S. Cross Country	13:51	11:51
16	8	Lawson, Mitchell	M12	H.S. Cross Country	13:52	11:32
17	6	Fassett, Nolan	M10	H.S. Cross Country	13:57	12:17
18	0	Murphy, Collin	M07	G.M.S. Cross Country	13:59	5:59
19	0	Meilke, Katelyn	W08	G.M.S. Cross Country	14:01	6:31
20	0	Gramling, Paige	W08	G.M.S. Cross Country	14:03	6:33
21	0	Versluys, Raelynn	W07	G.M.S. Cross Country	14:04	6:34
22	0	Roseman, Andrew	M08	G.M.S. Cross Country	14:07	6:07
23	0	Verplaetse, Jacob	M08	G.M.S. Cross Country	14:12	6:12
24	0	Alexander, Emma	W08	G.M.S. Cross Country	14:13	6:43
25	0	Miller, AJ	M08	G.M.S. Cross Country	14:13	6:13
26	5	DeBaene, Matt	MAD	Unattached	14:19	12:59
27	0	Rapps, Drew	M07	G.M.S. Cross Country	14:19	6:19
28	0	Beard, Rebecca	W07	G.M.S. Cross Country	14:19	6:49
29	0	Pullman, Ethan	M08	G.M.S. Cross Country	14:21	6:21
30	0	Neff, Tate	M08	G.M.S. Cross Country	14:22	6:52
31	5	Elden, Charley	M09	H.S. Cross Country	14:23	13:03
32	0	Davison, McKenzie	W07	G.M.S. Cross Country	14:25	6:55
33	0	Soria, Hannah	W06	T's Little Leafs	14:28	6:58
34	2	Puls, Katie	W10	H.S. Cross Country	14:29	14:09
35	1	Benhart, Renee	WAD	Unattached	14:29	14:29
36	0	Eilers, Veronica	W07	G.M.S. Cross Country	14:30	7:00
37	1	Freebern, Jenna	W09	H.S. Cross Country	14:31	14:31
38	0	Anast, Savanna	W08	G.M.S. Cross Country	14:33	7:03
39	0	Rice, Marshall	M8	G.M.S. Cross Country	14:34	6:34
40	0	Dellett, Bryan	M08	G.M.S. Cross Country	14:35	6:35
41	0	DeSplinter, Tristan	M08	G.M.S. Cross Country	14:36	6:36
42	0	Benhart, Mitch	M5	T's Little Leafs	14:36	6:36
43	3	Coulter, Jessa	W11	H.S. Cross Country	14:37	13:57
44	0	Smith, Emma	W07	G.M.S. Cross Country	14:37	7:07
45	0	Zobrist, Abigail	W08	G.M.S. Cross Country	14:38	7:08
46	3	Kelly, Morgan	W11	H.S. Cross Country	14:39	13:59
47	8	Brown, Jeff	MAD	Unattached	14:39	12:19
48	5	DeSplinter, Hunter	M09	H.S. Soccer	14:40	13:20
49	0	Klein, Ally	W08	G.M.S. Cross Country	14:41	7:11

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50	0	Hodge, Dylan	M08	G.M.S. Cross Country	14:41	6:41
51	0	Yoder, Josh	M08	G.M.S. Cross Country	14:42	6:42
52	5	Moe, Phillip	MAD	Unattached	14:43	13:23
53	6	Irish, Wyatt	M10	H.S. Soccer	14:43	13:03
54	0	Soria, Megan	W04	T's Little Leafs	14:45	7:15
55	0	Rapps, Ali	W03	T's Little Leafs	14:45	7:15
56	8	Gagnon, Marcus	M12	H.S. Cross Country	14:47	12:27
57	0	Benjamin, Dale	M07	G.M.S. Cross Country	14:48	6:48
58	0	Elden, Keith	M08	G.M.S. Cross Country	14:49	6:49
59	7	Welfer, Griffin	M11	H.S. Soccer	14:50	12:50
60	0	Barickman, Abigail	W04	T's Little Leafs	14:52	7:22
61	0	DeSplinter, Taylor	W04	T's Little Leafs	14:53	7:23
62	0	Ford, Ben	M07	G.M.S. Cross Country	14:54	6:54
63	0	Korthals, Ellie	W07	G.M.S. Cross Country	14:55	7:25
64	0	Barickman, Madeline	W04	T's Little Leafs	14:55	7:25
65	0	Brown, Esther	W04	T's Little Leafs	14:56	7:26
66	0	Vondra, Isabelle	W07	G.M.S. Cross Country	14:58	7:28
67	0	Yoder, Nathan	M05	T's Little Leafs	14:59	6:59
68	4	Sch lindwein, Maggie	W12	H.S. Cross Country	15:00	14:00
69	0	Johnson, Luke	M07	G.M.S. Cross Country	15:01	7:01
70	0	Darin, Cameron	M07	G.M.S. Cross Country	15:06	7:06
71	0	Rapps, Colby	M05	T's Little Leafs	15:06	7:06
72	0	Haverback, Nicole	W07	G.M.S. Cross Country	15:07	7:37
73	0	Matten, TJ	M07	G.M.S. Cross Country	15:07	7:07
74	7	Verplaeste, Luke	M11	H.S. Soccer	15:08	13:08
75	5	Johnson, Gabe	M09	H.S. Cross Country	15:09	13:49
76	0	Dunker, Avery	M08	G.M.S. Cross Country	15:10	7:10
77	0	Johnson, Hannah	W07	G.M.S. Cross Country	15:12	7:42
78	0	Neff, Sarah	WAD	Unattached	15:13	7:43
79	0	Turpin, Patrick	M07	G.M.S. Cross Country	15:14	7:14
80	6	Cropp, Josiah	M10	H.S. Cross Country	15:16	13:36
81	0	Sotos, Alex	M08	G.M.S. Cross Country	15:17	7:17
82	0	Debaillie, Conner	M08	G.M.S. Cross Country	15:20	7:20
83	4	Manna, Dani	W12	H.S. Cross Country	15:20	14:20
84	7	Gramling, Bryce	M11	H.S. Cross Country	15:21	13:21
85	0	Lofquist, Keegan	M07	G.M.S. Cross Country	15:22	7:22
86	0	Simms, Morgan	W04	T's Little Leafs	15:23	7:53
87	0	Strohm, Gracie	W07	G.M.S. Cross Country	15:24	7:54
88	0	Verbeck, Grace	W07	G.M.S. Cross Country	15:24	7:54
89	0	Endress, Megan	W07	G.M.S. Cross Country	15:25	7:55
90	0	Flies, Jordan	W07	G.M.S. Cross Country	15:26	7:56
91	0	Versluys, Hannah	W02	T's Little Leafs	15:30	8:00
92	0	Coulter, Riley	W04	T's Little Leafs	15:31	8:01
93	5	Reynolds, Jace	M09	H.S. Soccer	15:32	14:12
94	3	Dellett, Sarah	W11	H.S. Cross Country	15:32	14:52
95	5	Gustafson, Isaac	M09	H.S. Soccer	15:33	14:13
96	5	Benhart, Rick	MAD	Unattached	15:36	14:16
97	0	DeFauw, Jamie	W11	Volleyball	15:36	8:06
98	0	Cutlip, Courtney	W12	Volleyball	15:37	8:07
99	0	Adams, Kelsey	W12	Volleyball	15:37	8:07
100	0	Wells, Adam	M07	G.M.S. Cross Country	15:38	7:38
101	5	Banister, Keegan	M09	H.S. Cross Country	15:42	14:22
102	5	Sch lindwein, Jack	MAD	Unattached	15:46	14:26
103	1	Carroll, Olivia	W09	H.S. Cross Country	15:47	15:47
104	0	Wells, Kelan	MAD	Unattached	15:48	7:48
105	3	Lynch, Katie	W11	H.S. Cross Country	15:50	15:10
106	0	Tiedeman, Arlan	M07	G.M.S. Cross Country	15:52	7:52
107	0	Whiteman, Ryan	M08	G.M.S. Cross Country	15:53	7:53
108	1	Miller, Callie	W09	H.S. Cross Country	15:56	15:56

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109	1	Miller, Madison	W09	H.S. Cross Country	15:57	15:57
110	1	Akers, Caitlin	W09	H.S. Cross Country	15:58	15:58
111	0	Despain, Katelyn	W11	Volleyball	15:59	8:29
112	0	Beck, Andrea	W11	Volleyball	16:01	8:31
113	8	Dellett, Steve	MAD	Unattached	16:01	13:41
114	0	Jensen, Jacob	M07	G.M.S. Cross Country	16:02	8:02
115	0	Saskowski, Randy	MAD	Unattached	16:06	8:06
116	5	Smith, Chris	MAD	Unattached	16:14	14:54
117	5	Venema, Grant	MAD	Unattached	16:15	14:55
118	5	Moe, Eric	MAD	Unattached	16:16	8:46
119	0	McVay, Anna	W07	G.M.S. Cross Country	16:17	8:47
120	0	Elden, Tricia	W05	T's Little Leafs	16:17	8:47
121	0	Retzlaff, Kyleigh	W07	G.M.S. Cross Country	16:20	8:50
122	0	Gatter, Brandi	W07	G.M.S. Cross Country	16:24	8:54
123	0	Ryder, Jacob	M07	G.M.S. Cross Country	16:25	8:25
124	7	Seeley, Justin	M11	H.S. Soccer	16:27	14:27
125	7	Morton, Josh	M11	H.S. Soccer	16:28	14:28
126	6	Sears, Gage	M10	H.S. Soccer	16:28	14:48
127	8	Kuffel, Hunter	M12	H.S. Cross Country	16:30	14:10
128	0	Burlingame, Caitlin	W07	G.M.S. Cross Country	16:34	9:04
129	5	Barikman, John	MAD	Unattached	16:34	15:14
130	5	Atwell, Arthur	M09	H.S. Soccer	16:37	15:17
131	5	Toone, Colton	M09	H.S. Soccer	16:45	15:25
132	6	Ganson, Ryan	M10	H.S. Soccer	16:46	15:06
133	8	Dodge, Josh	M12	H.S. Cross Country	16:51	14:31
134	5	Westerlund, Eric	M09	H.S. Soccer	17:08	15:48
135	5	Wirth, Cory	MAD	Unattached	17:09	15:49
136	1	Soria, Jean	WAD	Unattached	17:10	17:10
137	0	Wirth, Mallory	W12	Volleyball	17:10	9:40
138	4	Lembke, Kylie	W12	H.S. Cross Country	17:11	16:11
139	8	Potter, Bryce	M12	H.S. Soccer	17:12	14:52
140	8	Claus, Sawyer	M12	H.S. Soccer	17:13	14:53
141	8	DePauw, Shawn	M12	H.S. Soccer	17:14	14:54
142	7	Radue, Ethan	M11	H.S. Soccer	17:16	15:16
143	0	Elden, Cricket	WAD	Unattached	17:17	9:47
144	1	Trujillo, Justin	MAD	Unattached	17:25	17:25
145	3	Backes, Cortney	W11	H.S. Cross Country	17:25	16:45
146	0	Dowell, Devin	M07	G.M.S. Cross Country	17:26	9:26
147	0	Rapps, Jake	M01	T's Little Leafs	17:28	9:28
148	0	Rapps, Alisande	WAD	Unattached	17:30	10:00
149	0	Rapps, Lizzy	W00	T's Little Leafs	17:33	10:03
150	0	Wells, Tonya	WAD	Unattached	17:35	10:05
151	1	Reel, Molly	WAD	Unattached	17:37	17:37
152	0	Dunker, Emma	W04	T's Little Leafs	17:37	10:07
153	6	Falcon, Raul	M10	H.S. Cross Country	17:38	15:58
154	5	Jackson, Tom	M10	H.S. Cross Country	17:41	16:01
155	5	Pemble, Sean	M10	H.S. Cross Country	17:42	16:02
156	0	Neff, Bode	M03	T's Little Leafs	17:43	9:43
157	0	Neff, Kevin	MAD	Unattached	17:45	9:45
158	8	Miller, Sean	M12	H.S. Soccer	17:46	15:26
159	0	Burlingame, Eli	M02	T's Little Leafs	17:53	9:53
160	0	Burlingam, Joe	MAD	Unattached	18:20	10:20
161	5	Hofer, Brian	MAD	Unattached	18:21	17:01
162	8	Gallegher, Mike	M12	H.S. Soccer	18:26	16:06
163	8	Hoogerwerf, Connor	M12	H.S. Soccer	18:27	16:07
164	8	Neuwohner, Michael	M12	H.S. Cross Country	18:28	16:08
165	8	Peterson, Blade	M12	H.S. Soccer	18:29	16:09
166	8	Peterson, Larry	MAD	Unattached	18:32	16:12
167	1	Lewis, Nick	MAD	Unattached	18:35	18:35

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168	4	Ganson, Rachel	W12	H.S. Cross Country	19:00	18:00
169	4	Bergles, Jeni	W12	H.S. Cross Country	19:09	18:09
170	1	Bideaux, Lindsey	W09	H.S. Cross Country	19:10	19:10
171	1	Manna, Sandy	WAD	Unattached	19:18	19:18
172	1	Smith, Denise	WAD	Unattached	19:25	19:25
173	8	Young, Seth	M12	H.S. Soccer	19:27	17:07
174	1	Radue, Mike	MAD	Unattached	19:29	19:29
175	7	Stenzel, Adam	M11	H.S. Soccer	19:43	17:43
176	7	Ballegeer, James	M11	H.S. Soccer	19:49	17:49
177	7	Wassell, Tommy	M11	H.S. Soccer	19:51	17:51
178	7	Anderson, Cody	M11	H.S. Soccer	19:51	17:51
179	7	Dennis, Steven	M12	H.S. Soccer	19:53	17:53
180	5	Mathis, Josh	M09	H.S. Soccer	19:59	18:39
181	7	Carmichael, Blake	M11	H.S. Soccer	20:03	18:03
182	7	Bordwell, Brian	M11	H.S. Soccer	20:05	18:05
183	6	Lyon, Dylan	M10	H.S. Soccer	20:21	18:41
184	8	Hadsall, Alec	M12	H.S. Soccer	20:36	18:16
185	6	Rusk, Tanner	M10	H.S. Soccer	20:47	19:07
186	1	Bott, Deanna	WAD	Unattached	20:51	20:51
187	6	Nicholas, Chris	M10	H.S. Soccer	20:57	19:17
188	5	Pierce, Aaron	M09	H.S. Soccer	21:11	19:51
189	1	Anders, Eric	MAD	Unattached	21:32	21:32
190	1	LaFrenz, Brent	MAD	Unattached	21:44	21:44
191	1	Burlingame, Diana	WAD	Unattached	21:47	21:47
192	5	Cowan, Nate	M09	H.S. Soccer	21:53	20:33

MEET: 2012 Alumni-Open

SITE: Richmond Hill Park

DATE: Thursday, August 16th

WEATHER CONDITIONS: 72 with a west wind of 14 mph

COURSE CONDITION: Hard and Fast

Girls Team Rankings

HIGH SCHOOL TEAM

Ranking	Athlete	Grade	Time
01.)	Emily Ford	12	12:34
02.)	Lauren Coulter	09	13:38
03.)	Jessa Coulter	11	13:57
04.)	Morgan Kelly	11	13:59
05.)	Maggie Schlindwein	12	14:00
06.)	Katie Puls	10	14:09
07.)	Dani Manna	12	14:20
08.)	Jenna Freebern	09	14:31
09.)	Sarah Dellett	11	14:52
10.)	Katie Lynch	11	15:10
11.)	Olivia Carroll	09	15:47
12.)	Callie Miller	09	15:56
13.)	Madison Miller	09	15:57
14.)	Caitlin Akers	09	15:58
15.)	Kylie Lembke	12	16:11
16.)	Cortney Backes	11	16:45
17.)	Rachel Ganson	12	18:00
18.)	Jeni Bergles	12	18:09
19.)	Lindsey Bideaux	09	19:10

DNC:	Mikayla Bowton	10
	Taylor Claus	09
	Amber Fobert	12
	Molly Lembke	09
	Halle Olson	11
	Becca Rapps	09

MIDDLE SCHOOL TEAM

Ranking	Athlete	Grade	Time
01.)	Megan Coulter	08	5:59
02.)	Katelyn Meilke	08	6:31
03.)	Paige Gramling	08	6:33
04.)	Raelynn Versluys	07	6:34

05.)	Emma Alexander	08	6:43
06.)	Rebecca Beard	07	6:49
07.)	McKenzie Davison	07	6:55
08.)	Veronica Eilers	07	7:00
09.)	Savanna Anast	08	7:03
10.)	Emma Smith	07	7:07
11.)	Abigail Zobrist	08	7:08
12.)	Ally Klein	08	7:11
13.)	Ellie Korthals	07	7:25
14.)	Isabelle Vondra	07	7:28
15.)	Nicole Haverback	07	7:37
16.)	Hannah Johnson	07	7:42
17.)	Gracie Strohm	07	7:54
18.)	Grace Verbeck	07	7:54
19.)	Megan Endress	07	7:55
20.)	Jordan Flies	07	7:56
21.)	Anna McVay	07	8:47
22.)	Kyleigh Retzlaff	07	8:50
23.)	Brandi Gatter	07	8:54
24.)	Caitlin Burlingame	07	9:04

DNC:	Morgan Bailey	07
	Taylor Magerkurth	07

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COURSE CONDITION: Hard and Fast

BOYS Team Rankings

HIGH SCHOOL TEAM

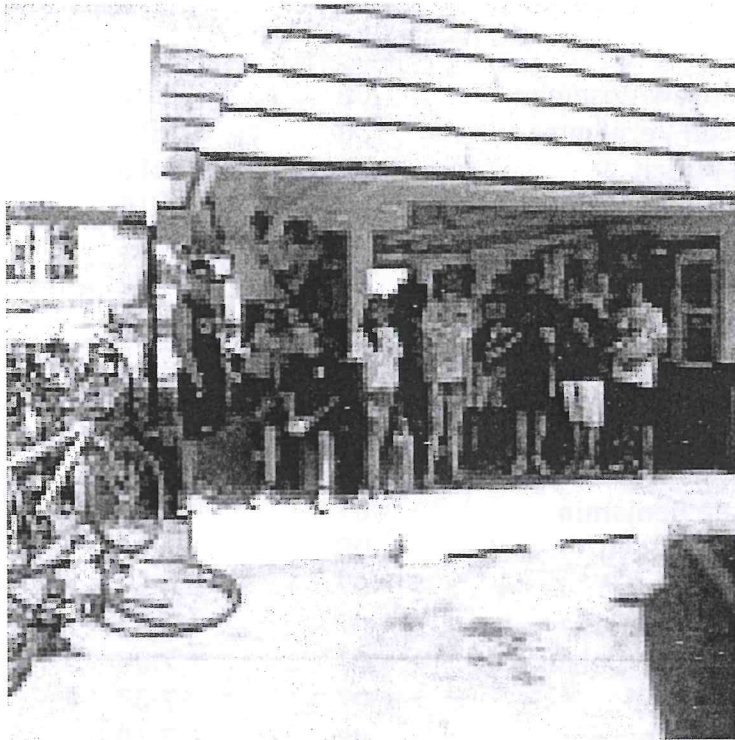
<u>Ranking</u>	<u>Athlete</u>	<u>Grade</u>	<u>Time</u>
01.)	Jordan Starkey	12	10:24
02.)	Mitchell Lawson	12	11:32
02.)	David Chenoweth	10	11:32
04.)	Tony Gatter	11	11:43
05.)	Chaise Blakley	11	11:45
06.)	Mitchell Lamb	11	11:51
07.)	Nolan Fassett	10	12:17
08.)	Marcus Gagnon	12	12:27
09.)	Charley Elden	09	13:03
10.)	Bryce Gramling	11	13:21
11.)	Josiah Cropp	10	13:36
12.)	Gabe Johnson	09	13:49
13.)	Hunter Kuffel	12	14:10
14.)	Keegan Bannister	09	14:22
15.)	Josh Dodge	12	14:31
16.)	Raul Falcon	10	15:58
17.)	Tom Jackson	10	16:01
18.)	Sean Pemble	10	16:02
19.)	Michael Neuwohner	12	16:08
DNC:	Keaton Darin	09	
	Nick Fox	09	
	Evan Koisti	12	

MIDDLE SCHOOL TEAM

<u>Ranking</u>	<u>Athlete</u>	<u>Grade</u>	<u>Time</u>
01.)	Anthony Bravata	08	5:14
02.)	Nathan Soria	08	5:25
03.)	Andrew Benhart	08	5:37
04.)	Charlie Schlindwein	08	5:40
05.)	Kyle Sellers	08	5:40
06.)	Collin Murphy	07	5:59

07.)	Andrew Roseman	08	6:07
08.)	Jacob Verplaetse	08	6:12
09.)	AJ Miller	08	6:13
10.)	Drew Rapps	07	6:19
11.)	Ethan Pullman	08	6:21
12.)	Tate Neff	08	6:22
13.)	Marshall Rice	08	6:34
14.)	Bryan Dellett	08	6:35
15.)	Tristan Desplinter	08	6:36
16.)	Dylan Hodge	08	6:41
17.)	Josh Yoder	08	6:42
18.)	Dale Benjamin	07	6:48
19.)	Keith Elden	08	6:49
20.)	Ben Ford	07	6:54
21.)	Luke Johnson	07	7:01
22.)	Cameron Darin	07	7:06
23.)	TJ Mattan	07	7:07
24.)	Avery Dunker	08	7:10
25.)	Patrick Turpin	08	7:17
26.)	Alex Sottos	08	7:17
27.)	Conner Debaille	08	7:20
28.)	Keegan Lofquist	07	7:22
29.)	Adam Wells	07	7:38
30.)	Arlan Tiedeman	07	7:52
31.)	Ryan Whiteman	08	7:53
32.)	Jacob Jensen	07	8:02
33.)	Jacob Ryder	07	8:25
34.)	Devin Dowell	07	9:26

DNC:	Austin Harms	08	
	Sam Murray	08	
	Thackary Newton	07	
	Brandon Ramos	08	
	Cole Schwerdt	08	
	Reed Vanderheyden	07	



DAIRY QUEEN TREATS

Pictured are team members who stopped at the DQ in Colona during Saturday's team bike ride.

TEAM BIKES TO DA ROCK RIVER AND BACK

On Saturday, August 18th, the cross-country team met at the high school at 9:00 am for team pictures for the various media entities. Following the pictures, the team jumped on the bikes and headed west towards the Rock River. For the 2nd week in a row, zero crashes were reported. This is a good thing. The weather was perfect and the winds were moderate. 22 team members participated in the 30 mile ride (it counts as 8 miles of running for the summer mileage t-shirt pursuers.) A special thanks goes out to Katie "RIver Bug" Lynch for bringing her younger brother, Will, who not only survived the ride but was rolling strong the entire way. Thanks for a great ride, Team.