

LEAFS ROLL IN SEASON OPENER

Pictured are Mitchell Lawson, Emily Ford, Lauren Coulter, and Jordan Starkey.
Each pair claimed Gold in the Sterling Grass Relays

LEAFS RUN STRONG AT STERLING GRASS RELAYS

On Tuesday, August 28th, the Leafs traveled to Sterling to participate in the Sterling Grass Relays. Each team competing was comprised of two-person teams that acted as a "scorer". The daytime high of 85 was joined with extremely humid conditions. The end result was a tough night to run hard but the team put forth strong efforts anyway. We brought a 10 gallon cooler of water and that was drained and refilled in a relatively short amount of time. The key is to stay hydrated in oppressive conditions.

The boys team competed first this year due to a conflict that one of our team captains had that resulted in him needing to be back in G-Town by 7 PM. It looked like he wouldn't be able to race until the host Sterling Golden Warriors accommodated our conflict by switching the boys' and girls' starting times. It was great to get the true competitive season off and running and my heart was pounding when the starter's gun fired. Jordan Starkey and Mitchell Lawson ran to Gold while winning by over a minute. David Chenoweth and Tony Gatter grabbed 2nd place while Chaise Blakley and Mitchell Lamb placed 5th overall. Rounding out our top 5 scorers were Nick Fox and Charlie Elden who placed 7th closely followed by Marcus Gagnon and Nolan Fassett who grabbed 8th. The boys won by a score of 23 to 34.

Sterling wasn't able to field a full team of girls as they currently only have 6 girls racing, resulting in only three two-person teams. Thus, the Lady Leafs won by forfeit and grabbed the top 4 of the top 5 places. Leading the charge were Lauren Coulter and Emily Ford who grabbed first while Halle Olson and Becca Rapps stormed to 2nd. Katie Puls and Maggie Schlindwein grabbed 3rd with Morgan Kelly placed 4th. Dani Manna and Jenna Freebern closed out the scoring by grabbing 6th place. There were a lot of brave efforts during the meet but the thing I was most impressed with was the overall team spirit. We have ONE heartbeat. We have NO weak links. Every single team member is vital to our team's success. Passion with Purpose is a powerful combination.

The Leafs will next be in action at the Galesburg Invitational which will be contested this coming Saturday. The field is loaded so the competition should be phenomenal. Get ready to roll on Saturday. As far as the Sterling Grass Relays goes... Great Start to the Season, Team.

Geneseo cross country captures relay victory

By AMY CARTON
Sports Editor

The Geneseo cross country team opened the season with a pair of victories at the Sterling Grass Relays Aug. 28. The Lady Leafs defeated Sterling, 15-50, while the Leafs won, 23-34.

"It was nice to actually compete," said head coach Don Fredericks. "Conditions were tough, but we got a chance to see some things."

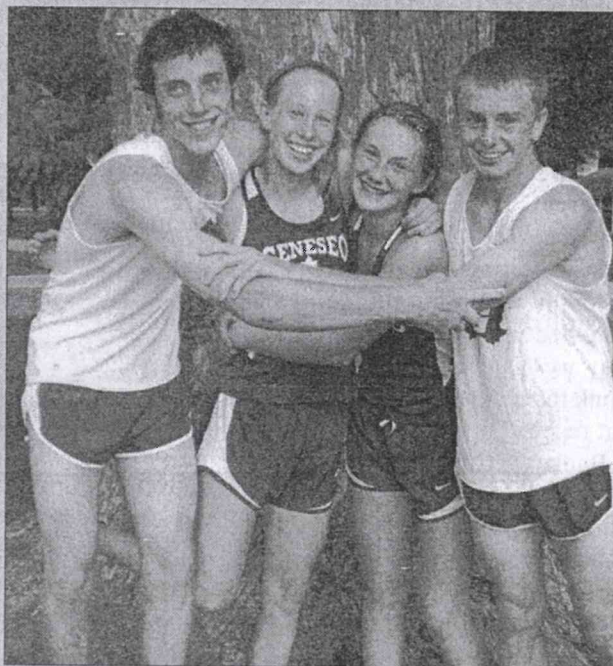
Official results were unavailable. Reported race times will be the runners' average time.

In the girls' race, Emily Ford led the team with an average time of 6 minutes and 14 seconds, followed by Halle Olson in 6:27; Lauren Coulter 6:28; Maggie Schlindwein, 6:35 and Katie Puls, 6:40.

"Everyone was not firing on all cylinders, but I was really proud of their efforts," said Fredericks. "Some went out too fast and then paid for it after that, but that is a learning experience."

Becca Rapps had a time of 6:42, followed by Morgan Kelly with a time of 6:42; Jessa Coulter, 6:51; Dani Manna, 6:55; Sarah Dellett, 7:19; Mikayla Bowton, 7:21; Jenna Freeborn, 7:25; and Molly Lembke, 7:30.

Caitlin Akers recorded an average time of 7:32, followed by Callie Miller in 7:32; Olivia Carroll, 7:35; Madison Miller, 7:41; Courtney Backes, 7:53; Rachel Ganson,



Submitted

CLAIMING GOLD are from left: Mitchell Lawson, Emily Ford, Lauren Coulter and Jordan Starkey. Each pair captured gold at the Aug. 28 Sterling Grass Relays.

7:59; Lindsey Bideaux, 8:10; Jeni Bergles, 8:17 and Natasha Goldenpenny, 9:55.

For the boys' team, Jordan Starkey took the lead as he had an average time of 5:04, while David Chenoweth came in at 5:31; Mitchell Lawson, 5:31; Tony Gatter, 5:36; and Mitchell Lamb, 5:42.

"With Jordan averaging 5:04 and our next guy at 5:31, we need to close the gap," said Fredericks. "Our guys did real well."

Chaise Blakley came in with a time of 5:44, followed by Nick Fox, 5:47; Nolan Fassett, 5:52; Charley Elden, 6:08; Marcus Gagnon, 6:15; Bryce Gramling, 6:30; Gabe Johnson, 6:36; Sam Alexander, 6:42; Josiah Cropp, 6:46; Hunter Kuffel, 6:56; and Josh Dodge, 7:07.

Hunter Grau had an average time of 7:07, followed by Keaton Darin in 7:11; Sean Pemble, 7:22; Keegan Banister, 7:23; Tom Jackson, 7:24; Raul Falcon, 7:32; Michael Neuwohner, 7:41; Karl Flynn, 7:55; Asa Shackelford, 8:01; and Ryan Petsche, 8:59.

Geneseo will be in action this weekend when they take part in the Galesburg Invitational at 9 a.m. Sept. 1.

"This will be a great meet with a good mix of high quality teams," said Fredericks. "I just want to see our team work together and be as competitive as they can. I want to see them run intelligent races and it will be fun to see how many kids get medals."

SENIOR SPOTLIGHT

Jeni Bergles

AGE: 17 | SPRING SPORT: Cross Country

About me

PARENTS:

Ray and Doris Bergles

FAVORITE CLASS:

Sociology with Mr. Brucher

FAVORITE THING TO DO IN

GENESEO:

Bonding with my cross country sisters

FAVORITE CONFERENCE

OPPONENT:

Sterling

POST HIGH SCHOOL PLANS:

Attend a 4-year university to double major in animal sciences and international relations and become a veterinarian

OTHER SPORTS:

Track



Jeni Bergles

What have you enjoyed most about playing for Geneseo High School? **What is one of your more memorable moments as an athlete at GHS?**

I love all of the tradition. The cross country program has had a lot of success so it motivates me to always work harder. Also, cross country is the one sport where everyone is like best friends, so I love going to practice every day and getting to hang out with all my "brothers and sisters."

My sophomore year, we went on a 30-mile bike ride to the Colona Dairy Queen and back. Five miles in, Jessa Coulter and I got separated from the team. We rode circles around Colona for 30 minutes panicking until we realized we'd been 5 minutes away from DQ the entire time. Also then infamous Gatorade bottle of Runstock 2011.

What do you feel you have brought to the team? What do you think your teammates have learned from you?

Hopefully, I have brought a sense of humor and a love for the sport.

2012 STERLING GRASS RELAYS

Girls Results

Date: 8/28/12

Participating Schols: Sterling & Geneseo

Site: Woodlawn School

Conditions: 86° and Humid

Racing Distance: 1 mile loop (3 times)

TEAM SCORES: 1) Geneseo 15; 2) Sterling 50

PLACE	ATHLETE	SCHOOL	TIME
1	Emily Ford-12 Lauren Coulter-09	Geneseo	34:14
2	Becca Rapps-09 Halle Olson-11	Geneseo	31:47
3	Maggie Schlindwein-12 Katie Puls-10	Geneseo	39:49
4	Jessa Coulter-11 Morgan Kelly-11	Geneseo	40:40
5	Mercedes Sanches-10 Jazmin Lopez-09	Sterling	41:46
6	Jenna Freebern-09 Dani Manna-12	Geneseo	43:03
7	Mikayla Bowton-10 Sarah Dellett-11	Geneseo	44:00
8	Alayna Wolfe-12 Mary Francque-12	Sterling	44:42
9	Olivia Carroll-09 Molly Lembke-09	Geneseo	45:18
10	Madison Miller-09 Callie Miller-09	Geneseo	45:42
11	Cortney Backes-11 Caitlin Akers-09	Geneseo	46:17
12	Maya Miller-09 Sarah Gunderson-11	Sterling	47:11
13	Jeni Bergles-12 Rachel Ganson-12	Geneseo	48:52
DNC	Tylor Claus-09, Amber Fobert-12, Kylie Lembke-12, Katie Lynch-11		

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RANK	ATHLETE	MILE 1	MILE 2	MILE 3	AVERAGE
1	Emily Ford-12	5:57	6:14	6:31	6:14
2	Halle Olson-11	6:15	6:33	6:35	6:27
3	Lauren Coulter-09	6:07	6:33	6:45	6:28
4	Maggie Schlindwein-12	6:25	6:40	6:46	6:35
5	Katie Puls-10	6:06	6:59	6:57	6:40
6	Becca Rapps-09	6:27	6:56	6:45	6:42
	Morgan Kelly-11	6:24	6:48	6:54	6:42
8	Jessa Coulter-11	6:33	6:55	7:06	6:51
9	Dani Manna-12	6:41	7:01	7:05	6:55
10	Sarah Dellett-11	7:01	7:32	7:25	7:19
11	Mikayla Bowton-10	7:06	7:18	7:38	7:21
12	Jenna Freebern-09	6:43	7:14	8:20	7:25
13	Molly Lembke-09	7:11	7:28	7:53	7:30
14	Caitlin Akers-09	7:16	7:46	7:36	7:32
	Callie Miller-09	7:11	7:51	7:36	7:32
16	Olivia Carroll-09	7:11	7:46	7:48	7:35
17	Madison Miller-09	7:35	7:43	7:47	7:41
18	Cortney Backes-11	7:35	7:54	8:11	7:53
19	Rachel Ganson-12	7:28	8:08	8:23	7:59
20	Lindsey Bideaux-09	7:42	8:21	8:29	8:10
21	Jeni Bergles-12	7:50	8:30	8:33	8:17
22	Natasha Goldenpenny-11	9:55			9:55
DNC	Tylor Claus-09				
	Amber Fobert-12				
	Kylie Lembke-12				
	Katie Lynch-11				

2012 STERLING GRASS RELAYS

Boys Results

Date: 8/28/12

Participating Schols: Sterling & Geneseo

Site: Woodlawn School

Conditions: 86° and Humid

Racing Distance: 1 mile loop (3 times)

TEAM SCORES: 1) Geneseo 23; 2) Sterling 34

PLACE	ATHLETE	SCHOOL	TIME
1	Jordan Starkey-12 Mitchell Lawson-12	Geneseo	31:48
2	David Chenoweth Tony Gatter-11	Geneseo	33:23
3	Keaton Dir-11 Cody Lund-09	Sterling	33:40
4	Ethan Rocha-10 Zach Alston-10	Sterling	34:12
5	Chaise Blakley-11 Mitchell Lamb-11	Geneseo	34:18
6	Dakota Trancoso Nick Olds-09	Sterling	34:55
7	Nick Fox-09 Charley Elden-09	Geneseo	35:47
8	Marcus Gagnon-12 Nolan Fassett-10	Geneseo	36:23
9	Evan Reiley-09 Chris Mackey-12	Sterling	38:20
10	Josiah Cropp-10 Bryce Gramling-11	Geneseo	39:48
11	Gabe Johnson-09 Hunter Kuffel-12	Geneseo	40:40
12	Hunter Wolfe-11 Alex Herrera-09	Sterling	41:24
13	Sean Pemble-10 Keaton Darin-09	Geneseo	42:39
14	Sam Alexander-12 Michael Neuwohner-12	Geneseo	43:12

2012 STERLING GRASS RELAYS

Boys Results

15	Josh Dodge-12	Geneseo	43:31		
	Keegan Bannister-09				
16	Chandler Allen-12	Sterling	44:40		
	Sloan Cross-09				
17	Tom Jackson-10	Geneseo	44:49		
	Raul Falcon-10				
18	Karl Flynn-11	Geneseo	45:13		
	Hunter Grau-09				
19	David Cuevas-Sell-09	Sterling	47:24		
	Jacob Mohr-09				
20	Asa Shackelford-12	Geneseo	51:23		
	Ryan Petsche-11				
21	Luke Ademoski-09	Sterling	52:23		
	Vinny Poci-09				

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RANK	ATHLETE	AVERAGE	MILE 1	MILE 2	MILE 3
1	Jordan Starkey - 12	5:04	5:01	5:04	5:08
2	David Chenoweth - 10	5:31	5:25	5:36	5:34
	Mitchell Lawson - 12	5:31	5:13	5:39	5:42
4	Tony Gatter - 11	5:36	5:22	5:49	5:37
5	Mitchell Lamb - 11	5:42	5:23	6:00	5:43
6	Chaise Blakley - 11	5:44	5:30	5:50	5:52
7	Nick Fox - 09	5:47	5:37	5:48	5:58
8	Nolan Fassett - 10	5:52	5:41	5:53	6:03
9	Charley Elden - 09	6:08	5:44	6:10	6:30
10	Marcus Gagnon - 12	6:15	5:42	6:21	6:43
11	Bryce Gramling - 11	6:30	5:57	6:39	6:54
12	Gabe Johnson - 09	6:36	5:56	7:07	6:48
13	Sam Alexander - 12	6:42	6:23	6:43	7:02
14	Josiah Cropp - 10	6:46	6:12	6:31	7:36
15	Hunter Kuffell - 12	6:56	6:38	7:02	7:09
16	Josh Dodge - 12	7:07	6:30	7:18	7:34
	Hunter Grau - 09	7:07	6:30	7:14	7:39
18	Keaton Darin - 09	7:11	7:36	6:51	7:06
19	Sean Pemble - 10	7:22	6:57	7:39	7:30
20	Keegan Banister - 09	7:23	7:00	7:30	7:39
21	Tom Jackson - 10	7:24	6:55	7:20	7:59
22	Raul Falcon - 10	7:32	7:03	7:45	7:48
23	Michael Neuwohner - 12	7:41	7:13	7:47	8:04
24	Karl Flynn - 11	7:55	7:13	8:02	8:36
25	Asa Shackelford - 12	8:01	7:09	8:01	8:53
26	Ryan Petsche - 11	8:59	7:31	9:06	10:20
DNC	Nathaniel Croegaert - 12				
	Evan Koisti - 12				
	Jacob Rahn - 12				

EXCESSIVE HEAT WARNING

WE ARE NOT GOING.

OUR ADMINISTRATION HAS DECIDED TO ERR ON THE SIDE OF CAUTION.

TODAY'S HEAT INDEX IS PREDICTED TO APPROACH 100 DEGREES.