



TOP DOGS STRUT THEIR STUFF

Pictured are Nolan Fassett, Molly Lembke, Jessa Coulter, and Charley Elden who were the top Leafs in each of the races Tuesday afternoon. Nolan, Molly, and Jessa each won while Charley finished a close 2nd. GREAT JOB, LEAFS!

LEAFS RUN STRONG AT STERLING 09/JV INVITE

On Tuesday, October 18th, the Leafs traveled to Sterling's Hoover Park to participate in the 7-team Sterling 09/JV Invitational. The meet is a fun way for the non-IHSA team members to end the season and is designed for non-top 7 team members. They run two races (boys and girls together in each.) The first race is a freshmen only race with medals going to the Top 5 girls and Top 5 boys. Following that race, the JV race goes off with medals going to the top 10 girls and top 10 boys. The weatherman was incredibly kind to us with temperatures in the mid 60's with no wind. The course was hard and fast and most of the team ran a season best time.



OFF THEY GO

Pictured are the freshmen as they react to the Starter's gun

Up first were the Freshmen who took off at 4:30 pm. The girls went nuts as they grabbed the first eight places in the race. Their perfect score was a perfect way to end their season. They were led by Molly Lembke (1st place and ran out of her skull in breaking 21 minutes), Becca Rapps (2nd), Madison Miller (3rd), Jenna Freebern (4th), and Olivia Carroll (5th.) Not far behind were Caitlin Akers (6th), Lindsey Bideaux (7th), and Callie Miller (8th.) To say the future looks bright would be a HUGE understatement. Thanks for a great effort and we look forward to a lot more fun next season.

The boys race was also very exciting with Charley Elden leading for most of the race before getting kicked down and being forced to settle for 2nd place. Not far behind were fellow top 5 medal winners Hunter Grau (ran the race of his life to grab 3rd) and Gabe Johnson (strong race himself in grabbing 5th place.) Keegan Banister closed out the race for the Leafs with a strong 11th place showing. Most of the teams didn't have complete teams so I used "ghost runners" to complete the scoring and when I added it all up the Leafs had come out on top with a score of 40 to Rock Falls 62. Officially, the meet is non-scored but it was fun to score it anyway.



AND THE JV'ers Are Off

Pictured are the the JV runners reacting the the Starter's gun

The JV runners took off at 5:15 and it didn't take Jessa Coulter to grab the lead and never let go as she roared away to a dominating victory. Not far behind were Kylie Lembke, Katie Lynch, and Sarah Dellett who grabbed 2nd, 3rd and 4th places. Also joining in the medal haul (top 10 earned medals) were Mikayla Bowton and Dani Manna who placed 7th and 8th overall to also earn medals. Just missing medals but running strong races nonetheless were Jeni Bergles (18th), Cortney Backes (19th), and Rachel Ganson (22nd.) Way to roll, Ladies! The girls won the meet by scoring only 17 points as they won the meet by 45 points.

The JV boys also had a plethora of brave efforts and were led by the race's overall winner, Nolan Fassett who never looked better. Nolan made a big move after the mile and never looked back. Way to roll. Joining him on the Medals Stand were Marcus Gagnon and Bryce Gramling who placed 3rd and 6th overall respectfully. Not far behind were Sam Alexander (12th), Josh Dodge (15th), Hunter Kuffel (17th), Sean Pemble (18th), Tom Jackson (19th), Karl Flynn (21st), Josiah Cropp (24th), Michael Neuwohner (26th), Blake Lyon (29th), Christoph Stemmermann (32nd), and Ryan Petsche (34th.) Thanks for the great efforts, Men. Way to take advantage of perfect racing conditions.

2012 STERLING JV/09 INV.

Date: 10/16/12						
Site: Hoover Park in Sterling						
Conditions: 65° with light winds....perfect						
Racing Distance: 3 miles						
	TIME	ATHLETE	PLACE	RACE	1-MILE	2-Mile
1	20:51	Molly Lembke-09	1	09	6:27	13:50
2	21:16	Jessa Coulter-11	1	JV	6:38	13:57
3	21:44	Kylie Lembke-12	2	JV	6:55	14:23
4	21:54	Becca Rapps-09	3	09	6:27	14:26
5	21:59	Katie Lynch-11	3	JV	6:55	14:23
6	22:00	Madison Miller-09	3	09	6:44	14:23
7	22:01	Sarah Dellett-11	4	JV	6:54	14:36
8	22:09	Jenna Freebern-09	4	09	6:35	14:23
9	22:30	Mikayla Bowton-10	7	JV	7:00	14:42
10	22:34	Dani Manna-12	8	JV	6:56	14:38
11	23:16	Olivia Carroll-09	5	09	6:52	15:00
12	23:30	Caitlin Akers-09	6	09	7:14	15:25
13	23:43	Lindsey Bideaux-09	7	09	7:19	15:31
14	23:52	Callie Miller-09	8	09	7:19	15:50
15	24:51	Jeni Bergles-12	18	JV	7:33	16:21
17	25:05	Cortney Backes-11	19	JV	7:28	16:14
18	25:31	Rachel Ganson-12	22	JV	7:50	16:52
19	DNF	Amber Fobert-12	DNF	JV	7:28	
	DNC	Savanah Chapman-10	Conflict			
	18:03	JV Race Leader	1	VAR	6:38	13:57
	18:31	09 Race Leader	1	F/S	6:27	13:50
		Geneseo Spread				
		1-5: 1:08				
		1-7: 1:10				
		1-10: 1:39				

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	TIME	ATHLETE	PLACE	RACE	1-MILE	2-Mile
1	18:03	Nolan Fassett-10	1	JV	5:37	11:18
2	18:39	Charley Elden-09	2	09	5:53	12:27
3	18:56	Marcus Gagnon-12	3	JV	5:50	12:21
4	19:07	Bryce Gramling-11	6	JV	5:52	12:31
5	19:39	Hunter Grau-09	3	09	6:03	13:04
6	19:43	Sam Alexander-12	12	JV	6:19	13:10
7	20:02	Gabe Johnson-09	5	09	6:10	13:04
8	20:38	Josh Dodge-12	15	JV	6:23	13:36
9	20:48	Hunter Kuffel-12	17	JV	6:38	13:50
10	21:02	Keegan Banister-09	11	09	6:35	14:00
11	21:22	Sean Pemble-10	18	JV	6:40	14:13
12	21:25	Tom Jackson-10	19	JV	6:39	14:13
13	21:35	Karl Flynn-11	21	JV	6:38	14:02
14	21:46	Raul Falcon-10	23	JV	6:38	14:13
15	21:55	Josiah Cropp-10	24	JV	6:50	15:00
16	22:49	Michael Neuwohner-12	26	JV	7:18	15:18
17	24:05	Blake Lyon-10	29	JV	7:06	15:24
18	24:30	Christoph Stemmermann-12	32	JV	7:28	16:14
18	26:53	Ryan Petsche-11	34	JV	7:00	17:35
	DNC	Evan Koisti-12				
	DNF	Keaton Darin-09		9	6:08	
	18:03	JV Race Leader	1	VAR	5:36	11:18
	18:31	09 Race Leader	1	F/S	5:53	12:27
		Geneseo Spread				
		1-5: 1:26				
		1-7: 1:59				
		1-10: 2:23				

Date October 16, 2012

Girls/Boys

Freshmen

Teams Sterling, Dixon, Rock Falls, Rochelle, Geneseo, Princeton

	Time	Plac	Team	Name
B	18:31	1	Dixon	Vannhorn
B	18:39	2	Geneseo	Elden
B	19:39	3	Geneseo	Grau
B	19:45	4	RF	Davis
B	20:02	5	Geneseo	Johnson
B	20:27	6	Sterling	Mohr
B	20:37	7	Prince	Workman
B	20:38	8	RF	Hambler
B	20:45	9	Sterling	Herrera
1-G	20:51	10	Geneseo	Lembke
B	21:01	11	RF	KNOX
B	21:02	12	Geneseo	Banister
2-G	21:54	13	Geneseo	Rapps
3-G	22:00	14	Gen	Miller-M
4-G	22:09	15	Gen	Freebern
B	22:28	16	Prince	Biggs
B	23:04	17	Roch	Heinrich
5-G	23:10	18	Geneseo	Carroll
B	23:22	19	Sterling	POCI
B	23:23	20	Roch	Kalata
6-G	23:30	21	Gen	AKers
7-G	23:43	22	Gen	Bideaux

Time	Plac	Team	Name
23:47	23	Sterling	Ademoski
23:52	24	Gen	Miller-G
24:23	25	Dixon	Blanchette
24:41	26	Ster	Cuevas
24:54	27	Dixon	Binkley
24:55	28	Dixon	Merriman
25:10	29	RF	Schueler
26:48	30	Roch	Gille
27:00	31	RF	SOSA
28:45	32	Dixon	Stauter
32:21	33	Roch	Santillanes
	34		

Top Score			
Girls		Boys	
1	Geneseo	15	1 Geneseo
2	Dixon	61	2 Rock Falls
3	Rock Falls	77	3 Rock Falls
4	Rochelle	83	4 Princeton
5	L.P.	90	5 Dixon
6	Princeton	90	6 Rochelle
7	Sterling	90	7 L-P

Mike Sullivan
36152

Date October 16, 2012

Girls/Boys

JV

Teams Sterling, Dixon, Rock Falls, Rochelle, Geneseo, Princeton

	Time	Plac	Team	Name		Time	Plac	Team	Name	
B	18:03	1	Gen	Fassett	G	21:44	23	Gen	Lembke	-2
B	18:36	2	RF	Latta	B	21:46	24	Gen	Falcon	
B	18:56	3	Gen	Gagnon	B	21:55	25	Gen	Croppo	
B	18:56	4	Dixon	Brinkmeier	G	21:59	26	Gen	Lynch	-3
B	18:57	5	Sterling	Mackey	B	21:59	27	RF	Conklin	
B	19:07	6	Gen	Gramling	G	22:01	28	Gen	DeJett	-4
B	19:15	7	Sterl	Wolfe	G	22:04	29	RF	Ashley	-5
B	19:17	8	RF	Henson	G	22:21	30	Prince	Krieger	-6
B	19:29	9	RF	Cervantes	G	22:30	31	Gen	Bowden	-7
B	19:34	10	Princ.	Biggs	G	22:34	32	Gen	Manna	-8
B	19:42	11	Prince	Birkey	G	22:43	33	Dixon	Lahann	-9
B	19:43	12	Gen	Alexander	B	22:49	34	Gen	Neuwanner	
B	19:44	13	Roch	Huftalin	B	22:49	35	Sterl.	Allen	
B	19:47	14	Roch	Davis	B	22:55	36	Roch	Slade	
B	20:38	15	Gen	Dodge	G	22:59	37	Dixon	Ondenthal	-11
B	20:46	16	RF	Hubbille	G	23:19	38	RF	McKee	
B	20:48	17	Gen	Kuffel	G	23:33	39	RF	Miller	-11
G	21:16	18	Gen	Coulter	G	23:50	40	RF	Sidd	-12
B	21:22	19	Gen	Pembie	G	24:04	41	Sterl.	Miller	-13
B	21:25	20	Gen	Jackson	B	24:05	42	Gen	Lyon	
B	21:29	21	Roch	VanVickler	B	24:12	43	Prince	Shirts	
B	21:35	22	Gen	Flynn	B	24:30	44	Roch	Eckardt	

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	Time	Plac	Team	Name
B	24:30	45	Gen	Stemmermann
4-G	24:38	46	Dixon	Dixon
5-G	24:41	47	RF	Denning
16-G	24:44	48	Sterl	Gomer
17-G	24:50	49	Dixon	Ankney
18-G	24:51	50	Gen	Bergles
B	24:58	51	Roch	Whitman
19-G	25:05	52	Gen	Bauckes
20-G	25:08	53	RF	Day
21-G	25:27	54	RF	Jansen
22-G	25:31	55	Gen	Ganson
23-G	25:54	56	RF	Sid
24-G	26:47	57	Dixon	Hettler
B	26:53	58	Gen	Reische
B	26:57	59	Roch	Singleton
25-G	27:08	60	RF	W Wyckstandt
26-G	28:09	61	RF	Bohoken
27-G	28:30	62	RF	Stoner
28-G	28:40	63	Prince	Smith
29-G	31:04	64	Dixon	Fruin
30-G	31:49	65	RF	Flores
31-G	32:07	66	RF	S Cid

Time	Plac	Team	Name	
35:08	67	Roch	Guerrero	G-3
	68			
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	88			

Girls

Team Scores

Boys

- 1) Genesee 17
- 2) Rock Falls 62
- 3) Dixon 72
- 4) Princeton 107
- 5) HTJ Sterling 107
- 6) L-P 135
- 7) Rochelle 135

- 1) Genesee 37
- 2) Rock Falls 55
- 3) Sterling 88
- 4) Rochelle 92
- 5) Princeton 99
- 6) Dixon 118
- 7) L-P 145