



LEAFS RUN 12-HOUR RELAY

6:00 AM to 6:00 PM

On Saturday, August 17th, the Leafs participated in a 12-Hour Relay. The relay ran from 6:00 a.m. through 6:00 p.m. The team was divided into 12 groups. Several teammates had conflicts later in the day so we front-end loaded the time slots and actually ran two relays at the same time for the first half of the day. Some teammates ran as many as 4 miles while others ran two or three. The goal was to average the fastest time that they were capable of on this day.

The relay served 3 functions. The first was the fact that the relay was used as a fundraiser for both the XC and Track Programs. The goal was to average \$100.00 per athlete. Donations are still being collected at this time, so we don't have a final dollar amount yet but the team did a great job in raising funds. Since each athlete needed to run 2-4 mile repeats and the first 6 hours had 5-7 athletes, we ran two relays during those hours. Taking that into consideration, the team pounded out a staggering 184 total miles. That doesn't count the mile warm-up and cool-down that each athlete also ran.

The second function was to get an early season, quality workout in. The data (mile times and averages) aren't a perfect early season measuring stick due to the varying environmental conditions that the 12 separate groups encountered over the twelve hour time period (it got a lot warmer as the day progressed.) Every individual gave it their best effort. It was very inspirational to watch the veterans lead via example and the "newbies" soaking up the whole TEAM experience. The bottom line is, everyone was pretty tired when they were finished (I know that I was.)

The final function was for each group to pull together and for each person to be a "team player". To show up on time for the warm-up (we weren't perfect on this); to delegate and bring water, sports drinks, post workout treats, etc (great on this); and lastly, for EVERYONE to show up and do their job of running hard and supporting their teammates (we nailed this!) I will admit that I was pretty tired when I finally got home after having been there for over 13 hours (got there early to set up.) But as I lay down on our couch following a long overdue shower, I had a big smile on my face. My wife, Tessie, asked, "What are you smiling about?" My reply summed it up: "WE HAVE A TEAM." Talent, numbers, and a great sense of passion and purpose. Keep up the good work. The results are posted below.

Geneseo Cross Country

12-Hour Relay Teams

6:00 - 7:00 AM

1. Sarah Dellett
2. Sean Geffert
3. James Hartsock
4. Coach Timmerman
5. Coach Moe
6. Coach Fredericks

7:00 - 8:00 AM

1. Abby Larson
2. Mikayla Bowton
3. Savannah Chapman
4. Kaytlyn Gramling
5. Callie Miller
6. Ryan Petsche
7. Chandler Schwartz

8:00 - 9:00 AM

1. Jessa Coulter
2. Morgan Kelly
3. Halle Olson
4. Katie Puls
5. Lauren Coulter
6. Megan Coulter

9:00 - 10:00 AM

1. Taylor Claus (?)
2. Molly Lembke
3. Becca Rapps
4. Chaise Blakley
5. Tony Gatter
6. Bryce Gramling

10:00 - 11:00 AM

1. Hannah Johnson
2. Karl Flynn
3. Gabe Johnson
4. Matthew Ganson
5. Luke Johnson

11:00 - 12:00 AM

1. Cortney Backes
2. Lindsey Bideaux
3. Madison Miller
4. Emma Alexander
5. Morgan Hartsock
6. Katelyn Mielke
7. Alexis Perren

12:00 - 1:00 AM

1. Payton DeMay
2. Mitchell Lamb
3. Tyler Mahsem
4. Chris Bagley
5. David Chenoweth
6. Charley Elden

1:00 - 2:00 AM

1. Ethan Baumgardner
2. Keaton Darin
3. Ross Chapman
4. Tate Neff
5. Kyle Sellers
6. Nathan Soria

2:00 - 3:00 AM

1. Nolan Fassett
2. Tom Jackson
3. Keegen Banister
4. Charlie Schlindwein

3:00 - 4:00 AM

1. Sean Pemple
2. Nathan Konvicka
3. Bryan Dellett

4:00 - 5:00 AM

1. Josiah Cropp
2. Raul Falcon
3. Nelson Laingen

5:00 - 6:00 AM

1. Coach Claus
2. Keith Elden
3. Sam Murray

2013 GENESEO 12-HOUR RELAY

Date: 8/17/13					
Site: Middle School Fitness Trail					
Conditions: 6 a.m. to 6 p.m. (50° to 85°)					
RANK	ATHLETE	MILE 1	MILE 2	MILE 3	AVERAGE
1	Halle Olson-12	5:50	5:48	5:50	5:49
2	Katie Puls-11	6:10	6:02	6:09	6:07
3	Lauren Coulter-10	6:22	6:22	6:26	6:23
4	Taylor Claus-10	6:17	6:36	6:36	6:29
5	Jessa Coulter-12	6:26	6:31	6:35	6:30
6	Megan Coulter-09	6:33	6:35	6:42	6:36
7	Morgan Kelly-12	6:43	ill	ill	6:43
8	Sarah Dellett-12	6:54	6:48	6:41	6:46
9	Becca Rapps-10	6:30	6:54	6:57	6:47
10	Emma Alexander-09	6:51	6:53	6:57	6:53
11	Madison Miller-10	6:55	7:03	7:13	7:03
12	Molly Lembke-10	6:52	7:21	7:22	7:15
13	Cortney Backes-12	7:16	7:29	7:16	7:20
13	Katelyn Mielke-09	7:00	7:33	7:29	7:20
15	Mikayla Bowton-11	7:21	7:32	7:47	7:33
16	Abby Larson-12	7:41	7:30	7:56	7:40
17	Savannah Chapman-11	7:21	7:51	7:53	7:41
18	Callie Miller-10	7:39	7:42	7:53	7:44
19	Hannah Johnson-12	7:40	7:59	X	7:49
20	Kaytlyn Gramling-11	7:50	7:53	7:53	7:51
21	Morgan Hartsock-09	8:22	8:29	X	8:25
22	Lindsey Bideaux-10	8:29	9:51	X	9:10
23	Alexis Perren-09	9:54	10:30	X	10:12
	Coach Kelley Timmerman	6:18	6:11	6:12	6:13
DNC	Sally DeBrock-09 (Excused - Conflict)				
	Jessica DuBois-09 (Excused - Conflict)				
	Jenna Freebern-10 (Injury)				

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Site: Middle School Fitness Trail						
Conditions: 6 a.m. to 6 p.m. (50° to 85°)						
RANK	ATHLETE	MILE 1	MILE 2	MILE 3	MILE 4	AVERAGE
1	David Chenoweth-11	5:14	5:21	5:17	5:18	5:17
2	Chaise Blakley-12	5:26	5:21	5:17	5:11	5:18
3	Nathan Soria-09	5:16	5:25	5:35	5:41	5:29
4	Mitchell Lamb-12	5:31	5:35	5:43	5:43	5:38
5	Charlie Elden-10	5:42	5:35	5:47	5:36	5:40
5	Gabe Johnson-10	5:46	5:28	5:46	X	5:40
7	Tony Gatter-12	5:32	5:45	5:47	5:50	5:43
8	Kyle Sellers-09	5:38	5:52	5:50	X	5:46
9	Charlie Schlindwein-09	5:55	5:52	X	X	5:53
10	Chris Bagley-11	5:46	5:57	6:13	5:50	5:56
11	Josiah Cropp-11	5:50	6:04	5:59	X	5:57
12	Keaton Darin-10	6:00	6:02	X	X	6:01
13	Payton DeMay-12	5:52	6:14	6:06	X	6:04
14	Nolan Fassett-11	5:54	6:01	6:20	X	6:05
15	Bryce Gramling-12	5:59	6:07	6:23	X	6:09
16	Karl Flynn-12	6:33	6:07	6:07	X	6:15
17	Keith Elden-09	6:05	6:26	6:18	X	6:16
18	Sean Geffert-12	6:20	6:21	6:18	X	6:19
19	James Hartsock-12	6:23	6:16	6:21	X	6:20
20	Tate Neff-09	6:07	6:36	6:22	X	6:21
21	Luke Johnson-09	6:24	6:29	6:43	X	6:32
22	Keegan Banister-10	6:35	7:09	X	X	6:52
23	Raul Falcon-11	6:40	7:02	7:04	X	6:55
23	Nathan Konvicka-10	6:35	7:04	7:07	X	6:55
25	Matt Ganson-09	6:38	7:05	7:40	X	7:07
26	Chandler Schwartz-09	6:49	7:24	7:17	X	7:10
27	Tom Jackson-11	7:09	7:48	X	X	7:20
28	Sean Pemble-11	7:58	6:52	7:26	X	7:25
29	Ross Chapman-09	7:52	7:04	X	X	7:28
30	Sam Murray-09	7:08	7:35	7:50	X	7:33
31	Bryan Dellett-09	7:41	7:35	7:58	X	7:44
31	Tyler Mahsem-12	8:12	7:28	7:34	X	7:44
33	Ryan Petsche-12	7:36	8:09	X	X	7:52
34	Nelson Laingen-09	7:36	8:26	X	X	8:02
35	Ethan Baumgardner-10	8:42	9:52	X	X	9:17

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DNC	none					
	Coach Phillip Moe	5:20	5:15	X	X	5:17
	Coach Don Fredericks	6:21	6:12	6:16	X	6:16
	Coach Kevin Claus	Ran 8 straight miles pacing the				
		final group. What a beast!				



TOP DONATION COLLECTOR

Senior Co-Captain Chaise Blakley, raised \$470.00 on his own in donations to lead the team.

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