



## FRESHMEN GET THINGS GOING

Our Freshmen react to the crack of the starter's pistol.

At 4:30 PM the Freshmen race was off and flying. The meet is set up to not keep the kids out late on a school night so the both the Freshmen and J.V. races are run with mixed genders. The Freshmen girls grabbed 3 of the available 5 medals awarded for this race with Sally DeBrock, Katelyn Mielke, and Emma Alexander grabbing 1st, 3rd, and 4th places respectfully. Morgan Hartsock and Alexis Perron weren't far behind in 7th and 9th places. A special shout-out goes out to Sally, as this was her first win EVER. Team-wise, no team scores were kept but the Lady Leafs won the "unofficial" title in a landslide. Way to race, Ladies. There is a lot of exciting potential in this group and I am already drooling for next fall.

The boys also did a great job of bouncing back from Saturday's NIB-12 Conference Meet. The Freshmen race was actually more loaded than the J.V. race. A couple of ringers were also in the field (no top 7 runners were supposed to race according to the meet rules but a couple did anyway.) The end result is the Leafs were shut out of top 5 medals but ran strong races as Charlie Schlindwein, Luke Johnson, Tate Neff, and Kyle Sellers all cracked the top 10 with their 6th, 8th, 9th, and 10th place finishes. Not far behind were: Chandler Schwartz (12th), Keith Elden (15th), Sam Murray (20th), Nelson Laingen (23rd), and Bryan Dellett (24th.) No team scores were kept but the Leafs would have won "unofficially". There is a plethora of potential oozing to come out of this group. All that is needed is off-season mileage and strong track seasons. Way to race, men.





## THE J.V. SQUAD IS OFF

The Leaf and Lady Leafs J.V. teams react to the starter's gun.

Next up were the J.V. teams (everyone except the Freshmen.) The race went off at 5:15 PM and L-P's vastly-improved team was once again in the mix. L-P's Olivia Sheridan led the entire race until the final 200 meters when Senior Sarah Dellett unleashed her deadly kick and end up winning the race by 6 seconds and sneaking under the magical 21 minute barrier with her time of 20:55. Next up was the blur of Sophomore Lauren Coulter who also had a monster kick and came from way back to grab 2nd. Not a bad team start. Sophomore Becca Rapps also got into the top 10 medals fun with a strong 4th place finish. Senior Tri-Captain Cortney Backes and Junior Ashley Kempher closed the scoring (unofficial again) with their strong 11th and 13th place finishes. The Lady Leafs won the "unofficial team title". Not far behind were Senior Abby Larson (14th), Sophomore Callie Miller (17th), Junior Mikayla Bowton (18th), and Senior Hannah Johnson (26th.) Way to Race Ladies. I saw a LOT of PASSION AND PURPOSE out there.

The boys team also ran great and won the unofficial team title by throwing 5 Leafs into the top 10 medals winning positions. Leading the way were Sophomore Keaton Darin (5th), Senior Bryce Gramling (6th), Junior Chris Bagley (7th), and Seniors Karl Flynn and Payton DeMay who grabbed the last two medals via there 9th and 10th place finishes. Not far behind were Senior Sean Geffert (12th), Senior James Hartsock (18th), Sophomore Keegan Banister (19th), and Senior Tyler Mahsem (32nd.) I was especially impressed with the pack running which demonstrated a strong TEAM FIRST attitude. I hope to see most of you out for track this spring as we continue to chase, and set, new personal bests. WAY TO MAN UP!

## 2013 STERLING 09/J.V. INV.

<b>Date:</b> 10/12/13						
<b>Site:</b> Hoover Park in Sterling						
<b>Conditions:</b> Daytime high of 33° with light rain. Cold, wet, and AWESOME						
<b>Racing Distance:</b> 3.00 miles						
<b>Team Placings:</b> non-scored						
	<b>TIME</b>	<b>ATHLETE</b>	<b>PLACE</b>	<b>RACE</b>	<b>1-MILE</b>	<b>2-MILE</b>
1	20:55	Sarah Dellett-12	1	J.V.	6:46	13:57
2	21:01	Lauren Coulter-10	2	J.V.	6:38	13:53
3	21:09	Sally DeBrock-09	1	09	6:34	13:47
4	21:15	Becca Rapps-10	4	J.V.	6:45	13:59
5	21:46	Katelyn Mielke-09	3	09	6:52	14:23
6	22:11	Emma Alexander-09	4	09	6:59	14:36
7	23:07	Cortney Backes-12	11	J.V.	7:19	15:17
8	23:26	Ashley Kempfer-11	13	J.V.	7:25	15:40
9	23:32	Abby Larson-12	14	J.V.	7:25	15:40
10	24:03	Callie Miller-10	17	J.V.	7:27	15:57
11	24:07	Mikayla Bowton-11	18	J.V.	7:19	15:50
12	24:27	Morgan Hartsock-09	7	09	8:04	16:10
13	26:14	Hannah Johnson-12	26	J.V.	8:21	17:28
14	28:19	Alexis Perren-09	9	09	8:55	18:41
	DNC	Lindsey Bideaux-10	Conflict			
		Savannah Chapman-11	Injury			
		Adison Cunningham-11	Injury			
		Jessica DuBois-09	Injury			
		Jenna Freebern-10	Injury			
		Kaytlyn Gramling-11	Injury			
		Natalia Mangieri-12	Injury			
	21:09	Race Leader	1	09	6:34	13:47
	20:55	Race Leader	1	J.V.	6:36	13:50



# 2013 STERLING 09/J.V. INV.

<b>Date:</b> 10/22/13						
<b>Site:</b> Hoover Park in Sterling						
<b>Conditions:</b> Daytime high of 33° with light rain. Cold, wet, and AWESOME						
<b>Racing Distance:</b> 3.00 miles						
<b>Team Placings:</b> non-scored						
	<b>TIME</b>	<b>ATHLETE</b>	<b>PLACE</b>	<b>RACE</b>	<b>1-MILE</b>	<b>2-MILE</b>
1	18:15	Charlie Schlindwein-09	6	09	5:46	12:01
2	18:52	Luke Johnson-09	8	09	5:44	12:14
3	18:54	Keaton Darin-10	5	J.V.	5:52	12:27
4	19:01	Bryce Gramling-12	6	J.V.	5:52	12:32
5	19:08	Chris Bagley-11	7	J.V.	5:52	12:28
6	19:10	Tate Neff-09	9	09	5:53	12:34
7	19:16	Karl Flynn-12	9	J.V.	5:52	12:34
8	19:17	Payton DeMay-12	10	J.V.	5:52	12:33
9	19:19	Kyle Sellers-09	10	09	5:45	12:34
10	19:34	Sean Geffert-12	12	J.V.	6:10	12:55
11	19:44	Chandler Schwartz-09	12	09	6:10	12:55
12	20:00	Keith Elden-09	15	09	6:14	13:03
13	20:12	James Hartsock-12	18	J.V.	6:14	13:03
14	20:25	Keegan Banister-10	19	J.V.	6:32	13:32
15	21:21	Sam Murray-09	20	09	6:55	14:14
16	23:38	Nelson Laingen-09	23	09	7:35	15:49
17	23:47	Bryan Dellett-09	24	09	7:31	15:48
18	25:14	Tyler Mahsem-12	32	J.V.	8:07	16:56
	DNC	Ethan Baumgardner-09	Conflict			
		Ross Chapman-09	Conflict			
		Josiah Cropp-11	Illness			
		Raul Falcon-11	Illness			
		Matt Ganson-09	Illness			
		Tom Jackson-11	Illness			
		Sean Pemble-11	Illness			
	17:26	Race Leader	1	09	5:20	11:25
	17:45	Race Leader	1	J.V.	5:36	11:45

# 2013 STERLING 09/JV Invitational Girls Results

<b>Date:</b> 10/22/13					
<b>Participating Schools:</b> Dixon, Geneseo, LaSalle-Peru, Rochelle, Rock Falls and Sterling					
<b>Site:</b> Hoover Park in Sterling					
<b>Conditions:</b> 33° with light rain. Cold, wet, and AWESOME					
<b>Racing Distance:</b> 3 miles					
<b>FRESHMEN RACE</b> (no team scores)					
<b>PLACE</b>	<b>ATHLETE</b>	<b>SCHOOL</b>	<b>TIME</b>		
1	Sally DeBrock-09	Geneseo	21:09		
2	Katie Lawson-09	Dixon	21:41		
3	Katelyn Mielke-09	Geneseo	21:46		
4	Emma Alexander-09	Geneseo	22:11		
5	Taylor Lohse-09	Dixon	23:03		
6	Amelia Martinez-09	Sterling	24:25		
7	Morgan Hartsock-09	Geneseo	24:27		
8	Alli Bellini-09	Dixon	24:46		
9	Alexis Perren-09	Geneseo	28:19		
10	Priscila Castilla-09	Sterling	28:19		
11	Hannah Childers-09	L-P	32:51		



# 2013 STERLING 09/JV Invitational Boys Results

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<b>Site:</b> Hoover Park in Sterling					
<b>Conditions:</b> 33° with light rain. Cold, wet, and AWESOME					
<b>Racing Distance:</b> 3 miles					
<b>FRESHMEN RACE</b> (no team scores)					
<b>PLACE</b>	<b>ATHLETE</b>	<b>SCHOOL</b>	<b>TIME</b>		
1	Blain Masterson-09	Dixon	17:26		
2	Sean Masterson-09	Dixon	17:49		
3	Braxton Schudt-09	Sterling	18:03		
4	Brandon Sebastian-09	L-P	18:08		
5	Alex Kessel-09	L-P	18:08		
6	Charlie Schlindwein-09	Geneseo	18:15		
7	Ryan Porter-09	L-P	18:28		
8	Luke Johnson-09	Geneseo	18:52		
9	Tate Neff-09	Geneseo	19:10		
10	Kyle Sellers-09	Geneseo	19:19		
11	Mitchell Dixon-09	Dixon	19:25		
12	Chandler Schwartz-09	Geneseo	19:44		
13	Lance Huftalin-09	Rochelle	19:56		
14	Matthew Drendel-09	Rochelle	19:58		
15	Keith Elden-09	Geneseo	20:00		
16	Nathan Nail-09	Dixon	20:12		
17	Primo Cosileon-09	Rock Falls	20:23		
18	Shawn Davis-09	Rock Falls	20:32		
19	Jordan Veracini-09	L-P	20:51		
20	Sam Murray-09	Geneseo	21:21		
21	Owen Stoneking-09	L-P	21:30		
22	Spencer Di Simoni-09	Rochelle	21:40		
23	Nelson Laingen-09	Geneseo	23:38		
24	Bryan Dellett-09	Geneseo	23:47		
25	Drake Scott-09	Sterling	25:39		

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<b>Racing Distance:</b> 3 miles					
<b>J.V. RACE</b> (no team scores)					
PLACE	ATHLETE	SCHOOL	TIME		
1	Sarah Dellett-12	Geneseo	20:55		
2	Lauren Coulter-10	Geneseo	21:01		
3	Olivia Sheridan-10	L-P	21:03		
4	Becca Rapps-10	Geneseo	21:15		
5	Shana Drengenbergs-11	L-P	21:17		
6	Katie Binkley-10	Dixon	21:30		
7	Kristen Williams-10	L-P	22:33		
8	Madison Dixon-11	Dixon	22:38		
9	Sarah Gunderson-12	Sterling	22:49		
10	Paige Reynolds-12	Rock Falls	22:56		
11	Cortney Backes-12	Geneseo	23:07		
12	Azy Cid-11	Rock Falls	23:18		
13	Ashley Kempfer-11	Geneseo	23:26		
14	Abby Larson-12	Geneseo	23:32		
15	Sandra Gomez-12	Rock Falls	23:35		
16	Mackenzie Schueler-10	Rock Falls	23:59		
17	Callie Miller-10	Geneseo	24:03		
18	Mikayla Bowton-11	Geneseo	24:07		
19	Beanna Pippin-12	L-P	24:09		
20	Samantha Merriman-10	Dixon	24:10		
21	Sidney Heinz-12	L-P	24:23		
22	Emma Miller-12	Rock Falls	25:12		
23	Melissa Delgado-10	L-P	25:22		
24	Maya Miller-11	Sterling	25:30		
25	Daisy Sosa-10	Rock Falls	25:51		
26	Hannah Johnson-12	Geneseo	26:14		
27	Athziri Quintero-11	Sterling	26:45		
28	Shaylee Stoner-11	Rock Falls	27:19		
29	Kelly Walters-10	Rochelle	28:07		
30	Stephanie Arevalo-12	Rochelle	28:24		



# 2013 STERLING 09/JV Invitational Boys Results

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<b>Site:</b> Hoover Park in Sterling					
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<b>Racing Distance:</b> 3 miles					
<b>J.V. RACE</b> (no team scores)					
PLACE	ATHLETE	SCHOOL	TIME		
1	Owen VanHorn-10	Dixon	17:45		
2	Alex Lamendola-12	Dixon	18:05		
3	Quentin Borum-12	Sterling	18:14		
4	Chase Fisher-11	Dixon	18:26		
5	Keaton Darin-10	Geneseo	18:54		
6	Bryce Gramling-12	Geneseo	19:01		
7	Chris Bagley-11	Geneseo	19:08		
8	Justin Hunter-11	Rock Falls	19:11		
9	Karl Flynn-12	Geneseo	19:16		
10	Payton DeMay-12	Geneseo	19:17		
11	Hunter Wolfe-12	Sterling	19:26		
12	Sean Geffert-12	Geneseo	19:34		
13	Tyler Briddick-10	L-P	19:38		
14	Kobe Conklin-10	Rock Falls	19:42		
15	Lance Huftlain-09	Rochelle	19:47		
16	Brandon Phippen-11	L-P	19:59		
17	Brandan Kalata-11	Rochelle	20:00		
18	James Hartsock-12	Geneseo	20:12		
19	Keegan Banister-10	Geneseo	20:25		
20	Brew Knox-10	Rock Falls	20:34		
21	Riley Sweetland-10	L-P	20:44		
22	Zech VanVickle-11	Rochelle	20:50		
23	Brandon Fitzgerald-12	L-P	21:08		
24	Ben Davis-10	Dixon	21:22		
25	Christopher Knafeic-12	L-P	21:24		
26	Andrew Slade-12	Rochelle	21:26		
27	Gage Siwicki-10	Rochelle	21:26		
28	Cedrick Dubree-10	Sterling	21:37		



**2013 STERLING 09/JV Invitational  
Boys Results**

29	Vinny Poci-10	Sterling	21:46		
30	Brian Heinrich-10	Rochelle	21:57		
31	Jesse Sanchez-12	L-P	22:19		
32	Tyler Mahsem-12	Geneseo	25:14		
33	Alex Herrera-10	Sterling	25:29		
34	Jacob Adams-12	L-P	25:33		