



DYNAMIC DUOS LEAD LEAFS IN GRASS RELAYS

Katie Puls and Molly Lembke led the girls team while
Chaise Blakley and Tony Gatter paced the boys.

LEAFS OPEN SEASON AT THE STERLING GRASS RELAYS

On Tuesday, September 3rd, the Leafs traveled to Sterling to participate in the traditional season opener which is the Sterling Grass Relays. Each team has their team members run in pairs with each runner taking turns running the 1-mile loop that the Sterling coaches marked out at their home course (Hoover Park.) I love the format and think it continues an outstanding progression in our racing from our 12-Hour Relay to our Rust-Buster Time Trial to last night's partner relays.

The girls team got things rolling at 4:30 p.m. and took on a vastly improved Sterling Team. Sterling went out fast and was actually running 1-2-3 at one point. Our girls didn't panic and moved up nicely over the 6-mile racing distance (each girl ran 3 miles.) When the dust had settled, the Lady Leafs had won 23 to 36 with Katie Puls and Molly Lembke leading the way in First Place. Not far behind, were the teams of Taylor Claus / Lauren Coulter and Megan Coulter / Jessa Coulter who grabbed 3rd and 4th places respectfully. The teams of: Becca Rapps / Morgan Kelly, Sarah Dellett / Madison Miller, Ashley Kempher / Mikayla Bowton, Callie

Miller / Emma Alexander, and Abby Larson / Sally DeBrock grabbed 7th through 10th places to seal the deal. Kaytlyn Gramling and Savannah Chapman weren't far behind in 14th place. Several other Lady Leafs only ran two repeats so they didn't appear in the final results but I have them listed and ranked in the results link at the bottom of this story. We were running without 5 Lady Leafs who were held out with injuries or illness.

The boys were up next and also faced a highly improved Sterling Golden Warrior team. The teams of Chaise Blakley / Tony Gatter and Nathan Soria / Mitchell Lamb nailed down 2nd and 3rd to keep us in it. Sterling went 1-4-5-6-10 to total 26 points while the Leafs totaled 29 points. The teams of: Gabe Johnson / Charlie Elden, Chris Bagley / Kyle Seller, and Sean Geffert / Bryce Gramling grabbed places 7-8-9 to keep things close. We had solid efforts all over the place including the teams of Karl Flynn / Tate Neff, Payton DeMay / Luke Johnson, James Hartsock / Nathan Konvicka, Sean Pemble / Keith Elden, Keegan Banister / Bryan Dellett, and Raul Falcon / Sam Murray. We did have a few team members not run the full 3 and were not included in the results. Also, like the girls team, a few individuals were held out with illness or injury.

2013 STERLING GRASS RELAYS

Girls Results

Date: 9/03/13			
Participating Schols: Sterling & Geneseo			
Site: Hoover Park in Sterling			
Conditions: 78° with no wind. Perfect!			
Racing Distance: 1 mile loop (3 times)			
TEAM SCORES: 1) Geneseo 23; 2) Sterling 36			
PLACE	ATHLETE	SCHOOL	TIME
1	Katie Puls-11	Geneseo	39:41
	Molly Lembke-10		
2	Mercedes Sanches-11	Sterling	40:12
	Clarissa Worchester-11		
3	Taylor Claus-10	Geneseo	40:25
	Lauren Coulter-10		
4	Megan Coulter-09	Geneseo	40:31
	Jessa Coulter-12		
5	Maggie McPherson-09	Sterling	41:23
	Maya Miller-11		
6	Santana Estrada-11	Sterling	41:26
	Megan Barnhart		
7	Becca Rapps-10	Geneseo	41:48
	Morgan Kelly-12		
8	Sarah Dellett	Geneseo	42:35
	Madison Miller-10		
9	Ashley Kempfer-11	Geneseo	45:21
	Mikayla Bowton-11		
10	Callie Miller-10	Geneseo	45:44
	Emma Alexander-09		
11	Abby Larson-12	Geneseo	47:02
	Sally DeBrock-09		
12	Bryana Johnson-10	Sterling	47:12
	Jazmin Lopes-10		
13	Carly Hanson-09	Sterling	47:29
	Sarah Gunderson-12		
14	Kaytlyn Gramling	Geneseo	48:21
	Savannah Chapman-11		

2012 STERLING GRASS RELAYS

Date: 9/03/13					
Participating Schols: Sterling & Geneseo					
Site: Hoover Park					
Conditions: 78° w/no wind. Perfect					
Racing Distance: 1 mile loop (3 times)					
TEAM SCORES: 1) Geneseo 23; 2) Sterling 36					
RANK	ATHLETE	AVERAGE	MILE 1	MILE 2	MILE 3
1	Katie Puls-11	6:21	6:02	6:26	6:35
2	Megan Coulter-09	6:36	6:27	6:40	6:42
3	Morgan Kelly-12	6:39	6:36	6:40	6:52
4	Lauren Coulter-10	6:43	6:24	6:45	7:00
5	Taylor Claus-10	6:45	6:26	6:54	6:56
6	Jessa Coulter-12	6:54	6:39	7:00	7:04
	Molly Lembke-10	6:54	6:40	7:02	7:02
8	Sarah Dellett-12	7:05	6:53	7:14	7:08
9	Madison Miller-10	7:06	6:51	7:10	7:17
10	Emma Alexander-09	7:11	6:43	7:13	7:38
11	Becca Rapps-10	7:14	6:54	7:17	7:29
12	Ashley Kempher-11	7:32	7:00	7:36	8:02
13	Mikayla Bowton-11	7:34	7:14	7:42	7:47
14	Savannah Chapman-11	7:42	7:22	7:42	8:02
15	Abby Larson-12	7:44	7:29	7:40	8:04
16	Sally DeBrock-09	7:56	7:03	9:06	7:40
17	Callie Miller-10	7:58	7:25	7:55	8:36
18	Lindsey Bideaux-10	8:00	7:44	8:16	X
	Morgan Hartsock-09	8:00	7:48	8:13	X
20	Jessica DeBois-09	8:04	7:38	8:31	X
21	Adison Cunningham-11	8:15	7:49	8:41	X
22	Kaytlyn Gramling-11	8:25	7:53	8:37	8:43
23	Hannah Johnson-12	8:37	8:05	9:09	X
24	Alexis Perren-09	9:45	9:22	10:08	X
DNC	Cortney Backes-12	Ill			
	Jenna Freebern-10	Injury			
	Natalia Mangieri-12	Injury			
	Katelyn Mielke-09	Injury			
	Halle Olson-12	Injury			

2013 STERLING GRASS RELAYS

Boys Results

Date: 9/03/13			
Participating Schols: Sterling & Geneseo			
Site: Hoover Park in Sterling			
Conditions: 78° with no wind. Perfect!			
Racing Distance: 1 mile loop (3 times)			
TEAM SCORES: 1) Sterling 28; 2.) Geneseo 29			
PLACE	ATHLETE	SCHOOL	TIME
1	Cody Lund-10	Sterling	32:16
	Keaton Dir-12		
2	Chaise Blakley-12	Geneseo	32:38
	Tony Gatter-12		
3	Nathan Soria-09	Geneseo	32:41
	Mitchell Lamb-12		
4	Zach Alston-11	Sterling	32:56
	Ethan Rocha-11		
5	Dakota Trancoso-12	Sterling	33:03
	Jonathon Landis-09		
6	Evan Riley-10	Sterling	34:40
	Cody Hanson-11		
7	Gabe Johnson-10	Geneseo	35:09
	Charlie Elden-10		
8	Chris Bagley-11	Geneseo	36:12
	Kyle Sellers-09		
9	Sean Geffert-12	Geneseo	36:32
	Bryce Gramling-12		
10	Braxton Schuldt-09	Sterling	36:36
	Christian Grove-12		
11	Karl Flynn-12	Geneseo	37:47
	Tate Neff-09		
12	Quentin Borum-12	Sterling	38:13
	Micah Palmer-12		
13	Payton DeMay-12	Geneseo	38:25
	Luke Johnson-09		
14	James Hartsock-12	Geneseo	39:15
	Nathan Konvicka-10		
15	Sean Pemble-11	Geneseo	39:45

2013 STERLING GRASS RELAYS

Boys Results

	Keith Elden-09		
16	Hunter Wolfe-12	Sterling	39:55
	Jonathon Abele-09		
17	Keegan Banister-10	Geneseo	41:59
	Bryan Dellett-09		
18	Raul Falcon-11	Geneseo	42:12
	Sam Murray-09		

2013 STERLING GRASS RELAYS

Date: 9/03/13					
Participating Schols: Sterling & Geneseo					
Site: Woodlawn School					
Conditions: 78° with no wind. Perfect Conditons!					
Racing Distance: 1 mile loop (3 times)					
TEAM SCORES: 1) Sterling 26; 2) Geneseo 29					
RANK	ATHLETE	AVERAGE	MILE 1	MILE 2	MILE 3
1	Tony Gatter-12	5:22	5:21	5:30	5:17
	Nathan Soria-09	5:22	5:16	5:23	5:29
3	Chaise Blakley-12	5:29	5:16	5:33	5:40
4	Mitchell Lamb-12	5:30	5:22	5:39	5:30
5	Charlie Elden-10	5:49	5:28	5:45	6:16
6	Gabe Johnson-10	5:54	5:23	6:12	6:08
7	Chris Bagley-11	6:01	5:22	6:43	6:00
8	Kyle Sellers-09	6:02	5:50	6:00	6:17
9	Sean Geffert-12	6:04	5:40	6:18	6:16
10	Bryce Gramling-12	6:05	5:48	6:14	6:15
11	Keaton Darin-10	6:10	5:54	6:26	X
12	Josiah Cropp-11	6:14	6:00	6:16	6:26
13	Payton DeMay-12	6:15	5:47	6:22	6:38
14	Tate Neff-09	6:16	6:07	6:13	6:28
15	Karl Flynn-12	6:19	5:59	6:20	6:40
16	Sean Pemble-11	6:27	6:16	6:38	6:27
17	James Hartsock-12	6:30	6:19	6:40	6:31
18	Luke Johnson-09	6:32	6:22	6:50	6:26
19	Keegan Banister-10	6:35	6:34	6:40	6:32
	Nathan Konvicka-10	6:35	6:22	6:44	6:39
21	Chandler Schwartz-09	6:43	6:21	6:56	6:54
22	Raul Falcon-11	6:46	6:24	6:55	7:01
23	Keith Elden-09	6:48	6:40	6:41	7:03
24	Sam Murray-09	7:17	7:02	7:06	7:43
25	Tyler Mahsem-12	7:35	7:11	7:59	X
26	Bryan Dellett-09	7:43	7:11	7:46	8:13
27	Nelson Laingen-09	8:08	8:00	8:17	X
DNC	Ethan Baumgardner-10	Injury			
	Ross Chapman-09	Ill			
	David Chenoweth-11	Ill			

2013 STERLING GRASS RELAYS

	Matt Ganson-09	Injury			
	Tom Jackson-11	Injury			
	Ryan Petsche-11	Injury			
	Charlie Schlindwein-09	Injury			