



## TEAM HUDDLE MOMENTS BEFORE DA RUST BUSTER TIME TRIAL

Pictured are the 2014 Running Leafs receiving final instructions from Captains Chenoweth and Elden

## LEAFS OPEN SEASON WITH 29TH ANNUAL RUST BUSTER TIME TRIAL

On Thursday, August 21st, the high school team participated in the annual "Rust Buster" Time Trial. The team runs the 2-Mile course at our home course, Richmond Hill Park. The race uses a handicapping system where the Freshmen Girls start at 6:00 p.m. and then each succeeding class follows by 20 seconds. After the freshman girls, the sequence is: sophomore girls, junior girls, senior girls, freshman boys, sophomore boys, junior boys, senior boys. We also asked the team to bring 3 Canned Goods; a T-Shirt (used as for our awards) and treats (the Girls brought a dozen baked goods or pieces of fruit while the Boys brought a six pack of water or sports drink. The weatherman was kind to us as we were greeted with a daytime high of 88° (cloud cover helped to keep the temperature below the projected 93°.) It was EXTREMELY humid and even sprinkled a little bit. Coach Moe and I both ran and I can tell you that the 70 plus dew point was a factor. I also think that "Death Vally" is getting steeper. This meet serves as an early season snap shot and we like what we saw. Some of our team members struggle in this type of weather (that's ok...it will eventually leave us.) Other teammates didn't get much summer training in so it will take them a few weeks to get their legs under them. Still other teammates ran incredibly. Leading the way were: David Chenoweth, Nathan Soria, and Charley Elden who went 1-2-3 for us. In fact, the boys team (including Coach Moe) grabbed the first 8 spots with Charlie Schlindwein, Luke Johnson, Coach Phillip Moe, Blake Duncan, and ill Gabe Johnson going 4-5-6-7-8. The handicapping system is far from perfect but we've been doing this since my 2nd XC season here (1986) and it has become a part of our Leaf Tradition. I will have the Rust Buster School Record Lists up-to-date over the weekend. The results are posted below. WAY TO ROLL!

**MEET:** 2014 Rust Buster Time Trial

**SITE:** Richmond Hill Park

**DATE:** Thursday, August 22<sup>nd</sup>

**WEATHER CONDITIONS:** 85° with a light wind. Humid.

**COURSE CONDITION:** Hard and Fast

## Boys Team Rankings

### *HIGH SCHOOL TEAM – 2 MILES*

Ranking	Athlete	Grade	Time
01.)	David Chenoweth	12	10:40
02.)	Nathan Soria	10	11:22
03.)	Charley Elden	11	11:24
04.)	Charlie Schlindwein	10	11:46
05.)	Luke Johnson	10	11:47
06.)	Gabe Johnson	11	12:11
07.)	Blake Duncan	09	12:27
08.)	Kyle Sellers	10	12:54
09.)	McGuire Hoon	10	12:55
10.)	Cameron Darin	09	13:00
11.)	Tate Neff	10	13:12
12.)	Nathan Konvicka	11	13:20
13.)	Chris Bagley	12	13:23
14.)	Keith Elden	10	13:37
15.)	Josiah Cropp	12	13:42
16.)	Chandler Schwartz	10	13:50
17.)	Thackery Newton	09	13:55
18.)	Keaton Darin	11	13:59
19.)	Sean Pemble	12	14:54
20.)	Keegan Banister	11	15:01
21.)	Sam Murray	10	15:03
22.)	Nelson Laingen	10	15:05
23.)	Raul Falcon	12	15:15
24.)	Tom Jackson	12	15:16
25.)	Bo Lindstrom	11	15:20
26.)	Adam Wells	09	15:27
27.)	Jacob Hass	09	15:34
28.)	Ethan Baumgardner	11	19:01
29.)	Jacob Jensen	09	20:04

	Coach Moe	(10)	11:50
	Coach Fredericks	(09)	13:22

DNC	Christian Booth	09	Just Joined
	Amery Clifton	11	Needs Physical
	Kaler Deakin	11	Needs Physical
	Connor DeBaillie	10	Just Joined

Nik Floyd	10	Just Joined
Caden Hessler	9	Just Joined
Elliott Moore	10	Just Joined
Kris Nguyen	10	Injured
Travis Robertson	10	Just Joined
Arlen Tiedeman	9	Just Joined
Ryan Weber	10	Just Joined

### ***MIDDLE SCHOOL TEAM - 1 MILE***

<u>Ranking</u>	<u>Athlete</u>	<u>Grade</u>	<u>Time</u>
01.)	Kaden Rink	08	4:56
02.)	Peter Rizzo	08	4:59
03.)	Andrew Rizzo	08	5:10
04.)	Nathan Carroll	08	5:25
05.)	Carson Cocquit	08	5:33
06.)	Neo Colter	07	5:41
07.)	Trevor Schefsky	08	5:46
08.)	Maison Cooper	07	5:54
09.)	Kaleb Decker	08	5:59
10.)	Zach Bauer	07	6:03
11.)	Mitchell Benhart	07	6:07
12.)	Danny Ford	07	6:31
13.)	Spencer Lindstrom	07	6:33
14.)	Colby Rapps	07	6:41
15.)	Nate Yoder	07	7:16
16.)	Cal DeBaillie	07	7:28
17.)	Timmy Lehmen	07	7:29
18.)	Jack Sellers	07	7:30
19.)	Chase Vanklaveron	07	7:35
20.)	Jacob Jorgenson	07	7:37
21.)	Ky Ariano	07	7:47
22.)	Zach Cowan	08	9:11
23.)	Alex McVay	07	10:00
24.)	Evan Veloz	07	10:41
25.)	Nathan Stanfield	08	11:09
DNC	Daytona Hodson	07	
	Joseph McConnell	07	
	Jacob McConnell	07	
	Juan Mejias-Dansbach	08	
	Ethan Saucedo	07	
	Ethan Welfer	07	

# 2014 Rust Buster Time Trial Cross Country Race

**When:** Thursday, August 21, 2014  
**Where:** Richmond Hill Park  
**Time:** 6:00 p.m. SHARP. (Team members report by 5:00 for team warm-up)  
**Distances:** 2 miles on the grass (high school)  
**Entry Fees:** One used t-shirt (in good condition) (for the prize table)  
3 canned goods to be donated to the Geneseo Food Pantry  
**Prizes:** T-Shirts to all finishers  
**Format:** This is a handicapped race. The format is listed below:  
**Post Race Treats:** Boys: Bring a 6-pack of beverages  
Girls: Bring a dozen baked goods or pieces of fruit

Order		Handicap	Group
Group 1:	--		Freshman Girls
Group 2:	:20		Sophomore Girls
Group 3:	:40		Junior Girls
Group 4:	1:00		Senior Girls
Group 5:	1:20		Freshman Boys
Group 6:	1:40		Sophomore Boys
Group 7:	2:00		Junior Boys
Group 8:	2:20		Senior Boys

**Good Luck to All!**