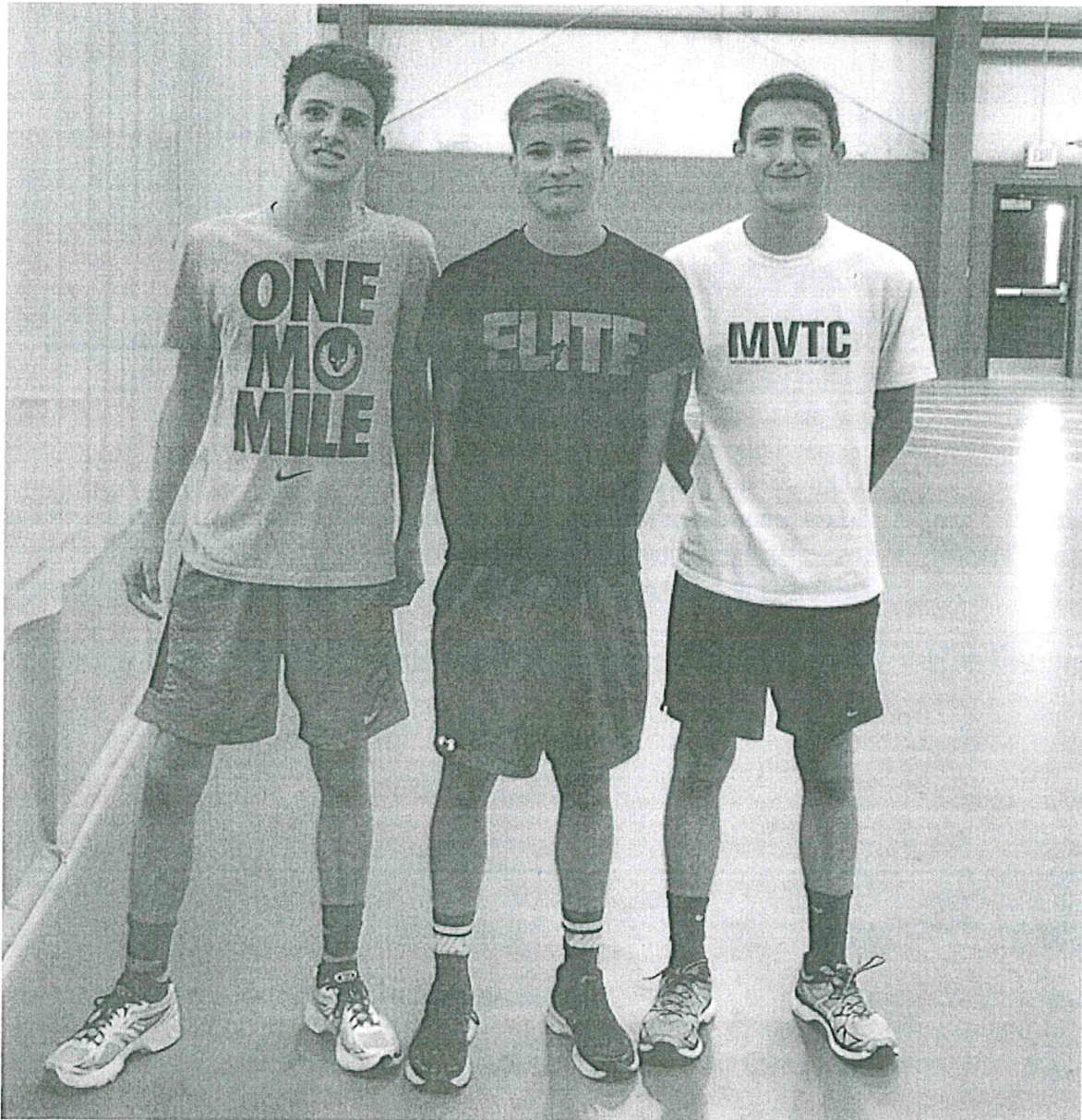


# 2015 Rust Buster Time Trial Cross Country Race

**When:** Thursday, August 20, 2015  
**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!**



### **FRESHMEN RUN WILD IN RUST BUSTER TIME TRIAL**

Pictured are: Peter Rizzo, Kaden Rink, and Andrew Rizzo.  
All three men broke the 2-mile Rust Buster School Record for Freshmen.

### **LEAFS OPEN SEASON WITH TRADITIONAL RUST BUSTER TIME TRIAL**

On Thursday, August 20th, the Leafs hosted their traditional season opener "Rust Buster" Time Trial. The team raced over Geneseo's rugged two mile course. There is a reason that the park is called "Richmond HILL Park" and not just "Richmond Park". One of my favorite observations is seeing runners from other teams who have never seen our course panic with jaw-dropping fear as they look at our many hills. Seeing "Death Valley Hill" nearly sends them home :) That fact doesn't make the hills any less challenging but it does give US confidence and, certainly, a home-course advantage!



The weatherman was kind to us with race time temperature of 78° which is cooler and we had lower humidity than we experienced earlier in the week. The race used a far from perfect handicapping system that has each class take off from the starting line separately. The freshmen girls take off at 6:00 p.m. They are followed (in 20 second intervals) by the sophomore girls, junior girls, senior girls, freshmen boys, sophomore boys, junior boys, and finally, the senior boys who take off 2:20 after the freshmen girls. Each team member was asked to bring three canned goods (which were then donated to the Geneseo Food Pantry for needy families) and a T-Shirt that was used for the post race awards ceremony. Following the race, Running Wild's John Parker talked to the team about running gear and then the Booster Club drew the 5 lucky fundraiser winners that included prizes of an airplane ride around Geneseo, a Garmen Stop Watch, A gift certificate to Danny Boy's Pizza, Geneseo Spirit Wear, and a gift certificate to Sweat Pea's Restaurant. Then we awarded the T-Shirts, etc...to the race finishers in the order that they finished.

Peter Rizzo, Kaden Rink, Andrew Rizzo, and Nathan Soria claimed the top 4 finishing places. As mentioned above, Peter, Kaden, and Andrew are now the three fastest freshmen in school history in this event. They were followed closely by senior co-captains Gabe Johnson and Charley Elden. The spread for our top six was a "jaw-dropping" 33 seconds. Needless to say, the coaching staff was pretty impressed with this early season "snap shot". There were many additional, outstanding efforts. In all, 28 of the 38 current team members cross the finish line. A few men were held out due to illness, injury, or family conflict. Our team goal of at least 40 team members looks promising. Keep the recruiting efforts up, Men. Next Tuesday we officially open our season at the Sterling Grass Relays. Our team is only as strong as our weakest link. We need every man to be a STRONG LINK in our team chain. Every Man Matters. Do your best every day. That means eat 3 healthy meals, hydrate appropriately, get at least 8 hours of sleep, keep your recovery runs easy and hammer your high intensity days with intelligence, be a GREAT SON and honor your family every second of every day, aim high in your academic pursuits and attain the highest grades that you are capable of. The bottom line is do the right thing ALL THE TIME. No just when people are watching you. NO EXCUSES, NO RETREATS, AND NO REGRETS! DREAM BIG!

A special thank you goes out to all the parent helpers that assisted us Thursday night. Also, to our Booster Club who raised almost \$3,500 dollars for our program. The support that our parents supply never ceases to amaze me. Men, you can't pick your parents and most of you have hit "a home run" in this area. Your parents "ROCK".

Rust Buster Time Trial  
8/20/15 75 with a 10mph wind

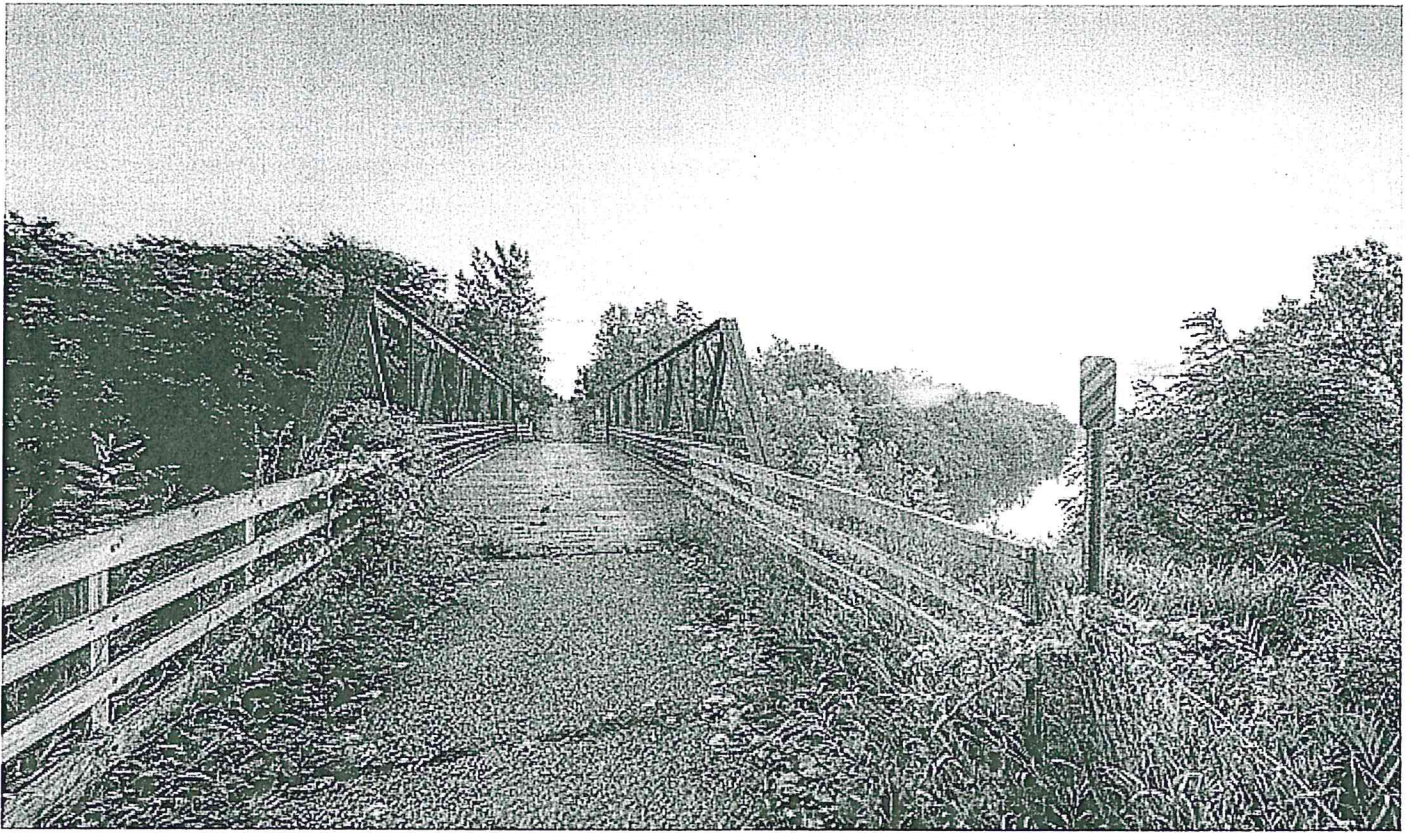
Geneseo High School  
Cross Country

2015

Last Name	First Name	Grade	Sex	Time
Soria	Nathan	11	M	10:55
Rizzo	Peter	9	M	11:07
Rink	Kaden	9	M	11:17
Rizzo	Andrew	9	M	11:18
Johnson	Gabe	12	M	11:25
Elden	Charley	12	M	11:28
Sch lindwein	Charlie	11	M	12:10
Elden	Keith	11	M	12:38
Carroll	Nathan	9	M	12:41
Sellers	Kyle	11	M	12:42
Duncan	Blake	10	M	12:51
Schwartz	Chandler	11	M	13:10
Darin	Cameron	10	M	13:16
Booth	Christian	10	M	13:23
Darin	Keaton	12	M	13:39
Konvicka	Nathan	12	M	13:40
Murray	Sam	11	M	14:05
Lindstrom	Bo	12	M	14:13
Banister	Keegan	12	M	14:33
Wells	Adam	10	M	14:51
Baumgardner	Ethan	12	M	15:16
Nguyen	Kris	11	M	15:21
Mejias-Dansbach	Juan	9	M	16:00
DeBaillie	Connor	11	M	16:08
Lambert	Nathan	10	M	16:18
Floyd	Nik	11	M	18:32
Stanfield	Nathan	9	M	23:33
Did Not Compete				
Blank	Trey	11	M	New
Efflandt	Kaleb	9	M	New
Hoon	Maguire	11	M	Illness
Laingen	Nelson	11	M	Injury
Moore	Elliott	11	M	Conflict
Neff	Tate	11	M	Injury
Newton	Thackery	10	M	Illness
Ramos	Brandon	11	M	New
Schwerdt	Cole	11	M	New
Trahan	Piercen	12	M	Injury

Last Name	First Name	Grade	Sex	Time
Colter	Neo	8	M	5:15
Benhart	Mitchell	8	M	5:15
Wirth	Mitchell	7	M	5:33
Morrison	Rafe	7	M	5:36
Rapps	Colby	8	M	5:44
Rink	Tannen	7	M	5:47
Cucuru	Hayden	7	M	5:51
Bauer	Zach	8	M	6:03
Hipkins	Brenden	7	M	6:08
Smith	Mason	7	M	6:08
Ariano	Ky	8	M	6:11
Holke	Ethan	7	M	6:12
Nelson	Riley	7	M	6:15
Rice	Carson	7	M	6:23
Sellers	Jack	8	M	6:24
Saucedo	Ethan	8	M	6:28
Rice	Charlie	7	M	6:37
Yoder	Nate	8	M	6:37
Brown	Alex	8	M	6:38
Clarke-Holke	Nathan	7	M	6:40
Lehman	Timmy	8	M	6:43
Einfeldt	Sebastian	7	M	6:46
Robinson	Thomas	7	M	6:47
DeBaillie	Clay	7	M	6:47
Welfer	Ethan	8	M	6:49
Goodwin	Adam	7	M	6:53
Benjamin	Lucas	7	M	7:02
Jorgenson	Jacob	8	M	7:12
VanKlaveren	Chase	8	M	7:14
Murphy	Hayes	8	M	7:36
McVay	Alex	8	M	8:07
Yoder	Zach	7	M	8:07
Broderson	Devin	7	M	8:10
Campbell	Conner	7	M	9:42





### **RIDE TO "DA ROCK"**

Pictured is a section of the historic Hennepin Canal Trail.

### **TEAM COMPLETES BIKE RIDE #2**

On Saturday, August 22nd, fifteen Maple Leafs took off on their bicycles and headed west for the Rock River. The team took off following media day that included team and individual pictures. Mrs. Freddy drove the lead vehicle (Kermit da Frog Honda Element) with Coach Freddy in the trail vehicle (Ford Ranger.) We used to bike with the team but we have learned over the years that it is more efficient for us to drive in case someone has mechanical problems (or kisses da pavement.) Luckily, none of the above occurred. The team rolled over the the Colona Dairy Queen for a little "health food" on the way back. Many delicious choices were observed. To make things even better, the weather was perfect with a daytime high of 78° with mild humidity and light winds. We are proud of the fifteen men who made the trip and hope the remaining twenty-three men ran their medium day as they promised to do. The bottom line is, we will only be successful if each man does his job. That includes getting their mileage in when situations like today occur. Remember to log your mileage.