



GENESEOS J.V. SQUAD GETS OUT NICELY

Pictured are Geneseo's J.V. Open Boys Race participants reacting the the Starter's Pistol

LEAFS RUN STRONG AT STERLING 09/JV INVITATIONAL

On Tuesday, October 20th, the Leafs traveled to Sterling's Hoover Park to participate in the annual Sterling 09/JV Invitational. I LOVE the meet format that forbids Top 7 runners from joining the field and gives everyone else one last competitive effort before the season comes to a close. Since the meet is on a school night the meet format only has two races (09 and JV) in which the boys and girls run together and are separated in the finish chute. The field included teams from: Dixon, Geneseo, LaSalle-Peru, Rochelle, Rock Falls, and the host Sterling Golden Warriors. The weatherman gave us an amazing day time high of 78° with minimal wind. The course was hard as a rock after 31 straight days of NO RAIN. In fact, the field created a literal "dust cloud".

Up first were the freshmen who took off at 4:30 p.m. sharp. The Leafs only had two of their 7 yearlings in the race due to illness, injury, and the fact that 3 of this group is currently running in out Varsity Top 7. Nathan Carroll grabbed the lead early and held it for over a mile. At that point he "hit a bad patch" that saw him drop to 4th place. Hardware was awarded to the top 5 runners in this race and Nathan was "running scared" for the last two miles and did a great job of hanging onto his 4th place finish. Also running a great race was rookie harrier, Kaleb Efflandt, who roared past the mile in 7:10 (not too far off of his MILE Personal Best!) By the way, he still had two miles to run. Kaleb's improvement over that last months has been nothing short of amazing. He fought hard all the way to the finish line, grabbing 16th place in the process.

Last up were the Junior Varsity Runners who took off at 5:15 p.m. The Leafs had 19 men on that line and each man put forth a strong effort to close out their seasons. Hardware was awarded to the Top 10 runners and the Leafs earned four of those medals. Leading the way was the SHOCK of the season as Brandon Ramos rode the Leaf pack for most of the race and then kicked it home with a monster Personal Best of 18:29 that saw him end up as our number one man and grab 6th place overall. AWESOME. Right on his heels were: Keaton Darin (8th), Maguire Hoon (9th), and

Kyle Sellers (10th.) Just missing hardware but putting down strong efforts were Chandler Schwartz (11th and 1 second away from a medal), and Keith Elden (12th.) In case your counting, that's 6 Maple Leafs in the first 12 runners. The team DOMINATED the team race. WAY TO ROLL, MEN! Next up were: Christian Booth (16th), Cameron Darin (18th), Ethan Baumgardner (21st), Adam Wells (22nd), Nathan Konvicka (23rd), Trey Blank (24th), Tate Neff (25th), and Keegan Banister (29th.) That's FOURTEEN Leafs in the Top 30. Impressive Depth, Men! Closing out the efforts were: Sam Murray (36th), Bo Lindstrom (37th), Tristan Johnson (38th), Kris Nguyen (41st), and Nathan Lambert 43rd.) Thanks for all of your "Passion & Purpose" this season, Men. Heel up and get ready to put in some winter mileage and then attack the upcoming track season.

Leafs run strong at JV Invite

By CHRIS STEELE
Republic Sports Editor

The Geneseo boys' JV cross country team won the team race at Sterling's Hoover Park on Oct. 20.

The Maple Leafs had four runners among the top 10 medalist and dominated the team race.

Brandon Ramos paced Geneseo's pack setting a personal best of 18:29 on his way to a sixth-place finish.

A senior, the Leafs' Keaton Darin landed in eighth place (18:36).

Maguire Hoon was ninth (18:37) for Geneseo, just holding off teammate Kyle Sellers who landed in 10th place (18:37).

Just outside the top 10 was Chandler Schwartz in 11th place (18:38), and Keith Elden crossed the finish line



Photo by Chris Steele

BRANDON RAMOS runs at the Geneseo Invitational. Ramos led the GHS JV runners with a sixth-place finish.

in 12th place (18:45) making six Leafs runners among the first 12.

Christian Booth was 16th

(19:22), and Cameron Darin finished 18th (19:36).

Ethan Baumgardner was 21st (19:53), while Adam Wells finished 22nd (20:01).

Nathan Konvicka tracked down 23rd (20:07), and Trey Blank was 24th (20:08).

Geneseo's Tate Neff was 25th (20:09), and Keegan Banister finished 29th (20:49).

Sam Murray ran to a 36th-place finish (20:49), and Bo Lindstrom was 37th (21:39).

Tristan Johnson managed 38th (22:29), Kris Nguyen ran to 41st (24:13), and Nathan Lambert was 43rd (26:03).

In the freshmen race, the Maple Leafs' Nathan Carroll grabbed a fourth-place finish (19:17), and Geneseo's Kaleb Efflandt took 16th in 23:33.

2015 STERLING 09/J.V. INVITATIONAL SPLIT SHEET

Date: 10/20/15						
Site: Sterling's Hoover Park						
Conditions: Daytime high of 78° Miminal wind. NICE!						
Racing Distance: 3.00 miles (course hard as a rock and bumpy....DUSTY)						
	TIME	ATHLETE	PLACE	RACE	1-MILE	2-MILE
1	18:29	Brandon Ramos	6	Open	5:55	12:17
2	18:36	Keaton Darin	8	Open	6:16	14:22
3	18:37	Maguire Hoon	9	Open	6:03	12:21
4	18:37	Kyle Sellers	10	Open	5:29	12:06
5	18:38	Chandler Schwartz	11	Open	6:07	12:21
6	18:45	Keith Elden	12	Open	6:06	12:22
7	19:17	Nathan Carroll	4	9	5:42	12:39
8	19:22	Christian Booth	16	Open	6:18	12:50
9	19:36	Cameron Darin	18	Open	6:16	14:22
10	19:53	Ethan Baumgardner	21	Open	6:07	13:48
11	20:01	Adam Wells	22	Open	6:07	13:02
12	20:07	Nathan Kovicka	23	Open	6:17	14:23
13	20:08	Trey Blank	24	Open	6:15	14:22
14	20:09	Tate Neff	25	Open	6:18	13:14
15	20:49	Keegan Banister	29	Open	6:31	12:21
16	21:38	Sam Murray	36	Open	6:49	14:23
17	21:39	Bo Lindstrom	37	Open	6:49	15:08
18	22:29	Tristan Johnson	38	Open	7:29	16:07
19	23:33	Kaleb Efflandt	16	9	7:10	15:37
20	24:13	Kris Nguyen	41	Open	7:49	16:55
21	26:03	Nathan Lambert	43	Open	7:48	16:55
	DNC	Nik Floyd	Illness			
		Nelson Laingen	Injury			
		Juan Mejias-Dansbach	Illness			
		Elliott Moore	Injury			
		Thackery Newton	Injury			
		Charlie Schlindwein	Injury			
		Cole Schwerdt	Injury			
		Nathan Stanfield	Injury			
		Piercen Trahan	Injury			
	18:24	Freshmen Race Leader	1	9	5:42	11:58
	17:42	Open Race Leader	1	Open	5:28	11:41

**2015 STERLING 09/J.V. INVITATIONAL
SPLIT SHEET**

		Geneseo Spread				
		1-5: 0:09				
		1-7: 0:48				
		1-10: 1:24				

2015 STERLING 09/JV Invitational

Boys Results

Date: 10/20/15					
Participating Schools: Dixon, Geneseo, LaSalle-Peru, Princeton, Rochelle, Rock Falls, Sterling					
Site: Hoover Park in Sterling					
Conditions: Daytime High of 78° with minimal wind. Course HARD & Bumpy					
Racing Distance: 3 miles					
OPEN RACE (no team scores)					
PLACE	ATHLETE	SCHOOL	TIME		
1	Joshua Buckley-10	L-P	17:42		
2	Ben Davis-12	Dixon	17:46		
3	Jacob Heller-10	Dixon	18:13		
4	Mitchell Dixon-11	Dixon	18:23		
5	Johnny Ross-11	Rock Falls	18:28		
6	Brandon Ramos-11	Geneseo	18:29		
7	Donivyn Harms-??	Rochelle	18:36		
8	Keaton Darin-12	Geneseo	18:36		
9	Maguire Hoon-11	Geneseo	18:37		
10	Kyle Sellers-11	Geneseo	18:37		
11	Chandler Schwartz-11	Geneseo	18:38		
12	Keith Elden-11	Geneseo	18:45		
13	Matthew Drendel-11	Rochelle	18:57		
14	Terrance Bruce-12	Sterling	19:10		
15	Jose Hernandez-11	Rock Falls	19:11		
16	Christian Booth-10	Geneseo	19:22		
17	Ben Stoddard-11	Rochelle	19:31		
18	Cameron Darin-10	Geneseo	19:36		
19	Jack Nitz-12	Sterling	19:46		
20	Andrew Garcia-12	Sterling	19:47		
21	Ethan Baumgardner-12	Geneseo	19:53		
22	Adam Wells-10	Geneseo	20:01		
23	Nathan Konvicka-12	Geneseo	20:07		
24	Trey Blank-11	Geneseo	20:08		
25	Tate Neff-11	Geneseo	20:09		
26	Francisco Herrera-10	Rochelle	20:21		
27	Matthew Ambrose-10	L-P	20:23		
28	Mason Rhodenbagh-10	Dixon	20:30		
29	Keegan Banister-12	Geneseo	20:49		

2015 STERLING 09/JV Invitational Boys Results

30	Vinny Poci-12	Sterling	20:51		
31	Jake Fitzgerald-10	L-P	20:56		
32	Luke Ademoski-12	Sterling	21:15		
33	Jake Rodriguez-11	Rochelle	21:17		
34	Jonah Khuntangta-12	Sterling	21:17		
35	Brian Heinrich-12	Rochelle	21:34		
36	Sam Murray-11	Geneseo	21:38		
37	Bo Lindstrom-12	Geneseo	21:39		
38	Tristan Johnson-11	Geneseo	22:29		
39	Jerome Warren-10	Rock Falls	22:30		
40	Jervias Johnson-11	Sterling	23:41		
41	Kris Nguyen-11	Geneseo	24:13		
42	Bobby Tribble-12	Sterling	25:03		
43	Nathan Lambert-10	Geneseo	26:03		
44	Diego Marroquin-10	Rochelle	26:29		

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Site: Hoover Park in Sterling					
Conditions: Daytime High of 78° with minimal wind. Course HARD & Bumpy					
Racing Distance: 3 miles					
FRESHMEN RACE (no team scores)					
PLACE	ATHLETE	SCHOOL	TIME		
1	Rio Sallas-09	Rock Falls	18:24		
2	Logan Schaefer-09	L-P	18:25		
3	Connor Bean-09	L-P	18:41		
4	Nathan Carroll-09	Geneseo	19:17		
5	Javier Delatowe-09	Rock Falls	19:46		
6	Jacob Pocivasek-09	L-P	19:50		
7	Andrew Lesley-09	Dixon	19:55		
8	Lucas Anderson-09	Rochelle	19:56		
9	Andrew Ivarson-09	L-P	20:52		
10	Reid Smith-09	Princeton	21:34		
11	Lonnie Gibbons-09	Rock Falls	21:48		
12	Chris Leal-09	Rock Falls	21:49		
13	Andrew Leal-09	Rock Falls	21:50		
14	Liam Estes-09	Sterling	22:35		
15	Kadin Wolf-09	Sterling	22:37		
16	Kaleb Efflandt-09	Geneseo	23:33		
17	Josuah Sensiba-09	L-P	23:38		
18	Sam May-09	Princeton	24:17		