



LEAFS OPEN SEASON AT THE STERLING GRASS RELAYS

Pictured are the lead-off runners moments before the starter's gun
(and photo-bomber Mrs. Jennifer Johnson)

SENIOR CO-CAPTAINS LEAD THE WAY IN SEASON OPENING WIN

On Tuesday, August 25th, the Leafs traveled to Sterling's Hoover Park for the annual Sterling Grass Relays. The race uses the unique format of pairing two teammates who take turns running the one mile loop. The total racing distance is 6 miles (3 miles each.) I stole the idea from Kenny Klipp years ago. Our course isn't conducive for the format (too hilly) so I asked the Sterling Staff if they would be willing to host this meet. They smiled and said, "Sure!" The rest is history as we have moved into our 2nd decade of this meet.

The weatherman was kind to us for late August with a daytime high of only 72° with a light wind. The course was hard and fast and the team ran great. We haven't done any speed work yet (our goal is to PEAK during CHAMPIONSHIP MEET SEASON) so this is the fastest running the men have done (other than some striders.) Coach Moe and I selected the pairings and then let the

eldest member of the group choose who would run 1st or 2nd. My wife tried to take a picture of the start but our camera isn't working (something with the memory card.) The end result was Mrs. Elden came to the rescue with a plethora of pictures. I chose the above shot which shows the lead-off men with a "photo-bomb" appearance from Mrs. Jennifer Johnson. She appears to be even more excited than the team (not an easy accomplishment.)

Sterling has a very strong team and is ranked higher than us in the State Rankings. Currently, we have greater depth and that is what carried the day for us (remember...the top 5 scorers is actually 10 men due to the pairing.) The Leafs grabbed 6 of the top 9 spots with senior Captains Gabe Johnson and Charley Elden grabbing 2nd place to lead the Leafs. Not far behind were the teams of: Nathan Sorian & Peter Rizzo (3rd); Kaden Rink & Andrew Rizzo (5th); Charlie Schlindwein & Keith Elden (7th); Nathan Carroll & Kyle Sellers (8th); and Chandler Schwartz & Blake Duncan (9th.) Also running strong were the teams of: Cameron Darin & Christian Booth (12th); Sam Murray & Keegan Banister (13th); Keaton Darin & Ethan Baumgardner (14th); Nelson Laingen & Nathan Lambert (15th); Brandon Ramos & Adam Wells (16th); Nik Floyd & Thackery Newton (17th); Maguire Hoon & Cole Schwerdt (18th); Kris Nguyen & Juan Mejias-Dansbach (20th); Bo Lindstrom & Elliott Moore (21st); and Nathan Stanfield & Nathan Konvicka (23rd.) We had one extra man so Tristan Johnson started each of his reps with Brandon Ramos.

It was awesome to watch us line up 16 TEAMS (highly motivated teams, by the way!) The Seniors did a great job of warming up the team (same for the cool-down.) When the gun fired all of our men set off on our mission of running intelligent races. After Coach Moe (he timed EVERYONE!) was done calculating the splits for each mile our jaws dropped when we saw just how well most of the team had gauged their pace efforts. There is no skill for a distance runner that is more important than that of PACE JUDGEMENT! Too fast..Too slow....it's hard to get it right. You will continue to drop your times as the season progresses. We are extremely proud of each member of our team. Keep up the great job and let's work really hard in the coming days of reaching our goal of at least 40 MEN! We are SO close!

Maple Leafs win Sterling Relays

By CHRIS STEELE
Republic Sports Editor

The Geneseo boys' cross country team won the Sterling Grass Relays and competed at the Sycamore Invite.

Sterling Grass Relays

The Leafs won the annual race between Geneseo and Sterling at Hoover Park on Aug. 25. The format pairs two teammates together alternating one mile each, until both runners have completed the three-mile course.

Geneseo's depth helped carry them to the victory nabbing six of the top nine places.

Senior captains Gabe Johnson and Charley Elden ran to a second-place finish for the Leafs.

Just a few strides back were Nathan Soria and Peter Rizzo in third place, and Kaden Rink and Andrew Rizzo grabbed fifth place.

Geneseo's Charlie Schlindwein and Keith Elden finished in seventh place, Nathan Carroll and Kyle Sellers were eighth and Chandler Schwartz and Blake Duncan charged to a ninth-place finish.

"When the gun fired all of

our men set off on our mission of running intelligent races," Geneseo coach Don Fredericks said. "After coach (Philip) Moe was done calculating the splits for each mile our jaws dropped when we saw just how well most of the team had gauged their pace efforts."

The Leafs were able to put together 16 teams total. Also running strong: Cameron Darin and Christian Booth finished in 12th place, and Sam Murray and Keegan Banister were 13th place.

Keaton Darin and Ethan Baumgardner finished in 14th place, and Nelson Laingen and Nathan Lambert were 15th place.

Brandon Ramos and Adam Wells finished in 16th, and Nik Floyd and Thackery Newton were 17th place.

Maguire Hoon and Cole Schwerdt finished in 18th place and Kris Nguyen and Juan Mejias-Dansbach were 20th place.

Bo Lindstrom and Elliott Moore finished in 21st place, and Nathan Stanfield and Nathan Konvicka were 23rd place.

2015 STERLING GRASS RELAYS

Date: 8/25/2015		<div>Team Split Page</div>			
Participating Schols: Sterling & Geneseo					
Site: Woodlawn School					
Conditions: 72° with a light wind. Perfect Conditons!					
Racing Distance: 1 mile loop (3 times)					
TEAM SCORES: 1) Geneseo 25; 2) Sterling 32					
RANK	ATHLETE	AVERAGE	MILE 1	MILE 2	MILE 3
1	Nathan Soria-11	5:18	5:12	5:23	5:19
2	Charley Elden-12	5:29	5:30	5:37	5:21
	Gabe Johnson-12	5:29	5:32	5:25	5:31
4	Kaden Rink-09	5:35	5:33	5:43	5:35
5	Andrew Rizzo-09	5:40	5:33	5:44	5:43
6	Peter Rizzo-09	5:44	5:36	5:51	5:44
7	Charlie Schlindwein-11	5:52	5:57	5:55	5:52
	Kyle Sellers-11	5:52	5:43	5:53	6:01
9	Keith Elden-11	6:04	6:02	6:06	6:05
10	Blake Duncan-10	6:08	6:02	6:13	6:09
11	Nathan Carroll-09	6:11	5:57	6:12	6:26
12	Christian Booth-10	6:18	6:20	6:19	6:16
13	Nathan Konvicka-12	6:19	6:09	6:28	6:21
14	Chandler Schwartz-11	6:20	6:20	6:14	6:26
15	Maguire Hoon-11	6:25	6:08	6:30	6:38
16	Cameron Darin-10	6:27	6:00	6:24	6:58
	Keaton Darin-12	6:27	6:01	6:41	6:40
18	Nelson Laingen-11	6:30	6:27	6:33	6:32
19	Thackery Newton-10	6:32	6:27	6:33	6:37
20	Bo Lindstrom-12	6:50	6:46	7:04	6:40
21	Sam Murray-11	6:51	6:44	6:52	6:57
22	Keegan Banister-12	6:52	7:19	6:44	6:33
23	Brandon Ramos-11	6:55	6:50	6:57	6:59
24	Ethan Baumgardner-12	7:00	6:41	7:16	7:03
25	Juan Mejias-Dansbach-09	7:06	7:12	7:16	6:51
26	Adam Wells-10	7:17	7:07	7:09	7:35
27	Kris Nguyen-11	7:25	7:15	7:40	7:21
28	Cole Schwerdt-11	7:33	7:12	8:06	8:23
29	Nathan Lambert-10	7:36	7:00	7:34	8:16
30	Nik Floyd-11	7:44	7:42	7:51	7:41
31	Tristan Johnson-11	7:55	7:30	7:55	8:21

2015 STERLING GRASS RELAYS

	Elliott Moore-11	7:55	7:39	8:10	7:57
33	Nathan Stanfield-09	10:18	9:13	11:21	10:20
DNC	Trey Blank-11	Medical			
DNC	Connor DeBaillie-11	Illness			
DNC	Kaleb Efflandt-09	Illness			
DNC	Tate Neff-11	Injury			
DNC	Piercen Trahan-12	Injury			

2015 STERLING GRASS RELAYS

Boys Results

Date: 8/25/2015			
Participating Schols: Sterling & Geneseo			
Site: Hoover Park in Sterling			
Conditions: 72° with a 10 mph wind. Perfect!			
Racing Distance: 1 mile loop (3 times)			
TEAM SCORES: 1) Geneseo 25; 2.) Sterling 32			
PLACE	ATHLETE	SCHOOL	TIME
1	Jacob Gebhardt-10	Sterling	32:48
	Dewey Landis-11		
2	Gabe Johnson-12	Geneseo	32:57
	Charlie Elden-12		
3	Nathan Soria-11	Geneseo	33:05
	Peter Rizzo-09		
4	Evan Riley-12	Sterling	33:25
	Cody Lund-12		
5	Kaden Rink-09	Geneseo	33:46
	Andrew Rizzo-09		
6	Jalen Hart-12	Sterling	34:21
	Issiah Mooreman-09		
7	Charlie Schlindwein-11	Geneseo	35:51
	Keith Elden-11		
8	Nathan Carroll-09	Geneseo	36:11
	Kyle Sellers-11		
9	Chandler Schwartz-11	Geneseo	37:24
	Blake Duncan-10		
10	Jonathon Abele-11	Sterling	37:40
	Mikio Martinez-09		
11	Jack Nitz-12	Sterling	38:12
	Jonah Khuntangta-12		
12	Cameron Darin-10	Geneseo	38:17
	Christian Booth-10		
13	Sam Murray-11	Geneseo	40:09
	Keegan Banister-12		
14	Keaton Darin-12	Geneseo	40:23
	Ethan Baumgardner-12		
15	Nelson Laingen-11	Geneseo	42:24

2015 STERLING GRASS RELAYS

Boys Results

	Nathan Lambert-10		
16	Brandon Ramos-11	Geneseo	42:37
	Adam Wells-10		
17	Nik Floyd-11	Geneseo	42:48
	Thackery Newton-10		
18	Maguire Hoon-11	Geneseo	42:56
	Cole Schwerdt		
19	Jervias Johnson-11	Sterling	42:57
	Luke Ademoski-12		
20	Kris Nguyen-11	Geneseo	43:35
	Juan Mejias-Dansbach-09		
21	Bo Lindstrom-12	Geneseo	44:16
	Elliott Moore-11		
22	Andrew Ivarson-09	Sterling	45:26
	Kadin Wolf-09		
23	Nathan Stanfield-09	Geneseo	49:10
	Nathan Konvicka-12		
	Tristan Johnson-11	Geneseo	w/16th



NEW LOCKER SIGNS

New Locker Signs appeared Friday morning

Mrs. Darin and Mrs. Fredericks made four new locker signs that were put up Thursday afternoon. Amelia Seys, Mrs. Seys, and Mrs. Fredericks put them up. NICE JOB LADIES! THEY LOOK AWESOME.