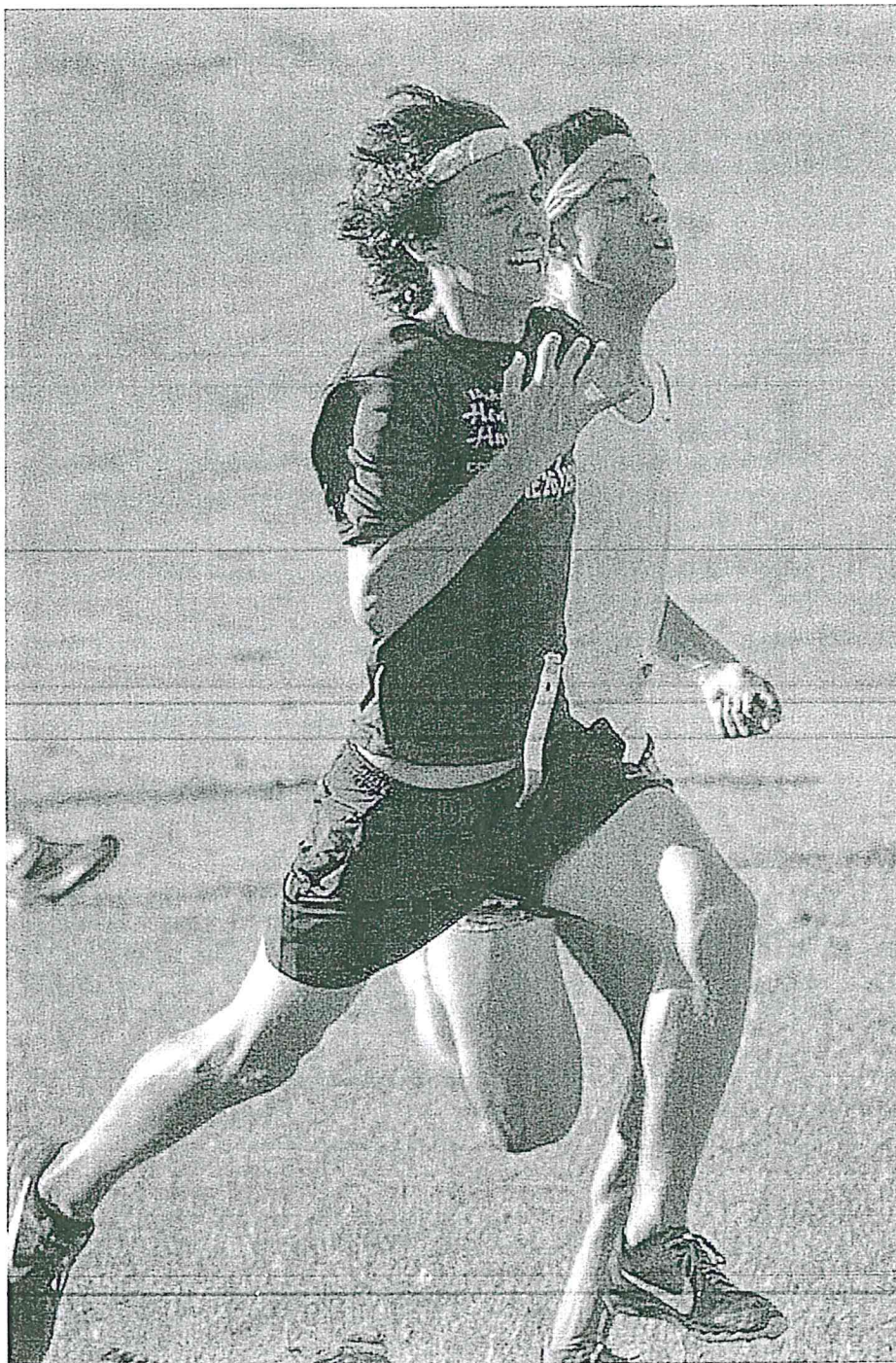


# 2016 Rust Buster Time Trial Cross Country Race

**When:** Thursday, August 18, 2016  
**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!**



### SENIOR PRIDE

Pictured are seniors Brandon Ramos and Nathan Soria who ran to 2nd and 3rd overall in the Rust Buster Time Trial. Their effort level is obviously "All-Out" as they sprint for the finish chute.

LEAFS OPEN SEASON WITH TRADITIONAL RUST BUSTER TIME TRIAL



On Thursday, August 18th, 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 NOT kind to us with a race time temperature of 86° with a heat index of 94°. The dew point was in the 70's (oppressive) and the course was a "mud fest" as heavy rain fell the day before. 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. 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.

Rizzo ran to his 2nd straight title as he bested Brandon Ramos (2nd overall) and Nathan Soria (3rd overall) by 7 and 8 seconds. Next up were: Andrew Rizzo, Neo Coulter, Blake Duncan, Colby Rapps, Nathan Carroll, Noah Sebastian, and Kyle Sellers who grabbed places 4 through 10. Not too far behind were: Charlie Schlindwein (11th), Magure Hoon (12th), Christian Booth (13th), Nelson Laingen (14th), Ky Ariano (15th), Nathan Lambert (16th), Adam Wells, (17th), Hayes Murphy (18th), Luke Sebastian (19th), Tate Neff (20th), Juan Mejias-Dansbach (21st), and Kaleb Efflandt (22nd.) Several teammates were unable to compete due to medical reasons or conflicts. The places include the handicap formula that was utilized. Both those results and the actual (real time) results are listed below.

Solid efforts, Men. The conditions were brutal and our team is certainly a "work-in-progress" as we strive to peak for "Championship Meet Season". A special thank you goes out to Coach Philip Moe for "taking the reins" as I've been on my back for 12-days with a medical emergency. I have never missed the opening to a XC season but had no option. I can't wait to get healthy enough to rejoin the team. We have some HUGE goals for this season and I hope and pray that they will come to fruition. Remember, we have NO WEAK LINKS. Every single man will have a huge impact on this team. Make it a positive one, Men and there will be no stopping us. All the best.

A special thank you goes out to all the parent helpers that assisted us Thursday night. Also, to our Booster Club who raised almost \$3,000 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  
 8/18/16 86 with a heat index of 96°  
 5-10 south mph wind.  
 Course VERY soggy and slow.

Geneseo High School  
 Cross Country

2016

Last Name	First Name	Grade	Sex	Time	Place / Time
Ramos	Brandon	12	M	11:09	2/13:29
Soria	Nathan	12	M	11:10	3 /13:30
Rizzo	Peter	10	M	11:42	1/13:22
Rizzo	Andrew	10	M	12:12	4/13:52
Sebastian	Noah	12	M	13:10	9/15:30
Duncan	Blake	11	M	13:13	6/15:13
Colter	Neo	9	M	13:31	5/13:31
Sellers	Kyle	12	M	13:34	10/15:54
Schlindwein	Charlie	12	M	13:39	11/15:59
Hoon	Maguire	12	M	13:40	12/13:40
Carroll	Nathan	10	M	13:42	8/15:22
Rapps	Colby	9	M	13:57	7/15:17
Laingen	Nelson	12	M	14:11	14/16:31
Booth	Christian	11	M	14:17	13/16:17
Lambert	Nathan	11	M	14:35	16/16:35
Wells	Adam	11	M	14:44	17/16:44
Ariano	Ky	9	M	15:12	15/16:32
Murphy	Hayes	9	M	15:24	18/16:44
Neff	Tate	12	M	16:12	20/18:32
Sebastian	Luke	10	M	16:44	19/18:24
Mejias-Dansbach	Juan	10	M	17:35	21/19:15
Efflandt	Kaleb	10	M	23:53	22/25:33
Did Not Compete:					
Blank	Trey	12	M	???	
Floyd	Nik	12	M	???	
Jorgensen	Jacob	9	M	Conflict	
Newton	Thackery	11	M	Medical	
Schwerdt	Cole	12	M	Conflict	