



TOGETHER WE STAND

Pictured are BOTH the girls and boys open runners in prayer before their race.

LEAFS RUN STRONG AT THE STERLING 09/J.V. CROSS COUNTRY INVITATIONAL

meet for athletes not competing in the I.H.S.A. Regional. The field included teams from: Dixon, Geneseo, LaSalle-Peru, Moline, Princeton, Rochelle, Rock Falls, & Sterling. Moline was the only addition from last year's field and they were a great addition. We also love the fact that Sterling runs the meet by combining the boys and girls into each race (09 and open) to make the length of the meet manageable on a school night. Four separate races would simply be over the top. Well Done, Sterling! Hardware was available to the first 5 runners in the Freshmen Race and the top 10 runners in the Open Race. All races were non-scored.

The weatherman treated the teams with near-perfect weather conditions. The daytime high was 75° and by the time the races were contested, it had fallen into the high 60's. The wind was minimal at best and the course was almost completely dry and FAST!

The freshmen got things rolling at 4:30 p.m. Colby Rapps sprinted off the starting line and never looked back as he ran 5:47 for his first mile (fastest opening mile by ANY Maple Leaf on "da day".) He held on for a STRONG 2nd place finish to lead the Leaf Charge. Ky Ariano and Carson Mariman joined in the fun by racing to top ten finishes via their 8th and 10th place finishes. Hayes Murphy, Jacob Jorgensen, and Nathan Yoder closed the team's efforts via their 16th, 18th, and 23rd place finishes, respectfully. The meet was non-scored and only two teams (Geneseo and Moline) had at least 5 runners (to make an official scoring team.) I scored it anyway using "Ghost Runners". If a team doesn't field a complete team (at least 5 runners) "ghost runner scoring" were utilized. "Ghost Runner Scoring": If a team only has 3 runners and 50 runners complete the race, their 4th and 5th "Ghost Runners" will be 51st and 52nd. The "unofficial scores were: 1.) Geneseo 54; 2.) Moline 66; 3.) Rochelle 73; 4.) Dixon 80; 5.) Rock Falls 93; 6.) LaSalle-Peru 103; 7.) Princeton 109; 8.) Sterling 130. Only a team's top 7 runners figured in the scoring. Once again, these scores are "unofficial" and several teams had freshmen who were

NOT allowed to race due to the fact that they are currently in their team's Top 7. Anyway....WAY TO ROLL, LEAFS! YOU ARE OUR FUTURE!!!!

Onto the Open Race which took off at approximately 5:00 p.m. The Leafs got out nicely with Junior Adam Wells leading the way and also "taking a chance" by flying past the one mile in quick 5:49. Adam paid dearly for his aggressiveness but certainly caught both Coach Moe's and my attention. Adam has come a LONG way in his high school career and his "Passion and Purpose" are unquestionable. Juan Mejias-Dansbach led the Leaf Charge for "da Chute" as he and Christian Booth sprinted home to gain Top 10 Medals as they grabbed 6th and 7th places, respectfully. Next up were: Thackery Newton, Nathan Carroll, and Tate Neff who all grabbed Top 20 finishes via their 15th, 17th, and 18th place finishes to close the Leafs "unofficial" scoring. Next up were: Chandler Schwartz (22nd), Adam Wells (26th), Nelson Laingen (29th) who each grabbed "Top 30 finishes". Closing out the Leafs efforts were: Luke Sebastian (40th), Nathan Lambert (41st), Nik Floyd (43rd), Cole Schwerdt (46th), Tristan Johnson (47th), and Kaleb Efflandt (48th.) Using the same "Ghost Runner" scoring formula the race played out with the following results: 1.) Moline 41; 2.) LaSalle-Peru 47; 3.) Geneseo 63; 4.) Rock Falls 73; 5.) Sterling 145; 6.) Dixon 165; 7T.) Princeton 190; 7T.) Rochelle 190. Add in healthy Charlie Schlindwein and Kyle Sellers (probably on Varsity moving other team members into this race) as well as Andrew Rizzo and our team would have battled for FIRST PLACE. GREAT EFFORTS, MEN!

It should also be noted that following the meet, 10 members of our team accepted "da Coaches Challenge" to run from Hoover Park down the river trail, cross the new Rock River Pedestrian Trail, and then finish at the Rock Falls Jimmy John's. There, we were met by the bus and those athlete's who were advised to not run this cool-down. We weren't certain of the distance but estimate 3 miles plus. It was a BLAST! A special shout out goes to 13th grader (College Freshman) Kiah "Bear" VanWynsberghe who not only ran the route but did it in "Old School" Converse All-Star Shoes. OUCH! Thank you to each member of the "Lewis and Clark" expedition for their sense of ADVENTURE!



"TATER" SELECTED AS "THE BINGWA MAN OF da MEET" AWARD WINNER

Pictured is the "Bingwa Man of the Meet" Award Winner, Tate Neff. He is pictured next to his own picture following his selection as "Student of the Quarter".

TATE NEFF IS THIS MEET'S BINGWA AWARD WINNER

Senior, Tate Neff, was selected as the "Bingwa Man of the Meet" Award Winner following the Sterling 09/J.V. Invitational held on Tuesday, October 18th. The "Bingwa" has been a weekly award for most of the season but the coaching staff decided to select a winner following the Sterling 09/J.V. Invitational. The meet was the last competitive opportunity for most of the team and several team members put forth outstanding efforts making the selection a difficult one as several teammates were considered but when the "dust had settled", senior Tate Neff was voted

as the unanimous selection. The coaching staff considered attendance, practice effort, coachability, etc. for the entire season.

Tate's race was a "thing of beauty" as he "ROARED" to a lifetime best time of 19:20 over the less than "lightning fast" Hoover Park Course in Sterling, Illinois. Tate really took a plethora of "Senior Pride" to the line in his last high school cross country race. He "gambled" a bit with an extremely aggressive race plan that saw him roll through the mile in 6:07 and two miles in 12:13 (6:06 2nd mile.) If you've already done the math, you have figured out that Tate was hurting pretty bad at two miles but fought on bravely through a challenging 3rd mile of 7:07 that saw him cross the finish line in 19:20 as he grabbed 18th place, scoring as our 5th man in the Open Boys Race. Tate raced on this same course at the Rock River Run Invitational where he ran 20:53, which was run on Saturday, September 24th. Tate took off an impressive 93 SECONDS off of that time. It will be a long time before I forget the pride I saw on Tate's face as he sprinted for home climbing "da hill" for the last time as he ran a lifetime best for the full 3-mile distance.

Tate's high school running career has been a challenge to put it lightly. Following successful seasons in Middle School in both XC (8th man eighth grade year) and Track both 7th and 8th grade years, Tate ran into chronic hip pain that surfaced during his Sophomore year in XC. Never getting a definitive diagnosis, multiple cures were attempted, all in vain. Tate was never lost his "Passion and Purpose" but his patience level was SEVERELY tested. We'll never know for sure but it eventually subsided (growth spurt related?) He ran Track his freshman year and then was forced to pass on "da oval" his sophomore and junior years. He stayed with X.C. even though he was severely limited in both training and racing opportunities.

Tate is a brilliant young man, ranking near the top of the class of 2017, and has excelled at everything he has ever attempted. He has the "it factor" possessing an intangible resilience to find a way to not only "get it done" but to get it done to the best of his ability. This trait is priceless and will serve Tate well in his future. It has been inspiring to watch Tate attack his senior harrier season pain free. I have my fingers crossed that you may just join us on "da oval" this winter and spring. The Red Carpet is rolled out and Coach Moe and I will be anxiously waiting.

Leading up to Tate's breakout race were several great weeks of training. The culmination was a tour of the Neff Family's amazing 195 acres of forested property with amazing trail-running opportunities. The Neff family graciously offered to host a team dinner the night before the NIB-12 Championship and we were literally blown away in awe at the beauty of the rolling trails. Coach Moe and I took a 2nd tour of the 3-mile loop (there are several options) before chowing down with the team. I would have to rank that run as my favorite of the season (AHEAD of the Rock River Crossing from Sterling to Rock Falls....way cool.)

You are only scratching the surface of your potential and it is my sincere hope and prayer that you will embrace the challenge of finding out just how good you can become now that you are finally healthy. Your leadership has and can continue to be an asset for our distance team if you are up for it. For those of you who are unfamiliar with the Bingwa Award, "Bingwa" means "Champion" in Swahili, the native tongue of East Africa where a HUGE percentage of the world's greatest distance runners hail from. Coach Moe came up with the idea of this award which is given after each of our cross-country meets.

Tate is the proud son Sarah and Kevin Neff. He is the proud "older brother" of Bode (currently a 7th grader.) All the best in the coming months of your high school career and beyond. It is my sincere hope that you will be a "Lifetime Runner". Thanks for always being such a polite, respectful, and positive role model. You are a classy dude and your future is going to be AWESOME!

2016 STERLING 09/J.V. INVITATIONAL SPLIT SHEET

Date: 10/18/2016						
Site: Sterling's Hoover Park						
Conditions: Daytime high of 75° Minimal wind. NICE!						
Racing Distance: 3.00 miles (course FIRM and FAST)						
	TIME	ATHLETE	PLACE	RACE	1-MILE	2-MILE
1	18:38	Juan Mejias-Dansbach-10	6	Open	5:55	12:34
2	18:41	Christian Booth-11	7	Open	6:00	12:27
3	18:53	Colby Rapps-09	2	9	5:47	12:18
4	19:07	Thackery Newton-11	15	Open	5:52	12:43
5	19:14	Nathan Carroll-10	17	Open	5:55	12:34
6	19:20	Tate Neff-12	18	Open	6:07	12:13
7	19:46	Chandler Schwartz-12	22	Open	6:10	13:05
8	19:54	Adam Wells-11	26	Open	5:49	12:51
9	20:06	Nelson Laingen-12	29	Open	6:10	13:14
10	20:44	Ky Ariano-09	8	9	6:15	13:29
11	21:06	Carson Mariman-09	10	9	6:23	13:34
12	21:44	Hayes Murphy-09	16	9	6:47	14:24
13	22:25	Jacob Jorgensen-09	18	9	6:50	14:22
14	22:32	Luke Sebastian-10	40	Open	6:53	14:49
15	22:38	Nathan Lambert-11	41	Open	6:34	14:28
16	23:16	Nik Floyd-12	43	Open	7:08	15:23
17	23:20	Nathan Yoder-09	23	9	6:52	15:04
18	24:22	Cole Schwerdt-12	46	Open	8:17	16:50
19	24:25	Tristan Johnson-12	47	Open	8:17	16:50
20	30:09	Kaleb Efflandt-10	48	Open	10:51	20:51
	DNC	Chris Hodshire-11	Conflict			
		Andrew Rizzo-10	Conflict			
		Charlie Schlindwein-12	Injury			
		Kyle Sellers-12	Illness			
	18:02	Freshmen Race Leader	1	9	5:33	11:52
	17:47	Open Race Leader	1	Open	5:41	12:01
		Geneseo Spread				
		1-5: 0:36				
		1-7: 1:08				
		1-10: 2:06				

2016 STERLING 09/JV Invitational Boys Results

Date: 10/18/16				
Schools: Dixon, Geneseo, LaSalle-Peru, Moline, Princeton, Rochelle, Rock Falls, Sterling				
Site: Hoover Park in Sterling				
Conditions: Daytime High of 75° with minimal wind. Course FAST				
Racing Distance: 3 miles				
FRESHMAN RACE (no team scores)				
P	ATHLETE	SCHOOL	TIME	
1	Logan Griswald	Dixon	18:02	
2	Colby Rapps	Geneseo	18:53	
3	Noah Schueler	Rock Falls	19:25	
4	Thomas Sitter	Dixon	19:40	
5	Evan Horner	Rochelle	19:41	
6	Trae Beyer	Moline	19:46	
7	Ben Hickey	Rochelle	20:10	
8	Ky Ariano	Geneseo	20:44	
9	Santi Cordoba	Rochelle	21:02	
10	Carson Mariman	Geneseo	21:06	
11	Adam Klumb	Moline	21:10	
12	Kyle Stokvis	L-P	21:14	
13	Seth Cassini	Moline	21:18	
14	Xander D'Ambrosio	Princeton	21:24	
15	Lemmon Allison	Rock Falls	21:43	
16	Hayes Murphy	Geneseo	21:44	
17	Enrique Perez	Moline	22:03	
18	Jacob Jorgensen	Geneseo	22:25	
19	Steven Klumb	Moline	22:31	
20	Peter ???	???	22:46	
21	Eli Crouch	Princeton	22:58	
22	??? LeGrande	???	23:05	
23	Nathan Yoder	Geneseo	23:20	
24	Ricky Massa	Moline	24:19	

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Site: Hoover Park in Sterling				
Conditions: Daytime High of 75° with minimal wind. Course FAST				
Racing Distance: 3 miles				
OPEN RACE (no team scores)				
PLACE	ATHLETE	SCHOOL	TIME	
1	Logan Schaefer-10	L-P	17:47	
2	Connor Bean-10	L-P	17:52	
3	Alex Klumb-11	Moline	18:17	
4	Matthew Ambrose-11	L-P	18:20	
5	Cameron Samolitis-10	Moline	18:31	
6	Juan Mejias-Dansbach-10	Geneseo	18:38	
7	Christian Booth-11	Geneseo	18:41	
8	Michael Aumuller-10	Moline	18:41	
9	Johnny Ross-12	Rock Falls	18:45	
10	Jacob Pocivasek-10	L-P	18:49	
11	Drew Henson-11	Rock Falls	18:54	
12	Eli DeWilde-12	Moline	18:56	
13	Nik Johnson	Moline	18:57	
14	Jose Hernandez-12	Rock Falls	19:05	
15	Thackery Newton-11	Geneseo	19:07	
16	J. Warren??	Rock Falls	19:13	
17	Nathan Carroll-10	Geneseo	19:14	
18	Tate Neff-12	Geneseo	19:20	
19	Martin Gonzalez-11	Moline	19:21	
20	Nic Peterson-10	Dixon	19:34	
21	Bryce Johnson-10	Moline	19:41	
22	Chandler Schwartz-12	Geneseo	19:46	
23	Chris Leal-10	Rock Falls	19:48	
24	Lonnie Gibbons-10	Rock Falls	19:51	
25	Marco Casas-10	Moline	19:53	
26	Adam Wells-11	Geneseo	19:54	
27	Jervias Johnson-12	Sterling	19:59	
28	Andrew Ivarson-10	Sterling	20:00	
29	Nelson Laingen-12	Geneseo	20:06	

2016 STERLING 09/JV Invitational Boys Results

30	Andrew Leal-10	Rock Falls	20:13	
31	Ruban Leal-10	Sterling	20:27	
32	Chase Meyers-11	Rock Falls	20:28	
33	Phelps Bohlman-10	Moline	20:28	
34	Kaden Hawley-10	L-P	20:37	
35	Andrew Valentino-12	Sterling	20:52	
36	Miguel Huaracha-10	Sterling	21:10	
37	Mohtadi Ali-10	Moline	21:27	
38	Kadin Wolf-10	Sterling	21:49	
39	Mason Rhodenbaugh-12	Dixon	22:18	
40	Luke Sebastian-10	Geneseo	22:32	
41	Nathan Lambert-11	Geneseo	22:38	
42	Joshua Sensiba-10	L-P	22:59	
43	Nik Floyd-12	Geneseo	23:16	
44	Jake Rogenski-10	Moline	23:42	
45	Chance Stahl-10	Moline	23:59	
46	Cole Schwetdt-12	Geneseo	24:22	
47	Tristan Johnson-12	Geneseo	24:25	
48	Kaleb Efflandt-10	Geneseo	30:09	