



INDIE & PIPER FREDERICKS MAKE THEIR XC DEBUT TO SUPPORT THE TEAM AND TRY TO TEACH "da POWER OF da PACK"

Pictured are 2-month-old Piper Fredericks (Yellow Lab) and 3-month-old Indie Fredericks (Chocolate Lab) and several members of "da team".

LEAFS OPEN SEASON AT THE STERLING GRASS RELAYS

On Tuesday, August 22nd, the Leafs traveled to Sterling's Hoover Park to participate in the annual Sterling Grass Relays. The meet's format is unique in that each athlete has a partner and together they run a total of 6 miles (3 per man . . . alternating.) The 2nd man heads into the finish chute following his final mile and is counted as a "scorer". The idea is to get three quality mile repeats in on a soft surface with a similar recovery time to what each man ran in a competitive environment.

The weatherman was kind to us as the amazingly mild August weather continued with a daytime high of 72°. Heavy rains projected to hit the Sterling area in the proceeding 24 hours stayed north and the course was mostly dry and moderately fast. So too was our competition. Sterling placed 4th last fall in the STATE FINALS and have quite a bit back from that team. They demonstrated that by defeating the Leafs 23 to 32. I have been asked many times this season if

we are in a "rebuilding mode". After all, we lost 5 of our top 7 runners from last fall's sectional meet. My answer remains NO. We are currently in a "reloading mode". We are also still manufacturing some of our ammunition.

As far as the meet goes, if a team grabs the top three places in a dual meet they can't lose and that is exactly what the Golden Warriors did by going 1-2-3. The Leafs grabbed the next four places with the teams of : Neo Colter / Raymond Venneberg, Spencer Lindstrom / Colby Rapps , William Plumley / Rafe Morrison, and Christian Booth / Nathan Carroll grabbing 4-5-6-7. Up next were the teams of: Ky Ariano / Adam Wells, Ricky Chavez / Luke Sebastian, Jacob Jorgensen / Thackery Newton,(Nathan Yoder / Hayes Murphy, and Tanner Burgett / Will Sammons who placed 10-12-14-15-16 respectfully. Eight members of the team were held out due to a variety of reasons including minor injuries and conflicts. Three of these men are potential Top 7 runners including our current number one, Blake Duncan, who has been bothered with some hip tenderness.

The efforts were solid and following a bit of refueling, most of the team took advantage on the challenge of "Running da Rock" by running the 3.50 miles from our team camp, down to the bike path, and then running across the Sterling / Rock Falls dam bike path. We finished at Jimmy John's in Rock Falls where we chowed down. The team was joined by 14th grader (that means sophomore in college) Kiah "Bear" VanWnsberghe. She also goes by the "nickname" of Mrs. Thackery Newton. Pretty impressive stuff.

Coach Moe did an amazingly fast job of calculating the average for each of our team members which he completed doing before the team was finished "wolfing down" their Jimmy John's sandwiches. The team results and team rankings are listed on the document below. The coaching staff was extremely pleased with the efforts and performances. Keep doing the work, Men and let's see how far each of you can progress in the next two months. DREAM BIG! On a personal note, thank you for being so kind to our new "little ones". Both Indie and Piper had a blast at the meet (their first) and enjoyed meeting each of you.

2017 STERLING GRASS RELAYS

DATE: 8/22/2017					
PARTICIPATING SCHOOLS: Sterling & Geneseo					
SITE: Woodlawn School					
CONDITIONS: 76° with a light 10 m.p.h. wind. Perfect Conditons!					
RACING DISTANCE: 1 mile loop (3 times)					
TEAM SCORES: 1) Sterling 23; 2) Geneseo 32					
RANK	ATHLETE	AVERAGE	MILE 1	MILE 2	MILE 3
1	Neo Colter-10	5:48	5:54	5:45	5:45
2	Colby Rapps-10	6:01	6:07	5:57	6:00
3	Raymond Venneberg-12	6:02	5:58	6:05	6:04
4	Spencer Lindstrom-10	6:05	5:58	6:10	6:08
5	Nathan Carroll-11	6:06	5:59	6:12	6:07
6	William Plumley-09	6:09	5:56	6:09	6:22
7	Rafe Morrison-09	6:11	6:19	6:26	5:49
8	Christian Booth-12	6:21	6:12	6:31	6:20
8	Adam Wells-12	6:21	6:05	6:24	6:36
10	Luke Sebastian-11	6:28	6:20	6:32	6:34
11	Ky Ariano-10	6:29	6:21	6:29	6:37
12	Ricky Chavez-09	6:44	6:42	6:53	6:37
13	Thackery Newton-12	6:50	6:52	7:02	6:36
14	Nathan Yoder-10	6:52	6:33	7:00	7:03
15	Tanner Burgett-09	7:03	6:45	7:21	7:04
16	Jacob Jorgensen-10	7:11	6:45	7:28	7:21
16	Hayes Murphy-10	7:11	6:48	7:36	7:10
18	Will Sammons-10	7:21	7:00	7:21	7:42
DNC	Blake Duncan-12	Medical			
	Austin Heller-12	Conflict			
	Chris Hodshire-12	Conflict			
	Nathan Lambert-12	Medical			
	Juan Mejias-Dansbach-11	Conflict			
	Andrew Rizzo-11	Conflict			
	Brad Smith-11	Conflict			
	William Venneberg-10	Conflict			

2017 STERLING GRASS RELAYS

Boys Results

DATE: Tuesday, August 22			
PARTICIPATING SCHOOLS: Sterling & Geneseo			
SITE: Hoover Park in Sterling			
CONDITIONS: 76° with a 10 mph wind. Very Nice!			
Racing Distance: 1 mile loop (3 times)			
TEAM SCORES: 1) Sterling 23; 2.) Geneseo 32			
PLACE	ATHLETE	SCHOOL	TIME
1	Jacob Gebhardt-12	Sterling	34:39
	Conner Bland-11		
2	Mikio Martinez-11	Sterling	34:40
	Dillon Nitz-10		
3	Issiah Mooreman-11	Sterling	35:04
	Sam Janssen-10		
4	Neo Colter-10	Geneseo	35:31
	Raymond Venneberg-12		
5	Spencer Lindstrom-10	Geneseo	36:20
	Colby Rapps-10		
6	William Plumley-09	Geneseo	37:03
	Rafe Morrison-09		
7	Christian Booth-12	Geneseo	37:21
	Nathan Carroll-11		
8	Javon Brown-09	Sterling	38:13
	Sam Brown-09		
9	Hunter Carroll-11	Sterling	38:18
	Andrew Ivarson-11		
10	Ky Ariano-10	Geneseo	38:32
	Adam Wells-12		
11	Ruben Leal-11	Sterling	39:30
	Marquez Brown-11		
12	Ricky Chavez-09	Geneseo	39:30
	Luke Sebastian-11		
13	Miguel Huarcha-11	Sterling	41:58
	Tyler Everett-11		
14	Jacob Jorgensen-10	Geneseo	42:04
	Thackery Newton-11		

2017 STERLING GRASS RELAYS

Boys Results

15	Nathan Yoder-10	Geneseo	42:09
	Hayes Murphy-10		
16	Tanner Burgett-09	Geneseo	43:13
	Will Sammons-10		
17	Kadin Wolf-11	Sterling	45:23
	Ben Larkey-09		
DNC	Blake Duncan-12	Medical	
	Austin Heller-12	Conflict	
	Chris Hodshire-12	Conflict	
	Nathan Lambert-12	Medical	
	Juan Mejias-Dansbach-11	Conflict	
	Andrew Rizzo-11	Conflict	
	Brad Smith-11	Conflict	
	William Venneberg-10	New	