

2018 Rust Buster Time Trial Cross Country Race

When: Thursday, August 16, 2018
Where: Richmond Hill Park
Time: 5:00 p.m. SHARP. (Team members report by 4:00 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!

Due to threatening weather we decided to run all the high school girls together. All of the boys started together also, one minute after the girls took off.



DEATH VALLEY DOWNHILL STYLE

Pictured just past the mile in full flight are
Neo Colter, William Plumley, Justin Johnson, and Andrew Rizzo

2018 RUST BUSTER

On Thursday, August 16th, the Leafs held their annual "Rust Buster" Time Trial at Richmond Hill Park. The race was scheduled to start at 5:00 p.m. The weatherman had other plans as

Racing conditions were far from perfect with the race time temperature hovering in the mid 80's with extremely high humidity. Welcome to Illinois in August. Each athlete was asked bring 3 canned goods (donated to the Geneseo Food Pantry), food or beverage (for the post-race party), and a T-Shirt (to be used during the Award Ceremony.) There were between 500 to 1000 spectators in attendance and they made their presence known with LOUD and JOYOUS support for their loved ones. An even bigger change to the meet was the decision by Coach Ehlert and Timmerman to change the course. The athletes ran the middle school course and the high school 3 mile course will add onto the same course. The decision to avoid running across the parking lot on the west end of the park by the baseball field is a great move. It removes the risk of injury due to the hard surface of the pavement and remove the danger of vehicle traffic. It also greatly enhances the spectators' ability to follow the race. Well done, Coaches.

The handicapping of the race has never been perfect but it does allow the athletes to get an early season examination of their current fitness level. The boys team did a great job of finding teammates to pack it up with. Neo Colter (11:27), William Plumley (11:28), and Justin Johnson (11:28), all finished within one second of each other dropping more than a few spectators jaws in the process. Not far behind were Andrew Rizzo and Rafe Morrison who each finished in 11:45. That is an EXTREMELY impressive Top 5 split time of EIGHTEEN SECONDS!!! Isaac Kuster (11:58) and Spencer Lindstrom (12:26 and not feeling too hot) completed the Leafs Top 7. As of this writing, the Top 7 has 1 senior, 2 juniors, 2 sophomores, and 2 freshmen. Needless to say, the team is YOUNG and the FUTURE LOOKS GREAT!

Not far behind were: Malakai Schaad (12:47), Bode Neff (12:50), Ricardo Chavez-Sanchez (13:08), Nathan Carroll (13:09), Lucas Nicke (13:09), Peter Rizzo (13:20), Tanner Burgett (14:16), Will Sammons (14:38), Max Sottos (14:42), Hayes Murphy (15:06), and Jason Blick (21:08.) Several additional teammates were not able to participate due to conflicts, illness, or minor injuries that we didn't want to take a chance with.

The coaching staff was thrilled with the efforts of the team. Remember that the season is young. It is going to be a lot of fun to see just how far each team member can progress from now to Championship Meet Season. Be careful not to be neglectful to critical factors such as sleep, hydration, nutrition, academics, etc..... Remember we have NO WEAK LINKS. Every man matters and makes a HUGE difference to the team on a daily basis. Keep working hard and DREAMING BIG!!!

2018 Rust Buster Time Trial

Tuesday, August 16th

Race Time Temperature: 85° and very humid

5 south mph wind.

Course hard and FAST

2018 Overall Results

Last Name	First Name	Grade	Sex	Time	Mile Split
Colter	Neo	11	M	11:27	6:05
Plumley	William	10	M	11:28	6:07
Johnson	Justin	9	M	11:28	6:10
Rizzo	Andrew	12	M	11:45	6:10
Morrison	Rafe	10	M	11:45	6:22
Rapps	Colby	11	M	11:52	6:22
Kuster	Isaac	9	M	11:58	6:22
Brown	Josie	12	F	12:09	???
Lindstrom	Spencer	11	M	12:26	6:34
Schaad	Malakai	9	M	12:47	7:00
Neff	Bode	9	M	12:50	7:00
Chavez-Sanchez	Ricky	10	M	13:08	7:09
Carroll	Nathan	12	M	13:09	6:50
Nicke	Lucas	10	M	13:09	7:00
Rizzo	Peter	12	M	13:20	7:02
Poel	Julia	12	F	13:29	???
Girten	Anna	11	F	13:37	???
Belvel	Lauren	11	F	13:44	???
Burgett	Tanner	10	M	14:16	7:39
Sammons	Will	11	M	14:38	7:09
Sottos	Max	9	M	14:42	7:51
Snyder	Anna	9	F	14:57	???
Murphy	Hayes	11	M	15:06	8:05
Raya	Adia	12	F	15:10	???
Pierce	Anna	11	F	15:25	???
Magerkurth	Avery	10	F	15:36	???
Terronez	Emma	10	F	15:38	???
Soria	Megan	10	F	15:40	???
LeGrand	Claire	11	F	16:59	???
Hasson	Joci	10	F	17:21	???
Heller	Emma	11	F	18:24	???
Blick	Jason	9	M	21:08	12:00
Gomez	Zoey	12	F	21:23	???

2018 Boys Results

Last Name	First Name	Grade	Time	Sex	Mile Split
Colter	Neo	11	11:27	M	6:05
Plumley	William	10	11:28	M	6:07
Johnson	Justin	9	11:28	M	6:10
Rizzo	Andrew	12	11:45	M	6:10
Morrison	Rafe	10	11:45	M	6:22
Rapps	Colby	11	11:52	M	6:22
Kuster	Isaac	9	11:58	M	6:22
Lindstrom	Spencer	11	12:26	M	6:34
Schaad	Malakai	9	12:47	M	7:00
Neff	Bode	9	12:50	M	7:00
Chavez-Sanchez	Ricky	10	13:08	M	7:09
Carroll	Nathan	12	13:09	M	6:50
Nicke	Lucas	10	13:09	M	7:00
Rizzo	Peter	12	13:20	M	7:02
Burgett	Tanner	10	14:16	M	7:39
Sammons	Will	11	14:38	M	7:09
Sottos	Max	9	14:42	M	7:51
Murphy	Hayes	11	15:06	M	8:05
Blick	Jason	9	21:08	M	12:00

Did Not Compete

Anderson	Simon	9	Conflict
Ariano	Ky	11	Conflict
Burke	Andrew	9	Injury
Erdman	Jayden	12	Conflict
Jorgensen	Jacob	11	Injury
Lievens	Kyle	11	Conflict
Saucedo	Ethan	11	Conflict
Sebastian	Luke	12	Illness
State	Kyle	11	Conflict



"CHILLIN' AFTER PRACTICE

Pictured are Nathan Soria, Blake Duncan, Luke Sebastian, Nathan Carroll, and Jacob Jorgensen who jumped in Geneseo's new Recovery Ice Tub. Nathan S. and Blake Duncan are alums and happened to be in the "right place at the right time". A special thanks to Geneseo Head Athletic Trainer Lori Anderson for purchasing the Recovery Ice Tub!!!