



"GET THE BROOMS OUT" AS THE LEAFS SWEEP THE STERLING 09/J.V. INVITATIONAL

Pictured are some of "da Team" following the conclusion of the meet.

LEAFS CLAIM 8 OUT OF A POSSIBLE 15 MEDALS TO DOMINATE FIELD

On Tuesday, October 16th, the Leafs traveled to Sterling's Hoover Park to participate in the annual Sterling J.V. & Freshman Invitational. The meet is designed for athletes who will not be racing again this season in the I.H.S.A. Series (unless an illness or injury prevents a Top 7 athlete from competing.) There were two races. Both the girls and boys race together to expedite the duration of the meet since it is on a school night. The seven-team field included teams from: Dixon, Geneseo, LaSalle-Peru, Princeton, Rochelle, Rock Falls, and Sterling. The weatherman gave us another "Delicious" day with a daytime high of 60°. There was a "brisk" 15 m.p.h. breeze blowing. We greatly appreciate Sterling hosting this meet. It gives the team one last time to "toe da line". The fact that the Varsity Top 7 runners for every team don't race allows for individual and team success for athletes who desperately need that reinforcement. Our team is so "loaded" that we are afraid that some of the guys might not realize just how much potential they possess.

On to the races. At 4:30 p.m., the Freshmen sprinted away from the starting line as they reacted to the "crack" of the starter's pistol (blanks of course . . . any low flying Canadian Geese were "safe".) We lined up 5 men so everyone would be a "scorer". The meet was "non-scored" but we score it anyway. For teams without a complete team (5 runners or more) we used "ghost runners" to complete team scoring. The Leafs took the team lead in the first 100 meters and ran with tremendous "Passion & Purpose". They refused to listen to the "Little Man" that tries to make you NOT "Dream Big". Isaac Kuster opened up a HUGE lead in the first mile and then "Hung On" to win by 5 seconds as he won the race in a great time of 18:21. Not far behind were Bode Neff

(3rd place in 18:26) and Max Sottos (4th place in 19:12.) Athletes who placed in the Top 5 were awarded medals. Closing out our team scoring were Kyle Lievens (6th place in 19:53) and Simon Anderson (11th place in 21:42.) Each man ran a GREAT race while the team scored a minuscule 25 points to easily outdistance the completion.

The J.V. runners took off at approximately 5:15 p.m. Leading the charge was a team "Run-Off" for the 7th man position in Saturday's I.H.S.A. Galesburg Regional that consisted of: Senior Andrew Rizzo, Junior Spencer Lindstrom, and Freshman Malakai Schaad. Spencer took the lead early with Andrew right on his shoulder. The rest of the team also got out nicely and proceeded to DOMINATE the seven-team field. Medals were awarded to the Top 10 Finishers and the Leafs grabbed FIVE of them. The team was led by: Senior Andrew Rizzo (1st place in 17:43), Junior Spencer Lindstrom (2nd place in 17:51), Freshman Malakai Schaad (3rd place in 18:04), Senior Peter Rizzo (7th place in 18:49), and Senior Nathan Carroll (9th place in 18:55). Right on their "tails" were: Sophomore Ricardo Chavez-Sanchez (11th place in 19:12), Junior Ky Ariano (12th place in 19:15), and Junior Will Sammons (13th place in 19:21). The team's strong effort just kept coming with: Senior Luke Sebastian (16th place in 20:02), Junior Hayes Murphy (17th place in 20:07), Sophomore Tanner Burgett (21st place in 20:23), Junior Kyle State (23rd in 20:52), and Jacob Jorgensen (27th place in 21:39). Job well done, Men!

In conclusion, it was awesome to watch most of our team "Catch Fire" and run with tremendous intensity and determination during their portion of "Championship Meet Season". That includes last Saturday's NIB-12 Meet and today. I love the quote by the great Elmhurst York Coach Joe Newton (27 STATE CHAMPIONSHIPS) "In football, basketball, etc.... you need the horses with great size and speed to win. In cross country we MAKE OUR OWN HORSES out of athletes of all shapes and sizes". What matters the most is the "Passion and Purpose" each athlete is willing to invest. Keep up the great work as you continue your athletic careers by attempting to always be making "Deposits" into your "Bank Account" (your fitness level.) Every one of you possesses the potential to be "THE GUY" that is the DIFFERENCE MAKER" on future Maple Leaf Teams. We thank each and every one of you for your contributions this season to the team.

2018 STERLING 09/J.V. INVITATIONAL SPLIT SHEET

Date: 10/16/2018						
Site: Sterling's Hoover Park						
Conditions: Daytime high of 60° with a 15 mph wind. AWESOME!!!						
Racing Distance: 3.00 miles (course FIRM and FAST)						
	TIME	ATHLETE	PLACE	RACE	1-MILE	2-MILE
1	17:43	Andrew Rizzo-12	1	J.V.	5:30	11:39
2	17:51	Spencer Lindstrom-11	2	J.V.	5:29	11:39
3	18:04	Malakai Schaad-09	3	J.V.	5:34	11:54
4	18:21	Isaac Kuster-09	1	9	5:43	12:07
5	18:26	Bode Neff-09	3	9	5:58	12:21
6	18:49	Peter Rizzo-12	7	J.V.	5:43	12:22
7	18:55	Nathan Carroll-12	9	J.V.	5:43	12:23
8	19:12	Max Sottos-09	4	9	6:00	12:38
9	19:12	Ricardo Chavez-Sanchez-10	11	J.V.	6:15	12:54
10	19:15	Ky Ariano-11	12	J.V.	6:01	12:32
11	19:21	Will Sammons-11	13	J.V.	6:00	12:34
12	19:53	Kyle Lievens-09	6	9	6:15	12:57
13	20:02	Luke Sebastian-12	16	J.V.	6:34	13:00
14	20:07	Hayes Murphy-11	17	J.V.	5:56	13:13
15	20:23	Tanner Burgett-10	21	J.V.	6:15	13:24
16	20:52	Kyle State-11	23	J.V.	6:35	13:50
17	21:39	Jacob Jorgensen-11	27	J.V.	6:47	14:16
18	21:42	Simon Anderson-09	11	9	6:54	14:18
	DNC	Jason Blick-09	Medical			
		Andrew Burke-09	Medical			
		Jared Erdman-12	Conflict			
		Luke Henkhuas-11	Conflict			
		Will McKelvain-11	Conflict			
		Ethan Saucedo-11	Conflict			
	18:26	Freshman Race Leader	1	9	5:43	12:07
	17:47	J.V. Race Leader	1	J.V.	5:29	11:39
		Geneseo Spread				
		1-5: 0:43				
		1-7: 1:12				
		1-10: 2:39				

2018 STERLING 09/JV INVITATIONAL

Boys Results

Date: 10/16/2018					
Schools: Dixon, Geneseo, L-P, Princeton, Rochelle, Rock Falls, Sterling					
Site: Hoover Park in Sterling					
Conditions: Daytime High of 60° with a 15 mph wind. AWESOME!!!					
Racing Distance: 3 miles					
TEAM SCORES: (ghost runners were used for incomplete teams)					
1.) Geneseo 25; 2.) Princeton 58; 3.) Sterling 61; 4.) Rock Falls 89;					
5.) LaSalle-Peru 91; 6.) Rochelle 105; 7.) Dixon 115					
FRESHMAN RACE					
PLACE	ATHLETE	SCHOOL	TIME		
1	Isaac Kuster-09	Geneseo	18:21		
2	Isaac Halverson-09	Sterling	18:26		
3	Bode Neff-09	Geneseo	18:26		
4	Max Sottos-09	Geneseo	19:12		
5	Dillon Schueler-09	Rock Falls	19:34		
6	Kyle Lievens-09	Geneseo	19:53		
7	Jake May-09	Princeton	20:25		
8	Nollen Abriam-09	LaSalle-Peru	20:32		
9	Mack Williams-09	Princeton	21:02		
10	Brayden Veriede-09	Sterling	21:11		
11	Simon Anderson-09	Geneseo	21:42		
12	Dylan Howard-09	Sterling	21:58		
13	Keegan Fogarty-09	Princeton	22:10		
14	Kaiden Wahlgren-09	Princeton	22:12		
15	Reid Orwig-09	Princeton	22:44		
16	Scott McPhillips-09	Sterling	22:59		
17	Anthony Pool-09	LaSalle-Peru	23:03		
18	Josue Delatorre-09	Rock Falls	23:44		
19	Max Orlikowski-09	Rochelle	23:45		
20	Forrest Gerber-09	Rochelle	24:01		

2018 STERLING 09/JV INVITATIONAL

Boys Results

Date: 10/16/2018				
Schools: Dixon, Geneseo, L-P, Princeton, Rochelle, Rock Falls, Sterling				
Site: Hoover Park in Sterling				
Conditions: Daytime High of 60° with a 15 mph wind. AWESOME!!!				
Racing Distance: 3 miles				
TEAM SCORES: (ghost runners were used for incomplete teams)				
1.) Geneseo 22; 2.) Sterling 61; 3.) Dixon 77; 4.) LaSalle-Peru 100;				
5t.) Princeton 144; 5t.) Rock Falls 144; 7.) Rochelle 155				
JUNIOR VARSITY BOYS				
PLACE	ATHLETE	SCHOOL	TIME	
1	Andrew Rizzo-12	Geneseo	17:43	
2	Spencer Lindstrom-11	Geneseo	17:51	
3	Malakai Schaad-09	Geneseo	18:04	
4	Dominic Lazano-10	Dixon	18:10	
5	Ben Larkey-10	Sterling	18:13	
6	Jack Boss-10	Dixon	18:39	
7	Peter Rizzo-12	Geneseo	18:49	
8	Trevor Carrell-12	Sterling	18:49	
9	Nathan Carroll-12	Geneseo	18:55	
10	Isaac Rollinger-10	Dixon	19:02	
11	Ricardo Chavez-Sanchez-10	Geneseo	19:12	
12	Ky Ariano-11	Geneseo	19:15	
13	Will Sammons-11	Geneseo	19:21	
14	Andrew Ivarson-12	Sterling	19:29	
15	Cameron Gonzalez-12	Rock Falls	19:44	
16	Luke Sebastian-12	Geneseo	20:02	
17	Hayes Murphy-11	Geneseo	20:07	
18	Miguel Huaracha-12	Sterling	20:16	
19	Ethan Cravatta-11	Rock Falls	20:21	
20	Tanner Hrovat-10	LaSalle-Peru	20:21	
21	Tanner Burgett-10	Geneseo	20:23	
22	Het Patel-10	LaSalle-Peru	20:38	
23	Kyle State-11	Geneseo	20:52	
24	Chris Garcia-12	LaSalle-Peru	20:54	
25	Connor Bland-12	Sterling	20:56	

2018 STERLING 09/JV INVITATIONAL

Boys Results

26	Kevin Lemus-11	Sterling	21:00	
27	Jacob Jorgensen-11	Geneseo	21:39	
28	Jon Lemmer-10	LaSalle-Peru	22:23	
29	Lennon Allison-11	Rock Falls	22:55	
30	Matthew George-11	LaSalle-Peru	23:42	
31	Sam May-12	Princeton	23:53	
32	Wyatt Workman-10	Princeton	24:01	
33	Anthony Pyse-12	Dixon	24:22	
34	Jacob Foster-10	LaSalle-Peru	26:07	
35	Alex Galambos-11	Rochelle	28:19	