



### **LEAFS BREAK OUT NEW UNIFORMS**

Pictured are most of the team wearing their brand new uniforms.

### **LEAFS DOMINATE STERLING GRASS RELAYS**

On Tuesday, August 21st, the Leafs traveled to Sterling's Hoover Park to participate in the Sterling Grass Relays. The meet features a unique format that is perfect for our first official meet. The race is six miles in length with teams of two taking turns running the one mile loop. After the 2nd man completed his final mile he headed into the finish chute. We live in the Midwest and it is August. That usually mean WARM weather. It was very humid following heavy rains the previous night but the race time temperature was only 76° The course was wet and slippery "back in the woods".

Sterling dynamic duo of Isaiah Moorman and Mikio Martinez won the race in 33:04. Each senior has All-State aspirations. Next up came a determined "long green line" that saw the Leafs grab 2nd, 3rd, 4th, and 5th. Filling in those positions were Neo Colter & William Plumley (2nd), Andrew Rizzo & Justin Johnson (3rd), Spencer Lindstrom & Isaac Kuster (4th), and Rafe Morrison & Colby Rapps (5th). Great running, Men!!!

Next up was Ricardo Chavez-Sanchez & Nathan Carroll (8th, Malakai Schaad & Bode Neff (9th), Lucas Nicke & Tanner Burgett (10th), Ky Ariano & Will Sammons (15th), Max Sottos & Hayes Murphy (16th), Jacob Jorgensen & Luke Sebastian (18th), and Simon Anderson & Jason Blick (20th).

After breaking down the results, calculating each mile split, and determining averages for each man the following data resulted. Our team had EIGHT MEN average six flat or better on a slow mile loop. Our team "split" for the averages from runner 1 to 7 was a "jaw dropping" 12 seconds!!! We also had 17 men average under seven minutes per mile. Almost everyone demonstrated excellent pace judgement. No skill is more important for a distance runner. As a team we give you an A+ for this early season "check point".

Each man ran with a tremendous amount of "passion and purpose". It was a great season opening effort. This team is going to make some MAJOR noise if each man is willing to do their part. Train smart, eat right, sleep enough, proper hydration, excel in your academics, etc....you get the idea. Remember, we have NO weak links. Every man matters and will have a daily influence on this team. Lastly, remember Coach Ehlerts' BATTLE CRY: "DREAM BIG". Well done men. Bring on the Kewanee Dunes Invitational on Monday, August 27th and beyond. "BEWARE OF da PACK"!!!





Photo submitted

**THE MAPLE LEAFS** show off their new uniforms during the Sterling Grass Relays. Pictured are, first row, from left: Isaac Kuster, Kyle Lievens, Justin Johnson, Max Sottos, Bode Neff, Simon Anderson, Jason Blick and Malakai Schaad. Second row, from left: Will Sammons, Ricardo Chavez-Sanchez, Tanner Burgett, Lucas Nicke, Hayes Murphy, Rafe Morrison, Nathan Carroll, Andrew Rizzo, Neo Colter, Colby Rapps, Jacob Jorgensen, Luke Sebastian, Spencer Lindstrom, Ky Ariano and William Plumley.

By **CHRIS STEELE**

*Republic Sports Editor*

The Maple Leafs opened the season with a win at the Sterling Grass Relays and won the Annawan-Wethers-field Invite.

#### **Sterling Grass Relays**

The Maple Leafs won the head-to-head battle with Sterling 22-37 at Sterling Hoover Park on Aug. 21.

The Maple Leafs' Neo Colter and William Plumley finished runner-up with teammates pairing up to run alternating legs of the race.

The duo of Colter and Plumley finished in 34:29, and they were followed by Andrew Rizzo and Justin Johnson who finished third

in 35:09.

Spencer Lindstrom and Isaac Kuster finished fourth in 35:22, and Rafe Morrison and Colby Rapps came in fifth in 35:38.

The Maple Leafs' Ricardo Chavez-Sanchez and Nathan Carroll finished eighth in 38:40, and Malakai Schaad and Bode Neff finished ninth in 39:14.

Geneseo's Lucas Nicke and Tanner Burgett ran down 10th in 39:19.

Date: August 21, 2018

Meet Site: Sterling Hoover Park

Meet: Sterling Grass Relays

Weather Conditions: 76° with high humidity. Felt like 86°

Team Scores: 1.) Geneseo 22; 2.) Sterling 37

PLACE	TIME	SCHOOL	RUNNER 1	RUNNER 2
1	33:04:00	Sterling	Isaiah Moorman	Mikio Martinez
2	34:29:00	Geneseo	Neo Colter	William Plumley
3	35:09:00	Geneseo	Andrew Rizzo	Justin Johnson
4	35:22:00	Geneseo	Spencer Lindstrom	Isaac Kuster
5	35:38:00	Geneseo	Rafe Morrison	Colby Rapps
6	36:45:00	Sterling	???	? Taylor
7	36:49:00	Sterling	???	? Brown
8	38:40:00	Geneseo	Ricardo Chavez-Sanch	Nathan Carroll
9	39:14:00	Geneseo	Malakai Schaad	Bode Neff
10	39:19:00	Geneseo	Lucas Nicke	Tanner Burgett
11	40:03:00	Sterling	???	? Bland
12	40:03:00	Sterling	???	? Halverson
13	41:45:00	Sterling	???	? Lemus
14	41:55:00	Sterling	???	? Howard
15	42:26:00	Geneseo	Ky Ariano	Will Sammons
16	42:59:00	Geneseo	Max Sottos	Hayes Murphy
17	44:07:00	Sterling	???	? Wolf
18	44:20:00	Geneseo	Jacob Jorgensen	Luke Sebastian
19	48:54:00	Sterling	???	? McPhillips
20	52:14:00	Geneseo	Simon Anderson	Jason Blick



TEAM	LAST	FIRST	GR	MILE 1	MILE 2	MILE 3	MILE 4	MILE 5	MILE 6	AV	RANK
A1	Colter	Neo	11	5:34		5:46		5:50		5:44	1
A2	Plumley	William	10		5:43		5:51		5:45	5:46	2t
B1	Rizzo	Andrew	12	5:36		6:02		6:05		5:55	5
B2	Johnson	Justin	9		5:42		5:54		5:50	5:48	4
C1	Morrison	Rafe	10	5:48		5:55		6:05		5:56	6t
C2	Rapps	Colby	11		5:41		5:56		6:12	5:56	6t
D1	Lindstrom	Spencer	11	5:41		5:52		5:47		5:46	2t
D2	Kuster	Isaac	9		5:49		6:12		6:01	6:00	8
E1	Rizzo	Peter	12	inj		inj		inj		inj	inj
E2	Lievens	Kyle	9		6:15		6:30		6:49	6:29	12
F1	Schaad	Malakai	9	6:08		6:14		6:05		6:09	9
F2	Neff	Bode	9		6:48		7:11		6:48	6:55	15
G1	Chavez-S	Ricardo	10	6:27		6:38		6:35		6:33	13
G2	Carroll	Nathan	12		5:58		6:23		6:35	6:18	11
H1	Nicke	Lucas	10	6:09		6:26		6:06		6:13	10
H2	Burgett	Tanner	10		6:46		7:12		6:50	6:56	16
I1	Jorgensen	Jacob	11	7:05		7:17		7:21		7:14	20
I2	Sebastian	Luke	12		6:23		7:06		6:59	6:49	14
J1	Ariano	Ky	11	6:43		7:21		7:23		7:09	19
J2	Sammons	Will	11		6:51		7:10		6:58	6:59	17
K1	Sottos	Max	9	6:47		7:30		7:32		7:16	21
K2	Murphy	Hayes	11		6:47		7:10		7:14	7:03	18
L1	Anderson	Simon	9	7:15		7:59		7:59		7:44	22
L2	Blick	Jason	9		9:03		10:25		9:33	9:40	23
	Saucedo	Landon	11	conflict							
	Erdman	Jayden	12	conflict							
	Burke	Andrew	9	injury							
	State	Kyle	11	conflict							