



TEAM PRIDE

Pictured above are most of the 2019 Maple Leaf XC team after the Sterling Grass Relays

STERLING GRASS RELAYS

On Tuesday, August 27th, the Leafs traveled to Sterling's Hoover Park to participate in the annual Sterling Grass Relays. We have always treated the meet as a "Glorified Workout". Each man ran three one-mile repeats. Due to heavy rain the day before, part of the course was too dangerous to run. The end result was a loop that measured 0.88 miles. The weatherman was kind to us with a daytime high of only 81°. That is very rare in the State of Illinois for August. We greatly appreciate Sterling hosting this meet.

The boys action started at 5:15 p.m. Most of the team was partnered with a teammate so their "team" ran a total of 6 miles. The second man was counted as the "Official Scorer" as they peeled off into the finish chute at the conclusion of their final repeat. Six team members ran as "Singletons" working on packing. The primary goal for the meet was to work on "Packing it Up" and "Pace Judgement Awareness". Leading the way was the team of Junior William Plumley & Senior Colby Rapps who placed first overall. Not far behind were the teams of Sophomore Justin Johnson & Sophomore Isaac Kuster and Senior Spencer Lindstrom & Neo Colter who placed 3rd and 4th respectfully. The team of Junior Rafe Morrison & Senior Hayes Murphy closed the scoring (5th Maple Leaf Team) with their tenth place finish. Not far behind came the teams of

Sophomore Max Sottos & Senior Ky Ariano (11th Place); Freshman Gavin Allison & Freshman Conner Knowles (12th Place); Sophomore Kyle Lievens & Junior Ricardo Chavez-Sanchez (13th Place); and Junior Tanner Burgett & Junior Carson Oney (14th Place.) The following Maple Leafs raced as individuals: Sophomore Simon Anderson, Sophomore Andrew Burke, Junior Lucas Nicke, Senior Will McKelvain, Senior Kyle State, and Freshman Nathan Venneberg. When the "Dust had Settled" and the points were calculated, the Leafs had come up one point short of winning the meet (28-29). Not bad considering the strategy that we used in regard to packing and saving A LOT for Thursday's Western Big Six Season Opener. Mission accomplished. Almost every Maple Leaf dropped their repeat averages considerably from last year. Simply stated: The guys ran with a tremendous amount of Passion and Purpose. Well Done, Men!!!

The meet results are posted in the Link below. The team placings are listed along with individual mile splits and each athlete's average (scroll down below page one to page two.) After the race, the team enjoyed a delicious meal which the Geneseo XC & Track Booster Club organized and distributed. The meal included a sandwich, cookie chips, and a beverage. A special Thank You to everyone involved in making that happen. Our team is headed in the right direction and to say that there is a LOT of excitement coming from the coaching staff would be a HUGE understatement. All the best in the coming weeks, Men. The season goes by quickly so please be diligent in taking care of "All the Little Things". Examples include: Academics, Healthy Nutrition, Hydration, Proper Sleep (8 + Hours), Stress Release, Visualization, etc.

"DREAM BIG"

Meet: Sterling Grass Relays

Date: August 27, 2019

Meet Site: Sterling's Hoover Park

Weather Conditions: 81° with a 10 mph north wind

Course Conditions: Grass was a long and the woods were a bit muddy...Not a fast day!!!

Course Distance: 0.88 Miles (The 1 mile loop was shortened due to heavy rain the day before)

Team Scores: 1.) Sterling 28; 2.) Geneseo 29

PLACE	TIME	SCHOOL	RUNNER 1	RUNNER 2
1	28:02	Geneseo	William Plumley-11	Colby Rapps-12
2	28:09	Sterling	Sam Janssen-12	Mateo Vasquez-09
3	28:30	Geneseo	Justin Johnson-10	Isaac Kuster-10
4	28:53	Geneseo	Spencer Lindstrom-12	Neo Colter-12
5	29:04	Sterling	Sam Brown-11	Connor Pham-09
6	29:35	Sterling	Dillon Nitz-12	Israel Grande-09
7	29:44	Sterling	Javon Bruce-11	Thomas Holcomb-09
8	31:46	Sterling	Ben Larkey-11	Kevin Lemus-12
9	32:16	Sterling	Cameron O'Brien-09	Isaac Halverson-10
10	33:14	Geneseo	Rafe Morrison-11	Hayes Murphy-12
11	33:18	Geneseo	Max Sottos-10	Ky Ariano-12
12	33:29	Geneseo	Gavin Allison-09	Connor Knowles-09
13	33:51	Geneseo	Kyle Lievens-10	Ricardo Chavez-Sanchez-11
14	34:04	Geneseo	Tanner Burgett-11	Carson Oney-11
15	34:08	Sterling	Dylan Howard-10	Owen Maxwell-10
16	37:29	Sterling	Owen Maxwell-10	Brandeis Shore-09
		Leafs Who Ran Solo	Simon Anderson-10 Andrew Burke-10 Lucas Nicke-11 Will McKelvain-12 Kyle State-12 Nathan Venneberg	
		Leafs Who Did Not Run	Dawson DeCap-12 Luke Henkhaus-12 Bode Neff-10 Malakai Schaad-10	

TEAM RANKING

(converted from 0.88 miles to 1 mile)

	NAME	YR.	MILE 1	MILE 2	MILE 3	AVERAGE
1	William Plumley	11	5:16	5:14	5:10	5:13
2	Colby Rapps	12	5:25	5:19	5:25	5:23
	Justin Johnson	10	5:16	5:32	5:23	5:23
	Isaac Kuster	10	5:25	5:19	5:27	5:23
5	Neo Colter	12	5:25	5:36	5:20	5:27
6	Spencer Lindstrom	12	5:16	5:36	5:35	5:29
7	Lucas Nicke	11	5:16	5:35	5:39	5:30
8	Hayes Murphy	12	5:59	6:28	6:13	6:13
9	Ky Ariano	12	6:04	6:32	6:15	6:17
10	Tanner Burgett	11	6:03	6:32	6:24	6:19
	Max Sottos	10	6:03	6:26	6:28	6:19
	Connor Knowles	09	6:15	6:22	6:22	6:19
13	Gavin Allison	09	6:07	6:37	6:17	6:20
14	Rafe Morrison	11	6:03	6:32	6:28	6:21
	Kyle Lievens	10	6:03	6:32	6:29	6:21
16	Ricardo Chavez-Sanchez	11	6:24	6:29	6:28	6:27
17	Carson Oney	11	6:24	6:33	6:47	6:34
18	Will McKelvain	12	6:43	7:17	6:41	6:53
19	Kyle State	12	6:45	7:18	6:42	6:55
20	Andrew Burke	10	6:47	7:18	6:57	7:00
21	Nathan Venneberg	09	6:50	7:22	6:58	7:03
22	Simon Anderson	10	6:51	7:20	7:17	7:09
	Did Not Compete					
	Dawson DeCap	12	9 days			
	Luke Henkhaus	12	Conflict			
	Bode Neff	10	Injury			
	Malakai Schaad	10	Illness			