



2019 RUST BUSTER TIME TRIAL

Pictured is the team huddled up prior to the start of the "Rust Buster"

THE LEAFS RUN STRONG IN "RUST BUSTER"

On Tuesday, August 20th, the Leafs participated in their traditional "Rust Buster" Time Trial. The meet has been contested since 1986. This year makes this the 33rd year that the meet has been held. The race was formerly called the "Alumni/Open". The athletes were treated to very good weather conditions for August. A thunderstorm earlier in the day kept the daytime high to a reasonable 85 degrees. It was a bit humid.

The meet format changed last year. The high school girls team got things rolling at 6:00 p.m. sharp as they took off from the starting line. At the same time, the middle school girls started at the mile to go mark. Then one minute later, the high school boys took off from the starting line with the middle school boys leaving from the mile to go mark. The rain from earlier in the day, left the course a bit soft but still fast in most areas. 22 of the 24 boys raced. One athlete was held out due to a rolled ankle while the other was home ill. The team has grown to 26 boys as of this typing. Our team goal of 30 men is still ON!!!

The Leafs were able to grab the top six places with Junior William Plumley leading the way as he broke the one-year old course record (New Course Last Year) by 34 seconds as he ran 10:53 for the HILLY 3K distance. Not far behind were: Sophomore Justin Johnson (2nd in 11:07); Senior Colby Rapps (3rd in 11:07); Sophomore Isaac Kuster (4th in 11:20); Senior Neo Colter (5th in 11:35); and Senior Spencer Lindstrom (6th in 11:38.) Also cracking the Top 10 were Sophomore Malakai Schaad (9th in 12:08) and Junior Lucas Nicke (10th in 12:28.) Cracking the Top 20 were: Sophomore Kyle Lievens (12th in 13:08); Freshman Gavin Atkinson (13th in 13:14); Junior Ricardo

Chavez-Sanchez (14th in 13:15); Freshman Conner Knowles (15th in 13:17); Junior Rafe Morrison (16th in 13:21); and Junior Hayes Murphy (17th in 13:22.) Closing out the team's efforts were: Senior Luke Henkhaus (21st in 13:38); Sophomore Max Sottos (22nd in 13:44); Senior Ky Ariano (23rd in 13:44); Junior Tanner Burgett (24th in 13:54); Senior Kyle State (25th in 14:15); Freshman Nathan Venneberg (27th in 15:17); Sophomore Andrew Burke (29th in 15:32); and Sophomore Simon Anderson (30th in 15:35.) Junior Carson Oney was home ill while Sophomore Bode Neff was held out with a sprained ankle.

Following the race, the athletes were all recognized and earned a t-shirt. There was also a Booster Club raffle with several nice prizes. For after-race snacks, all the boys were asked to bring a six-pack of beverages while the girls brought "goodies". They were all very much appreciated. In addition, Steve Kilburg, the owner of Running Wild Shoe Company, featured many of the store's products to provide athletes and parents the opportunity to purchase running related gear. As an entry fee, each participant was asked to bring a "gently used" t-shirt for the prize table and three canned goods that were then donated to the Geneseo Food Pantry. The back of "da Ranger" was pretty full with a LOT OF FOOD. Well Done, Teams!!!

We wish all the teams the best of success this season and beyond. It was nice to get a chance to "Spike Up" and shake off some of the "RUST". A ton of guys ran personal bests on the course even though the course was a little bit soft, it was humid, and the course was a bit longer than last year to reach the 3K distance. We are very impressed with the "Passion and Purpose" of the 2019 Maple Leaf Cross Country Team. Keep "Dreaming Big" and doing the work to make those dreams come to fruition.

"DREAM BIG"

2019 Rust Buster Time Trial

Tuesday, August 20th

Race Time Temperature: 85° and humid

Wind: 8 mph from the southwest

Course Conditions: A bit soft from morning rain but overall FAST

Race Distance: 3,000 Meters

GENESEO BOYS RANKING

	<u>NAME</u>			<u>RACE TIME</u>	<u>ACTUAL TIME</u>
1.)	William Plumley	11	M	11:53	10:53
2.)	Justin Johnson	10	M	12:07	11:07
3.)	Colby Rapps	12	M	12:07	11:07
4.)	Isaac Kuster	10	M	12:20	11:20
5.)	Neo Colter	12	M	12:35	11:35
6.)	Spencer Lindstrom	12	M	12:38	11:38
7.)	Malakai Schaad	10	M	13:08	12:08
8.)	Lucas Nicke	11	M	13:28	12:28
9.)	Kyle Lievens	10	M	14:08	13:08
10.)	Gavin Atkinson	09	M	14:14	13:14
11.)	Ricardo Chavez-Sanchez	11	M	14:15	13:15
12.)	Connor Knowles	09	M	14:17	13:17
13.)	Rafe Morrison	11	M	14:21	13:21
14.)	Hayes Murphy	12	M	14:22	13:22
15.)	Luke Henkhaus	12	M	14:38	13:38
16.)	Max Sottos	10	M	14:44	13:44
17.)	Ky Ariano	12	M	14:44	13:44
18.)	Tanner Burgett	11	M	14:54	13:54
19.)	Kyle State	12	M	15:15	14:15
20.)	Nathan Venneberg	09	M	16:17	15:17
21.)	Andrew Burke	10	M	16:32	15:32
22.)	Simon Anderson	10	M	16:35	15:35

Did not compete

Will McKelvain	12	M	Just Joined
Bode Neff	10	M	Injury
Carson Oney	10	M	Illness

Team Spread

1 - 5: 0:42

1 - 7: 1:15

1 - 10: 2:21

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OVERALL RACE RESULTS

	<u>NAME</u>			<u>RACE TIME</u>	<u>ACTUAL TIME</u>
1.)	William Plumley	11	M	11:53	10:53
2.)	Justin Johnson	10	M	12:07	11:07
3.)	Colby Rapps	12	M	12:07	11:07
4.)	Isaac Kuster	10	M	12:20	11:20
5.)	Neo Colter	12	M	12:35	11:35
6.)	Spencer Lindstrom	12	M	12:38	11:38
7.)	Lacey Laxton	10	F	12:41	12:41
8.)	Lauren Belvel	12	F	12:45	12:45
9.)	Malakai Schaad	10	M	13:08	12:08
10.)	Lucas Nicke	11	M	13:28	12:28
11.)	Anna Girtten	12	F	14:02	14:02
12.)	Kyle Lievens	10	M	14:08	13:08
13.)	Gavin Atkinson	09	M	14:14	13:14
14.)	Ricardo Chavez-Sanchez	11	M	14:15	13:15
15.)	Connor Knowles	09	M	14:17	13:17
16.)	Rafe Morrison	11	M	14:21	13:21
17.)	Hayes Murphy	12	M	14:22	13:22
18.)	Megan Soria	11	F	14:34	14:34
19.)	Anna Snyder	10	F	14:36	14:36
20.)	Joselyn Reisner	09	F	14:38	14:38
21.)	Luke Henkhaus	12	M	14:38	13:38
22.)	Max Sottos	10	M	14:44	13:44
23.)	Ky Ariano	12	M	14:44	13:44
24.)	Tanner Burgett	11	M	14:54	13:54
25.)	Kyle State	12	M	15:15	14:15
26.)	Jessalyn Belvel	09	F	15:21	15:21
27.)	Nathan Venneberg	09	M	16:17	15:17
28.)	Joci Hasson	11	F	16:23	16:23
29.)	Andrew Burke	10	M	16:32	15:32
30.)	Simon Anderson	10	M	16:35	15:35
31.)	Emma Heller	12	F	18:10	18:10
32.)	Ashton Woulf	11	F	18:12	18:12
33.)	Clare LeGrand	12	F	18:15	18:15
34.)	Taya Fouts	10	F	18:22	18:22
35.)	Claire Hall	12	F	21:00	21:00