



### **LEAD PACK EARLY**

Pictured is the "Lead Pack" ready to attack the "Barn Hill" 200 meters into the race.  
 From left to right: Max, Carson, Cooper, Isaac, Bode, Gavin, Lucas, Jo Jo,  
 Tyler, Justin, and William

### **2020 "RUST BUSTER" TIME TRIAL**

On Thursday, August 20th, the Leafs participated in the team's annual "Rust Buster". Some form of this season opener has existed since 1986. The race originally was called "The Alumni Open" and included parents, siblings, college athletes, etc. Now, however, IHSA rules state that only high school athletes are allowed to compete. In the original format, a handicapping system was used to try and give everyone a chance. Each athlete contributed three canned goods (donated to the Geneseo Food Pantry) and a T-Shirt that was used for the awards presentation. Running Wild also attended and donated additional prizes.

The course was changed three years ago. It was a hard decision to make. The park has changed significantly over the years and we decided that the "Old" course simply had more risk than reward. Head Coach Todd Ehlert designed the "New" course. The runners don't have to cross any pavement or worry about vehicular traffic. It also provides spectators with the opportunity to follow most of the race with minimal movement. The bottom line is Coach Ehlert made the right call. We hated to lose all of the history in the "Rust Buster Course History" but the decision was necessary.

On to the race. The runners were treated to amazingly kind August weather conditions. The race time temperature was 85° with an extremely low dew point resulting in minimal humidity. As a result of the COVID-19 concerns, spectators were asked to stay away from the finish area and maintain physical distancing. Geneseo Girls Coach Kelley Timmerman elected to forgo the handicapping system this year and have both the girls and boys start together to heighten the Lady Leafs competitive opportunities.

Once again, this is only the 3rd year for the "New Course" so the "History" (see the link below) is still very limited and fluid. None-the-less, the boys ran with tremendous confidence and poise resulting in 16 of the 22 boys running a personal best for the course. In the process they literally REWROTE "The History" which includes Top 25 rankings for the following divisions: All-Time Individuals; All-Time Performances; Seniors; Juniors; Sophomores; and Freshmen. Please refer to these lists by clicking on the "Rust Buster History" below.

Leading the way were Senior William Plumley (10:51...NEW COURSE RECORD); Junior Justin Johnson (10:56...2nd fastest individual, EVER); Sophomore Gavin Allison (11:02....3rd fastest time ever and a new Sophomore Record); Junior Isaac Kuster (11:17...5th fastest individual, EVER); and Sophomore Tyler Gehl (11:30...7th fastest Individual, EVER.) Scoring for cross country adds the top 5 runners for each team together. The low score wins. One of the keys for the team to find success in competition is to minimize the "Spread" from runners 1-5. That is hard to do when the team has a strong lead runner. Despite that fact the "Spread" for Thursday night was an impressive 39 seconds.

Not far behind were Freshman Cooper Schaad (11:35...Number Two Freshmen, EVER); Junior Bode Neff (11:35...Number 9 Individual, EVER); Sophomore Josiah King (12:02...Number 7 Sophomore Individual, EVER); Junior Carson Raya (12:21...number 7 Junior Individual, EVER); and Junior Malakai Schaad (12:25.) In case you haven't been counting that is 9 underclassmen in the Leafs Top TEN!!! Up next were Senior Lucas Nicke (12:41); Junior Max Sottos (12:44); Freshman Sam Mosbarger (13:16...Number 7 Freshmen Individual, EVER); Junior Andrew Burke (13:39); Ricardo Chavez-Sanchez (13:46); Junior Simon Anderson (14:18); Senior Rafe DeCap (14:46); Junior Harrison Newmann (14:46); Senior Tanner Burgett (15:32); Sophomore Nathan Venneberg (16:27); Freshman Ryley Rowald (16:34); and Freshman Buddy Henderson (16:51.)

Way to Roll, Men. This is shaping up to be a very special season. To maximize those opportunities we will need each of you to make intelligent decisions. COVID-19 can shut us down so do everything you can to prevent that. Physical Distancing, Masks, Lots of Hand Washing, Avoid touching your eyes, mouth or nose with your hands....etc. Proper hydration, nutrition, sleep, mental preparation, etc.... It all makes a HUGE DIFFERENCE. In the words of Coach Ehlert "DREAM BIG" and then live the lifestyle to make that dream come to fruition. ALL THE BEST, MEN! .

**"DREAM BIG"**

## 2020 Rust Buster Time Trial

Thursday, August 20<sup>th</sup>

Race Time Temperature: 85° low dew point

Wind: 5 mph from the southwest

Course Conditions: HARD and FAST

Race Distance: 3,000 Meters

Handicap: None Used

### OVERALL RACE RESULTS

<u>NAME</u>	<u>RACE</u>	<u>MILE</u>	
1.) William Plumley	12 M	10:51	5:53
2.) Justin Johnson	11 M	10:56	5:57
3.) Gavin Allison	10 M	11:02	5:58
4.) Isaac Kuster	11 M	11:17	6:00
5.) Tyler Gehl	10 M	11:30	6:10
6.) Cooper Schaad	09 M	11:35	6:18
7.) Bode Neff	11 M	11:35	6:17
8.) Josiah King	10 M	12:02	6:17
9.) Carson Raya	11 M	12:21	6:25
10.) Malakai Schaad	11 M	12:25	6:48
11.) Esther Brown	12 F	12:41	6:49
12.) Lucas Nicke	12 M	12:41	6:31
13.) Avery Magerkurth	12 F	12:42	6:46
14.) Max Sottos	11 M	12:44	6:41
15.) Lacey Laxton	11 F	12:51	6:46
16.) Jaide Flowers	10 F	12:57	6:53
17.) Sam Mosbarger	09 M	13:16	7:07
18.) Anna Snyder	11 F	13:39	7:18
19.) Andrew Burke	11 M	13:39	7:21
20.) Ricardo Chavez-Sanchez	12 M	13:46	7:27
21.) Joselyn Reisner	10 F	14:16	7:29
22.) Simon Anderson	11 M	14:18	7:38
23.) Jessalyn Belvel	10 F	14:36	7:30
24.) Rafe DeCap	12 M	14:46	8:02
25.) Harrison Neumann	11 M	14:46	8:04
26.) Emma DeBaene	09 F	15:04	8:13
27.) Madison Sims	09 F	15:17	8:01
28.) Tanner Burgett	12 M	15:32	8:02
29.) Joci Hasson	12 F	16:04	8:37
30.) Katlyn Seaman	09 F	16:08	8:41
31.) Nathan Venneberg	10 M	16:27	8:47
32.) Ryley Rowold	09 M	16:34	8:52

33.)	Ashton Woulf	12	F	16:50	9:17
34.)	Buddy Henderson	09	M	16:51	8:45
35.)	Emily Bopes	09	F	17:10	9:11
36.)	Emma Veloz	09	F	18:08	9:20
37.)	Giavanna Ritter	09	F	20:07	10:54
38.)	Kelsey Dillie	09	F	24:25	13:01

#### GENESE0 BOYS RANKING

	<u>NAME</u>		<u>RACE</u>	<u>MILE</u>	
1.)	William Plumley	12	M	10:51	5:53
2.)	Justin Johnson	11	M	10:56	5:57
3.)	Gavin Allison	10	M	11:02	5:58
4.)	Isaac Kuster	11	M	11:17	6:00
5.)	Tyler Gehl	10	M	11:30	6:10
6.)	Cooper Schaad	09	M	11:35	6:18
7.)	Bode Neff	11	M	11:35	6:17
8.)	Josiah King	10	M	12:02	6:17
9.)	Carson Raya	11	M	12:21	6:25
10.)	Malakai Schaad	11	M	12:25	6:48
11.)	Lucas Nicke	12	M	12:41	6:31
12.)	Max Sottos	11	M	12:44	6:41
13.)	Sam Mosbarger	09	M	13:16	7:07
14.)	Andrew Burke	11	M	13:39	7:21
15.)	Ricardo Chavez-Sanchez	12	M	13:46	7:27
16.)	Simon Anderson	11	M	14:18	7:38
17.)	Rafe DeCap	12	M	14:46	8:02
18.)	Harrison Neumann	11	M	14:46	8:04
19.)	Tanner Burgett	12	M	15:32	8:02
20.)	Nathan Venneberg	10	M	16:27	8:47
21.)	Ryley Rowald	09	M	16:34	8:52
22.)	Buddy Henderson	09	M	16:51	8:45

#### Did not compete

Caleb Durian	10	M	Injury
Ethan Holke	12	M	Just Joined
Jacob Rapps	09	M	Injury

#### Team Spread

1 - 5:	0:39
1 - 7:	0:44
1 - 10:	1:59