



### **RYLEY ROWOLD RUNS WILD**

Pictured is Freshman Ryley Rowold who took 1:45 off his season best time

### **LEAFS TOP STERLING IN DUAL**

On Tuesday, September 22nd the Leafs traveled to Sterling's Hoover Park to race the a very good Golden Warrior squad in a dual meet. "On paper" the teams matched up very evenly so there was a lot of excitement before, during, and after the "Showdown". Both teams entered the race undefeated. That is a very impressive statement to make as the calendar is closing in on

October. The weatherman also helped out with a daytime high of 79° with a low dew point. Add in the fact that the course was hard and fast and the end result was optimal conditions.

I am still recovering from my torn meniscus surgery so I am limited in regard to where I can get to. I did get a "Thumbs Up" from my P.T. to get on my bike so I brought it to the meet. I was NOT, however, able to join the the pre-race huddle and pep-talk from Coach Ehlert. It must have been in the "Vince Lombardi" style. Why did I type that? Our top group of boys "EXPLODED" off the line and "ROARED" through the opening 200 faster than I can ever remember seeing a Maple Leaf team "Get Out". It was inspiring to see the boys "Respond" to the moment. They have a "Plethora" of respect for Coach Ehlert and it showed in the early stages of the race. Another thing that was evident is a strong "Hunger" to continue chasing the pursuit of excellence. This is a special team and it is going to be a LOT of fun watching them close out the 2020 season.

Back to the race. Sterling's Dale Johnson is one of the top Freshman in the State of Illinois at the 2A level. He made up a lot of ground after the opening 800 meters and ended up winning the race in 16:17. Sterling's Hoover Park course is challenging and runs about 40 seconds slower than Detweiller Park. Senior Tri-Captain William Plumley sprinted home in second place as he "Stopped da Clock" at 16:30. Junior Tri-Captain Justin Johnson did a great job of holding off a fast closing Javon Bruce of Sterling by three seconds as Justin's time was 17:00 for 3rd place. Not far behind and closing FAST were: Sophomore Gavin Allision (5th Place in 17:27); Junior Isaac Kuster (6th Place in 17:32); Sophomore Tyler Gehl (7th Place in 17:42) and Freshman Cooper Schaad (9th Place in 17:48) all cracked the Top 10. The Leafs ended up putting 6 men in the Top 10 to dominate the meet.

Also running strong were: Senior Lucas Nicke (11th Place in 18:11); Sophomore Josiah King (13th Place in 18:24); Junior Tri-Captain Bode Neff (15th Place in 18:45); Junior Malakai Schaad (17th Place in 18:53) and Junior Carson Raya (19:13.) In case you weren't counting, that is Eleven Maple Leafs in the Top 20 against a strong Sterling Golden Warrior squad. Rounding out the strong efforts were: Freshman Sam Mosbarger (24th Place in 19:48); Senior Ricardo Chavez-Sanchez (28th Place in 20:31); Junior Andrew Burke (30th Place in 21:52); Freshman Jake Rapps (31st Place in 21:57); Junior Simon Anderson (32nd Place in 21:59); Sophomore Nathan Verneberg (33rd Place in 22:07); Senior Tanner Burgett (36th Place in 23:51); Junior Harrison Neumann (37th Place in 23:52); Senior Rafe DeCap (38th Place in 23:56); Freshman Ryley Rowold (40th Place in 24:29) and Freshman Buddy Henderson (42nd Place in 26:30.)

When the "Dust had Settled", SIXTEEN of the 22 Leafs racing had recorded a SEASON BEST TIME for the three mile racing distance. Great Job, Men. Keep doing all the "Little Things". All the best in the coming weeks. As of this writing, the I.H.S.A. has added another level of "Championship Season" racing by reinstating the Sectional Meet. We don't have any details yet but are extremely excited for the opportunity, if it can be done safely. This is a year unlike no other that we have ever known. COVID-19 is still "Out There" and we need to keep our guard up. We thank each of you for bringing an optimistic perspective to practice on a daily basis.

**"DREAM BIG"**

<b>Date:</b> 9/22/2020								
<b>Meet:</b> Sterling Dual								
<b>Site:</b> Sterling's Hoover Park								
<b>Conditions:</b> Race time temperature 79° with an 8 mph wind. NICE!!!								
Course Hard and Fast.								
<b>Racing Distance:</b> 3.00 miles								
<b>Team Score:</b> 1.) Geneseo 23; 2.) Sterling 35								
	<b>TIME</b>	<b>ATHLETE</b>	<b>PL</b>	<b>R</b>	<b>1-M</b>	<b>2-M</b>	<b>3-M</b>	<b>AVE.</b>
1	16:30	William Plumley-12	2	V	5:11	5:33	5:46	5:30
2	17:00	Justin Johnson-11	3	V	5:19	5:48	5:53	5:40
3	17:27	Gavin Allison-10	5	V	5:17	5:56	6:13	5:48
4	17:32	Isaac Kuster-11	6	V	5:12	5:56	6:24	5:50
5	17:42	Tyler Gehl-10	7	V	5:34	6:02	6:06	5:54
6	17:48	Cooper Schaad-09	9	V	5:39	6:05	6:04	5:56
7	18:11	Lucas Nicke-12	11	V	5:37	6:09	6:25	6:03
8	18:24	Josiah King-10	13	V	5:41	6:29	6:15	6:08
9	18:45	Bode Neff-11	15	V	5:53	6:25	6:27	6:15
10	18:53	Malakai Schaad-11	17	V	6:00	6:36	6:17	6:21
11	19:13	Carson Raya-11	20	V	6:00	6:36	6:37	6:24
12	19:48	Sam Mosbarger-09	24	V	6:19	6:39	6:50	6:36
13	20:31	Ricky Chavez-12	28	V	6:41	6:55	6:55	6:50
14	21:52	Andrew Burke-11	30	V	6:42	7:11	8:00	7:17
15	21:57	Jake Rapps-09	31	V	6:43	7:50	7:25	7:19
16	21:59	Simon Anderson-11	32	V	7:08	7:28	7:23	7:19
17	22:07	Nathan Venneberg-10	33	V	6:47	7:48	7:32	7:22
18	23:51	Tanner Burgett-12	36	V	7:19	8:20	8:12	7:57
19	23:52	Harrison Neumann-11	37	V	7:20	8:19	8:14	7:57
20	23:56	Rafe DeCap-12	38	V	7:19	8:20	8:17	7:58
21	24:29	Ryley Rowold-09	40	V	7:23	8:34	8:32	8:09
22	26:30	Buddy Henderson-09	42	V	7:27	9:18	9:45	8:50
		Caleb Durian-10	Injury					
		Max Sottos-11	Conf					
	16:17	Race Leader	1	V	5:11	5:29	5:37	5:25
		Geneseo Spread						
		1-5	1:12					
		1-7	1:41					
		1-10	2:23					

DATE: 9/22/2020

SITE: Sterling's Hoover Park

DISTANCE: 3 miles

CONDITIONS: 79° with 8-10 mph winds. Low humidity. Course hard and fast. NICE!!!

TEAM SCORES: 1.) Geneseo 23; Rock Island 35

1. Dale Johnson	09	Sterling	16:17
2. William Plumley	12	Geneseo	16:30
3. Justin Johnson	11	Geneseo	17:00
4. Javon Bruce	12	Sterling	17:03
5. Gavin Allison	10	Geneseo	17:27
6. Isaac Kuster	11	Geneseo	17:32
7. Tyler Gehl	10	Geneseo	17:42
8. Thomas Holcomb	10	Sterling	17:45
9. Cooper Schaad	09	Geneseo	17:48
10. Sam Brown	12	Sterling	17:55
11. Lucas Nicke	12	Geneseo	18:11
12. Owen Anderson	09	Sterling	18:12
13. Josiah King	10	Geneseo	18:24
14. Cameron Taylor	11	Sterling	18:39
15. Bode Neff	11	Geneseo	18:45
16. Walter Reter	12	Sterling	18:51
17. Malakai Schaad	11	Geneseo	18:53
18. John Cid	11	Sterling	19:00
19. Jadon Jones	09	Sterling	19:09
20. Carson Raya	11	Geneseo	19:13
21. Ben Munoz-Ripley	09	Sterling	19:15
22. Connor Pham	10	Sterling	19:21
23. Isaac Halverson	11	Sterling	19:27
24. Sam Mosbarger	09	Geneseo	19:48
25. Isreal Grande	10	Sterling	20:14
26. Brecken Peterson	09	Sterling	20:15
27. Carter Chance	09	Sterling	20:18
28. Ricky Chavez	12	Geneseo	20:31
29. Dylan Howard	11	Sterling	21:07
30. Andrew Burke	11	Geneseo	21:52
31. Jake Rapps	09	Geneseo	21:57
32. Simon Anderson	11	Geneseo	21:59
33. Nathan Venneberg	10	Geneseo	22:07
34. Parker Janssen	09	Sterling	22:45
35. Brandeis Shore	10	Sterling	23:23
36. Tanner Burgett	12	Geneseo	23:51
37. Harrison Neumann	11	Geneseo	23:52
38. Rafe DeCap	12	Geneseo	23:56
39. Joseph Humphrey	09	Sterling	24:10
40. Ryley Rowold	09	Geneseo	24:29
41. Liam Gardner	09	Sterling	25:25
42. Buddy Henderson	09	Geneseo	26:30