



LEAFS WIN FREEPORT "PRETZEL" XC INVITATIONAL

Pictured are the Varsity Team Members and the F/S guys who won Top 15 Medals

"G-MEN" LEAD TEAM AS LEAFS CONTINUE TO IMPROVE

On Saturday, October 1st, the Leafs traveled to Freeport to participate in the annual Freeport "Pretzel" Cross Country Invitational. The meet was held at Freeport's Highland Community College. The 16-team field included entries from: Dakota, Eastland, East Dubuque, Durand, Freeport, Geneseo, Machesney Park (Harlem), Moline, Oregon, Polo, Rochelle, Rock Falls, Rockford (Boylan), Rockford (East), Stockton, and Winnabago. Racing conditions were near perfect and the course was dry and fast. Add in a minimal 4 mph wind and the end result is it doesn't get much better than this. Team championship plaques in each division (Varsity and Open (J.V.) were awarded in addition to Top 15 Finisher Medals. In addition, anyone who finished in the Top 5 individually, in any of the races, was also awarded a "Freeport Pretzel". Pretty Cool Stuff.

It has always been hard to compare "Apples to Oranges". That is what the situation is when comparing times in Cross Country on different courses. Some courses are long (over 3 miles), some are short, some are flat and fast, while some are hilly and results in slower times. An athlete's "Effort Level" could be the same but the times would certainly differ. Oh well, it is still fun to compare the times anyway. TEN Maple Leafs recorded season best times on the day. The Highland Community College course is NOT considered to be a "Fast Course" In addition, 17 team

members added their name to the Highland Community College XC Course Top 25 Lists (see below.) Great Job, Men. On to the action.

First up for the boys team was the Open (or J.V.) Race which began at 9:45 a.m. The race time temperature was a comfortable 55°. Leading the way were Top 15 finishers: Sophomore Rylan Lambert (3rd Place in 18:32...good for 13th on the GHS Sophomore Top 25 List on the Course); Junior Austin Hull (7th Place in 19:02...good for 21st on the GHS Junior Top 25 List for the Course); Freshman Grady Hull (9th Place in 19:15...good for 11th on the GHS Freshman Top 25 List for the Course); and Sophomore Jacob Taylor (12th Place in 19:33...good for 18th on the GHS Sophomore Top 25 List for the Course.) Rylan, Austin, Grady, and Jacob all earned a highly coveted Top 15 Finisher Medal. In addition, Rylan earned a "Top 5 Finisher Pretzel". Way to Roll, Men! Not far behind were Senior Sam McCleary (19th Place in 20:08...good for 23rd on the Senior Top 25 List for the Course); Senior Caleb Durian (24th Place in 20:33...good for 25th on the GHS Senior Top 25th on the Senior Top 25 List for the Course); Sophomore Zach Meier (25th Place in 20:38...good for 24th on the GHS Sophomore Top 25 List for the Course); Sophomore Mason Anderson (29th Place in 20:52...good for 25th on the GHS Sophomore Top 25 List for the Course); Senior Connor Knowles (30th Place in 20:52); Sophomore Taber Swanson (32nd Place in 21:05); Sophomore Christian Haney (39th Place in 21:29); Senior Nathan Venneberg (41st Place in 21:35); Junior Tyson Duda (57th Place in 23:36); Senior Will DeJohn (59th Place in 23:41); Sophomore Camden Baumgardner (66th Place in 24:46); and Freshman Calvin Bell (67th Place in 24:53...good for 25th Place on the GHS Freshman Top 25 List for the Course.) When "The Dust had Settled" the Leafs found themselves in second place, a mere 11 points behind the winning Moline Marrons (36 - 47.) Great Job, Men. That is even more impressive when we factor in that Senior Josiah King wasn't able to compete and Sophomore Christian Haney led the first mile before running into tummy trouble. If either of those guys was able to run a normal race, the team would have won. Hindsight is always 20/20 but it is fun to play the "What If?" game.

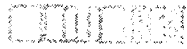
The Varsity Top 10 Boys Race began at 11:15 a.m. Head Maple Leaf Coach Todd Ehlert elected to only run 8 men in this race and have his #9 and #10 men race in the Open (J.V.) Race. I applaud that decision. The race time temperature of 63° was a bit warmer but still very nice for early October. Leading the Maple Leaf attack, like they have all season long were the "G-Men" (Dylan and Tyler Gehl.) Sophomore Dylan Gehl ended up winning the race. That is his first VARSITY Invitational Win. Great Job, Dylan! His winning time of 16:18 ranks him 2nd fastest for a GHS Runner EVER on the course. It also established a new GHS Sophomore School Record for the Course. Close behind were Senior Tyler Gehl (9th Place in 16:48....good for 10th All-Time and 3rd for a GHS Senior on the Course); Junior Sam Mosbarger (11th Place in 17:00...good for 12th All-Time and 7th for a GHS Junior on the Course); and Freshman Jaxson Sottos (15th Place in 17:12...good for 16th All-Time and 2nd for a GHS Freshman on the Course.) Dylan, Tyler, Sam, and Jaxson each earned a "Top 15 Finisher Medal". In addition, Dylan also was awarded a "Top 5 Finisher Pretzel". Up next for the Maple Leafs were Junior Cooper Schaad (21 Place in 17:32....good for 23 All-Time and 12th for a GHS Junior on the Course); Sophomore Max Johnson (28th Place in 17:55...good for 10th Place on the GHS Sophomore Top 25 List); Freshman Kaden Elmer (31st Place in 17:59...good for 7th Place on the GHS Freshman Top 25 List for the Course); and Freshman Aidan Bries (51st Place in 18:49...good for 10th place on the GHS Freshman Top List for the Course.) When the team scores were "Tallied" the Leafs found themselves in FIRST PLACE. Their winning team score of 49 Points was 29 better than the 78 points that Machesney

Park (Harlem) scored. Following last year's team win that means that the Leafs have gone BACK-TO-BACK. GREAT JOB, MEN! We are rapidly approaching "Championship Meet Season". All the best in the coming weeks. Keep "Dreaming Big" and backing up those dreams with the hard work that excellence DEMANDS. The opportunity for this team to become a CHAMPIONSHIP TEAM is a definite possibility. Keep making good decisions in regard to training, recovery, nutrition, hydration, sleep.....ETC. All the Best, Men!!!!. The team will next be in action on Saturday, October 9th when the compete in the "Gene Jones. Running Red" Metamora Cross Country Invitational. The meet will be held at Metamora's Black Partridge Park.

Date: 10/01/2022								
Meet: Freeport "Pretzel" Cross Country Inv.								
Site: Freeport's Highland Community College								
Conditions: Race Time Temps 55° & 63° Nice!!!								
Racing Distance: 3.00 miles								
Team Finish: Varstiy (1st); OPEN (J.V.) (2nd)								
	TIME	ATHLETE	PL	R	1-M	2-M	3-M	AVE.
1	16:18	Dylan Gehl-10	1	Var	5:24	5:41	5:13	5:26
2	16:48	Tyler Gehl-12	9	Var	5:24	5:57	5:27	5:36
3	17:00	Sam Mosbarger-11	11	Var	5:40	5:53	5:27	5:40
4	17:12	Jaxson Sottos-09	15	Var	5:42	6:00	5:30	5:44
5	17:32	Cooper Schaad-11	21	Var	5:42	6:11	5:39	5:50
6	17:55	Max Johnson-10	28	Var	5:47	6:13	5:55	5:58
7	17:59	Kaden Elmer-09	31	Var	6:00	6:13	5:46	5:59
8	18:32	Rylan Lambert-10	3	J.V.	6:00	6:26	6:06	6:10
9	18:49	Aidan Bries-09	51	Var	6:00	6:40	6:09	6:16
10	19:02	Austin Hull-11	7	J.V.	6:25	6:34	6:03	6:20
11	19:15	Grady Hull-09	9	J.V.	6:20	6:36	6:17	6:25
12	19:33	Jacob Taylor-10	12	J.V.	6:25	6:52	6:16	6:31
13	20:08	Sam McCleary-12	19	J.V.	6:34	7:01	6:33	6:42
14	20:33	Caleb Durian-12	24	J.V.	6:39	7:11	6:43	6:51
15	20:38	Zach Meier-10	25	J.V.	6:39	7:13	6:46	6:52
16	20:52	Mason Anderson-10	29	J.V.	6:25	7:34	6:53	6:57
17	20:52	Connor Knowles-12	30	J.V.	6:51	7:14	6:47	6:57
18	21:05	Taber Swanson-10	32	J.V.	6:53	7:09	7:03	7:01
19	21:29	Christian Haney-10	39	J.V.	6:00	8:54	6:35	7:09
20	21:35	Nathan Venneberg-12	41	J.V.	6:53	7:43	6:59	7:11
21	23:36	Tyson Duda-11	57	J.V.	7:48	8:19	7:29	7:52
22	23:41	Will DeJohn-12	59	J.V.	7:39	8:24	7:38	7:53
23	24:46	Cam Baumgardner-10	66	J.V.	7:53	8:52	8:00	8:15
24	24:53	Calvin Bell-09	67	J.V.	8:16	8:39	7:58	8:17
	DNC	Connor Douglas-10	Injury					
	DNC	Josiah King-12	Conflict					
	DNC	Ryley Rowold-11	Injury					
	16:18	Varsity Leader	1	10	5:24	5:41	5:13	5:26
	17:44	Open (J.V.) Leader	1	11	6:00	6:09	5:35	5:57
		Geneseo Spread						
		1-5	0:24					
		1-7	0:41					
		1-10	2:44					

Freeport High School Cross Country Invitational

Saturday, October 1st, 2022



Sat, Oct 1, 2022 Highland Community College

Varsity Team Scores

1. Geneseo 49
2. Machesney Park (Harlem) 78
3. Rock Falls 101
4. Moline 109
5. Winnebago 110
6. Rockford (Boylan Catholic) 135
7. Freeport 188
8. Rochelle 218
9. Durand 253
10. Polo 276
11. Lanark (Eastland) 319
12. Oregon 325
13. Rockford (East) 339

Inc: Dakota, East Dubuque,
Stockton

Varsity Individuals

- | | | | |
|------------------------|-------------------------------|--------------------------------|----------------------------|
| 1. 10 Dylan Gehl | 16:18.0 Geneseo | 61. 10 Christopher Bolisenga | 19:28.6 Oregon |
| 2. 12 Joshua Santana | 16:30.9 Rockford (Jefferson) | 62. 12 Juan Hernandez | 19:34.4 Rock Falls |
| 3. 12 Alex Horton | 16:33.9 Rockford (Boylan Cat) | 63. 11 Eli Michael | 19:43.4 Freeport |
| 4. 10 Anthony Valdivia | 16:37.2 Rock Falls | 64. 12 Esair Torres | 19:57.9 Rockford (Boylan C |
| 5. 11 Hunter Towe | 16:38.4 Moline | 65. 12 Zach Linder | 20:09.2 Durand |
| 6. 12 Jose Gomez | 16:38.4 Rock Falls | 66. 12 Ryan Noisten | 20:09.3 Oregon |
| 7. 11 Aiden Ruiz | 16:40.2 Dakota | 67. 12 Ronan Murray | 20:11.9 Rockford (Boylan |
| 8. 10 Nick Tyrcha | 16:46.1 Machesney Park (Har | 68. 10 Chris Hickey | 20:12.6 Rochelle |
| 9. 12 Tyler Gehl | 16:48.2 Geneseo | 69. 12 Julian Nichols | 20:22.9 Rockford (Boylan C |
| 10. 10 Nicolai Martino | 16:48.9 Winnebago | 70. 12 George Mulenga | 20:23.6 Rockford (Boylan |
| 11. 11 Sam Mosbarger | 17:00.2 Geneseo | 71. 10 Andrew Roe | 20:36.2 Rockford (East) |
| 12. 11 Dylan Malmgren | 17:00.3 Machesney Park (Har | 72. 12 Jonathan Claerbout | 20:38.9 Winnebago |
| 13. 11 Aiden Brobst | 17:03.5 Freeport | 73. 10 Owen Henke | 20:43.8 Rockford (East) |
| 14. 11 Luis Hernandez | 17:10.8 Rochelle | 74. 11 JJ Prowant | 20:49.7 Lanark (Eastland) |
| | | 75. 9 Nicholas Shook-Hernandez | 21:09.0 Rockford (East) |
| | | 76. 11 Marcos Perez | 21:11.3 Durand |
| | | 77. 9 Joey Rowand | 21:13.4 Polo |
| | | 78. 10 Jameson Pannkuk | 21:20.7 Lanark (Eastland) |
| | | 79. 12 Darien Huggins | 21:23.1 Rock Falls |
| | | 80. 10 Reid Witt | 21:32.8 Lanark (Eastland) |
| | | 81. 12 Nathan Lyons | 21:39.3 Winnebago |
| | | 82. 10 Lucas Chartier | 21:42.0 Rockford (East) |
| | | 83. 9 Elijah Mayen | 21:42.7 Rochelle |
| | | 84. 11 Francisco Suarez | 21:46.7 Durand |
| | | 85. 9 Colin Helm | 21:49.5 Freeport |
| | | 86. 9 Ryan Knaack | 21:54.9 Freeport |
| | | 87. 11 Trevor Janssen | 22:23.1 Lanark (Eastland) |
| | | 88. 12 Christian Stott | 22:30.7 Freeport |
| | | 89. 11 Danny White | 22:44.2 Durand |
| | | 90. 9 Jacob Runte | 22:44.2 Freeport |
| | | 91. 12 Eric Palerio-Juarez | 23:09.7 Freeport |
| | | 92. 10 Mayson Meinert | 23:31.9 Lanark (Eastland) |
| | | 93. 10 Ivan Wenger | 23:36.9 Dakota |
| | | 94. 9 Jerry Knight | 23:37.0 Dakota |
| | | 95. 9 Taryn Heather | 23:44.9 Polo |
| | | 96. 9 Micah Lyons | 24:08.2 Winnebago |
| | | 97. 10 Cash Budde | 24:13.3 Rochelle |
| | | 98. 9 Kenny Overton | 24:37.9 Rochelle |
| | | 99. 10 Landen Elder | 25:28.8 Oregon |
| | | 100. 9 Alex Temen | 26:12.5 Polo |
| | | 101. 12 Bryan Immel | 26:50.5 Oregon |
| | | 102. 10 Ryan Muraski | 27:17.1 Rockford (East) |

15.	9	Jaxson Sottos	17:12.0	Geneseo
16.	10	Owen Recoy	17:19.8	Machesney Park (H
17.	12	Jaden Gocken	17:23.8	Durand
18.	9	Joseph Erb	17:28.5	Winnebago
19.	11	Nolan Coen	17:30.1	Rockford (Boylan C
20.	10	Dominic Carlson	17:32.1	Machesney Park (H
21.	11	Cooper Schaad	17:32.1	Geneseo
22.	11	Arthur Horn	17:33.3	East Dubuque
23.	11	Julian Dayton	17:34.5	Moline
24.	9	Isaiah Engle	17:36.3	Moline
25.	10	Christian Cid	17:49.3	Rock Falls
26.	9	Daniel Hodgdon	17:52.2	Winnebago
27.	11	Owen Helm	17:53.3	Freeport
28.	10	Max Johnson	17:55.2	Geneseo
29.	12	Will Giuffre	17:56.1	Freeport
30.	11	Sayid Sirojev	17:57.6	Moline
31.	9	Kaden Elmer	17:59.4	Geneseo
32.	12	Ben Plachno	18:01.3	Polo
33.	9	Jack Johnson	18:01.3	Machesney Park (Ha
34.	9	Devin Bradt	18:03.1	East Dubuque
35.	12	Brady Schaller	18:10.3	Winnebago
36.	11	Cole Thomas	18:14.0	Winnebago
37.	10	Gunnar Damhoff	18:15.2	Rock Falls
38.	12	Connor Coyle	18:17.0	Rockford (Boylan Ca
39.	9	Parker Lipinski	18:17.1	Machesney Park (Ha
40.	9	Declan McGee	18:19.3	Rochelle
41.	12	Connor Pauley	18:19.6	Moline
42.	11	Brady Root	18:19.8	Rock Falls
43.	9	Garrett Howes	18:25.8	Rockford (Boylan Ca
44.	10	Harry VanVooren	18:26.7	Moline
45.	12	Thomas Koziol	18:31.4	Rochelle
46.	10	Tatum Rogers	18:32.1	Moline
47.	9	Drew Horst	18:36.2	Rockford (Boylan Cat
48.	12	Vincent Stout	18:41.9	Moline
49.	12	Wil Quinn	18:42.1	East Dubuque
50.	12	Victor Rivera	18:44.3	Rock Falls
51.	9	Aidan Bries	18:49.0	Geneseo
52.	12	Roger Maines	18:50.7	Durand
53.	9	Blake Linder	18:51.1	Winnebago
54.	12	Hudson Groezinger	19:01.9	Lanark (Eastland)
55.	12	Eli Hernandez	19:07.3	Machesney Park (Ha
56.	11	Dominic Schwartz	19:10.9	Rockford (Boylan Cat
57.	12	Jason Niemann	19:17.7	Stockton
58.	10	Aidan Guida	19:21.7	Oregon
59.	10	Kale Grobe	19:23.4	Polo
60.	10	Kameron Grobe	19:28.6	Polo

Open Individuals

1.	11	Xavier Sananisai	17:44.3	Rockford (Jefferson)
2.	12	Conner Pham	18:31.0	Sterling (H.S.)
3.	10	Rylan Lambert	18:32.8	Geneseo
4.	10	Connor Trapkus	18:47.2	Moline
5.	9	Lucas Nelson	18:56.0	Moline
6.	10	Lucas Eaton	19:00.0	Moline
7.	11	Austin Hull	19:02.5	Geneseo
8.	12	Kapela Imani	19:06.3	Rockford (Jefferson)
9.	9	Grady Hull	19:15.1	Geneseo
10.	12	Dominik Mikleboost	19:21.2	Moline
11.	11	Nolan Wandrey	19:32.3	Moline
12.	10	Jacob Taylor	19:33.3	Geneseo
13.	12	Andrew Hernandez	19:36.2	Rock Falls
14.	9	Gavin Connors	19:45.5	Moline
15.	9	Brandon Williams	19:48.3	Moline
16.	9	Zachary Clark	19:53.2	Moline
17.	10	Alex Niemann	19:57.2	Stockton
18.	10	Sawyer Ridens	20:02.9	Machesney Park (Harl
19.	12	Samuel McCleary	20:08.8	Geneseo
20.	9	Byron Grobe	20:11.4	Sterling (H.S.)
21.	9	Dominic Erickson	20:15.8	Rockford (Jefferson)
22.	10	Sanaj Kapur	20:21.2	Moline
23.	9	Mauricio Glass	20:23.7	Stockton
24.	12	Caleb Durian	20:33.0	Geneseo
25.	10	Zach Meier	20:38.1	Geneseo
26.	9	Angelo Becker	20:42.1	Rockford (Boylan Cath
27.	9	Gavin Staats	20:46.5	Sterling (H.S.)
28.	9	Cael Lyons	20:51.6	Sterling (H.S.)
29.	10	Mason Anderson	20:52.5	Geneseo
30.	12	Connor Knowles	20:52.6	Geneseo
31.	11	Ayden Flaningam	21:03.7	Machesney Park (Harle
32.	10	Taber Swanson	21:05.4	Geneseo
33.	11	Grant McBride	21:07.1	Moline
34.	9	Malachi Schwartz	21:09.7	Moline
35.	9	Zachary Easton	21:16.3	Rockford (Boylan Cath
36.	9	Kameron Neely	21:21.2	Rockford (Jefferson)
37.	10	Devin Titus	21:21.4	Machesney Park (Harle
38.	11	Richard Schwarz	21:25.0	Machesney Park (Harle
39.	10	Christian Haney	21:29.1	Geneseo
40.	12	Sam Burkins	21:30.8	Rockford (Boylan Cath
41.	12	Nathan Venneberg	21:35.9	Geneseo
42.	12	Solan Everly	21:50.6	Rock Falls
43.	11	Louie Andrew Domingo	21:59.6	Rockford (Boylan Cath
44.	9	Luke Burris	22:18.5	Machesney Park (Harle
45.	9	Alek Meier	22:23.6	Moline
46.	11	Earl Durano	22:32.9	Machesney Park (Harle
47.	9	Aiden LeClaire	22:33.3	Rockford (Jefferson)
48.	12	Anthony Lira	22:34.1	Rockford (Jefferson)
49.	11	Andrew Schrom	22:35.2	Rockford (Boylan Cath
50.	12	Jacob Perry	22:46.2	Rockford (Jefferson)
51.	10	Preston Fadness	22:47.8	Machesney Park (Harle
52.	9	Evan Merema	23:06.6	Sterling (H.S.)
53.	11	Dominick Williams	23:13.9	Machesney Park (Harle
54.	9	Xander Ward	23:16.0	Machesney Park (Harle
55.	10	Bryce Gempler	23:16.5	East Dubuque

Open Teams

1. Moline 36
2. Geneseo 47
3. Rockford (Jefferson) 86
4. Sterling (H.S.) 102
5. Machesney Park (Harlem) 125
6. Rockford (Boylan Catholic) 140

(6 incomplete)

56. 12 Keith Rains Jr.	23:21.2 Machesney Park (Harl
57. 11 Tyson Duda	23:36.4 Geneseo
58. 10 Abner Garcia	23:38.3 Moline
59. 12 Will Dejohn	23:41.7 Geneseo
60. 9 Austin Jacob	23:56.1 Sterling (H.S.)
61. 11 Marshal Groves	24:08.5 Durand
62. 12 Konner Allendorf	24:16.6 East Dubuque
63. 10 Maxen Hughes	24:33.2 Freeport
64. 9 Joaquin Gahan	24:36.8 Rockford (Boylan Catl
65. 9 Ben Scordato	24:37.5 Rockford (Boylan Catl
66. 10 Camden Baumgardner	24:46.4 Geneseo
67. 9 Calvin Bell	24:53.7 Geneseo
68. 10 Cole Farmer	25:02.0 Machesney Park (Harl
69. 9 Andy Suarez	27:02.9 Durand
70. 9 Parker Tubbs	27:06.3 Moline
71. 10 Virgilio Lofranco	27:52.3 Rockford (Jefferson)
72. 10 Michael Roberson	27:53.8 Freeport
73. 9 Caiden Akre	28:39.3 Rockford (East)
74. 9 Jacob Anderson	29:00.1 Rockford (Boylan Catl
75. 9 Jonny Sell	29:11.8 Durand
76. 9 Xander Knowles	31:36.6 Sterling (H.S.)