



7 LEAFS CLAIM HARDWARE AT "JV STATE"

Pictured are most of the guys. The 7 medalists are proudly wearing their awards.

STERLING 09/JV INVITATIONAL

On Tuesday, October 18th, the Leafs traveled back to Sterling's Hoover Park to participate in the annual Sterling 09/JV Invite. The meet was created to allow each teams whose athletes who didn't "Crack" the Varsity Top 7, the chance to line up and race one more time. Individual finisher medals were awarded to the Top 5 in the Freshman-Only race. In addition, medals were awarded to the Top 10 in the JV Race. The field included teams from: Dixon, Geneseo, Rochelle, Rock Falls, and Sterling. LaSalle-Peru and Princeton usually take part but missed this year's action due to conflicts. The athletes were challenged with a cold and windy day. The race time temperature hovered in the mid 40's with strong Northwest Winds blowing at 20 mph and gusting to over 40 mph. Both genders were run together to expediate the meet.

The Freshman were the first athletes to "Toe the Line". The Starter's Gun "Cracked" at 4:30 p.m. The Leafs were led by Kaden Elmer who ran stride-for-stride with Sterling's Star Freshman Charles Johnson the entire race. Charles ended up pulling ahead in the final 800 meters to win by 7 seconds. Kaden was timed in 17:48 to claim second place. Grady Hull ran another strong race and placed 3rd overall in a time of 19:34. Calvin Bell was also in the race and finished his season with another great race. It is amazing how much this dude has improved during the course of this season (his first as a Cross Country harrier). Calvin was timed in 23:02 to place

8th overall. Great Job, Men. When the points were counted, Sterling had won 23 to 34 (ghost runners were used to complete the Leafs' score). Unfortunately, no other team lined up any Freshmen.

The JV (Open) race was the final race of the day. They "Took-Off" at approximately 5:10 p.m. The race consisted of each team's sophomores, juniors, and seniors who were not in their school's "Varsity Top 7". Well, almost. Rochelle did race a Freshman boy (they must have arrived a bit too late for him to warm-up in time for the Freshman race). Also, Sterling did a "Run-Off" for their 7th man position. Thus, they raced their 7-8-9 men. The Leafs were led by Sophomore Rylan Lambert (4th Place in 18:36); Junior Austin Hull (5th Place in 19:26); Sophomore Christian Haney (6th Place in 19:46); Sophomore Jacob Taylor (7th Place in 20:06); and Sophomore Zach Meier (10th Place in 20:31.) Each man earned a "Highly Prized" Top 10 Finisher Medal. Not far behind were Senior Caleb Durian (11th Place in 20:47); Sophomore Mason Anderson (12th Place in 21:00); Senior Nathan Venneberg (13th Place in 21:04); Sophomore Camden Baumgardner (14th Place in 21:15); Junior Ryley Rowold (16th Place in 21:35); Sophomore Taber Swanson (17th Place in 21:55); Senior Will DeJohn (18th Place in 22:15); Junior Tyson Duda (19th Place in 22:17); and Sophomore Connor Douglas (21st Place in 24:19.) After the team scores were tabulated, the Leafs found themselves with a winning team score of 34 points. Great Job, Men!

I was on my bike for both races riding towards the runners. I was able to ride on the trails too. It was awesome to watch each team member race with great levels of both "Passion and Purpose". It was also impressive to watch the Varsity Top 7 Maple Leafs cheer on their teammates. They were EVERYWHERE. They were today's "Hype Squad". That "Baton" will now be handed off to everyone who raced today. The Varsity Top 7 will need each man's support as the IHSA Post-Season begins. This week we will be in Morris at the IHSA Regional Meet. Come dressed to run all over the course encouraging your teammates to "RUN WILD". Our team has BIG PLANS and needs each of your help to try and attain those goals. "TOGETHER WE CAN".

On the day, the Leafs had "Grabbed" 7 of the 15 available medals (that is 46%). In addition, ten of the Leafs seventeen competing men improved their time from the Sterling Rock River Run Invitational held a month ago. Two of the men actually ran lifetime bests. Considering just how tough the weather conditions were makes that fact "Jaw-Dropping". Way to go, Guys. To our seniors I say, "Thank You". We hope to see you on the oval (Track & Field) later in the school year. We also hope that you will keep running beyond that. This can be a lifetime sport with road races offering competitive opportunities year round. To our returners I can't help get excited about all of the potential that is evident. We also hope to see you join the Track and Field team and "Raise da Bar" in regards to your current fitness level. Then, put in a solid summer of base work. After that, get ready to help the Maple Leafs make a run at a Top 10 Finish in the IHSA STATE FINALS in 2023. Each of you possesses the possibility of being "THE GUY". That is . . . being "THE DIFFERENCE MAKER". All you need to do is "Dream Big" and then back it up with the commitment that excellence DEMANDS.

Date: 10/18/2022								
Meet: Sterling 09/JV Cross Country Invite								
Site: Sterling's Hoover Park								
Conditions: Daytime high of 44°...20 NW mph winds...Challenging!								
Racing Distance: 3.00 miles (course hard and fast)								
Team Finish:		No Team Scores						
	TIME	ATHLETE	PL	R	1-M	2-M	3-M	AVE.
1	17:48	Kaden Elmer-09	2	9	5:40	6:01	6:07	5:56
2	18:36	Rylan Lambert-10	4	JV	5:52	6:19	6:25	6:12
3	19:26	Austin Hull-11	5	JV	6:06	6:44	6:55	6:35
4	19:34	Grady Hull-09	3	9	6:02	6:44	6:48	6:31
5	19:45	Christian Haney-10	6	JV	5:52	7:11	6:42	6:35
6	20:06	Jacob Taylor-10	7	JV	6:24	6:52	6:50	6:42
7	20:31	Zach Meier-10	10	JV	6:30	7:00	7:01	6:53
8	20:47	Caleb Durian-12	11	JV	6:30	7:00	7:17	6:55
9	21:00	Mason Anderson-10	12	JV	6:45	7:04	7:11	7:00
10	21:04	Nathan Venneberg-12	13	JV	6:30	7:19	7:15	7:01
11	21:15	Cam Baumgardner-10	14	JV	6:55	7:14	7:06	7:05
12	21:35	Ryley Rowold-11	16	JV	6:45	7:25	7:25	7:11
13	21:55	Taber Swanson-10	17	JV	6:33	7:16	8:06	7:18
14	22:15	Will DeJohn-12	18	JV	6:51	6:51	8:33	7:25
15	22:17	Tyson Duda-11	19	JV	6:59	7:47	7:31	7:25
16	23:02	Calvin Bell-09	8	9	7:17	7:45	8:00	7:40
17	24:19	Connor Douglas-10	21	JV	7:40	8:13	8:17	8:03
	DNC	Josiah King-12	Illness					
	DNC	Sam McCleary-12	Conflict					
	DNC	Connor Knowles-12	Illness					
	17:49	J.V. Leader	1	12	5:38	6:12	5:59	5:54
	17:41	09 Leader	1	9	5:40	6:01	6:00	5:53
		Geneseo Spread						
		1-5	1:57					
		1-7	2:43					
		1-10	3:16					

Date: 10/18/2022						
Meet: Sterling 09/JV Cross Country Conference Invite						
Site: Sterling's Hoover Park						
Conditions: Race time temperature of 44°...20 mph NW Winds. Challenging!						
Racing Distance: 3.00 miles (course hard and fast)						
Team Finish: Meet Unscored Freshman Boys Race						
	TIME	ATHLETE	Grade	SCHOOL		
1	17:41	Charles Johnson	9	Sterling		
2	17:48	Kaden Elmer	9	Geneseo		
3	19:34	Grady Hull	9	Geneseo		
4	19:56	Gavin Staats	9	Sterling		
5	20:28	Bryon Grobe	9	Sterling		
6	20:54	Cael Lyons	9	Sterling		
7	21:46	Evan Merema	9	Sterling		
8	23:02	Calvin Bell	9	Geneseo		
9	26:27	Xander Knowles	9	Sterling		

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Racing Distance: 3.00 miles (course hard and fast)						
Team Finish: Meet Unscored J.V. Boys Race						
	TIME	ATHLETE	Grade	SCHOOL		
1	17:49	Conner Pham	12	Sterling		
2	17:56	Brecken Peterson	11	Sterling		
3	18:03	Owen Anderson	10	Sterling		
4	18:36	Rylan Lambert	10	Geneseo		
5	19:26	Austin Hull	11	Geneseo		
6	19:46	Christian Haney	10	Geneseo		
7	20:06	Jacob Taylor	10	Geneseo		
8	20:10	Andrew Hernandez	11	Rock Falls		
9	20:28	Jacob Vogenthaler	12	Dixon		
10	20:31	Zach Meier	10	Geneseo		
11	20:47	Caleb Durian	12	Geneseo		
12	21:00	Mason Anderson	10	Geneseo		
13	21:04	Nathan Venneberg	12	Geneseo		
14	21:15	Camden Baumgardner	10	Geneseo		
15	21:18	Darian Huggins	12	Rock Falls		
16	21:35	Riley Rowld	11	Geneseo		
17	21:55	Taber Swanson	10	Geneseo		
18	22:15	Will DeJohn	12	Geneseo		
19	22:17	Tyson Duda	11	Geneseo		
20	22:29	Kenny Overton	9	Rochelle		
21	24:19	Connor Douglas	10	Geneseo		