



## LEAFS CELEBRATE SENIOR DAY IN STYLE

Pictured are Geneseo Seniors Ryley Rowold, Tyson Duda, Sam Mosbarger, & Austin Hull as they sign the GHS XC Poster

## LEAFS CLAIM SILVER AT GENESEO CROSS COUNTRY INVITATIONAL

The Leafs hosted their annual Geneseo Cross Country Invitational on Saturday, September 16th. The field included teams from: East Moline (United Township), Geneseo, Moline, Rock Falls, Pleasant Valley (Boys Only), Rock Island, Sterling, and Wheaton-Warrenville South (Girls Only). The meet offers a unique format that includes race divisions for each grade level (Freshmen, Sophomores, Juniors, & Seniors). Individual finisher medals are awarded to the Top 20 finishers in each race. In addition, the Team Champion in each Division was also awarded a Team Championship Plaque. Then, all the points are added and team plaques were awarded to the "Overall Boys" and "Overall Girls" Team Champions (adding 09, 10, 11, & 12 team points). Then the boys and girls points were added to crown an Overall Combined Team Champion. Plaques were given to each of the previously mentioned winners. I have been puzzled for years in regard to the reason that more teams don't want to join in on the fun. The Richmond Hill Course is

challenging, but is a TRUE test of Cross Country skill. The meet also offers a plethora of "Hardware". The fact that Geneseo has been awarded to host a SECTIONAL MEET this fall (and then will host every other year) should encourage more teams to participate. The meet format was inspired by Crystal Lake Central Hall of Fame Coach Dick Kleopfer who created it "Back in the Day". "Ghost Runners" were used if a team didn't field at least five runners in each race. Also, an "Unlimited Pusher" formula was used for team scoring allowing for every single runner affecting the Team Scores. The teams were treated to a bit of rain on a hard and fast course. They also raced in temperatures that were in the low 60's. This meet has never experienced such a great day for racing (usually HOT & HUMID). A special thanks goes out to all of the volunteer helpers. It takes "An Army" to run a high quality meet and Coach Ehlert & Coach Skopek each earned an A+ for meet management skills. On to the action.

Coach Ehlert shortened the meet significantly by cutting the number of races from four down to two. The Freshmen and Sophomores raced together with the computer separating them for the tabulated results. The girls started 3 minutes after the boys to separate the genders. The Freshmen/Sophomores race started at 9:00 a.m. Then the Juniors and Seniors followed the same format with their race beginning at 9:40 a.m. We used to run into a lot of challenges with soccer practices and extreme heat when each class raced alone. The change was a good one. I will review each of the races by grade level (division).

First up were the Freshmen. Pleasant Valley is a State Powerhouse in Iowa and actually were missing their Top 7 Runners who were racing at a big meet in Iowa. We were glad to have most of their team in Geneseo for the meet. Their Freshmen boys scored a minuscule 24 points to win going away. The Leafs placed Second as a Team and scored 81 Points. Jack Kreiss led the way with his 3rd place finish. Jack was timed in 17:44 which is the 2nd fastest time for a GHS Freshman EVER on the course. Micah Johnson and Connor Runty also "Cracked" the Top 20 to earn Individual Hardware. Micah was 9th overall and his time of 19:37 ranks him as the 13th fastest GHS Freshman on the course. Connor placed 18th and was timed in 21:47. He is now the 22nd fastest Freshman on the Richmond Hill Park Course. Alex Aleman and Jacob Berry also ran great races. Each had Lifetime Bests on our challenging course. Alex placed 24th in the race and was timed in 22:53 (#24 on the GHS Freshman List) while Jacob placed 27th in 23:10 and just missed making the list. GREAT JOB, MEN. Each of you raced with great focus. It is fun to keep improving and each of you is doing so each meet. Keep up the Great Work.

The GHS Sophomore Boys claimed the one lone class win for the Leafs on the day. The team scored 53 points win the division. Pleasant Valley was a distant second scoring 72 points. Leading the way was Jaxson Sottos who won the race. Jaxson's time of 16:43 was a new Sophomore School Record for the course. His time was also the 3rd fastest for any grade level for a Maple Leaf. Way to Roll, Jaxson. Kaden Elmer, Aidan Bries, and Graysen Carlson each ran great races and "Cracked" the Top 20 to win a highly coveted Top 20 Finisher Medal. Kaden sprinted home in 3rd place and was timed in 17:41 (7th Fastest Sophomore for a GHS Runner on the course). Aidan Bries closely followed him into the finish chute placing 4th in the race. Aidan was timed in 17:45 (8th fastest time for a GHS Sophomore on the course). Greyson also ran a tremendous race to finish 9th overall. He was timed in 18:31 which moved him into 12th on the GHS Sophomore Course Rankings. Great Job, Men. Running as the Leafs' 5th man (final team

scorer) was Rafe Uguina who ran the race of his life. Rafa's time of 24:45 was a lifetime best and placed him in 36th place. Congratulations on your Sophomore Class Division Win, Men.

Next up were the Junior Boys. Dylan Gehl continued his magnificent season winning the race in a NEW GHS School Record for the course (also a Junior Class Record). He was timed in 15:56. Max Johnson was the next Leaf to cross the finish line. Max placed 4th in the race and was timed in 17:23 (4th Fastest Junior in GHS History for the course). Rylan Lambert sprinted home next in 15th place to win an individual "Top 20 Finisher" Medal. Rylan was timed in 18:58 (12th Fastest GHS Junior on the Richmond Hill Course). Jacob Taylor was the next Leaf to finish. His 21st place finish barely missed a individual "Top 20" Finisher Medal. He ran a great race and was timed in 19:48 which ranks him as the 18th Fastest GHS Junior for the Course). Christian Haney (23rd), Mason Anderson (28th), and Shane Bagby (32nd) were the next Leafs to finish. Christian had a tough day but still fought hard. His time of 20:27 placed him 22nd on the Junior GHS List for the Richmond Hill Course. Mason Anderson (20:57) and Shane Bagby (21:20) both ran Lifetime Bests on the challenging Richmond Hill Course. Not far behind were Connor Douglas and Guage Damewood who sprinted home in 23:13 and 25:06 respectively. They placed 36th and 38th overall. Great effort by each and every one of you. When the team scores were tabulated, Pleasant Valley had won the Division scoring 58 points. The Leafs were a CLOSE 2nd scoring 64 points.

Last but not least were the Senior Boys. The Leafs only have four Seniors on the team and three of them ran their fastest time EVER for 3 miles (On our course...are you kidding me???) The team placed a strong 5th. Leading the way was Sam Mosbarger who has really been on a roll. Sam continued his phenomenal season by placing 2nd in the division behind Sterling's Individual State Contender Dale Johnson (He Smashed the Course Record in 15:32). Sam's time of 16:14 is a New GHS Senior School Record for the Richmond Hill Park Course. Austin Hull sprinted home next for the Leafs in 9th place. His time of 18:45 "Blasted" his Lifetime Best and moved him into 8th on the GHS Senior List for the Richmond Hill Course. He also earned a "Top 20" Finisher Medal. Tyson Duda and Ryley Rowold also established new LIFETIME BESTS on our challenging course. They were timed in 22:26 and 22:34 and placed them 31st and 32nd. They also "Cracked" the GHS Senior Top 25's as they landed in 19th and 20th places. There is something very special about being a senior. There are "Super Powers" available for those willing to embrace the opportunity. Sam, Austin, Tyson, and Ryley are all on board. All the Best, Men.

When all the Class Division Points were added together, the Leafs found themselves scoring 306 points to place 2nd to Pleasant Valley's 242. When the boys and girls points were added together, the Leafs WON the Meet scoring 617 Points. It should also be noted that if all the races were combined into one race, the Leafs would have won the boys' division. The season has moved into the middle of September. Stay the Course, Men! The sky is the limit for this team. Keep "Dreaming Big" and making smart decisions. Each of you has the potential to be "The Guy" that is the "Difference Maker" on this team. Help to lead the way via example. All the Best, Men.

<b>Date:</b> 09/16/2023								
<b>Meet:</b> Geneseo Cross Country Inv.								
<b>Site:</b> Geneseo's Richmond Hill Park								
<b>Conditions:</b> Daytime high of 71° with light rain & winds. Race Temps low 60's								
<b>Racing Distance:</b> 3.00 miles								
<b>Team Finish:</b> 9th (2nd); 10th (1st); 11th (5th); 12th (2nd)								
	<b>BOYS COMBINED (2nd); OVERALL COMBINED (1st)</b>							
	<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	15:56	Dylan Gehl-11	1	11	5:21	5:20	5:15	5:19
2	16:14	Sam Mosbarger-12	2	12	5:28	5:31	5:21	5:25
3	16:43	Jaxson Sottos-10	1	10	5:39	5:28	5:34	5:34
4	17:23	Max Johnson-11	4	11	5:47	5:51	5:44	5:47
5	17:41	Kaden Elmer-10	3	10	5:49	5:58	5:53	5:53
6	17:44	Jack Kreiss-09	3	9	5:50	6:02	5:51	5:54
7	17:45	Aidan Bries-10	4	10	5:56	5:58	5:50	5:55
8	18:31	Graysen Carlson-10	9	10	5:59	6:17	6:14	6:10
9	18:45	Austin Hull-12	9	12	6:09	6:28	6:07	6:15
10	18:58	Rylan Lambert-11	15	11	6:09	6:28	6:20	6:19
11	19:37	Micah Johnson-09	9	9	6:09	6:47	6:39	6:32
12	19:48	Jacob Taylor-11	21	11	6:39	6:41	6:26	6:36
13	20:27	Christian Haney-11	23	11	6:07	7:14	7:05	6:49
14	20:57	Mason Anderson-11	28	11	6:45	7:19	6:52	6:59
15	21:20	Shane Bagby-11	32	11	6:54	7:16	7:09	7:07
16	21:47	Connor Runty-09	18	9	7:05	7:29	7:11	7:16
17	22:26	Tyson Duda-12	31	12	7:28	7:47	7:11	7:28
18	22:34	Ryley Rowold-12	32	12	7:26	7:48	7:19	7:31
19	22:53	Alex Aleman-09	24	9	7:38	7:46	7:28	7:38
20	23:10	Jacob Berry-09	27	9	8:01	7:56	7:11	7:43
21	23:13	Connor Douglas-11	36	11	7:21	8:02	7:49	7:44
22	24:45	Rafa Uguina-10	36	10	8:11	8:27	8:06	8:15
23	25:06	Gauge Damewood-11	38	11	7:34	8:58	8:33	8:22
	DNC	Cam Baumgardner-11	Illness					
		Calvin Bell-10	Injury					
		Matthew Darnall-10	Injury					
		Zach Meier-11	Conflict					
	15:32	Senior Leader	1	12	5:14	5:10	5:07	5:10
	15:56	Junior Leader	1	11	5:21	5:20	5:15	5:19

	16:43	Sophomore Leader	1	10	5:39	5:28	5:34	5:34
	17:24	Freshman Leader	1	9	5:50	5:45	5:48	5:48
		<b>Geneseo Spread</b>						
		1-5	1:45					
		1-7	1:49					
		1-10	3:02					



## Geneseo XC Invite HS

OFFICIAL 📅 Sat, Sep 16, 2023 📍 Richmond Hill Park

### Overall Combined

- 1.) Geneseo 617
- 2.) Moline 783
- 3.) Rock Island 873
- 4.) Sterling 895
- 5.) United Township 897
- 6.) Rock Falls 947
- Pleasant Valley No Girls Team
- Wheaton-Warrenville South No Boys Team

### Overall Boys

- 1.) Pleasant Valley 242
- 2.) Geneseo 306
- 3.) United Township 399
- 4.) Moline 439
- 5.) Rock Island 478
- 6.) Sterling 490
- 7.) Rock Falls 498

### Senior Boys

- 1.) Sterling 34
- 2.) Moline 78
- 3.) Pleasant Valley 88
- 4.) United Township 89
- 5.) Geneseo 108
- 6.) Rock Island 121
- 7.) Rock Falls 152

1.	12	Dale Johnson	15:32.80	Sterling
2.	12	Sam Mosbarger	16:14.00	Geneseo
3.	12	Parker Janssen	17:13.00	Sterling
4.	12	Jordan Britt	17:27.50	Sterling
5.	12	Jayden Putnam	17:33.30	Rock Island (H.S.)
6.	12	Hunter Toye	17:45.70	Moline (H.S.)
7.	12	Julian Dayton	18:11.60	Moline (H.S.)
8.	12	Luke Eckman	18:16.10	Pleasant Valley
9.	12	Austin Hull	18:45.70	Geneseo
10.	12	Brady Root	18:47.70	Rock Falls
11.	12	Asa Mahn	18:48.60	Rock Island (H.S.)
12.	12	Owen Anderson	19:03.20	Sterling
13.	12	Rylan Windmiller	19:12.50	Pleasant Valley
14.	12	Brecken Peterson	19:13.50	Sterling
15.	12	Achraf Baba Traore	19:34.00	East Moline (United)

16.	12	Richard Dokambire	19:34.60	East Moline (United)
17.	12	Jim Arul	19:44.60	Moline (H.S.)
18.	12	Conner Calhoun	20:22.70	East Moline (United)
19.	12	Kyler Webber	20:52.30	East Moline (United)
20.	12	Nikhil Behere	20:59.70	Pleasant Valley
21.	12	Zylr McGlasson	21:15.30	East Moline (United)
22.	12	Arata Ketner	21:29.10	Moline (H.S.)
23.	12	Matt Pischke	21:29.10	Pleasant Valley
24.	12	Cole Halupnik	21:33.10	Pleasant Valley
25.	12	Selom Agbatozonhoun	21:36.40	East Moline (United)
26.	12	Grant McBride	21:45.90	Moline (H.S.)
27.	12	Nolan Wandrey	21:49.00	Moline (H.S.)
28.	12	Ruben Atikpo	21:51.00	East Moline (United)
29.	12	Timothy Ku	21:56.50	Pleasant Valley
30.	12	Steven Ly	22:10.00	Pleasant Valley
31.	12	Tyson Duda	22:26.70	Geneseo
32.	12	Ryley Rowold	22:34.30	Geneseo
33.	12	Aiden Sherman	25:08.30	East Moline (United)

### Junior Boys

- 1.) Pleasant Valley 58
- 2.) Geneseo 64
- 3.) United Township 90
- 4.) Rock Falls 91
- 5.) Rock Island 113
- 6.) Sterling 132
- 7.) Moline 151

1.	11	Dylan Gehl	15:56.80	Geneseo
2.	11	Aalin Schmidt	16:51.30	Sterling
3.	11	Miguel Rosales	16:56.80	East Moline (United)
4.	11	Max Johnson	17:23.50	Geneseo
5.	11	Anthony Valdivia	17:28.70	Rock Falls
6.	11	William Parrish	17:37.20	Pleasant Valley
7.	11	Parker Millage	17:37.60	Pleasant Valley
8.	11	Gabriel Esparza	17:48.50	East Moline (United)
9.	11	Harry VanVooren	17:53.00	Moline (H.S.)
10.	11	Parker Blakeslee	17:58.30	Sterling
11.	11	Christian Cid	18:13.70	Rock Falls
12.	11	Gunnar Damhoff	18:25.70	Rock Falls
13.	11	Henry Allers	18:38.60	Pleasant Valley
14.	11	Finley McMillan	18:45.70	Pleasant Valley
15.	11	Rylan Lambert	18:58.50	Geneseo
16.	11	Merrick Stockwell	19:07.40	Rock Island (H.S.)
17.	11	Lukas Heine	19:07.60	Rock Island (H.S.)
18.	11	Carson Roman	19:20.30	Pleasant Valley
19.	11	Ja'siah Rainer	19:35.90	Rock Island (H.S.)
20.	11	Quentin Vance	19:46.40	East Moline (United)

21. <sup>11</sup>	Jacob Taylor	19:48.00	Geneseo
22. <sup>11</sup>	Deshawn Rucker	20:14.50	Rock Island (H.S.)
23. <sup>11</sup>	Christian Haney	20:27.10	Geneseo
24. <sup>11</sup>	Deagun Keesee	20:34.30	Rock Falls
25. <sup>11</sup>	Brayden Herrick	20:36.00	East Moline (United)
26. <sup>11</sup>	Ian Benge	20:38.80	Pleasant Valley
27. <sup>11</sup>	Joseph Hanson	20:44.70	Pleasant Valley
28. <sup>11</sup>	Mason Anderson	20:57.10	Geneseo
29. <sup>11</sup>	Owen Dobson	20:57.60	Pleasant Valley
30. <sup>11</sup>	Sanaj Kapur	21:06.70	Moline (H.S.)
31. <sup>11</sup>	Clark Lechtenberg	21:14.60	Pleasant Valley
32. <sup>11</sup>	Shane Bagby	21:20.50	Geneseo
33. <sup>11</sup>	Abner Garcia	22:30.60	Moline (H.S.)
34. <sup>11</sup>	Tete Ferdinand Tekpah-...	22:36.20	East Moline (United)
35. <sup>11</sup>	Ngun Shwe	22:49.00	East Moline (United)
36. <sup>11</sup>	Connor Douglas	23:13.30	Geneseo
37. <sup>11</sup>	Tetevi Fernand Tekpah-A...	24:26.40	East Moline (United)
38. <sup>11</sup>	Gauge Damewood	25:06.00	Geneseo

### Sophomore Boys

- 1.) Geneseo 53
- 2.) Pleasant Valley 72
- 3.) Moline 93
- 4.) United Township 96
- 5.) Rock Falls 117
- 6.) Rock Island 149
- 7.) Sterling 151

1. <sup>10</sup>	Jaxson Sottos	16:43.60	Geneseo
2. <sup>10</sup>	Isaiah Engle	17:01.50	Moline (H.S.)
3. <sup>10</sup>	Kaden Elmer	17:41.30	Geneseo
4. <sup>10</sup>	Aidan Bries	17:45.50	Geneseo
5. <sup>10</sup>	Lucas McCall	17:57.20	Rock Island (H.S.)
6. <sup>10</sup>	Malik Gbadamassi	18:05.20	East Moline (United)
7. <sup>10</sup>	Nicholas Rhodes	18:27.40	East Moline (United)
8. <sup>10</sup>	Gabe Moyer	18:30.40	Rock Falls
9. <sup>10</sup>	Graysen Carlson	18:31.80	Geneseo
10. <sup>10</sup>	Zach Zuiderveen	18:50.70	Pleasant Valley
11. <sup>10</sup>	Cadyn Upton	18:54.70	East Moline (United)
12. <sup>10</sup>	Jeffrey Sommer	18:55.30	Rock Falls
13. <sup>10</sup>	Levi Steele	18:58.70	Pleasant Valley
14. <sup>10</sup>	Zach Bauer	19:05.70	Pleasant Valley
15. <sup>10</sup>	Lucas Nelson	19:07.70	Moline (H.S.)
16. <sup>10</sup>	Gavin Staats	19:19.70	Sterling
17. <sup>10</sup>	Cooper Bries	19:44.40	Pleasant Valley
16. <sup>8</sup>	Vrayas Pila	19:49.90	Pleasant Valley
19. <sup>10</sup>	Athon Wilcox	19:52.20	Pleasant Valley
20. <sup>10</sup>	Ian Finney	19:52.70	Rock Falls
21. <sup>10</sup>	Thomas Bacon	19:56.10	Pleasant Valley
22. <sup>10</sup>	Colin Merrell	20:14.40	Pleasant Valley
23. <sup>10</sup>	Zachary Clark	21:10.30	Moline (H.S.)
24. <sup>10</sup>	Titus Stout	21:19.40	Moline (H.S.)
25. <sup>10</sup>	Griffin Adkins	21:29.80	Pleasant Valley

26. <sup>10</sup>	Cael Lyons	21:32.70	Sterling
27. <sup>10</sup>	Uriah Chenowith	21:44.80	Rock Island (H.S.)
28. <sup>10</sup>	Brandon Thomas	21:45.40	Pleasant Valley
29. <sup>10</sup>	Lukas Johnson	22:05.90	Moline (H.S.)
30. <sup>10</sup>	Alek Meier	22:23.10	Moline (H.S.)
31. <sup>10</sup>	Nikhil Saini	22:34.50	Pleasant Valley
32. <sup>10</sup>	Evan Merema	22:41.80	Sterling
33. <sup>10</sup>	Malachi Schwartz	23:25.70	Moline (H.S.)
34. <sup>10</sup>	Adan Sanchez	23:44.10	East Moline (United)
35. <sup>10</sup>	Mason Deering	24:04.80	Pleasant Valley
36. <sup>10</sup>	Rafa Uguina	24:45.60	Geneseo
37. <sup>10</sup>	Alhouseny Bah	33:06.60	Moline (H.S.)

### Freshman Boys

- 1.) Pleasant Valley 24
- 2.) Geneseo 81
- 3.) Rock Island 95
- 4.) Moline 117
- 5.) United Township 124
- 6.) Rock Falls 138
- 7.) Sterling 173

1. <sup>9</sup>	Jonah Whitson	17:24.90	Pleasant Valley
2. <sup>9</sup>	Landon Orris	17:31.50	Pleasant Valley
3. <sup>9</sup>	Jack Kreiss	17:44.10	Geneseo
4. <sup>9</sup>	Gavin Russell	18:11.70	Pleasant Valley
5. <sup>9</sup>	Elliot Batz	18:34.10	Rock Island (H.S.)
6. <sup>9</sup>	Jacob O'Connor	18:39.50	Pleasant Valley
7. <sup>9</sup>	Isaiah Rojop	19:03.00	Sterling
8. <sup>9</sup>	Michael Kopitas	19:09.80	Rock Falls
9. <sup>9</sup>	Micah Johnson	19:37.30	Geneseo
10. <sup>9</sup>	Liam Muir	19:46.20	Rock Island (H.S.)
11. <sup>9</sup>	Lane Morgart	20:05.50	Pleasant Valley
12. <sup>9</sup>	Aadi Mourya	20:14.90	Moline (H.S.)
13. <sup>9</sup>	Owen Littrell	20:59.30	East Moline (United)
14. <sup>9</sup>	Emad Abaker	21:01.20	East Moline (United)
15. <sup>9</sup>	Colbie Shupe	21:08.10	Pleasant Valley
16. <sup>9</sup>	Rowan Adkins	21:16.90	Pleasant Valley
17. <sup>9</sup>	Dylan Hartzler	21:18.70	Rock Island (H.S.)
18. <sup>9</sup>	Connor Runty	21:47.10	Geneseo
19. <sup>9</sup>	Seth Long	21:47.70	Moline (H.S.)
20. <sup>9</sup>	August Dagostino	21:58.00	Moline (H.S.)
21. <sup>9</sup>	Neal Patel	22:04.60	Pleasant Valley
22. <sup>9</sup>	Garrett Schutte	22:27.20	Pleasant Valley
23. <sup>9</sup>	Jack Belby	22:44.20	Pleasant Valley
24. <sup>9</sup>	Alex Aleman	22:53.30	Geneseo
25. <sup>9</sup>	Rylan Jordan	23:00.20	Rock Falls
26. <sup>9</sup>	Ganesh Maridu	23:09.40	Pleasant Valley
27. <sup>9</sup>	Jacob Berry	23:10.10	Geneseo
28. <sup>9</sup>	Jeremiah Rodgers	23:57.20	Pleasant Valley
29. <sup>9</sup>	Judah Kargl	24:36.00	Rock Island (H.S.)
30. <sup>9</sup>	Thomas Wessels	24:38.80	East Moline (United)
31. <sup>9</sup>	Austin Carrell	25:25.80	Sterling
32. <sup>9</sup>	Liam Knobloch	25:39.90	Moline (H.S.)
33. <sup>9</sup>	Parker Foreman	28:10.20	East Moline (United)