



GALESBURG REGIONAL TOP 5 FINISHERS

Pictured are L-R 1.) Dale Johnson (Sterling), 2.) Dylan Gehl (Geneseo), 3.) Sam Mosbarger (Geneseo), 4.) Dom Cantarini (Galesburg), 5.) Brecken Fahrenkrug (IVC).

LEAFS 2ND AT GALESBURG REGIONAL TO ADVANCE

On Saturday, October 21st, the Leafs traveled to Galesburg's Lake Storey Park to participate in the the "First Round" of the IHSA State Series. To qualify for the IHSA State Meet a team needs to finish in the Top 7 Teams at one of the four Sectional Meets. Before that can occur a team needs to qualify for the Sectional Meet by finishing in the Top 6 at one of the three Regional Meets that "Feed Into" each Regional Meet. The teams that were assigned to the Galesburg Regional were Bartonville (Limestone), Canton, Chillicothe (IVC), Dunlap, Galesburg, Geneseo, Macomb, Peoria HS, Peoria (RICHWOODS), Rock Falls, and Sterling. The weatherman provided racing conditions that were a bit on the challenging side. The race time temperature was 61° with Northwest winds blowing at 17 mph. Yeah, it was windy.

The boys race followed the girls race. The boys took off at 10:45 a.m. Surprisingly, three of eleven teams assigned to this Regional didn't field full teams (at least 5 runners). In the field where Dunlap (always tough) and the Sterling Golden Warriors who the Leafs beat last week in

the Western Big 6 Conference Meet by a mere 5 points. The number one goal for the team was to advance to next week's IHSA Geneseo Sectional Meet. The Maple Leafs have NEVER hosted a Sectional Meet. More on that later.

The race ended up playing out more like a dual meet with Sterling. The Golden Warriors ended up winning the meet scoring 43 points to the Leafs' 55. Dunlap was a distant 3rd with 80 points. Next up will be a "re-match" in the Geneseo IHSA Sectional Meet which will be held on Saturday, October 28th at Richmond Hill Park.

Leading the way for the Maple Leafs was Junior standout Dylan Gehl. Dylan ended up placing second overall and ran the second fastest time for a Geneseo Runner EVER on the revised Lake Storey Park Course. Dylan was "Clocked" in 15:59. Earlier this season he set the GHS School Record for the course at the Galesburg Silver Streak XC Invite held on Saturday, September 2nd where he ran 15:37. He looked great the whole way and appears ready to help lead the Leafs when they try to qualify for a trip back to "Detwiller" and the IHSA State Finals. Dylan has some set some "lofty" Individual and Team Goals for both himself and the team. All the Best, Dylan. "Carpe Diem".

Senior Leader Sam Mosbarger continued his strong season. Sam joined Dylan by earning an "All Regional" Top 5 Finisher Medal. Sam was chasing Galesburg's standout Dom Cantarini the entire race and kicked him down in the final steps of the race. Sam broke his own Senior Class Record for the Lake Storey Course with his 16:11, His time took 18 seconds off his previous best on the course. He is the second fastest GHS runner EVER on the course. Sam helps to give the Leafs a potent 1-2 scoring attack. He will be aiming at more of the same next weekend when he races on his home course. Sam has provided the team with STRONG Senior Leadership All Season Long. "Prime Time" has arrived. GO GET 'EM!

Next up for the Maple Leafs was Sophomore Jaxson Sottos. Jaxson ran a gutsy race and placed 9th overall. He "Stopped da Clock" at 16:57. He already owns the GHS Sophomore School Record for the Lake Storey Course. He won the Silver Streak XC Invite back on September 2nd when he "ROARED" to a time of 16:38. It was VERY Windy during today's race but he still was able to run 16:57 in the race. Jaxson has really been "On a Roll" as he continued his strong Sophomore Harrier Campaign. Next Saturday is going to be a LOT of fun when the Maple Leafs play host to one of the four Class 2A IHSA Sectional Meets. "Sharpen" your spikes and get ready to FLY. Keep "Dreaming Big, Jaxson. All the Best. Ready, Set, GO!!!

"Da Big Yohanson" (Max Johnson) sprinted home next for the Maple Leafs. Max placed 19th and was timed in 17:39. He has run in the Leafs "Top 5" all season long (#4 Man a LOT.) Earlier this season, Max ran the 6th Fastest Junior time (16:45) at the Silver Streak XC Invite back in the beginning of September (also the #8 GHS Individual EVER on the Course). Great Stuff, Max. Maple Leaf fans are already salivating waiting to watch you and "da boys" race on your home course in the IHSA Geneseo Sectional Meet. Hopefully, all of those challenging workouts that you and your teammates have run will pay HUGE dividends as they "Come to Fruition." The fact that 6 of the Leafs Top 7 are all "Underclassmen" makes all the sweeter. IT'S GO TIME!

Sophomore Aidan Bries sprinted across the finish line as the Maple Leafs 5th Man! He placed 24th overall and was timed in a lifetime best of 17:53 for the challenging Lake Storey Course. Aidan "Chopped" 27 seconds off of his previous best time set earlier in the season at the Silver Streak XC Invite. His time moved him up to the 11th on the GHS Sophomore Top 25 List for the course. Great Stuff, Aidan. Aidan has battled a "Nasty" case of Osgood-Schlatter's and has continued to drop his times as the season progresses. His improvement gives the Leaf critical depth which is omnipotent. All the best next Saturday when you "Toe da Line" in the IHSA Geneseo Sectional Meet. "Detweiller Fever".....CATCH IT!

Freshman Jack Kreiss was the next Maple Leaf to cross the finish line. Jack placed 25th overall and improved his personal best on the course via his 17:56. He is "Sitting" as the 3rd Fastest GHS Freshman for the Lake Storey Course in school history. Jack has "Thrown Down" an impressive Freshman Harrier Season. His effort last week at the WIB-6 Conference Meet helped the Leafs defeat a strong Sterling team effort. All the best next Saturday when the Leafs "Play Host" to one of the four Class 2A Sectional Meets. Geneseo has never hosted a Sectional Meet before. The number one team goal will be to "Grab" on of the Top 7 finishes and qualify for the IHSA STATE FINALS. Keep listening to Coach Ehlert and get ready to FLY!

The final Maple Leaf across the finish line was Sophomore Graysen Caralson. Graysen has never been a distance runner before this season and what he has accomplished is "Jaw-Dropping". Grayson improved his "Silver Streak" Invitational time on September 2nd to 18:03. He is now the 12th Fastest GHS Sophomore EVER on the Lake Storey Course. He placed 26th overall in the race and beat every other team's #6 man. Graysen has an unavoidable conflict next Saturday. Not worries, Graysen. We have known about this conflict all season long. Your emergence as an Elite Runner has been a true inspiration to watch. We are VERY glad that you decided to become a member of this team. Keep helping the team in some way every day.

Lastly, a special "Shout Out" to those team members who didn't race but still showed up to ride the bus to the meet. Then, they transitioned into the Geneseo High School Cross Country Team "Hype Squad". They were EVERYWHERE on the course during both the Girls Race and the Boys Race. Every time they interacted with GHS runners, they provided them a little extra dose of inspiration. The team will need more of the same from you next Saturday when Geneseo hosts one of the four 2A IHSA Sectional Meets. Try and grab some additional teammates. There is a LOT of strength in numbers!!!

Date: 10/21/2023								
Meet: IHSA Galesburg Regional								
Site: Galesburg's Lake Storey Park								
Conditions: Race temp 61° with 17 mph northwest winds.								
Racing Distance: 3.00 miles								
Team Finish: Varsity Boys: 2ND PLACE								
	TIME	ATHLETE	PL	R	1-M	2-M	3-M	AVE.
1	15:59	Dylan Gehl-11	2	V	5:18	5:19	5:22	5:19
2	16:11	Sam Mosbarger-12	3	V	5:24	5:25	5:22	5:23
3	16:57	Jaxson Sottos-10	9	V	5:25	5:45	5:47	5:37
4	17:39	Max Johnson-11	19	V	5:46	5:51	6:02	5:53
5	17:53	Aidan Bries-10	24	V	5:45	5:58	6:10	5:57
6	17:56	Jack Kreiss-09	25	V	5:49	5:51	6:16	5:58
7	18:03	Graysen Carlson-10	26	V	5:46	5:58	6:19	6:01
	15:44	Varsity Race Leader	1	V	4:59	5:24	5:21	5:14
		Geneseo Spread						
		1-5	1:54					
		1-7	2:10					

2023 IHSA Class 2A XC Regional - #2A Galesburg (H.S.) HS

IN PROGRESS 📅 Sat, Oct 21, 2023 📍 Lake Storey

Mens Results

3 Miles Varsity

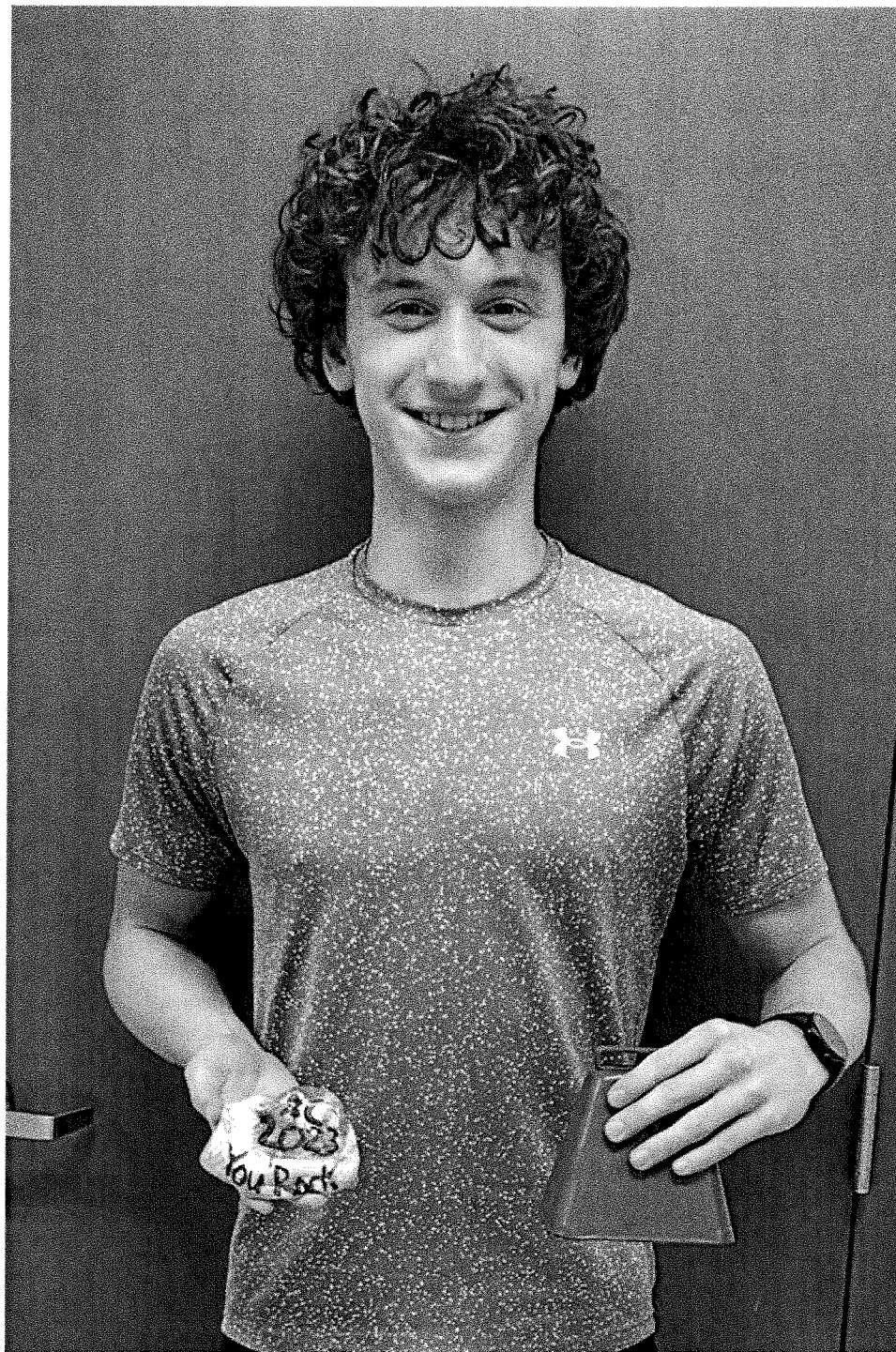
Official Team Scores

1. Sterling	43
2. Geneseo	55
3. Dunlap	80
4. Chillicothe (Illinois Valley Central)	117
5. Rock Falls	121
6. Macomb	154
7. Galesburg (H.S.)	163
8. Peoria (Richwoods)	169

{Incomplete Teams}
• Bartonville Limestone
• Canton
• Peoria H.S.

1. 12 Dale Johnson	15:44.60	Sterling
2. 11 Dylan Gehl	15:59.30	Geneseo
3. 12 Sam Mosbarger	16:11.70	Geneseo
4. 12 Dominic Cantarini	16:12.80	Galesburg (H.S.)
5. 12 Brecken Fahrenkrug	16:40.50	Chillicothe (Illinois V
6. 12 Parker Janssen	16:53.70	Sterling
7. 11 Aalin Schmidt	16:54.20	Sterling
8. 10 Jack Dunseth	16:57.60	Macomb
9. 10 Jaxson Sottos	16:57.80	Geneseo
10. 12 Charlie Serrahn	16:58.40	Dunlap
11. 12 Andrew Peterson	17:07.20	Galesburg (H.S.)
12. 10 Charles Johnson	17:07.40	Sterling
13. 11 Jacob Gladstone	17:08.00	Dunlap
14. 10 Jack Nester	17:17.60	Dunlap
15. 11 Jackson Manley	17:22.20	Bartonville (Limesto
16. 9 Cullan Fahrenkrug	17:28.10	Chillicothe (Illinois V
17. 10 Gabe Moyer	17:31.40	Rock Falls
18. 11 Parker Blakeslee	17:33.70	Sterling
19. 11 Max Johnson	17:39.10	Geneseo
20. 12 Bubka (Munkhbat) Carlson	17:39.20	Chillicothe (Illinois V
21. 11 Christian Cid	17:44.80	Rock Falls
22. 9 Max Draksler	17:48.60	Dunlap
23. 12 Luke Williams	17:52.10	Dunlap
24. 10 Aidan Bries	17:53.70	Geneseo
25. 9 Jack Kreiss	17:56.10	Geneseo

26. 10 Graysen Carlson	18:03.00	Geneseo
27. 11 Gunnar Damhoff	18:03.40	Rock Falls
28. 11 Aiden Post	18:08.70	Peoria (Richwoods)
29. 12 Brady Root	18:09.30	Rock Falls
30. 10 Gabe Gross	18:13.20	Peoria (Richwoods)
31. 12 Owen Anderson	18:18.00	Sterling
32. 12 Zach Lingenfelter	18:19.40	Canton
33. 10 Jeffrey Sommer	18:21.20	Rock Falls
34. 11 David Simmons	18:25.20	Macomb
35. 11 Sam Swain	18:32.40	Peoria (Richwoods)
36. 9 Adam Murnan	18:34.80	Chillicothe (Illinois Va
37. 11 Owen Cook	18:39.00	Peoria (Richwoods)
38. 11 Kyler Glaue	18:39.10	Macomb
39. 9 Alex Simmons	18:39.60	Macomb
40. 9 Ben McClelland	18:40.10	Dunlap
41. 12 Luke Siebenaler	18:42.00	Dunlap
42. 10 Ian Finney	18:46.70	Rock Falls
43. 12 Jacob Petitgout	18:48.50	Macomb
44. 10 Ethan Hoyt	18:49.20	Macomb
45. 12 Jordan Britt	18:49.40	Sterling
46. 10 Reece Fraikes	18:50.60	Chillicothe (Illinois Va
47. 11 Nathan Mura	18:55.80	Peoria (Richwoods)
48. 11 Finnegan Martin	18:57.20	Galesburg (H.S.)
49. 9 Marc Simmons	19:01.30	Macomb
50. 10 Owen Mitchell	19:05.70	Chillicothe (Illinois Va
51. 10 Blake Schade	19:08.00	Bartonville (Limeston
52. 10 Phoenix Perreault	19:10.50	Chillicothe (Illinois Va
53. 10 Jalen Abbott	19:20.10	Galesburg (H.S.)
54. 9 Michael Kopitas	19:20.60	Rock Falls
55. 11 Aaron Clark	19:34.40	Galesburg (H.S.)
56. 9 Dylan Renick	19:46.00	Canton
57. 11 Coby Jones	20:00.50	Peoria (Richwoods)
58. 11 Braden Rees	20:03.10	Galesburg (H.S.)
59. 12 Camden Kellem	20:14.10	Peoria (Richwoods)
60. 11 Malakai Page	20:32.20	Peoria (H.S.)
61. 11 Caidan Dougherty	20:57.00	Galesburg (H.S.)
62. 10 Elliott Black	21:16.10	Canton
63. 11 Ryan Grashuis	21:28.00	Bartonville (Limeston
64. 11 Jamaine Fleming	21:45.50	Bartonville (Limeston
65. 11 Dale Stewart	23:14.20	Peoria (H.S.)
66. 9 Josias Hollins	27:03.40	Peoria (H.S.)
67. 9 Michael Velazquez Acua...	27:21.50	Peoria (H.S.)



MAX "RINGS THE BELL"

Pictured is Junior Max Johnson who was selected as this week's "Bell Ringer Award Winner"

**JUNIOR MAX JOHNSON SELECTED
AS "BELL RINGER AWARD WINNER"**

Junior Max Johnson was selected as this week's "Bell Ringer Award Winner". The award was created by Head Maple Leaf Cross Country Coach Todd Ehlert with a little help from "da committee". The "Bell Ringer Award" honors a team member selected by a committee consisting of the senior team leaders and the coaching staff. Each member of the committee nominates two athletes. The committee then discusses each nominee until a winner is selected. A team member can be nominated every week but is eligible to win only once. Considerations for nomination include both practice and competitive performances. Possessing high levels of both Passion and Purpose are Omnipotent. The award winner is selected every Tuesday.

The time frame for this week's "Bell Ringer" ran from Wednesday, October 18th through Tuesday, October 24th. During that time, the Leafs participated in the Galesburg IHSA Regional Cross Country Meet. The meet was held at Galesburg's Lake Storey Park. Max was the 4th man for the Maple Leafs and helped the team qualify for next week's IHSA Sectional Meet. Max was timed in 17:39 and placed 19th overall in the race. The Leafs placed second as a team to Sterling. It was a VERY windy day and the times were significantly slowed by the wind. Earlier this season, Max "ROARED" to a time of 16:45 during the Galesburg Siver Streak XC Invite. That meet was held on Saturday, September 2nd. That time made Max the 6th Fastest Junior EVER on the current Lake Storey Course. He also is "Sitting" at #8 on the All-Time Individual List and #10 on the All-Time Performance List. Great Stuff, Max.

Max is enjoying a tremendous junior harrier season that has seen him rising to that of an elite athlete. He has helped lead the Maple Leafs all season long. He has placed in Geneseo's "Top 7" in every single race that the team has competed in this season. In fact, he has run in the Leafs' "Top 5" in all but one race this season. The "Big Yohanson" has been a Huge factor in the team's success all season long. Along the way, he has been adding his name to almost every Top 25 Course List that we have as well as helping the team achieve high levels of success. Included in the highlights of this season for him are a Team Western Big Six Conference Championship as well as 2nd Team All-Conference Honors. Max brings a healthy dose of both Passion and Purpose to practice on a daily basis. He also bring an "Infectious" smile that literally "Lights up a Room". He is also a compassionate teammate who possesses a "Team First" philosophy. It is hard for me to believe that he is already junior. Time flies. After a "Monster", "Breakout" Track season that saw him drop a 2:01 800 meter run and qualify for the IHSA State Meet, he put in another great summer of base work. He carried that right into the Cross Country season. Keep you eyes on this one. He has the "IT FACTOR". He has A LOT of IT. All the best with the remainder of the harrier season and beyond. Hopefully, another trip to Detweiller is "In the Cards". After that....the school record in the 800 is on alert. Stay hungry and keep paying the price that excellence demands. It is a true honor to serve as one of your coaches.

Here is what Max had to say about his Athletic History: 11th Grade: "I still don't have a lot to say about this year yet. My most proud moments so far from this Cross Country season have been running 16:36 at Detweiler and 16:45 at Galesburg. I'm excited to have the opportunity to run at Sectionals (and hopefully State) with this team this year. My goal for the upcoming Track season is to go under two minutes in the 800. It has honestly been my number one goal so far in high school and I think that I'm finally capable of achieving it. I am hoping to really take advantage of this winter and come out as a better runner."; 10th Grade: "I started realizing the

importance of year-round training. I started the season going out hard at the Rust Buster (2 miles) for fourth place OVERALL in the race, time of 11:22. "My highlights for the season were: First to the Finish, Detweiler Park: (17:45) "Hoover Park, 17:05 (Season PR) Varsity top 10 at Freeport, 17:55. Running was slower due to homecoming week. Metamora, 16:59. I was very excited to slip under 17 minutes for the first time. We won WB6 conference and my time was 17:24. Sectionals at Metamora 16:36. 10th Grade was my first State meet for Cross Country and I finished as Geneseo's 3rd runner, timed in at 17:35. The course was muddy and slow. In fact, I've never seen a course as muddy as it was that year. Track was a massive breakthrough for me. Instead of running throughout the winter I decided to spend it working out every day in the weight room. I must have put on about 20 pounds and it transformed me from an average runner to a state qualifier. My most proud accomplishments from this Track season were running 2:01 in the 800 and splitting a :52 in the 4x400. I went to State for both events. I still believe that qualifying for State in Track is the coolest thing I've ever done in my life. It felt like I was running at the Olympics."; 9th Grade: "In my freshman year, I ran Cross Country and earned my Varsity Letter, and ended up with a season-best time of 19:38, which I ran in the final meet of my season at the JV State meet. I was battling an injury and almost didn't race. I sure am glad that I did. In the Spring, I joined the Track and Field team where I ran both the 400-meter dash (59.12 season best) and 800-meter run (2:17.26 season best) both in open races and in relays. I also earned my Varsity Letter."; 08 Grade: "I ran Cross Country and made the Top 7 and raced at Sectionals. It was my greatest accomplishment at the time. In the spring, I ran Track and Field for the first time and raced anywhere from 100 Meters up to the 400 Meters. I believed that I was forever going to be a sprinter. Freddy proved me wrong on that one."; 07 Grade: "In Cross Country, I ran in the Top 7 and raced at Sectionals. Ill never forget getting my first pair of spikes that my parents promised I'd get if I made top 7. We did not have a Track season this year because of COVID. I remember it being very disappointed."; Prior to 7th Grade: "I played Baseball from Kindergarten through Third Grade. I played every position. My favorite was Shortstop. I love Baseball and am a huge Chicago Cubs Fan. I also played Soccer both in Kindergarten and First Grade. It wasn't my favorite. I vaguely remember playing Soccer with Sam (Mosbarger) at one point, not knowing we would end up on the same Cross Country team many years later. Coach Freddy asked me about positions...I don't have a clue. I remember having a lot of energy and was all over the field."

"Max is the proud son of Stephanie and Bob Johnson. Max is the proud the "Big Bro" Micah who is currently a Freshman at Geneseo High School.

Here are Max's answers to his "Bell Ringer Award" Questions: NICKNAME: "The Big Yohanson"; SCHOOL CLUBS AND/OR ORGANIZATIONS THAT YOU HAVE TAKEN PART IN: "Cross Country & Track & Field"; FAVORITE FOOD: "Spaghetti"; FAVORITE MOVIE: Forrest Gump"; FAVORITE MUSIC (Genre or Group): "Rock mainly, although I like just about anything."; ATHLETIC HERO: "Nick Symmonds" FAVORITE QUOTE: "What does Domming time mean" -Dom Cantarini; HOW DID YOU DECIDE TO JOIN THE XC TEAM: "I wasn't interested in playing other sports at the school and I happened to know people joining the Cross Country team."; WHAT ADVICE DO YOU HAVE FOR ANYONE NEW TO THE SPORT: "Do not sit around in the off-season. It's not worth it to let all your potential go to waste. Speaking from personal experience, you will regret it later and by then it will be too late."

Other team members who were nominated and discussed for this week's "Bell Ringer Award" were: Sophomore Aidan Bries, Sophomore Graysen Carlson, Junior Dylan Gehl, Freshman Jack Kreiss, Senior Sam Mosbarger, & Sophomore Jaxson Sottos.