



"BANG"

The Freshman runners reacting to the Starter's Pistol

MICAH, CONNOR, ALEX, AND JACOB ROLL

On Tuesday, October 17th, the Leafs traveled to Sterling's Hoover Park to participate in the annual Sterling 09/JV Invitational. The meet included teams from: Dixon, Geneseo, LaSalle-Peru, Princeton, Rock Falls, Rochelle, & Sterling. We love the meet's format that allows for one final

race for each team's runners who are NOT in the Top 7 (who will race in the IHSA Regional Meets on Saturday, October 21st).

The first race was the COED Freshman Race. The race started at 4:30 p.m. and the Leafs lined up 4 men.

Freshman Micah Johnson ("Da Little YoHannson") led the charge for the Leafs. He hung onto the lead pack for as long as he could and ended up placing 4th in a time of 19:44. Sterling awarded medals to the Top 5 finishers so Micah was proudly wearing one after the race. Great Season, Micah. It is going to be a lot of fun to see how much you will improve by next fall. For now.....It's time to become a member of "da Hype Squad".....Be EVERYWHERE on the course!!!

The next man up for the Leafs was Freshman Connor Runty who battled for the final medal the whole race. He ended up placing 6th in the race. Fear not, Coach Ehlert is going to award medals to any Leaf who placed in the Top 10 (since Sterling cut back on the medals). Connor was timed in 20:54 which was a season best on the course for him. Connor has really been on a roll and has a plethora of potential. Keep Dreaming Big. Now.....get ready to join "da Hype Squad"! Go CRAZY!!!

Next up for "da Leafs" was Geneseo's "Pioneer". Freshman Alex Aleman battled a knee injury earlier in the season but has been "On a Tear" since then. Alex "Smashed" his season best time on the Hoover Park Course. He was timed in 21:28. Alex has a BIG Heart and it "Shines" in everything he does. Alex raced to an 8th place finish. We hope he will run Track and then hammer a strong summer of base work before XC in 2024. Next up is to help lead the GHS "Hype Squad". LOTS of Noise.

Freshman Jacob Berry had a "BERRY" nice race himself. Jacob raced to a season best time on the Hoover Park Course. He was timed in 22:22 to place 11th overall in the race. Jacob admitted to me after the race that he wished that he had put in more training over the summer. I asked him if he was glad he had joined the team and he smiled and said, "YES". He will get that training in next summer (hopefully, Track season too.) "Hype Squad", get ready. Jacob is going to make a HUGE Difference for the group. He will cover a LOT of ground and help inspire "da Leafs".



JV RACE IS "OFF"

Pictured are the JV Runners reacting to the Starter's Pistol

CARLSON LEADS LEAFS VIA WIN

The JV race started at 5:15 p.m. and consisted of all of the Sophomores, Juniors, and Seniors who were in attendance and ready to race. Medals were awarded to the Top 5 Finishers. That was "cut" from the traditional "Top 10". Head Maple Leaf Boys XC Coach Todd Ehlert is going to award any a medal to any team members who placed in the 6th through 10 spots.

Sophomore Graysen Carlson took the lead early and never looked back. Graysen ended up winning the race by 24 seconds. He recorded a time of 17:34 to destroy his previous best on the Hoover park course. Graysen has had an impressive "Rookie" season. The dude has NEVER run distance previously. Keep your eyes on this one. He is going to make some BIG noise in the future. It's "Hype Squad" duty in addition to serving as the Leafs first alternate for the IHSA Post Season. Be Ready, just in case.

Junior Rylan Lambert sprinted home in 4th place, taking over a minute and a half off of his Hoover Park season best. He was timed in 18:10 and earned a Highly Coveted Top 5 finisher medal. Get ready to help lead the GHS "Hype Squad" to IHSA Post-Season Impact. Every time

the Top 7 receives support they will run FASTER. Next, nail Track....after that it will be time to become a "Senior Leader". The coaching staff has ZERO doubts that your influence will be profound.

Senior Austin Hull rolled in next. He placed 6th overall after "Lead Packing" early in the race. He was probably went out a bit too hard but he was proudly displaying a ton of both "Passion & Purpose" and you never know until you try. Austin has done a great job as a Senior Leader and has also really "Stepped Up" both in training and racing. The reason is a simple one. SENIOR PRIDE. Great Job, Austin. Now....stay ready, just in case, in addition to helping lead the GHS "Hype Squad".

Junior Matthew Darnall sprinted home next in 7th place. He was timed in a Hoover Park Course personal best of 19:33. "Matty" has really been on a roll. He already has the coaching staff discussing just how far he might be able to improve by next fall. The key will be to attack the off season. Dream Big and then back those dreams up with the commitment that excellence demands. "Da Hood" is VERY Proud of You. Kick off your spikes and put on your GHS "Hype Squad" gear. Be a "Difference Maker".

Junior Mason Anderson was the next Maple Leaf to cross the finish line. Mason placed 8th overall in the race and was timed in a Hoover Park personal best of 19:34. Mason has also "Raised His Game" the last month of the season. Hammer Track season and then put in solid summer of base. After that....get ready to become a Profound Senior Leader. The team's potential is HUGE but needs Strong Leadership. We have complete confidence in "da Mechanic". For the time being....help lead the GHS "Hype Squad". Try and be EVERYWHERE on the course.

Talk about improvement.....Sophomore Calvin Bell sprinted home in 10th place. He was timed in 19:58 which DESTROYED his Hoover Park personal best. Calvin has rebounded from a bothersome lower back issue. He has been racing at a high level for several weeks now. He also has the coaching staff excited about what his future holds. The potential to make a run at a Top 7 position is there if he is willing to put in the work. Dream Big, Calvin and then "Pay the Price". "Hype Squad" duty calls. Help inspire the Maple Leaf Top 7 during the IHSA Post-Season.

Senior Tyson Duda was the next Maple Leaf to cross the finish line. He sprinted home in 11th place and was timed in 20:38. He tied his season best for any course and destroyed his Hoover Park personal best time. Tyson has really stepped up and done a great job as a Senior Leader for the team. Now it's time to transition into the role of GHS "Hype Squad". Help to lead the rest of the group to cover as much of the course as possible. Help to "Inspire" the Top 7 Maple Leafs as they enter the IHSA Post-Season. Regional.....Sectional.....State.

The Maple Leafs' "Pizza Boy" was the next team member to cross the finish line. Connor Douglas sprinted home in 21:01 which took off over a minute and a half off of his Hoover Park course personal best. Connor had a Lot of conflicts earlier in the season but has really been on a roll in the last month. Get ready to step in the role of Senior Leader for the 2024 Season. Hopefully, run Track and then put in a solid summer of base work. Right now it is time to transition into the

role of becoming an impactful "Hype Squad" member. Help the Leafs effort to attain IHSA Post-Season glory.

Senior Ryley Rowold sprinted home next in 15th place. The "Sugar Maple Boy" was timed in 21:24. That was over a minute faster than his previous Hoover Park Course personal best. Way to roll, Ryley. Ryley has also done a solid job as a Senior Leader. We hope that you will return for one final Track season. Before then, get ready to help lead the GHS "Hype Squad". You and "da Boys" can have a profound influence on how the team performs. Try and spread out all over the course and cheer the team on. Regional.....Sectional.....State!

Foreign exchange student Rafa Uguina completed his competitive season by placing 16th. The Sophomore was timed in 22:23. That time was over TWO MINUTES faster than his previous personal best on the Hoover Park Course. Way to "Rock It", Rafa. We have really enjoyed having you on the team. We hope that the rest of your "Geneseo Adventure" will be AWESOME. Please join the "Hype Squad" in supporting the Varsity Top 7 in the coming weeks. Your role will be to help inspire them to race at a high level. "Bring It".

Junior Camden Baumgardner was up next for the Maple Leafs. He sprinted home in 18th place. "Cam's" time of 22:23 was a personal best for the Hoover Park Course and was a Lifetime Best for any course. Great Job, Camden. Up next will require you to transition into the roll of Geneseo High School "Hype Squad". The goal of the "Hype Squad" is to help inspire the Varsity Top 7 to race at a High Level of Excellence. Try and cover as much ground on the courses as you can. Every time you "Connect" with your teammates makes a difference. Go BIG!!!

Date: 10/17/2023								
Meet: Sterling 09/JV Cross Country Invite								
Site: Sterling's Hoover Park								
Conditions: Daytime high of 63° ...5 WSW mph winds...Perfect!								
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	17:34	Graysen Carlsen-10	1	JV	5:34	5:53	6:07	5:51
2	18:10	Rylan Lambert-11	4	JV	5:47	6:13	6:10	6:03
3	18:48	Austin Hull-12	6	JV	5:53	6:20	6:35	6:16
4	19:33	Matthew Darnall-10	7	JV	6:15	6:40	6:38	6:31
5	19:34	Mason Anderson-11	8	JV	6:21	6:40	6:33	6:31
6	19:44	Micah Johnson-09	4	9	5:53	6:50	7:01	6:34
7	19:58	Calvin Bell-10	10	JV	6:14	6:42	7:02	6:39
8	20:38	Tyson Duda-12	11	JV	6:38	7:02	6:58	6:52
9	20:54	Connor Runty-09	6	9	6:29	7:12	7:13	6:58
10	21:01	Connor Douglas-11	14	JV	6:38	7:02	7:21	7:00
11	21:24	Ryley Rowold-12	15	JV	6:38	7:07	7:39	7:08
12	21:28	Alex Aleman-09	8	9	6:41	7:10	7:37	7:09
13	22:13	Rafa Uguina-10	16	JV	7:17	7:27	7:28	7:24
14	22:22	Jacob Berry-09	11	9	6:52	7:30	8:00	7:27
15	22:23	Cam Baumgardner-11	17	JV	7:15	7:46	7:22	7:27
	DNC	Shane Bagby-11	Conflict					
	DNC	Guage Damewood-11	Conflict					
	DNC	Christian Haney-11	Illness					
	DNC	Zach Meier-11	Conflict					
	DNC	Jacob Taylor-11	Conflict					
	17:34	J.V. Leader	1	10	5:34	5:53	6:07	5:51
	18:25	09 Leader	1	9				
		Geneseo Spread						
		1-5	2:00					
		1-7	2:24					
		1-10	3:27					

Date: 10/17/2023						
Meet: Sterling 09/JV Cross Country Conference Invite						
Site: Sterling's Hoover Park						
Conditions: Race time temperature of 63°...5 mph WSW Winds. PERFECT!						
Racing Distance: 3.00 miles (course hard and fast)						
Team Finish: Meet Unscored Freshman Boys Race						
	TIME	ATHLETE	Grade	SCHOOL		
1	18:25	Brady Hopper	9	Dixon		
2	18:26	Michael Kipitas	9	Rock Falls		
3	18:35	Kohlson Stumpf	9	Dixon		
4	19:44	Micah Johnson	9	Geneseo		
5	20:51	Ethan Mallery	9	Princeton		
6	20:54	Connor Runty	9	Geneseo		
7	20:58	Daniel Ramizes	9	???		
8	21:28	Alex Aleman	9	Geneseo		
9	21:46	Rylan Jordan	9	Rock Falls		
10	22:02	Isiah Rojop	9	Sterling		
11	22:22	Jacob Berry	9	Geneseo		
12	23:14	Rylan Steagall	9	Rock Falls		
13	23:27	Logan Brown	9	LaSalle-Peru		
14	23:57	Austin Carrell	9	Sterling		
15	24:08	Zach Znanieck	9	LaSalle-Peru		
16	27:26	Cruz Rodriguez	9	Princeton		

Date: 10/17/2023						
Meet: Sterling 09/JV Cross Country Conference Invite						
Site: Sterling's Hoover Park						
Conditions: Race time temperature of 63° ...5 mph WSW Winds. PERFECT!						
Racing Distance: 3.00 miles (course hard and fast)						
Team Finish: Meet Unscored JV Boys Race						
	TIME	ATHLETE	Grade	SCHOOL		
1	17:34	Graysen Carlson	10	Geneseo		
2	17:58	Gavin Staats	10	Sterling		
3	18:09	Brecken Peterson	12	Sterling		
4	18:10	Rylan Lambert	11	Geneseo		
5	18:26	Ian Finney	10	Rock Falls		
6	18:48	Austin Hull	12	Geneseo		
7	19:33	Matthew Darnall	10	Geneseo		
8	19:34	Mason Anderson	11	Geneseo		
9	19:40	Cael Lyons	10	Sterling		
10	19:58	Calvin Bell	10	Geneseo		
11	20:38	Tyson Duda	12	Geneseo		
12	20:38	???	??	???		
13	20:58	Evan Merema	10	Sterling		
14	21:01	Connor Douglas	11	Geneseo		
15	21:24	Ryley Rowold	12	Geneseo		
16	22:13	Rafa Uguina	10	Geneseo		
17	22:23	Camden Baumgardner	11	Geneseo		
18	32:49	Caden McEnroe	9	Rochelle		