



LEAFS RUN "WILD" AT STERLING "09/JV STATE"

Pictured is most of the team after the action had concluded. Up front is the team's mascot "Glenn"

LEAFS CONCLUDE REGULAR SEASON IN STERLING

On Tuesday, October 22nd, the Leafs traveled to Sterling's Hoover Park to participate in the annual Sterling 09/JV Invitational. The meet offers one last chance for the guys who are not in the Varsity Top 7 to "Lace'em Up" and race while they are in peak form. We have been attending this meet for a LONG time and greatly appreciate Sterling for hosting it. There were no team awards (The Leafs won both the Freshman and the JV Races.) Individual medals were awarded to the Top 5 in the Freshmen race and Top 10 in the JV Race. Both races started both the girls and boys together to shorten the meet's length. This has been done for years and is a great move. Also, I should note that we affectionately refer to this meet as "JV & Freshmen STATE". It isn't but we have a lot of fun with the guys about it. We were just trying to get them fired up. Mission Accomplished.

The weather conditions were excellent with a daytime high of 72° with moderate winds that were mostly blocked via all the beautiful trees at the park. The 6-team field included: Dixon, Geneseo, LaSalle-Peru, Rochelle, Rock Falls, and Sterling. The course was changed this year by new Sterling Head Boys Coach Mark Johnson. He decided to make it a full 5K. I have known Mark for years (back in my road racing days) and respect him immensely. I do hate to lose the all of our GHS history via the Hoover Park top 25's. This is a pain I feel deeply every time a course changes. Oh well, such is life. On to the racing.



START OF THE FRESHMAN RACE

The GHS Freshmen react to the “Bang” of the Starter’s Pistol. Notice how they are in their drive phase

The Freshman race started at 4:30 p.m. sharp. The Geneseo Freshmen boys were a bit greedy as they “Grabbed” the Top 4 Places in the race to dominate the field. Leading the was was Henley Bourne who was racing because he can’t attend this coming Saturday’s Regional Meet due to a Marching Band Competition conflict. Henley took the lead early and “Roared” away from the field. His winning time for the 5K distance (3.10 miles) was 18:21 which is a new GHS Freshman Record for the course. It is also the 5th fastest time EVER for a GHS runner of any grade level. He ended up winning the race by 49 seconds and looked like he could have gone a LOT Faster if he had needed to. GREAT JOB, HENLEY.

Next up were the tandem of Kael McCord and Greyson Claerhout who ended up placing 2nd and 3rd. They ran most of the race together before Kael pulled away late in the race. Kael was timed in 19:10 (New #2 GHS Freshman on the Hoover Park Top 25 List and new #8 for any grade). Not far behind him was Greyson who “Stopped the Clock” at 19:23. Greyson is now the 3rd fastest GHS Freshman EVER on the current course and moved into 10th on the All-Time List (any grade). GREAT JOB, MEN!

The Leafs’ 4th Man, Fritz Bolme, had one of the most exciting finishes of any member of the entire team. He was in a tight battle with Sterling’s 1st man. When they reached the final “Flag” (about 200 meters from the finish) he just TOOK OFF!. It was AWESOME! Fritz ended up running 20:28, besting the Sterling runner by NINE SECONDS in the final 200 meters of the race. Fritz is now the 4th fastest GHS Freshman in GHS history for the course. He also moved into the #17 spot on the All-Time GHS Individual list (any grade level). WAY TO ROLL, FRITZIE!

Not far behind were Patrick Versluis and Rylan Carlson who sprinted across the finish line in 22:20 and 22:30. They both ran great races and ended up placing 11th and 12th in the race. They are now the 5th and 6th fastest Freshmen EVER on the course. They also "Cracked" the All-Time Top 25 List. Patrick is now 22nd and Rylan is 24th. Patrick was also one of two Maple Leafs on the day to average his fastest mile pace for the entire season. GREAT STUFF, MEN.

By the way, all 6 men recorded personal bests for the course. The goal in any training program is to be at your best at the end of the season. Obviously, the weather & course conditions affect this. To say the Geneseo High School Cross Country FUTURE looks bright would be putting in Mildly. WOW.....HOLLY MOLLY.....I Think you get the idea. WE ARE VERY PROUD OF YOU MEN!



THE JV RUNNERS ARE OFF

Pictured are most of the Geneseo High School JV Runners as they react to the Starter's Pistol

The JV race started at approximately 5:15 p.m.. Leading the Leafs effort was Sophomore Alex Aleman who moved up nicely in the race to "Grab Silver". He was timed in 19:17 for the 5K (3.10 miles) course. His time is a New Sophomore School Record for a GHS runner on the new course. It also moved him into the number 9 spot on the "All-Time" Top 25 List (any grade level.) Alex

was also one of two Maple Leafs on the day to race at his fastest mile pace for the entire season. GREAT RACE ALEX

Senior Leader Rylan "Little Lambo" Lambert was on a mission in this race. He took the lead early and put everything he had into trying to win the race. At one point he had built a HUGE Lead. He ended up tying up a bit but still hung on for 3rd place. It as truly an inspirational effort and I have never been prouder of an athlete in my life. Rylan ended up being timed in 19:42 which is the 3rd fastest time EVER for a GHS Senior on the new course. He also moved into 13th on the "All-Time" Top 25 list (any grade level). WAY TO LEAD VIA EXAMPLE, RYLAN!!!

Closing fast was Sophomore Micah Johnson who placed 4th overall and was timed in 19:46. Micah was just off of his 19:30 time run at the Sterling Rock River Run Invitational which was held earlier in the season (#12th on the "All-Time" List) (any grade level) and #3 on the Geneseo High School Sophomore Top 25 List. Every race doesn't go as we hope and Micah did a great job of fighting all the way to the finish line. It must be nice to have a "less than perfect race" and still finish 4TH OVERALL IN THE ENTIRE RACE. WAY TO GO, "LITTLE YOHANSON". We are VERY proud of you.

The next Leaf up was Senior Leader Connor Douglas who sprinted home in 5th Place. In case you aren't counting, that's FOUR Leafs in the TOP FIVE. WOW!!! Connor was timed in 20:18 which is now the 6th fastest time EVER on the new course for a GHS Senior. it also moved him into 16th place on the "All-Time" Individual List. WAY TO GO, PIZZA BOY You have come a LONG way since you first began this journey. WE ARE VERY PROUD OF YOU. What a Great Way to end your Geneseo XC racing career.

Junior Calvin Bell also ran an extremely aggressive race and paid the price. Calvin was out "Hot" and was able to hang on to a Top 10 finishing medal (7th Place). That isn't the easiest way race but certainly demonstrated a LOT OF GUYS. Great Effort, Calvin. Calvin's time of 21:18 was just off his 21:02 time that he ran at the Sterling Rock River Run Invitational earlier in the season (#5 GHS Junior Time on the new course and #18 on the GHS "All-Time" Individual Top 25 list). Next year you will be one of the team's Senior Leaders. The Passion and Purpose you demonstrated in today's race are signs that you will do a GREAT JOB OF BEING A GHS LEADER. Keep "Dreaming Big" and backing those dreams up with the commitment that excellence demands.

Next up was Sophomore Connor Runty who sprinted across the finish line in 21:30 and in 8th place to also grab a "Top 10" finisher medal. That's SIX Maple Leafs in the Top Eight by the way! Great stuff, Connor. Certainly, one of your best races EVER. Connor's time moved him into the 4th fastest Sophomore EVER on the new course for a GHS Runner. It also moved him into the 19th spot on the GHS Top 25 Individual List (any grade level). Remember, Connor, this course is LONG....it's a 5K (3.10 miles) and may be farther than that. We are VERY PROUD OF YOU. WAY TO RACE!!!

Next up was Senior Leader Mason Anderson. Mason has struggled all season long with a digestive track issue that has made it extremely uncomfortable to race at a fast tempo. Mason put forth his best effort and ended up placing 11th overall in the race and was timed in 22:25. That time moved him into the number 9 spot on the Hoover Park Top 25 GHS list for Seniors on

the new course. It also moved him into 23rd spot on the "All-Time" Individual list. Great Stuff, Mason. We greatly appreciate your efforts this season. We know it hasn't been easy for you. Way to hang in there and help lead the team anyway. YOU ROCK!

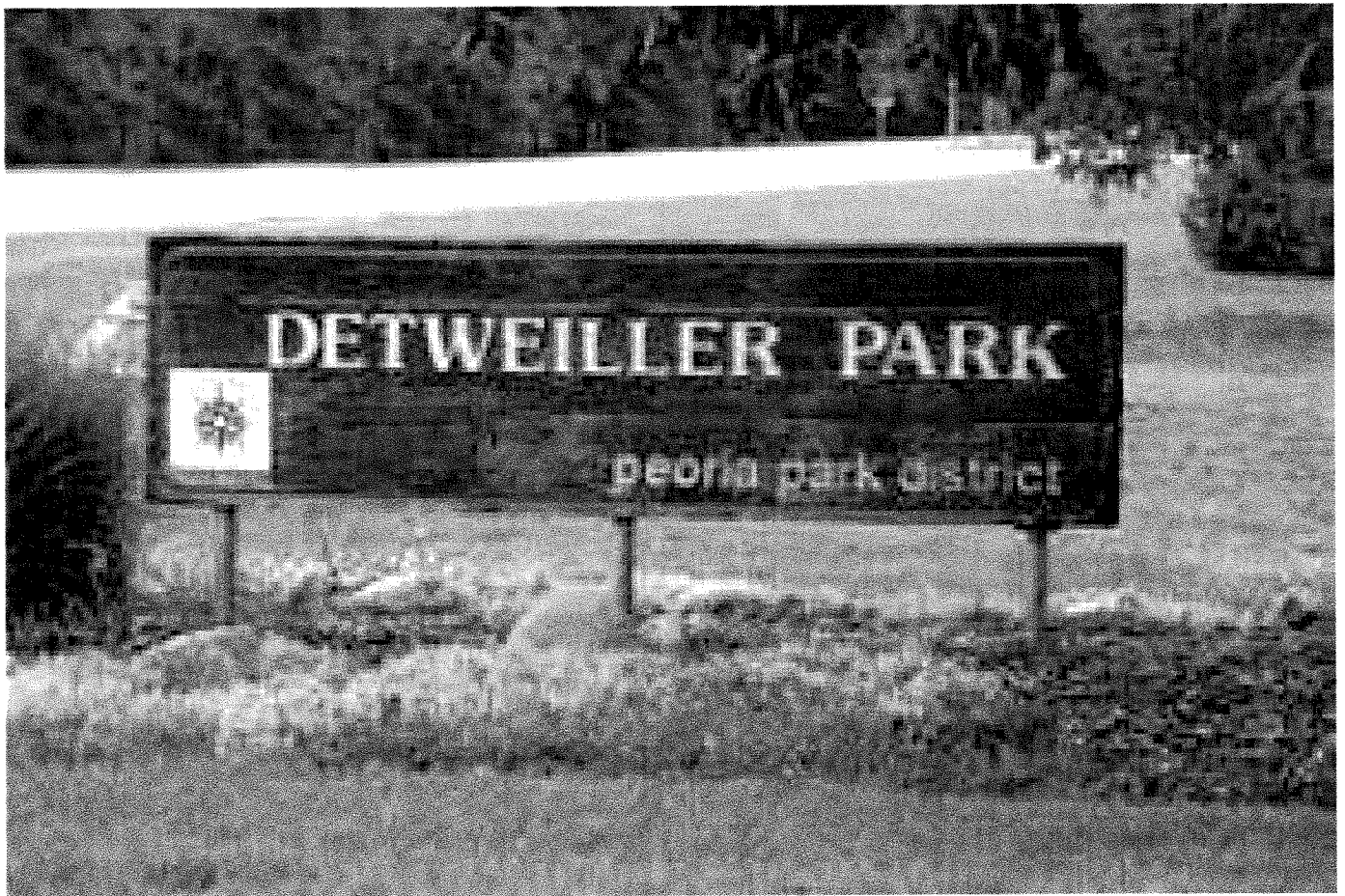
Sophomore Jacob Berry was the next Maple Leaf across the finish line. Jacob has battled a "nasty" case of shin splints for the entire season. He chose to finish the season racing and has really "Brought It" for "Championship Meet Season". Jacob placed 12th overall in the race and was timed in 22:59. His time is the 5th fastest time EVER for a GHS Sophomore on the Hoover Park new course. Jacob also "Cracked" the "All-Time" Individual GHS List (any grade level) as he moved into 25h place.

Senior Leader Camden Baumgardner was the final Maple Leaf to sprint across the finish line. He was timed in 23:14 and placed 13th overall in the race. Camden is a busy man with many interests. He is a key member of the Geneseo High School Marching Band in addition to "Lacing Em Up" for the Cross Country team. His efforts have been greatly appreciated. Camden's time of 23:14 moved him into 10th place on the GHS Senior Top 25 list for the new course. Great Job, Camden. All the best in your future endeavors.

In summary, all but two of the men set a personal best on the course today. That's 86 percent. That is AWESOME. It is also a Great boost confidence-wise for the Varsity Top 7 who will be competing in the Dunlap Regional Meet on Saturday, October, 26th. The "Peaking" component of the training program appears to be "Spot On". Trust the process, Men and get ready to "Book Your Ticket" to the Metamora Sectional Cross Country Meet to be held at Black Partridge Park on Saturday, November 2nd. Also, great job of serving as the "Hype Squad", Varsity. You were EVERYWHERE and certainly helped each teammate to put forth their best effort. Hopefully, those men will repay your efforts in the coming weeks. "TOGETHER WE CAN"!!!!

Detweiller Fever

Catch it!



Date: 10/22/2024								
Meet: Sterling 09/JV Cross Country Invite								
Site: Sterling's Hoover Park								
Conditions: Daytime high of 72° ...13 WSW mph winds...Perfect!								
Racing Distance: 5K (3.10 miles)....course hard and fast								
Team Finish:		No Team Scores						
	TIME	ATHLETE	PL	R	1-M	2-M	3-M	AVE.
1	18:21	Henley Bourne-09	1	9	5:27	5:59	6:27	5:57
2	19:10	Kael McCord-09	2	9	5:39	6:25	6:37	6:13
3	19:17	Alex Aleman-10	2	JV	6:00	6:06	6:37	6:14
4	19:23	Greyson Claerhout09	3	9	5:38	6:28	6:46	6:17
5	19:42	Rylan Lambert-12	3	JV	5:39	6:18	7:05	6:20
6	19:46	Micah Johnson-10	4	JV	5:57	6:19	7:03	6:26
7	20:18	Connor Douglas-12	6	JV	6:15	6:15	7:16	6:35
8	20:28	Fritz Bolme-09	4	9	6:11	6:44	7:03	6:39
9	21:18	Calvin Bell-11	7	JV	5:56	6:55	7:51	6:54
10	21:30	Connor Runty-10	8	JV	6:21	7:01	7:32	6:58
11	22:20	Patrick Versluis-09	11	9	6:44	7:26	7:34	7:14
12	22:25	Mason Anderson-12	11	JV	6:54	7:11	7:41	7:15
13	22:30	Rylan Carlson-09	12	9	6:47	7:28	7:39	7:18
14	22:59	Jacob Berry-10	12	JV	6:55	7:10	8:15	7:26
15	23:14	Cam Baumgardner-12	13	JV	6:56	7:21	8:20	7:32
	DNC	Shane Bagby-11	Conflict					
	DNC	Matthew Darnall-11	Injury					
	DNC	Christian Haney-11	Illness					
	DNC	Tyler Holtzen-12	Conflict					
	DNC	Jacob Taylor-12	Conflict					
	19:04	J.V. Leader	1	10	5:39	5:59	6:27	6:08
	18:25	09 Leader	1	9	5:27	5:59	6:27	5:57
		Geneseo Spread						
		1-5	1:21					
		1-7	1:57					
		1-10	3:09					



Sterling JV Invitational HS

OFFICIAL 📅 Tue, Oct 22, 2024 📍 Hoover Park, IL US

👤 Mens Results

5,000 Meters Freshman

Official Team Scores

1. Geneseo 19

2. Sterling 37

1.	9	Henley Bourne	18:21	Geneseo
2.	9	Kael McCord	19:10	Geneseo
3.	9	Greyson Claerhout	19:23	Geneseo
4.	9	Fritz Bolme	20:28	Geneseo
5.	9	Owen Roddy	20:37	Sterling
6.	9	Landon VanZuiden	20:45	Sterling
7.	9	Chance Zuithoff	20:59	Sterling
8.	9	Cristopher Lawrence	21:55	Rochelle
9.	9	Dashawn Boyd	22:14	Rock Falls
10.	9	Lucas Knowles	22:19	Sterling
11.	9	Patrick Versluis	22:20	Geneseo
12.	9	Rylan Carlson	22:30	Geneseo
13.	9	Gabriel Rabe	22:59	Sterling
14.	9	Gregory Smith	24:35	Rochelle
15.	9	Keith Ross	24:51	Rock Falls
16.	9	Liam Bertsche	28:54	Rochelle
17.	9	Isaac Kendricks	30:17	Sterling

5,000 Meters Junior Varsity

Official Team Scores

1. Geneseo 15

1.	10	Jace Westlund	19:04	Rock Falls
2.	10	Alex Aleman	19:17	Geneseo
3.	12	Rylan Lambert	19:42	Geneseo
4.	10	Micah Johnson	19:46	Geneseo
5.	12	Connor Douglas	20:18	Geneseo
6.	9	LeRoy Higley	20:34	Dixon
7.	11	Calvin Bell	21:18	Geneseo
8.	10	Connor Runty	21:30	Geneseo
9.	10	Rylan Jordan	21:35	Rock Falls
10.	12	Travis Pinnegar	21:41	LaSalle (L.-Peru)
11.	12	Mason Anderson	22:25	Geneseo
12.	10	Jacob Berry	22:59	Geneseo
13.	12	Camden Baumgardner	23:14	Geneseo
14.	11	Logan Brown	24:17	LaSalle (L.-Peru)
15.	11	Austin Herron	30:35	LaSalle (L.-Peru)