



LEAFS WIN ANNAWAN-WETHERSFIELD TITAN INVITE

Pictured is the Championship Team from Geneseo

2025 MAPLE LEAFS KEEP "STREAK" ALIVE

On Tuesday, September 2nd, the Leafs traveled to Kewanee's Midland Golf Course (also called The Dunes) to participate in the annual "Titan XC Invite". The meet is hosted by Annawan-Wethersfield head coach Creston Fenn. The Leafs have been in attendance ever since Head Coach Todd Ehlert took over the program. The team has never lost this meet and hoped to extend that streak. The meet is held on a golf course (Kewanee's Midland Golf Course) so the footing is amazing. The 16-team field contains mostly Class 1A schools with Geneseo and Galesburg being the only 2A in the field. Only 9 of the 16 teams had enough runners to field scoring teams (at least 5 runners). However, there was a lot of quality in the field.

The runners were treated to a wonderful early September day. The daytime high was 78° and the winds were blowing from the northwest at 5 miles per hour. The dew point was an amazing 54°. Amazing weather for September. In Cross Country, you never know for certain how long the course is. The posted distance is 3.00 miles but it may have been a bit longer. There were a few rolling hills too. The field included teams from; Aledo (Mercer County), Annawan-Wethersfield, Cambridge, Galesburg, Galva, Geneseo, Monmouth-Roseville, Oneida (ROWVA), Orion, Princeville, Rock Island (Alleman), Sherrard, Taylor Ridge (Rockridge), & Toulon (Stark County.) Coach Fenn offered a 1.50 miles race for runners not quite ready for the full 3 mile distance. That race started at 4:00 p.m. sharp. The Varsity Girls race began at 4:20. Then it was time for the Maple Leafs to "Close the Show".

The Varsity Boys sprinted off the starting line when they heard the Starter's Gun go BANG! Team hardware to the Top 3 Teams was on the line in addition to Individual Medals to the Top 25 Runners (up from top 20 previously). The Leafs entered the meet with Senior Kaden Elmer nursing a sore hip (Coach instructed him to run conservatively) and fellow senior Aidan Bries

sitting this one out with a head cold. Other Leafs would need to "Step Up" if the team was going to keep the winning streak alive.

Sophomore Henley Bourne, and Seniors Jaxson Sottos, and Graysen Carlson led the Leafs as each man finished in the Top 10. Henley was timed in a NEW GHS Sophomore Class Record for course. He placed 2nd in the race and was timed in 16:31. That is also the 3rd fastest time for a GHS runner of any grade level EVER. He had a BIG KICK. Jaxson sprinted across the finish line in 6th place and was timed in 16:45. He ran faster last year (15:57) but his time of 16:45 moved him into 3rd place for GHS seniors on the course. Graysen wasn't far behind as he placed 9th overall. He was timed in 16:53 (5th All-Time and 4th on the Senior Top 25 List. It was awesome to watch all three men "Pack it Up" for most of the race. Way to roll, Men.

If Aidan and Kaden had both been feeling good, I predict the Leafs would have placed 5 men in the Top 10. Oh well, welcome to athletics and dealing with the obstacles that occur during the season. All I know is that when the Leafs "Big 5" are all in the line-up and feeling good.....WATCH OUT!

Next up was one of the biggest surprises in the meet. Sophomore Greyson Claerhout took a HUGE step forward and raced to 20th place overall. Without his race, the Leafs would probably not have won the meet. He "Stopped the Clock" at 17:46. He now ranks as #13 on the GHS All-Time List and #6 on the Sophomore List. Racing on a sore hip was Senior Kaden Elmer. Coach Ehlert instructed him to hold back early and then move up IF his hip loosened up. He was sprinting all out at the end of the race and placed 21st overall in the race. He was timed in 17:52. He has run faster on the course (when healthy) but his time still moved him into the #9 Senior spot on the GHS Top 25 List. The Leafs Top 5 Runners All Earned Individual Hardware. Each man was presented a Highly Prized "Top 25 Finisher Medal." Well Done, Men!

Next up for the Maple Leafs were Sophomores: Kael McCord, Fritz Bolme, & Rylan Carlson. Each man "Cracked the Top 60". Kael placed 30th and was timed in a quick 18:25. He now ranks 18th on the GHS All-Time List for the course and 9th on the Sophomore List. Fritz sprinted home in 44th place and was timed in 19:34. He Looked AWESOME the whole way. He is now the 16th fastest Sophomore on the course for a GHS Runner EVER. Next up was the Leafs' "Rocky Balboa" (Rylan Carlson). Several fans were overheard yelling "Adrian" as he sprinted home COVERED IN BLOOD. He suffered a pretty nasty bloody nose but finished the race anyway. Tough stuff, Rylan. He placed 59th and was timed in 20:37. He is now the 18th Fastest GHS Sophomore EVER for the course. Gutsy Efforts, Men!!!

Not far behind was Junior Micah Johnson who placed 67th and was timed in 20:58. Micah's time moved him into the #15 GHS Junior time for the course. Next up was "Rookie" Cole Henson. The Sophomore was timed in 21:26 and placed 74th overall in the race. Cole is now the 24th Fastest GHS Sophomore EVER on the course. Finishing closely behind Cole were Seniors Calvin Bell (76th Place) and Jameson Coppejans (77th Place). Calvin was timed in 21:28 and now the 21st Fastest GHS Senior EVER on the course. Jameson competed for the first time as a Maple Leaf Harrier. The "Rookie" closed strong and was timed in 21:30. His time moved him into 22nd place for a GHS Senior EVER on the course. Great Stuff, Men. Keep up the good work.

Rounding out the Maple Leafs efforts of the day were Junior Connor Runty, Sophomore Noah Arnold, and Freshman Phoenix Sottos. Connor was timed in 23:08 and placed 89th overall in the race. He is now the proud #25 fastest Junior EVER on the course. "Rookie" Noah Arnold was up next and fought hard the whole race. He is battling a nasty case of "Shin Splints" but raced to a fine time of 24:18 anyway and placed 93rd overall. The Leafs Lone Freshman Phoenix Sottos finished the Leafs racing on the day in style. I LOVE the way this young man trains and races. Total Passion & Purpose". He sprinted across the finish line in 103rd place and "Stopped the Clock" at 30:23. Great Stuff, Men. We are proud of each of you.

The Leafs will next be in action on Saturday, September 6th when they participate in the 48th Annual Galesburg Silver Streak XC Invite. The action will be held at Galesburg's Lake Storey Park. Keep up the great work, Men. The goal is to keep improving all season long. Make sure you are getting enough sleep and fueling your body with healthy foods and beverages. Remember that every man on the team makes a difference. Keep "Dreaming Big" and backing those dreams up with the commitment that excellence demands. If it were easy, anyone would do it. God Bless Each of You.

Date: 09/02/2025							
Meet: Annawan Wethersfield Titan Inv.							
Site: Kewanee Midlands Golf Course....also referred to as Kewanee Dunes G.C.							
Conditions: Daytime high of 78° 5 mph NW							
Racing Distance: 3.00 miles							
Team Finish: Varsity Boys: 1ST PLACE							
	TIME	ATHLETE	PL	1-M	2-M	3-M	AVE.
1	16:31	Henley Bourne-10	2	5:17	5:41	5:32	5:30
2	16:45	Jaxson Sottos-12	6	5:18	5:45	5:41	5:34
3	16:53	Graysen Carlson-12	9	5:18	5:48	5:46	5:37
4	17:46	Greyson Claerhout-10	20	5:36	6:05	6:04	5:55
5	17:52	Kaden Elmer-12	21	5:40	6:07	6:05	5:57
6	18:25	Kael McCord-10	30	5:38	6:24	6:22	6:08
7	19:34	Fritz Bolme-10	44	6:07	6:43	6:44	6:31
8	20:37	Rylan Carlson-10	59	6:28	7:06	7:03	6:52
9	20:58	Micah Johnson-11	67	6:30	7:08	7:19	6:59
10	21:26	Cole Henson-10	74	6:48	7:12	7:25	7:08
11	21:28	Calvin Bell-12	76	6:37	7:23	7:28	7:09
12	21:30	Jameson Coppejans-12	77	6:22	7:19	7:48	7:09
13	23:08	Connor Runty-11	89	6:49	8:09	9:09	8:02
14	24:18	Noah Arnold-10	93	7:25	8:32	8:20	8:05
15	30:23	Phoenix Sottos-09	103	8:55	10:16	11:11	10:07
		Jacob Berry-11	Conflict				
		Aidan Bries-12	Illness				
	16:04	Race Leader	1	???	???	???	5:21
		Geneseo Split					
		1-5	1:21				
		1-7	3:03				
		1-10	4:55				

First Name	Last Name	Division	Grade	Time	2024 Results	2023 Results	2022 Results
Henley	Bourne	Male	10	16:31	18:01	Middle School	Middle School
Jaxson	Sottos	Male	12	16:45	15:57	16:33	19:27
Graysen	Carlson	Male	12	16:53	17:16	18:53	DNR
Greyson	Claerhout	Male	10	17:46	22:03	Middle School	Middle School
Kaden	Elmer	Male	12	17:52	17:37	17:31	18:36
Kael	McCord	Male	10	18:25	19:54	Middle School	Middle School
Fritz	Bolme	Male	10	19:34	21:14	Middle School	Middle School
Rylan	Carlson	Male	10	20:37	24:43:00	Middle School	Middle School
Micah	Johnson	Male	11	20:58	18:46	19:17	Middle School
Cole	Henson	Male	10	21:26	DNR	Middle School	Middle School
Calvin	Bell	Male	12	21:28	20:24	21:11	DNR
Jameson	Copejans	Male	12	21:30	DNR	DNR	DNR
Connor	Runty	Male	11	23:08	21:48	22:16	Middle School
Noah	Arnold	Male	10	24:18:00	DNR	Middle School	Middle School
Phoenix	Sottos	Male	9	30:23:00	Middle School	Middle School	Middle School
Jacob	Berry	Male	10	DNR	22:57	27:53:00	Middle School
Aidan	Bries	Male	11	DNR	DNR	18:31	19:06

Annawan-Wethersfield Titan Invitational HS

OFFICIAL 📅 Tue, Sep 2, 2025 📍 Midland Golf Course @ Kewanee Dunes Golf Club, IL US

Mens Results

3 Miles Varsity

Official Team Scores

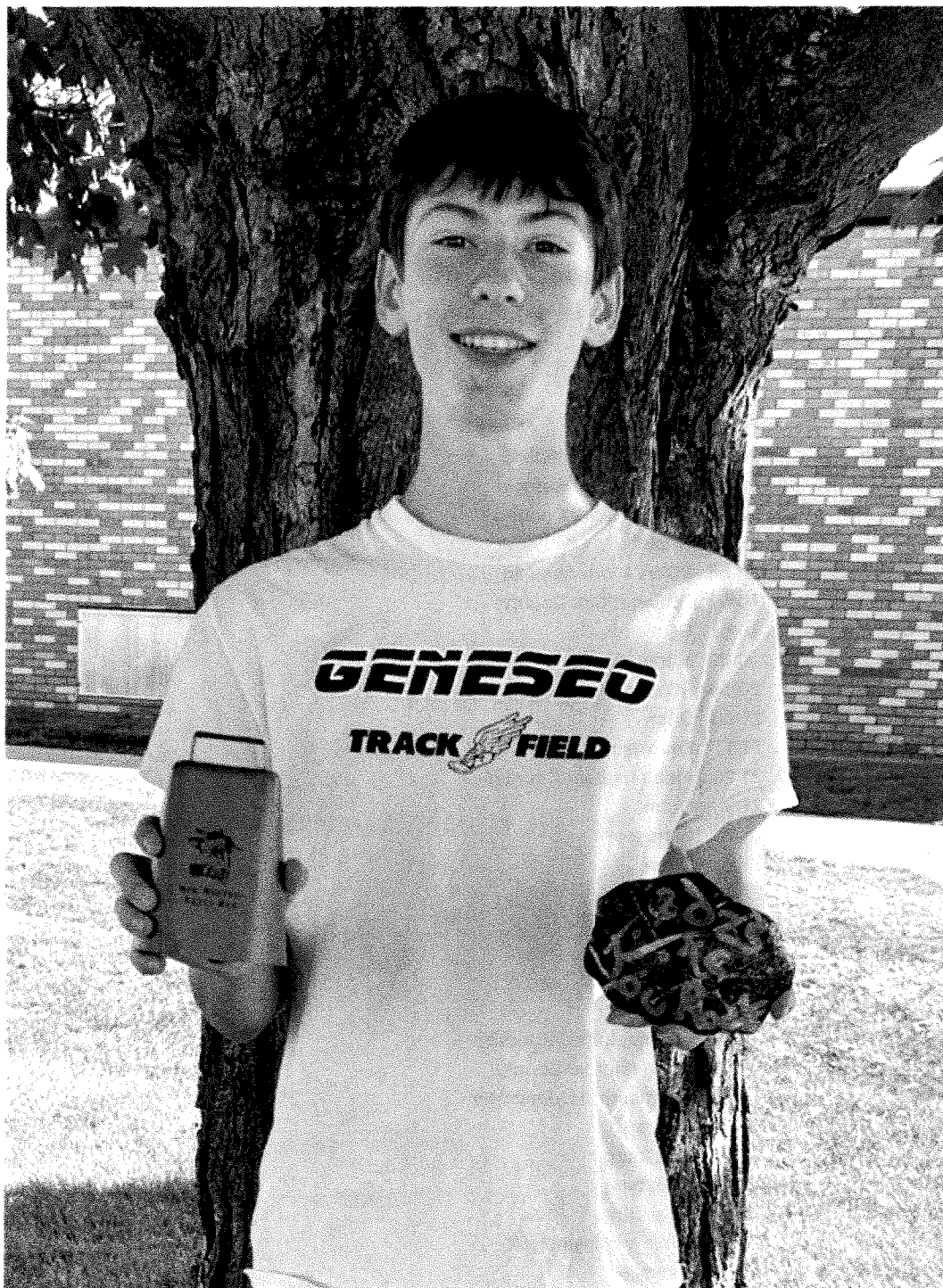
1. Geneseo	50
2. Sherrard	62
3. Rock Island (Alleman)	83
4. Galesburg	115
5. Kewanee (Wethersfield)	126
6. Aledo (Mercer County)	142
7. Toulon (Stark County)	145
8. ROWVA Williamsfield	167
9. Orion	228

Incomplete Teams

Biggsville (West Central)
Cambridge (Ridgewood)
Galva
Kewanee
Monmouth-Roseville
Princeville
Taylor Ridge (Rockridge)

1. 10 Evan Knobloch	16:04 Toulon (Stark County)
2. 10 Henley Bourne	16:31 Geneseo
3. 10 Hunter Keyster	16:31 Princeville
4. 11 Alex Belha	16:35 Sherrard
5. 12 Caden Jenilis	16:39 Rock Island (Alleman)
6. 12 Jaxson Sottos	16:45 Geneseo
7. 12 Noah Feltner	16:47 Kewanee (Wethersfield)
8. 12 David Browning	16:49 Sherrard
9. 12 Graysen Carlson	16:53 Geneseo
10. 10 Brayden McGuire	17:15 Galesburg
11. 12 Taylor Hess	17:22 Princeville
12. 12 Noah Verscha	17:27 Rock Island (Alleman)
13. 10 Cristiano Saucedo	17:31 Rock Island (Alleman)
14. 11 Daylon Hendrix	17:31 Kewanee (Wethersfield)
15. 12 Brody Clark	17:32 Aledo (Mercer County)
16. 12 Wyatt Hall	17:35 ROWVA Williamsfield
17. 11 Payton Summers	17:41 Sherrard
18. 11 Jacob Bosch	17:45 Princeville
19. 10 Dominic Fahrenkrog	17:45 Sherrard
20. 10 Greyson Claerhout	17:46 Geneseo
21. 12 Kaden Elmer	17:52 Geneseo
22. 11 Cash Verstraete	17:55 Kewanee (Wethersfield)
23. 11 Josh Struble	17:56 Aledo (Mercer County)
24. 12 Luke Anderson	17:58 Sherrard
25. 10 Charles Anderton	18:09 Galesburg
26. 9 Jackson Smith	18:10 Toulon (Stark County)
27. 12 Garret Myers	18:11 Rock Island (Alleman)
28. 11 Collin Bowers	18:17 Princeville
29. 12 Silas Descalzo	18:20 Galesburg
30. 10 Kael McCord	18:25 Geneseo
31. 10 Issac Becker	18:27 Galesburg
32. 10 Miles Wied	18:33 Kewanee (Wethersfield)
33. 11 Brady McPeck	18:36 Aledo (Mercer County)
34. 12 Colton Reid	18:52 Taylor Ridge (Rockridge)
35. 11 Jonas Carlson	18:53 ROWVA Williamsfield
36. 11 West Manning	18:56 ROWVA Williamsfield
37. 12 Jalen Abbott	18:58 Galesburg
38. 10 Hunter Ely	19:05 Toulon (Stark County)
39. 11 Audey Hobert	19:07 Rock Island (Alleman)
40. 11 Noah Belowske	19:09 Orion
41. 9 Silas Hays	19:10 Aledo (Mercer County)
42. 11 Owen Mathews	19:13 Rock Island (Alleman)
43. 10 Mason Schnell	19:16 Sherrard
44. 10 Fritz Bolme	19:34 Geneseo
45. 9 Ellis Thorndyke	19:40 Orion

46. 11 Braiden Krah	19:44 Sherrard
47. 9 Will Denton	19:47 Toulon (Stark County)
48. 10 Ben DeBisschop	19:47 Rock Island (Alleman)
49. 12 Jason Rusk	19:50 Kewanee
50. 11 Payton Thirtyacre	19:58 Aledo (Mercer County)
51. 12 Carson Moore	20:03 ROWVA Williamsfield
52. 10 Isaiah Rosas	20:13 Rock Island (Alleman)
53. 12 Ethan Grinnell	20:23 Toulon (Stark County)
54. 9 Garrett DeWitt	20:24 ROWVA Williamsfield
55. 10 Logan Kean	20:26 Rock Island (Alleman)
56. 9 Leo Graf	20:27 Rock Island (Alleman)
57. 9 Collin Patterson	20:32 Orion
58. 11 Bryant Jeffrey	20:33 Galva
59. 10 Rylan Carlson	20:37 Geneseo
60. 9 Hunter Shemek	20:39 Sherrard
61. 12 Logan Washburn	20:41 ROWVA Williamsfield
62. 10 Julien Punkiewicz	20:42 Rock Island (Alleman)
63. 9 Erik Knobloch	20:43 Toulon (Stark County)
64. 9 Carter Sersland	20:50 Orion
65. 11 Emerson Ponce	20:55 ROWVA Williamsfield
66. 11 Keyshon Webster	20:57 Toulon (Stark County)
67. 11 Micah Johnson	20:58 Geneseo
68. 9 Brody Johnson	20:59 Monmouth (M.-Roseville)
69. 11 Andrew Broadfield	20:59 ROWVA Williamsfield
70. 9 Kamdyn Reynolds	21:00 Orion
71. 12 Anthony Padilla	21:17 Kewanee
72. 9 Paxton Cardine	21:20 Aledo (Mercer County)
73. 11 Aaron Lilly	21:22 Orion
74. 10 Cole Henson	21:26 Geneseo
75. 11 Dillon Thomas	21:28 Orion
76. 12 Calvin Bell	21:28 Geneseo
77. 12 Jameson Coppejans	21:30 Geneseo
78. 9 Lloyd Martens	21:38 Cambridge
79. 12 Jordan Dodd	21:40 Orion
80. 11 Brayve Wakeland	21:45 Sherrard
81. 11 Love Kapesa	21:46 Monmouth (M.-Roseville)
82. 11 Collier Fisher	21:55 Aledo (Mercer County)
83. 12 Drew Carlson	22:00 Monmouth (M.-Roseville)
84. 9 Aidan Eads	22:10 Sherrard
85. 10 Jeremiah Lee	22:19 Galesburg
86. 12 Logan Ryner	22:44 Galesburg
87. 11 Devaughn Sanchez	22:51 Galesburg
88. 11 Alex Prather	22:55 ROWVA Williamsfield
89. 11 Connor Runty	23:08 Geneseo
90. 10 Payson Shrum	23:10 Kewanee (Wethersfield)
91. 9 Kameron Kaminski	23:11 Galesburg
92. 10 Randal Engels	23:57 Galva
93. 10 Noah Arnold	24:18 Geneseo
94. 9 Talan Price	24:22 ROWVA Williamsfield
95. 11 Bartholomew Kocherspe...	24:32 Galesburg
96. 9 Michael Weber	24:42 Biggsville (West Central)
97. 10 Peyton Russell	24:50 Biggsville (West Central)
98. 11 Ryan Watt	25:03 Cambridge
99. 12 Evan Akers	25:59 Cambridge
100. 9 Aidan Grinnell	26:00 Toulon (Stark County)
101. 9 Landon Barker	26:37 Galesburg
102. 9 John Clemons	27:49 Galva
103. 9 Phoenix Sottos	30:23 Geneseo
104. 11 Trace Gallagher	34:13 Monmouth (M.-Roseville)



**SOPHOMORE GREYSON CLAERHOUT SELECTED
AS "BELL RINGER"**

Pictured is Sophomore Greyson Claerhout who was selected as the team's "Bell Ringer" for the Annawan-Wethersfield Titan Cross Country Invitational

SOPHOMORE GREYSON CLAERHOUT "RINGS da Bell"

Sophomore Greyson Claerhout was selected as the Geneseo Boys Cross Country "Bell Ringer" for the Annawan-Wethersfield Titan Cross Country Invitational held on Tuesday, September 2nd. The award was created by Head Maple Leaf Boys 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 all of the senior team leaders and the coaching staff. Each member of the committee nominates two athletes. The committee discusses each nominee until a winner has been selected. Considerations for nomination include both practice and competitive performances. Possessing high levels of both Passion and Purpose are Omnipotent. An award winner is selected after each meet.

The Leafs entered the meet with two of their top 5 runners ill or injured. Senior Aidan Bries was held out due to illness and Senior Kaden Elmer ran the race with a sore hip and knee and was given strict instructions from Head Maple Leaf Coach Todd Ehlert to hang back for the first two miles. Then, if his hip had loosened it up, he could attack. The Leafs needed someone else to step up if the team was going to keep its winning streak alive. The Leafs have never not won this race (started attending in 2018). Greyson "Answered the Call" and ran the race of his life. Greyson ended up as the Leafs' 4th Runner! He was timed in 17:46 and placed 20th overall to nail an individual award too. His splits were 5:36, 6:05, and 6:04 for the 3-mile race. He averaged 5:55 and was a MAJOR FACTOR in the Leafs winning the title. They bested Sherrard by 12 points. Way to Roll, "Greyhound".

Greyson enjoyed strong freshman Cross Country and Track & Field seasons last year. He then put in a strong summer of base training and has really been on a roll this fall. The Leafs have a strong "Top 5" but desperately need more depth. "Super Sophs" Greyson & Kael McCord are working hard to solve that problem. In addition to having a great work ethic, Greyson is also a wonderful young man. He always greets people with a big smile and a friendly hello. The Leafs are Very Lucky to have him on their team. Greyson, along with the rest of the GHS "Super Sophs" are going to make some Big Noise at the State Level before graduation. It looks like it is already starting to happen. Keep up the hard work, Greyson. It will pay off. God Bless. It is going to be a lot of fun watching you develop your talents over the rest of this season and beyond. Keep "Dreaming Big" and backing those Dreams up with the dedication that excellence Demands.

Here is what Greyson had to say about his athletic history.

9th Grade: "My freshman year of high school was really nice. I personally thought that this was going to be the best year. Apparently a lot of the seniors didn't try and I thought they were. That was the problem in how I thought I was just really good. Still I was for my age but I never looked at any other results for freshman. Not until the end of the season did I figure out that only Dylan was trying. I still thought that this season was great because everyone was still laughing and making jokes that would stick in my mind forever. My PRs for this year was 13:08 in the 3000m race from the Rust Buster. That was an okay race and a PR overall in the 2 mile. The first ever race that we had in our season I ran a 22:03. I believe that it was the Goldfish crackers I had eaten that made me have a side ache. I was hoping to go under 20 but that was achieved in the next meet at Lake Storey. This was a long and boring course. I ran 19:58 barely making it to the 19s and making it into top 14. My next race that I actually ran in was the

Geneseo home meet that I really really didn't like because my knee was hurting the whole race even with a brace on. I ran a 20:22 and still placed because they gave top 20 for each grade. The next best race was in Sterling and I was almost able to catch Micah Johnson but he beat me by 0.2 seconds. The next race this year was the Pretzel Race where I ran a 19:08 getting me 7th in the race but I was not able to catch Kael. This was a very interesting race because before we started warming up, my friends were playing Frisbee and trying to scare the geese away. It was very exciting when a goose almost bit me because I got too close. Metamora was my favorite race because I got an amazing PR even though it was a short course. Kael McCord and I had so much fun racing together. His first mile was a 5:35 and mine was a 5:45. How he went out so much faster and me still being able to catch him in the end. Over an amazing experience and I hope to come back to this course again. The Western Big Six Conference was my second to last race of the season and I personally didn't think it was the best and most fun out of the last few races. Kael was sick so I needed to kind of step up in a way so that we would possibly have a better chance of winning. But we did not win the race because of a 3A school named Quincy. We got second and for us being a 2A school we did really well in almost beating them. Dylan did amazing placing first overall running a 15:35. I hope one day I'll be able to run like him. This season was the best that there will ever be and maybe my 10th grade year will be amazing."

"Track season was a special season and wasn't very fun to start out but I did like it very much. I first started off wanting to do the two mile and the mile but as the season went on I became a top 3 mile for the team and a decent 800m runner as well. We had so many people with the same time of 2:11, it was crazy. I didn't make the 4x8 because the juniors, now seniors, took my place. I'm fine with that though because they are all great friends and almost made it to State if someone didn't go out in a 56s first lap. Cough, cough, Jaxson Sottos. But it was fine because the guys he was racing against ran a 1:57 and he ran a 2:04. My goal for the season was to break 5 in the mile but I was not sure I was going to. At the first Geneseo meet I paced with Graysen Carlson and he made Henley and I able to break 5 going 4:57, 4:58, and 4:59. The time I ran a lifetime PR of 4:50 was when I woke up at 6 to race at 1:30 in the afternoon. The day was perfect with a perfect breeze and I was in the B heat (second fastest). The guy who won the meet was in my heat as a sophomore and ran a blazing time of 4:26. I'm not sure if I'm going to be able to do that this year but maybe my junior year depending on how my sophomore year goes. More towards the end of the season I started getting slower in the mile and eventually I was all of a sudden put in the 2 mile for 3 meets in a row. I had no reason to be in there for Conference, Sectionals and another meet in between. I ended with a PR of 10:41 getting 6th at Sectionals. Overall, I might do it next year but maybe not."

8th Grade: "This year was a great year for being in 8th grade. It was my first year that I ever went to State and it was amazing watching the team run though the cold wind. I remember when we were setting up camp and all of us were in sweatshirts and blankets. After running in 7th grade XC, it was an experience that made me feel superior and actually have my mind on what I'm doing with races. Now since we had the not so caring coaches that said go run 2 miles and we will be done for the day it was kind of boring. I think whoever won the most races was the one who had his puberty first. I was a late bloomer so I didn't do the absolute best with whatever training we had done. Overall, this was the one year that I've had that really disappointed me the most. Excluding the part of me going to State."

"My 8th grade year of Track was very exiting because I was with lots of friends and was two of three in the mile. I ran a time for the mile of 5:45 and was beaten by Aidan daily and Henley Bourne who as an 8th grader ran a time of 5:16. This is where Henley and I met our rival, Carter Castel. He and Henley went back and forth getting first and second for about 3 meets and even in high school for XC. My other rival is Bobby. Bobby is about the same speed as me and we will go back and forth from time to time. Overall I didn't make it to Sectionals but it was an amazing time at Conference where there was a 7th grader running 4:50s."

7th Grade:

"This was my first year ever doing a sport in middle school because in 6th grade they never had any good sports to participate in. This being my first year was a very unique experience. The 8th graders (now juniors) never did much to help us and so I never did the best. In my first ever race I ran a 17:58 in a 2 mile. Yes, I was very slow because I didn't know my potential in races. By the end of the year at Galesburg, I ran a 15:33. That was from the help of Jacob Berry pacing me. I remember when Jacob and I were talking and I kept asking him how fast we would start. He just kept saying I'm not telling you. I'm not sure if that helped or not because I didn't know what I was getting into so if I could just stay with him I would be fine. This was also the first time that I learned how to breathe correctly. In though your nose, out through your mouth. Overall, almost every time that I've run in a race and wanted to become better, I've stuck with someone the whole time."

"My 7th grade Track year was amazing and I enjoyed it very much. I started off with becoming a mile, 800, 400 and hurdler. I wasn't very good in all four but I enjoyed them. The mile was very interesting because I never broke 6 and was kind of slow even though I thought I was fast. My other events were boring, especially the hurdles because I ran a base 100m in 15 seconds. Very, very slow. I knew that I was slow and so I didn't do it in 8th grade because of that. And even in 8th grade I ran a base 100m time of 15 seconds with no improvement. Overall, nothing really was the best in 7th grade because I didn't know what I was doing half of the time."

Prior to 7th grade: "I first started out playing Soccer because my sister was a soccer person. I didn't really know what I was actually doing and so my parents would say that I would not care who had the ball. I was too friendly at the time. If someone had the ball then I would just let them have the ball. I do remember one time where I was Goalie and instead of paying attention I talked to the person who was the other Goalie. At that time we would have two goalies because we were little. After 3rd grade, my parents decided to have me try different sports and so I tried Baseball. My parents never thought I would like Baseball but when they saw me practice they said that I ran to first base faster than I had ever run during Soccer. I played Baseball until my 5th grade year because that was when COVID hit and the practices were all one big group with all the teams. My favorite year was my 3rd grade year when I had many of my friends now on that team, including Fritz Bolme. We had won every game that we played that year because the coach was the best. I'm still friends with that coach to this day. He was the best because he held an after practice session where you can try catcher and pitcher. I personally liked catcher and it was very fun to me. After that year passed it just went downhill from bad playing, including me, and bad coaches."

Greyson is the proud son of Mark & Jacklyn Claerhout. He is also the proud "Baby Bro" of Morgan Claerhout who is a Sophomore in College.

Here are Greyson's answers to his "Bell Ringer Questions: **Nickname:** "Greyhound" **School Clubs or other Organizations you have taken part in:** "Geneseo XC, Geneseo Track & Field".; **Favorite Food:** "I don't have just one favorite food because I like a lot of foods. My top 3 would be salmon patties, Sloppy Joes, and chicken al-FRED-o."; **Favorite Movie:** "My favorite movie by far is How to Train your Dragon series because they are all great movies." **Favorite Music (Genre or Group):** "I like to listen to country music most of the time but I'll listen to about anything."; **Athletic Hero:** "My athletic hero is Coach Ehlert." **Favorite Quote:** "My favorite quote is "A little, is a lot" From my Dad."; **How Did You Decide to Join the XC Team?:** "I decided to join because Ella Taylor said that I was really good at running in 6th grade and I would beat her in middle school PE every time that we would run the walk jog path."; **What Advice Do You Have for Anyone New to the Sport?:** "Just because it's the start of the season and we are not running the best doesn't mean that we are great. I see much potential in the people around me. Many people currently aren't running the best because they don't have the right mindset. Many people on the team are running slower than they are used to and keep looking on the bad side. I see much more of them and I see the big picture. Lots of us are sick, coughing, having poison ivy, cough, cough Kaden Elmer. Because we are sick and not feeling well means that you will do your best and still not Place or get a PR. So look forward and see what you can have once you're in shape and feeling great."

Other team members who were nominated and discussed for this week's "Bell Ringer Award" were: Fritz Bolme, Henley Bourne, Graysen Carlson, Jameson Coppejans, Kaden Elmer, Cole Henson, Kael McCord, Jaxson Sottos, & Phoenix Sottos.

Comment from Head Coach Todd Ehlert: "Greyson has become a great runner for the program. He put in a lot of work over the winter for Track and it carried over to Cross Country this year. Stepping up in the A-W meet was HUGE. Cracking our Top 5 for the meet was a huge help in the team win there. He has a great attitude and he just needs to keep grinding. We are hoping for great things this year from Greyson".