



LEAFS RUN STRONG IN FREEPORT PRETZEL XC INVITE

On Saturday, October 4th, the Leafs traveled to Freeport's Highland Community College to participate in the annual Freeport Pretzel Cross Country Invitational. The meet included teams from: Dakota, Durand, East Dubuque, Eastland, Forreston, Freeport, Geneseo, Machesney Park, Harlem, Oregon, Rochelle, Rock Falls, Rockford Boylan, Rockford East, Rockford Jefferson, Rockford Our Lady Sacred Heart, Savanna West Carroll, Schaumburg, Sterling, Stockton, Sycamore, & Winnabago. The meet has a good mixture of 1A, 2A, and 3A schools. It is also nice to face some different competition.

After nearly a month of no rain the ground was rock-hard. The extended heat wave also continued with a daytime high of nearly 90°. The dew point climbed to 60° which is pretty nasty for October. Luckily, the winds kicked up. They were blowing from the SSW between 15-20 miles per hour. The racing conditions were far from perfect and due to conflicts, the Leafs were only able to field 13 runners. Each race offered a Championship Trophy for the victorious team and individual medals to the Top 15 finishers.

The Varsity Boys took off at 9:45 a.m. with the temperature in the mid 70's and climbing rapidly. Using the Athletic.Net hypothetical race calculator (based on 3 mile season best times), the Leafs were "Seeded" to place 4th behind 1A state powers East Dubuque & Winnebago along with 2A perennial power, Sycamore. The Leafs got out well and competed well. When the "Dust had

in race (All 7 Leafs in the Top 30.....AWESOME STUFF.) Kael's time moved him into the #10 GHS Sophomore Top 25 spot on the course. Great Race, Kael. The dude is on a serious roll. (So it the whole team.) Keep up the great work. Championship Meet Season is almost here. Sharpen your spikes and get ready to "ROLL".

The rest of the team raced in the J.V. Race. That race started at 11:15 a.m. and it had really warmed up by then. The Leafs were missing a few guys due to conflicts but still were able to place 5th overall in the team standings (over 20 total teams). The team did race 6 men.

Sophomore Fritz Bolme was the lead Maple Leaf. He raced hard, trying to hang in the Top 15 and earn an individual medal. Mission accomplished. Fritz placed 14th overall in the race and was timed in 19:00. That is OVER 90 seconds faster than his previous best time on the course. Fritz is now the 25th fastest GHS Sophomore EVER on the course. Great Job, Fritz. Get ready to hammer at Metamora before "Toeing the Line" at the WB-6 Conference Meet at HOME. Then, it will be time to race at the "JV STATE" meet when the team heads to Sterling for their O9 & JV Invite. Keep up the great work. You are "On Fire".

The next man up was Sophomore Rylan Carlson who sprinted home in 19:18 which placed him 18th overall, just missing an individual medal. Rylan's improvement from last year is "Jaw-Dropping". He took off almost TWO MINUTES from his previous personal best time on the course. He was the Maple Leafs' 9th Man on the day. Great Stuff, Rylan. Get ready to finish your season strong. Championship Meet Season is almost here. Nail Metamora and then get ready to Fly at Home for the WB-6 Conference Meet. Then, "JV STATE" awaits in Sterling. All the best. Passion & Purpose are a powerful force.

Next up was "da Little Johannson". Junior Micah Johnson sprinted across the finish line in 39th place and was timed in 20:35. He was a bit off of his personal best on the course but ran a gutsy race in very warm conditions. Great Effort. Keep up the good job as Championship Meet Season is just around the corner. Hammer the Metamora Invite and then get ready for GHS to play host for the WB-6 Conference Meet. After that, the team will travel to Sterling for their annual O9/JV Invite (we call it JV STATE). Then, help lead the "Hype Squad". Thanks for being such a great guy!

"Rookie" Cole Henson was the next Maple Leaf to "Break the Tape". The Sophomore was timed in 22:18 and placed 51st overall in the race. It has been a lot of fun watching Cole figure out how to train and race. His improvement during the course of this season, has been dramatic. Great Stuff, Cole. Finish your season Strong. Attack the Metamora course before the Leafs play host to the WB-6 Conference Meet. After that, your racing season will end at the Sterling O9/JV Invite (JV STATE). Following that, we hope that you will join the GHS "Hype Squad" to support the team during the IHSA Series. Thanks for joining the team. We hope you will be back next fall. You helped make this team better.

Fellow "Rookie" Noah Arnold "Cracked" the tape in 60th place and was timed in 23:07. The Sophomore has been battling a few aches and pains. Sadly, some of this just comes with being an athlete. Noah has a great attitude and had battled on anyway. He has been a great addition to the team. All the best on Saturday in Metamora. Then get ready to have some fun as the

settled", they were narrowly defeated by East Dubuque by a mere 4 points. They were disappointed but really stepped up. Hopefully, the taste of being so close will help to motivate them to even higher levels of performance in the coming weeks.

Leading the way for the Maple Leafs was Sophomore Henley Bourne who placed 7th overall in the race with a time of 16:19. His time moved him into the #4 All-Time Spot for GHS runners and 2nd on the Sophomore list for the course. Henley dropped his personal best on the course by 1:35 from last year. Great Stuff, Henley. Get ready for "Championship Meet Season. It is just around the corner. All the best.

Next up was Senior Leader Graysen Carlson who sprinted home in a time of 16:39 which placed him 12th. Yup, he was GHS's 2nd man. The dude is "On Fire". His time moved him into 11th on the GHS All-Time List and 5th on the Senior Top 25 list. Graysen dropped his personal best on the course by 26 seconds. Way to roll, Graysen. Keep up the good work. The meets that really matter are almost here. Keep providing omnipotent leadership.

Senior leader Jaxson Sottos was the next Maple Leaf to "Roar" across the finish line. He sprinted home in 16:41 and placed 13th in the field. Jaxson joined Henley & Graysen in the Top 15 to earn "Individual Hardware". He has run faster on the course (15:52 last year in perfect weather). This 16:41 moved him into the #6 Senior spot on the All-Time GHS List. Championship meet season is almost here, Jaxson. The team really took a step forward on Saturday. With your continued leadership, the team is in position to nail its pre-season goals. It's "Go Time".

Continuing his "Meteoric Rise" was Sophomore Greyson Claerhout who "Cracked" 17:00 for the first time. He was clocked in 16:57 and barely missed a medal with his 17th place finish. His time moved him into the 16th spot on the GHS All-Time Top 25 list for the course. He is also the new number 6 Sophomore EVER on the course. Great Stuff, Greyson. Keep up the hard work and great racing. Strong amounts of both Passion and Purpose are on display every time you "Toe the Line". Greyson took off over TWO MINUTES off of his personal best on the course. That's Amazing. Championship Meet Fever....Catch It.

Senior Leader Kaden Elmer was the next Leaf in. He sprinted across the finish line in 22nd place to just miss earning an individual medal. He was timed in 17:10 which was a personal best for him on the course even though it was hot out. He now owns the 22nd fastest GHS time for any grade level EVER on the course. He also moved into the 9th spot on the GHS Senior list. Keep up the great job, Kaden. Championship Meet Season is almost here. Keep providing strong leadership for the team. All the best in the coming weeks!!!

Fellow Senior Leader Aidan Bries was close behind and also clocked a personal best on the course. Aidan was timed in 17:30 which moved him into the 12th best Senior on the course for a GHS Runner EVER. Aidan placed 29th in the race. Aidan is a critical member of the Strong GHS Senior Class that has done a wonderful job of leading the 2025 Maple Leafs Squad. Keep up the good work, Aidan. Championship Meet Season is almost here. Get ready to "Go for the Gold". All the best for you and the team in the coming weeks. Keep Dreaming BIG!

Sophomore Kael McCord closed out the Varsity Race's Maple Leaf action. He sprinted home in 17:30 which destroyed his personal best on the course by over a minute. He placed 30th overall

in race (All 7 Leafs in the Top 30.....AWESOME STUFF.) Kael's time moved him into the #10 GHS Sophomore Top 25 spot on the course. Great Race, Kael. The dude is on a serious roll. (So it the whole team.) Keep up the great work. Championship Meet Season is almost here. Sharpen your spikes and get ready to "ROLL".

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Maple Leafs host the WB-6 Conference Meet. After that you will conclude your racing season at the Sterling 09/JV Invite (JV STATE). After that, we hope that you will also join the GHS Harrier "Hype Squad" to support the Varsity Team during the IHSA Series. We also hope that you will be with us again next fall. Thanks for being such a great guy.

Freshman Phoenix Sottos was the next man up for the Maple Leafs. Phoenix was timed in 26:59 and placed 70th overall in the race. Phoenix gives it his all each and every time he races and we are extremely proud of him. He is extremely inspirational to watch. He is also a total team man that cares deeply about his teammates. All the best in your remaining races. Metamora, the WB-6 Conference Meet, & the Sterling 09/JV Invite are all that remains. THEN, we hope that you will become a key member of the GHS "HYPE SQUAD". Their purpose is to provide support to the Varsity Top 7 during the IHSA Post Season. Keep up the Great Job.

| Date: 10/04/2025 | | | | | | | | |
|---|-------------|-----------------------|-----------|----------|------------|------------|------------|------------|
| Meet: Freeport "Pretzel" Cross Country Inv. | | | | | | | | |
| Site: Freeport's Highland Community College | | | | | | | | |
| Conditions: Race Time Temps 76° & 82° With 15-20 SW Winds. HOT!! | | | | | | | | |
| Racing Distance: 3.00 miles | | | | | | | | |
| Team Finish: Varsity (2nd); Open (J.V.) (5th) | | | | | | | | |
| | | | | | | | | |
| | TIME | ATHLETE | PL | R | 1-M | 2-M | 3-M | AV. |
| 1 | 16:19 | Henley Bourne-09 | 7 | Var | 5:15 | 5:47 | 5:17 | 5:26 |
| 2 | 16:39 | Graysen Carlson-12 | 12 | Var | 5:14 | 5:57 | 5:28 | 5:33 |
| 3 | 16:41 | Jaxson Sottos-12 | 13 | Var | 5:16 | 5:54 | 5:31 | 5:33 |
| 4 | 16:57 | Greyson Claerhout-10 | 17 | Var | 5:38 | 5:54 | 5:25 | 5:39 |
| 5 | 17:10 | Kaden Elmer-12 | 22 | Var | 5:39 | 6:04 | 5:27 | 5:43 |
| 6 | 17:30 | Aidan Bries-11 | 29 | Var | 5:38 | 6:01 | 5:51 | 5:50 |
| 7 | 17:30 | Kael McCord-09 | 30 | Var | 5:45 | 6:12 | 5:33 | 5:50 |
| 8 | 19:00 | Fritz Bolme-10 | 14 | J.V. | 6:03 | 6:47 | 6:10 | 6:20 |
| 9 | 19:18 | Rylan Carlson-10 | 18 | J.V. | 6:30 | 6:42 | 6:06 | 6:26 |
| 10 | 20:35 | Micah Johnson-11 | 39 | J.V. | 6:28 | 7:27 | 6:40 | 6:51 |
| 11 | 22:18 | Cole Henson-10 | 51 | J.V. | 6:54 | 7:48 | 7:36 | 7:26 |
| 12 | 23:07 | Noah Arnold-10 | 60 | J.V. | 7:01 | 8:25 | 6:52 | 7:26 |
| 13 | 26:59 | Phoenix Sottos-09 | 70 | J.V. | 8:33 | 10:17 | 8:09 | 8:59 |
| | | | | | | | | |
| | DNC | Calvin Bell-12 | | Conflict | | | | |
| | DNC | Jacob Berry-11 | | Conflict | | | | |
| | DNC | Jameson Coppejans-12 | | Conflict | | | | |
| | DNC | Connor Runty-11 | | Conflict | | | | |
| | | | | | | | | |
| | 15:53 | Varsity Leader | 1 | 10 | 5:10 | 5:44 | 4:59 | 5:17 |
| | 18:08 | Open (J.V.) Leader | 1 | 10 | 5:45 | 6:40 | 5:53 | 6:02 |
| | | | | | | | | |
| | | Geneseo Spread | | | | | | |
| | | 1-5 | | 0:51 | | | | |
| | | 1-7 | | 1:11 | | | | |
| | | 1-10 | | 4:16 | | | | |
| | | | | | | | | |

Freeport Invite Progression

| First Name | Last Name | Division | Grade | Time | 2024 Results | 2023 Results | 2022 Results |
|------------|-----------|----------|-------|-------|---------------|---------------|---------------|
| Henley | Bourne | Male | 10 | 16:19 | 17:54 | Middle School | Middle School |
| Grayson | Carlson | Male | 12 | 16:39 | 17:05 | 18:16 | DNR |
| Jaxson | Sottos | Male | 12 | 16:41 | 15:52 | 16:38 | 17:12 |
| Greyson | Claerhout | Male | 10 | 16:57 | 19:07 | Middle School | Middle School |
| Kaden | Elmer | Male | 12 | 17:10 | 17:18 | 17:32 | 17:59 |
| Aidan | Bries | Male | 12 | 17:30 | 17:52 | 18:30 | 18:49 |
| Kael | McCord | Male | 10 | 17:30 | 18:46 | Middle School | Middle School |
| Fritz | Bolme | Male | 10 | 19:00 | 20:31 | Middle School | Middle School |
| Rylan | Carlson | Male | 10 | 19:18 | 22:01 | Middle School | Middle School |
| Micah | Johnson | Male | 11 | 20:35 | 19:17 | 20:12 | Middle School |
| Cole | Henson | Male | 10 | 22:18 | DNR | Middle School | Middle School |
| Noah | Arnold | Male | 10 | 23:07 | DNR | Middle School | Middle School |
| Phenix | Sottos | Male | 9 | 26:59 | Middle School | Middle School | Middle School |
| Connor | Runty | Male | 11 | DNR | 21:19 | 21:38 | Middle School |
| Calvin | Bell | Male | 12 | DNR | DNF | 19:47 | 24:53:00 |
| Jacob | Berry | Male | 11 | DNR | DNR | 22:10 | Middle School |
| Jameson | Coppejans | Male | 12 | DNR | DNR | DNR | DNR |

Pretzel XC Invitational HS, MS

OFFICIAL  Sat, Oct 4, 2025  Highland Community College, IL US

Mens Results

3 Miles Varsity

Official Team Scores

| | |
|---|-----|
| 1. East Dubuque | 59 |
| 2. Geneseo | 63 |
| 3. Sycamore | 105 |
| 4. Schaumburg | 116 |
| 5. Rockford (Boylan Catholic) | 145 |
| 6. Stockton | 213 |
| 7. Forreston | 228 |
| 8. Rochelle | 229 |
| 9. Freeport | 231 |
| 10. Rock Falls | 234 |
| 11. Savanna (West Carroll) | 238 |
| 12. Rockford (East) | 291 |
| 13. Rockford (Our Lady of the Sacred Heart) | 351 |
| 14. Oregon | 353 |

INCOMPLETE TEAMS

Dakota
Durand
Lanark (Eastland)
Machesney Park (Harlem)
Rockford (Jefferson)
Stockton
Winnebago

| | | |
|---------------------------------|----------|---|
| 11. 11 Austin Brobst | 16:38.42 | Freeport |
| 12. 12 Graysen Carlson | 16:39.70 | Geneseo |
| 13. 12 Jaxson Sottos | 16:41.99 | Geneseo |
| 14. 12 Roscoe Davies | 16:43.07 | Savanna (West Carroll) |
| 15. 11 Tyler Buetsch | 16:46.40 | Machesney Park (Harlem) |
| 16. 9 Lucas Jackson | 16:57.24 | East Dubuque |
| 17. 10 Greyson Claerhout | 16:57.39 | Geneseo |
| 18. 10 Daniel McGarvey | 16:59.91 | Schaumburg |
| 19. 12 Ian Finney | 17:02.26 | Rock Falls |
| 20. 10 Maddux Teresi | 17:03.49 | Freeport |
| 21. 11 James Gallagher | 17:07.03 | Machesney Park (Harlem) |
| 22. 12 Kaden Elmer | 17:10.16 | Geneseo |
| 23. 10 Landon Graden | 17:10.57 | Forreston |
| 24. 12 Blake Linder | 17:14.84 | Winnebago |
| 25. 10 Peter Krein | 17:15.77 | Rockford (Our Lady of the Sacred Heart) |
| 26. 10 Lucas Stoffregen | 17:22.69 | Rockford (Boylan Catholic) |
| 27. 10 Isaiah Hart | 17:23.01 | Rockford (East) |
| 28. 12 Brady White | 17:29.70 | Stockton |
| 29. 12 Aidan Bries | 17:30.14 | Geneseo |
| 30. 10 Kael McCord | 17:30.80 | Geneseo |
| 31. 12 Nate Burgess | 17:34.65 | Sycamore |
| 32. 12 Nick Rehberg | 17:38.60 | Schaumburg |
| 33. 10 Zaydan Schoonhoven | 17:39.80 | Stockton |
| 34. 12 Daniel Hodgdon | 17:42.33 | Winnebago |
| 35. 11 William Brinkman | 17:42.78 | Schaumburg |
| 36. 11 Caleb Fruit | 17:45.50 | Sycamore |
| 37. 11 Liam Mead | 17:53.67 | East Dubuque |
| 38. 12 Andrew Horst | 17:59.41 | Rockford (Boylan Catholic) |
| 39. 11 Jared Lanting | 17:59.64 | Sycamore |
| 40. 12 Connor South | 18:05.45 | Rock Falls |
| 41. 9 Liam Schauer | 18:06.90 | East Dubuque |
| 42. 11 Edward Popa | 18:13.48 | Schaumburg |
| 43. 10 Zach Nelson | 18:18.45 | Rockford (Boylan Catholic) |
| 44. 11 Michael Kopitas | 18:19.73 | Rock Falls |
| 45. 9 Alex White | 18:19.79 | Stockton |
| 46. 11 Nick Cobine | 18:23.05 | East Dubuque |
| 47. 12 Daniel Gonzalez | 18:35.21 | Oregon |
| 48. 11 James Mayer | 18:39.41 | Schaumburg |
| 49. 9 Leo Zach | 18:40.51 | Savanna (West Carroll) |
| 50. 10 Joshua Martorana | 18:41.92 | Rockford (Boylan Catholic) |
| 51. 12 Noah Genandt | 18:42.91 | Forreston |
| 52. 11 Dominic Canova | 18:43.87 | Rockford (Boylan Catholic) |
| 53. 9 Luis Medina Delgado | 18:46.19 | Rockford (Boylan Catholic) |
| 54. 12 Logan Jones | 18:47.41 | Sycamore |
| 55. 9 Ian Tancrell | 18:49.09 | East Dubuque |
| 56. 9 Esam Farraj | 18:55.92 | Rochelle |
| 57. 11 Levi Bocker | 19:10.77 | Forreston |
| 58. 10 Gregory Smith | 19:17.42 | Rochelle |
| 59. 12 Nicholas Shook-Hernandez | 19:27.03 | Rockford (East) |
| 60. 12 Angelo Becker | 19:29.41 | Rockford (Boylan Catholic) |

| | | |
|-------------------------|----------|----------------------------|
| 1. 10 Tyler Johnson | 15:53.15 | Rochelle |
| 2. 10 Vinny Gullone | 15:55.03 | East Dubuque |
| 3. 11 Andrew Richardson | 15:57.09 | East Dubuque |
| 4. 11 Lucas Miller | 16:03.01 | Sycamore |
| 5. 11 Radhwan Alhamed | 16:08.37 | Schaumburg |
| 6. 12 Aiden Vazquez | 16:14.77 | Winnebago |
| 7. 10 Henley Bourne | 16:19.43 | Geneseo |
| 8. 12 Luke Wedwick | 16:34.09 | Rockford (Boylan Catholic) |
| 9. 11 Peter Wagner | 16:37.58 | East Dubuque |
| 10. 11 Josh Miller | 16:38.31 | Sycamore |

| | | | |
|--------------------------------|----------|----------------------------|---|
| 61. 12 Joey Blasen | 19:34.87 | Savanna (West Carroll) | 3 Miles Open |
| 62. 10 Casen Grobe | 19:45.18 | Forreston | |
| 63. 12 Ivan Reyna | 19:47.87 | Forreston | |
| 64. 11 Eliu Molina | 19:49.39 | Sycamore | Official Team Scores |
| 65. 12 Hayden McNutt | 19:54.12 | Stockton | |
| 66. 9 Anthony Shook -Hernan... | 20:03.05 | Rockford (East) | 1. Schaumburg 38 |
| 67. 11 Hunter Bivins | 20:05.72 | Rochelle | 2. Machesney Park (Harlem) 50 |
| 68. 12 Shawn McKillip | 20:10.84 | Freeport | 3. Sycamore 65 |
| 69. 9 Boden Fransen | 20:20.91 | Stockton | 4. Rockford (Jefferson) 125 |
| 70. 11 Jacen Anderson | 20:25.11 | Savanna (West Carroll) | 5. Geneseo 138 |
| 71. 11 Ethan Urbanowitz | 20:26.12 | Savanna (West Carroll) | 6. Winnebago 162 |
| 72. 11 Logan Connell | 20:30.73 | Durand | 7. Rockford (Boylan Catholic) 163 |
| 73. 10 Eli Weilacher | 20:31.32 | Forreston | 8. Sterling 186 |
| 74. 9 Christopher Nambo | 20:48.21 | Rochelle | 9. Rock Falls 251 |
| 75. 11 Mathias Rada | 20:49.23 | Freeport | |
| 76. 10 Chayse Rosenbalm | 20:57.90 | Oregon | |
| 77. 10 Benton Bock | 20:58.85 | Rockford (Boylan Catholic) | |
| 78. 12 Hayden Roach | 20:58.90 | Rockford (East) | |
| 79. 9 Blake Shelby | 21:01.41 | Rochelle | INCOMPLETE TEAMS |
| 80. 10 Dashawn Boyd | 21:03.20 | Rock Falls | Dakota |
| 81. 10 Ethan O'Brien | 21:04.97 | Durand | Durand |
| 82. 9 Luis Esparza | 21:10.95 | Rock Falls | East Dubuque |
| 83. 12 Stephen Dalphonse | 21:25.27 | Oregon | Forreston |
| 84. 9 Tyler Sutton | 21:26.96 | Rochelle | Freeport |
| 85. 11 Kendall Kness | 21:34.70 | Freeport | Lanark (Eastland) |
| 86. 12 Byron Grobe | 21:36.26 | Forreston | Machesney Park (Harlem) |
| 87. 9 Ryan Mealing | 21:36.62 | Rock Falls | Oregon |
| 88. 10 Elijah Whalen | 21:46.00 | Rockford (Our Lady o | Rochelle |
| 89. 9 Grant Marvin | 21:49.30 | Stockton | Rockford (East) |
| 90. 9 Josh Parsons | 21:56.43 | Rochelle | Rockford (Our Lady Sacred Heart) |
| 91. 11 Rylan Jordan | 22:20.76 | Rock Falls | Savanna (West Carroll) |
| 92. 10 John Abele | 22:36.17 | Rockford (Our Lady o | Stockton |
| 93. 12 Joey Rowland | 22:36.98 | Forreston | |
| 94. 9 Sami Aljabari | 22:52.18 | Rochelle | |
| 95. 12 Eduardo Wences | 23:14.76 | Rockford (Our Lady o | |
| 96. 9 Jesse Sheppard | 23:32.49 | Stockton | 1. 9 Jackson Lipnitzky 18:08.87 Machesney Park (Harlem) |
| 97. 9 Mason Surmo | 24:00.71 | Oregon | 2. 9 Betselot Mussie 18:18.22 Schaumburg |
| 98. 9 Aidan Michels | 24:17.54 | Savanna (West Carroll) | 3. 12 Hudson Pope 18:22.78 Winnebago |
| 99. 11 Jared Merkel | 24:18.55 | Forreston | 4. 12 Mason Kennedy 18:26.57 Machesney Park (Harlem) |
| 100. 9 Finnigan Ruane | 24:23.97 | Oregon | 5. 9 Jaoquin Lagunas 18:36.30 Schaumburg |
| 101. 11 Travys Ross | 24:58.01 | Durand | 6. 9 Jimmy Zhang 18:37.70 Schaumburg |
| 102. 10 Maddox Misiewicz | 24:59.53 | Lanark (Eastland) | 7. 10 Tommy Leese 18:42.82 Machesney Park (Harlem) |
| 103. 11 Micah Stringini | 25:06.84 | Lanark (Eastland) | 8. 11 Noah Murcia 18:43.80 Sycamore |
| 104. 11 David Chartier | 25:07.08 | Rockford (East) | 9. 11 Jay Pearson 18:45.42 Dakota |
| 105. 11 Ben Feick | 25:35.49 | Savanna (West Carroll) | 10. 12 Jose Ponce 18:46.41 Sycamore |
| 106. 12 Frank Parnello | 25:50.00 | Rockford (Our Lady o | 11. 12 Kaeden Wehrle 18:53.80 Dakota |
| 107. 12 Cullen Kromm | 26:37.12 | Freeport | 12. 12 Jerry Knight 18:54.58 Dakota |
| 108. 9 Nathan Lincoln | 28:22.38 | Freeport | 13. 10 Shawn Scott 18:58.20 Sycamore |
| 109. 9 Devin Sayers | 30:43.82 | Durand | 14. 10 Fritz Bolme 19:00.67 Geneseo |
| | | | 15. 11 Joshua Bardwell 19:05.83 Schaumburg |
| | | | 16. 10 Elias Tapia 19:14.55 Schaumburg |
| | | | 17. 9 Lucas Wurster 19:16.20 East Dubuque |
| | | | 18. 10 Rylan Carlson 19:18.59 Geneseo |
| | | | 19. 9 Kamden Johnson 19:19.01 Sycamore |
| | | | 20. 12 Aiden LeClaire 19:20.31 Rockford (Jefferson) |
| | | | 21. 11 Leno Gonzalez 19:21.20 Rockford (Jefferson) |
| | | | 22. 10 Aaron Mossberg 19:24.50 Machesney Park (Harlem) |
| | | | 23. 12 Samuel Neubauer 19:26.59 Rockford (Jefferson) |
| | | | 24. 10 Seven Smith 19:30.50 East Dubuque |
| | | | 25. 10 Evan Sheley 19:31.76 Machesney Park (Harlem) |

| | | |
|------------------------------|----------|---------------------------|
| 26. 11 Brayden Novak | 19:35.49 | Dakota |
| 27. 10 Dennis Nosek | 19:39.80 | Rockford (Boylan Catholic |
| 28. 12 Daniel Briganti | 19:44.55 | Schaumburg |
| 29. 11 Benji Devroye | 19:53.58 | Sycamore |
| 30. 9 Aiden McSheffrey | 19:55.60 | Schaumburg |
| 31. 10 Emmett Gunsteen | 20:05.22 | Schaumburg |
| 32. 10 Carter Lipinski | 20:08.62 | Machesney Park (Harlem) |
| 33. 10 Sean Wilder | 20:13.60 | Sycamore |
| 34. 9 Logan Roach | 20:13.66 | Machesney Park (Harlem) |
| 35. 9 Andrew Woolery | 20:16.20 | Winnebago |
| 36. 12 Devin Bradt | 20:23.01 | East Dubuque |
| 37. 10 Adam Burkins | 20:23.70 | Rockford (Boylan Catholic |
| 38. 10 Sean Hilario | 20:33.95 | Machesney Park (Harlem) |
| 39. 11 Micah Johnson | 20:35.20 | Geneseo |
| 40. 10 Lucas Knowles | 20:35.73 | Sterling |
| 41. 9 Orion Rodriguez-Dirkes | 20:39.30 | Sterling |
| 42. 10 Rex Slayter | 21:02.55 | Rockford (Boylan Catholic |
| 43. 9 Bennett Mace | 21:04.00 | Rockford (Boylan Catholic |
| 44. 12 Dominic Erickson | 21:29.22 | Rockford (Jefferson) |
| 45. 9 Sam Cobine | 21:35.00 | East Dubuque |
| 46. 10 Aero Ames-Nitz | 21:38.28 | Rochelle |
| 47. 9 Tristan Hilty | 21:42.78 | Sterling |
| 48. 11 Ruben Pittman | 21:49.70 | Sycamore |
| 49. 12 Esteban Andrade | 22:08.11 | Schaumburg |
| 50. 11 Elijah Brock | 22:12.90 | Rockford (Jefferson) |
| 51. 10 Cole Henson | 22:18.92 | Geneseo |
| 52. 10 Brennan Bull | 22:23.01 | Winnebago |
| 53. 11 James Presley | 22:28.80 | Machesney Park (Harlem) |
| 54. 10 Logan Bolda | 22:31.43 | Sycamore |
| 55. 12 Micah Lyons | 22:35.04 | Winnebago |
| 56. 11 Connor Murphy | 22:49.10 | Sycamore |
| 57. 9 Jerimiah Bennett | 23:01.99 | Sterling |
| 58. 10 Oliver Melenas | 23:02.40 | Machesney Park (Harlem) |
| 59. 9 Gustavo Flores | 23:02.55 | Rock Falls |
| 60. 10 Noah Arnold | 23:07.60 | Geneseo |
| 61. 10 Gabriel Rabe | 23:10.57 | Sterling |
| 62. 11 Ryan McGroarty | 24:33.16 | Rockford (Boylan Catholic |
| 63. 12 Patrick Jones | 24:34.63 | Rock Falls |
| 64. 12 Jacob Anderson | 24:48.60 | Rockford (Boylan Catholic |
| 65. 11 Isaiah Herren | 25:08.20 | Sterling |
| 66. 9 Andrew Stahl | 25:19.92 | Winnebago |
| 67. 12 Gabe Tuttle | 25:30.69 | Rockford (Boylan Catholic |
| 68. 9 Blake Plummer | 26:05.40 | Rock Falls |
| 69. 11 Henry Nielsen | 26:28.12 | Rockford (Boylan Catholic |
| 70. 9 Phoenix Sottos | 26:59.50 | Geneseo |
| 71. 10 Will Carpenter | 27:07.70 | Sycamore |
| 72. 12 Quinn Stahr | 27:50.90 | Rock Falls |
| 73. 11 Antonio Flores | 30:00.54 | Rock Falls |
| 74. 10 Liam Bertsche | 31:03.56 | Rochelle |
| 75. 9 Sebastian Lavelle | 31:04.60 | Rock Falls |
| 76. 12 Isai Suarez | 31:07.09 | Rockford (Jefferson) |
| 77. 9 Jon Chartier | 33:26.92 | Rockford (East) |
| 78. 9 Bradley Malyvanh | 34:26.20 | Rockford (Jefferson) |



FRESHMAN PHOENIX SOTTOS SELECTED AS "BELL RINGER"

Pictured is Freshman Phoenix Sottos who was selected as the team's "Bell Ringer" for the Freeport Pretzel Invitational

FRESHMAN PHOENIX SOTTOS "RINGS da Bell"

Freshman Phoenix Sottos was selected as the Geneseo Boys Cross Country "Bell Ringer" for the Freeport Pretzel Cross Country Invitational held on Saturday, October 4th. 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.

Phoenix "Popped" a great race on the Highland Community College course in Freeport. The racing conditions were warm and windy but that didn't stop Phoenix from running another great race. He has been "In the discussion" for "Bell Ringer" each and every race. Phoenix "Cracked" the 27 minute barrier again with his 26:59 clocking. He placed 70th in the "Open Race" and ended up with the Maple Leafs 13th OVERALL man on the day (that includes the Varsity race.) Great Job Phoenix. His first mile took just 8:33. We think the 2nd mile was a tad long and he covered that distance in 10:17. He then cranked out a 8:09 final mile. His mile pace average was 8:59. Great Race, Phoenix.

This is Phoenix's first year of running on a Cross Country team. We are sure glad that he decided to join the team. It isn't an easy sport to begin with and add to that fact that Phoenix is the ONLY freshman on this year's team makes it even more challenging. This year's team is unusually small (only 17 guys). It is however, a very strong team with a plethora of potential. The team is hoping to contend for the Western Big 6 Conference Title next Thursday in addition to making a deep run during the IHSA series. The end result is to race in the IHSA State Finals on Saturday, November 8th. What does this have to do with Phoenix? Every member of the team has an effect on the team. The only effective way for a freshmen to lead is via example. That is exactly what Phoenix provides on a daily basis. He is an extremely hard worker and an even better person. All the best with the remaining race opportunities this season, Phoenix. Carpe Diem! Then, get ready to jump on the "Hype Squad" and help the Varsity Squad during the IHSA Series. You are going to be EVERYWHERE on those courses. We hope that you will be with us next fall for your sophomore season. Keep up the good work and please don't lose that amazing smile. It is infectious and raises the spirits of everyone who sees it.

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

9th Grade: "Cross Country and I hope to be on the tennis team in 2026".

8th Grade: Nothing Listed

7th Grade: "Swim Team."

Prior to 7th grade: "Swim Team."

Phoenix is the son of Monica and Zack Sottos. He is also the proud "Baby Bro" to Alex 26, Max 22, Grace 19, & Jaxson 17. He is also the proud "Big Bro" to Hendrix 12.

Here are Phoenix's answers to his "Bell Ringer Questions": **Nickname:** "Phoen" **School Clubs or other Organizations you have taken part in:** "None...just XC"; **Favorite Food:** "French Fries"; **Favorite Movie:** "Howl's Moving Castle".; **Favorite Music (Genre or Group):** "Post Malone". (Here is what a Google Search had to say: Austin Richard Post who uses the stage name Post Malone, is an American singer, rapper, songwriter, record producer, and actor. His music blends genres like hip-hop, pop, R&B, trap, and country. He generated his stage name using a rap name generator. Malone has sold out arena tours and hosted his own Posty Fest in 2018 and 2019.); **Athletic Hero:** "Roman Reigns the G.O.A.T of WWE"(Here is what a Google Search had to say: Leati Joseph Anoa'i, better known by his ring name Roman Reigns, is an American professional wrestler and former football player and actor. As a wrestler, he has been signed to WWE since 2010, where he performs on the SmackDown brand.); **Favorite Quote:** "Pray, hope, and don't worry" Saint Padre Pio; **How Did You Decide to Join the XC Team?:** "All of my brothers, and even my dad, have done Cross Country at some point. It's sort of a legacy thing. Jaxson wanted me to do it too. I never liked running before, but I am starting to enjoy it, and I am really glad that I joined the team".; **What Advice Do You Have for Anyone New to the Sport?:** "At first it's really hard. Cross Country is the hardest sport I've done, but you build your endurance and get faster. Getting a PR makes me feel very accomplished and satisfied too. The experience is great too. The people on the team are very funny and are always cheering you on in a race".

Other team members who were nominated and discussed for this week's "Bell Ringer Award" were: Noah Arnold, Aidan Bries, Fritz Bolme, Kaden Elmer, Henley Bourne, Graysen Carlson, Rylan Carlson, Greyson Claerhout, Micah Johnson, Kael McCord, & Jaxson Sottos.

Comment from Head Coach Todd Ehlert: "Pheonix has been a blast to have on the team. This is his first year of cross country ever. He worked really hard this summer and he has had some great improvements this fall. Pheonix always has a positive attitude and is always wanting to get better. His hard work and great attitude took down the seniors in the last scavenger hunt. With a little help from the coaches he took home the scavenger hunt title. Keep working hard Pheonix!".