



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, & Winnebago. 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 09 & 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 Johansson". 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 09/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 09/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 the 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					

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
Graysen	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
Pheonix	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

2 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 Hu...	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-Hernand...	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 Alhamedi	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 Carrol
62.	10	Casen Grobe	19:45.18	Forreston
63.	12	Ivan Reyna	19:47.87	Forreston
64.	11	Eliu Molina	19:49.39	Sycamore
65.	12	Hayden McNutt	19:54.12	Stockton
66.	9	Anthony Shook -Hernan...	20:03.05	Rockford (East)
67.	11	Hunter Bivins	20:05.72	Rochelle
68.	12	Shawn McKillip	20:10.84	Freeport
69.	9	Boden Fransen	20:20.91	Stockton
70.	11	Jacen Anderson	20:25.11	Savanna (West Carrol
71.	11	Ethan Urbanowitz	20:26.12	Savanna (West Carrol
72.	11	Logan Connell	20:30.73	Durand
73.	10	Eli Weilacher	20:31.32	Forreston
74.	9	Christopher Nambo	20:48.21	Rochelle
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 Cat
78.	12	Hayden Roach	20:58.90	Rockford (East)
79.	9	Blake Shelby	21:01.41	Rochelle
80.	10	Dashawn Boyd	21:03.20	Rock Falls
81.	10	Ethan O'Brien	21:04.97	Durand
82.	9	Luis Esparza	21:10.95	Rock Falls
83.	12	Stephen Dalphonse	21:25.27	Oregon
84.	9	Tyler Sutton	21:26.96	Rochelle
85.	11	Kendall Kness	21:34.70	Freeport
86.	12	Byron Grobe	21:36.26	Forreston
87.	9	Ryan Mealing	21:36.62	Rock Falls
88.	10	Elijah Whalen	21:46.00	Rockford (Our Lady o
89.	9	Grant Marvin	21:49.30	Stockton
90.	9	Josh Parsons	21:56.43	Rochelle
91.	11	Rylan Jordan	22:20.76	Rock Falls
92.	10	John Abele	22:36.17	Rockford (Our Lady o
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
97.	9	Mason Surmo	24:00.71	Oregon
98.	9	Aidan Michels	24:17.54	Savanna (West Carrol
99.	11	Jared Merkel	24:18.55	Forreston
100.	9	Finnigan Ruane	24:23.97	Oregon
101.	11	Travys Ross	24:58.01	Durand
102.	10	Maddox Misiewicz	24:59.53	Lanark (Eastland)
103.	11	Micah Stringini	25:06.84	Lanark (Eastland)
104.	11	David Chartier	25:07.08	Rockford (East)
105.	11	Ben Feick	25:35.49	Savanna (West Carrol
106.	12	Frank Parnello	25:50.00	Rockford (Our Lady o
107.	12	Cullen Kromm	26:37.12	Freeport
108.	9	Nathan Lincoln	28:22.38	Freeport
109.	9	Devin Sayers	30:43.82	Durand

3 Miles Open

Official Team Scores

1. Schaumburg	38
2. Machesney Park (Harlem)	50
3. Sycamore	65
4. Rockford (Jefferson)	125
5. Geneseo	138
6. Winnebago	162
7. Rockford (Boylan Catholic)	163
8. Sterling	186
9. Rock Falls	251

INCOMPLETE TEAMS

Dakota
Durand
East Dubuque
Forreston
Freeport
Lanark (Eastland)
Machesney Park (Harlem)
Oregon
Rochelle
Rockford (East)
Rockford (Our Lady Sacred Heart)
Savanna (West Carroll)
Stockton

1.	9	Jackson Lipnitzky	18:08.87	Machesney Park (Harlem)
2.	9	Betselot Mussie	18:18.22	Schaumburg
3.	12	Hudson Pope	18:22.78	Winnebago
4.	12	Mason Kennedy	18:26.57	Machesney Park (Harlem)
5.	9	Jaoquin Lagunas	18:36.30	Schaumburg
6.	9	Jimmy Zhang	18:37.70	Schaumburg
7.	10	Tommy Leese	18:42.82	Machesney Park (Harlem)
8.	11	Noah Murcia	18:43.80	Sycamore
9.	11	Jay Pearson	18:45.42	Dakota
10.	12	Jose Ponce	18:46.41	Sycamore
11.	12	Kaeden Wehrle	18:53.80	Dakota
12.	12	Jerry Knight	18:54.58	Dakota
13.	10	Shawn Scott	18:58.20	Sycamore
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 Ehler, 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 Varstiy 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!".