



SENIOR DAY AT GENESEO XC INVITE

Pictured are (Front Row) Kaden Elmer & Graysen Carlson.
2nd Row: Jameson Coppejans, Calvin Bell, Aidan Bries, Jaxson Sottos

SENIORS WIN GOLD AS LEAFS 5TH OVERALL

On Saturday, September 20th, the Leafs played host to their annual Geneseo Cross Country Invitational. The meet was held at Geneseo's Richmond Hill Park. The meet format offers competition for each grade level (girls & boys). Individual medals were awarded to the top 20 finishers. In addition, the team champion in each division (Freshman, Sophomore, Junior, Senior) was also awarded a team championship plaque. Then, all of the gender team scores were added up and a girls and boys combined championship plaque was also awarded. Then, the girls overall combined score was added to the boys overall combined score to result in the overall combined champion. Plaques were awarded to the top 3 teams. The idea for the meet came from Coach Dick Kloepfer (ITCCA Hall of Famer) at Crystal Lake Central High School in the Northwest Suburbs of Chicago (closer to Wisconsin actually).

The field included teams from: Davenport (West), Dixon (Girls Only), Geneseo, Lemont, Macomb, Moline, Morton, Princeton, Rivermont Collegiate (Boys Only), Rock Falls, Rock Island, Rock Island (Alleman), Sterling, Tinley Park, United Township, & Wheaton (W-Warrenville) South (Girls Only). The teams were treated to near-perfect conditions. There was no wind and the course was hard and fast (despite a bit of rain the night before). The race time temperature was in the mid 60's. What a difference from last Saturday (daytime high of 97°). Maple Leaf Head Boys Coach Todd Ehlert "tweaked" the meet when he took over the program in the fall of 2018. He combined the Freshman and Sophomore race starts and did the same thing with the Junior and Senior races. The girls started a few minutes after the boys to have

separation in the races. The move cut the meet's duration in half. Good Move, Coach. Also, since Coach Ehlert achieved putting Geneseo on the Regional & Sectional Meet rotation a LOT of teams wanted the get into this meet. Racing on a championship meet site early in the season provides a plethora of positives and is certainly advantageous.

FRESHMAN RACE: On to the races. I will discuss the races by class. First up was the Freshman Boys race. The Freshmen and Sophomores started at 9:00 a.m. sharp. The Leafs only have one Freshman on the team. We are proud to have him. Phoenix Sottos placed 46th overall and was timed in 27:55 for the challenging Richmond Hill Park course. The way that Cross Country meets are scored is to add up the each team's top 5 runners places. Each team's 6th and 7th runners are also factored into the scoring as they are "pushers" and add points to other teams totals. Low score wins. For this meet we used "Unlimited Pushers" (EVERY RUNNER) effects the team score. We also utilized "Ghost Runners" to fill out a scoring 5. Thus, for the Freshmen, the Leafs had to use 4 "Ghost Runners". There were 48 runners in the race so the Leafs added 49, 50, 51, & 52 to get a team score. The Leafs placed 14th overall in the Freshman Division.

SOPHOMORE RACE: Henley Bourne led the GHS Sophomores with a strong 2nd place finish. He was timed in 16:58 which is the new #2 time on the course for a GHS Runner EVER. He, and his teammates will have two more opportunities to race at home (Conference & SECTIONAL....if we qualify for the Sectional meet). Next up was Greyson Claerhout who sprinted home in 7th place. He was timed in 17:54 and now ranks #11 on the GHS Sophomore Top 25 list. Kael McCord wasn't far behind as he sprinted home in 13th place and was timed in 18:30. His time moved him into 14th place on the GHS Sophomore Top 25 List for the course. All three men earned a highly coveted Top 20 Finisher Medal. Way to roll, Men.

Fritz Bolme and Rylan Carlson sprinted home next for the Maple Leafs. They placed 28th and 31st overall and were timed in 19:39 and 19:55 respectively. They now rank as the 21st and 22nd fastest Sophomores EVER on the Richmond Hill Park Course. Great Stuff, Men. The Leafs' "Super-Sophs" are living up to their reputation. Joining in on the fun were Cole Henson and Noah Arnold who placed 41st and 47th overall. They were timed in 21:40 and 23:10 respectively. Great Races, Men. When the "Dust had Settled" and the team points were tabulated, the GHS Sophomores had placed 2nd to State Powerhouse Morton. The Leafs scored 81 points to beat ton of great teams. Morton won with 46 points.

JUNIOR RACE: The Junior & Senior Race started at 9:45 a.m. sharp. Leading the Maple Leaf Junior Team was Micah Johnson who "Stopped the Clock" at 21:03. He placed 30th overall in the race. Jacob Berry wasn't far behind as he sprinted across the finish line in 35th place and was timed in 21:44. Connor Runtz was the final Junior for the Maple Leafs. He placed 39th overall and was timed in 23:25. The Leafs had to add two "Ghost Runners" to their team score which ended up placing them in 9th place. Their team score was 208. Way to Race, Men.

SENIOR RACE: State Power Morton was 3 for 3 and hoping to win the final division. They gave it everything they had but the Maple Leafs pulled off the upset and beat Morton 71-78. The Leafs were led by Jaxson Sottos who placed 3rd overall in the race and was timed in 16:40. That moved Jaxson into the #3 Senior EVER on the Richmond Hill Park course. Next up Graysen Carlson who placed 11th overall in the race and was timed in 17:36. His time placed him in 6th place on the Richmond Hill Park Top 25 Senior List. Not far behind was Kaden Elmer who sprinted home in 12th place and was timed in 17:39. That time moved Kaden into the #7 spot on the Richmond Hill Park Top 25 Senior List. Joining in on the fun was Aidan Bries who "Stopped the Clock" at 18:01 and placed 16th overall in the race. In case you're not

counting, that is 4 Maple Leafs in the Top 20 (Earning Individual Medals) Way to Go, Men. Aidan's time was 18:01 and moved him into the #10 spot on the GHS Senior Top 25 list for the course.

"Rookie" Jameson Coppejans was the Leafs' 5th man on the day and sprinted home in 29th place. He was timed in 21:17. Calvin Bell wasn't far behind and placed 31st overall. He was timed in 22:25. Great Racing, Men. How cool was it to win the Senior Division on SENIOR DAY! We are VERY PROUD of Each of You.

When all of the boys team scores were added together the Leafs found themselves in 5th place. Then, when the overall boys and girls points were tabulated, Geneseo placed 5th overall there too. The field of teams was impressive and you should be very proud of your efforts.

Hats off to Coach Ehlert with all of the meet preparation. The meet went off with zero issues. The course was in great shape and Shazam Timing did a tremendous job with the results. The 1 mile and 2 mile split pads were AWESOME. Also, a "Shout Out" to all of the individuals who volunteered to help with the meet. It literally takes an Army to put on an Invitational. We will need more of the same as the Leafs will host the WB-6 Conference Meet on Thursday, October 16th and the IHSA Sectional Meet on Saturday, November 1st.

Next up for the Maple Leafs is a trip to Sterling for the annual Sterling Rock River Run Invitational. The meet offers a great mix of entries and the Hoover Park course is a great venue. All the best in the coming weeks, Men. Keep up the great work. Take care and God Bless.

Date: 09/21/2024								
Meet: Geneseo Cross Country Inv.								
Site: Geneseo's Richmond Hill Park								
Conditions: Daytime high of 78° Race Temps mid 60's								
Racing Distance: 3.00 miles								
Team Finish: 9th (14th); 10th (2nd); 11th (9th); 12th (1st)								
	BOYS COMBINED (5th); OVERALL COMBINED (5th)							
	TIME	ATHLETE	PL	R	1-M	2-M	3-M	AV.
1	16:40	Jaxson Sottos-12	3	12	5:31	5:38	5:30	5:33
2	16:58	Henley Bourne-10	2	10	5:33	5:49	5:36	5:39
3	17:36	Graysen Carlson-12	11	12	5:42	5:59	5:54	5:52
4	17:39	Kaden Elmer-12	12	12	5:44	5:58	5:55	5:53
5	17:54	Greyson Claerhout-10	7	10	5:40	6:12	6:01	5:58
6	18:01	Aidan Bries-12	16	12	5:43	6:08	6:09	6:00
7	18:30	Kael McCord-10	13	10	6:10	6:15	6:04	6:10
8	19:39	Fritz Bolme-10	28	10	6:28	6:39	6:31	6:33
9	19:55	Rylan Carlson-10	31	10	6:37	6:48	6:28	6:38
10	21:03	Micah Johnson-11	30	11	7:06	7:14	6:43	7:01
11	21:17	Jameson Coppejans-12	29	12	7:08	7:07	7:01	7:05
12	21:40	Cole Henson-10	41	10	7:00	7:25	7:14	7:13
13	21:44	Jacob Berry-11	35	11	7:10	7:23	7:09	7:14
14	22:25	Calvin Bell-12	31	12	7:11	7:29	7:43	7:28
15	23:10	Noah Arnold-10	47	10	7:15	7:53	8:00	7:43
16	23:25	Connor Runty-11	39	11	7:15	8:06	8:03	7:48
17	27:55	Phoenix Sottos-09	46	9	9:12	9:11	9:31	9:18
	DNC	none						
	15:59	Senior Leader	1	12	5:23	5:23	5:12	5:19
	15:38	Junior Leader	1	11	5:16	5:18	5:02	5:12
	16:50	Sophomore Leader	1	10	5:31	5:40	5:38	5:36
	16:37	Freshman Leader	1	9	5:32	5:37	5:27	5:32
	Geneseo Spread							
		1-5		1:14				
		1-7		1:50				
		1-10		4:23				

Geneseo Invite Progression

First Name	Last Name	Division	Grade	2025 Results	2024 Results	2023 Results	2022 Results
Jackson	Sottos	Male	12	16:40	16:22	16:43	18:00
Henley	Bourne	Male	10	16:58	18:03	Middle School	Middle School
Graysen	Carlson	Male	12	17:36	17:56	18:31	DNR
Kaden	Elmer	Male	12	17:39	18:29	17:41	18:03
Greyson	Claerhout	Male	10	17:54	20:22	Middle School	Middle School
Aidan	Bries	Male	12	18:01	18:38	17:45	18:44
Kael	McCord	Male	10	18:30	19:14	Middle School	Middle School
Fritz	Bolme	Male	10	19:39	21:05	Middle School	Middle School
Rylan	Carlson	Male	10	19:55	23:56	Middle School	Middle School
Micah	Johnson	Male	11	21:03	19:37	19:37	Middle School
Jameson	Coppejans	Male	12	21:17	DNR	DNR	DNR
Cole	Henson	Male	10	21:40	DNR	DNR	DNR
Jacob	Berry	Male	11	21:44	DNR	23:10	Middle School
Calvin	Bell	Male	12	22:25	20:22	DNR	27:10:00
Noah	Arnold	Male	10	23:10	DNR	DNR	DNR
Connor	Runty	Male	11	23:25	21:59	21:47	Middle School
Pheonix	Sottos	Male	9	27:55:00	Middle School	Middle School	Middle School

Geneseo XC Invite HS

OFFICIAL ⌚ Sat, Sep 20, 2025 📍 Richmond Hill Park, IL US

Overall Boys

- 1.) Morton 184
- 2.) Moline 460
- 3.) Lemont 482
- 4.) Rock Island 590
- 5.) Geneseo 602
- 6.) Tinley Park 644
- 7.) Sterling 657
- 8.) Rock Island (Alleman) 688
- 9.) Macomb 706
- 10.) East Moline (UTHS) 785
- 11.) Bettendorf (Rivermont Collegiate) 790
- 12.) Rock Falls 832
- 13.) Davenport (West) 870
- 14.) Princeton 893

Senior Boys

- 1.) Geneseo 71
- 2.) Morton 78
- 3.) Rock Island (Alleman) 109
- 4.) Rock Island 119
- 5.) Tinley Park 120
- 6.) Lemont 128
- 7.) Sterling 132
- 8.) East Moline (UTHS) 143
- 9.) Rock Falls 146
- 10.) Moline 154
- 11.) Princeton 162
- 12.) Davenport (West) 176
- 13.) Macomb 190
- 14.) Bettendorf (Rivermont Collegiate) 190

Overall Combined

- 1.) Morton 610
- 2.) Lemont 1,033
- 3.) Rock Island 1,087
- 4.) Moline 1,127
- 5.) Geneseo 1,173
- 6.) Sterling 1,236
- 7.) Tinley Park 1,462
- 8.) Macomb 1,478
- 9.) East Moline (UTHS) 1,560
- 10.) Rock Island (Alleman) 1,585
- 11.) Rock Falls 1,623
- 12.) Princeton 1,699
- 13.) Davenport (West) 1,742

Bettendorf (Rivermont Collegiate) No Girls Team

Dixon & Wheaton-Warrenville South No Boys Team

1. 12 Malik Gbadamassi 15:59.30 East Moline (United)
2. 12 Gabe Mahn 16:09.60 Rock Island
3. 12 Jaxson Sottos 16:40.40 Geneseo
4. 12 Nolan Landgrebe 16:42.40 Tinley Park
5. 12 Caden Jenulis 16:44.10 Rock Island (Alleman)
6. 12 Joal Larson 16:56.60 Morton
7. 12 Sam Scoville 17:00.00 Lemont
8. 12 Luke Baker 17:03.50 Morton
9. 12 Charles Johnson 17:10.20 Sterling
10. 12 Ian Finney 17:15.90 Rock Falls
11. 12 Graysen Carlson 17:36.00 Geneseo
12. 12 Kaden Elmer 17:39.00 Geneseo
13. 12 Noah Verscha 17:51.40 Rock Island (Alleman)
14. 12 Trey Carroll 17:51.70 Tinley Park
15. 12 Gavin Staats 18:00.70 Sterling
16. 12 Aidan Bries 18:01.90 Geneseo
17. 12 Ethan Cross 18:03.80 Morton
18. 12 Augustus Swanson 18:34.00 Princeton
19. 12 Garret Myers 18:36.00 Rock Island (Alleman)
20. 12 Josiah Quin 18:37.40 Morton
21. 12 Titus Stout 18:40.20 Moline
22. 12 Henry Mass 18:41.30 Rock Island
23. 12 Chase Jared 18:44.60 Rock Island
24. 12 Matthew Breszach 18:58.10 Lemont
25. 12 Ethan Spadafora 19:16.50 Lemont
26. 12 Malachi Schwartz 20:19.50 Moline
27. 12 Mason Tucker 20:31.60 Morton
28. 12 Connor South 20:46.10 Rock Falls
29. 12 Jameson Coppejans 21:17.00 Geneseo
30. 12 Marco Hernandez-Sosa 21:22.00 Tinley Park

31. 12 Calvin Bell	22:25.20	Geneseo
32. 12 Zach Carney	22:37.00	Davenport West
33. 12 Wyatt Burton	23:43.50	Morton
34. 12 Adan Sanchez	24:35.90	East Moline (United)

Junior Boys

- 1.) Morton 27
- 2.) Lemont 77
- 3.) Moline 108
- 4.) Macomb 135
- 5.) Tinley Park 138
- 6.) Rock Island 163
- 7.) Rock Island (Alleman) 203
- 8.) Sterling 203
- 9.) Geneseo 208
- 10.) Rock Falls 210
- 11.) Davenport (West) 215
- 12.) East Moline (UTHS) 224
- 13.) Bettendorf (Rivermont Collegiate) 239
- 14.) Princeton 243

1. 11 Elliot Batz	15:38.10	Rock Island
2. 11 Maxwell Carter	15:51.00	Morton
3. 11 Keyston Beyer	16:05.70	Morton
4. 11 Duke Hendrick	16:23.50	Morton
5. 11 Isaiah Rojop	16:44.00	Sterling
6. 11 Noah Harris	16:48.00	Morton
7. 11 Jacob Czerwic	16:52.90	Lemont
8. 11 Alex Simmons	16:54.30	Macomb
9. 11 Gavin Abad	17:01.20	Lemont
10. 11 Scott Biedess	17:08.20	Lemont
11. 11 Abraham Peterson	17:15.10	Moline
12. 11 Logan Deverman	17:38.10	Morton
13. 11 Levi Tucker	17:53.40	Morton
14. 11 Benjamin Loxtercamp	17:55.90	Tinley Park
15. 11 Chase Monroe	18:03.10	Davenport West
16. 11 Marc Simmons	18:11.40	Macomb
17. 11 Kale Moore	18:27.00	Moline
18. 11 Michael Kopitas	18:35.40	Rock Falls
19. 11 Connor Wiles	18:49.90	Lemont
20. 11 Sunny Greving	18:52.60	Moline
21. 11 Gavin Banahan	19:06.00	Tinley Park
22. 11 Eymen Tasdan	19:10.40	Macomb
23. 11 Audey Hobert	19:12.30	Rock Island (Alleman)
24. 11 Owen Mathews	19:23.50	Rock Island (Alleman)
25. 11 Liam Muir	19:42.30	Rock Island
26. 11 Seth Long	19:48.30	Moline
27. 11 Godway Vedome	20:46.00	East Moline (United)
28. 11 Ben Roberts	20:54.60	Morton
29. 11 Paul Schmelter	20:55.90	Tinley Park
30. 11 Micah Johnson	21:03.90	Geneseo

31. 11 Jordan Jones	21:20.50	Tinley Park
32. 11 Matthew Butler	21:33.90	Lemont
33. 11 Dylan Hartzler	21:35.70	Rock Island
34. 11 Liam Knobloch	21:42.60	Moline
35. 11 Jacob Berry	21:44.20	Geneseo
36. 11 Rylan Jordan	21:56.00	Rock Falls
37. 11 Cohen Hunt-Twomey	22:12.60	Macomb
38. 11 August Dagostino	22:40.30	Moline
39. 11 Connor Runty	23:25.00	Geneseo
40. 11 Charles Archer	23:45.50	Rivermont Collegiate Bett..
41. 11 Yao Pascal Ayoba	23:58.60	East Moline (United)
42. 11 Jackson Drozda	24:14.70	Princeton
43. 11 Noah Neubauer	24:14.80	Tinley Park
44. 11 Asher Rolland	24:20.20	Davenport West
45. 11 Cruz Rodriguez	24:22.20	Princeton
46. 11 Austin Carrell	24:40.20	Sterling
47. 11 Yahya Tyane	24:50.40	Rivermont Collegiate Bett...
48. 11 Isaiah Herren	24:57.20	Sterling
49. 11 Fisher Dai	25:19.80	Rivermont Collegiate Bett...
50. 11 Jonathan Gowans	29:21.10	Morton
51. 11 Peter Le	34:50.40	Rivermont Collegiate Bett...

Sophomore Boys

1.) Morton 46		
2.) Geneseo 81		
3.) Rock Island 86		
4.) Moline 90		
5.) Sterling 133		
6.) Rock Island (Alleman) 168		
7.) Lemont 206		
8.) East Moline (UTHS) 229		
9.) Tinley Park 229		
10.) Macomb 251		
11.) Princeton 274		
12.) Rock Falls 279		
13.) Davenport (West) 280		
14.) Bettendorf (Rivermont Collegiate) 293		
1. 10 Nolan Jared	16:50.40	Rock Island
2. 10 Henley Bourne	16:58.70	Geneseo
3. 10 Isaiah Hartter	17:01.70	Morton
4. 10 Ben Roth	17:08.70	Morton
5. 10 Steven Hernandez	17:25.30	Rock Island
6. 10 Cristiano Saucedo	17:51.60	Rock Island (Alleman)
7. 10 Greyson Claerhout	17:54.50	Geneseo
8. 10 Carter Castel	18:14.40	Moline
9. 10 Cylar Smith	18:21.50	Rock Island
10. 10 Pablo Fuentes	18:23.80	Morton
11. 10 Robert (Bobby) Nelson	18:26.70	Moline
12. 10 Traeten Holtam	18:28.10	Rock Island
13. 10 Kael McCord	18:30.60	Geneseo
14. 10 Asher Stickling	18:38.70	Morton
15. 10 Weston Sadler	18:44.10	Morton

16. 10 Timothy Driver	18:49.90	Moline
17. 10 Webb Akers	18:52.50	Morton
18. 10 Braden Lindley	18:55.00	Morton
19. 10 Micah Peterson	18:55.60	Sterling
20. 10 Logan Kean	19:02.40	Rock Island (Alleman)
21. 10 Benjamin (Ben) Larson	19:09.40	Moline
22. 10 Connor Krussell	19:12.10	Tinley Park
23. 10 Hank Baker	19:12.40	Morton
24. 10 Logan Gardner	19:16.40	Sterling
25. 10 Ahmed Suleiman	19:17.30	Lemont
26. 10 Xander Merritt	19:25.00	Macomb
27. 10 Landon VanZuiden	19:36.40	Sterling
28. 10 Fritz Bolme	19:39.50	Geneseo
29. 10 Mahamoud Abdeldjabar	19:43.50	East Moline (United)
30. 10 Owen Roddy	19:45.30	Sterling
31. 10 Rylan Carlson	19:55.30	Geneseo
32. 10 Isaiah Rosas	20:02.30	Rock Island (Alleman)
33. 10 Braylen Grennan	20:33.30	Sterling
34. 10 Nathaniel Dudek	20:34.00	Moline
35. 10 Ryne Ward	20:42.00	Tinley Park
36. 10 Enzo Passini	20:46.00	Moline
37. 10 Daevion (Davy) Dew	21:07.30	Moline
38. 10 Allister Swanson	21:24.90	Princeton
39. 10 Mason Kubicz	21:28.00	Lemont
40. 10 Deividas Saudargas	21:35.40	Lemont
41. 10 Cole Henson	21:40.50	Geneseo
42. 10 Myles Wandrey	21:40.60	Moline
43. 10 Dashawn Boyd	21:41.10	Rock Falls
44. 10 Hudson Wiklund	22:24.10	Davenport West
45. 10 Jude Huber	22:24.20	East Moline (United)
46. 10 Jake Pengiel	23:04.30	Lemont
47. 10 Noah Arnold	23:10.30	Geneseo
48. 10 Grant Potteet	23:13.20	Macomb
49. 10 Steven Lopko	23:59.40	Morton
50. 10 Dylan Thompson	24:17.50	East Moline (United)
51. 10 Dominic Martinez	24:18.00	Rock Island (Alleman)
52. 10 Regis Abgemadon	24:33.30	East Moline (United)
53. 10 Eliezel Iranezereje	24:37.60	East Moline (United)
54. 10 Mario Tavormina	25:37.10	Tinley Park
55. 10 Godshall Vedome	25:45.70	East Moline (United)
56. 10 Dylan Le	26:35.10	Lemont
57. 10 Lucas Gutierrez	27:03.10	Rivermont Collegiate Bett
58. 10 Isaac Lotta	29:13.50	East Moline (United)

- 8.) Rock Falls 197
- 9.) Davenport (West) 199
- 10.) Rock Island (Alleman) 208
- 11.) Princeton 214
- 12.) Rock Island 222
- 13.) Bettendorf (Rivermont Collegiate) 239
- 14.) Geneseo 242

1. 9 Owen Riesberg	16:37.60	Morton
2. 9 Gavin Nally	16:56.40	Lemont
3. 9 David Wojciak	17:28.80	Lemont
4. 9 Liam Kaufmann	17:35.30	Morton
5. 9 Dylan Cross	17:55.00	Morton
6. 9 Landon Richards	17:55.50	Macomb
7. 9 Jackson Petitgout	18:09.60	Macomb
8. 9 Connor Adair	18:23.70	East Moline (United)
9. 9 Christopher (Chris) Siver...	18:31.00	Moline
10. 9 Jacob Yontz	18:41.10	Morton
11. 9 Aiden Koster	19:00.90	Sterling
12. 9 Leo Graf	19:02.70	Rock Island (Alleman)
13. 9 Gabe Tucker	19:45.50	Morton
14. 9 Jackson Davis	20:00.00	Moline
15. 9 John Yakovenko	20:03.50	Lemont
16. 9 Adam Herring	20:08.10	Morton
17. 9 Rory Higgins	20:20.10	Tinley Park
18. 9 Brady Gross	20:21.00	Princeton
19. 9 Thomas Ashwood	20:22.10	Macomb
20. 9 Dalton Allendorf	20:27.30	Davenport West
21. 9 Tucker Anderson	20:40.30	Morton
22. 9 Matthew Edison	20:42.30	Lemont
23. 9 Will Mettelmann	20:43.30	Morton
24. 9 Lucas Hoogheem	20:50.70	Moline
25. 9 Trent Kreis	20:50.80	Tinley Park
26. 9 Maliki Tate	20:51.80	Rock Island
27. 9 Anthony Borst	20:52.80	Tinley Park
28. 9 Malachi Devlin	21:00.90	Moline
29. 9 Christopher Fedko	21:09.00	Lemont
30. 9 Ryan Mealing	21:22.60	Rock Falls
31. 9 Tristan Hilty	21:29.90	Sterling
32. 9 Francesco Genualdi	21:48.70	Lemont
33. 9 Owen LeMaster	22:01.50	Moline
34. 9 Finn VandenBerg	22:24.80	Morton
35. 9 Finn Black	22:44.60	Lemont
36. 9 Blake Plummer	22:45.40	Rock Falls
37. 9 Luis Esparza	22:54.20	Rock Falls
38. 9 Daniel Devlin	23:20.10	Moline
39. 9 Ryan Staley	23:30.30	Tinley Park
40. 9 Wyatt Tedrick	23:54.40	Davenport West
41. 9 Emilio Terronez	24:19.10	East Moline (United)
42. 9 Liam Ryan	24:19.20	East Moline (United)
43. 9 AJ Rietz	25:03.60	Davenport West
44. 9 Jaden Tran	26:16.40	Rivermont Collegiate B
45. 9 Sebastian Lavelle	27:33.80	Rock Falls
46. 9 Phoenix Sottos	27:55.40	Geneseo
47. 9 Hayden Watt	29:25.10	Davenport West
48. 9 Victor Phan	30:16.00	Rivermont Collegiate B

Freshman Boys

- 1.) Morton 33
- 2.) Lemont 71
- 3.) Moline 108
- 4.) Macomb 130
- 5.) Tinley Park 157
- 6.) East Moline (UTHS) 189
- 7.) Sterling 189



SENIOR KADEN ELMER SELECTED AS "BELL RINGER"

Pictured is Senior Kaden Elmer who was selected as the team's "Bell Ringer" for the Geneseo Cross Country Invitational

SENIOR KADEN ELMER "RINGS da Bell"

Senior Kaden Elmer was selected as the Geneseo Boys Cross Country "Bell Ringer" for the Geneseos Cross Country Invitational held on Saturday, September 20th. 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 meet was held at Geneseo's Richmond Hill Park. Later in the season, the Leafs will host the Western Big 6 Conference Meet on Thursday, October 16th and the IHSA Sectional Meet on Saturday November 1st. Gaining as much experience on the course is omnipotent. The Leafs have the luxury of being able to train on the course whenever they choose. However, racing on it is a bit trickier and hosting so many meets is a true plus for this year's team.

Kaden ran a tremendous race in the Senior Class Division and ended up placing 12th overall in the race. He was timed in a quick 17:39 for the challenging course. His efforts not only earned him another Geneseo High School Cross Country Top 20 Finisher Medal (I believe he has earned one all four years) but it also helped the Leafs Senior Class claim GOLD. That's right, they won the Senior Division. That is a tremendous feat. The field for the Invite has gotten tougher each year. The fact that Coach Ehlert was able to get Geneseo put into the Sectional & Regional rotation for host sites is the reason. Anyway, this year's field was very strong and included Morton for the first time. They are ranked near the very top in 2A and won every single class division EXCEPT the Senior Race. Way to Go!!!

Kaden's ran a solid race and was timed in 17:39. He covered the first mile in 5:44 which included climbing the "Barn Hill". He rolled through mile two in 5:58 and then closed his race with a 5:55. He averaged 5:53 for the challenging course. His time of 17:39 moved him into the number 15 spot on the GHS All-Time top 25 list for the Richmond Hill Park Course. It also moved him into the number 7 Senior spot. Look for him to climb even higher as he will still have two more chances to race on the course. Kaden has been a key member of the team ever since he joined us his Freshman year. He has earned Varsity Letters in both XC and Track & Field each and every year. He is also a great guy and our team is extremely fortunate to have him on the squad. The team has stated some lofty season goals. Those goals include winning the WB-6 Conference Crown at home and advancing to the State Finals via the Geneseo IHSA Sectional. All the best, Kaden. We hope that you and your teammates can make those dreams come to fruition.

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

12th Grade: "PR so far has been 17:17 at Moline."

11th Grade: "A somewhat disappointing year with yet another mile time of 4:57 and another 17:00 for XC. While somewhat disappointing, it was also the most fun and encouraging year as the 4-horsemen were mere seconds away from qualifying in the 4x800. I ran a 2:10. Went to State again for Cross with a low 17:00 time".

10th Grade: "Had a pretty solid improvement from freshman year with a time of 17:00 for XC. Track stayed the exact same in the mile with another 4:57 and a 2:12 in the 800. Went to State again for Cross where I ran 17:00 in beautiful weather".

9th Grade: "Finally broke 5:00 in the mile with a 4:57 and ran a 2:11 800 at Sectionals. Jaxson Sottos came out of nowhere in XC beating me at the Rustbuster. That was the year most people seemed to catch up to me. I ran 17:40s for a PR that year. I went to State for XC but only because of the "hitman" I hired, Aidan Bries, taking out Sam Mosbarger for me during basketball".

8th Grade: "Some people say I peaked in middle school with a mile time of 5:09. Cross Country I ran 12:10 for 2 miles going to State with Jack Mickley. The team did not qualify".

7th Grade: "Ran something like 5:50 for the mile. Nothing too crazy and something like mid 12 for Cross country. Dylan Gehl and I qualified for State, but due to Covid we didn't go".

Prior to 7th grade: "Played rec league Baseball for 3 years when I was in grade school. Then played more rec league for Soccer in 5th and 6th. Wasn't very good but enjoyed them both".

Kaden is the proud son of Josh and Kari Elmer. He is also the proud "Baby Bro" of Anthony 26 and Hope, 24. He is also the proud "Big Bro" to Gabrielle, 21, Reese 14, Hallie 12.

Here are Kaden's answers to his "Bell Ringer Questions": **Nickname:** "Elmberg" **School Clubs or other Organizations you have taken part in:** "I can't think of hardly any. Maybe a couple bible studies but that's about it".; **Favorite Food:** "Spicy chicken sandwiches"; **Favorite Movie:**

"3:10 To Yuma (Western)".; **Favorite Music (Genre or Group):** "The Offspring". Here is what a Google Search had to share: "The Offspring is an American rock band formed in Garden Grove, California, in 1984. Originally formed under the name Manic Subsidal, the band currently consists of lead vocalist and guitarist Bryan "Dexter" Holland, lead guitarist Kevin "Noodles" Wasserman, bassist Todd Morse, multi-instrumentalist Jonah Nimoy, and drummer Brandon Pertzborn. The Offspring is often credited (alongside fellow California punk bands Green Day, NOFX, Bad Religion, Rancid, and Pennywise) for reviving mainstream interest in punk rock during the mid-1990s.

During their 41-year career, the Offspring has released eleven studio albums and sold more than 45 million records,^{[5][6]} making them one of the best-selling punk rock bands".; **Athletic Hero:**

"My athletic hero is my Geneseo Assistant Coach Jeff Brown". (Coach Brown has been a MAJOR force on the road racing scene in the QCA and Midwest for decades. He has earned numerous All-American Honors).; **Favorite Quote:** "There's a reason other sports punish their athletes with ours".; **How Did You Decide to Join the XC Team?:** "Eric States convinced me to do it, and as a bored 7th grader, I did. I had always known I had a thing for running however, as I enjoyed casual road races and did quite well in them for my age".; **What Advice Do You Have for**

Anyone New to the Sport?: "Running's not for everyone. It's hard and you don't get a lot of credit. You're probably gonna be skinny and it's for sure gonna hurt. It's different from other sports though. You can have the most fun running, whether it's finding various bodies of water and screaming into a cam recorder or playing "Crossy Road" as you go to find lunch. Cross Country's hard but it's definitely worth it. Make sure to put in effort at practices and always find another level during the meets. Down that milkshake, kill the "little man", and remember to always drink water".

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

Comment from Head Coach Todd Ehlert: "Kaden Elmer has had an awesome career at GHS. We are excited to see how his senior year turns out. He has been fortunate to run at state his first three years. His first year at state was a memorable one. Running in 3-6 inches of mud in spots, he lost a shoe and continued to run with one shoe for 2 and 3/4 miles. Kaden has been a huge part of the program and continues to give it his all this year. Keep working hard and Dreaming Big, Kaden!".