



## LEAFS F/S CLAIM TEAM SILVER

Pictured is the 2nd place Geneseo F/S Team. Front row: Cole Henson, Fritz Bolme, Henley Bourne, Rylan Carlson, Kael McCord

Row 2: Jaxson Sottos (medalist in the Varsity Race), Noah Arnold, & Greyson Claerhout

## VARSITY PLACES 9TH

On Saturday, September 27th, the Leafs traveled to Sterling's Hoover Park to participate in the annual Rock River Cross Country Invitational. The meet included teams from: Belvidere, Belvidere North, Cambridge (Co-Op), Dixon, Eastland, Freeport, Geneseo, Geneva, Kaneland, LaSalle-Peru, Morrison, Ottawa, Peoria Richwoods, Princeton, Rochelle, Rock Falls, Rock Island, Sandwich, Sterling, Sterling (Newman) Sycamore, & Yorkville. The teams were treated to an amazing day weather-wise. The daytime high was in the 80's with the Varsity race time temperature in the 60's. The course was hard and fast and the dew point was in the 50's.

Several of the Leafs Top 7 were competing in the F/S Division later in the meet. Thus, the Varsity team wasn't full-strength. The Maple Leafs are still "Flying under the radar" as far as the Illinois State XC media is concerned. It should also be pointed out that the course for this meet was changed last year from 3 miles to 5k. Thus, all of the Top 25 lists had to be scrapped and we had to start over. Bummer. On a positive note, the individual medals number returned to 30 after dropping to 15 last year.

On to the racing. The Varsity Boys race took off at 9:35 sharp. Senior Leader Jaxson Sottos led the way and ran as the first GHS Senior for the course (he already has the 2nd fastest time ever for a Maple Leaf of any grade from last year...16:24.) He placed 19th overall and earned a highly prized "Top 30 Finisher Medal". Great stuff, Jaxson. Championship meet season is just around the corner. Get ready to FLY!.

Next up was Senior Leader Graysen Carlson who sprinted across the finish line in 36th place, barely missing "Hardware". He was timed in 17:26 which moved him into 4th on the All-Time GHS Top 25 list and into 3rd for GHS Seniors. Great Racing, Graysen. Your desire is on display every time you "Lace em up". Keep up the great job. Championship Meet Fever..."Catch It".

Senior Leader Aidan Bries continued his bounce back after battling illness and injury for the last several weeks. He placed 48th overall and was timed in 17:39. That time moved him into the #5 All-Time spot on the GHS Top 25 list for the course and #4 Senior. Great Stuff, Aidan. It will be a lot of fun to put our full-strength varsity squad next weekend in Freeport. Get ready for the Championship Meet Season to arrive. Keep Leading Us. Time to FLY!!!

Next up was Senior Leader Kaden Elmer who "Stopped the Watch" at 17:57 which was just off his personal best on the course of 17:55. Kaden placed 59th overall in the race. He "Owns" the #7 All-Time spot for the course (any grade level) and moved into the #5 Senior spot. Kaden has been a key member of the team ever since he joined the squad as a Freshman. Expect nothing less from this seasoned veteran. All the best, Kaden. Keep "Dreaming Big" and backing those dreams up with the commitment that excellence demands.

Junior Drum Major Connor Runty was the final Maple Leaf to sprint across the finish line. He was timed in 22:18 and placed 150th overall in the race. Connor will be racing on this course one more time when the Leafs return for the Sterling 09/JV Invitational on Tuesday, October 21st. Before then, get ready to "Drop the Hammer" at Freeport and Metamora before "Toeing da Line" at home for the WB-6 Conference Meet. All the best, Connor.

When the team scores had been tabulated, the Leafs found themselves in 9th place out of 22 teams. Great job, Men. If you had the F/S crew racing with you....well, you get the idea. Fear not....the correct choice was made.

#### F/S SQUAD CLAIMS ROCK RIVER SILVER

The F/S boys race was the final high school race on the day (there were middle school races that followed). By the time that the F/S race started at 10:45 a.m., the temperature had climbed well into the 70's. Surprisingly, only 10 of the 22 teams in the field were able to field at least 5 F/S runners to field a scoring team. The Leafs didn't let any of that bother them. They got out well and raced to win. Only 3A powerhouse Geneva was able to best the Maple Leafs. Their Varsity team wasn't even at the meet. They ran their JV team and only placed 16th as a team. Their F/S team ran way faster than their Varsity team. Oh well.

Sophomore Henley Bourne was a part of the lead pack for every step of the race and ended up winning the race. He was timed in 17:25 and ended up winning by over 6 seconds after a close battle for most of the race. His time of 17:25 is a new Sophomore GHS school record for the course. His time also moves him into the #3 All-Time slot. Great racing, Henley. Henley is enjoying a strong season and it is going to be a LOT of fun to see what he and his teammates can accomplish in the coming weeks. Passion & Purpose. Keep "Dreaming Big". Ready, Set, GO!!!

Not too far behind was Sophomore Greyson Claerhout who ROARED on the day. He led for a bit and was in the lead pack for most of the race. Cool Stuff. Greyson's time of 17:42 moved him into the #6 All-Time spot for a GHS Runner. He is also the new #2 Sophomore. Greyson has really been on a roll lately and has provided the Leafs with omnipotent depth. Keep believing in yourself and breaking through to new levels. Don't forget to enjoy the ride. "Championship Meet Fever". In the words of one of my all-time favorite songs...."I believe it's time for me to fly" by REO Speedwagon. "Just Do It". All the Best.

Next up was fellow "Super-Soph" Kael McCord who joined Henley & Greyson in the TOP TEN. Kael placed 6th overall in the race and was timed in 17:57 and really closed HARD. He moved himself into 8th on the

GHS All-Time list and #3 Sophomore. Great Stuff, Kael. It has been awesome to watch these "Super-Sophs" just keep improving. Championship Meet Season is going to be a LOT of FUN. Enjoy running with the "Big Dogs" in Freeport. F/S action in Metamora will follow before the WB-6 at home and then the IHSA State Series. Keep "Dreaming Big" All the Best.

Sophomore Fritz Bolme was one of the biggest surprises of the day as he "Ran Wild". Fritz sprinted home in 19:42 and placed 29th overall.....Yup....Top 30 Medals to the Maple Leafs Top FOUR. That's amazing. Men. Fritz is now sitting in the #13 All-Time spot and is now the #7 Sophomore EVER on the course. The dude is simply "On Fire". He inspired the whole team. Get ready to race for a "Pretzel" in Freeport (Top 5 Finishers) in the JV race. Keep up the great work, Dude. The Geneseo "Super-Sophs" are for Real. You are a critical member of that group. Also, thanks for being such a great guy. Team First Always!

Not far behind was Sophomore Rylan Carlson who was running a great race himself. Rylan finished in 38th place and barely missed a Top 30 medal himself. Rylan was timed in 20:08. He is now the 15th fastest Maple Leaf EVER on the course (All-Time List) while climbing into #8 on the Sophomore list. Rylan's improvement from last year is truly "Jaw-Dropping". He has demonstrated powerful levels of both Passion and Purpose on a daily basis. Keep up the great work, Rylan. All the best in the coming weeks as you roll into Peak Form. Don't be afraid to "GO FOR IT!"

Next up for the Leafs was "Rookie" Noah Arnold who sprinted across the finish line in 23:03 and placed 74th overall in the race. Noah moved himself into the number 11 spot on the GHS Sophomore Top 25 List. Great Stuff, Noah. Noah has battled a nasty case of shin splints for several weeks now. He has been a tremendous addition to the team. His work ethic and dedication level are both impressive. All the best in your remaining races as the season begins to wind down. Keep leading by example....it is simply the most effective way to do it. Do as I do.....not just as I say. TEAM!

Not far behind was fellow "Rookie" Super-Soph member Cole Henson. Cole placed 80th overall in the field and was timed in 23:31. Cole's time moved him into the #12 Sophomore spot on the GHS Top 25 List for the course. Pretty impressive stuff for a first year man. Cole has been a true pleasure to have on the team. His smile is infectious. It has also been a lot of fun watching him improve during the course of the season. Keep up the good work, Cole. Thanks for being such a great guy. You have helped make the 2025 Geneseo Maple Leaf Cross Country Team a BETTER Team. Thank You.

Freshman Phoenix Sottos has also been "On Fire". He has been improving by meteoric levels. He sprinted across the finish line in 99th place and was timed in 26:35. Remember, this was a 5K.....not a 3 mile race (significantly LONGER.) Yet, he still, almost, nailed a personal best time. He barely missed his time from Galesburg...but this course was LONGER. Personal Best for sure. I also had the pleasure of being near several of his siblings as he sprinted home. The Sottos Family simply does it right.... Lots of love and support for all. Keep up the great work, Phoenix. You are an inspiration to us all.

<b>Date:</b> 9/27/2025							
<b>Meet:</b> Sterling's Rock River Run Cross Country Inv.							
<b>Site:</b> Sterling's Hoover Park							
<b>Conditions:</b> Race time temp. of 60's Varsity & 70's F/S w/11 mph SW Winds							
<b>Racing Distance:</b> 3.10 miles (New Course...year 2)							
<b>Team Finish:</b> Varsity (9th); F/S (2nd)							
	<b>TIME</b>	<b>ATHLETE</b>	<b>PL</b>	<b>R</b>	<b>1-M</b>	<b>2-M</b>	<b>3-M</b>
1	16:51	Jaxson Sottos-12	19	Var	5:14	5:32	5:33
2	17:25	Henley Bourne-10	1	F/S	5:15	5:58	5:39
3	17:26	Graysen Carlson-12	36	Var	5:14	5:32	6:05
4	17:39	Aidan Bries-12	48	Var	5:26	5:37	5:58
5	17:42	Greyson Claerhout-10	3	F/S	5:15	5:58	5:51
6	17:57	Kaden Elmer-12	59	Var	5:31	5:49	6:03
6	17:57	Kael McCord-10	6	F/S	5:26	6:06	5:49
8	19:42	Fritz Bolme-10	29	F/S	5:58	6:40	6:26
9	20:08	Rylan Carlson-10	38	F/S	6:13	6:44	6:33
10	20:39	Jameson Coppejans	119	Var	6:11	6:45	6:58
11	21:37	Micah Johnson-11	143	Var	6:19	7:17	7:22
12	22:18	Connor Runty-11	150	Var	6:48	7:30	7:20
13	23:03	Noah Arnold-10	74	F/S	6:45	7:52	7:45
14	23:31	Cole Henson-10	80	F/S	7:10	7:58	7:45
15	26:35	Phoenix Sottos-09	99	F/S	8:07	8:47	8:51
DNC	Jacob Berry-11	Conflict					
DNC	Calvin Bell-12	Illness					
15:39	Varsity Leader	1	10	4:57	5:08	5:02	5:03
17:25	F/S Leader	1	10	5:15	5:58	5:39	5:37
<b>Geneseo Spread</b>							
	1-5	0:51					
	1-7	1:06					
	1-10	3:48					

# Rock River Run Progression

First Name	Last Name	Division	Grade	2025 Results	2024 Results
Jaxson	Sottos	Male	12	16:19	16:24
Henley	Bourne	Male	10	16:52	DNR
Graysen	Carlson	Male	12	16:51	18:08
Aidan	Bries	Male	12	17:01	18:25
Claerhout	Greyson	Male	10	17:04	19:30
Kaden	Elmer	Male	12	17:23	17:55
McCord	Kael	Male	10	17:21	DNR
Bolme	Fritz	Male	10	19:04	DNR
Rylan	Carlson	Male	10	19:30	24:16:00
Jameson	Coppejans	Male	12	19:54	DNR
Micah	Johnson	Male	11	20:58	19:30
Connor	Runty	Male	11	21:38	DNR
Noah	Arnold	Male	10	22:22	DNR
Cole	Henson	Male	10	22:53	DNR
Pheonix	Sottos	Male	9	25:45:00	DNR
Jacob	Berry	Male	11	DNR	DNR
Calvin	Bell	Male	12	DNR	21:02

# Rock River Run HS, MS

OFFICIAL  Sat, Sep 27, 2025  Woodlawn Arts Academy, IL US

## 5,000 Meters Varsity

### Official Team Scores

1. Yorkville	38
2. Belvidere (North)	69
3. Rock Island	90
4. Sycamore	144
5. Belvidere	184
6. Peoria (Richwoods)	226
7. Sandwich	250
8. Maple Park (Kaneland)	251
9. Geneseo	253
10. Dixon	259
11. Ottawa (Twp.)	280
12. Sterling	298
13. Rochelle	334
14. LaSalle (L.-Peru)	387
15. Freeport	388
16. Geneva	401
17. Rock Falls	403
18. Princeton	503

1. 10 Judah Binger	15:39.34	Belvidere (North)
2. 11 Elliot Batz	15:40.08	Rock Island
3. 12 Owen Horen	15:41.51	Yorkville
4. 12 Gabe Mahn	15:52.19	Rock Island
5. 10 Carter Reichert	16:17.35	Yorkville
6. 11 Ayden Nydegger	16:20.24	Yorkville
7. 11 Isaiah Rojop	16:22.30	Sterling
8. 10 Nolan Jared	16:22.75	Rock Island
9. 10 Nicholas Sanchez	16:24.54	Yorkville
10. 12 Charles Johnson	16:25.51	Sterling
11. 10 Martin Hernandez	16:27.75	Belvidere (North)
12. 10 Tyler Johnson	16:27.99	Rochelle
13. 12 Gabe Gross	16:31.63	Peoria (Richwoods)
14. 11 Lucas Miller	16:33.37	Sycamore
15. 11 Declan Schou	16:33.74	Yorkville

16. 12 Benjamin Meyers	16:49.68	Belvidere (North)
17. 12 Zachary Rediger	16:51.56	Belvidere (North)
18. 9 Connor Medina	16:51.56	Ottawa (Twp.)
19. 12 Jaxson Sottos	16:51.92	Geneseo
20. 12 Logan Jones	16:53.77	Sycamore
21. 11 James Cherney	16:54.47	Yorkville
22. 12 Keegan Sweeney	16:59.42	Belvidere
23. 11 Josh Miller	17:04.05	Sycamore
24. 12 Lukas Hoemke	17:06.20	Belvidere (North)
25. 10 Daniel Havenga	17:07.35	Peoria (Richwoods)
26. 10 Steven Hernandez	17:07.63	Rock Island
27. 11 Gavin Smith	17:09.38	Maple Park (Kaneland)
28. 12 Alex Walsh	17:10.14	Sandwich
29. 10 Cole Lystila	17:10.49	Peoria (Richwoods)
30. 11 Gianni Verucchi	17:11.21	LaSalle (L.-Peru)
31. 12 Jordan Mundy	17:11.89	Belvidere
32. 10 Kyle Koehne	17:13.01	Belvidere
33. 11 Austin Brobst	17:17.68	Freeport
34. 12 Caden Bould	17:22.69	Belvidere
35. 9 Devin Svarc	17:24.43	Belvidere (North)
36. 12 Graysen Carlson	17:26.22	Geneseo
37. 9 Jaron Greve	17:28.37	Dixon
38. 12 Ian Finney	17:29.80	Rock Falls
39. 11 Nolan Reutimann	17:31.98	Maple Park (Kaneland)
40. 10 Logan Trigg	17:34.06	Sandwich
41. 10 Maddux Teresi	17:34.20	Freeport
42. 10 Daniel Ruiz	17:36.86	Sycamore
43. 11 Marcus Hosu	17:36.96	Yorkville
44. 12 Alejandro Ayala	17:38.03	Yorkville
45. 11 Brody Hopper	17:38.39	Dixon
46. 12 Liam Berry	17:38.76	Sycamore
47. 11 Giannie Casis	17:39.48	Belvidere (North)
48. 12 Aidan Bries	17:39.96	Geneseo
49. 12 Nolan Minard	17:40.19	Sandwich
50. 11 Caleb Fruit	17:45.56	Sycamore
51. 12 Lucas McCall	17:47.37	Rock Island
52. 12 Noah Terviel	17:47.69	Dixon
53. 12 Angelo Parrinello	17:48.76	Belvidere (North)
55. 12 Alan Parkison	17:51.53	Sandwich
56. 12 Avonte Thomas	17:51.64	Yorkville
57. 12 Gavin Staats	17:54.47	Sterling
58. 10 Atlas Brown	17:56.17	Ottawa (Twp.)
59. 12 Kaden Elmer	17:57.26	Geneseo
60. 11 Zavier Nothnagel	17:58.74	Maple Park (Kaneland)
61. 12 Brandon Molina	18:04.07	Belvidere (North)
62. 10 Traeten Holtam	18:10.19	Rock Island
63. 11 Jared Lanting	18:12.95	Sycamore
64. 12 Ian DeGuzman	18:13.63	Geneva
65. 11 Omri Granados	18:13.68	Belvidere (North)

66. 12 Austin Lindell	18:14.26	Belvidere (North)	124. 9 Brody Maynard	20:42.90	Ottawa (Twp.)
67. 12 Nate Burgess	18:15.20	Sycamore	125. 12 Shawn McKillip	20:45.36	Freeport
68. 12 Grant Smithmeyer	18:17.62	Ottawa (Twp.)	126. 11 Parker Eberle	20:52.82	Sandwich
69. 12 Jack Nevenhoven	18:21.54	Maple Park (Kaneland)	127. 11 Kyle Heller	20:56.15	Geneva
70. 12 Daniel Ramirez	18:23.65	Dixon	128. 11 Jonah Lotz	20:58.57	Geneva
71. 9 Jense Atkinson	18:24.46	Dixon	129. 11 Jack Bowman	20:58.63	Peoria (Richwoods)
72. 11 Ben Lopez	18:25.20	Belvidere	130. 12 Jose Gutierrez	21:00.78	Sycamore
73. 11 Joey Schuch	18:26.23	Maple Park (Kaneland)	131. 11 Terrence Hawkins	21:06.44	Belvidere (North)
74. 11 Michael Kopitas	18:29.10	Rock Falls	132. 11 Dylan Hartzler	21:07.83	Rock Island
75. 10 Cylar Smith	18:30.62	Rock Island	133. 11 Judah Kargl	21:08.29	Rock Island
76. 12 Griffin Hammers	18:35.58	LaSalle (L.-Peru)	134. 10 Leo Francis	21:08.56	Peoria (Richwoods)
77. 12 Kaleb Nimke	18:35.89	Ottawa (Twp.)	135. 10 Allister Swanson	21:12.27	Princeton
78. 9 Esam Farraj	18:38.51	Rochelle	136. 11 Samuel Kunets	21:12.65	Belvidere
79. 12 Isaac Erwin	18:38.87	Belvidere (North)	137. 11 Deaglan Taylor	21:19.06	Dixon
80. 11 Eliu Molina	18:38.97	Sycamore	138. 11 Andrew Hess	21:19.97	Yorkville
81. 9 Callum Swan	18:39.34	Sycamore	139. 11 Matthew Kray	21:21.26	Maple Park (Kaneland)
82. 12 Elijah Fiedler	18:43.80	Maple Park (Kaneland)	140. 11 Rylan Jordan	21:22.68	Rock Falls
83. 12 Henry Mass	18:45.97	Rock Island	141. 9 Samuel Gascoinge	21:32.68	Sterling (Newman Centra
84. 9 Jacob Wendt	18:46.21	Dixon	142. 11 Beckett Tucker	21:35.90	Geneva
85. 12 Connor South	18:47.37	Rock Falls	143. 11 Micah Johnson	21:37.65	Geneseo
86. 12 Grayson McCue	18:52.69	Yorkville	144. 9 Lloyd Martens	21:40.20	Cambridge
87. 12 Chase Jared	18:56.88	Rock Island	145. 11 Mitchell Wenger	21:40.96	Peoria (Richwoods)
88. 12 Augustus Swanson	18:59.57	Princeton	146. 12 Luke Passwater	21:48.80	Ottawa (Twp.)
89. 10 Aries Brown	19:01.67	Ottawa (Twp.)	147. 10 Christopher Lawrence	22:10.50	Rochelle
90. 12 Elliott Hicks	19:17.24	Peoria (Richwoods)	148. 11 Wyatt Smith	22:10.81	Yorkville
91. 11 Ricky Anderson	19:18.76	Maple Park (Kaneland)	149. 11 Ben Karl	22:17.25	Maple Park (Kaneland)
92. 12 Kohlson Stumpf	19:21.99	Dixon	150. 11 Connor Runty	22:18.76	Geneseo
93. 10 Gregory Smith	19:22.41	Rochelle	151. 10 Carson Stoner	22:20.15	Lanark (Eastland)
94. 11 Noah Murcia	19:25.74	Sycamore	152. 11 Jack Dixon	22:22.11	Belvidere (North)
95. 11 Ben Carter	19:30.93	Yorkville	153. 12 Esteban Gutierrez	22:22.71	Belvidere
96. 10 Lincoln Minard	19:35.17	Sandwich	154. 12 Axel Davila	22:26.21	Belvidere (North)
97. 10 Eli Hauri	19:39.50	Peoria (Richwoods)	155. 11 Connor Murphy	22:47.03	Sycamore
98. 10 Zachary Johnson	19:43.43	Rochelle	156. 11 Daniel Gutierrez	22:59.50	LaSalle (L.-Peru)
99. 9 Damien Walsh	19:44.49	Sandwich	157. 9 Vinny Zuber	23:05.55	Ottawa (Twp.)
100. 12 Jose Ponce	19:52.64	Sycamore	158. 12 Joseph Patyk	23:35.65	LaSalle (L.-Peru)
101. 11 Matthias Bowden	19:53.49	Peoria (Richwoods)	159. 11 Ryan Watt	23:56.32	Cambridge
102. 9 Carter Lester	19:54.03	LaSalle (L.-Peru)	160. 12 Evan Akers	23:59.47	Cambridge
103. 12 Jace Vail	19:54.09	Belvidere	161. 11 Cruz Rodriguez	24:18.68	Princeton
104. 11 Dawson Medley	19:55.85	Cambridge	162. 12 Logan Hockings	24:36.46	Sandwich
105. 11 Hunter Bivins	19:57.34	Rochelle	163. 11 Austin Carrell	25:24.36	Sterling
106. 11 Benji Devroye	19:58.79	Sycamore	164. 11 Isaiah Herren	25:28.29	Sterling
107. 11 Ruben Pittman	20:09.53	Sycamore	165. 11 Jackson Drozda	25:28.39	Princeton
108. 12 Josh Carter	20:10.73	Peoria (Richwoods)	166. 12 Andrew Cover	25:39.67	Dixon
109. 12 Daniel Fisher	20:11.41	Ottawa (Twp.)	167. 12 Cullen Kromm	26:24.23	Freeport
110. 12 Kevin Liao	20:11.79	Peoria (Richwoods)	168. 10 Maddox Misiewicz	27:05.11	Lanark (Eastland)
111. 11 Sahel Torres	20:13.54	Maple Park (Kaneland)	169. 11 Levi Johnson	27:41.67	LaSalle (L.-Peru)
112. 11 Ricardo Nogueda lopez	20:14.59	Belvidere	170. 9 Nathan Lincoln	29:44.90	Freeport
113. 12 Johnathan Ricci	20:19.98	LaSalle (L.-Peru)	171. 12 Quinn Stahr	30:19.32	Rock Falls
114. 12 Thomas Owens	20:24.24	Geneva	172. 11 Antonio Flores	31:57.31	Rock Falls
115. 12 Charlie Marsh	20:25.72	Geneva	173. 11 Jackson Philpot	44:42.21	Belvidere
116. 11 Hunter Van Eynde	20:27.94	Yorkville			
117. 9 Jehu Mubalama	20:31.77	Peoria (Richwoods)			
118. 11 Evan Fals	20:39.27	Yorkville			
119. 12 Jameson Coppejans	20:39.58	Geneseo			
120. 11 Edward Koziol	20:40.71	Rochelle			
121. 9 Brady Gross	20:41.37	Princeton			
122. 11 Mathias Rada	20:41.42	Freeport			
123. 10 Dre Contreras	20:41.49	Peoria (Richwoods)			

Incomplete teams Cambridge  
Lanark (Eastland)  
(F/S next page) Morrissey  
Sterling Newman  
Sandwich

## ♂ Mens Results

### 5,000 Meters Frosh/Soph

### Official Team Scores

1. Geneva	28
2. Geneseo	61
3. Maple Park (Kaneland)	69
4. Sycamore	100
5. Sterling	136
6. Yorkville	169
7. Belvidere (North)	180
8. Peoria (Richwoods)	215
9. Rock Falls	249
10. Rochelle	269

### Incomplete Teams

Cambridge

Dixon

Freeport

Lanark (Eastland)

LaSalle-Peru

Morrison

Ottawa

Princeton

Rock Island

Sandwich

Sterling (Newman)

1. 10 Henley Bourne	17:25.14	Geneseo	21. 10 Bryar Kuehl	19:27.18	Morrison
2. 10 Connor McInerney	17:31.19	Geneva	22. 9 Murphy Hall	19:30.67	Geneva
3. 10 Greyson Claerhout	17:42.89	Geneseo	23. 10 Grant Caston	19:31.21	Maple Park (Kaneland)
4. 10 Gabriel Ochsenschlager	17:47.51	Geneva	24. 10 Noah Rosser	19:32.92	Geneva
5. 10 Kurt Borter	17:50.78	Geneva	25. 9 Christopher Tee	19:34.08	Geneva
6. 10 Kael McCord	17:57.10	Geneseo	26. 9 John Smyth	19:36.49	Geneva
7. 10 Drew Gritzner	17:57.38	Maple Park (Kaneland)	27. 9 Michael Davalos	19:37.60	Belvidere
8. 10 Liam Dwyer	18:00.33	Geneva	28. 10 Shawn Scott	19:40.46	Sycamore
9. 10 Matthew Bultmann	18:02.83	Geneva	29. 10 Fritz Bolme	19:42.54	Geneseo
10. 10 Mason Stalcup	18:19.57	Maple Park (Kaneland)	30. 9 Henry Woltzen	19:45.03	Sycamore
11. 10 Griffin Poterek	18:24.29	Geneva	31. 10 Gianni Middona	19:47.51	Maple Park (Kaneland)
12. 9 Michael Reid	18:28.51	Yorkville	32. 10 Braylen Grennan	19:48.13	Sterling
13. 10 Tommy Klinger	18:33.78	Sycamore	33. 10 Landon VanZuiden	19:49.99	Sterling
14. 9 Aiden Palmer	18:38.67	Maple Park (Kaneland)	34. 9 Jason Ambelang	19:52.20	Belvidere (North)
15. 10 Michael Calligan	18:42.05	Sycamore	35. 9 Kamden Johnson	19:57.56	Sycamore
16. 10 Xavier Torres	18:42.28	Belvidere (North)	36. 9 Brogan Greif	19:59.63	Geneva
17. 10 Noah Yung	18:54.38	Geneva	37. 10 William Lange	20:02.89	Geneva
18. 9 Will Gritzner	18:58.77	Maple Park (Kaneland)	38. 10 Rylan Carlson	20:08.97	Geneseo
19. 10 Micah Peterson	19:14.35	Sterling	39. 10 Owen Roddy	20:12.17	Sterling
20. 10 Dylan Edling	19:18.22	Geneva	40. 10 Sean Wilder	20:22.20	Sycamore
			41. 10 Hunter Craig	20:29.59	Yorkville
			42. 9 Alikye Aniszewski	20:35.60	Maple Park (Kaneland)
			43. 9 Ryan Fals	20:40.97	Yorkville
			44. 10 Wyatt Morganegg	20:55.12	Yorkville
			45. 9 Jerimiah Bennett	21:00.47	Sterling
			46. 9 Kellen Franken	21:10.09	Peoria (Richwoods)
			47. 9 Emmett Crawford	21:17.58	Peoria (Richwoods)
			48. 9 Gavin Overhaug	21:20.38	Maple Park (Kaneland)
			49. 9 Soren Hoffeditz	21:21.06	Rock Island
			50. 10 Trent Lebensorger	21:23.90	Belvidere (North)
			51. 10 Dashawn Boyd	21:24.61	Rock Falls
			52. 9 Hank Baumgardner	21:25.17	Peoria (Richwoods)
			53. 10 Logan Bolda	21:27.90	Sycamore
			54. 9 Tyler Wall	21:28.31	Geneva
			55. 9 Sami Aljabari	21:42.00	Rochelle
			56. 9 Alex Beltran	21:44.96	Belvidere
			57. 9 Luis Esparza	21:53.16	Rock Falls
			58. 9 Ryan Mealing	21:54.59	Rock Falls
			59. 9 Kayden Aniszewski	21:58.03	Maple Park (Kaneland)
			60. 9 Ivahn Davila	21:58.88	Belvidere (North)
			61. 9 Orion Rodriguez-Dirkes	22:14.93	Sterling
			62. 9 Blake Shelby	22:17.44	Rochelle
			63. 9 Leo Trch	22:18.82	Geneva
			64. 10 Carson Dare	22:19.24	Peoria (Richwoods)
			65. 9 Lucas Osmondson	22:22.79	Geneva
			66. 12 Josh Opherk	22:23.62	Peoria (Richwoods)
			67. 10 Amari Woods	22:36.40	Geneva
			68. 10 Bryce Ehlers	22:41.03	Maple Park (Kaneland)
			69. 9 Jayden Paris	22:47.14	Morrison
			70. 10 Jasper Huynh	22:55.96	Geneva
			71. 9 Tyler Sutton	22:56.01	Rochelle
			72. 9 Devin Gallo	22:59.52	Belvidere (North)
			73. 9 Cameron Wilson	23:01.03	Peoria (Richwoods)
			74. 10 Noah Arnold	23:03.50	Geneseo
			75. 11 Dexter Wilcox	23:05.53	Peoria (Richwoods)
			76. 10 Hunter Lembke	23:10.05	Belvidere
			77. 10 Brayden Stewart	23:13.68	Yorkville
			78. 10 Colton Jones	23:18.50	Peoria (Richwoods)

79. 11 Clay Hill	23:24.92 Peoria (Richwoods)
80. 10 Cole Henson	23:31.99 Geneseo
81. 10 Logan Vogt	23:42.95 Geneva
82. 12 Zar Malalay	23:45.74 Peoria (Richwoods)
83. 10 Marcos Linares	23:49.12 Belvidere (North)
84. 12 Dalton Schott	23:50.94 Peoria (Richwoods)
85. 9 Blake Plummer	24:02.67 Rock Falls
86. 10 Derrick Becherer	24:18.30 Yorkville
87. 10 Avi Gidaszewski	24:28.58 Rock Island
88. 12 Kamran Jaffer	24:36.75 Peoria (Richwoods)
89. 11 James Wilkerson	24:40.16 Peoria (Richwoods)
90. 10 Nathan Mathias	24:40.95 Geneva
91. 9 Gustavo Flores	24:46.25 Rock Falls
92. 10 Ronan Heffernan	25:08.84 Yorkville
93. 9 Josh Parsons	25:18.00 Rochelle
94. 9 Slade Walden	25:53.02 Morrison
95. 9 Max North	25:53.39 Morrison
96. 9 Harrison Pierce	26:13.97 Geneva
97. 10 Will Carpenter	26:28.49 Sycamore
98. 12 Ben Melendy	26:28.55 Peoria (Richwoods)
99. 9 Phoenix Sottos	26:35.91 Geneseo
100. 10 Liam Bertsche	26:56.20 Rochelle
101. 9 Aaron Simmons	27:32.11 Peoria (Richwoods)
102. 12 Anthony Baumgartner	27:44.20 Belvidere (North)
103. 9 Sebastian Lavelle	28:00.30 Rock Falls
104. 9 Christopher Hill	28:59.41 Yorkville
105. 10 Adrian Ramos	30:04.76 Belvidere



### **SENIOR JAMESON COPPEJANS SELECTED AS "BELL RINGER"**

Pictured is Senior Jameson Coppejans who was selected as the team's "Bell Ringer" for the Sterling Rock River Invitational

### **SENIOR JAMESON COPPEJANS "RINGS da Bell"**

Senior Jameson Coppejans was selected as the Geneseo Boys Cross Country "Bell Ringer" for the Sterling Rock River Run Cross Country Invitational held on Saturday, September 27th. 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.

Jameson ran the best race of his career on in Sterling's Rock River Run Cross Country Invitational. He was timed in 20:39 (first time breaking 21:00.) That's pretty amazing considering that this is Jameson's first year as a harrier (cross country runner.) He placed 119th in the Varsity Race that contained a plethora of high quality runners. Jameson ended up being the Maple Leafs 10th man overall (including the F/S Race.) He was the 5th man for the Leafs in the Varsity Race and helped the team place 9th overall. His rolled through the first mile in a quick 6:11. He hit his 2nd mile in 6:45 and was feeling the effect of going out so fast. He held on nicely and "closed" his race with a 6:58 3rd mile. Great Stuff Jameson.

This is Jameson's first year with the team. I remember Coach Ehlert speaking about him last summer. He was very excited about Jameson's decision to join the team. There is certainly a significant learning curve to this sport. Knowledge is gained during each and every practice and race. It is especially rewarding to watch each man figure out how to get the most out of their races. Jameson had a BIG DAY on Saturday when he DESTROYED his personal best by a ton. He dipped below 21:00 minutes for the first time (7:00 minute pace). He ran 20:39. Keep your eyes on him. He isn't done there. He just "Kicked the Door Down" to a new found level of performance. We sure are glad that Jameson decided to "Give it a Try". He has been a great addition to the team. He brings a positive attitude and endless energy to practice on a daily basis. He has also make his impact as a "Senior Leader". Keep up the good job, Jameson. All the best in the coming weeks. We are Very Proud of You.

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

**12th Grade:** "I joined Cross Country after a year of saying I would join, and boy let me tell you, I'm glad I did. It's a scary leap between 800m to 3 miles but it is one competition I strive to thrive in. Lastly, if you are on the edge of joining Cross Country do it. I love getting to know this sport and push past my limits (for example, a minute PR).".

**11th Grade:** "I did Track again and realized I like the competitive and social aspects".

**10th Grade:** "I finally started running long distances to socialize with friends and realized fast that it was hard and a fun challenge I wanted to do".

**9th Grade:** "I wrestled again in high school and found out I didn't like to hurt others".

**8th Grade:** "I thought my life would be nothing more than wrestling, I started dominating the mat and got a crazy growth spurt."

**7th Grade:** "I was a sloppy runner in Track and Field. I sadly chose sprinting and failed."

**Prior to 7th grade:** "I wrestled in 6th grade and broke my arm in a dramatic match, I later wrestled in another match pushing through the pain, before my last match my coach realized that something was wrong then subbed me out. I sadly didn't wrestle another match that day."

Jameson is the proud son of Katie and Patrick Coppejans. He is also the proud "Big Bro" to Elijah Coppejans who is a current Sophomore in High School.

Here are Jameson's answers to his "Bell Ringer Questions": **Nickname:** "Jamo" **School Clubs or other Organizations you have taken part in:** "I am in the Marching Band and going into my third year of Track. Things I have done and led me to now, I was pretty active in the student council and in wrestling however I sought out an environment fit for me and honestly I tried a little bit of everything too much to say but I made a great family at cross country."; **Favorite Food:** "Nutter Butters"; **Favorite Movie:** "Fantastic Beast and Where to Find Them."; **Favorite Music (Genre or Group):** "I may not look like it but I like white girl music and 2010s club music."; **Athletic Hero:** "Jakob Ingebrigtsen". Here is what a Google Search had to say about Jakob (Jakob Asserson Ingebrigtsen is a Norwegian middle- and long-distance runner who is the world record holder in the short track 1500 meters, short track mile, 2000 meters, 3000 meters, and two miles. He won gold medals in the 1500 meters at the 2020 Tokyo Olympics, and in the 5000 meters at the 2024 Paris Olympics); **Favorite Quote:** "I swear everyday I will strive be better, and encourage others to do the same (Me)"; **How Did You Decide to Join the XC Team?:** "Self pressure and to stay fit, honestly I think I just told many people I would do Cross Country and now I pressured myself into one of the greatest teams of my life"; **What Advice Do You Have for Anyone New to the Sport?:** "When you step out of your comfort zone in practice and push yourself past your limits the race is the easiest day of the week. Know this once you race, you have no limits, because your hard work will pay off and you can take what you want. All you have to do after all that is make your wish and take it."

**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, Greyson Claerhout, Kael McCord, Jaxson Sottos, & Phoenix Sottos.

**Comment from Head Coach Todd Ehlert:** "Jameson has been a great addition to the team this year. This is his first year of Cross Country. He is having a great year. He has a ton of potential and is a really hard worker and it is showing on the course. He had a huge minute PR last week and hopefully will continue to get better."