



**Geneva
Girls
Cross Country**

2025

*Geneva Girls Cross Country
2025 Team Results*

		<u>Varsity</u>	<u>J.V.</u>	<u>F/S</u>
30-Aug	Kane County Invitational	3 of 7		2 of 5
06-Sep	Leavey Invitational	2 of 11	2 of 9	3 of 5
20-Sep	Peoria Notre Dame Invitational	14 of 62	14 of 24	24 of 30
27-Sep	Sterling Invitational	2 of 21		2 of 5
04-Oct	Wheaton North Flight Meet	5 of 14	3 of 11	7 of 9
08-Oct	Naperville Twilight Invitational	9 of 16	10 of 17	13 of 15
18-Oct	Conference at Lake Park East	3 of 7	2 of 7	4 of 6
25-Oct	IHSA Regionals (Settlers Hill)	4 of 13		
01-Nov	IHSA Sectionals (Lake Park East)	10 of 18		
08-Nov	IHSA State Finals in Peoria	Sofia: 6 th place of 235		

Individual Awards

4-year Athletes – Sofia Borter, Gretchen Drexler, Ella Hoffman,
Lucina Lechtenberg, Taylor Peahl, Emma Reid

Most Valuable Runners – Sofia Borter and Emma Reid

Most Improved Returner – Nina Rogus

Most Improved Newcomers – Alina Nica and Audra Hyde

2025 IHSA All-State Athlete – Sofia Borter

Geneva High School Cross Country Award Criteria Qualifications

FRESHMEN: All freshmen will receive numerals.

You can earn a Minor "G" if you compete in half or more of the meets as the top 7 in a F/S level.

You can earn a Varsity "G" if you compete in half or more of the meets at the varsity level.

SOPHOMORE: All sophomores will receive a minor "G".

You can earn a Varsity "G" if you compete in half or more of the meets at the varsity level.

JUNIOR: All juniors will receive a JV "G".

You can earn a Varsity "G" if you compete in half or more of the meets at the varsity level.

SENIOR: You will receive a Varsity "G" if you have been an active member in the cross-country program for all four years since you were a freshman or for all three years since you were a sophomore.

A certificate may be awarded if you have already received a letter.

A Participation Certificate may be awarded in lieu of a letter.

To be considered for an award or letter, in addition to the requirements listed above,
you must complete the season in good standing.

Good standing means:

- Effort in both practices and competition
- Punctuality and attendance
- Commitment to oneself and to the school or team
- Responsibility and accountability
- Good sportsmanship
- Respect for coaches and fellow team members
- Demonstrate appropriate behavior as a representative of Geneva High School
- Stay academically eligible
- Complete all obligations regarding uniforms and equipment
- Adhere to the Geneva High School Code of Conduct
- Coaches' discretion

Winning an award is an honor and a privilege, not a gift. It must be earned.

* Most Valuable Runner and Most Improved will also be awarded.

Top 10 All-Time by Grade Level

Seniors

Top 10 All Time			
First Name	Last Name	Time	Date
Kelly	Whitley	16:43	11/6/2010
McKenzie	Altmayer	16:46	11/7/2015
Sofia	Borter	16:49	11/8/2025
Sophia	McDonnell	17:02	11/3/2018
Emma	Ehrhardt	17:02	11/5/2016
Sarah	Heuer	17:08	11/8/2008
Tess	Ehrhardt	17:15	11/6/2010
Liza	Tauscher	17:28	11/6/2010
Rachel	Hammond	17:32	11/6/2010
Taylor	Peahl	17:53	9/20/2025

Juniors

Top 10 All Time			
First Name	Last Name	Time	Date
McKenzie	Altmayer	17:02	11/1/2014
Emma	Ehrhardt	17:04	11/7/2015
Meghan	Heuer	17:28	11/8/2008
Sophia	McDonnell	17:32	10/4/2017
Kathryn	Adelman	17:42	11/3/2012
Sofia	Borter	17:47.9	11/9/2024
Kelly	Whitley	17:48	9/5/2009
Sydney	Geils	17:54	11/3/2012
Brooke	Nusser	18:02	11/9/2013
Taryn	Christy	18:04	11/5/2016

Sophomores

Top 10 All Time

First Name	Last Name	Time	Date
Kelly	Whitley	17:07	11/8/2008
Tess	Ehrhardt	17:28	11/8/2008
Sophia	McDonnell		10/22/2016
Brooke	Nusser	17:31	11/3/2012
Sofia	Borter	17:32	10/28/2023
Emma	Ehrhardt	17:38	11/8/2014
Liza	Tauscher	17:50	11/8/2008
McKenzie	Altmayer	17:50	10/19/2013
Andrine	Larsen	17:51	10/4/2017
Taryn	Christy	18:09	11/7/2015

Freshmen

Top 10 All Time

First Name	Last Name	Time	Date
Kelly	Whitley	16:56	11/3/2007
McKenzie	Altmayer	17:27	11/3/2012
Andrine	Larsen	17:39	10/22/2016
Liza	Tauscher	17:44	11/3/2007
Sophia	McDonnell	17:48	9/19/2015
Rachel	Hammond	17:54	11/3/2007
Lyla	Clemons	18:03	9/20/2025
Emily	Belanger	18:04	11/7/2015
Tess	Ehrhardt	18:09	11/3/2007
Brooke	Nusser	18:14	10/29/2011

Geneva High School Girls' Cross Country: Sub 19:00

	Name	Meet/Date	Time
1	Kelly Whitley	State 2010	16:43
2	McKenzie Altmayer	State 2015	16:45.28
3	Sofia Borter	State 2025	16:49.6
4	Sophia McDonnell	State 2018	17:02.07
5	Emma Ehrhardt	State 2016	17:02.35
6	Sarah Heuer	State 2008	17:07.8
7	Tess Ehrhardt	State 2010	17:15
8	Meghan Heuer	State 2008	17:27.6
9	Liza Tauscher	State 2010	17:28
10	Brooke Nusser	State 2012	17:31
11	Rachel Hammond	State 2010	17:32
12	Andrine Larsen	Regional 2016	17:39.45
13	Kathryn Adelman	State 2012	17:42
14	Taylor Peahl	Peoria ND Richard Spring	17:53.94
15	Sydney Geils	State 2012	17:54
16	Kelly Shogren	State 2009	17:59
17	Lyla Clemons	Peoria ND Richard Spring	18:02.64
18	Emily Belanger	State 2015	18:03.3
19	Taryn Christy	State 2016	18:04.06
20	Emma McSpadden	State 2013	18:09.7
21	Megan Brady	State 2008	18:11.9
22	Kristina Donash	State 2002	18:12
23	Sarah Pratt	Conference 2019	18:14.6
24	Mary Grace Neville	Sectional 2014	18:14.8
25	Sarah Cable	Sectional 2005	18:17
26	Marin Leone	State 2012	18:19
27	Mackenzie Williams	State 2012	18:24
28	Kim Smudde	Stampede 2004	18:26
29	Kat Yelle	State 2007	18:28.7
30	Ebony Trout	Regional 2016	18:30.53
31	Lauren Hasty	Conference 2019	18:31
32	Gabrielle Thomson	Sectional 2014	18:35
33	Caitlan Guinan	State 2004	18:36
34	Kathleen Thompson	State 2004	18:37
35	Krista Moss	Regional 2002	18:38
36	Sarah Mozden	Sectional 2014	18:38.1
37	Brittany Caskey	Marmion 2014	18:49
38	Alexis Guess	Sectionals 2025	18:51.0
39	Susan Gallentine	Regional 2005	18:52
40	Kylie Monahan	Sectional 2011	18:52.3
41	Myra Yelle	Stampede 2008	18:53
42	Grace Brolly	Regional 2016	18:56.29
43	Heather Smudde	Sectional 2002	18:58
44	Rachel Zacchea	State 2010	18:58

Bold = Active

Girls began competing at the 3.0-mile distance in 2002

Geneva High School
 2025 Girls Cross Country
 Intrasquad Orange/Pink/Purple Meet
 Saturday, August 23, 2025, 8:30am
 *Location: GHS Athletic Fields, Geneva, IL



Orange Team

Name	Grade	Overall
Ari Benjamin	12	32:00
Delaney Cook	10	24:30
Alexis Guess	10	20:24
Elena Hamilton	9	20:49
Ella Hoffman	12	25:10
Audra Hyde	9	27:21
Taylor Peahl	12	19:08
Nina Rogus	11	27:02
Audrey Rosebrook	11	32:01

Pink Team

Name	Grade	Overall
Lucy Chrusciel	12	19:10
Lyla Clemons	9	19:09
Sigrun Guttesen	10	30:13
Lucina Lechtenberg	12	22:28
Alina Nica	9	32:00
Emma Reid	12	25:04
Talia Reynolds	11	25:59
Emmi Rios	11	DNF
Juliet Whiston	11	22:30

1 st place: Pink – 39 points 2 nd place: Orange – 40 points 3 rd place: Purple – 41 points

Purple Team

Name	Grade	Overall
Emelia Bellino	11	27:06
Kate Bellino	9	30:10
Izzy Bowgren	9	30:12
Ella Carr	9	24:33
Gretchen Drexler	12	19:45
Lucy Fitzgerald	9	26:46
Elise Hocevar	11	22:12
Mira Meyers	11	20:38
Olivia Pohlman	11	22:29

Did Not Race: Borter, Kelly, Schumacher, Storaasli, Warnke

Geneva High School
 2025 Girls Cross Country
 Kane County Invitational
 Saturday, August 30, 2025

Attendance: 6:15am Bus: 6:30am

*Location: Northwestern Medicine Cross Country Course
 Parking Lots B and C at Kane County Cougars Stadium
 Spectators should plan for a 10-15 minute walk uphill.
 Admission: \$4/adult, \$1/student, children 14 and under free



*Race Schedule:

Boys Open:	8:00am, 2.4 miles
Girls Open:	8:05am, 2.4 miles
F/S Boys:	8:45am, 3 miles
F/S Girls:	8:50am, 3 miles
Varsity Boys:	9:30am, 3 miles
Varsity Girls:	9:35am, 3 miles
Awards:	10:45am

Girls Open

		Overall
Bellino	Kate	22:22.3
Benjamin	Arielle	25:22.2
Bowgren	Isabelle	22:25.5
Guttesen	Sigrun	23:48.5
Kelly	Emmy	20:23.4
Nica	Alina	22:29.1
Rios	Emmi	20:58.1
Schumacher	Emma	20:12.7

F/S Girls

		Overall
Carr	Ella	24:14.7
Clemons	Lyla	19:29.6
Cook	Delaney	24:07.7
Guess	Alexis	19:38.1
Hamilton	Elena	20:59.8
Hyde	Audra	26:07.2
Storaasli	Nora	23:39.6

Team Score: 47 points, 2nd place out of 5 teams

“Just like a smile or frown, the words in your head have the power to influence the very feelings they’re supposed to reflect.”
 — Alex Hutchinson, *Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance*

Varsity Girls

		Overall
Bellino	Emelia	24:50.5
Chrusciel	Lucy	19:34.6
Drexler	Gretchen	19:37.0
Hocevar	Elise	21:55.2
Hoffman	Ella	24:38.0
Lechtenberg	Lucina	20:49.8
Meyers	Mira	20:08.1
Peahl	Taylor	18:37.4
Pohlman	Olivia	22:11.7
Reid	Emma	25:11.4
Reynolds	Talia	25:21.6
Whiston	Juliet	22:58.5

Team Score: 66 points, 3rd place out of 7 teams

Teams Competing: Batavia, Burlington Central, Dundee-Crown, Geneva, Hampshire, Saint Charles East, Saint Francis

Team Awards: Plaques for first place on Varsity and F/S levels

Individual Awards: 1-15 in each race

Responsibilities

Group Leaders are shaded in gray on each race roster.

Warm-ups:

Walk the first mile.

Run the second mile.

Know the course! Know the finish!

Be at the line 15 minutes before the start of your race.

ALL GIRLS ARE EXPECTED TO COOL DOWN WITHIN 10 MINUTES AFTER RACING.

Gratitude and
Positive Self Talk

Geneva High School
 2025 Girls Cross Country
 SCE Leavey Invitational – Teacher Appreciation Meet!
 Saturday, September 6, 2025

Attendance: 6:15am Bus: 6:30am

*Location: Northwestern Medicine Cross Country Course
 Parking Lots B and C at Kane County Cougars Stadium
 Spectators should plan for a 10-15 minute walk uphill.
 Admission: \$4/adult, \$1/student, children 14 and under free



*Race Schedule: Boys Open: 8:00am, 2.4 miles
 Girls Open: 8:05am, 2.4 miles
 Varsity Boys: 8:45am, 3 miles (top 8 athletes)
 Varsity Girls: 8:50am, 3 miles (top 8 athletes)
 F/S Boys: 9:20am, 3 miles
 F/S Girls: 9:25am, 3 miles
 Awards: 10:15am

Girls Open

		Mile 1	Mile 2	Mile 2.4	Overall
Bellino	Emelia	7:32	8:39	3:39	19:50.6
Bellino	Kate	8:56	9:48	4:00	22:44.3
Benjamin	Arielle	9:15	10:11	4:40	24:06.2
Bowgren	Izzy	9:15	9:37	3:58	22:50.2
Guttesen	Sigrun	9:03	9:42	4:01	22:46.5
Hocevar	Elise	6:38	7:11	3:15	17:04.5
Hoffman	Ella	7:31	8:41	3:56	20:08.1
Kelly	Emmy	7:50	8:54	4:04	20:48.4
Nica	Alina	9:05	9:44	3:54	22:43.3
Pohlman	Olivia	6:50	7:23	3:26	17:39.3
Reid	Emma	7:39	8:40	4:01	20:20.8
Reynolds	Talia	7:29	8:41	3:43	19:53.6
Rios	Emmi	7:30	8:07	3:42	19:19.8
Rogus	Nina	7:42	9:37	4:29	21:48.8
Whiston	Juliet	6:40	7:44	3:27	17:51.3

2nd place of 9 teams, 82 points



Varsity Girls

		Mile 1	Mile 2	Mile 3	Overall
Borter	Sofia	5:33	6:04	6:17	17:54.0
Chrusciel	Lucy	6:01	6:45	6:39	19:25.1
Clemons	Lyla	6:00	6:35	6:20	18:55.1
Drexler	Gretchen	6:05	6:50	6:39	19:34.4
Guess	Alexis	6:05	6:56	6:38	19:39.3
Lechtenberg	Lucina	6:08	6:55	7:17	20:20.7
Meyers	Mira	6:05	7:07	6:50	20:02.6
Peahl	Taylor	5:32	6:17	6:24	18:13.6

2nd place of 11 teams, 97 points

F/S Girls

		Mile 1	Mile 2	Mile 3	Overall
Carr	Ella	7:28	7:55	8:06	23:29.5
Cook	Delaney	7:29	7:55	7:48	23:12.3
Hamilton	Elena	6:24	6:51	6:57	20:12.9
Hyde	Audra	7:54	8:06	7:51	23:51.0
Schumacher	Emma	7:29	8:30	8:19	24:18.8
Storaasli	Nora	6:55	7:46	7:47	22:28.1

3rd place of 5 teams, 94 points

Teams Competing: Barrington, Bartlett, Geneva, Huntley, Plainfield South, Riverdale, Rosary, Saint Charles East, Saint Edward, Saint Charles North, Schaumburg, Sterling, Streamwood, West Chicago, Wheaton North, York

Team Awards (Varsity, F/S, Open): 1st, 2nd, and 3rd Place Plaques

Individual Awards (Varsity, F/S, Open): 1-10 medals, 11-15 ribbons

Warm-ups

Walk the first mile.

Run the second mile.

Know the course! Know the finish!

Be at the line 15 minutes before the start of your race.

COOL DOWNS

Geneva High School
 2025 Girls Cross Country
 Richard Spring Peoria ND Invitational
 Saturday, September 20, 2025

Attendance Varsity & F/S: 4:25am Bus: 4:30am
 Attendance Open & Super Fans: 5:45am Bus: 6:00am
 Location: Detweiller Park
 8327 N Galena Road, Peoria, IL 60615



Race Schedule: Girls Varsity: 8:00am (check-in by 7:40)
 Boys Varsity: 8:40am
 Girls F/S: 9:20am (check-in by 9:00)
 Boys F/S: 10:00am
 Girls Open: 10:40am (check-in by 10:20)
 Boys Open: 11:20am

Varsity

		Mile 1	Mile 2	Mile 3	Overall
Borter	Sofia	5:34	5:56	5:56	17:26.99
Chrusciel	Lucy	6:09	6:37	6:31	19:19.30
Clemons	Lyla	5:47	6:11	6:03	18:02.64
Drexler	Gretchen	6:09	6:37	6:31	19:18.10
Guess	Alexis	6:00	6:34	6:21	18:56.50
Hamilton	Elena	6:28	6:41	6:25	19:34.73
Hocevar	Elise	6:31	7:11	7:27	21:09.71
Lechtenberg	Lucina	6:21	6:37	6:54	19:52.41
Meyers	Mira	6:17	6:46	6:43	19:47.89
Peahl	Taylor	5:32	6:04	6:17	17:53.94

14th of 62 teams, 396 points

Frosh/Soph

		Mile 1	Mile 2	Mile 3	Overall
Bellino	Kate				26:41.85
Bowgren	Izzy	8:03			26:30.78
Carr	Ella	7:04	7:47	7:44	22:35.42
Cook	Delaney	7:14	8:00	7:27	22:42.06
Guttesen	Sigrun				25:40.57
Hyde	Audra	7:24	8:02	7:59	23:25.16
Nica	Alina				25:37.26
Schumacher	Emma				23:43.61
Storaasli	Nora	6:55	7:34	7:38	22:07.87

24th of 30 teams, 627 points

*If you are going to
 overthink,
 at least overthink all the
 ways it could work out in
 your favor,
 the best-case scenario,
 and every version of your
 race that turns out better
 than expected.*

Open

		Mile 1	Mile 2	Mile 3	Overall
Bellino	Emelia	7:33	8:42	8:29	24:44.70
Benjamin	Ari	8:30	9:22	9:08	27:01.40
Hoffman	Ella	7:11	8:05	7:55	23:13.76
Kelly	Emmy	6:58	8:10	8:25	23:34.03
Pohlman	Olivia	6:25	7:11	7:20	20:57.43
Reid	Emma	7:12	8:22	8:59	24:34.04
Reynolds	Talia	7:09	8:35	8:18	24:03.69
Rios	Emmi	7:15	7:47	7:39	22:42.96
Rogus	Nina	7:42	8:22	8:14	24:19.13
Whiston	Juliet	6:37	7:22	7:33	21:33.46

14th of 24 teams, 423 points

Teams Competing: Over 60 teams!

Live Results: <https://live.athletic.net/meets/18105>

Live Streaming: <https://www.youtube.com/@JandNVideoProductions/streams>

Team Awards: Varsity and F/S: 1st-3rd place trophies

Individual Awards:

Open: 1st-20th place

Varsity and F/S: 1st-25th place

My (risky!?) race strategy for Peoria is:

My goal time for Peoria is:

My process (non-time related) goals for Peoria are:

I will help my team by:

I will consider Peoria a success if/when:

Geneva High School
 2025 Girls Cross Country
 Rock River Run Sterling Invitational
 Saturday, September 27, 2025
 Attendance: 6:00am Bus: 6:15am

*Location: Hoover Park
 3807 Woodlawn Road, Sterling, IL 61081

*Race Schedule: Varsity Girls' 5K: 9:00am
 *Box 9 Varsity Boys' 5K: 9:35am
 F/S Girls' 5K: 10:10am
 F/S Boys' 5K: 10:45am
 Pick Up Awards



Varsity Girls

		Mile 1	Mile 2	Mile 3.1	Overall
Bellino	Emelia	7:39	8:16	8:34.3	24:29.3
Borter	Sofia	5:36	6:05	6:37.6	18:18.6
Chrusciel	Lucy	6:05	6:43	7:19.3	20:07.3
Clemons	Lyla	5:51	6:25	6:54.3	19:10.3
Drexler	Gretchen	6:16	6:44	7:09.1	20:09.1
Guess	Alexis	6:15	6:45	7:04.7	20:04.7
Hocevar	Elise	6:40	6:55	7:39.5	21:14.5
Hoffman	Ella	7:08	7:59	8:56.2	24:03.2
Kelly	Emmy	7:00	7:59	8:45.4	23:44.4
Lechtenberg	Lucina	6:25	6:49	7:36.2	20:50.2
Meyers	Mira	6:25	6:51	7:14.9	20:30.9
Peahl	Taylor	5:36	6:19	7:02.0	18:57.0
Pohlman	Olivia	6:40	6:54	7:47.3	21:21.3
Reid	Emma	7:21	8:29	9:12.9	25:02.9
Reynolds	Talia	7:13	8:14	9:03.5	24:30.5
Rios	Emmi	7:30	8:25	8:31.4	24:26.4
Rogus	Nina	7:39	8:41	9:26.6	25:46.6
Whiston	Juliet	6:45	7:48	8:20.6	22:53.6

2nd of 21 teams: 61 points

F/S Girls

		Mile 1	Mile 2	Mile 3.1	Overall
Bellino	Kate	8:20	9:23	9:48.7	27:31.7
Carr	Ella	7:27	7:54	8:30.4	23:51.4
Cook	Delaney	7:22	7:59	8:19.7	23:40.7
Guttesen	Sigrun	7:51	8:39	9:31.0	26:01.0
Hamilton	Elena	6:13	6:54	7:32.2	20:39.2
Hyde	Audra	7:37	8:01	8:27.4	24:05.4
Nica	Alina	7:53	8:38	8:44.3	25:15.3
Storaasli	Nora	7:01	7:43	8:29.3	23:13.3

2nd of 5 teams: 52 points

Teams Competing: Belvidere, Belvidere North, Cambridge, Dixon, Eastland, Freeport, Geneseo, Geneva, Harlem, Kaneland, LaSalle-Peru, Morrison, Newman, Ottawa, Princeton, Peoria, Richwoods, Rochelle, Rock Falls, Rock Island, Sandwich, Sterling, Sycamore, Yorkville

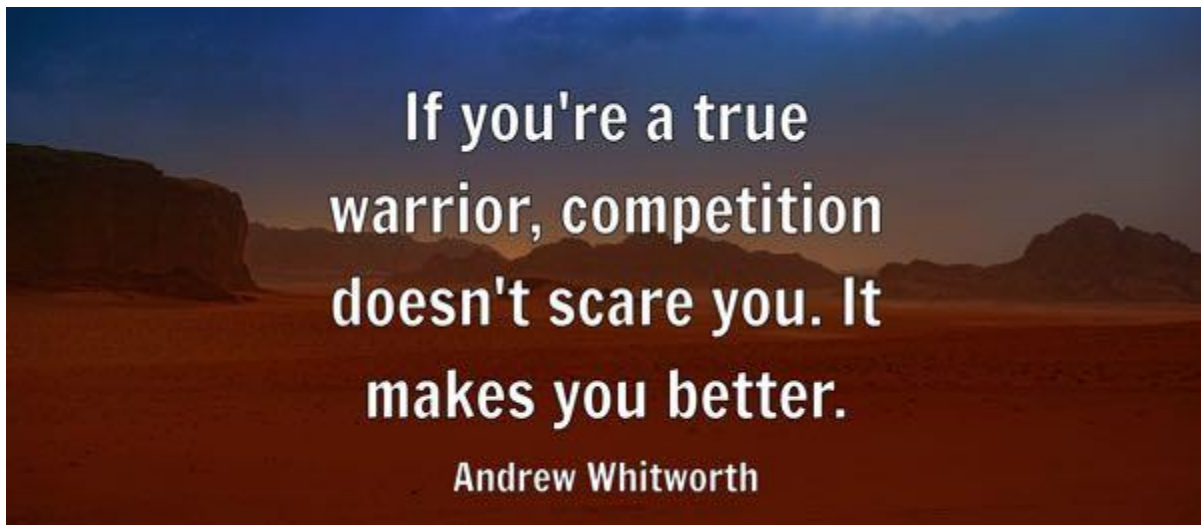
Team Awards: 1st place plaque (Varsity and F/S)

Individual Awards: Varsity and F/S: 1st-30th medals

Notes:

Focus on how many people you pass in the last mile or mile and a half of your race.

Pack it up and race together, support each other. Come up with a racing plan with your pack.



Geneva High School
 2025 Girls Cross Country
 Wheaton North Girls Classic
 Saturday, October 4, 2025

Attendance: 6:30am Bus: 6:45am

*Location: Saint James Farm
 Warrenville, IL
 (Enter from Winfield Road)

*Race Schedule: Jr/Sr Open: 8:30am
 Box 5 Flight 7: 9:00am
 Flight 6: 9:15am
 Flight 5: 9:30am
 Flight 4: 9:45am
 Flight 3: 9:59am
 Flight 2: 10:13am
 Flight 1: 10:27am
 Fr/So Open: 11:00am
 Awards: 11:45am



Jr/Sr Open

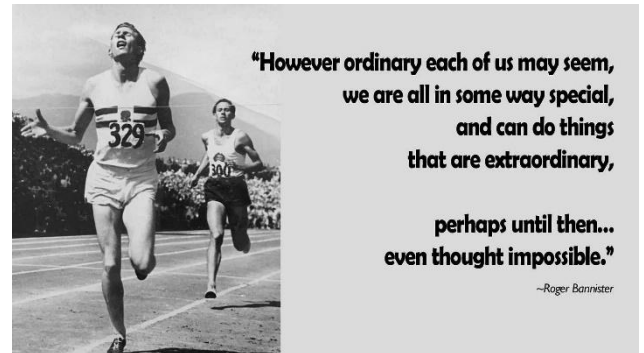
		Mile 1	Mile 2	Mile 3	Overall
Benjamin	Ari	9:06	8:57	10:57	29:00.28
Hocevar	Elise	6:30	7:02	7:10	20:42.44
Hoffman	Ella	7:06	7:35	7:47	22:28.53
Kelly	Emmy	7:06	7:54	7:51	22:51.30
Lechtenberg	Lucina	6:22	6:58	7:05	20:25.84
Pohlman	Olivia	6:33	7:07	7:29	21:09.35
Reid	Emma	7:42	8:29	8:42	24:53.73
Reynolds	Talia	7:25	8:20	8:32	24:17.00
Rogus	Nina	7:46	8:20	8:35	24:41.70
Whiston	Juliet	6:37	7:34	7:23	21:34.45

3rd team of II: 87 points

Varsity Flights

		Mile 1	Mile 2	Mile 3	Overall
7	Mira Meyers	6:16	6:46	6:54	19:56.88
6	Gretchen Drexler	6:13	6:37	6:45	19:35.40
5	Lucy Chrusciel	6:11	6:45	6:42	19:38.61
4	Alexis Guess	6:03	6:34	6:27	19:03.99
3	Lyla Clemons	5:51	6:12	6:16	18:19.46
2	Taylor Peahl	5:49	6:07	6:34	18:30.52
1	Sofia Borter	5:43	5:55	5:57	17:35.84

5th team of I4: 36 points



F/S Open

		Mile 1	Mile 2	Mile 3	Overall
Bellino	Kate	8:14	8:56	9:05	26:15.23
Bowgren	Izzy	8:23	8:54	8:52	26:09.05
Carr	Ella	7:10	7:46	7:55	22:51.81
Guttesen	Sigrun	7:52	8:42	8:48	25:22.19
Hamilton	Elena	6:18	6:54	6:51	20:03.68
Hyde	Audra	7:10	7:44	7:48	22:42.34
Nica	Alina	7:35	9:12	9:06	25:53.35
Schumacher	Emma	7:43	8:30	8:30	24:43.63
Storaasli	Nora	7:10	7:32	7:59	22:41.21

7th team of 9: 172 points

Wheaton North Falcon Classic Invite - October 4, 2025

St James Farm - Warrenville, IL

Varsity Flight Results									
	Flight 7	Flight 6	Flight 5	Flight 4	Flight 3	Flight 2	Flight 1	Total	Place
Hersey	2	1	2	1	1	5	3	15	1
Neenah, WI	4	2	1	3	3	4	2	19	2
York	1	4	3	6	6	1	1	22	3
New Trier	3	3	4	2	2	3	6	23	4
Geneva	6	5	6	5	4	6	4	36	5
St. Charles East	14	6	5	4	5	2	5	41	6
Lincoln Way East	5	8	7	9	7	8	9	53	7
Benet	11	9	8	8	9	7	7	59	8
Wheaton North	7	10	9	7	8	10	12	63	9
O'Fallon	8	11	14	11	10	9	8	71	10
Oswego East	13	7	10	12	12	12	11	77	11
Loyola	9	14	12	14	11	11	13	84	12
Lockport	10	13	11	13	14	14	10	85	13
Oswego	12	12	13	10	13	13	14	87	14

Teams Competing: Benet, Geneva, Hersey, Lincoln Way East, Lockport, Loyola Academy, Neenah (WI), New Trier, O'Fallon, Oswego East, Oswego, Saint Charles East, Wheaton North, York

Team Awards: Varsity Top 3 Teams, Jr/Sr and Fr/So Open 1st place plaque (team awards presented at awards ceremony)

Individual Awards:

Flights: 1st-5th medal (presented at awards ceremony)

Open Races: 1st-25th ribbon (given out in a team envelope)

Geneva High School
 2025 Girls Cross Country
 Naperville North Twilight Invitational
 Wednesday, October 8, 2025

Attendance: 4:00pm Bus: 4:15pm

*Location: Settler's Hill

Northwestern Medicine Cross Country Course
 Parking Lots B and C at Kane County Cougars Stadium
 Spectators should plan for a 10-15 minute walk uphill.
 Admission: \$4 (see page 2 for more spectator information)



*Race Schedule:

F/S Boys (unlimited):	5:45pm
F/S Girls (unlimited):	5:50pm
JV Boys (unlimited):	6:30pm
JV Girls (unlimited):	6:35pm
Varsity Boys (limit 10):	7:15pm
Varsity Girls (limit 10):	7:45pm

F/S Girls

		Mile 1	Mile 2	Mile 3	Overall
Bellino	Kate	8:05.81	8:50.22	8:22.12	25:18.15
Bowgren	Izzy	8:06.57	9:26.29	9:05.82	26:38.68
Carr	Ella	7:06.32	7:33.44	7:23.67	22:03.43
Guttesen	Sigrun	8:01.66	8:45.42	8:23.55	25:10.63
Hyde	Audra	7:09.03	7:40.44	7:23.19	22:12.66
Nica	Alina	8:06.02	8:50.97	8:17.83	25:14.82
Schumacher	Emma	7:27.02	8:08.94	7:43.75	23:19.71
Storaasli	Nora	7:04.70	7:35.08	7:22.97	22:02.75

13th of 15 teams: 374 points

JV Girls

		Mile 1	Mile 2	Mile 3	Overall
Bellino	Emelia	7:23.44	8:17.93	8:02.85	23:44.22
Hocevar	Elise	6:17.11	7:18.81	6:53.28	20:29.20
Hoffman	Ella	6:53.95	7:41.65	7:47.88	22:23.48
Pohlman	Olivia	6:16.85	6:54.10	6:47.31	19:58.26
Reid	Emma	7:09.11	7:50.61	7:51.48	22:51.20
Reynolds	Talia	6:59.70	8:16.09	8:07.40	23:23.19
Rios	Emmi	7:16.02	7:59.09	7:45.60	23:00.71
Rogus	Nina	7:24.91	8:28.08	8:03.26	23:56.25
Whiston	Juliet	6:42.65	7:38.98	7:19.12	21:40.75

10th of 17 teams: 270 points

“In a wide variety of human activity, achievement is not possible without discomfort.”

— Alex Hutchinson, *Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance*

“Suddenly my obsessive calculating and endless strategizing seemed ridiculous. I was here to run a race; why not just run as hard as I could?”

— Alex Hutchinson, *Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance*

Varsity Girls

		Mile 1	Mile 2	Mile 3	Overall
Borter	Sofia	5:37.68	5:58.34	5:50.76	17:26.78
Chrusciel	Lucy	6:06.51	6:42.78	6:43.89	19:33.18
Clemons	Lyla	5:50.13	6:17.28	6:08.58	18:15.99
Drexler	Gretchen	6:08.15	6:42.41	6:34.18	19:24.74
Guess	Alexis	6:00.06	6:31.44	6:20.11	18:51.61
Hamilton	Elena	6:18.45	6:51.18	6:45.54	19:57.94
Lechtenberg	Lucina	6:28.84	6:44.23	6:44.87	19:55.17
Meyers	Mira	6:00.71	6:48.31	6:47.75	19:36.77
Peahl	Taylor	5:38.10	6:17.87	6:25.78	18:21.75

9th of 16 teams: 193 points

Teams Competing: Batavia, Chicago (Jones College Prep), Downers Grove North, Downers Grove South, Geneva, Lane Tech, Lincoln Way Central, Lyons Township, Metea Valley, Minooka, Naperville Central, Naperville North, Neuqua Valley, Oak Park River Forest, Plainfield North, Waubonsie Valley, Wheaton Warrenville South, Yorkville

Team Awards: Varsity: 1st and 2nd place awards, F/S and JV: 1st place award

Individual Awards: Top 20 in each race

There is no awards ceremony.

Additional Spectator Information:

It will be dark away from the course: spectators should plan to bring their own flashlights, cell phones, etc.

Prepay – it's \$1 cheaper and you will get in faster:

<https://www.zeffy.com/en-US/ticketing/10-8-2025-naperville-twilight-meet>

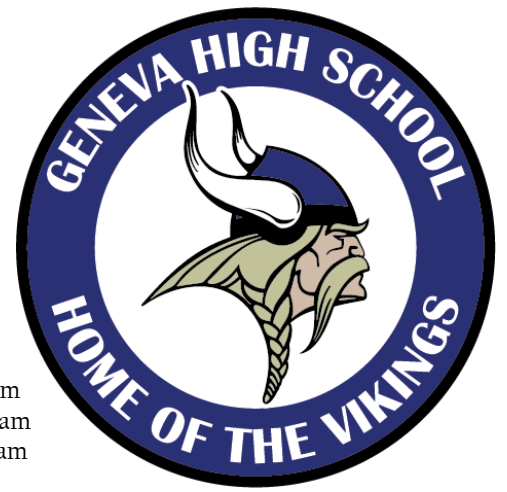
Geneva High School
2025 Girls Cross Country
SENIOR DAY

DuKane Conference CC Championships
Saturday, October 18, 2025

Attendance: 7:00am Bus: 7:15am

*Location: Lake Park High School
600 S. Medinah Road, Roselle

*Race Schedule: Varsity Boys (7 runners): 9:00am Varsity Girls (7 runners): 9:30am
Box 1 Open Boys (unlimited): 10:00am Open Girls (unlimited): 10:30am
F/S Boys (unlimited): 11:00am F/S Girls (unlimited): 11:30am



Open Girls

		Mile 1	Mile 2	Mile 3	Overall
Bellino	Emelia	7:36.8	8:56.8	7:57.0	24:30.4
Hocevar	Elise	6:43.2	7:10.4	6:54.1	20:47.6
Hoffman	Ella	7:04.1	7:47.3	7:20.0	22:11.3
Kelly	Emmy	7:19.5	8:17.1	7:38.5	23:15.0
Lechtenberg	Lucina	6:38.1	7:00.9	6:42.2	20:21.0
Pohlman	Olivia	6:31.8	7:10.5	6:50.3	20:32.5
Reid	Emma	7:30.4	8:24.6	7:50.0	23:45.0
Reynolds	Talia	7:28.4	8:31.5	8:05.8	24:05.7
Rogus	Nina	7:52.7	8:52.0	8:20.8	25:05.4
Rosebrook	Audrey	9:20.0	10:38.0	9:44.8	29:42.8
Whiston	Juliet	6:55.4	7:51.9	7:06.1	21:53.3

2nd place of 8 teams: 48 points

Varsity Girls

		Mile 1	Mile 2	Mile 3	Overall
Borter	Sofia	5:44.4	6:05.8	5:39.8	17:30.0
Chrusciel	Lucy	6:20.4	7:04.8	6:40.3	20:05.4
Clemons	Lyla	5:55.5	6:27.4	6:08.1	18:30.5
Drexler	Gretchen	6:19.1	6:54.0	6:34.6	19:47.6
Guess	Alexis	6:09.8	6:52.5	6:14.1	19:16.3
Meyers	Mira	6:20.8	7:05.7	6:31.0	19:57.4
Peahl	Taylor	5:52.9	6:38.8	6:11.0	18:42.7

3rd place of 8 teams: 79 points

In this life, you don't
have to prove nothin'
to nobody but
yourself.

Sometimes a winner
is a dreamer who
just won't quit.
-Rudy (the movie)

F/S Girls

		Mile 1	Mile 2	Mile 3	Overall
Bellino	Kate	8:08.8	9:00.8	8:43.6	25:53.2
Bowgren	Izzy	8:09.4	9:00.3	8:14.1	25:50.0
Carr	Ella	7:08.8	7:51.4	7:21.5	22:21.6
Guttesen	Sigrun	7:55.8	9:13.2	8:41.1	25:50.0
Hamilton	Elena	6:42.9	6:54.1	6:13.2	19:50.1
Hyde	Audra	7:04.6	7:33.5	6:56.9	21:34.9
Nica	Alina	7:53.7	8:25.9	7:35.0	23:54.4
Schumacher	Emma	7:28.3	8:17.1	7:42.2	23:27.4
Storaasli	Nora	7:03.8	7:50.5	7:40.5	22:34.7

4th place of 8 teams: 85 points

Teams Competing: Batavia, Geneva, Glenbard North, Lake Park, Saint Charles East, Saint Charles North, Wheaton North, Wheaton Warrenville South

Team Awards: Varsity: Plaque for first place

Individual Awards: 1-15 medal at the Varsity level

1-15 ribbon at the F/S and Open levels

Geneva High School
 2025 Girls Cross Country
 IHSA 3A Regionals hosted by Saint Charles East
 Saturday, October 25, 2025

Attendance: 7:00am Bus: 7:15am

*Location: Settlers Hill

34w002 Cherry Lane, Geneva

Park in Lots B and C of the Kane County Cougars Stadium

*\$4 fee/adult, no charge for ages 14 and under

*save a dollar by buying an e-ticket: www.chicagotrack.org



Race Schedule: Varsity Boys (7 runners): 8:00am
 Box 12 Varsity Girls (7 runners): 9:00am
 Awards Ceremony: 10:00am

Varsity Girls: 4th place of 13 teams, 116 points

		Mile 1	Mile 2	Mile 3	Overall
Borter	Sofia	5:38.3	6:02.8	5:45.26	17:26.36
Chrusciel	Lucy	6:04.5	6:56.5	6:49.55	19:50.55
Clemons	Lyla	5:48.7	6:20.5	6:15.79	18:24.99
Drexler	Gretchen	6:01.4	6:37.9	6:35.20	19:14.50
Guess	Alexis	6:01.2	6:36.1	6:21.02	18:58.32
Meyers	Mira	6:08.4	6:54.7	6:43.75	19:46.85
Peahl	Taylor	5:43.4	6:22.2	6:19.73	18:25.33

Alternates: Hamilton, Hocesvar, Lechtenberg, Pohlman, Reid, Storaasli, Whiston

Teams Competing: Addison Trail, Bartlett, Elgin, Geneva, Glenbard North, Glenbard West, Lake Park, Saint Charles East, Saint Charles North, West Chicago, Wheaton North, Wheaton Warrenville South, York

Team Awards: 1st place plaque
 The first 6 placing teams advance to the Sectional meet.

Individual Awards: Top 5 medal
 The first 5 individuals not on a qualifying team advance to the Sectional meet.
 Top 8 finishers automatically advance.

SENIORS' WORDS OF WISDOM:

EMMA REID: ENJOY THE MOMENT.

ELLA HOFFMAN: THERE IS SO MUCH TO GIVE; YOU ARE GOING TO GROW SO MUCH.

LUCY CHRUSCIEL: IT'S EASY TO RACE WELL WHEN YOU ARE FOCUSED, AND IT'S EASY TO FOCUS WHEN YOU ENJOY WHAT YOU ARE DOING.

Geneva High School
 2025 Girls Cross Country
 IHSA 3A Sectionals Meet hosted by Lake Park
 Saturday, November 1, 2025

Attendance: 10:45am Bus: 11:00am

*Location: Lake Park High School East Campus
 600 S. Medinah Road, Roselle

*Race Schedule: Varsity Girls (7 runners): 1:00pm
 Box 15 Varsity Boys (7 runners): 2:00pm



Varsity Girls: 10th of 18 teams, 251 points

		Mile 1	Mile 2	Mile 3	Overall
Borter	Sofia	5:40.8	5:59.1	5:23.2	17:03.0
Chrusciel	Lucy	6:24.2	6:49.3	6:29.4	19:42.7
Clemons	Lyla	5:51.2	6:24.3	6:22.6	18:38.0
Drexler	Gretchen	6:07.6	6:44.0	6:08.9	19:00.4
Guess	Alexis	6:07.0	6:39.0	6:05.1	18:51.0
Meyers	Mira	6:20.2	6:56.3	6:22.2	19:38.6
Peahl	Taylor	6:03.4	6:57.6	6:16.6	19:17.4

Alternates: Hamilton, Hocevar, Lechtenberg, Pohlman, Reid, Storaasli, Whiston

Teams Competing:

Batavia, Burlington Central, DePaul, Geneva, Glenbard West, Hampshire, Hononegah, Huntley, Lane Tech, Oak Park River Forest, Payton, Saint Charles East, Saint Charles North, Saint Ignatius, South Elgin, Taft, Wheaton Warrenville South, York

Team Awards: 1st place plaque
 The first 7 placing teams advance to the State meet

Individual Awards: Top 10 medal
 The first 10 individuals not on a qualifying team advance to the State meet

Senior Words of Wisdom

Lucina: Have fun, soak it up, feel the energy, run hard.

Taylor: You are so strong, so talented, so prepared. Use your teammates to push you.

Sofia: You are so brave for choosing such a hard sport. Give 100% of what you have in that moment.

Geneva High School
2025 Girls Cross Country
IHSA 3A State Championship
Saturday, November 8, 2025

Attendance: 9:30am Friday Minibus: 9:45am

*Location: Detweiller Park
8327 N. Galena Road, Peoria

*Race Schedule: Sofia Borter: 1:00pm
Box 26D Check in at start line: 12:35pm

Awards Ceremony: 3:00pm



Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Borter, Sofia	5:25.6	5:44.4	5:39.6	16:49.6

ALL-STATE: 6th Place

Teams Competing: Only the best in the state!

Individual Awards: Top 25 medal and earn All-State honors

Senior Words of Wisdom
Gretchen: Be grateful. Run for those that can't.

"WE ARE THE SUM TOTAL OF OUR EXPERIENCES. THOSE EXPERIENCES - BE THEY POSITIVE OR NEGATIVE - MAKE US THE PERSON WE ARE, AT ANY GIVEN POINT IN OUR LIVES. AND, LIKE A FLOWING RIVER, THOSE SAME EXPERIENCES, AND THOSE YET TO COME, CONTINUE TO INFLUENCE AND RESHAPE THE PERSON WE ARE, AND THE PERSON WE BECOME. NONE OF US ARE THE SAME AS WE WERE YESTERDAY, NOR WILL BE TOMORROW."
B.J. NEBLETT