

Hornet-Red Devil Invitational -- Open race

Mary Kate Shaver, Haley Yeager, Lily Smith

Mary Kate Shaver (9th, 12:40.3 for 1.93 miles, No. 1 team finisher)

Did it feel good to compete for the first time this season?

"I'm glad since I missed the first week so it was good to be back so I was happy. I wish that I could have run 3 (miles in the varsity race) but I know I'm not at (training) mileage for that so it's good to be able to have an opportunity to run today."

Any pre-race goals?

"I wanted to place in the top 15 so that worked out well except that I know that I went out too hard but that's just first meet of the season, just learning again how to go hard and finish hard. I kind of died at the end but I'm still happy with it."

Weren't you kind of hampered by injuries during the track season?

"I had my hip flexor in track, which actually is feeling really good now so I'm happy to be back."

So you were able to train consistently during the summer?

"I was really busy, so I wasn't able to do summer running but since Abby (my older sister and former cross country and track member) was still home, she kept me on a good schedule before she had to leave for college. So that was helpful. I worked a lot (with a job) during the summer and then I ran."

Do you have a goal for the season?

"I want to be top 12 (for the team) a few times this season. I think it would be really fun. But mainly just to stay healthy. I haven't really had a full season during my years at West, track or cross country, where the entire season has been injury free so that's a goal this year."

Haley Yeager, freshman, (12th, 12:46.0, No. 2 team finisher)

How was your high school racing debut?

"It was exciting. It was scary at first but it was fun. I've been coming back from an injury, my shins, so this was my first meet. It was exciting."

How do you feel you performed?

"I did pretty good. It wasn't my best but I think that I'm going to learn off of this one."

Do you have a personal goal for the season?

"Just to keep improving and to build up my mileage again and get back to where I hurt my shins and improve off of that. "

Lily Smith, sophomore (19th, 12:54.1, No. 3 team finisher)

You attended York last school year. Did you compete for them?

"I ran last year. I moved to Glen Ellyn in June."

This was your first race for Glenbard West. How did it go?

"I'm coming back from an injury (knee). It was pretty good. I went out a little hard but I think I eased into my pace and it was interesting to see where I was after being injured."

You were among the frontrunners early. Is that generally your racing style?

"Not necessarily. I just went out a little too hard I think."

How have you improved from last year?

"I think my stamina improved, running over the summer, but after being injured, it threw me off a little bit."

What is your personal goal for the season?

"I want to get back to where I was before I got injured and actually help the team do well at conference."