

Lake Park Invitational

Coach Paul Hass

How would you evaluate the varsity race?

“It was really nice to see all three levels do really well. (For varsity) we accomplished one of our goals, which was to bring our split between Katie Hohe and our 4-5 runners down. It was 50 seconds the week before (at the Hornet-Red Devil Invite Sept. 3). We got it down to 41 and then we lowered our split a little bit on 1 to 5. That was 89 seconds so that was some improvement (from 94 at HRD Invite). Part of that has to do with our top two running so fast (Katelynne Hart and Lindsey Payne) but that’s going to be the continual battle, to keep on running as well as we are but also to bring the splits down between our 1 through 5. At this time last year we were at 1:45 so that’s pretty neat to see. We obviously have a little more in the front and the goal is going to be getting Katie Hohe up there in the front as well, closer to the top 2. That’s big.”

Katelynne Hart and Lindsey Payne must have done a tremendous job to finish 1-2 in a field with three returning all-staters? The No. 3-6 finishers were St. Charles junior Audrey Ernst (8th at Class 3A state in 2015), Prospect senior Brooke Wilson (3rd), Schaumburg junior Madison Marasco (16th) and Maine South senior Madeline Dingle (59th).

“They did a real nice job because Audrey Ernst (3rd at Lake Park, 17:01.1) always goes out fast because she’s that strong to hold on. A 17:01 is an incredible time and the way she ran she had at least a 50-meter lead on the entire field. (Ernst) was out hard and just took it. With 3/4 of a mile to go, (Hart and Payne) were about three seconds behind her and eventually they closed the gap and got her. Katelynne and Lindsey were behind Brooke Wilson (4th, 17:18.3), Marasco (5th, 17:02.6) and Dingle (6th, 17:32.8) and they just ran their strategy and ran their race and to their credit didn’t panic and it really paid off for them. Especially with Katelynne as a freshman, to run that smart of a race and to have Lindsey there. Our goal, as I told Katelynne, is to start with Lindsey because Lindsey’s always there at the end and she runs so smart so start with her and for the most part she did that and it really paid off for them. It just came down to the last 100 meters and Katelynne has the leg speed. Lindsey finishes hard and fast. It’s just that Katelynne is a little bit faster, especially on the track there. She really finished strong and is pretty amazing. Her second varsity race, she wins it and not against an easy field. Those were all-staters.”

How would you assess the open and JV races?

“Haley Yeager, I thought ran great in the open race and Lily Smith in the open race did a real nice job. Then at the JV level, Nicole Kaiser just kind of really manhandled that race, just kind of took it. Really at about 3/4 of a mile took the lead and led the rest of the way. It was

really, really fun to watch and then to see other kids move up, like Emma Hall and Claire Kenwood moved up nicely. Really all three levels were extremely patient in how they ran. Even though they had people in front of them, they didn't panic. They just kept on moving and those girls came back to them and they just kept on moving up so that was good to see."