

First to the Finish Invitational – Detweiller Park, Peoria

Varsity race

Reilly Revord, Kayla Byrne, McKenna Revord, Taylor Waldron

Reilly Revord (32nd, 19:01.1 for 3.0 miles), No. 1 team finisher

How did your race go today?

“Not very good. I’ve been sick all week. My legs were really tired. We had some hard training this week so I was definitely not like even 80 percent in it today. I was just running around. I wasn’t really in it today.”

Because of your illness, did you realize pretty quickly it was going to be a rough race?

“I was actually really excited because I love this meet. It’s such a good meet. I usually always run well here but when I was warming up, my legs were just really tired and I just could feel them being really heavy so I was just trying to stay positive. I got a good start but then I just kind of faded after a while. My legs just couldn’t take it. I was really tired.”

I thought you were in a good position after the first mile but then began dropping back

“I was in a pretty good spot then but then after that I couldn’t keep up. I was trying really hard but, yeah, I’ve had a cold. I need to get to bed earlier. Junior year is really tough. I have a lot of homework and everything. It’s hard. I have to get to bed earlier. I probably got my cold from that. I just I don’t know, probably germs.”

No excuses but if course conditions were better, would that have helped, especially considering how bad you felt?

“I think it would have been a little better if the conditions had been better just because I kind of got distracted by how muddy it was and everything and all that. It’s always good to run on one of those courses, like sectionals last year was definitely horrible, to power through the races so when you go to the state meet, it’s going to be that much easier. But it’s OK. It’s just another race in the books and we’re just moving forward from it.”

Any positives from a race like that, even the fact that you pushed through and gave your best, whatever that was?

“A little bit. It’s hard because you want to do so well but then just kind of not do well at all. It’s OK. You have to look at how your season is going to play out and just keep thinking positive and looking forward to the next meet, to the next races and keep getting back out

there. Like right now, I just want to go and race it again -- when I'm feeling better. I should be (ready for Flashrock Invite)."

How rough is school this year, especially with advanced placement classes?

"I am taking two AP classes, but this is the most I've ever taken. And everything else. Junior year they really like to pile on the homework and everything and especially in the AP classes. It's hard but you've got to power through that too. Tons of reading. I have AP (U.S. History) and we have to read 15 pages every night in this book."

Kayla Byrne (42nd, 19:19.1), No. 2 team finisher

It looked like a pretty good race for you

"I think so. It was good. As far as timewise, it's not exactly where I wanted to be, but it was so muddy and with Peoria when you're going around some of those turns, it's like you're jogging because there are so many people. You don't want to fall."

Any problems with footing or people around you?

"I only saw one girl fall and that was in the beginning but it didn't affect me. Footing wise, when you were going through some of those muddy patches it was like you were running on sand. It was tough, but I tied my shoes way tight so they wouldn't fall off."

How do you feel you did?

"I think I did well. I feel like I wish I would have been pushed a little more because I had way too much in me at the end. I think I probably could have gone faster but overall for what I did, I'm happy with it."

Were you running with McKenna Revord during this race?

"Oh yeah. I train with her so when I see her I'm like Oh, there you are.' Usually it's like me, McKenna, Taylor (Waldron), Bella (Pisani)."

Even with conditions you were about 20 seconds faster than at the invite in 2015

"Last year I ran at frosh-soph so it made a difference. Well, Detweiller is probably my favorite course. It was a shame that it was all torn up and muddy this time, but when it's in good condition and when it gets colder, it's a little harder, it's so fast. It's so fun. I ran it one time last year and right when I finished I was like, 'I want to do that again.' That was my first thought. It was really fun. I like this course a lot. I've definitely seen a pretty big improvement, that's for sure."

Was there much of a change for you today running varsity?

“When you go into a varsity race, it’s kind of like I don’t really get nervous before meets in general. But when I do, I know that there are so many other people around me who are in the same position. They all train so hard to get to where they are and I always hope that going into the race I don’t want to have the idea that since they’re varsity, they’re better than me. I like to go in and think she’s is in as much pain as I am now, and if she can do it, I can. (Competing varsity track) made it more sealed in my mind I guess. But there’s still a long way to go.”

McKenna Revord (44th, 19:20.7), No. 3 team finisher

How bad was the footing on the course?

“It was a little rough because it was mostly mud. And there were a couple of (tree) roots coming back through certain parts of the course so it was a little rough so we kind of tripped a lot. I tried to be cautious. I tried to go on either the inside or outside of the mud when I could to try to avoid slipping as much as possible. (In some parts) you just had to go through it.”

What is your overall race evaluation?

“It was not my best but I still think I gave a pretty good effort. I probably could have pushed a little bit harder in the middle of the race and not just pushing most at the end.”

What did you learn from competing in Peoria?

“I learned what the state meet is going to be like, which is really helpful. Having all of the people being there, so like lining up and stuff.”

What do you think of the course?

“I watched Reilly’s state race last year (at Detweiller). I like it. It’s a really good course. It’s really solid. It’s wide, which is nice for when there’s a lot of people so there’s a lot of room when you’re just running everywhere. I generally like rolling courses more because I like doing the downhills, which is one of my strengths probably in the races and this course didn’t have as much of the downhills as KLM.”

Did you know you were contending for a top-50 medal?

“Not really. At like the second mile, there was this one person who was just yelling out like places to everybody. I was at like 52nd at that point so I wanted to try to get into the top 50.”

Taylor Waldron (55th, 19:32.1), No. 4 team finisher

Was it bittersweet at all to just miss the top 50 and an individual medal?

"I was 55th and just by a couple of seconds I missed it (4.0 seconds) because there were so many people. But it was an OK race. Timewise, nobody was really aiming for times because of the (muddy) conditions but I'm satisfied with what I did."

How many times have you previously competed at Detweiller?

"I ran one time before at the state meet because last year at this meet (before we competed) I threw up – everywhere. This is the first time running this meet but I've run the course before. I like it, but I don't know. I like more hilly courses versus these flat courses. (In 2015) I was sick on the bus. This time went better than last time."

Are there any positives you take from the race?

"Just with the conditions I feel like it was strength building with the mud and stuff. Even though every race is a workout, this one was really a workout, a buildup. That was a positive, I think."

How bad was the footing on the course?

"It was pretty bad because we were like the fifth race or something so the entire course was stepped on. There was no way around anything. People were falling left and right. Girls were falling all around me and there was no way to get around the mud with the boundaries that they set up for the course so you just had to go through it, hope for the best."

As the sun came out, the footing probably was better later for the open race

"When they went on, (the course) dried out so it was probably better for them. It didn't work out so well for the varsity race."

Were you able to work McKenna Revord and Kayla Byrne similar to your 1-2-3 finish at the Hornet-Red Devil Invite?

"Yeah. When we all got out that's like a long straightway. We were all kind of together right in the beginning. But then as the pack started separating, I was right behind McKenna and Kayla, and Grace was right there with us. And then the last mile everyone spread out just a little bit, but for the most part we were all together, picking off the girls, so it was really helpful to have them in a pace, kind of."