

## Flashrock Invitational – Reilly Revord, Kayla Byrne, Caitlin Chval

### Reilly Revord (6th, 19:15.85 for 5K, No. 1 team finisher)

*Although Saturday was not a great day for times, how did you feel about getting sixth?*

**“Yeah, it was a good race for me. Definitely much better than the race before (in Peoria Sept. 10) so I was happy with it. I’m not super satisfied. I definitely could have gone faster. I think coming back from a bad week it was a pretty good race for me.”**

*Weren’t you battling a cold when you raced in Peoria?*

**“Oh yeah, my cold. It’s better. My throat is still a little dry but my cold is pretty much gone. I had a good week of training and everything.”**

*How was this race compared to last year?*

**“I was fifth last year. (Saturday) was an OK race for me. It was just coming back for me. I’m happy just that I could get back and compete.”**

*How were the course conditions in Indiana?*

**“It was pouring rain when we were running our race. It was extremely muddy and just everything was really muddy. It was really fun, though, because it was just fun to run through that and everything. It was raining in the morning but it wasn’t lightning or anything so we still raced.”**

*How were course conditions compared with last year’s Class 3A sectional at Katherine Legge Memorial Park?*

**“Nothing’s as bad as sectionals, but it was very similar in conditions. The reason sectionals was so bad was because it was cold. It was a good temperature outside (Saturday). Sectionals was the epitome of everything gone wrong weather wise.”**

*Did the conditions affect your recent illness?*

**“No. I think for my cold it was too early in the morning to notice anything. We had to wake up at 4:30 in the morning. Other than that, I didn’t really notice my cold. Indiana is an hour ahead and the race started at 9 a.m. but that’s 8 a.m. (Midwest time) so we were wide awake. We woke up at 5:30 and that’s 4:30 our time.”**

*Bad conditions Saturday aside, how is the 5K course?*

**“The course in itself is a pretty hill course, rolling hills up and down. It’s kind of confusing but a good course. In one part you turn left in the back of the woods and it’s all mud. Last year, it was all mud because it was raining, but this year it was even worse. Going down, you don’t want to slow down, but it’s so muddy you don’t want to fall. Other than that, the course was not too bad.”**

*Did running on the course previously help you Saturday?*

**"The course before my freshman year I was totally confused. We ran over it the day before. I had no idea where going. It was really windy. This year, knowing where everything is, you know when to speed up and push at the end and everything."**

*How is the annual trip to Indiana, beyond the race itself?*

**"It's really fun. I love spending overnights with the team, especially in areas you don't really know. It's fun to switch things up and get to room new people and just kind of bond with the team over the weekend."**

*Were there any new things the team did on this Indiana trip?*

**"I don't think so. I think we're a team that does a lot of things very similar to other years. There's definitely different structures and leadership because of new people. We tend to do very similar stuff."**

**Kayla Byrne (36th, 20:24.40, No. 2 team finisher)**

*How was the race teamwise?*

**"It was a tough race conditions wise and also a little bit longer than we're used to (5K vs. 3.0 miles) but I think we did pretty well. It isn't quite where we'll end up at the end of the season but I think everyone on the team has a reason to be proud of how they did."**

*How bad were the course conditions compared last year's sectional at Katherine Legge Memorial Park?*

**"Take that mud and multiple it by five. There was a little area -- it was like some kind of wooded area -- and it was just all mud and it was really scary but really fun. In our race, we were lucky because we were the first race of the day. The course wasn't torn up yet. The first 200 meters, a girl went down in front of me. That was scary. They didn't (stop the race). I almost fell, but I just kind of leaped and luckily I didn't."**

*The trip to Indiana sort of replicates the state meet weekend, doesn't it, leaving early and staying overnight?*

**"We left Friday after second period. I've done cross country state and track state so it wasn't that different but always fun. We didn't do anything different (in that sense)."**

*Were you happy with your race?*

**"It was good. I was happy with how I did."**

*Have you competed in conditions similar to those at Flashrock?*

**"Personally, I don't think I ever have but I know some of the girls did that ran at sectionals"**

last year. (Compared to that, Saturday) was like a walk in the park. I didn't run sectionals, but for the girls that did, I can only imagine."

*Last year on this weekend you competed in the Argo Invite instead. Didn't you almost win when something happened?*

"That's the one where I didn't exactly know the course, which was my fault. I turned too early and they didn't tell me (where to go). I started pulling ahead of a couple of guys from other teams and Taylor. I had started pulling ahead so I was far enough ahead that I wasn't able to hear anyone (from behind). I was kind of sad about that but it turned out OK. We did really well in that meet."

*How would you evaluate where you're at this season?*

"I'm pretty happy with where I'm at. I certainly didn't expect to be where I am. I expected to do well but working hard every day is paying off clearly. I hope to improve even more by the end of the season."

### **Caitlin Chval (64th, 20:49.10, No. 6 team finisher)**

*This was your first time competing at the Flashrock Invite. When did you find out?*

"At the beginning of the week (coach Mark McCabe) decided. He asked me after Peoria if I wanted to run at Flashrock or Argo and we decided on Flashrock."

*How was the experience for you?*

"Well, being down in Indiana was amazing. It was a really great team experience. It was a really nice, well set up meet and nice to see how they run things in Indiana, not much different."

*Were the course conditions really tough?*

"Oh yeah, they were. Nothing worse than the KLM (sectional) meet last year."

*How was this race for you?*

"It was a minor breakthrough for me. It kind of showed me that I was able to do it, able to stick with my teammates instead of watching them from a distance during a race, I stuck with them. It kind of shows me that I can for future reference."

*What do you take from the race moving forward?*

"I think I'm just starting to realize my capability and get the hang of it so I'm ready for the next meet (at St. Charles North Oct. 1)."

*Was there anything you liked most about the race or experience?*

**“Nothing in particular. About my race, I felt good in the last mile. I thought about if I just do it it’ll help me with the next meet and it was kind of a breakthrough for me.”**