

RECAPS

Oak Park-River Forest

Oct 12, 2011
Bill Stone

VARSITY

Hinsdale Central junior Katie Gelman ran well during most of the Whitney Young Invitational Sept. 24 but then struggled down the stretch.

An electrolyte imbalance affected her finish.

"I drink a lot of water so that kind of dilutes my electrolytes I guess," Gelman said. "Now I take these electrolyte pills instead of Gatorade so that makes it better."

On Thursday (Oct. 6), Gelman continued making progress in the Red Devils' 21-34 victory over Oak Park-River Forest in West Suburban Conference Silver Division action at Katherine Legge Memorial Park.

Junior Jill Hardies returned to the lineup and her 17:46 won the 3.0-mile race by 1:09 over OPRF's Erin Schrobilgen (18:55).

Hinsdale Central freshmen Susan Spencer (19:38) and Sarah Brennan (19:50) were third and fourth, Gelman (20:16) and junior Becky Ventura (20:19) were sixth and seventh to complete the Red Devils' top-five finishers. Junior Zoe Larson (12th, 20:55) and senior Lauren Paul (22:03) also were promoted from the junior varsity for the race.

This was only Hardies' second race of the season as she works her way back from injury. Last season, Hardies didn't make her season debut until the final Silver dual meet and went on to finish second in the state.

The next step is the Silver Meet Saturday (Oct. 15) at Lyons Township's south campus in Western Springs with the varsity race at 2 p.m. The final overall standings are a 50-50 combination of dual and Silver Meet standings. The Hinsdale Central varsity team was 2-4 in duals.

Hardies is the defending Silver Meet champion. In Thursday's victory, she finished 40 seconds faster than the same Silver dual finale in 2010, also at KLM under similar conditions.

"She felt really good, relaxed and in control. It was a good meet back for her," Hinsdale Central coach Mark McCabe said. "She just wanted to get a race in before the conference and postseason. She's been training well and really feeling good."

"We're excited about what lies ahead for (Gelman) the rest of the season. We got those (electrolytes) under control and she's getting back making those little steps forward."

This was Gelman's second race in a row without any complications. Gelman said she's excited because although she had a decent race, she knows she's capable of much more. Instead of worrying simply about finishing, she can start turning her attention to running her best.

"I feel like these races have just been coming back so now I feel like starting with conference, I'll start to actually get to race well and do what I'm ready to do," Gelman said. "I feel like our team's starting to come together more, which is good because this is when everything starts to count."

The Red Devils also should have a stronger performance at the Silver Meet as a team. That was one aspect they took from their victory over the Huskies.

"We should have run in more of a pack and work together and feed off each other more," Gelman said.

"(Ventura) was ahead of me a lot. We kept passing each other alternately. It was just not smart because we should have run together and pushed each other. Instead, we kept passing each other. Maybe we'll try that next time."

JUNIOR VARSITY

Hinsdale Central junior Julia Tabaczyk's cross country season has been a consistent one.

On Thursday (Oct. 6), it also was faster.

Tabaczyk had one of her stronger races for the junior varsity team in its 26-31 loss to Oak Park-River Forest at Katherine Legge Memorial Park.

"I'm very happy with what I've been doing," Tabaczyk said. "I think last year I was pretty consistent also, but this year, because I've been older and stronger, I've gotten faster."

Tabaczyk (22:13 for 3.0 miles) and junior Meg Knister (22:15) finished 1-2 in the JV race, but the Huskies took the next four places. Senior Grace Berg (22:41) was seventh, and juniors Mia Larson (22:56) and Grace Cook (22:57) were 10th and 11th. Junior Jessica Reid (25:02) was a Runner of the Meet.

"This has been a step up for (Tabaczyk) this year," Hinsdale Central coach Mark McCabe said. "Julia is a very consistent runner. She is a very hard worker and runs with us throughout the summer. In track, she's a sprinter. She's running all year round and she's so steady."

The junior varsity was without usual frontrunners Zoe Larson and Amanda Paul, who competed for the varsity. Tabaczyk said that encouraged the JV lineup to do better, and she was able to run up with Knister for once.

"Usually she's way ahead. We always try to stick together but usually (Knister) kind of pushes ahead. But I decided to stay with her and go a little faster," Tabaczyk said.

"I think I prepared better by hydrating and eating the right things for lunch. I definitely drank a lot more

water because I knew it was going to be a little warmer than it usually is.”

The JV competes at the Silver Meet Saturday (Oct. 15) at Lyons Township’s south campus in Western Springs with the JV race at 1 p.m. The final overall standings are a 50-50 combination of dual and Silver Meet standings. The Hinsdale Central JV team was 2-4 in duals.

SOPHOMORES

Sophomore Amanda Koronkiewicz and her Hinsdale Central sophomore teammates received quite a surprise about 70 minutes before their dual race with Oak Park-River Forest Thursday (Oct. 6).

The sophomore race would be held along with the varsity and junior varsity races at Katherine Legge Memorial Park.

“It was definitely a big surprise. We just dealt with it and accepted that we were going to run with them,” Koronkiewicz said. “For the most part, it was fine because it was people we run with in practice so it was actually cool to run with teammates you don’t normally run with (in meets).”

When it was all sorted out, the Red Devils had a 15-50 victory over OPRF, which opted not to enter any runners at the sophomore level.

Freshman Tillie Kummerer (21:06), Koronkiewicz (21:17), sophomore Annie Wysopal (12:20) and sophomore Rose Huang (12:27), the Red Devils’ top-four finishers, were 14th through 17th overall. Other top finishers for the Red Devils were freshmen Anya Patel (21:43) and Sara Folliard (21:45), sophomore Cristina Tye (22:32) and freshman Rachael McCann (12:56).

Freshman Allie Hetke (23:39) and Koronkiewicz were among the Red Devils’ Runners of the Meet.

“(Koronkiewicz) and Rose Huang had probably the best frosh-soph races (for them). Each race (Koronkiewicz) competes in, she makes good improvement,” Hinsdale Central coach Mark McCabe said.

The Red Devils now prepare for the West Suburban Conference Silver Division Meet Saturday (Oct. 15) at Lyons Township’s south campus in Western Springs with the freshman race starting the meet at 11 a.m. and the sophomore girls at noon. The final overall standings are a 50-50 combination of dual and Silver Meet standings. The Hinsdale Central sophomore team was 2-4 in duals.

One big reason for Koronkiewicz’s improvement is being healthier. She missed the first couple of weeks because of slight hip soreness. Last season, she was hampered by stress fractures in her shins at the end of the cross country and track seasons.

Koronkiewicz still competed in cross country’s 2010 sophomore Silver Meet and finished 22nd, the fifth-highest finishing freshman. Top-16 finishers earn all-conference honors.

“I’ve been trying to make sure to do everything to make sure that never happens again because going through (stress fractures) once in cross country and then having to deal with it again in track makes me realize how much better it is to be able to run. It’s fun to cheer, but you want to be in the race,”

Koronkiewicz said.

“It’s so nice to be able to look back and see how you’ve progressed. It’s cool to see your times cut down. Coming back off my injury, I knew my times weren’t going to be great, but now that I’m finally getting back to where I was last year, I’m really excited to see what’s to come.”

Another strong team race also made a difference. Koronkiewicz and Wysopal worked off each other and finished three seconds from each other. Patel and Folliard finished two seconds apart.

“It was (Wysopal) passing me, me passing her, but it was good because we were really close together for most of it,” Koronkiewicz said. “If you’re getting a little down on the race, you can use the person who is running with you to your advantage.”

Copyright 2011 www.hccrosscountry.com