

IHSA State Cross Country Championships

Saturday, November 5, 2005

[photos](#) | [Nov. 10, 2005 Hinsdale Doings](#)

(full results at www.ihsa.org)

<http://hchsgirlsxc.smugmug.com/gallery/943616#li=43261937&k=mcVcJkb>



The State Meet was held on Saturday, November 5, 2005 at Detweiler Park in Peoria. Conditions were virtually ideal for the 3.0 mile race, with overcast skies, temperatures around 60 and the winds completely calm. The race course itself was dry, hard and fast. All four races featured outstanding performances and fast times. As usual, the Illinois State Meet proved to be one of the fastest and most competitive in the nation.

We were very happy with the way things turned out as we placed 4th as a team with 224 points, the highest finish in HC school history, topping the 7th place finishes of the 2004 and 2000 teams. We trailed Naperville North (105), Lockport (188) and Palatine (216) and came home in front of Sandburg (232), Lincoln-Way East (232) and St. Charles East (266). As usual, our strong schedule throughout the season prepared us well for the post-season meets. In addition, our Regional teams finished 1, 2, and 4 at State and our sectional teams finished 1, 2, 4, 5, and 6.

All seven of our girls "ran the race that got them there" and this was a big key to our success. Lauren Zumbach and Roey Hines led the way once again for Red Devils, as both earned All-State honors in finishing in 20th and 24th places. They ran outstanding times of 17:35 and 17:40 and are only the 6th and 7th All-Staters in school history. Ashley Soltwisch finished her high school cross country career on a resounding note, placing 46th in 18:17. Ashley improved over 100 places from last year's race. Heather Stevens came through big again for the team in only her 3rd varsity race, finishing 111th in 18:51. Jenny Laser was our key 5th scorer in 122nd place in 18:57. Megan Gleason and Kristina Truedson closed out their high school cross country careers on the State Meet course, the goal of every senior, by placing 137th (19:28) and 215th (19:54) respectively. All of our girls are and should be very proud of their State Meet runs.

We have a saying that goes, "At the moment of commitment, the whole world conspires to ensure your success". This certainly was exemplified at State and throughout the entire season. The support for the girls at State was outstanding, from our parents, athletes who came down to cheer and take split times and from the alternates on the State team (Emily Cleary, Jenny Douglas, Emily Kane, Gina Kapusta, Jennie Kuckertz and Sarah Vachlon). And, while we are very happy with all that we accomplished this season, we are already looking ahead to next year and setting new and higher goals. The 2005 team and season has been a turning point in many ways. "Believe In Your Dreams"!