

Hinsdale Central sophomore Reilly Revord was among the loneliest runners at the West Suburban Conference Silver Division Meet Saturday, Oct. 17.

That's because she also was among the most successful.

In the state's toughest conference, Revord was a definitive second place at Camera Park in Glendale Heights to help the state-ranked Red Devils finish third as a team.

Revord (16:39.0 for 2.88 miles) ran so fast that she essentially shares the No. 2 time ever on the course to Glenbard West sophomore Lindsey Payne's winning course-record 16:09.6.

"Definitely a little challenging to be running alone the whole time but happy because I never slowed down and I just kept pushing all the way through," Revord said. "It's definitely a step forward going into the postseason races."

Sophomore Grace McCabe (10th, 17:25.2) and senior Mackie Stevens (12th, 17:27.8) also earned all-conference honors with top-16 finishes, followed by junior Molly Caveney (21st, 18:07.8) and senior Emma Sullivan (35th, 19:07.0).

Hinsdale Central (80 points), ranked No. 16 in 3A by DyeStatIL entering the week, only finished behind No. 3 Glenbard West (34) and No. 5 Lyons Township (67) and ahead of fourth-place No. 23 York (97). LT sat out its usual No. 3 finisher.

This was Glenbard West's fifth straight outright or shared Silver title. This marked the first year in which regular-season dual results did not figure into determining the final overall standings.

The Red Devils will see the Lions again at the LT Regional at 1:15 p.m. Saturday, Oct. 24, at LT's south campus. They only need to finish among the top six of 10 teams represented to advance to the Hinsdale Central Sectional Saturday, Oct. 31.

"With the lineup we had (at the Silver Meet) we wanted to be top three and challenge for top two and we did that," Hinsdale Central coach Mark McCabe said. "We had some good (individual) races but we also had people that walked away not happy with their races, which is OK to examine and come back and work on what they need to work on."

Revord, Stevens and Caveney were named co-varsity Athletes of the Meet.

Revord and McCabe were all-conference for the second year in a row after taking ninth and fifth, respectively, in 2014. Stevens was an all-conference 10th for frosh-soph in 2013 but injured most of last season. Caveney finished second in last year's frosh-soph race.

"Reilly, Mackie and Molly had particularly outstanding races," Mark McCabe said.

"Reilly every week is getting stronger and improving and becoming more confident. Nobody has improved as much as Mackie has over the last year or last four years, but there's still a lot more there and she feels the same way. She's already made a breakthrough but she's on the verge of a bigger breakthrough. The same with Molly. Mackie's a little further along in that regard, but for Molly that was a big race, a lifetime best for her converted (to 3.0 miles by adding roughly 35 seconds)."

The only runner to beat Revord on Saturday was Glenbard West sophomore Lindsey Payne with a course-record 16:09.6.

Revord also was 18.6 seconds ahead of Lyons Township freshman Sarah Bareclona's No. 7 course time (3rd, 16:57.6) after being four seconds apart at 2.0 miles.

They are the only two non-Glenbard West top 10 times on the course since it was revised in 2009.

Revord essentially ran the same time as Payne's previous course record of 16:38.9 Sept. 24 with a hand-held digital timer in a triangular meet with Hinsdale Central and York. Revord and the varsity regulars did not compete, doing an independent workout instead.

The course record prior to this season was 16:42 set Sept. 18, 2014 by current Glenbard West senior Lindsay Graham, who went on to win the 3A individual state title. Graham is not competing this season to recover from injury.

Saturday's times were determined by computer chips runners secured within their shoelaces.

"There were definitely a lot of good runners (Saturday) but I was going in there pretty confident I could go in and stay as much as I could at the front and go on my own and take it from there," Revord said.

"It's definitely a step forward going into the postseason races. It's definitely just another thing of confidence that I can run alone and push myself because I've been doing it for training. I can push myself alone and keep a good pace."

Stevens was just 2.6 seconds behind McCabe and a chance at the top 10, but she wanted more after moving from 16th at the mile (5:54).

Grace McCabe had hoped to challenge for a return to the top five. She was 5.5 seconds from ninth and 11.0 seconds from fifth.

"I was not really happy with my place but happy with my race. It gave me confidence going into the postseason how to perform and how I can perform,"

Stevens said.

"My goal was to get ahead of that group," Grace McCabe said. "I feel like I needed to be more confident in my mentality going into the race and then that just affected me during the race. I've been working on that during workouts and I'm ready to put that into place (at regionals)."

For Stevens' last meet, the all-conference award was a special one. Older sister Heather was a two-time varsity all-conference runner (9th in 2007, 10th in 2008) and four-time state competitor who went on to run at George Washington University.

Heather Stevens now is an assistant coach for the Red Devils, primarily overseeing the frosh-soph lineup.

"She's a huge inspiration in my life and it's impressive to me that I am where she was (as a senior). All she's accomplished gives me great confidence," Mackie Stevens said.

"I'm really happy with my season so far. I look at it from freshman year to now and proud of where I am and taking it as lots of confidence and I'm really excited to run."

At the 2014 Silver Meet, Caveney finished her season on a high note with a strong second in the frosh-soph race to Downers Grove North junior Zoe Covey, who was 30th in the varsity race (18:31.4).

Caveney built off the momentum of that performance in her conference return Saturday.

"Last year I knew conference would probably be my last race," Caveney said. "It was nice to know I did well last year and take that into this year and have confidence that in one of the more important races I was able to run well, even though there was more pressure.

"I thought it was more positive feeling that this race was just as good. I'd say it was my best race last year. I think so far (this season) it would also be my best." Caveney was 28th at the mile (6:00) but just a stride from 25th. By 2.0 miles, she was battling for 20th (12:35) with Glenbard West sophomore Claire Kenwood (20th, 18:06.4), who finished ahead of her by just .6.

"My ultimate goal was top 20 and I got 21st. I'm still happy because I was pretty close," Caveney said.

"During the middle mile especially and the first mile I tried not to take it out too

fast but find a good pack to run with. During the race I made sure I wasn't settling. I made sure I was moving throughout. I wasn't content where I was."

Perhaps the best sight Saturday occurred before the meet.

Senior Annie Zaher was seen warming up with the team.

Zaher has yet to compete this season but training consistently to ensure her health for the postseason.

Zaher was the Red Devils' No. 3 state finisher last year (28th) and third at the Silver Meet and won the 2003 3A girls track state champion in the 1,600-meter run. Zaher's 2014 track season ended in March because of what was eventually diagnosed as a stress reaction in her leg.

"We're excited we'll have our full lineup (at regionals) for the first time all season," Mark McCabe said. "Practices have been great. I think they're excited and ready to go. There's something about having everybody on the (starting) line that lifts everybody's spirits."