

## RECAPS

### Peoria Woodruff Invitational

Bill Stone  
Sept. 10, 2011

While she was attending summer school, Ventura decided to do her offseason workouts prior to class at 6 a.m.

"I really wanted to be a big part of the varsity (this season), a big part of the team. Also, I knew it would be a lot easier for me to get up in the morning, do my running, and then go on with the rest of my day," Ventura said.

"It was really rewarding, too, especially at the end of the summer when I looked back and saw all work in the morning and it's kind of paying off now. And running I enjoy it so wasn't like it was super painful. I was just really tired some days."

Ventura's experience of running by herself is paying off as well. On Saturday, she was the Red Devils' lone competitor in the varsity race at the Peoria Woodruff Invitational at Detweiller Park, annual site of the state meet.

Ventura finished 78th on the 3.0-mile course with a personal-best 19:38. It was a significant improvement from her only other time running at Detweiller as a freshman, when she was 43rd in the Girls Open race (21:00) in her then first 3.0-mile race.

"I think this time around I took it a lot more seriously. Not that I didn't as a freshman but now, being in a varsity position and I kind of knew what to expect, I kind of grasped the opportunity more this time around," Ventura said.

"I've definitely gotten a lot better. I developed a lot stronger mentality for running (this summer). It takes a lot to get up at 5:30 to run, especially in the summer. And I feel like, especially since freshman year maturity wise, my head's gotten a lot stronger and I have more confidence with myself and it's shown through with my running. And the team kind of needs me, especially with a lot of people injured (or coming back from minor injuries). I want to help and contribute to the team."

Ventura and junior Jill Hardies were the only Red Devils to compete in the varsity race at the Hornet-Red Devil Invite Sept. 3, but Hardies dropped out at the one-mile mark to not further push her shin splints.

Hinsdale Central coach Mark McCabe said Hardies probably will run in Thursday's West Suburban Conference Silver Division opener at York with Lyons Township, although the varsity lineup still will not be at 100 percent. Depending on their health status, Hardies and other varsity regulars either made the trip to Peoria Saturday and worked out there or remained behind to train.

"We've talked about that that this is a different year in terms of we're giving up some things in the short

term in order to be at our best by the time the conference meet rolls around. While in the moment it's hard to do, in the end it will be worth it," McCabe said.

"(Ventura is) just really getting her first taste of varsity running and doing a really good job of adjusting to it. I thought she ran a solid race. She got out a little slowly and got caught back and moved up well. We think she probably could have been about 20 seconds ahead of where she was and been there very comfortably. It was a good learning experience for her."

Ventura has had the added challenge of competing alone. She was happy that she had consistent mile splits Saturday (6:24/6:27/6:37).

"I felt I did a good job of kind of pushing myself, I guess. Being in a race as an individual is a lot different," Ventura said.

"When you're in a race with teammates, your teammates kind of pull you along. Individually, you have to kind of think of the race differently. You run it for your team, run it for your teammates, kind of go out there and try to represent our team. I have more of a kind of motivation. I want to prove to others what our team has done as a whole by my race individually."

## OPEN GIRLS

Hinsdale Central freshman Susan Spencer went that extra mile Saturday.

And she more than survived.

In her first 3.0-mile race, Spencer took 12th in the Open Girls race at the Peoria Woodruff Invitational at Detweiller Park in 19:24.

Freshman Sarah Brennan (19th, 19:41) also finished in the top 20 and freshman Sophie May (25th, 19:53) also earned a medal for a top-50 finish. Also competing for the Red Devils were freshman Tillie Kummerer (53rd, 20:42), sophomores Rose Huang (67th, 21:05) and Annie Wysopal (69th, 21:08) and juniors Zoe Larson (82nd, 21:26) and Meg Knister (84th, 21:30). No team scores were kept.

At the Hornet-Red Devil Sept. 3, most Hinsdale Central runners competed in that Open Girls race, which was only 2.0 miles. Spencer won that race by 6.33 seconds.

"I was pretty proud of myself (at Detweiller). Going in I didn't think I'd do very well," Spencer said. "Mentally (the third mile) was kind of hard. Someone shouted and you could hear coaches shouting, 'You're two miles in,' and I was thinking, 'Gosh, last week I would have been done.' Mentally, I had to push myself. It went well. I was able to do it,"

"(Spencer) was back a little bit further at the start but then moved up very well, as did Sophie and Sarah," McCabe said. "All three of them have such an upside and Sophie even a little bit more. She's still gaining fitness because she had a bit less of a background over the summer due to some illness."

Kummerer and Huang were named the team's Athletes of the Meet. As upperclassmen, Huang and Larson

made their Detweiller debuts. Wysopal and Knister competed at Detweiller in last year's Woodruff Invite at the Frosh-soph Girls level, which was not held this year.

"It was Tillie's first 3.0-mile race ever and Rose's first of the year. (Huang) has been there in the summer (training). She's really stepped up," McCabe said.

Wheaton Warrenville South's Victoria Adomshick won the race (18:37) after taking third in the 3.0-mile frosh-soph race at the Hornet-Red Devil Invite (19:45.20). Naperville North (seven) and WWS (five) combined for 12 of Woodruff's top 20 Open Girls finishers.

Spencer said one of her race goals was to keep pace with the "big group of orange kids," the Naperville North runners. Besides pushing herself through that third mile, her two-mile split (12:44) was faster than her victorious 12:50.16 at the Hornet-Red Devil.

"(Winning the Hornet-Red Devil) felt really good, but I felt really accomplished because (my two-mile time) was even faster. I was kind of happy about that and I felt good after," Spencer said.

"I felt pretty proud because out of 40 schools, I felt we held our own and as a team did very well against the other schools. I thought as a group (my teammates) pushed themselves really hard. I thought we did amazing and as a team and I couldn't be any happier."

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