

## Frosh-soph girls race

Glenbard West sophomore Claire Kenwood was the frontrunner for the Glenbard West girls cross country team's frosh-soph team Saturday, Sept. 20, but she felt as though she could do better.

So did Glenbard West coach Paul Hass.

"I yelled at her a bit in the triangle – in a good way," Hass said. "I said, 'You're in 42nd place right now. You're a top-10 runner in this meet. That's how good you are,'" Hass said. "She passed like 12 people in the triangle and just kept on moving."

By the end of the 3.0 miles, Kenwood had moved all the way into 14th place to lead the Hilltoppers at the First to the Finish Invitational at Peoria's Detweiller Park, annual site of the state meet.

Kenwood finished in 19:27.5 to earn an individual medal for finishing among the top 40. Sophomore Annie Pasterz (20:38.6) was 57th, followed by freshman Claire Dibadj (94th, 21:07.8), sophomore Jana Manalo (96th, 21:08.3), freshman Mary Kate Shaver (116th, 21:22.6), sophomore Rebekah Crail (135th, 21:46.4) and Jenna Kelly (141th, 21:54.3), freshman Olivia Rosley (183rd, 22:38.4), sophomore Grace Zemenak (188th, 22:46.3) and freshman Baily Ytterdahl (227th, 23:44.2).

No team scores were kept. Each teams was allowed as many as 10 entries.

"I felt I was a little too far behind in the beginning, but I just worked one (runner) at a time to just move up," Kenwood said. "I guess every time you go, you kind of learn more about how you can run and how you should do it. It helps me for the next races and just kind of build up."

Kenwood was 48th at the one-mile mark in 6:25 before she reached the triangle at the north end of the course during the second mile. At two miles, Kenwood was up to 22nd in 12:50 behind a 6:35 split. Kenwood finished in 6:27.

Like most of the lineup, it was the first time for Kenwood to compete at Detweiller Park. She was there, however, last year to see older sister Kathryn help the Hilltoppers capture their first team state championship.

"Everyone is always excited about Peoria. It gets your energy level up and you want to do well here," Kenwood said. "For our whole team at the triangle, you want to pass people. That's where we try to stay strong."

"I felt really tired today, but it was a fun race to run. I really love the course," added Dibadj, who has watched older sister Claire compete at Detweiller in previous regular-season races. "Overall, I love the course because it goes by really fast. It's an easier course to run because I know the course now so it's going to be fun for state and everything."

The frosh-soph performance was more impressive considering that it was the first race of the day at 9 a.m. and the team arrived later than hoped to Peoria because its buses arrived more than 30 late. The Hilltoppers basically had to start warming up right after they pulled up, and the varsity, which had the next race, also had to prepare with a condensed schedule.

"I thought they really stepped up well. They could have had all of the excuses in the world with the bus situation and getting out of our prep that we usually have and kind of rushing around there, but they really stepped up," Hass said.

Kenwood concluded a big week coming off her first cross country victory ever Thursday against Oak Park-River Forest and York. On Saturday, Kenwood finished just 2.5 seconds from the top 10 and 10 seconds from sixth place.

"Because there are so many more people, it's hard to compare yourself to how I did (Thursday)," Kenwood said. "I felt good. I think I started back a little too far. I was making my way up."

"I think she knows that if she started out a little faster, maybe she could have finished in the top 10, maybe even the top five," Hass said. "Who knows, but you live and learn. That's part of the whole experience of being down here at the state course and learning from that, and you've got to be pleased with how she did."

"I thought Annie ran a great race. I think she's kind of running consistently now, running solid races week to week. I thought Jana moved very well. She was very strong and Claire ran well with Jana and Mary Kate also was very stable and reliable. We had a little gap between our No. 1 and 2 (1:11) but the bigger gap right now is between our No. 2 and 3 (29 seconds) and that's something we've got to resolve."

Dibadj, Manalo and Shaver, all first-year runners for the Hilltoppers, were 30 seconds within each other. It's the first time they've competed together after they were first united during summer running.

"We run a lot together. I know where I should run and be at certain times, wherever they are. I like running with them," Dibadj said. "I just met them all this year. It more happened at Camera Park (Glenbard West's course) when we were running the simulations and stuff."

One gap that closed was between Crail and the pack ahead of her. She was just 24 seconds from Shaver, the Hilltoppers' No. 5 finisher, after Crail had been the team's No. 7 finisher Thursday and 50 seconds from Manalo, the No. 6 runner that day.

Saturday was one of the top races ever for Crail, if not her best ever.

"That was really good. I believe I think it is," Crail said. "For a while, Jana was in front of me so I made it a goal to catch up to her and then for a while I could see Mary Kate in front of me. I felt really good, so I just kept moving."

"I'm just running a lot better this year and all of the work over the summer and all of the work so far this season has really helped. It encourages me to keep working harder and pushing myself and thinking I can get my times even faster."

## Open girls race

Glenbard West senior Hannah Arduino has been more than competitive lately despite competing ill.

Back at full strength for the First to the Finish Invitational, Saturday, Sept. 20, she made her last race at Detweiller Park a memorable one.

Arduino not only finished fourth, but she also ran a personal-record 19:50 for her final race on the 3.0-mile annual course for the state meet.

"I think I was a little bit sick before so just knowing that I was back in full health kind of gave me encouragement," Arduino said. "It's my all-time PR so it was a great, great time. I want to be back up where I was at the beginning of the season so now I am. It was great. And Peoria's great. I love the course."

Arduino also earned a medal for finishing among the top 15 in the open race, which does not have official times nor official places beyond the top 15. Unlimited entries are allowed.

Senior Julia Sakach was 16th (20:43), one second from 15th place, and senior Bridget Caffrey (19th, 20:45) also cracked the top 20, and junior Esme Bonilla (41st, 21:22) and senior Colleen Luczak (47th, 21:27) placed among the top 50, followed by followed by Maddy Burt (62nd, 21:57), 70. Meredith Miscinski (70th, 22:09), Sarah Cholewinski (78th, 22:18), Macy Lemke (87th, 22:29), Julia Kochert (99th, 22:40), Morgan McEnroe (109th, 22:50), Jillian Locke (120th, 23:02), Madeleine Winter (125th, 23:06), Abigail Dibadj (194th, 24:04), Jessica Wulffen (251st, 24:56) and Jennifer Orozco (253rd, 24:57), Grace Davidson (269th, 25:13), Sarah Leone (281st, 25:26), Jessica Hajny (333rd, 26:36), Katie Ableby (339th, 26:45), Emma Siemsen (350th, 27:00) and Morgan Lemke (30:16).

"I think the whole team ran very well," Glenbard West coach Paul Hass said. "We had a solid pack of five girls up there. It's just too bad they didn't have team scores. I'm very pleased for Hannah, for all of the seniors, their last time at state. Overall the team did really well and the times showed it."

Arduino actually got stronger through most of the race. She was ninth at the mile (6:25) but had moved up to third by two miles (13:01), just two seconds behind the frontrunners.

Soon afterwards, Arduino went after them during the long straightaway along Route 29 but couldn't catch them. In the final 800 meters, she was passed for third by Downers Grove North senior Rachel Krusenoski (19:41). Arduino was 12 seconds ahead of fifth place.

"They were strong runners so they eventually did get away from me, but they were really encouraging to go up and try and get them. Just to see that it was within reach was really encouraging. (Krusenoski) had a great kick so that was good for her," Arduino said.

"I was just really determined to just get up there with all of the frontrunners. I just felt really good. This course has some good uphill, downhill parts you can use. It's so open and everyone's cheering for you. It gives you a nice, strong feeling."

Arduino improved 37 seconds from her 2013 Richard Spring Invite, when she was 237th in the varsity race. The invite allows as many as 10 entries per team on the varsity level as opposed to the usual seven.

"She had never broken 20:00 before," Hass said. "I told (assistant coach Mark Staron) when I saw her, coming off that sickness, 'She looks tired in the (first) half. I'm not sure she's going to be able to maintain that place,' and she surprised us all. Not only was she top 10, but fourth place. That was great."

The Hilltoppers' top five received a boost from a couple of new faces this season – Caffrey and Bonilla.

A senior, Caffrey previously had played volleyball in the fall, but did not last season. Caffrey also plays lacrosse in the spring and is a team captain.

"I realized last year, not doing a fall sport, I needed to get back in shape so it was cross country," Caffrey said. "It was the first time not doing a sport in both the fall

and spring so it felt kind of weird so I needed to fill in the space. But I love it so far.

"I love the energy of the team. Everyone's so nice and I didn't really think this was as much of a team sport, but I think the bond that everyone has is really fun. It's fun to be a part of more than anything. I thought it would be more running and that's it, but it's a lot more than that. It's a lot of teamwork, cheering on your teammates. It's fun to be here."

Bonilla, a junior, has transferred from a boarding school in Montana. She became a Glenbard West student when her family moved from Winfield to Glen Ellyn.

Bonilla said she ran casually on her own in Montana because her school did not have a team.

"But I really wanted to be on one so I came here," Bonilla said. "Oh wow, it's definitely different (running here) but I love it a lot. The girls are so nice. It feels like a family, being on the team and everything. It's been difficult coming in as a junior, not knowing anyone, but everyone kind of welcomed me and I think it was a good idea to be on the team because I would know people from summer running before school and everything."

In this race, Caffrey and Sakach continued working together as they had in a home dual meet at Camera Park. Sakach (6:50) and Caffrey (6:52) both had sub-7:00 third miles with Sakach's effort putting her just 10 meters behind a fading Schaumburg runner who jogged across the finish line for 15th.

Bonilla ran most of her race with Burt.

"I know that it helps me a lot if I try to run with someone from my team because they help you out and encourage you but sometimes it just happens because of their pace," Bonilla said. "I think this is my best time that I've gotten. I feel myself getting better, though, as the races go on."

-- by Bill Stone